Dear Parents and Caregivers

Last Thursday, we met with the students to outline the expectations for times when we gather, especially for assemblies and liturgies. The word ‘expectations,’ however, doesn’t adequately express what we are trying to achieve when we gather. I’ll try to explain what I mean.

Those of you who have joined us for assembly or liturgies in the past, will know that we are encouraging those present to bring a particular presence to these gatherings, that is, we ask that everyone arrives, waits and participates in a spirit of silence and stillness. Not easy by any stretch of the imagination and a real test for many! Of course we can expect and largely achieve a quiet environment, but stillness, beyond superficial compliance, is another matter; that is often the work of a lifetime.

Nevertheless, we do believe in providing opportunities in this noisy and hurried life, to experience external quiet and peace in the hope that our young ones and older alike, may become aware of the internal silence and stillness that already lies inside each of us. That’s the paradox; we think finding peace requires a struggle, that it’s ‘out there’ somewhere waiting to be grasped when it is really ‘in here’ awaiting our coming home.

Peace is what we have in the absence of struggle, not necessarily the absence of challenges. In challenging times, awareness of one’s thinking can make the world of difference. When we step back and calmly look at our thoughts and responses, we gradually ‘wake up to ourselves,’ so to speak. With faithfulness to this inner looking and listening, we lessen our tendency to lose ourselves in our heads where we are a story we have created about ourselves and our circumstances. When we see beyond this story, when we are clear about who and what we really are, we begin to act in clear ways and respond to whatever comes from a place of peace, love, compassion and understanding. We have tapped into our true self which is Spirit.

Now, you might say, ‘That’s a pretty wild leap – from coming in silence and stillness to assembly, to realisation of our true nature!’ And well it might be but we are not called to control the outcome, we are simply asked to be faithful to the journey – and let God do the rest in God’s good time.

And so, we try to quieten our minds. We use those precious minutes as we walk and gather before assembly to be still, quiet and to listen, to stop chasing our thoughts, to stop chasing attention and noise. To let it be, and to see what is happening inside, right here and now. Perhaps we begin to notice the presence of peace, even midst the external noise and busy-ness. It’s always there; it’s always accessible, if we look in the right place.

Consider this: Is there anything today more neglected, more devalued than silence? How much energy do we spend running away from it, filling our world with endless noise, endless chatter? Silence has become that which must be filled as quickly as possible because it makes us uncomfortable. There is so much distraction with noise and movement, that we are conditioned against listening deeply. We are together, but we are not present to each other; we are in our own private or collective world of noise.

On the contrary, silence is the place from which we come to know ourselves, to know others and God. It is the place that opens us to the beauty and connectedness of life, to true freedom and peace. Silence is the place from which aware arises and out of which we are able to change our relationship with the world, with others and with our God. I mentioned to the students that when we still our minds and bodies, we are more likely to become aware of what God wants us to know. Sometimes this is called intuition which has been described as ‘a calm sense of knowing.’

Finally, I must make the comment that, as a school community, occasionally, our collective attitude of stillness has been responsible for almost tangible connectedness – a sense that we are joined by something unseen but certainly felt. This experience is memorable.

And so we start assembly this Thursday.

Have a great week everyone. Glenda
Dear Parents/Caregivers,

The Virtue this fortnight is **Commitment**. Commitment is caring about a person, a goal or a belief. Once we discern a direction, we go for it wholeheartedly. We don’t hold back, second-guess our decision or hesitate to act on it fully. We set goals and achieve them. We make promises and keep them. We go the extra mile. We are faithful to our relationships and don’t allow problems to make us waver. Keeping our commitments strengthens our inner integrity. It deepens our capacity to carry responsibility with grace.

> Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness…the moment one commits oneself, then Providence moves too.  
>  
> Johann Wolfgang Von Goethe.

With the students involved in sharing their vision for the year through their Covenant Liturgies this term, this virtue of Commitment is given substance in the everyday life of students, teachers and parents.

