



ST MARY STAR OF THE SEA

IMPORTANT DATES

TERM 4

Week 2

20th Oct PS Assembly
Led by Year 1

Week 3

SOCKTOBER WEEK

27th Oct SOCKTOBER Parade
World Teacher's Day

Week 4

2nd Nov Reconciliation Parent/Child Meeting
6pm

3rd Nov PS Assembly
Led by Year 2
P+F Quiz Night

Week 5

9th Nov Sacrament of First Reconciliation
6pm

10th Nov Remembrance Day Ceremony
Led by Yr 7

12th Nov Reconciliation Thanksgiving Mass

PRAYER

God of Comfort

*send your Spirit to encompass all those whose lives
are torn apart by violence and death in Israel and Palestine.*

*You are the Advocate of the oppressed
and the One whose eye is on the sparrow.*

Let arms reach out in healing, rather than aggression.

Let hearts mourn rather than militarize.

God of the Nations,

*let not one more child or elder be sacrificed on altars of political
expediency.*

*Keep safe all people from unjust leaders who would exploit
vulnerability for their own distorted ends.*

*Give wise discernment to those making decisions to pursue
peace.*

*Provide them insight into fostering well-being, freedom, and
thriving for all.*

*Teach all of us to resolve injustices with righteousness, not
rockets.*

*Guard our hearts against retaliation, and give us hearts for love
alone.*





ST MARY STAR OF THE SEA

FROM THE PRINCIPAL'S DESK

Dear Parents, Teachers and Friends,

DEVELOPING RESILIENCE

Whether it's missing out on a prize or the ice cream shop has run out of chocolate sprinkles, life is full of big and little disappointments. And as much as we'd like to spare our child from let-downs, we can't - and that's a good thing. "When children learn at an early age that they have the tools to get over a disappointing situation, they'll be able to rely on that throughout childhood and even as adults," says Robert Brooks, PhD, co-author of Raising Resilient Children. "If you bend over backwards to shield them from disappointment, you're keeping them from developing some important skills. If you help a child learn to ask for realistic support, lean on others, communicate well, and stay optimistic, you're assisting them to handle what life throws at them."

Learning how to cope with disappointment is a part of growing into a responsible young adult. Failure can also motivate children to practise harder, study longer or attempt a different approach. Children can learn more about problem-solving through failure. Through trying and failing, then trying again and succeeding, our children learn about patience, perseverance and justified pride in their accomplishments.

Your child may feel like it's the end of the world. Help them see the light at the end of the tunnel. Some children will say that this one experience has ruined their life and they will often look to you, their parents, to contradict that belief. Remind your children that while this disappointment hurts, there will be many other successes in their lives. As a society, we are very focused on success. We can become so focused on the final outcome that we miss the important role our effort plays. Research has suggested that children who are praised for their effort and hard work are more likely to try harder to solve difficult problems than those who are praised simply for getting the answers correct. So, praise how hard your children work, how much they studied, or how frequently they practised. Help your child see what they have learned from that hard work even if the outcome wasn't exactly what they wanted.

CONGRATULATIONS

Congratulations to Miss Lara Concannon who has accepted a teaching appointment at St Luke's College, Karratha. We will miss Miss Concannon's commitment and dedication to the students of the school and wish all the very best as she continues her career in Karratha. St Mary's is currently seeking a replacement for Miss Concannon.

Congratulations also to Mrs Trudy Cox who has assumed the Head of Secondary role at St Mary Star of the Sea Carnarvon. We're sure Trudy will continue to do an excellent job in her new leadership role. The school is currently seeking a replacement for the Head of Primary position.

YEAR 1 ASSEMBLY

This week the Friday Primary Assembly is being led by the Year 1 class. All are welcome to attend.

FAREWELL YEAR 12

At the end of Term 3, we farewelled the Year 12 students. We wish them all the very best as they begin their lives beyond school.

Steve O'Halloran
Principal



ST MARY STAR OF THE SEA

FROM THE RE DESK

Many thanks to all the families who helped out and attended the Family Mass at the weekend. It was a joyous celebration of the family and of St. Gerard, an important Saint to families and the Redemptorist Order.

Prayer To St. Gerard

Great protector of the family,
St Gerard,
we ask your prayers for all parents.

May they live in the love of God
and bring up their children to know
and love him.

God, our loving father,
your life gives life to the world.
Bless and make holy all human love.

May your love fill the hearts
and homes of all families,
so that the world may enjoy
the peace and happiness promised by
your son,
Our Lord Jesus Christ
Amen



WE PRAY, THAT YOU HELP
ME AND THOSE WHO HAVE
BEEN AFFECTED...

