Dear Parents and Caregivers

"The members at a gathering were given a task to perform. Each was given a handful of jellybeans to eat but there was a catch; they were to keep their hand outstretched in front of them and they had to find a way to eat the sweets without bending their arms. As the time started to tick away, most of the members tried throwing the sweets into the air in an effort to catch the beans in their mouths; but, as expected, most failed as the jellybeans hit the ground.

After a while, two individuals watching the drama unfold, had a brainwave. They moved to stand facing each other, their arms outstretched and each ate from the hand of the other."

Once revealed, this seems a logical solution to the problem – each gets what s/he needs when they work together to achieve a common goal. We all recognise the advantages of working as part of a team; the old saying, ‘A champion team will always beat a team of champions,’ has been proven many times over. And, of course, there is no secret to the reason for this, the difference lying in the mindset and motivation brought to the endeavour. ‘Am I in it for me’ Or, ‘Am I in it for us and what we can accomplish together?’ The strange thing is, when this, the difference lying in the mindset and motivation brought to the endeavour.

We, too, in everyday life, benefit from working productively and harmoniously within a team structure, whether that be within a family, in a workplace or school. Is there anyone who has not experienced the difference between working in an environment in which everyone works together for the good of all and one in which it’s every person for him or herself?

Here at school we frequently talk about the fact that Stella Maris operates as teams within teams, varying in size and intent, but all under the umbrella of one large Stella Maris team. And parents, you are a tremendously important part of that whole school team. Each one of us either contributes to, or detracts from, achievement of the school vision which is ‘to be an inclusive, high quality learning community where faith inspires action.’ That vision may sound lofty but in fact it is achieved in the small and seemingly insignificant actions that are chosen by each of us every day. The same questions can be asked, ‘Am I in it for me (and mine)?’ Or, ‘Am I in it for us and what we can accomplish together?’

Perhaps some people think that there is only so much care they have to give, so much respect they have to extend, only so much courtesy to go round, only so much time to give and so they see the need to conserve and be selective in their giving for fear that there will not be enough for those closest to them. In fact, the more these are freely given to others, the more is returned and the well never runs dry, but rather continues to fill. Basically, this school becomes more and more effective in its learning and teaching and in its growth as a Christian community, as we move closer and closer towards caring for the good of all and seeing the value in supporting, encouraging, challenging, including, contributing, welcoming and cooperating. Once again, this does not necessitate grand gestures or impossible contributions; so much good is achieved through simple kindnesses and expressions of gratitude, offering a helping hand, meeting commitments, a word or gesture of support and choosing to focus more on what is good, true and beautiful in life in spite of difficulties being faced.

Tonight, at the Parent Teacher Partnership meetings you will receive a copy of the pamphlet titled, Achieving Better Outcomes for Students, Parents and Teachers. This document was collaboratively written two or three years ago and outlines Expectations and Responsibilities of Teachers, Parents and Students at Stella Maris and then outlines a simple process for addressing concerns should they arise. I encourage you to read it and keep it handy for future reference. It’s a sensible and practical read and will take us a long way towards achieving our mission while meeting the needs of community members in a harmonious manner.

Hopefully we will see you all at the middle session tonight in the hall when we gather for a short 30min input with particular attention given to Homework. At the end of last year teachers, parents and students were invited to take part in an online survey. We then used this information and the results of research findings to formulate our own approach to homework. This has now been shared, discussed and adopted by staff and tonight we will share the results of the Homework review with you. We are hoping that those attending Session One will stay on for this session in the hall and those attending Session Three will arrive early to attend from 7-7.30 in the hall.

Thank you, in advance for your attendance tonight and for your ongoing, positive contribution to the Stella Maris team.

Have a great week everyone.  Glenda

Why not come along to the first P&F Meeting of the year, this Thursday evening 6.30 in the Staffroom.

Stella Maris Primary School, McKenzie Drive, MANOOGADORE QLD 4559 • P: (07) 5409 8900 • F: (07) 5409 8999 • Absentee: (07) 5409 8999
www.stellamaris.qld.edu.au • P & F Meetings are held 2nd and Tuesdays of each month at 6.15pm

Act justly, love tenderly, walk humbly with your God

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For your Attention: Severe Allergies - Parents, please be aware that we have students at school with severe allergies to nuts. While our policy, and that of the Australian College of Immunologists and Severe Allergies Specialists, does not recommend banning these products, we do take an educational approach to raising the awareness of staff, students and parents to minimise the risk to students with severe allergies. We thank you, then, for considering leaving nuts and nut products out of school lunches especially in those classes which contain students with such allergies. Your class teacher/s will inform you when this is the case.

