Change is…

The turn in the path that could lead to wisdom and enlightenment.
The cocoon that wraps the lovely butterfly of personal expansion.
The temporary failure that can develop into startling success.
The darkness that may precede the light of understanding.
The surprise that makes living sometimes fearful and usually exciting.
The necessary revitalisation of an existence grown shallow and boring.
The opening door to growth and learning that rekindles hope.
A real test of our need to trust that God knows best.
A time to verify the compassion and support of others.
A choice whether to complain, whine and feel sorry for yourself…… or not!

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)

NEWSLETTER
18th June 2015

Star of the Sea Primary School
53 Passage Street  Cleveland  4163
PO Box 1867 CLEVELAND DC 4163
Ph: 3286 2377  Fax: 3286 2677

PRINCIPAL: Mrs Karen Bakon
email: pcleveland@bne.catholic.edu.au
website: www.staroftheseacleveland.qld.edu.au

OSHC: Centacare - 0477 551 066
email: clevelandoshc@bne.centacare.net.au

CLEVELAND WEEKEND MASS TIMES:
Saturday 5:30pm  Sunday 7:00am  Sunday 8:30am

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EXCITING PARENT OPPORTUNITY!

Are you a parent curious about self-compassion or wish you could feel a little more compassionate at times???

The University of Qld is on the hunt for some kindly parent folk to participate in a project about compassion and parenting through the Parenting and Family Support Centre.

The project will explore the effects of parent levels of self-compassion and is aimed at parents with children aged between 2 and 12 years of age. Given that we have loads of kindly parent folk at Sots, the UQ Team is willing to come to school to conduct a one hour session – including a fifteen minute guided meditation – on Wednesday 22nd July from 2:00 – 3:00pm.

Please reply via email ASAP to pcleveland@bne.catholic.edu.au an expression of interest if you would like to participate. A scrumptious afternoon tea will be provided!!! BYO Laptop, iPad and headphones – we can provide these if you don’t have your own!

Kylie Williamson Assistant Principal – RE and ST(IE)

GARDENING CLUB

Many thanks to Stephanie Nolan and Tammy Kitching who have offered to help get this club up and running again after the holidays.

UNIFORM CODE

School holidays are a great time to check out the school uniforms. Are they named, neat and tidy? Holidays are also a great time for haircuts.

SCHOOL MUSICAL

There will be 2 performances on Wednesday 16th September…1pm and 6pm in the Redlands Performing Arts Centre. Details about tickets etc will be communicated after the holidays.

PARENT COMMUNITY GROUP MEETING

Our June meeting will be held next Thursday from 7:00pm to 8:00pm. John Beaton and Bernadette Kreutzer, from the Qld Catholic Parents and Friends Federation, will be joining us from 7pm to 7:30pm to share with us the role of the Federation. General Business items will follow.

Please ensure you have any items communicated to the school by 5pm on the Wednesday before.

THE BRAIN AND RESILIENCE

Our Year 4, 5 and 6 students were treated to something extra special by James Ryan yesterday. James works with Pathways to Resilience in West End.

I joined the Year 6 group for their session and I would love to organize James to present to parents. He explained and demonstrated to the students how our brain works and that the more we practise something the stronger we become at it and the longer we retain that skill. He explained how our brain has two parts - the upstairs and the downstairs.

To describe the downstairs, James used the guard dog analogy. This part of the brain poses the question “Am I safe?” If the guard dog doesn’t feel safe, then it is flight or fight. The upstairs part of the brain is the thinking part and symbolized by the wise old owl.

The strong message from James was that the wise old owl and the guard dog need to work very closely together. He then brainstormed with the students what would be some great tools or strategies when you are not feeling safe and want to fight or fly.

Suggestions such as kicking a ball, going for a walk or run, any form of exercise is great to calm us down. Other suggestions involved listening to music, playing with a pet, meditating. James also spoke about unhelpful thoughts and helpful thoughts. It made so much sense that the happier we are and the more helpful thoughts we have, the stronger our brain will be and the more resilient we will be.
ST JAMES’ OPEN DAY
St James Lutheran Community Kindergarten and Child Care invite families to its Annual Open Day to be held this Saturday 20th June, 10:00am -12:00pm. We are located at 29 Waterloo St. Cleveland.

