A MESSAGE FROM OUR PRINCIPAL

Our school wants you to be involved!

This Monday evening, 6 February at 6:30pm, our Parent Community Group (PCG) will gather for their first meeting of the 2017 school year. The PCG provides a forum for all parents at SOTS to support the activities of our school and is a fantastic opportunity to join together as a community in both service and social events. As part of the PCG, there are many opportunities to build friendships and partnerships that benefit all.

Did you know that being involved with your child’s school community is one of the best things that you can do for your child?

As parents, we are the first teachers of our children and research shows that children do better at school when parents are actively involved during the years that their children are at school. For our children and families at SOTS, we would like to help make it among the best years of their lives.

The newsletter and parent portal contains many calls to become involved at SOTS based on your experiences, time and interests. You may like to consider:

- Coming along to a PCG meeting! Joining our PCG is one of the best ways to connect with our SOTS community and build great partnerships.
- Volunteering! You can help out in many different ways while also spending more time with your child.
- Talking regularly with your child’s teacher! Your involvement will support a great partnership in support of your child’s individual learning and teaching needs.

It is very clear that we have a fantastic parent body at SOTS where many parents, despite busy lives, do what they can to volunteer in our school. I am always thankful for whatever time and commitment that you can make to our SOTS community.

I look forward to seeing you on Monday evening at the PCG meeting.

May Christ light your way

Veronica Tomerini-Smith
Prep

We have had another week of firsts in Prep this week. We started the week with our first Literacy and Maths rotations. We are learning all about the letter ‘s’ and the number 1 this week! We have made beautiful seahorses and starfish to decorate our room.

We also had our first HPE and Library lessons this week. We loved going to the O’Dea centre to play basketball. We learnt how to dribble the ball and how to throw and catch. We enjoyed going to the Library to see where all of the books are kept. We did such a wonderful job borrowing our three books. The children were so excited to take their books home for the weekend. Please make sure you pack their library books in their red satchel next Wednesday morning so that they can be returned and your child can borrow some more books.

In Discovery, we are learning about our bodies and how we can keep them healthy. We have also had lots of fun exploring the five senses. We had a taste testing activity where we had to put a blind fold on and guess what we were eating. We had six scents to smell and had to guess which smell was which. We also had a touchy feely box where we got to feel different textures.

It has been so hot this week, we are ready for a big rest this weekend and maybe a swim at the beach!! Have a wonderful weekend.

Year 1

Year one have had an amazing time at Australia zoo today learning about animal habitats and animal features! We had the best time seeing all kind of animals including koalas, giraffes, tigers and crocodiles!
Year 2
The children have been working very diligently this week. We started library borrowing and our PE lessons on Monday. They all looked very happy after their lessons.

The children read beautifully during library time, they are voracious readers!

We also started to reflect on our weekly school goal setting. It was encouraging to see how motivated the children are to work on their goals.

The Emersion ‘Treasure Chest’ box was revealed this week, to ignite the interest of the children for our Discovery Unit ‘Taking Care of Our World’.

We have also started practising our Assembly item for next Thursday. They are sounding great and are very excited!

Here are some of the children’s favourite parts of Week 2...

Darby – Choosing time.
Millie – I enjoyed guessing the items in our Discovery box.
Leo - I had fun playing ‘Shark to Shore’ in our PE lesson.
Matthew - I love listening to Book Story.
Adeline- I like the ‘Treasure Box’ that Miss B brought in for the Emerson Box.
Zane- I have lots of fun playing with my friends.

Year 3
Reality has set in with our first full week at school. This week introduced our spelling rotations and the expectations of the routines around the classroom. We have been doing an awesome job at being independent and being ready to learn.

As a class, we have focused on ‘whole body listening.’ This means that it is not just okay to show the 5L’s (looking, listening, lips sealed, hands in laps and legs crossed) anymore. In grade 3, we need to be engaging our minds and thinking about what the speaker is saying.

