



03.03.22

## From the Principal

Dear Families,

Here we are at the halfway mark of the term already! The school routines are very much established despite the challenges of Covid. Last week there was a release of the new Covid rules from CESA and SA Health, these will apply from until 25 March 2022. In case you missed it, we are repeating this in today's newsletter.

For parents you are generally being asked to refrain from coming onto the school site. Of course, there will be exceptions to this, but if you come onto the school grounds, please wear your mask.

A local, approved decision, to parents coming on-site, relates to Reception and Year 1 parents. Due to the fact that our school is surrounded by busy roads we are allowing these parents to drop-off and pick up using the MDC asphalt area. If you are doing this, please wear your mask and practice social distancing.

We are asking all parents to refrain from entering classrooms/buildings at all times unless it is absolutely necessary.

### WHAT'S NEW THIS YEAR – BEACH CLUB

Last year we introduced a number of "lunch Time Clubs" for those children who are looking for something different to do at lunch time. This year we have expanded this for Year 2-6 children, to include an opportunity to go to the beach (there is no going in the water). As a trial we are allowing a Year level each day to experience this, but with duty of care, we can only take 20 children at one time. There is a sign-up sheet for each year level, every week. The year level teacher is also looking for a parent helper each week that could attend (1:05pm to 1:35pm).

**This term we will be running the Year 3-6 Clubs in the Sella Maris Club. The activities are:**

Monday – Games  
Tuesday – Yoga  
Wednesday - Dance/Meditation  
Thursday – Canva  
Friday – Games

**For R-2 the Clubs run in the Atrium. The activities are:**

Monday – Drawing  
Tuesday – Dance  
Wellbeing - Wednesday  
Thursday - Lego/Building  
Friday - Construction

The library is also open every day at lunch time.

**PARENT TEACHER CHATS**

The Book-a-Chat meetings have been held for another year. If you missed out on this opportunity, please make contact with your child's class teacher. The next formal opportunity to meet will be early next term (weeks 2 & 3), when we hold our Parent Teacher Interviews.

**VOLUNTEERING AT STAR OF THE SEA**

We are very happy to have volunteers assisting teachers and the school (although we are limited with this under the current rules. Volunteers add to the quality of what we are able to offer at the school. The process for becoming an approved volunteer is a four step process:

- CESA police check or Working With Children Check
- Induction course
- RAN training for volunteers
- Show proof of vaccination at the front office

We are beginning this process for new volunteers for our school and all the information can be found in this newsletter.

**PLAYGROUP**

Our very popular playgroup began this week. It is again held on Tuesdays in the Parish Hall. The group is run in conjunction with the Parish and is for Parents, Grandparents and care givers. Bookings are essential and further information can be found on the school website.

**SCHOOL ROUTINES**

As school routines begin to take shape you will notice that homework will beginning to appear, the majority of which is reading. The importance of reading cannot be underestimated and has been the topic of thousands of pieces of research. For example, in a study of the out-of-school activities of fifth graders, Anderson, Wilson, & Fielding (1988) found that time spent reading books was the best predictor of a student's reading proficiency. Some examples from the study are...

A student reading at home for 2 minutes a day would read 100 000 words a year and would be in the bottom third of reading ability when compared with all 10 year olds

If that student increased their reading by 10 minutes a day, they would bump up into the top third of reading ability when compared to all 10 year olds  
Those students in the top 10% of readers, when compared with all 10 year olds, read for 21 minutes a day, reading nearly 2 million words a year away from school

Please keep in mind that when children bring home readers they should be quite easy for them to read. The rule of thumb is no more than 5 errors per 100 words, this is because the aim of reading is to comprehend the text.

**STAR OF THE SEA SCHOOL IS ALLERGY AWARE**

We are concerned about the safety and well-being of all our students. Many of you will know someone who is affected by anaphylaxis, a life-threatening allergic reaction. Our school does its best to be an allergy aware school. Staff have had training in severe allergy management and we have implemented lots of strategies to help keep students at risk of anaphylaxis as safe as we can. We have a number of students who live with the risk of anaphylaxis to foods and insect stings. Whilst these children are being taught to care for themselves at an age appropriate level, we ask that you help us educate your child on the importance of not sharing food with others, washing hands after eating and calling out to an adult if they think their friend with allergies is sick. With increased awareness and understanding of anaphylaxis, you will be able to help protect those around you.

A food allergy is an immune system response to a normally harmless food protein that the body believes is harmful. When the individual eats food containing that protein, the immune system releases massive amounts of chemicals, triggering symptoms that can affect a person's breathing,

gastrointestinal tract, skin, and/or heart. Anaphylaxis is the most severe form of allergic reaction and is potentially life-threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

It is estimated that up to 400,000 (2%) Australians, including 1 in 20 children suffer from food allergies and some of them will experience a life-threatening (anaphylactic) reaction.

