



ST MARY STAR OF THE SEA

IMPORTANT DATES

TERM 1

Week 8

22nd March	SAC Meeting 7pm
24th March	Primary Assembly Led by Year 5
25th March	P+F AGM 2:45pm
26th March	First Holy Communion Commitment Mass 9:00am

Week 9

27th March - 31st March	Year 6 Camp
31st March	Primary Assembly Led by Year 4

Week 10

4th April	Interschool Swimming Carnival Year 3 - Year 6
6th April	Last Day of Term 1 Free Dress Day - Caritas Easter Liturgy - Led by Year 3 2pm

TERM 2

Week 1

26th April	FIRST DAY OF TERM 2
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PRAYER

Living God,
have mercy on us,
for the times we forget
that we belong to each other.
You call us to be still,
to hear the whisper of our Sister Wind,
to feel the radiance of our Brother Sun,
and to be nourished by our Mother Earth.
Renew us in your healing love.
Inspire us to water the earth,
and nurture one another,
so all may flourish.
Together, as one family,
may we always sing your praise.
Through Christ our Lord,
Amen.

Rachel McCarthy/CAFOD





ST MARY STAR OF THE SEA

FROM THE PRINCIPAL'S DESK

Dear Parents, Teachers and Friends,

Now here's a rattling good question for you: "Is your child overindulged?" How would you know? Well fortunately, Jean Illsley Clark, co-author of the book, "How much is enough?" has developed a paragraph or two to give you an idea: "Overindulgence is giving too much of what looks good, too soon, too long. It is giving children things or experiences that are not appropriate for their age or their interests and talents. It is the process of giving things to children to meet the adult's needs not the child's.

Overindulgent behaviour on behalf of a parent leads to excessive self-centredness and immature behaviour in the child. Children need to learn the difference between what they want and what they need and the difference between asking and demanding. They will not learn such differences by being overindulged. In fact, they will develop limited tolerance for discomfort, for disappointment and will not develop the ability to delay gratification.

If parents fail to enforce age-appropriate limits to what their children can have or do, then, their child will not function well at that particular stage of their development and so won't be able to move on properly to the next developmental stage. The problems will continue to mount well into adulthood, where adults, who consider themselves "overindulged" as children, make comments about themselves such as: "I have extreme difficulty making decisions." "I don't have to grow up because other people will take care of me." "I need praise and material reward to feel worthy." "I feel like I need a lot of material things to feel good about myself." "I'm unlovable." "I constantly need outside affirmation from my friends." *From How Much is Enough.*

There is no doubt that society places pressure on all of us to overindulge. Advertising places no emphasis on personal integrity and strength of character but rather on all things material like how you look, what you wear, what you have, and your "freedom" to do what you like. To survive this bombardment, children will need their parents to provide firm guidance, courage to confront inappropriate demands and an environment where sharing and caring are visible and felt. What they don't need are parents who indulge them inappropriately or worse still, overindulge them.

TERM DATES

The last day for students this term is Thursday, 6th April. The first day back for Term 2 is Wednesday, April 26th.

ST PATRICK'S EVENT

Huge thank you to our hard-working P & F and their many helpers who coordinated a fun and very successful St Pat's event on Friday evening. Much was given by all involved and we are very grateful for all the effort.

INTERSCHOOL SWIMMING CARNIVAL

The Interschool Swimming Carnival is being held on Tuesday, 4th April. Mrs Jordan is coordinating this event on behalf of schools in the region, and we thank her for time and commitment.

NAPLAN

NAPLAN testing for this year is almost complete. Students in Year 3, 5, 7 and 9 and have been tested in literacy and numeracy. Results will be used to support teachers in their teaching for the remainder of the year. Thanks to Mrs Cox and Mrs White who have coordinated the NAPLAN testing this year.

CORAL BAY CAMP

The Year 7 students returned last Friday after their camp to Coral Bay. Many terrific learning experiences were enjoyed and thanks to Mrs Jordan, Mr Chinnery and Mr Pendergast who took care of them whilst they were away.

FIRST EUCHARIST

The students in Year 4 have begun their First Eucharist preparations. This Sunday they make their commitment to the programme at the parish mass, at 9:00 am. We pray for these students over the coming months as they prepare to receive this most holy of sacraments.

Steve O'Halloran
Principal





ST MARY STAR OF THE SEA

FROM THE RE DESK

First Eucharist

The First Eucharist programme has now begun for some of our Year Four students, led by their parents and Mrs Durmanich. We wish them well as they start this journey receive the Eucharist for the first time and assure them of our prayers. We invite you all to join us for their Commitment Mass on Sunday 26th March at 9.00am.