But most importantly, we need to be listening with our hearts. To do this, we show that we care about what the person is saying by showing them empathy and respect with our body language.
During our maths sessions, we have been concentrating on showing all we know about 4 digit numbers. Can we make it with MAB’s? Can we expand the number? Can we count on and show what comes before it? Can we write the number in words? Is it odd or even? We have also been putting our thinking caps on to solve some tricky problems and mind bending puzzles. It has been great to see so many having a go and thinking outside the box.

Finally, congratulations to Ava our Super Student for week two. Well done to Tom who received the class Respect for Self Award and Henry who took out both the Respect for the Environment and Respect for Others Award.

**Year 4**

Wow! What a busy week we have had in Year 4. We can’t believe it is the end of week 2 already! Time flies when you are having fun and we’ve been busy little bees working hard in our classroom.

In literacy we’ve learnt how to write paragraphs, compound sentences and how to structure a narrative. We’ve also loved listening to our class novel “Tom Appleby Boy Convict” and learning about the history of the time.

In numeracy, we’ve enjoyed brushing up on our number facts and learning a new game called “Challenge Board”.

Our favourite part of the week has been transforming our classroom with lots of colour. Check out our Summer Pop Art pieces. We are pretty proud of them and think they look great.

Finally, thank you to all the parents who came to our Parent Information evening. It was great to meet you all!

**Year 5/6**

What a fantastic week we’ve had in the Year 5/6 Learning Area!

In Maths we’ve been tackling some monster sums, helping us to get a greater understanding of place value. We have also been attempting some complicated maths puzzles. The more we do the better we get and our confidence builds.

We were privileged to be able to go to the Anointing Mass yesterday. This is always a beautiful ceremony. We showed great respect and reverence throughout the Mass.

On Monday we had our first Japanese lesson of the year, which was awesome. We can’t wait for our next lesson with Mrs Giggins who knows so much about Japan, its culture and language.

A big congratulations and thank you to the school community for supporting our seniors in what was a great school assembly yesterday. Amelia, River and Daniel did an amazing job for our first formal assembly of the year.

Have a great weekend everyone.
**PICK-UP AND DROP-OFF AT SOTS**

A reminder that supervision commences each morning from 8:30am with the first bell at 8:45am.

At the end of the school day, supervision is in the pick-up/drop-off area until 3:20pm.

Your child’s safety is a priority for us and your support in ensuring that your children are dropped off/collected from school during these supervision periods is appreciated.

Should you require support outside of these times, Centacare operates the SOTS Before and After School Care on the school grounds. This is a wonderful service for our families at SOTS and OHSC can be contacted via mobile 0477 551 066 or email clevelandohsc@bne.centacare.net.au

**SCHOOL BANKING – CHANGE OF DAY**

School banking will be collected each **Monday commencing next week, 6th February, 2017**. We also have Michelle from the Commonwealth Bank attending our assembly on Thursday 16th February to speak to the students about our school banking system and to encourage new students to sign up for an account.

Thanks to Kacie Banks for managing our school banking for our children at SOTS.

**APRE NEWS**

We have many meaningful images and symbols at Star of the Sea because of our Catholic ethos, links to Marian and Indigenous spirituality and our beautiful bayside location. Mary is often referred to as the ‘star of the sea’. This is one of the most ancient titles for Our Lady, going back to St Jerome and the earliest centuries.

The stars were used, and still are, as a guide to safety. Sailors called a compass ‘star of the sea’ because it was shaped like a star. Mary was identified from the very earliest days of the church as the guiding light to her son Jesus. Sailors would pray to Mary to guide them safely home.

One of our religious icons, the timber statue in the garden outside the Lighthouse, honours Mary as our guiding light. Our school acknowledges the Friday closest to the Feast of the Assumption each year as the Feast of Our Lady, Star of the Sea.

We will be celebrating our Opening Mass next Thursday 9th February at 9.15 and Ash Wednesday on Wednesday 1st April at 9.15. We look forward to seeing you there!