The Open day is an opportunity to speak directly to our permanent and dedicated teaching staff. Families can take a tour of our learning areas and children can experience firsthand the outdoor playgrounds and join in with one of the many activities that make up part of a day of learning, discovery and faith at St James.

The Long Day Care centre offers a relaxed, caring and safe environment for children aged:
- 6 weeks -2 years (max 8 children)
- 2-3 years (max 11 children)
- 3-5 years (max 17 children)

We look forward to meeting you and welcoming many new families into the St James community.

STAR OF THE SEA TOUCH FOOTBALL
With our success in last year’s QLD Primary All-Schools Touch Football tournament, we thought that we would get a head start on this year’s competition.

We will be holding trials for the Star of The Sea Touch football team on Tuesday the 23rd June from 3:30pm – 5:00pm at the Cleveland Showgrounds.

The selected team will be registered into the Redlands Junior Touch competition, which runs every Friday night at the Showgrounds.

If you would like to try out for this team, please collect a note from Mr Bermingham.

LIBRARY OVERDUE NOTICE SYSTEM
This week SOTS Library has been sending out emails to all families who have children with overdue library books. This system will streamline the communication between the library and families, allowing families to receive overdue notices via email, rather than paper documentation brought home by the students.

We ask that all overdue books be returned as soon as possible. These emails will be sent home weekly until the end of the term, which will assist families helping their children account for all texts borrowed.

If books are listed on the Library System as overdue at the end of Week Two of each new term, families will be charged the current $10 fine to assist in the administration and replacement costs of missing resources.

REDLAND BAYSIDE DEANERY APPEAL FOR ROSIES AND BABI
Year Three has chosen to support Redland Bayside Deanery appeal for Rosies and BABI as our Lighthouse Keepers Project. We are asking families to donate an item from the list below to help people in need in our local community.

ROSIES:
- Coffee
- Cordial
- Cup-A-Soup
- Sugar

Small-sized Toiletries (soap, toothbrush & toothpaste, deodorant, razors, shampoo, shaving cream, small tissues).

BABI:
- Tinned Meals
- Noodles
- Biscuits
- Snacks

Small baked beans
Salt and Pepper
Sauce
Pasta and Pasta Sauce
Cleaning products

We will be collecting items for the remainder of this term. Please bring your items to the Year Three learning area.
Thank you for your support and generosity!
Do you know that Polar Bears live in The Arctic and Penguins live in Antarctica! We LOVE our Discovery time every Tuesday and are using it to discover so many interesting facts about animals from around the world and their habitats and features. We have been writing about these animals in our Writing time.

Mrs Staley taught us about Joseph and his Colourful Robe in Religion this week and Mrs Casley came in to talk to us about our feelings using our Kimochi Toys. We are getting better at naming our feelings in Prep and expressing our feelings too.

We have been working so hard on our counting that some of us can count in 2s now! We are definitely Prep All Stars.

We can't believe that the school holidays are just around the corner. We are going to celebrate our first 100 days at school with a party next term! We sure are growing up quickly in Prep.

This term we have enjoyed writing information reports about animals and sharing them with the class. This week for independent writing we were able to write about our favourite animal or the animal we have researched during Discovery Time. We love writing about animals.

Before each writing task we set goals to help us with our work. This week we began setting our own individual goals to help us improve our writing. Some of the goals included, I am going to leave spaces between my words, I am going to remember to put a title, I am going to use full stops and I am going to make my letter “l” touch the pink line.

Working in groups the children have gathered information about particular habitats and have now begun the process of planning and building their own.

We have been very busy this week in Year 2! Our time has been taken up with organising the production of our ‘Golden Book’, participating in a mini ‘Author Study’ and learning some new strategies when adding and subtracting two digit numbers including trading and borrowing.

While all of this is going on, our teachers have been exploring new ideas for our Discovery Learning next term! Our teachers have been given a few suggestions and they took our requests on board.

Who would have thought that grade two students could be so grown up that we could help plan our own learning units!

We have started looking at some new concepts as well this week to help prepare us for our new learning next term. This includes learning about adverbs and writing with conjunctions to make compound sentences.

We have also been revising nouns, verbs and adjectives to help with our writing skills needed for term three. We can't believe that it is already the end of week 9, only 1 week until holidays!