P&F Meeting This Thursday - Parents, we thank the P&F Executive for their flexibility in changing the meeting day for the first meeting of the year due to the Parent Night tonight. Due to this conflict in dates, the P&F meeting is now this Thursday evening 6.30 in the Staffroom. We hope to see you there. Everyone is welcome.

Curriculum Newsletters - Keep an eye out for Term 1 Curriculum Newsletters being sent home this week. These newsletters provide you with information about the specific curriculum to be covered this term, across all Learning Areas.

Siena Catholic College Year 7/8 Enrolments for 2015

Families considering enrolling their child in Year 7 and/or Year 8 at Siena Catholic College in 2015 are invited to attend an Information Session at the College on either Sunday 9 March or Monday 10 March. From 3:00pm on the Sunday, families will have the opportunity to view the College facilities followed by an Information Session at 4:00pm. On the Monday evening, the Information Session will begin at 7:00pm however there will not be the opportunity for a tour. If you intend to attend one of these sessions, please contact the College Office by either email sippydowns@bne.catholic.edu.au or phone 5476 6100 to register - this is for catering purposes. College Principal, Mr Graeme Hight, and the College Captains will speak to Stella Maris Year 6 classes on Wednesday 26 February and will distribute enrolment packages. Parents may wish to view the Siena website www.siena.qld.edu.au. Enrolment applications are requested to be submitted by Friday 4 April. Enrolment interviews will commence at the end of Term 1, and hopefully be completed by mid-Term 2.

St John’s College, Nambour Year 7 2015 Enrolment Interviews Parent/Carer’s information:

- Members of the St John’s College leadership team will visit Stella Maris primary school early in March 2014.
- Year 6 students for Year 7 2015 will be offered enrolment packs on this day.
- A Parent Information Evening will be held on Wednesday 12 March at 7pm at St John’s College in the Multi-Purpose Centre.
- Enrolment interviews will be held from Monday 24 March to Tuesday 1 April 2014.

At St John’s College we provide quality education in an environment that nurtures children in their Catholic faith.

P & F CARPARK RAFFLE

Drawn at tonight’s Parent Teacher Partnership Meeting and announced in next week’s newsletter.

Dear Parents/Caregivers,

The Virtue chosen for this fortnight is Commitment to coincide with the students formulating their Class Vision in preparation for their Commitment Liturgies over the next few weeks.

How can we tell if we are really committed to something? The person who is committed is willing to overcome all obstacles to keep that commitment. They don’t quit easily and are not looking for a convenient way out. Regardless of the obstacles that come in the way, they will press through and do the utmost to overcome everything to keep the commitment. However, a person who is not really committed will do what they promised only if things are convenient. When things get a little difficult, they are likely to make changes so that they may not have to do what was promised. When a person is committed, they will be focused and not easily distracted. But the one who is not committed, will drift along and go where it is convenient. The person who does a job half-heartedly will not enjoy what they do as much as the one who does the same thing whole-heartedly.

Commitment is a virtue that is hard to come across these days, as most of us want to do what is convenient and finding people who are committed becomes increasingly difficult. What does it mean to be committed? It means to be faithful and loyal to a certain cause. It means that we have a sense of responsibility. We are committed when we make a deliberate and unchangeable choice about something and stick to it. To be committed is to express our diligence towards something. "Commitment is caring deeply about something or someone. It is deciding carefully what you want to do, then giving it 100%, holding nothing back. You give your all to a friendship, a task, or something in which you believe. You finish what you start. You keep your promises." (from the Virtues cards - The Virtues Project™).

We often think of commitment as it applies to life’s major decisions: marriage, parenting, our faith, our work. These commitments often are made with much discernment. There are other commitments that we make to ourselves. Sometimes we don’t take our commitments to ourselves as seriously as those we make to others and we do ourselves an injustice by not doing so.

Recently I decided to make a commitment to a healthy regime to reduce my blood pressure in a natural way. My intention was to change eating habits to a more healthy diet, to embark on a daily exercise program to improve fitness and to inject a healthy dose of fun into my week by going for a surf at least once on the weekend.