Lent

We are past the halfway mark in the season of Lent, so now is a good time to pause and reflect on how it's been going.

"Your Lent doesn't have to end on a crash and burn. There is still time to finish it well. Thankfully, Lent is long enough (six weeks!) so that we have time to pick up and start again when we drop off through our own weakness, forgetfulness, or carelessness. If you struggle to make the big heroic sacrifices, here are simple things that you can do each day of the week to help prepare your soul for Easter. Making different kinds of sacrifices each day, rather than a single 40-day long sacrifice, may be a better way for you to progress through Lent faithfully."

(Excerpt taken from <https://www.catholiccompany.com/magazine/halfway-through-lent-rotate-your-daily-penances-6015>)



ST MARY STAR OF THE SEA PARISH CARNARVON HOLY WEEK SCHEDULE

PALM SUNDAY - *Please remember to bring your palm.*

Saturday 1st April—7:00pm

Sunday 2nd April—9:00am



HOLY THURSDAY

6h April - 7:00pm Mass of the Lord's Supper

GOOD FRIDAY

7th April - 9:00am Stations of the Cross

- 3:00pm Passion of our Lord
Veneration of the Cross



EASTER VIGIL -

8th April - 7:00pm Easter Vigil Celebration of Light

Please bring your candle with a protector

EASTER SUNDAY

9th April - 9:00am—Mass of the Resurrection
of our Lord



Let us pray together for the strength to continue with this Lenten journey to the risen Lord.

Almighty and Everlasting God,
You have given the human race
Jesus Christ our Savior as a model of humility.
He fulfilled Your Will by becoming Man
And giving His life on the Cross.
Help us to bear witness to You
By following His example of suffering
And make us worthy to share in His Resurrection.
We ask this through our Lord Jesus Christ, Your Son.

Amen

(Prayer taken from <https://www.catholic.org/lent/story.php?id=73813>)



ST MARY STAR OF THE SEA

FROM HEAD OF SECONDARY

Students have been busy completing assessments over the last few weeks, including interesting assignments in Science and English.

The Year 12 Integrated Science class have worked together to analyse the water quality of the Fascine in Carnarvon. This involved taking water samples from 5 different areas on the Fascine and included checking for pH, temperature, carbon dioxide, nitrate and phosphate levels. They were happy to report that the water quality fits into the safe values for all factors, which is wonderful to know as many of us (including myself) enjoying swimming in this area.



Our Year 10 English students, were inspired by their teacher, Mrs Trudy Cox to explore themes from the book they have been studying, "Lord of the Flies". The survival technique of 'making fire' described in this book, was carried out by the class, with help from Jake Munro in Year 7. The students were successful in lighting kindle material in 2 different ways and enjoyed the inventive processes involved.



Students in Homerooms are now working to create a wreath for ANZAC Day next term. The SRC at the College will coordinate the ceremony on Friday, April 28 at the College and will lay these wreaths.



Ms Deborah White

Head of Secondary



ST MARY STAR OF THE SEA

YEAR 7 CORAL BAY CAMP

On Wednesday 15th March Mrs Jordan, Mr Pendergast and I packed up 26 Year 7's into the bus and shipped off to Coral Bay.

After an uneventful journey filled with atrocious singing, we arrived and were met by our host Kane Simpson. Kane has been a long time resident of Coral Bay and has owned the Ningaloo Reef Adventure Camp for over 20 years.

Upon arrival we had a quick briefing with Kane about his camp and soon got stuck into lunch. For each of the meals, we had 3 students help to serve and 3 students to tidy up afterwards washing up. I was very pleased to see lots of new hands go up each time offering to help. I only hope they are as quick to help when at home!

Our first afternoon was spent down on the beach where we played games, built sandcastles and did some snorkelling practise. Wednesday nights dinner was hamburgers and our evening activity was a few games of spotlight down by the beach.

We awoke on Thursday morning to the smell of freshly cooked pancakes and after a feast of a brekky, made our way down to the beach in two groups. Half the group were booked onto the 9.00am glass bottom boat tour with the other half taking the 11.00am tour. While one group was on the boat tour, the other group spent the time playing games and swimming down on the beach.

The glass bottom boats were absolutely sensational. Students and staff were amazed by the scenes through the bottom of the boat and were given two opportunities to get out and snorkel around the boat. It was fabulous to see every student getting involved in the water. From our most experienced to our weakest swimmers, everyone got in and had a fabulous time.

Upon returning from the boat tours, we returned to the camp for lunch. Again we had a subway inspired kitchen with 3 'sandwich artists' giving it their best efforts to satisfy some big hungers. After lunch, we returned to the beach and spent a couple of hours swimming and playing.

