

Important Dates

RE/Year 1 and Year
2 Parish Mass
9.30am
Sunday 19 November 2023

Reception Parent
Info Night 7pm
Tuesday 21 November 2023

Reception Liturgy
Tuesday 21 November 2023

Reception
Orientation Visit
Friday 24 November 2023

Reception
Orientation Visit
Friday 1 December 2023

End of Term 4
Wednesday 13 December
2023

Term 1 2024
Monday 29 January 2024

16.11.23

From the Principal

Dear Families

At this time of the year we have one eye on completing 2023 and the other on planning for 2024. I would like to thank the teachers for all their hard work at this time of the year.

Currently our staff are completing class lists for next year and working very hard on your child's Semester 2 Report. As part of the process, we also complete screening tests in Literacy and Numeracy for all children in our school. We closely monitor Literacy and Numeracy development due to its importance to all areas of learning. These tests also help us with the planning of your child's learning for 2024.

REPORTS

As for semester 1, your child/ren's reports will be emailed home, on Tuesday 5 December. If you have any changes to your email addresses, please make sure you update these with the front office before this date.

STAFF CHANGES

Today I would like to share with you the following staff who are resigning at the end of the year:

- Eva Lake – Eva most recently taught Year 4 but has been on leave for the past 12 months
- Laura Pedron – Laura has been on parenting leave for the past four years

We thank these teachers for their contribution to our school both have taught for many years at Star of the Sea.

PERMANENT TEACHER APPOINTMENTS

Today I would also like to share the exciting news about our contract staff who have been appointed to permanent positions on our staff:

- Kelly Stevens
- Tamara Golic
- Jess Stewart
- Adam Francis
- Katrina Frangiosa

MILITARY ROAD “KISS AND DROP”

From next Wednesday, the building program moves to the footpath, as cranes come in to complete the front of the new building. The

cranes will be on the footpath and inhibit foot traffic to a degree. Our builders will try to maximise footpath space but until the cranes are in place, they do not know exactly how this will look but they are very aware of the need for safety of our children. The area where the cranes are will be fenced off.

Where possible we suggest you might try Seaview Rd for pick up and drop off.

In closing, I would like to share that I will be in Sydney next week to attend the funeral of my Auntie Marie who died this week at the age of 93. Marie was a Dominican nun for over 70 years. She was the last of my Father's brothers and sisters, who numbered five!

In my absence Gemma D'Angelo will be in charge, assisted by the Leadership Team of Dominique Laurendi and Kelly Manera.

Damian Weeks

Principal

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Recent News

Principal Renewal Leave

THE FINAL LEG

Every 12 years Principals qualify for renewal leave and last term I took half of my eligible leave, to do three things:

- Visit the birthplace of the Sisters of Mercy (Ireland)
- Intensive study at the Leuven University (Belgium)
- Walk some of the Camino trail (Spain)

The third leg of my trip took me to Spain and the Camino trail.

The Camino de Santiago or in English, the Way of St. James, is a network of pilgrims' ways or pilgrimages leading to the shrine of the apostle James in the cathedral of Santiago de Compostela in Galicia in northwestern Spain, where tradition holds that the remains of the apostle are buried. Traditionally, the pilgrimage started at your front door and ended in Santiago. The French Way or Camino Francés is the most popular of the many pathways leading to the historical and spiritual city of Santiago de Compostela.

My first visit to the Camino trail was in Sarria. This town is the starting point for the 100km trek. If you walk the whole trail from here you qualify for your Compostela (or certificate). Sarria is a busy, modern town with plenty of shops, hotels, restaurants and bars, but its origins are Celtic and it was an important and major medieval centre for pilgrims. Remnants of its ancient past can still be seen in the old quarter along Rua Major. I spent the day in Sarria, walking through the town, in what was a surprisingly hilly walk and walking along a country trail until I hit the 100 km marker.

Portomarin was the next town on the trail, and this town has been inhabited for thousands of years. Its importance grew with the popularity of the Camino in the middle ages. At one time it had three orders of Knights: the Knights Templar, the Knights of St John and the Knights of Jerusalem.