#### **Mild to moderate allergic reaction**

- Tingling of the mouth
- Hives, welts or body redness
- Swelling of the face, lips, eyes
- Vomiting, abdominal pain (note these are signs of a severe allergic reaction if the person has insect allergy)

#### **Severe allergic reaction- anaphylaxis**

- Difficult/noisy breathing
- Swelling of the tongue
- Swelling or tightness in the throat
- Difficulty talking or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Egg
- Milk
- Peanut
- Tree nuts (cashew, almond, pistachio etc)
- Wheat
- Sesame
- Soy
- Fish• Crustacea (prawns, lobster, crabs etc)

Peanuts are the leading cause of severe allergic reactions, followed by tree nuts, shellfish, fish and milk. Adrenaline/epinephrine is the first line treatment for severe allergic reactions and can be administered via auto-injector, called the EpiPen®.

To learn more about anaphylaxis and food allergies, go to [www.allergyfacts.org.au](http://www.allergyfacts.org.au) and [www.allergy.org.au](http://www.allergy.org.au)

As the only way to manage a food allergy is avoidance, the school has implemented several strategies to help prevent a severe allergic reaction. We can never totally eliminate the risk of an anaphylaxis but we can all do things that will help lessen the risk. Please consider the child with food allergy when packing your child's lunch or when sending in food for any occasion, including school excursions. Foods that 'May contain traces of nuts or nut products' are fine for the non- allergic students to consume at school as long as they do not share food.

**SCHOOL BAG** application is our major link to families delivering school alerts, information as well as our new electronic version of the school newsletter instantly and directly to your smartphone and/or tablet. In your devices "App Store" search for "SchoolBag" and follow the very simple instructions.

#### **STAR OF THE SEA SCHOOL FACEBOOK SITE**

This year we are continuing our Facebook site to celebrate some of the fantastic things happening around our school. On Facebook you can search for our site by using Star of the Sea School.

#### **SCHOOL HOURS**

Just a reminder that children are welcome at school from 8:20am, when our gates are opened, and a teacher is on yard duty. At the end of the day, we supervise children in the yard till around 3:25pm. Any remaining children are then seated in the front office and should be picked up no later than 3:30pm.

#### **CARS AND CHILDREN**

The safety of our children is paramount to the operation of any school and where our children and cars share the same space every care is needed. We make many appeals to parents about parking, kiss and drop etc. Sometimes we have neighbours and their visitors or workmen not paying attention to the parking signs. The council are quite vigilant at checking around our school over the first few weeks and I have already seen a number of police patrols before and after school. As you know Military Road is out of action for some time. We appreciate those families who have moved to Seaview Road for "Kiss and Drop." For the safety of everyone the Council has designed a map for movement if you must access Military Road. The biggest problem so far has been people coming down the Crewe St to access Military Road, please enter via Chester St and for the

safety of everyone please refrain from driving up Military Road and doing a U-turn. The council map is included in this newsletter.



**X** No entry to Military Road or Crewe Street – exit only

#### TERM 1 NEWSLETTERS

Our next newsletters will be in weeks 8 & 11.

Damian Weeks

Principal

## Recent News

03.03.22

### Parents Concerns

During the course of a year, you may find yourself in a situation where you are unsure or concerned about something involving the school. Most matters can be resolved very simply and easily through an informal discussion with the appropriate person. We appreciate parents/caregivers bringing their concerns to our attention, so please don't hesitate to make a mutually convenient time to meet with your child's Class Teacher if it is a class related matter, or the contacts listed below depending on the issue.

If, however you feel that a more formal approach is needed, the best course of action will be determined by the type of concern that you have.

1. **If your concern is about an individual classroom, student or program issue, the first person to talk to is the Classroom Teacher.** Teachers appreciate parents bringing issues to their attention and matters can often be resolved quickly and easily by talking to the teacher. If, however you are not satisfied with the outcome of this, the next thing to do is to make a time to discuss the matter with the Principal or Deputy.
2. **If you have a concern about the day-to-day operations of the School,** which is a matter that is not directly concerning individual staff members or classes, but rather with the overall well-being of the School, please speak to the Principal or Deputy.
3. **Your query may be about a program run by one of our Specialist Areas.** If so please make a mutually convenient time to talk to any of the following:

Jhovana Fenu (Acting APRIM)	RE/Sacramental Programs
Geordi Caridi (Acting PE)	Sport/PE
Karen Andrews	Italian
Helen Kolaczkos	Library
Allison Sammut	STARS Literacy Support
Matt Perry	Inclusive Education
Jessica Stewart	Science
Kaya Nicholls	Music
Lisa Lata	Art

4. **If you have a concern about an issue that is part of the School Board's area of responsibility,** which includes policy development, financial management, pastoral care of children, parents and staff and planning, you should speak to the Principal, the Deputy or a School Board Member.