There is another big week ahead for grade two before the end of term and we will need the rest this weekend to recharge, we are all so tired at the end of a term. Have a wonderful weekend!
In Art lessons this week, we have been learning a little more about the famous aboriginal Artist ‘Albert Namatjira’.

During these lessons, we even got to create our own painting using the same techniques, colours and ideas that Albert had. Here are some of our paintings...

Over the past couple of weeks during some Mathematics rotations, we have been having lots of fun with the Maths learning games.

We have been playing ‘Fraction Bingo’, ‘Money Match Up’, ‘Butterfly Catch’ and ‘Numbers Bingo’.

We love learning through fun games! Take a look...

This week in Year 4 we have had a lot of fun doing....

...Discovery Learning. In Discovery we have been putting together our newspapers. They are looking so good! We have three groups, which are: British Criminals, First Fleeters and New Arrivals.

In Maths we are learning about our six and seven times tables. We have had a lot of fun. We are learning them in homework and getting closer to knowing them off by heart.

In our splendid art lesson we have been doing pop art and advertisements for our new papers. The pop art pictures are on the wall and they look so good. They literally pop out at you with their colours.

For our musical we are learning three songs, which are: Bring It On, Never Never and Holding the World. We are so excited for the parents to see our wonderful musical. There are people dancing, people acting and much more.

In English we have been doing information reports about Earth. Also we have been learning about the structure and how to edit properly.

Yesterday morning River’s Dad (James Ryan) came in and talked about how brains work and how each brain is different. We learnt about the structure of the brain and how neurons work. The brain has two different layers. The top half of your brain is all about thinking and the bottom half is about safety.

In PE we have been playing Oztag. We are really enjoying it. At the end of every lesson we play a real OZtag game, with girls against girls and boys against boys. Yesterday we played a tagging game called the Terrifying Tagging Tunnel. Some of us got through with two tags left!
Can you believe that next week is the last week of Term Two? Wow, time really does fly when you’re having fun… and your teachers never give you a minute to slow down!

We have been go, go, go all term and now it’s time to tie up all of our loose ends and get ready for Semester Two. Miss Manicaros and Mr Azzopardi planned some great things for next semester on Monday and they have been dropping hints all week about what we might be doing next term, especially in Discovery Learning, which is always our favourite thing to do!

This week we have been finishing lots of things off;

😊 our Time Magazine articles, timelines of the lives of our famous Aussies
😊 our specially-designed BeeBot maps for the Preps and Year Ones to use
😊 our State of Origin Queensland (and New South Wales) maps with significant landmarks.

If we can get all of these finished by next Friday we can have a Movie Day with popcorn, drinks and games. So get your cosy blanket and comfy pillow ready to bring along.

Don’t forget to bring your Homework Books in tomorrow – dojo points will be up for grabs again.

Have a fantastic weekend everyone! See you in Week Ten!

This week in Grade 6, we have been finishing off a lot of work that we have not yet finished such as biographies, auto-biographies and book reports.

We have also been working on art projects such as self-portraits and zentagle drawings which are different patterns drawn with a black pen.

Last Friday was Gala sport and we all had a ton of fun. Half the class went to touch football and the other half did European handball. Even though it was raining we were still able to make the best of it.

We also thoroughly enjoyed our visit from Rumi’s dad, James, yesterday. He shared some really interesting information with us about our brains.

Mr Ryan talked about the pathways in our brains and how to develop strong pathways.

He also talked about our downstairs brain which is all about “Am I Safe?” (the guard dog) and our upstairs brain which we use for thinking (the wise old owl).

(Written by Alexander and Ryan)
Want to win a signed Reds jersey?
Simply colour in our Reds players, fill out your details and return using the reply paid provided.


NAME
AGE
SCHOOL
PARENT / GUARDIAN
EMAIL
MOBILE

Delivery Address:
PO Box 205
KELVIN GROVE DC QLD 4059

Queensland Rugby Union
Reply Paid 205
KELVIN GROVE DC QLD 4059
Venue: Star of the Sea Catholic Primary School - 53 Passage Street, Cleveland QLD 4163

AGE: Little Legends (5yrs-7Yrs), and Junior Champs (8yrs-9Yrs), Future Stars (10yrs-11yrs)

WHEN: Tuesday 14th July, Tuesday 21st July, Tuesday 28th July, Tuesday 4th August, Tuesday 11th August

Time: 3.10pm to 4.10pm

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