



# The Stella Star

Term 3 Week 6

14 August 2012

Dear Parents and Caregivers

Did the Olympics have you glued to the television or were you put off a little by the time difference between London and Brisbane? The latter was probably the case for me, although watching finals with breakfast or while on the treadmill did provide additional incentive to rise early on those colder mornings.

Why *do* the Games capture the world's interest?

Perhaps it is because they only come around every four years that they are so keenly anticipated. We understand, also, at some basic level at least, what it takes to reach this point – the blood, sweat, tears, highs and lows of athletes, their families and support staff, the administrators and organisers. At some basic level, we appreciate the preparation, the effort, the sacrifices and determined focus that it takes. And then, finally, the

moment comes when all that has gone before is placed on the line and the performance must speak for itself - and the world watches - uplifted or disappointed by the achievements, sportsmanship, competitor response and of course, the athletes' stories. That's a lot of pressure to bear. When we think about it, here we have thousands of athletes, coaches, administrators, friends and family brought together for the two-week period. They come from every country, from every circumstance, from every culture and religion, richer and poorer, black, white and brown, older and younger, royalty and average citizen - people who would, under normal circumstances, never meet, never share the same platform, the same event. What an experience this must be – for competitors, supporters and organisers.

They come with all degrees of expectation; some carrying the weight of favouritism or, at least, the hopes of their country. Yet others enjoy the fruits of relative anonymity. Some will see a silver medal as failure, while others see themselves as winners by their participation and giving their best. Either way, a sense of self is often tied to their achievements for many athletes.

What strange things are these notions of 'success' and 'failure.' There is no doubt that James Magnussan felt the sting of failure when the 4X100m Freestyle Relay Team placed out of the medals in the final. Barely able to stand beside his team-mates during the post-race interview, we watched his response play out before the camera. Was he feeling disappointed? Embarrassed? Frustrated? Disbelieving? Humiliated? Whatever it was, it wasn't pretty. He was in serious distress. After his solo swim later in the week, however, James stated that he had learned more about himself in the previous two days than over the preceding years. If Giaan Rooney had asked him to explain further, I suspect we would have heard emerging insights about swimming lessons learned but mostly about *life* lessons - about sportsmanship, awareness, and knowledge and understanding of self. That perceived 'failure,' then, contained the *opportunity for learning*, which, of course, is the potential held by *every* perceived failure, every mistake, every slip-up, however small or large, sporting, business or personal, whether that person is James Magnussan, you or me.

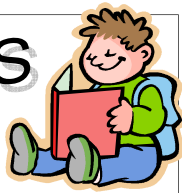
Whatever happens, happens and then we must see what needs to be seen and learn what needs to be learned from it. Life is full of grace – sometimes it's wonderful grace, such as moments of happiness and joy and sometimes it's fierce grace such as when illness strikes, a job is lost or a loved one missed – but it is grace nonetheless; God using the circumstances of life to open us to its depth and fullness.

Very often, though, we want to argue with reality. We argue with life as it is. We say ..... 'It's not fair.' 'This shouldn't be happening to me.' 'It's *your* fault that I'm in this situation.' Arguing with reality, however, is a sure way to suffer because when we argue with reality, when we judge it or condemn it, we are perceiving life from a state of separation from it. When we do this we move into negativity - and turmoil. Worse still, we tie ourselves to whatever it is that we're arguing with – we become trapped by it – destined to experience the same pain over and over again. Our unaccepting thoughts continue to create negative and unhelpful emotions and the destructive loop continues. That's the personal challenge, of Olympic proportions, that we each face, every day.

Have a great week everyone. *Glenda*

**There is NO Brisbane Exhibition holiday on the Sunshine Coast this Wednesday. This is as a result of the State Government's changes enacted this year. NO Assembly this Thursday.**

# LIBRARY NEWS



This week to introduce Book Week we welcome Dave Hackett, author and cartoonist to the library. All year levels will have an opportunity to meet Dave and work with him. There will be an order form sent home for those wishing to purchase his books. Next week during Book Week we will be holding our annual 50 cent second hand book sale in the library. These are books that have been withdrawn from the library collection. Funds raised this year will go to the Indigenous Literacy Foundation for schools in remote communities. The dress up parade will be on Friday 24th in the hall at 9.30 for Preps to Year 4s. Class teachers will let the children know the theme of their fancy dress. All are welcome to attend!