Accountability is important for us to reach our goals. So, for this week, I have committed to doing three things that will help me reach my goals – complete a set of particular exercises daily, stick to my healthy diet plan (no cheating) and go for a swim on Saturday. I know that I will be calling on my self-discipline, discernment and self-care to do what I said I would, to keep my commitment to myself. At the end of the week I will know if I have succeeded this week (or not) by the numbers on the blood pressure monitor and on the scales, and how refreshed I feel next Monday morning when I wake to another week!

Is there anything you wish to achieve for yourself? Perhaps something that you have been putting off for far too long or put into the too hard basket? Breaking this goal into small steps and working out some strategies that will work for you and then committing to them to achieve what you really want may help.

Questions for reflection:

- How do I make decisions about what I really want to achieve?
- What accountability helps me to keep my promises?
- How do my actions match my words?

I wish you every success in achieving your goal/s.

God bless, Judith.
MUSIC NOTES

QUOTE OF THE WEEK

“Everything in the universe has a rhythm, everything dances.”
~ Maya Angelou ~

TIP OF THE WEEK - Keep a pencil with your music books and use it during home practice, lessons, and rehearsals to mark gentle reminders on your music, such as accidentals, dynamics or to watch the conductor. We all have good memories, but the pencil never forgets!!

MUSICAL - Don’t forget to mark your diaries, as 2014 will be a musical year! This is especially important if your son/daughter wishes to be a part of the musical (eg. lead role, chorus, singer, dancer, props, musician, backstage). It is essential that all involved students are present at these times. If you are interested in assisting in any capacity, please let us know.

• Rehearsals – Wednesday 8, Thursday 9 & Friday 10 October (during school holidays)
• Performances – Thursday 16, Friday 17 & Saturday 18 October (Term 4, Week 2)

A meeting will be held Wednesday 12 February at 11am in the Music Room for any student from Years 4-7 who would like more information regarding involvement in the musical. Rehearsals will commence in Week 4 for large ensemble rehearsals and auditions for lead roles will take place in Weeks 9 and 10 of Term 1.

CLASSROOM RESOURCES - There has been a delay receiving our recorder order for students in Year 2 due to a shortage in Australia. We anticipate receiving these at the end of this week. Students will be notified when they are available in the Uniform Shop. Thank you for your patience.

ENSEMBLE TIME - Ensemble rehearsals begin this week and students participating in the various ensembles will receive a participation note. Please complete and return the bottom portion of these notes ASAP so that we may update our rolls.

Parents are reminded that children enrolled for instrumental, speech and singing lessons at Stella Maris are responsible for getting to lessons at the correct time each week. Classroom teachers are not provided with copies of lesson timetables and are not responsible for reminding students to attend lessons. While tutors may, from time to time, need to ring classrooms to get students to attend lessons, they should not expect, or wait for the teacher to ring every week. A couple of strategies to assist students to get to lessons on time are; 1. An alarm clock watch set by parents before students come to school, 2. Writing of strategies to assist students to get to lessons on time, 3. Rehearsals – Wednesday 8, Thursday 9 & Friday 10 October (during school holidays)

TUESDAY 11 FEBRUARY 2014

A new Menu will be sent home soon.

STELLA MARIS MUSIC

Tuckshop News

Uniform Shop Hours

Monday 8.00am - 10.00am
Wednesday 10.15am - 3.15pm
Thursday 8.00am - 1.00pm

Principal’s Awards

13 February 2104

Elise Brown, Marley Bishop, Lily Stubbis, Lilly Roberts, Zaviah Haas-Cruz, Eva Fitzgerald, Kobi Spink, Jesse Jones, Ethan Whitm, Max Furniss, Emily Quail, Joshua Winters, Primrose gall, Mitchell Corby, Jett Moritz, Marko Romero, Sam Lawson, Max Hirming, Lily Murnane, Jarfa Efendi, Shayley Coombs, Kyralee Mellish, Jayden Hall, Kirra Deighton, Ella Shuttleworth, Ella Harris, Jayda Murray, Matthew Haley, Rachel Tonks, Amber Fellows.

Thank you to all those that came along to soccer sign on last Saturday. We will be having another sign on this Wed at 2.30 at the front of school. Cash and Cheques only please. New players please bring birth certificate or Passport. The club is gradually getting support but we still need a President, grounds co-ordinator(s) and a canteen convenor(s) which pays $100 each home game. If you have any queries please call Damien on 0411283065. Don’t forget if you are eligible for the ‘Get Started’ $150 vouchers bring them along on Wed to sign on.