5. The Parents and Friends support **social events.**

If you are uncertain about whom to approach, you can seek clarification from the Principal, Deputy or a School Board Member.

The names of School Board and Parents and Friends Members are listed in the Newsletter from time to time. They may be contacted by leaving a message at the School Office. A Parent Committee Member may bring relevant or appropriate matters to the Parents meeting, subject to consultation with the Chairpersons of the Groups, and prior listing on the meeting's agenda.

If after taking action in accordance with the steps outlined above and you believe your concerns have not been addressed satisfactorily, you may approach the Catholic Education Office, either by phone or in writing. The Catholic Education Office has advised that its practice is not to get involved in pursuing matters raised with them, unless the above procedure has already been followed. They will suggest to people that they follow the above procedure with the school.

It is hoped that these procedures will be useful should you ever have the need to contact anyone here at Star of the Sea School. It is sincerely hoped that we can work together should any issue arise as most are resolvable.

Current School Board Members include:

Fr Peter Hearn	Natalie Canova
Damian Weeks	Emma Nicholas
Matt Perry	Damian Weeks
Justin Gargula	Deanne Stephanos
Louise Santillo	Nathan Foulis
Brad Dunstan	Elizabeth Sarris
Dave Slovenic	

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## From the Deputy Principal

Hello Friends

A very warm welcome to the midway point of our school term. For those community members who are data orientated, there are only 29 days of the school term remaining. Wow, how time flies. To say what a busy start to the school year has been, would be an understatement.

### **Shrove Tuesday Pancakes**

A huge thank you to our many volunteers who came and helped us cook pancakes for Shrove Tuesday and for our equally wonderful volunteers who helped with toppings and serving. We also extend a huge thank you to our Year 4 families who provided pancake mixture and our Year 6 families who provided the delicious toppings.

### **A Traffic Thankyou**

No doubt you would have received the information regarding road closures around our school and I write to say thank you for your cooperation in following the road signs and traffic directions set by the City of Charles Sturt Council. I still draw your attention to motorists who use Seaview Road as a drop off and pick up point and stress the importance of not queueing on the northern side of the pedestrian crossing. When this occurs, motorists are parking on a yellow line delineating a 'clearway zone' and this also makes it very challenging for our Road Crossing Monitors to see oncoming traffic. This action makes it hazardous for pedestrians to cross Seaview Rd as they cannot see oncoming traffic. Please pass this information on to any family members or friends who collect or drop your children to school.

### **Masks**

If you need to enter our school buildings for any reason, then we have 1 simple ask and that is ... wear a mask. Please help us to keep each other safe. We appreciate your cooperation in this area.



*"Education is not the filling of a pail, but the lighting of a fire."* — **W.B. Yeats**

Thank you and Blessings

Matt Perry

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# Welcome Liturgy

On Tuesday 15<sup>th</sup> February we gathered to celebrate the beginning of a new year of learning. We celebrated the liturgy as a whole school, however in our individual classrooms.

We acknowledged that at Star of the Sea we live with open hearts and open minds to provide a learning environment of: **Respect Inclusivity Compassion Collaboration Honesty**

In 2022, our Prayer provocation is:

*How can I grow with an open heart and an open mind?*

All students reflected on a heart mandala what they loved about school. Father Peter then blessed these hearts. Thank you Father Peter.



## Shrove Tuesday

Shrove Tuesday is celebrated on the day before Ash Wednesday, it is also known as Pancake Tuesday. Our school community was able to celebrate Shrove Tuesday with the generosity of our parent volunteers and family donations. We could hear children say "I can smell pancakes" "This is the best day ever!"

A sincere thank you to all involved.



## Ash Wednesday

Ash Wednesday is the day after Shrove Tuesday. It is the first day in the season of Lent. On this day each class took part in an Ash Wednesday liturgy in their classrooms. We reflected on the Gospel below, as we begin to think of those less fortunate than us through the work of Caritas Australia.



03.03.22

## The Sacrament of First Reconciliation 2022 - Year 3 Students

The Our Lady of the Sacred Heart Parish and Star of the Sea school would like to invite those who are interested in having their children receive the Sacrament of First Reconciliation in 2022. We thank you for your patience and cooperation in waiting for an update.