**PARENTS: TAKING A ‘BRAKE’ FOR OURSELVES**

I hope you don’t mind, but I thought it might be nice to just share some of my parenting moments with you through this newsletter whilst connecting it with well-being in some way. I always enjoy hearing about stories from other parents, so hopefully, you may enjoy mine! It’s also a chance to talk about my daughter – who I think is very interesting (no bias at all and who I’m incredibly fond of 😊).

I thought I’d share with you an interesting observation that I made through the week.....I noticed that it was only the second week of school and already the accelerator had been pressed to the floor! Things are hectic and I’m wanting more sleep. Surprisingly, the other morning, I awoke BEFORE my 5 year-old daughter.

My husband had left for the gym, the cat had been fed (and was not whinging for food) and the puppy was still asleep. There was stillness in the house and I was about to floor that accelerator! Instead, I sat up in bed and looked out of my window onto the many trees in our back yard and decided to just ‘breathe’ for 5 minutes whilst looking at the natural surrounds. It was difficult to remain focused on my breath with my monkey mind – but of course, redirecting back to the breath after our mind wandering, is in fact, what meditation is all about.
I managed to take 30 slow deep breaths in 5 minutes, by which time, my daughter had awoken from her slumber. Unfortunately, that morning, little miss 5 year-old had woken up on the wrong side of the bed and she wasn’t backwards in letting me know about it! However, instead of feeling tightness rise up my chest, I found myself responding remarkably calmly! I mean – not just ACTING calm (whilst gritting my teeth and rolling my eyes behind her back) but actually FEELING calm. I was able to sustain this until drop off at school and finally made the connection to the 5 minutes of breathing I took up.

This is certainly not the first time breathing and stillness has had this effect on me and hopefully it will not be the last. In my usual fashion, I endeavoured to do so every morning but alas – my popularity in the morning is usually at its peak in my little family, so I’ve not yet followed through – but I have managed to snatch 5 minutes on the fly – because the beauty of breathing is – we can do it anywhere!

I’m writing this because I know I’m not the ONLY busy parent who is pushed for time to have for themselves. From what I can gather, 5 minutes of stillness a day can actually last a whole lot longer! If you have a spare 5 minutes – put on the brakes. You may save yourself a trip to the orthodontist for temporomandibular jaw problems.

Rachael Lovett.
Guidance Counsellor.

20 WAYS TO ASK ‘HOW WAS YOUR DAY?’ (WITHOUT ASKING ‘HOW WAS YOUR DAY?’)

Do you find yourself asking everyday ‘So how was school today?’ only to be met with ‘fine’, ‘good’ or even a grunt? But you want to know SO MUCH… or at least just a full sentence. These questions will help you begin some interesting conversations, gain insight into how your kids think and feel about school, and some will produce some pretty hilarious answers.

* Tell me something that made you laugh today.
* If your teachers called me tonight, what would they say about you?
* How did you help somebody/how did somebody help you today?
* When were you the happiest today?
* Who is the funniest person in your class? Why are they so funny?
* What was the funniest thing that happened today?
* If you got to be the teacher tomorrow what would you do?
* If one of your classmates could be the teacher tomorrow who would you choose? Why?
* Who/what made you smile today?
* Which teacher at your school would make the best popstar? Why?
* Which word did your teachers say most today?
* Do your teachers remind you of anyone else you know? How?
* Tell me something you learnt about a friend today.
* When did you feel most proud of yourself today?
* Which rule was the hardest to follow today?
* Who brought the best food in their lunchbox today? What was it?
* What is the most popular thing to do at playtime?
* Can you teach me something you learnt today?
* Did you catch anyone breaking the school rules today?
* If aliens came to school and beamed up three people, who would you want them to take? Why?

Danielle Bennett
Primary Learning Leader
ASSEMBLY

Earlier Start Time (2:20pm) Commencing Thursday 9 Feb 2017

Our year 6 seniors did a wonderful job of leading our assembly yesterday in its new format. This is a great opportunity for each of our leaders to be guided by their teachers to develop their confidence and to grow in their experiences of taking on responsibility through participation in either leading the assembly, setting up the O’Dea Centre or supporting with the music/powerpoint.