Just when you thought portion control had gone mad, Kane started serving the spaghetti Bolognese for dinner and wow! I will put my hand up and say as aspirational as he was with my portions, I wasn't able to finish the feed!

After dinner we were thrilled to listen to a guest speaker. Frazer McGregor is a Marine Ecologist based at Coral Bay and has worked in the area for nearly 20 years. He gave us a tremendous presentation about Coral Bay and the plants and animals that can be found here. His unique insight to Coral Bay and the issues surrounding the area were fantastic and he showed tremendous patience in trying to answer as many questions as he could during the presentation.

After a good nights sleep we woke to a cereal brekky then headed down the beach one last time. After we finished up there we packed up, tidied our tents and bid Kane farewell as we walked down to visit the Bakery. You can only imagine the look on the faces of the employees of the bakery when 26 children waving cash charged through the door!

The journey home was uneventful and the students were pretty well behaved.

On the whole it was a very successful camp. While we did have a few issues over the three days, I don't believe it took anything away from the groups experience.

I would like to thank Mrs Jordan for coming along on the camp. Its always nice to have the extra support on these trips and I appreciate its not easy to be away from home for a few days.

I would be remiss if I didn't thank Mr Pendergast for the contribution he made to the trip. He was a fabulous driver (tolerating the terrible singing and song choices!), made sure nobody went without a water bottle, and was amazing at helping out with our weaker swimmers in the water. Without his support and intervention, 4-5 students would have had a very different experience.



Liam Chinnery
Health & Physical Education Teacher



ST MARY STAR OF THE SEA

YEAR 3 CIVICS

This week in Civics the Year Three's had a special guest come in to talk to them about volunteers in the community.

Mrs. Hatt told the children what volunteering in Fire and Rescue is all about and why we need volunteers in the community.

The children were very interested to hear about the laws of life and exactly how many fires have been put out in Carnarvon.

Over 100 in our area since July last year!



Hopefully we have inspired some young people to be volunteers in our community when they are a little older!

Thanks
Megan Babun





ST MARY STAR OF THE SEA

P+F NEWS

Our St Pat's night was a huge success!

Thankyou to everyone who attended, we hope you had a great time! We are so grateful to the many. many helpers! Apologies if we have missed anyone, there were so many people to thank!



Friday 24 March
2:45pm Gazebo area

ANNUAL GENERAL MEETING

It is the for our next AGM. The following positions are available: Chair, Vice-Chair, Secretary and Treasurer. Please come to support the P&F which in turn supports the students! Please message if you would like to nominate for a position.



ST MARY STAR OF THE SEA

CANTEEN NEWS

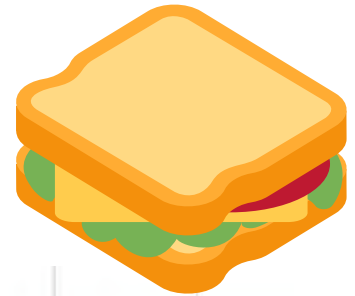
Thankyou to the Parents who have embraced the QuickCliq system.



Reminder to parents - if your child goes home sick or does not attend school, please ensure you cancel your child's canteen order. This can be done on the QuickCliq ordering account.

Be advised, there are price changes to the canteen menu. Please ensure correct money is being sent, if ordering with cash.

Thanks, Mrs Radze.



CANTEEN 2023

Phone 99472909

S/W	Rolls			MONDAY
Chicken salad	\$6.00	\$7.00	TOASTED SANDWICHES	PICK FROM GREEN MENU
Ham salad	\$6.00	\$7.00	Ham cheese	\$5.00
Cheese Salad	\$5.50	\$6.50	Cheese	\$4.00
Egg	\$5.00		Ham cheese tomato	\$5.00
Egg Salad	\$6.00	\$7.00	Chicken mayo	\$5.50
Curried egg	\$5.00		Chicken cheese	\$6.00
Curry egg salad	\$6.00	\$7.00	Chicken/cheese/mayo	\$6.00
Strip salad	\$7.00	\$8.00		
Vegete	\$3.00	\$4.00	HOME TOASTING	\$1.00
			HOME HEATING	\$1.00
			PASTA MEALS	
LEBANESE ROLLS	\$8.00		SPAGHETTI/ LASAGNA	\$5.50
Chicken,ham or chicken strips				
Salad - Lettuce/ Tomato/ Carrot/ cucumber			RECESS ONLY	THURSDAY
			Cheesie	\$2.00
			Home made Pizza slice	\$0.50
			Fruit tubs	\$2.00
			Pasta/ Fried rice cups (T2/T3)	\$4.00
			Fruit in season	\$1.00
SALAD PLATE	\$9.00		SPAGHETTI /BAKED BEAN CUPS	\$1.50
Chicken,ham or chicken strips with salad/cheese/fruit			STRIPS	\$2.00
			MUFFINS/BROWNIES	\$1.00
				FRIDAY
				NUGGETS
				\$0.80
				GOUJON
				\$0.80
				DRINKS
				PIZZA
				\$4.00
				SAUSAGE ROLL
				\$4.00
				NUGGETS
				\$0.80
				FLAVORED MILK
				\$3.00
				PLAIN MILK
				\$1.50
				BREAKA MILK
				\$2.50
				WATER
				\$2.00
				UP & GO
				\$2.50
				JUICE BOXES
				\$2.00
				JUICE BOMBS
				\$2.50

