7 Reflections on the Last Words of Jesus on the Cross

1. Forgive others.
2. Heaven is real.
3. Care for your parents.
4. Express your heart to God.
5. Be thirsty for the Living Water.
6. Don’t give up. Finish it!
7. Place your life in God’s hands.

Our theme for 2015 is “Make today your best day!”

Our theme song for 2015 is “Best Day of my Life” – American Authors

STUDENT PROTECTION CONTACTS

Karen Bakon ----- Principal
Kylie Williamson-- APRE
Kathy Casley ------ Guidance Counsellor

Click on link below for Brisbane Catholic Education’s Student Protection Process

www.bne.catholic.edu.au/students-parents/Pages/StudentProtection.aspx

2015 Term Dates

TERM 1
Jan 28 – April 2
TERM 2
April 20 – June 26
TERM 3
July 13 – Sept 18
TERM 4
Oct 6 – Dec 4 (12noon)
HAPPY HOLIDAY
It has been a great term and I want to thank everyone for their hard work and support as we commenced the new school year. Everyone has started the year strongly and you deserve a relaxing holiday. Have fun and stay safe.

BAYSIDE SWIM CARNIVAL
Our students participated very well in this Carnival last Friday. It is always a fun and action packed day with maximum participation the focus. Many thanks to our team here at Star of the Sea who organise this event each year.

MOTHER’S DAY MORNING TEA
Please mark Tuesday 5th May in your calendar. More details will be forwarded in Term 2.

ANZAC DAY CELEBRATIONS
Many thanks to Grace and Eve Clark, Ryan Gough and Charlotte Hillman who will represent Star of the Sea School in the Redlands Combined Schools Choir which will be performing at the Dawn Service in Redland Bay. We are still seeking more students who are willing to represent us at the 11:00am ceremony here in Cleveland.

PCG MEETING
At the Annual General Meeting last Thursday night the following office bearers were organized:

😊 Chair............................ Janet Rhodes
😊 Vice-Chair ...................... David McLucas
😊 Secretary ..................... Nicole Fiteni
😊 Treasurer .................... Grant Tanham-Kelly

NOTE FROM OUR GUIDANCE COUNSELLOR
Managing Strong Emotions

An important part of our role as parents is helping our children manage strong emotions. Often, when we observe our upset child, we get caught up in their distress and focus on ‘fixing’ their problems. What may be more helpful for them, for the long-term, is helping them to recognise their unhelpful thinking and emotional responses and practise strategies for managing unpleasant feelings.

Here are some strategies that you can practise with your child, and what better time than the holidays to find time to relax;

⭐ Take 5 deep breaths into the diaphragm, breathing out slowly
⭐ Tense then relax each muscle group in your body, starting with your neck and working down to your toes
⭐ Close your eyes and listen to all the sounds around you, inside the room and outside
⭐ Listen to quiet, relaxing music
⭐ Stretch your body out like a cat waking from a nap
⭐ Slowly draw concentric circles. As you draw each circle, breathe deeply and feel yourself relax a little more
⭐ Say, ‘I can do this’ to yourself ten times. Each time you say it, feel calmer and more competent each time
⭐ Read an article or book about someone who inspires you
⭐ Take a long walk, preferably in a scenic place
⭐ Look at something beautiful, like a cloud or flower, for at least 10 minutes. Pay attention to every detail
⭐ Think about, and be grateful for, all the wonderful things in your life.

Wishing you Easter blessings.

Kathy Casley
Guidance Counsellor
FUN RUN
Congratulations to everyone who has been participating in the Fun Run. Remember walk or run, every lap you do adds to your team total.

CROSS COUNTRY
Term 2 brings cross country season. The first carnival is the Redlands District Trials on Monday 27th April. Our inter-house cross country is scheduled for Friday 8th May and the Bayside Catholic Zone is at St Anthony’s on Thursday 21st May. We encourage our students to continue training over the Easter holiday.

MAINTENANCE PERSON
Star of the Sea Child Care is looking for a Maintenance Person to work for 5 hours a week. Please contact the centre on 3821 2999 if interested.

LOST PROPERTY
After Friday’s Carnival, a sports shirt Size 6 and sports shorts Size 12 were brought back to school. Please call at the office if your child is missing either of these items.

SCHOOL PHOTOS
Our school photo day is Monday 4th May. Further details will follow after the Easter break.

For the convenience of our school families advancedlife photography have now introduced Online Ordering. School photos can now be ordered and paid for using a secure online Web Portal. Please note, photos can still be purchased using an envelope.

We were pretending to be the Easter Bunny this week hopping around to our rotations. We hopped into our numeracy rotation and learnt about Spot’s First Easter and how many eggs the Easter Bunny hid. Some of us are getting very good at counting beyond 10 all the way up to 20.

We have created some beautiful work to bring home and share with our families over Easter. We can teach you about how Jesus died on the Cross for us, how he did this through Love and how New Life is his Promise to us all.

Our teachers want to thank you for a wonderful first term, they keep telling us that we really are their Prep All Stars! We wish everyone a very happy and safe Easter break and look forward to becoming “Animal Rescuers” when we head off on our excursion to Australia Zoo at the start of Term 2.

What a wonderful term we have had in our learning area. We are so proud of the behavior and effort displayed by every member of our class.