Tomorrow is Ash Wednesday, the beginning of the Lenten Season in the Church. Three of our Year 7 Students will attend the 9 am Mass with me tomorrow at Stella Maris Church, Maroochydore, where ashes will be blessed and then brought back to school for our whole school liturgy later in the day. All students will then receive the ashes as we enter this most important season in preparation for Easter.

During Lent, we focus on renewal by taking time to think about what is important to us in life and making some simple changes to the way we use out time and resources. Project Compassion will again be a focus for fund raising to support those children who do not have the necessities in life. All families will receive their ‘Project Compassion’ boxes this week distributed by ‘Caritas Australia’ for donations to help those who do not have the essentials for life. Our generous support helps us also to appreciate the blessings we have been given in the form of daily bread, shelter and the necessities for growth and development of ourselves and our children. Through our generosity, we demonstrate our appreciation of the gifts we have been given and find it in our hearts to share what we have with those who have little.

The Lenten program for parents, *We Wish To See Jesus*, starts next Wednesday morning in the Chapel at 8.30am, to help participants prepare for the Easter Season when we will find ourselves so energised and strengthened for the week ahead. Please give some thought to joining this group.

Have a wonderful week! God bless.

---

**Uniform Shop**

<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8.00am - 10.00am</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10.15am - 3.15pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>8.00am - 1.00pm</td>
</tr>
</tbody>
</table>

Keep smiling!  
Leanne Dowe  
Uniform Convenor

---

**DATE CLAIMERS**

**Stella Family Fun Day**  
(An afternoon especially for meeting other families and the friends of your children)  
**Where:** Stella Maris School (near the Soccer Shed)  
**When:** Sunday 3 March  
2.00pm to 5.00pm

**Stella Chick Flick**  
**Cost:** $25.00  
**Where:** Birch, Carroll & Coyle, Maroochydore  
**When:** Friday 22 March  
7.00pm  
**RSVP:** 19 March

Tickets available via tear-off slip sent home Monday 11 March or at Front of School from 11 March.

---

**Principal’s Awards**

14th February  

---

**Congratulations** to **Jada Cleary** and **Jayda Murray** who were selected in the under 11 girls Queensland Oztag team to compete in NSW in June. A special mention to **Jada Cleary** who was awarded the Most Valuable Player trophy at the Qld state titles last weekend.

Great effort girls!

---

**APRE News**

**Uniform Shop Hours**

<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8.00am - 10.00am</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10.15am - 3.15pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>8.00am - 1.00pm</td>
</tr>
</tbody>
</table>

Keep smiling!  
Leanne Dowe  
Uniform Convenor

---

Dear Parents/Caregivers,

The Virtue this fortnight is **Commitment**. Commitment is caring about a person, a goal or a belief. Once we discern a direction, we go for it wholeheartedly. We don’t hold back, second-guess our decision or hesitate to act on it fully. We set goals and achieve them. We make promises and keep them. We go the extra mile. We are faithful to our relationships and don’t allow problems to make us waver. Keeping our commitments strengthens our inner integrity. It deepens our capacity to carry responsibility with grace.

> Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness…the moment one commits oneself, then Providence moves too.  
>  
> Johann Wolfgang Von Goethe.

With the students involved in sharing their vision for the year through their Covenant Liturgies this term, this virtue of Commitment is given substance in the everyday life of students, teachers and parents.

Tomorrow is Ash Wednesday, the beginning of the Lenten Season in the Church. Three of our Year 7 Students will attend the 9 am Mass with me tomorrow at Stella Maris Church, Maroochydore, where ashes will be blessed and then brought back to school for our whole school liturgy later in the day. All students will then receive the ashes as we enter this most important season in preparation for Easter.

During Lent, we focus on renewal by taking time to think about what is important to us in life and making some simple changes to the way we use out time and resources. Project Compassion will again be a focus for fund raising to support those children who do not have the necessities in life. All families will receive their ‘Project Compassion’ boxes this week distributed by ‘Caritas Australia’ for donations to help those who do not have the essentials for life. Our generous support helps us also to appreciate the blessings we have been given in the form of daily bread, shelter and the necessities for growth and development of ourselves and our children. Through our generosity, we demonstrate our appreciation of the gifts we have been given and find it in our hearts to share what we have with those who have little.