To assist in the transition home, we will commence our weekly whole school assemblies at 2:20pm each Thursday. This earlier time will commence from next week – Thursday 9 February 2017.

This earlier start will ensure that we have time to share our messages and to celebrate the awards and birthdays, as well as ensuring time to enjoy any additional presentations (e.g. Year Level Prayer Assemblies) that will occur from time to time. It also enables our children to return to classes and to follow their usual end of day routines before transitioning to the pick-up area.

It was wonderful to see so many of our parents and friends at our assembly yesterday and I look forward to sharing in many more with you in the coming weeks.

2017 WORKPLACE HEALTH and SAFETY

We aim to keep at all times a safe and healthy environment for all Students, Staff and Parents here at Star of the Sea School. Should you ever have any queries in relation to Workplace Health and Safety matters please email them through to pcleveland@bne.catholic.edu.au

Evacuation and Lock-down - We have set a date for our evacuation and lock-down drills on Thursday 23rd February. The teachers will work through the procedures with your child/ren prior to that date to ensure that they feel calm, confident and safe throughout these drills.

Volunteers – We encourage any Parent / Guardian / Grandparent of enrolled Star of the Sea School students to volunteer around the school in various ways as requested from time to time. However, before you can volunteer you must have completed and submitted a “Volunteer Register Sheet” to the office.

This form can only be completed after first reading the Volunteer Code of Conduct Guidelines and the Brisbane Catholic Education’s Student Protection Handbook for volunteers. These three items are all accessible on our website – click on About Us then then Policies and Forms. There are hardcopies of the form in the front office if you do not have access to a printer.

SPEECH AND DRAMA

Speech and Drama lessons start next Thursday morning, 9th February, at 7:45am in the Parish Hall. Drama is not only for your budding young actors, it is extremely beneficial for all, as it does help with confidence and speaking in front of an audience.

Enrolment forms are available from the school office and all forms must be back to Mrs Larsen by Wednesday 8th at the latest. I can be contacted at tlarsen@bne.catholic.edu.au if you have any questions.

Terry Larsen
Speech and Drama Teacher
LIBRARY

Parents could you please help your children locate any library books that may have been left at home over the holidays and return them as soon as possible to the library. We have a large number of overdue books from the end of Term 4. Your help would be much appreciated.

THURSDAY LUNCHES

The Thursday lunches schedule for Term 1 is:

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<th>Date</th>
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<td>2 February</td>
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Looking for donations please of the following items.
Tomato sauce, BBQ sauce and Serviettes.

Kindly leave in school office. Thank you

AFTER SCHOOL KIDS KAYAKING LESSONS!!

Meet you on the water after school for some serious paddling fun. Our after-school kayak lessons runs for 6 weeks on a Tuesday, starting on 21st February. Kids will learn safety on the water, safety when kayaking, paddling strokes, capsize & rescue, towing, speed work & get up close to nature.

Lessons for kids aged 8 – 10yrs 4pm til 4.45pm kids aged 11yrs+ 5pm til 6pm. Cost $120.00 per child. For more information please contact Katrina Beutel at Redlands Kayak Tours 1300 529 258.
Basketball

AUSSIE HOOPS IS BACK
In Week 4 we have Aussie Hoops starting after school in the O’Dea centre. We will have a GIRLS ONLY day (Monday) and a BOYS ONLY day (Wednesday). Please see dates and times below.

GIRLS – 6 Week Program
Mondays 3:15pm – 4:15pm
February 20th – March 27th

BOYS – 6 Week Program
Wednesdays 3:15pm – 4:15pm
February 22nd – March 29th

To Sign up – CLICK HERE and search for our school!

Touch Academy

The Touch Academy will begin its training next week.

Training will be on Thursday afternoons from 3:15pm until 4:30pm, commencing on Thursday 9th February. Training will take place at Redlands Showgrounds, Long St Cleveland. All Players in the Academy will be required to train at the same time.