NO CREDIT WILL BE EXTENDED. PLEASE START A PRE-PAID ACCOUNT FOR YOUR CHILD/CHILDREN



WORLD YOUTH DAY LISBON

including pilgrimages in Portugal, Spain and France
DIOCESE OF GERALDTON & DIOCESE OF BROOME
26th July to 9th August 2023 (15 Days)

FLIGHT – AUD \$2600
LAND COST – €2600

All Inclusive Cost for the Pilgrimage
Spots filling out fast for Youth and Adult Co-Ordinators

Pilgrimage Cost Includes:

- Accommodation in superior 4* & 3* star category hotels on twin sharing basis.
- Single Room – Surcharges Apply (€ 1246.00)
- Daily breakfast, Lunch & dinner. (Buffet & Continental).
- Private Air-Conditioned Coaches for Transfers & Tours, Parking, Motorway Usage Charges, Tolls, City Permits, City Entry Taxes, Daily Bus Driver Tips, Lisbon to Barcelona Flight with full Baggage, Fast Train from Lourdes to Paris, Eiffel Tower Entry Fee up to Level 2.
- Entrance fees to the holy sites and other places as per Itinerary.
- 2 Nights in Madrid – Hotel Silken Puerta Madrid 4*
- 1 Night in Salamanca – Gran Hotel Corona Sol 4* or similar
- 1 Night in Santiago de Compostella – OCA PUERTA DEL CAMINO HOTEL 4*
- 1 Night in Fatima – Hotel Colmeia 3*
- 5 Nights in Lisbon – Mercure Lisbon Almada 4*
- 1 Night in Barcelona – Abba Garden Hotel 4*
- 1 Night in Lourdes – Hôtel de l'Europe 3*
- 1 Night in Paris – Mercure Paris Sud Les Ulis Courtaboeuf Hotel 4*

Pilgrimage Cost Excludes:

- Beverages, telephones, and expenses of personal nature, Portage at hotels, & WYD Registration
- Any other item not included in the Itinerary.
- Personal Travel Insurance. (To Procure from Australian Insurance Agency)



For Detailed Itinerary Contact: Fr Bernard on 0427 005 610 or
Email: frbernard@westnet.com.au
For Flights Contact: Mrs. Katrina Miragliotta on 08 9921 7377 or
Email: katrina.geraldton@helloworld.com.au



ST MARY STAR OF THE SEA

COMMUNITY NEWS



. RANDOLPH STOW .
Young Writers Award
SINCE 1989
2023

**ENCOURAGING
YOUNG WRITERS
IN THE MIDWEST**

ENTRIES CLOSE
03.07.23

Entry forms and details are available from your school, Geraldton Regional Library, Mullewa Public Library or download from library.cgg.wa.gov.au




CARNARVON NETBALL ASSOCIATION

2023 JUNIOR NETBALL

YOU ARE INVITED TO JOIN

**For Boys & Girls
Age 10-17** **Season cost: \$130**

REGISTRATIONS OPEN FROM 9TH MARCH 2023 **REGISTRATIONS CLOSED 15TH APRIL 2023**

Registration link  <https://www.playhq.com/netball-australia/register/ca73e6>

More Information: Phone: Amanda 0419 447 589 Email: carnarvon.netball@outlook.com

MORE THAN A GAME

CARNARVON NETBALL ASSOCIATION 

**W E L D I E S
E S O C I A L
E N E T B A L L**

- REGISTRATIONS NOW OPEN -

TUESDAY NIGHTS
SOCIAL GAMES

Got a team ready to go? What are you waiting for, register now!
Wanting to join but don't have a team? Reach out!
CNA Coordinators can allocate you to a team

Registration link and information available on the Carnarvon Netball Association Facebook page