Next were a number of small towns Palas de Rei or Palace of the King has little to remind you that it was once home to a king. Then Melide, a busy town founded in the 13th century and has many historic buildings and churches including San Roque next to which stands a 14th century stone cross said to be the oldest in Galicia. Arzua with a population of around 7000 is the last large town before you reach Santiago and the O Pedrouzo.

My Final two days were spent in Santiago de Compostela. Parking on the edge of town, the one hour walk to the Cathedral weaved through the old quarter, with its wonderful historical buildings and narrow shop filled alleyways, until you finally reach the Praza Obradoiro and the wonderful ancient Cathedral.



From the Acting Deputy Principal



Dear Families of Star of the Sea

Canteen Survey

Thank you to all those who responded to our school canteen survey, we were delighted to receive 246 responses. The Education subcommittee of the School Board, together with our Canteen Manager Dee Taggart analysed the data.

The following data outlines the responses with the highest level of engagement:

1. 206 respondents identified that they use the canteen as a treat
2. 196 respondents would like to see more locally sourced food available
3. 195 respondents are seeking an increased variety of food choices
4. 142 responses were received with suggestions of items that families would like to see included on the menu including fruit and pizza featured consistently in these answers
5. Responses to the open questions highlighted that families are seeking greater options for children with food allergies

In light of the data from the survey, current priorities which are guiding changes to the menu include:

- Developing a greater variety of locally sourced snack options
- Reviewing the lunch menu to include gluten free and vegetarian options
- Identifying creative and fun ways of encouraging children to eat fruit

As a school we aim to limit the amount of packaging in the canteen. We also want to provide an inclusive menu which caters for children who have allergies or intolerances, so that they have greater options available to them without potential contamination.

Although changes are currently being planned, the revised menu will become available in 2024. At each stage of the process, updates and information will be communicated to families via the school newsletter and Audiri. We appreciate your contribution to this important process and we are looking forward to seeing the children's responses to the various menu changes that will occur next year.

Thank you to all those parents who volunteer their time in the canteen, your support is greatly appreciated. If you are considering volunteering we would love to hear from you. Volunteers are not only integral to the success of the canteen, active participation builds

community, and children always love to see a family member at school during the day.

Gemma D'Angelo
Acting Deputy Principal

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16.11.23

From the APRIM

Yesterday at Assembly, we reflected on our amazing efforts during Mission Week last week. While we chose the hottest day of the year to run our Mission Day stalls, it was a resounding success with \$4,742.00 raised through the ticket sales. The response from our parent community was overwhelming as we collected bags full of clothes and boxes full of goods. A huge thank you to our Star Outreach group who also supported our mission by donating a generous amount of money which will go towards supporting Vinnies.

This is a fantastic example of how the school and parish community are working together to fulfill our ministry to the disadvantaged in our local and wider community - to do God's work - to be God's hands and heart on earth!



Advent Wreaths

Can you believe that there are only approximately 40 sleeps until Christmas.

This also means that we are about to enter the sacred season of Advent.

What is advent you might ask?

Advent means "arrival" and signifies the start of an event or the arrival of a person. In Christian communities around the world, Advent refers to a four-week season of remembering and celebrating the arrival of Jesus on Earth. It's a time to reflect on the humble birth of Jesus and join in the anticipation of when he will come again to reunite Heaven and Earth once and for all.

Advent can be a simple and fun tradition of counting down to Christmas. But for Christians, Advent is a shared experience of meditation and prayer that celebrates the arrival of Jesus.

Advent is a time to reflect on the themes of **Hope, Peace, Love, and Joy**; one for each week leading up to Christmas. People may light Advent candles, prepare unique wreaths or read specific Scriptures each day to reflect on the arrival of Jesus on Earth.

Here at Star of the Sea, we have a group called the Star Outreach group. They raise money by selling second hand uniforms and use the money to help people in our community and school who are in need. This year, the Star Outreach group have very generously used some of the funds to supply each classroom with a beautiful Advent Kit which will be for the class prayer tables. This kit includes: an Advent wreath, the wreath is a symbol of God's everlasting love for us all. 4 Candles, 3 purple and 1 pink. These are the candles of hope, peace, joy and love. And a purple cloth. Purple is a liturgical colour that signifies a time of prayer, penance, and sacrifice.

These wreaths will be placed on class prayer tables and will be used every day to reflect and pray for the coming of Jesus.