Our highlights have been Discovery Learning and the amazing improvement with our writing. We have loved our Literacy and Maths rotations and have learnt a great deal about Jesus and the events of Lent and Holy Week.

We wish everyone a happy and Holy Easter and can’t wait for Term 2 to commence.
Our final week for Term One in Grade Two has been a busy one!

We have been learning all about Holy Week and the events in Jesus’ life leading up to his crucifixion. We were very interested in finding out what life would have been like for Jesus and others living in that time.

We are putting all of the final pieces together for our Discovery Learning Website and will be launching it today. We are very excited to show our families and our teachers are so proud of the hard work and effort we have all made to get this going. A big thank you to Mrs MacArthur for helping us to put everything together! It looks fantastic. We are very tired and are looking forward to a nice relaxing break. We hope you all have a safe and happy Easter!

The final week of Term 1 is already upon us. This week, we have been very busy doing our Easter rotations. Some of our rotations include making hot cross buns in the Thermomix, creating Easter decorations and symbols and constructing Easter cards for our friends and family. We look forward to showing you all of the things we have been busy making.

We are very excited about the Easter holidays. Here are a couple of things that we are looking forward to...

Kate ........ I am looking forward to travelling to Thailand, and getting my feet sucked by the tiny fish.
Owen ........ I am looking forward to camping at Hervey Bay with my family.
Luca .......... I can’t wait to go camping where my Aunty lives.
Joel .......... I am not going away. I am excited to relax at home.

We welcome you to help us celebrate Holy Week. where we will be performing on Wednesday afternoon at 2:30pm. Our act will take place in the garden at the front of the church. We hope to see our friends and families there!

Last week, Year 3 won the Tweet of the Week! Take a look at the photo we tweeted. We were being spelling superstars!

Miss Willis, Mrs Porter, Mrs Yates and the children of Year Three wish you a safe and restful Easter break.

What a term! We have really packed the work in and we really deserve a break!

We finally finished our children’s storybooks ready for our reading session with the Kindy Kids. Our books look amazing! We have worked tirelessly designing, drawing and colouring. Our words have been published and glued into the pages.

With our front covers and back covers done our books were finished off beautifully. Yesterday we took the books over to the Kindy and read them to the children. It was lovely to see the enjoyment on the children’s faces. Their eyes were glued to the gorgeous illustrations and their eyes listened intently to the words. It was a great way to celebrate all the hard work we have done.

We are also very proud of all our hard work in discovery this term, which has produced our colourful resource kit! Now that we are finished we have been investigating the history of Australia by watching and responding to the television series, *My Place*.

During Holy Week we reenacted the Washing of the Feet and the Last Supper with year two. Everybody was so enthusiastic and respectful!

We are very sad that our friends from year four are leaving us at the end of this term. We will sorely miss Caitlin and Zoe and wish them the best of luck! 😊
In Grade Five we all have had an exciting and enjoyable week. It has been lots of fun learning lots of interesting things and finding out what we want to know.

This week it is Holy Week and we have been participating in fun activities relating to the Easter story. We watched a cartoon that explained the story in-depth and the performances that each year level performed at the end of each day helped consolidate our learning with a visual performance. The activities that we have done have been very creative, showcasing our amazing art skills.

Our performance with the Year 3’s of the Arrest of Jesus was well performed and rehearsed for the whole school to enjoy. We made all the props and the actors did a terrific performance with great acting.

In other learning subjects we have been finishing off our assessment in Discovery Learning, Maths and English by using digital technologies to enhance our work. From the teachers and students we wish everyone a Happy Easter and that they enjoy this time with their family and friends to celebrate the life of Jesus.

This week we have enjoyed watching each of the classes share their Holy Week stories. Today we shared our Crucifixion story with the rest of the school. It has been a very powerful reminder to us of exactly what Easter is about.

We also enjoyed having a chance to help our buddies make their very own Easter bonnets. We thought they all looked amazing but special congratulations to Zeke, Will, Emma and Emily who were chosen as the winners!

We have also been busy putting the final touches onto all of our discovery learning prototypes. Alexander entertained the Year 4 children with his PowerPoint and presentation on Antarctica. From all reports he did an amazing job!

We hope everyone has an amazing Easter break and that all the children come back refreshed and ready to start Term 2!
HOW TO TALK SO KIDS WILL LISTEN

Learn skills that make life with children easier and more satisfying.

The goal of the How to Talk so Kids will Listen™ workshop is to give parents practical, effective methods of communication that will make their relationship with children of all ages less stressful and more rewarding.

Facilitated by Megan Warren
Primary School Teacher

Megan Warren is mother of two, with over 13 years teaching experience in Australia and the United Kingdom. In this time she has taught children ranging from Prep to Year 7 and has been recognised for her communication skills through leadership in school behaviour management committees. In 2011 Megan participated in a parenting course entitled ‘How to talk so kids listen & Listen so kids talk’, which immediately resonated with her teaching philosophy and quest to be a more effective parent.

Starts Wednesday, 22 April - 27 May
6:30 to 8:30 pm
Upstairs at the Redlands Centre for Women

6 sessions
Members $180
Non-Members $160

includes a workbook & text book

For more information or to sign up contact our bookings officer on bookings@redlandscentreforwomen.com, phone our office 07 3461 7097 or book online.

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