The Academy consists of 5 key personnel:

- Steve Gough – Coach
- Kelly Gough – Coach
- James Ryan – Coach
- Jason Waters – Drill Facilitator
- Dave Bermingham – Manager

We will have guest visits from Australian Touch Players and guest coaches from NSW & Australia Touch.

If your child plays Touch Football and didn’t receive a note today, please contact me immediately.
Swimming

Swimming Lessons will begin in week 4 down at the Cleveland Aquatic Centre. All students will have 2 lessons each week on Mondays and Wednesdays from Week 4 until Week 7, with our Inter-House Swimming carnival being on Friday of Week 7 the 10th March.

Week 4 - 13 Feb, 15 Feb
Week 5 - 20 Feb, 22 Feb
Week 6 - 27 Feb, 1 March
Week 7 - 6 March, 8 March

Year 6 Lesson – 9:30 – 10:10
Year 5 Lesson – 10:15 – 10:55
Year 4 Lesson – 11:00am – 11:40
Prep Lesson – 11:45 – 12:25
Year 1 Lesson - 12:30 – 1:10
Year 2 Lesson 1:15 – 1:55
Year 3 Lesson 2:00 - 2:40

Cricket

With school starting back so are QLD Cricket Programs. With the Brisbane Heat doing so well this season a lot more kids are excited about the game!!

Yesterday after Assembly students enjoyed their tour around the Brisbane Heat Ute and MILO POPPERS!!!
Star of the Sea would like to offer its students the opportunity to attend before school drama lessons with Mrs Terry Larsen. Lessons will be held in the Parish Hall on a Thursday morning starting at 7:45 am and finishing at 8:30 am with a cost of $10/student/week. In a relaxed and supportive atmosphere, the students will be given an opportunity to experience mime, improvisation, role play, poetry and working together to perform in short plays.

Speech and Drama lessons can help students to express themselves clearly and confidently in personal, social, and school situations. Lessons help to develop an understanding of the importance of volume, pitch, pace and pause, emphasis and projection, in producing a clear, effective and natural vocal delivery. An understanding of these processes together with an awareness of facial expressions, body language, gesture and audience awareness means that students can present effectively and confidently.

Mrs Larsen has been teaching drama for over twenty years in both the school and private studio settings and is passionate about the benefits that drama can give to children. Terry writes poetry, plays and children’s stories, many of which have been performed by her students at exams, eisteddfods and at showcasing concerts. She is the co-founder of Redlands Young Actors’ Group (RYAG); a group that holds Saturday afternoon workshops here at the Star of the Sea Parish Hall on a monthly basis. She is also a Director, the Chief Examiner and author of the Australian Performers and Speakers Syllabus (APASS) formerly known as St Cecilia’s School of Music Performers’ and Speakers’ Syllabus (PASS).

Please fill in the enrolment form below and return it to the office as soon as possible if you would like to enrol your child in these lessons.

**Star of the Sea Extra-Curricular Speech and Drama Program Enrolment Form**

**Student’s Name:** ........................................................................................................................................

**Year Level:** ........................................................................................................................................

**Parent/Guardian’s Name:** ......................................................................................................................

**Phone:** .................................................................................................................................................

**Email Address:** ......................................................................................................................................

**Emergency Contact Person’s Name:** ........................................................................................................

**Emergency Contact Phone Number:** ......................................................................................................

**Parent/Guardian’s signature:** ..................................................................................................................
ENROLMENTS
YEAR 7, 2019

Applications for enrolment for Year 7, 2019 are invited from parents of students who are currently in Year 5.

Carmel College’s enrolment process for this year level will begin Term 2, 2017.

Applications should be received before Friday 31st March, 2017. Applications received after this date may be placed on a ‘wait list’.

Enrolment information can be obtained via the Carmel College website www.carmelcollege.qld.edu.au or by contacting Mrs Donna Cook, Carmel College Enrolment Secretary on ph 3488 7791.

Applications are also being accepted for students currently in Year 4. These students will be the intake for Year 7, 2020.

‘LET YOUR LIGHT SHINE’