With Gratitude,
Dominique Laurendi



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16.11.23

From the Assistant Principal/ Learning and Wellbeing Co Ordinator

Dear Families,

Welcome to Week 5!

Children's University

Last Monday evening I had the pleasure of attending the Children's University Graduation Ceremony at Bonython Hall at the University of Adelaide. I was proud to introduce our fourteen graduates to the stage to receive their certificates from Professor John Williams AM, Provost, University of Adelaide. A big congratulations to Nico, August, Chelsea K, Chloe K, Zara C, Elana G, Maria G, Zoe A, Thomas P, Alexia S, Ella S, Lana T, Alexander F and William F for their commitment to the program.

Children's University is an innovative program that engages students in 'out of school' learning opportunities with the bonus of encouraging them to take responsibility for their own learning. This notion of student agency is a lifelong disposition that we as educators are always trying to foster with our young people. At Star of the Sea, we offer this program to students in Years 2-6. Your child may like to think about this opportunity in 2024. A parent information session will be provided in the new year. A big thanks to Kim Martin who coordinates this program for our students at Star of the Sea.



Emotions: Crying

There is no denying that the language we use with children is so important. I came across a blog that explored ways in which parents and adults can support young people when a child displays their feelings through crying, a normal and natural human response. The words we use in that moment is crucial as we do not want to diminish the child's feelings. We want our children to learn how to regulate their emotions with them feeling like we are minimising their feelings. Children in these moments are looking for empathy and understanding so phrases like 'stop crying', 'stop you are being silly' or 'stop that noise right now', may reinforce that the child's feelings are not important. (I know I have been guilty of using some of these statements when I have been at the end of my tether with my own children). The important thing is that feelings are something to be acknowledged and are a genuine opportunity for connection with our

child, no matter how full on their expression at the time may be!

Instead of saying 'stop crying' how about saying some of these more affirming phrases:

It's okay to be sad.....I am here with you.....Tell me about it.....I am here, I am listening.....I see this is really hard for you.....I hear that you need some space... That was really sad, scary, do you want to talk about it.....I'll stay close so you can find me when you are ready to talk.

New Ways November

This month's calendar from the Action for Happiness website, encourages us to try something new. Many of the suggestions presented on this month's calendar will be easy to explore for the whole family. <https://actionforhappiness.org/calendar>



Final thoughts....

Remember that your brain is shaped by:

- The foods you eat,
- The books you read,
- The chances you take,
- The experiences you have,
- The thoughts in your head,
- The environment you are in and
- The people you spend time with.

Go well,

Kelly Manera

Assistant Principal Learning and Wellbeing

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Board

Talk

Last week we held our School Board meeting and began with a tour of the new building. Partek are doing a marvellous job. Floor carpet

laying has already begun and this week Levels 2 & 3 were almost completed. All the built-in furniture is in place. The facilities are simply going to be fantastic!

The Gala Ball has been held and was a very successful function for the point of view of a great community event and a fundraising success. Congratulations to the P&F, especially Emma Marsden and Sharon Mazzeo who led the way in the organisation of the event.

We spent quite a bit of time discussing the oval and what to do next. We have been working with the Catholic Education Office on this and recently we have engaged a Landscape Architect to work on a long term holistic view of the space so it can be utilised all year round.

Piano Exams



Congratulations go to Claudia, Amelie, Sophia, Chloe and Leo the grade one and two piano students who worked hard and achieved excellent grades in their piano exams recently.

Well done, very proud of their efforts.

Helen Wedding

Remembrance Day


Archer did such a wonderful job at the [Henley & Grange RSL's](#) Remembrance Day ceremony. As well as laying a wreath, Archer read a poem reflecting on his Great, Great Grandfather's experience in WW1. Well done Archer!







 <https://devonclothing.com.au/>

 <https://www.facebook.com/DevonClothingAus>

Dear Devon Clothing Customers,

If you are planning on attending a DEVON CLOTHING uniform shop for a fitting from now until 1st February 2024 please book an appointment.

BOOK A TIME HERE

<https://onlinestore.devonclothing.com.au/shop-by-school/>

ZipPay is available in store and PayPal Pay Later is available online

Find the *Schedule Appointment* button,

[Schedule Appointment](#)

click and fill in required fields.

1 appointment per student being fitted is required.

