Dear Parents and Caregivers

Does it seem to you that there is a lot of bubble-bursting happening at the moment? With the drugs in sport report, the child abuse inquiry and ‘celebrities’ in the news for all the wrong reasons, disillusionment can be tempting, especially when our ‘heroes’ are involved. We do not like to think that they are just like everyone else – prone to mistakes, errors of judgment and susceptible to the lure of temptations.

It is largely the case that today’s heroes are sportsmen (yes, largely men, and for the occasional woman, it will be beauty that sustains the attention rather than her talent), singers, actors and celebrities with little claim to fame other than being famous. It also appears that humility is an under-valued virtue, all too often replaced by loud, showy confidence, self-promotion, a belief in one’s own importance and an inflated sense of entitlement. Thankfully, there are still singers, actors, sportspeople and others less well-known, who manage to keep their fame, wealth, talent or influence in perspective. They do not confuse what they do with who they really are. They manage to do their job, keep it in perspective and lead relatively normal, well-balanced lives. The most successful at maintaining perspective manage their egos better than most. They ‘keep their heads on straight’, so to speak, and their hearts in safe places. They realise that their jobs neither make them superior to others nor entitle them to any special treatment or privilege.

As a Year 7 student, I learned the poem, ‘If’ by Rudyard Kipling. If nothing else has stayed with me from that year, the words and wisdom of that poem certainly have. Although Kipling wrote the poem to his son in 1909, its advice is as relevant today as at the time of writing. I know, as a twelve year old girl, it spoke as much to me as to any boy in my class because the qualities and virtues of our shared humanity do not come labeled ‘male’ or ‘female’. The poem’s advice reflects an approach to life that encourages standing gently in one’s truth, as one’s true self. It suggests a certain freedom from ego which always separates us from one another and put us at odds in one way or another. Ego has us see things as divided - black or white, this or that, us or them, right or wrong, in or out – while letting go of ego enables the ‘ands’ of life, rather than the ‘ors,’ to come into focus. As the ego loses its hold on our understanding of self, we move closer to recognising our true self as being one with God, each other and all creation. This recognition, in turn, makes room for humility, peace, gentle strength, acceptance, compassion and freedom from the need to control and judge. It is possible to look at others and circumstances with soft eyes.

Here is ‘If’. Perhaps there is something in it that speaks to you about these matters.

If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too:
If you can wait and not be tired by waiting,
Or, being lied about, don’t deal in lies,
Or being hated don’t give way to hating,
And yet don’t look too good, nor talk too wise;

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim,
If you can meet with Triumph and Disaster
And treat those two impostors just the same:.
If you can bear to hear the truth you’ve spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build them up with worn-out tools;

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings,
And never breathe a word about your loss:
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: “Hold on!”

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much:
If you can fill the unforgiving minute
With sixty seconds’ worth of distance run,
Yours is the Earth and everything that’s in it,
And—which is more—you’ll be a Man, my son!

Have a great week everyone. I’m at Leading Learning until Friday this week.

Glenda
Dear Parents/Caregivers,

Our Virtue for this week, Generosity, is freely sharing what you have with others. It is being willing to offer help or time or money when it is needed. To be generous means giving something that is valuable to you without expectation of reward or return. Many traditions measure generosity not by the size of the gift, but by what it cost the giver. Sometimes generosity requires pushing past a feeling of reluctance because we instinctively want to keep good things for ourselves. Even so, we can structure our lives in ways that make generosity more spontaneous and fun. When we intentionally “live below our means” and avoid over commitment, we cultivate a sense of bounty or surplus that makes us want to share. When we give, we reap the pleasure of knowing we have made someone else’s life a little happier.

I came across a similar story of generosity, although it is set in a very different place and circumstance…

Ten year-old Peter entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him.

“How much is an ice cream sundae?” little Peter asked.

“Forty cents,” replied the waitress.

The little boy pulled his hand out of his pocket and studied the coins he had. “Well, how much is a plain dish of ice cream?” he inquired.

By now, more people were waiting for a table and the waitress was growing very impatient. “Thirty cents,” she brusquely replied.

The little boy again counted his coins. “I’ll have the plain ice cream,” he said.

The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the … nickels and five pennies. You see, he couldn’t have the sundae because he had to have enough money to leave her a tip.

Today, give yourself permission to be outrageously kind, irrationally warm, improbably generous. I promise it will be a blast!

(http://www.wisdomcommons.org)

God bless,

Siena Catholic College

Year 8 2014 Enrolment Interviews

St John’s College, Nambour

For your information:

- Members of the college leadership team will visit Stella Maris Primary School during the week beginning Monday 4 March.
- Year 7 students for Year 8 2014 will be offered enrolment packs for St John’s College on this day.
- A Parent Information Evening will be held on Wednesday 13 March at 7pm at St John’s College in the Multi-Purpose Centre.
- Enrolment interviews will be held from Tuesday 16 April to Thursday 25 April.
- Year 6s will be interviewed in September for Year 8 2015 enrolment at St John’s College with a Parent Information Evening held on Wednesday 21 August at 7pm at St John’s College in the Multi-Purpose Centre.

There will be an opportunity for prospective parents to visit the College on our “Back to School” morning on March 5th & 6th between 8.45am to 12.30pm. Please contact the College office if interested in attending.

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

Siena Catholic College

Year 8 Enrolment for 2014

Families considering enrolling their child at Siena Catholic College in 2014 are invited to attend an Information Session at the College on either Sunday 10 March or Monday 11 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. If you intend to attend one of these sessions, please contact the College Office either by email ssippydowns@bne.catholic.edu.au or phone 5476 6100 to register - this is for catering purposes. College Principal, Mr Graeme Hight, and the Siena College Captains will speak to the Year 7 class at Stella Maris on Thursday 28 February and distribute enrolment packages. Parents may wish to view the Siena website www.siena.qld.edu.au. Enrolment interviews will commence late Term 1 and will extend into Term 2.