From the Library desk

Joan Jenkins, Peta Neill, Kym Schemioneck

## MULTICULTURAL CELEBRATION EVENING

WEDNESDAY AUGUST 15 - 6.15PM – 7.15pm IN THE HALL

Finally our second multicultural celebration night is almost here. Rehearsals are finished and the students are excited and eager to perform.

Students from Prep to Year 7 will perform in one or more of the following cultural troupes: Indonesian Angklung Orchestra, Indonesian Dance, African Drumming, Aboriginal & Torres Strait Island Dance, Bellydancing & Italian Theatre.

Doors open at 5.45pm and performance starts at 6.15pm  
Parents and friends are reminded that no food or drink is to be brought into the hall. There are drinking fountains inside the hall.  
Parents please keep preschool age children and siblings seated with you.

All performers will be seated together on the floor at the front of the hall. We look forward to seeing you there for this wonderful night of multicultural celebration.

Bu Neill & Carmel Barbagallo



Due to illness and other commitments the P & F Meeting is **cancelled TONIGHT.**

## Honesty is the best policy

Thank you to

Jackson Smith-Leishman, Lauren Camp, Taite Richards, Ruby Towner, Grady Murray, Toby Wills, Charlotte Maher,

## ASSEMBLY AND PRINCIPALS' AWARDS

Due to Star Lab visit, there will be no assembly this week.

Principals' Awards will resume next week.

## Age Championship Medal Presentation

Medals will be presented next Thursday (23 Aug). Year 5 age champions will receive their medals the following week due to camp.



Rainbows again tomorrow afternoon

Meet facilitators outside Library at 3.10 for afternoon tea

# APRE News



Dear Parents/Caregivers,

This week we continue with the Virtue of Hope which transcends despair and frustration, giving us a feeling from the heart that good things will come our way. Through hope, our journey becomes lighter as we shift our focus from our hardships and the negatives affecting our situation to the positives, which result in generating the confidence to move forward. When we hope, our hearts can heal, our desires and dreams can be fulfilled, and our days become brighter, as illustrated by the following story (adapted from <http://www.lifeofhope.com/dreams.htm>).

The first day of school our professor introduced himself and challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder. I turned around to find a wrinkled, little old lady beaming up at me with a smile that lit up her entire being. She said, "Hi, handsome. My name is Rose. I'm eighty-seven years old. Can I give you a hug?" I laughed and enthusiastically responded, "Of course you may!" and she gave me a giant squeeze. "Why are you in college at such a young, innocent age?" I asked. She jokingly replied, "I'm here to meet a rich husband, get married, have a couple of children, and then retire and travel." "No seriously," I asked. I was curious what may have motivated her to be taking on this challenge at her age. "I always dreamed of having a college education and now I'm getting one!" she told me.

After class we walked to the student union building and shared a chocolate milkshake. We became instant friends. Every day for the next three months we would leave class together and talk nonstop. I was always mesmerized listening to this "time machine" as she shared her wisdom and experience with me. Over the course of the year, Rose became a campus icon and she easily made friends wherever she went. She loved to dress up and she revelled in the attention bestowed upon her from the other students. She was living it up. At the end of the semester we invited Rose to speak at our football banquet. I'll never forget what she taught us. She was introduced and stepped up to the podium. As she began to deliver her prepared speech, she dropped her cue cards on the floor. Frustrated and a little embarrassed, she leaned into the microphone and simply said, "I'm sorry I'm so jittery. I gave up beer for Lent and this whiskey is killing me! I'll never get my speech back in order so let me just tell you what I know."

As we laughed she cleared her throat and began: "We do not stop playing because we are old; we grow old because we stop playing. There are only four secrets to staying young, being happy, and achieving success. You have to laugh and find humour every day. You've got to have a dream. When you lose your dreams, you die. We have so many people walking around who are dead and don't even know it! There is a huge difference between growing older and growing up. If you are nineteen years old and lie in bed for one full year and don't do one productive thing, you will turn twenty years old. If I am eighty-seven years old and stay in bed for a year and never do anything, I will turn eighty-eight. Anybody can grow older. That doesn't take any talent or ability. The idea is to grow up by always finding the opportunity in change. Have no regrets. The elderly usually don't have regrets for what we did, but rather for things we did not do. The only people who fear death are those with regrets." At the year's end, Rose finished the college degree she had begun all those years ago. One week after graduation Rose died peacefully in her sleep. Over two thousand college students attended her funeral in tribute to the wonderful woman who taught by example that it's never too late to be all you can possibly be; that it is in the doing that hopes are realized and life is truly lived. The following poem by Emily Dickenson says it all:

Hope is the thing with feathers  
That perches in the soul  
And sings the tune without the words  
And never stops  
At all

God bless, *Judith.*





# MUSIC NOTES

## QUOTE OF THE WEEK

"We are the music makers, and we are the dreamers of dreams."  
~ Arthur O'Shaughnessy~

**TIP OF THE WEEK** - Practise as often as possible. Make it part of the day, like brushing your teeth.

**MUSICAL NEWS – 'JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT'** - Our props and costumes are being developed and we are looking to borrow the following items for our show.