First Reconciliation (First Confession)

For Children

• The child is 8 years old, or older.
• The child has been baptised.
• One parent is Catholic.
• Both parents are agreeable to the child proceeding with this sacrament. A parent must attend one information Night.
• Monday 10 March 2014 7-6pm
• Monday 26 May 2014 7-6pm
• Monday 18 August 2014 7-6pm

Children do not attend this meeting. It is held at the Stella Maris Church, Baden Powell Street, Maroochydore.

Dates for the Workshop AND Celebration of the Sacrament of Reconciliation

Dates/Times for 2104 still to be confirmed. They will, however, be held in the following weeks.

• Week of 28 April 2014
• Week of 21 July 2014
• Week of 13 October 2014

Quote of the Week

“Everything in the universe has a rhythm, everything dances.”
~ Maya Angelou ~

SPORT NEWS

Queensland Cricket and Cricket Australia are hosting a FREE come and try session from 5.00pm - 6.30pm at the Buderim Cricket Club on the 14th of February 2014. If you would like to participate in the come and try day please register their interest by sending an email to rijmm@qldcricket.com.au.

Football News

Thank you to all those that came along to soccer sign on last Saturday. We will be having another sign on this Wed at 2.30 at the front of school. Cash and Cheques only please. New players please bring birth certificate or Passport. The club is gradually getting support but we still need a President, Grounds co-ordinator(s) and a canteen convenor(s) which pays $100 each home game. If you have any queries please call Damien on 0411283065. Don’t forget if you are eligible for the ‘Get Started’ $150 vouchers bring them along on Wed to sign on.

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NEEDED:- Chocolate Cake and Pikelet mixes.

Thank you for the great response to our call for help. New rosters will be emailed shortly. There is still time to join.

A new Menu will be sent home soon.
Safer Internet Day

The Australian Communications and Media Authority (ACMA) have chosen February the 11th as Safer Internet Day. ACMA provides excellent resources for parents, teachers and young people to help us understand the why and how of Internet Safety.

The Internet has an enormous impact on all our lives. Let’s liken it to a car. A car makes a real difference to the whole structure of society. We learn to drive a car and we learn the road rules before we can drive on the roads. The same is true of the internet. It is part of our lives and we need to learn how to use it and what rules we need to embrace so that we can be safe. Only thing is we can’t wait until our kids are older, they need education from an early age to protect them from unwanted attention and harmful activities.

Cybersmart trainers from ACMA visit hundreds of schools across Australia each month delivering internet safety awareness presentations to students, teachers and parents. We had them visit 2012 and it was certainly an eye opener as to how many of our students are on the internet and on sites that have open access to others. In the evening we held the parent talk; sadly only 5 parent attended.

Here's an overview of some of the top issues the trainers are seeing in schools around the country:

**Mobile phones** in classrooms are a major issue for secondary schools. It is important for schools to have policies on the use of mobile phones by students and staff and clear guidelines and procedures for breaches of the policy.

**Proxy bypasses** still seem to be an issue in many schools, with students finding ways to get around school filtering.

**Instagram** is one of the most popular programs with primary students, despite the terms and conditions stating that users must be 13 or above. Instagram and other photo-sharing sites allow users to locate someone from the geotagging settings, which can be turned off on phones and on the Instagram site. Adding hashtags to your photos on Instagram (example: #kitten) makes them visible to others using the same hashtags and makes it easier for others to find your pictures and connect with you. Setting your profile to private means your photos won’t be visible on public tag pages.

**Minecraft and Kik** have become very popular games for young children. Some students have reported increased requests for contact with strangers in these programs. Some primary children who are playing in Skype report that they are often asked to turn on their webcam while playing Minecraft. The recommended age for the use of Kik is 17+

**Excessive gaming** – The impact of gaming into the late hours or throughout the night can mean young children struggling to concentrate or falling asleep at school. Some primary schools have indicated that this is now an issue in the early years, either from game playing or watching parents who are gamers.

The information we gain from our visits to schools helps Cybersmart stay up-to-date with the ways young people are using technology and look at ways to address them. Let us know about cybersafety issues in your school via Twitter @CybersmartACMA or email cybersmart@acma.gov.au

www.cybersmart.gov.au

Christine Craig (Guidance Counsellor)
email: ccraig@bne.catholic.edu.au