As we recover, open my eyes to how I
can be a light and help others in the
midst of tragedy and relief. Help me be
this light by sharing your spirit and that
of Nano Nagle and her lantern.





ST MARY STAR OF THE SEA

FROM THE RE DESK

A PRAYER FOR THE INTERNATIONAL DAY FOR THE ERADICATION OF POVERTY



To commemorate the International Day for the Eradication of Poverty on Tuesday 17 October 2023, the International Presentation Association invites Presentation Sisters and Presentation People around the world to unite in prayer for the cry of the earth and those peoples kept poor globally. We keep in our hearts especially those experiencing adversity and hardship in the face of natural disaster and poverty. This year, our project highlights the issue of natural disasters as a result of climate changes in Australia and Papua New Guinea. There are so many people across the region who were - and continue to be - affected by floods and fires. We look to acknowledge and contribute to sustainable efforts which restore livelihoods, communities and ecosystems that continue to bare the lasting effects and hardships born of these events.

As part of the global Presentation family, we seek to build collaborations with like minded organisations who work to assist the community's most vulnerable. There is a strong focus on Australia's First Nation Peoples who are impacted by these extreme weather events and natural disasters and the ensuing isolation that follows. We aim to deepen our understanding of, and recognise the complexities of supporting women and children experiencing the impacts of climate change. We deepen our commitment to care for community and the earth can actively contribute to sustainable development globally.

We recognise that both women, children and Indigenous peoples are disproportionately affected by these events and identify that this is a human rights issue which impedes sustainable development globally. We believe their empowerment and agency is crucial in building capacity, resilience, mitigation and adaption in the face of disaster. As we come together today in prayer we hold in our hearts the words of Pope Francis in *Laudato Si'*:
"We are not faced with two separate crises, one environmental and the other social, but rather one complex crisis which is both social and environmental." (*Laudato Si'* #139).





ST MARY STAR OF THE SEA

SOKTOBER



SOCKTOBER®

for Mission Month

One of Australia's nearest neighbours Timor Leste is grappling with the effects of poverty, low quality healthcare and infrastructure, corruption and inequality. For this reason, Mission Australia has chosen it as the country of focus for Socktober.

In Week 3 we will be fundraising for medical supplies for Timor Leste.

There are heaps of activities that the St Marys community can take part in to help the fundraising effort. All activities are a gold coin donation with the cake stall's prices ranging from \$2-4.

Monday 23rd Oct - Year 4-6s will have an opportunity to play Capture the Sock at lunchtime.

For a gold coin donation, students have a chance to win bragging rights and a prize.



Tuesday 24th Oct - Kindy to Year 3 students will have a chance to create their very own sock puppet for a gold coin donation.

Wednesday 25th Oct - there is the opportunity to buy some delicious treats at the cake stall.

Prices will be \$2-4.



Thursday 26th Oct - is the first ever Chocolate Toss.

If students have quick hands and a good eye, they can get a hatful of chocolate. Kindy will also have their Crazy Sock Parade today.

Friday 27th Oct - Sock Parade.

Get your craziest socks on and strut the catwalk for a chance to win a prize.

EVENTS 2023	
OCT 23	CAPTURE THE SOCK YEAR 4-6
OCT 24	SOCK PUPPETS PP-YEAR3
OCT 25	CAKE STALL ALL YEARS
OCT 26	CHOCOLATE TOSS YEAR 1-11 KINDY SOCK PARADE
OCT 27	CRAZY SOCK PARADE ALL YEARS



\$50

can help provide milk and food for babies with malnutrition.



\$80

can help provide life-saving medication for sick children.



\$700

can help support the wage of a nurse at the clinic



ST MARY STAR OF THE SEA

ASTRO TOURISM

COUNTRY STARGAZING

November has a bumper line-up of fabulous stargazing treats and the big-ticket item is this year's WA Astrofest! Held on Saturday 18th November, this free and family friendly event will have dozens of big telescopes to look through, astronomy talks, children's space activities, astrophotography and much more to overload your cosmic senses! [For more information](#)

For early risers, dazzling Venus will make a close approach to the lovely thin slither of the Moon on November 10th. The best time to see this stunning duo is one hour before sunrise, looking low towards the east.

Adding to this month's stellar diary, stargazers will be treated to a special display from the Leonids Meteor Shower. The Leonids meteor shower is generated from comet Tempel-Tuttle. The shower peaks on the night of the 17th/18th of November but can be viewed several days either side of the peak. The best views will be under dark skies, after midnight.

This shower emanates from the constellation Leo, which is visible just about everywhere on Earth. For those in northern WA, Orion will be higher in the sky, and may produce clearer meteors.

When to look: From midnight to early morning, 17th/18th November.