The Parent/Guardian Information Session is booked for **Wednesday 4<sup>th</sup> May 2022 at 7pm in the Parish Church**. Preparations for the sacrament will occur in classes from the 23<sup>rd</sup> May 2022. There will be a Retreat Day during school hours and a couple of written exercises for you to do with your child at home as part of the preparation.

The preparation is family centered, Parish based and school supported. If you wish your child or children to participate please send a permission email stating your child's name, parent names, class teacher and contact details including email to the email below by no later than **Thursday 14<sup>th</sup> April**.

Jhovana Fenu (Acting APRIM) [jfenu@star.catholic.edu.au](mailto:jfenu@star.catholic.edu.au)

**Please note** that due to the uncertainty regarding gatherings under SA Health regulations, the process will remain subject to change. We are committed to keeping you informed.

Go gently

Jhovana Fenu



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## SOS Swimming Carnival

Congratulations to Fitzpatrick who came first at the SOS Swimming Carnival it was a fierce competition in the pool. All students did extremely well and displayed great sportsmanship.

Our Team Captains were also presented with their captain/vice-captain badges.

Thank you to Immanuel College for the use of the pool and thank you to those parents who helped as an official and with transport.





03.03.22

## From the Finance Manager

Please see the following table to assess if you are eligible to apply for this scheme. If you think you are eligible, please phone me in the School Office to set up an interview to complete the paperwork.

No. of your Dependent Children	2020/21 Annual School Card Income Limit	2020/21 Average Weekly School Card Gross Income Limit
1	\$62,440	\$1,201
2	\$63,555	\$1,223
3	\$64,670	\$1,245
4	\$65,785	\$1,267
5	\$66,900	\$1,289

If at any time you have difficulties meeting this schedule, or have any queries, please contact me to discuss the matter on 8115 7400 or email [janeleonard@star.catholic.edu.au](mailto:janeleonard@star.catholic.edu.au)

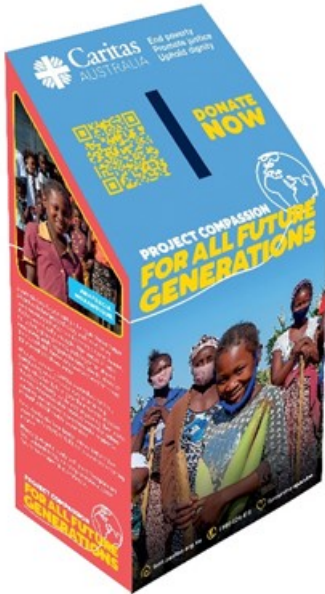
Jane Leonard  
Finance Manager

Prayer

## PRAYER

We pray for all those whose access to food and water is insecure. May the whole human family respond generously in creating lasting justice in the distribution of life's necessities. May we respond to opportunities such as those presented by Project Compassion this Lent to build for all future generations. Amen.

## Project Compassion



Families now have a Project Compassion box for compassionate donations. The theme for Project Compassion 2022 is '**For All Future Generations**' and reminds us that the good that we do today will extend and impact the lives of generations to come.

## Adelaide Archdiocese



The Adelaide Archdiocese have published 2022 Lenten Reflection Booklet as well as family activities you can do during lent [click here](#)

## Road Monitors Term 1 2022



[Roster for Term 1 2022](#)

Devon Clothing



From Monday 7 March Devon will be trading from a new location.

**New shop address is Shop 5, 516-520 Henley Beach Road Fulham**

Phone: 8350 7940

Email: [henleyus@devonclothing.com.au](mailto:henleyus@devonclothing.com.au)

**Trading Hours:**

Monday 8:00am – 11:00am

Wednesday 3:00pm - 6:00pm

Thursday 3:00pm – 6:00pm

**MOUNT CARMEL COLLEGE**

**OPEN DAY:**  
Secondary Campus  
Thursday 17 March  
4pm - 7pm

BOOK YOUR SESSION TODAY!

Visit [www.mcc.catholic.edu.au](http://www.mcc.catholic.edu.au) or phone 8447 0500

Secondary Campus: 33 Newcastle Street, Rosewater

The advertisement features the Mount Carmel College crest in the top left corner. The main text is in large, bold, white and yellow fonts. A red circular call-to-action button is positioned in the center. Three circular inset images show students in blue school uniforms: one group looking at a book, a smiling female student, and a male student wearing headphones. The background is a dark blue gradient.



# JOIN OUR TEAM

U13 . U11 . U13 . U11 . U13

## **Under 11**

Born 2011 / 2012

*Trainings: Mon / Wed 5:30 - 6:30*

## **Under 13**

Born: 2009 / 2010

*Trainings: Mon / Wed 6:30 - 8:00*



**For more information or if interested**  
Call Kevin our Technical Director 0425 238 477