- Sheep (not real of course) – 3 or 4 of them large enough to act as a prop on the stage (will be returned)
- Christmas Reindeer (wire frames) that we may **keep** as they will be made into other props
- Camel – you never know, someone just may have a large wooden camel or even a camel costume to fit two adults?? (will be returned)
- Large artificial palm trees (will be returned)

Don't forget that our first afternoon rehearsal is Wednesday 15 August in the Music Room. **No dancers are required at this rehearsal.**

All parents with students involved in 'Joseph' should have received the rehearsal schedule for this week. A few emails have been returned as they are incorrect. If you did not receive an email, please contact Mrs Durrer to ensure you are on the email list and your details are correct.

**ENSEMBLE NEWS** - We would like to wish the best of luck to the following ensembles that will be travelling to Brisbane for the Queensland Catholic Schools and Colleges Music Festival. **All forms should now be returned to school.** Enjoy the day, sing/play your best, smile, and be a wonderful representative for Stella Maris.

- Stella Fellas – depart Stella Maris at 7am, estimated time of return 12pm
- Piccolo Choir - depart Stella Maris at 9am, estimated time of return 3:30pm
- Stella Maris Singers - depart Stella Maris at 11am, estimated time of return 5pm
- Stella Maris Concert Band - departs Stella Maris at 11:30am, estimated time of return 7pm

Students are reminded to wear their **formal uniform** and to bring a hat, jacket, morning or afternoon tea, lunch, and a drink bottle.

If any parents intend to travel to Brisbane to listen to their child perform, please check out the following website: <http://www.qcmf.com.au> where there is further information regarding the venue, parking, entry fees, etc. There will be over 25 000 people at Villanova over the course of the weekend and parking may not be available close to the venue. All of our ensembles will be performing at Villanova College. If you have further questions, please contact either of us before Friday.

## DATE CLAIMERS

*Joseph and the Amazing Technicolor Dreamcoat* - **Rehearsal Wednesday 15 August (3:00 – 4:30 in the Music Room)**  
Queensland Catholic Schools Music Festival - **Friday 17 August**  
*Joseph and the Amazing Technicolor Dreamcoat* – **Friday 19 October & Saturday 20 October**

Best wishes to all students who are participating in the Sunshine Coast Junior Eisteddfod. Parents are encouraged to forward student results to Mr Wynyard or Mrs Durrer so they can be published in the newsletter in coming weeks.

If you have queries regarding anything musical – please feel free to catch up with us before or after school, by contacting us in writing or via email.

Musically Yours,

Inez Durrer

Classroom Music Specialist

[idurrer@bne.catholic.edu.au](mailto:idurrer@bne.catholic.edu.au)

Todd Wynyard

Instrumental Music Coordinator

[twynyard@bne.catholic.edu.au](mailto:twynyard@bne.catholic.edu.au)

# calendar of events

August 14	P & F Meeting @ 6.30pm in the staffroom
August 14-16	Dave Hackett Author/Cartoonist visit
August 15	Sunshine Coast Junior Eisteddfod (Vocal) Multicultural Celebration Evening
August 16	<b>NO ASSEMBLY THIS WEEK</b>
August 20-24	Book Week 2012
August 22-24	Year 5 Camp
August 23	2B Assembly Item
August 27-31	Father's Day Stall
August 29-31	Year 6 Camp
August 30	Prep OD Assembly Item
September 3	School Photos in the Hall
September 6	Concert Band Assembly Item
September 9	Regional Athletics Trivia Night THIS IS SUNDAY! <b>CHECK</b>
<b>September 21</b>	<b>Last Day Term 3</b>
<b>October 8</b>	<b>First Day Term 4</b>
October 9	P & F Meeting @ 6.30pm in the staffroom
October 18/19/20	"Joseph & the Amazing Technicolor Dreamcoat"
<b>October 22</b>	<b>Pupil Free Day</b>

# SPORT NEWS

## District Athletics Carnival

Last Tuesday and Thursday Stella Maris students represented the school at the District Athletics Carnival. All students competed extremely well with 22 students placing in the top 10 of their event. **Stella Maris placed 3rd overall** in the point score - an excellent result! Congratulations to the following students who have been chosen to represent the Sunshine Coast District at the Regional Carnival at the University of the Sunshine Coast on Tuesday 4th September.