Year 8 2015. Because two cohorts (Year 7 and Year 8) begin at Siena in 2015, the enrolment process for Year 8 2015 will occur in Semester 2, 2013.

Uniform Shop

Uniform Shop Hours

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

Keep smiling! Leanne Dowe Uniform Convenor
MUSIC NOTES

QUOTE OF THE WEEK

“Music is the universal language of mankind.”

~ Henry Wadsworth Longfellow, 'Outre-Mer' ~

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!!

GUITARS FOR SALE

We are offering 27 guitars for sale: 14 full size guitars (two are left hand guitars and three guitars each have one broken string), 13 – ¾ size guitars (one guitar has one broken string). These guitars are all in good or very good condition will be sold as is, and will come with a hook for hanging the guitar on a wall. The cost is fixed at $50 per guitar and will be sold on a first-come first served basis, beginning Thursday 28 February at 3:10pm. Proceeds from the sale of these guitars will assist with the funding of ukuleles (to be purchased in Semester 2) for use in classroom music for multiple year levels.

SEWING ASSISTANCE

Do you have any extra bits of material at home and have a wee bit of time on your hands? If so, we are in need of extra recorder cases for students in Years 2 - 4. Please let Mrs Durrer know if you are able to assist with this.

TEN FACTS ABOUT SCHOOL MUSIC

Research shows that as few as 2 out of 10 government schools in Australia are able to offer their students an effective music education. This means that many Australian students are denied the many benefits that learning music at school can provide – things such as improved self-esteem, team skills, and even improvements in Maths and Reading. Find out more about music education in Australian schools. Here is the first fact about music education.

1. Music makes a contribution to kids’ development that no other subject can match

“Music education uniquely contributes to the emotional, physical, social and cognitive growth of all students.”

National Review of School Music Education, Australia, 2005

INSTRUMENTAL MUSIC NEWS

Thank you to all students who have joined our many school vocal and instrumental ensembles. They are all starting to sound fantastic! Remember that participation slips are to be returned to the Music Room or office ASAP and you need to attend on time every week or let your ensemble teacher know if you will be absent. ALL involved students are important members regardless of how large or small the group might be.

Assembly performance - Thursday 21 March - SM Singers and Percussion Ensemble. Parents are most welcome!

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
Classroom Music Specialist
idurrer@bne.catholic.edu.au

Todd Wynyard
Instrumental Music Coordinator
twynyard@bne.catholic.edu.au

Principal’s Awards

29th February

AFL Auskick Program

Maroochydore JAFF Auskick - starting Tuesday 26th February, 4.30pm to 5.30pm. Cost $60.00 giving a footy and back pack full of goodies with 8 weeks of super fun and activity. @ Maroochy Multi Sports Complex, Fishermans Road Maroochydore. To register please go on line to www.aflauskick.com.au and follow the steps. For further info contact Paul Tresise 0419 741 399.

Tuckshop News

New roster coming soon.

Needed: Muffin, pikelet and chocolate cake mixes

Calendar of Events

Feb 25 - 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 2pm-5pm
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
April 25 ANZAC Day Procession at Cotton Tree
June 18 Year 6’s to visit Siena

Honesty is the best policy

Thank you to
Kirra Fuda, Dee Wiseman

Failing Success

Congratulations Madison Edgerton! Under 11 Female Age Champion for Nippers 1012/13 season, held at Coolum on Sunday 24/02/12. Approximately 16 other competitors. There were 4 races - board, sprint, flags and swim. Madison won all events (even beat all the boys).

Thank you to all those parents who have signed on there children to play soccer this year for Stella Football Club. We are still looking for U6 players (born 2007 & 2008), U10 (born 2003), U11 (born 2002) & U12 (born 2001). If any girls want to play you are certainly welcome. You can automatically play down a year. So if you are interested call Damien on 0411283065 for more info.

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Making friends at school

Teach your child basic social skills.

Children need to learn the basics of social interaction: how to say ‘Hello’, answer a question with a sentence and not just a word, using eye contact and the importance of letting a person finish what they say before speaking.

Don’t answer for a shy child.

If your child is overly timid or shy, be supportive but don’t always step in and answer for them. You may be in a shop and the person serving you asks your child a question; give your child the opportunity to answer and gently encourage them to do so if they remain quiet. Taking small steps to learn to speak for themselves is the path to overcoming shyness.

Small group vs big group.

Both are equally positive experiences and it all depends on your child’s preference.

Listen don’t do.

Sometimes your child just needs to talk about their feelings and experiences and don’t always need or want you to solve their problems. Often it’s best if you don’t step in to solve peer problems, rather help your child to feel less anxious about the pressure to be popular.

Role playing.

If you have identified a problem that is getting in the way of your child making friends, you can help come up with a plan for solving this by role-playing. Ask your child to play the role of the person they are having problems with and you play the role of your child. This way you can show solutions in action, which are much easier for a child to grasp than just hearing you talk.

Parent Helpers.

A reminder to all parents who intend to volunteer to help in the classroom that you need to attend a Volunteers Student Protection Session before you can start. Anyone who attended last year can start straight away as the permissions last for 2 years.

A further reminder that ALL visitors to the school must sign the Visitors register at the office and wear an “authorised visitors” identification BEFORE they begin work with students.

Sessions available this week:
Thursday 12.30, 1.30,2pm,2.30
Friday 9am,9.30,10,11am

Please call the office to add your name to a session list. 10 per session limit.
Please note that sessions will vary weekly in response to workload changes and will be listed in the Newsletter.

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