Which direction to look: Toward the northern horizon

Meteor showers happen when our planet Earth crosses the orbital path of a comet. As comets pass by the sun, the extreme temperatures heat up some of the nucleus and cause debris particles to spread out along the comet's orbit creating a comet tail. As Earth passes through this debris cloud, we have the opportunity of viewing the fiery spectacle of a meteor shower.

Enjoy the views and happy stargazing.

For more stargazing tips, visit www.astrotourismwa.com.au



ASTRO TOURISM
WESTERN AUSTRALIA





ST MARY STAR OF THE SEA

SCHOOL NOTICES



**ENROLMENTS
NOW OPEN**

2024

**3 YEAR OLD KINDY - YEAR 12
ENROLMENTS NOW OPEN**

MORE INFORMATION



08 9941 1328



www.smsc.wa.edu.au



admin@smsc.wa.edu.au



St Mary Star of the Sea College



ST MARY STAR OF THE SEA

P+F NEWS



An 18+ event

Friday 3rd November

6pm for a 6.30pm start

Tables of 6-8
\$15 per person

Cash
Bar

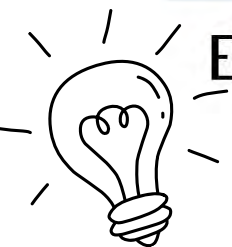
Great prizes
to be won!

THEME YOUR TEAM COMPETITION!

(A funny team name, or team uniform, fancy dress, table decorations etc.)

**AUCTIONS ★ RAFFLES ★ DOOR PRIZE
★ \$10 BEEF AND GRAVY ROLLS ★**

Email stmarypnf@cewa.edu.au or contact the school office to reserve a table.





ST MARY STAR OF THE SEA

NEWS

PRIMARY HOMEWORK CLASSES **TERM 4**

Tuesday and Thursday in the library.

Please contact the office on 9941 1328 for more information

Homework Hub Exam Prep Afternoons

Prepare for the end-of-year exams with study afternoons at Carnarvon Library & Art Gallery. Includes free tutoring sessions for Year 10 & 11 students:

- Preparing for your English exams with Narelle Holtham
4 - 5pm Wednesday 1st November
- Preparing for your Maths exams with Ewa Kozak-West
3.30 - 5pm Friday 3rd November

3pm-5.30pm Wednesday 1st & Friday 3rd November
Year 10 - 12 students
Snacks provided ~ Free event
Book your spot (08) 9941 3727

For more information contact:
Email: library.gallery@carnarvon.wa.gov.au
Library: 99413727 / Art Gallery: 94413388 /
Visit us at 18 Egan Street, Carnarvon 6701
Open Tues - Fri 9.30am - 5pm, Sat 9.30am - 12.30pm

SHIRE OF CARNARVON LIBRARY & ART GALLERY

HIGH SCHOOL STUDY CLASS

EVERY TUESDAY AND THURSDAY FROM 2:40PM TO 3:40PM

Are you Leaving?

A friendly reminder, if your child/children are leaving St Mary's at the end of the year, could you please notify the Office - 9941 1328

Thankyou



ST MARY STAR OF THE SEA

COMMUNITY NEWS

Small changes,
big differences.



Teen Triple P Seminar: Raising Responsible Teenagers

Takes the guesswork out of parenting teens...

Teen Triple P can [help](#)

- Build a better relationship,
- Reduce [conflict](#)
- Keep your teenager [safe](#)
- Be realistic about [parenting](#)
- Take care of yourself

DATE: Monday 23rd October

TIME: 1pm – 2:30pm

VENUE: online

PRESENTER: Deb Muscio

Community Health Nurse (School)

Midwest Population Health

BOOKINGS AND INFORMATION

Register at: triplep-parenting.net.au

Search **Geraldton** in the calendar
for the online sessions

Teen Triple P Seminar: Raising Competent Teenagers

Takes the guesswork out of parenting teens...

Teen Triple P can [help](#)

- Build a better relationship,
- Reduce [conflict](#)
- Keep your teenager [safe](#)
- Be realistic about [parenting](#)
- Take care of yourself

DATE: Monday 13th November

TIME: 1pm-2:30pm

VENUE: online

PRESENTER: Deb Muscio

Community Health Nurse (School)

Midwest Population Health

Teen Triple P Seminar: Raising Connected Teenagers

Takes the guesswork out of parenting teens...

Teen Triple P can [help](#)

- Build a better relationship,
- Reduce [conflict](#)
- Keep your teenager [safe](#)
- Be realistic about [parenting](#)

DATE: Monday 27th November 2023

TIME: 1pm – 2:30pm

VENUE: online

PRESENTER: Deb Muscio

Community Health Nurse (School)