Jake Edgar  
Jack Gillespie  
Lachlan Shields  
Taniah Meyers  
John McLaughlin  
William Ritchie  
Madison Edgerton  
Tiannah Maltman  
Well done to **Madison Edgerton who was the 10 Yrs Girls District Age Champion!**

## U12 Years Boys District Cricket

Trials will be held on Wednesday 22nd & 29th August at Talara Primary College Cricket Nets 3.30 - 5.00pm.  
For further information and a permission note please see Mrs Till.



## MOOLOOLABA SLSC

Nippers Sign On Day  
Sunday 9 September 2012  
8.00am - 12 noon

Flyers available at the School Office for further information

# Tuckshop News..



Wed 15/08	Thurs 16/08	Fri 17/08	Mon 20/08	Tues 21/08
A Schofield	J Robinson N Hughes	L Corcoran <b>HELP NEEDED</b>	J Reginato A McArdle	

# Ingredients Roster

**Week Ending 17 August-** M Damaggio, A Brown, A Brunswick, A Corby, A Currie, A Horridge, A MacDonald, A Maguire, A McLaughlin, A Pearson, A Roser, B Baillie, B Gardner, B Gordon, C Crowe, C Kemp, C Moloney, C Penn



# Inside a Grade 2 brain! Part 1

Second-graders have a propensity to worry. They can fret about nightmares, the dark, their clothes, their homework, or their stomach aches that might — in their agitated minds — be a lethal disease. They hate making mistakes, not finishing tasks, and especially losing. They have to be first, correct, punctual, best, and perfect. Seven-year-olds can finally grasp concepts like space, direction, distance, and time. They now understand that the clock is ticking forward. Suddenly, schedules, routines, calendars, plans, predictability, rules, justice, and assignments become excruciatingly serious causes for concern.

Children this age often develop affectionate relationships with their teacher; it's not uncommon for them to weep when the year ends.

*Dopamine* levels are ascending in the second grader's brain. This neurotransmitter - which enables attention and motivation - increases its output when goals are attained. Your second graders will be ecstatically mind-enhanced if you help them carefully set, chart, and successfully reach their intellectual and physical ambitions.

Reading fluency improves, aided by expansion of *Broca's area* and *Wernicke's area*, and the massive interconnection of neurons. Second graders might start reading because "they want to." Parents can help elevate their child's language ability if they ask thought-provoking questions and talk to them with a high-level vocabulary.

Second graders need to feel safe, stable, and emotionally secure for their brains to acquire maximum knowledge. To protect a second-grader's confidence, parents and other important adults should give loving, encouraging feedback, minimize scolding and threats, and avoid shouting or spanking for discipline.

They're ready for bicycling, and sports programs like soccer, swimming, hockey, and martial arts are outstanding brain-boosters. Many seven year olds thrive with a physical challenge because their energetic, integrated sensory systems enable them to progress far quicker than adults in skills like skating and skiing. Children need a wide variety of nutrients for optimal brain growth. Feed your child a balance of vegetables, fruit, whole grains, dairy, and meat, and limit their intake of candy, cookies, fruit juice, and sugary, salty junk food. Egg yolk, fatty meat, and soybeans contain choline, the building block for the neurotransmitter *acetylcholine*, crucial for memory function.

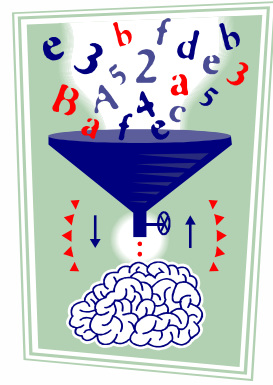
## Suggested reading

[The Developing Brain: Birth to Age Eight](#), by Marilee Sprenger

[Your Child's Growing Mind: Brain Development and Learning From Birth to Adolescence](#), by Jane M. Healy, Ph.D.

[Seven Times Smarter: 50 Activities, Games, and Projects to Develop the Seven Intelligences of Your Child](#), by Laurel J. Schmidt

Christine Craig (Guidance Counsellor)  
**email: [ccraig@bne.catholic.edu.au](mailto:ccraig@bne.catholic.edu.au)**



Just a thought

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