The Lenten program for parents, *We Wish To See Jesus*, starts next Wednesday morning in the Chapel at 8.30am, to help participants prepare for the Easter Season when we celebrate Christ’s love for us in his passion, death and resurrection. It is not too late to join this parent group. You will need to register your interest by filling in the slip from last week’s newsletter and send in with $7.00 to cover the cost of the reflection book. If you prefer, you can phone me directly on 54098908 to register your interest. The program runs for six Wednesday mornings from 20th February in the Children’s Chapel from 8.30am finishing by 9.15 at the latest. By meeting each week, reflecting on the Gospel for the following Sunday and engaging in discussion and sharing, we can take the time to ‘soak’ up the presence of God in our everyday lives so that we are energised and strengthened for the week ahead. Please give some thought to joining this group.

Have a wonderful week! God bless.  
Judith.
MUSIC NOTES

QUOTE OF THE WEEK
"To stop the flow of music would be like the stopping of time itself, incredible and inconceivable."
~Aaron Copland~

TIP OF THE WEEK - Compose your own music. Be sure to include a time signature, and use a variety of different pitches and rhythms. Now play it!!

CLASSROOM MUSIC - Thank you to everyone for a great start to music at Stella Maris. We spent time in each class ensuring all students had the necessary resources for classroom music. There are students who are missing their display folder, music textbook, and/or their recorder. Hopefully those missing any resources will have them this week.

All Year 2 - 7 students require a display folder and an Introducing Music textbook (returning students in Years 3, 5, and 7 should already have these at school from last year). These are available at Swan News Agency in the Sunshine Plaza however, you will need to contact them ASAP so an order can be placed as needed from the publisher.

Year 2 - 4 students will also need a recorder. If your child has misplaced their recorder from last year, I have some seconds available for $2.

CHOIR NEWS - Choir rehearsals commence this week in the Music Room. New members are most welcome to join the returning choir members at their rehearsal. Permission notes will go home with students wishing to join each choir. Parents/Caregivers are asked to please read this note carefully with their child, and return the bottom portion to school.

Stella Fellas (Year 4 - 7 boys) - Wednesdays 2:30pm - 3:00pm - students are dismissed from the Music Room
SM Singers (Year 4 - 7 girls) - Thursday 7:45am - 8:30am

Piccolo Choir (Year 2 - 3 boys and girls) - Thursday 2:30pm - 3:00pm - students are dismissed from the Music Room

Please note that for the beginning of Term 1 we will rehearse Year 2’s during the even weeks and Year 3 students in the odd weeks (this week Year 3’s only). As this choir tends to be quite large, the staggered start will allow for a more focused start to our year.

INSTRUMENTAL MUSIC NEWS - All tutors and students had a great start to instrumental, speech, and singing lessons last week. In particular, our new students were particularly focused - well done!! All tutors are using a new system of communication and I hope parents are finding the new folder and Lesson Record pages helpful to support students with home practice.

This week most of our ensembles will commence rehearsals. Parents are reminded to return participation slips to the music room or office ASAP. An updated list of rehearsal times is below:

Speech Choir - MONDAY - 11am in the Music Room
Concert Band - WEDNESDAY - 7.30am in the Music Room
Stella Fellas - WEDNESDAY - 2.30pm in the Music Room. Yrs 4–7 (boys)
Junior Strings - THURSDAY - 7.45am in the Cultural Literacy Room
SM Singers - THURSDAY - 7.45am in the Music Room Yrs 4 - 7 (girls)
Piccolo Choir - THURSDAY - 2.30pm in the Music Room Yrs 2 and 3 (boys and girls)
Senior Strings - FRIDAY - 7.45am in the Cultural Literacy Room
Perussion Ensemble - FRIDAY - 7.45am in the Music Room

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.

Inez Durrer  Todd Wynyard
Classroom Music Specialist Instrumental Music Coordinator
idurrer@bne.catholic.edu.au twynyard@bne.catholic.edu.au

CALENDAR OF EVENTS

February 12 Parent Partnership Evening
February 13 Ash Wednesday whole school liturgy
February 20-22Year 7 Camp Maranatha Recreation Centre
February 21 3D class presenting assembly
February 21 School Board 6.30 Staffroom
Feb25-Mar 1 Year 1-Year 3 Swimming Lessons
February 28 Siena College leadership to visit Year 7/Maths Day of Excellence—Yr 7 Maroochy High
March 3 Stella Family Picnic
March 7 Year 7 Leadership Retreat with Michael Fitzpatrick
March 14 Year 7 Leadership Whole School Liturgy
March 21 School Board
March 22 Stella Chick Flick
March 28 Last Day Term 1
April 15 1st Day Term 2
April 18 ANZAC DAY Assembly
June 18 Year 6’s to visit Siena
June 21 Last Day Term 2
July 8 1st Day Term 3
August 1 3B class presenting assembly
August 15 QLD Catholic Schools and Colleges Music Festival
August 28-30 Year 6 Camp Ewan Maddock Dam
September 20 Last Day Term 3
October 8 1st Day Term 4
October 21 Pupil Free Day
October 29 Musica Viva
November 11 Year 5’s to visit Siena

SAINTS NETBALL CLUB

Last minute registrations for players aged 7 year and over contact netbalregister@gmail.com

Grading for Saints Fisherman’s Road Courts.
Players Born 2004 - 2002 - 3.30 to 4.45pm
Please note some year 6 (2002) players may be asked to stay for next session
Players Born 2001 -2000 (yr 6 & 7 only) 5pm till 6pm
See web site now. www.saintsclub.netball.asn.au

Football NEWS

Thank you to all parents who signed up their child to play soccer this season. Another sign on will be this Wednesday at 3pm in front of the school. We need under 10,11,12 & 13 players. So if you want to secure a position in a team please register by Wednesday’s sign on. For anyone who didn’t bring their birth certificate or passport please email to Collette on 03boyz@gmail.com. Any enquiries to Damien on 0411283065.

SAINTS - Junior AFS

Last minute registrations for players aged 7 year and over contact netbalregister@gmail.com

Grading for Saints Fisherman’s Road Courts.
Players Born 2004 - 2002 - 3.30 to 4.45pm
Please note some year 6 (2002) players may be asked to stay for next session
Players Born 2001 -2000 (yr 6 & 7 only) 5pm till 6pm
See web site now. www.saintsclub.netball.asn.au

Tuckshop News..

Wed 13/02  Thurs 14/02  Fri 15/02  Mon 18/02  Tues 19/02
T Goring    D Vann    N Mac Minn  C Mayfield  N Hughes  L Corcoran  J Reginato  H Person
What’s in Our Food: Food Additive Seminar Sunshine Coast

Food for a Happy and Calm Household

Are the chemicals in everyday ‘healthy’ foods causing temper tantrums, sleep disturbance and disruptive behaviour in your children?

Join Home Economist and Queensland’s Additive Alert Community Talks Presenter Louise D’Allura and Special Guest leading cookbook author Tania Hubbard of ‘Gluten Free Grain Free – Food We Love’ for a fun and informative two hour seminar.

You’ll learn:

• which food additives are linked to health, learning and behaviour problems (including asthma and hyperactivity);
• How to read and interpret food labels so you know which additives are worth avoiding;
• How easy it is to shop smarter and still stay sane;
• How to turn beautiful ingredients into freshly baked, freezerable, lunchbox friendly treats for the kids!

The evening includes Goodie Bag, a handy Additives to Avoid wallet card to make shopping simple and Lucky Door Prizes! Australian Best Seller Additive Alert: Your Guide to Safer Shopping and Tania’s bake@home range (www.glutenfreegrainfree.com.au) and cookbook will be available on the night.

Sunshine Coast: Wednesday 6 March 2013
7:00 pm – 9:00 pm The Sands Tavern
Larrkins Bar Function Room
Plaza Parade, Maroochydore

Tickets
$20 each
ONLINE SPECIAL: 3 tickets for $49.50
Go to www.mealplanningyourway.com and follow the links to Sunshine Coast Workshop.

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