



Paraphernalia

P & F Meetings are held 2nd Tuesdays of each month at 6:15pm

The Newsletter of Stella Maris Primary School

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Term 1 Week 4

15 February 2011

Dear Parents and Caregivers

Presently all classes are discussing, writing and committing to their Class Covenant or Vision Statement for the year ahead. Basically this covenant outlines how the group will live and learn together in 2011 so that each student can achieve his or her best and really enjoy coming to school.

This is also the perfect time for the adults in the Stella Maris community to revisit how we can make 2011 a productive and harmonious one. In late 2008, after extensive community consultation, the School Board published the Stella Maris **Relationships Policy** that guides our day to day interactions. Here is an excerpt:

Introduction

Stella Maris is a faith community made up of students, staff, parents and priests supporting each other in the development of full human, spiritual and academic potential. Given we all have chosen to be part of this community, we articulate a particular way of being together that is based upon belief in God and a Catholic Christian way of life.

Rationale

This policy provides a Gospel-based framework for all interactions and for the development of all procedures that flow from it.

Principles, Values

- Respect** We uphold the dignity of each and every person regardless of position, power or possessions.
- Trust** We trust that people will do what they say and that there is some gift or learning in everything life brings.
- Justice** We stand up for our own rights and the rights of others. We do not judge people or put them in categories. Everyone gets his/her fair share.
- Compassion** We understand and care when someone is in trouble or makes a mistake. We are kind, helpful and forgiving.

Policy Statement

We affirm that all people are made in the image and likeness of God. This understanding makes it possible for us to act justly towards all people, to show constant love and to live in humble fellowship with each other and with God. We aim to be a welcoming, supportive community, nurturing and challenging each other to fullness of life in Christ.

This policy is the foundation upon which subsequent *procedures* are based, for example, the Complaints Procedure and Behaviour Management. In fact our Relationships Policy sets the benchmark for all interactions at Stella Maris – it describes ‘why’ we treat each other a certain way as well as ‘how’.

A more recent document being distributed at the Parent Teacher Evenings is one we’ve called **Achieving Better Outcomes for Students, Parents and Teachers** which outlines basic Responsibilities and Expectations held of teachers, students and parents. It then outlines briefly a process for seeing to concerns or questions that arise and finally, lets you know the best method and times to make contact with individual class teachers.

As noted recently and numerous, a true test of a person’s character or that of a community, comes in the face of challenges / problems / concerns. On the personal level, we can think of well-known figures such as Nelson Mandela, Jessica Watson or young Sophie Delezio to understand this. And, of course, we do not have to look far for examples of communities that have faced severe hardship. Hard times tell us a lot about ourselves, our neighbours and the quality of community - for better or worse. Facing extreme levels of hardship is thankfully a rare thing for many of us; however, smaller tests regularly come our way and through our response, character builds or shrivels and so, too, does community. So how can we handle our concerns in a way that promotes both personal and community growth?

Firstly we need to accept responsibility for our part in solving the problem, seeing to the concern or having our questions answered and we need to do this in a way that respects the rights and dignity of others who may be involved. In most instances, that means going directly to the person who is best able to help (eg the teacher when it concerns him/her or when it concerns a student in his/her class or the Principal or other member of Administration when it’s a matter of school policy or practice). Our document puts it like this: *When concerns arise it is best if those concerns*

- Are dealt with early;
- Are managed informally (if appropriate); and
- Involve the most appropriate people.

It is unhelpful, however, to respond to a concern by gossiping with others. Gossip can be destructive of a person’s good name and eats at community as well. It erodes the rights and the dignity of its subject. Gossip tends to inflate the concern and spreads doubt and mistrust, all the while providing no solution. Rather, we can all help direct others to an appropriate person to handle their concern. By following the simple procedures outlined in *Achieving Better Outcomes for Students, Parents and Teachers*, we can be confident of a mutually satisfactory outcome.

It is my experience that these conversations, when handled maturely and with goodwill all round, build stronger partnerships and relationships between the parties involved. Of course, sometimes it is simply a matter of seeing things differently – no right or wrong – in which case, all parties need to respectfully agree to disagree. Where mediation or further discussion is needed, or when facing the person directly is impossible, assistance should be sought from the Principal, APA or APRE (or Area Supervisor if the Principal is involved).

Basically, there is no issue that cannot be sorted with goodwill, prompt action and willingness to improve the situation rather than casting blame. We are all in this together.

Have a great week everyone. **Glenda**

Parent Teacher Meetings

There certainly was a very positive and supportive atmosphere across the school at last Thursday's Parent Teacher Meetings for Years 1, 2, 6 and 7. Thank you to all parents who attended. Teachers really appreciate their partnership with you and attendance at these meetings is a very helpful way to start the year's journey together.

This **Wednesday** evening we look forward to welcoming the Prep and Year 5 parents from 6.15-7pm, followed by the Year 3, 4 and Year 4/5L parents from 7.05-7.50.

Congratulations Year 7

All Year 7 students are to be congratulated on the manner in which they conducted themselves at last week's Leadership Induction – co-operative, courteous and responsible participation all round – well done everyone. It's a busy time for Year 7 with Michael Fitzpatrick leading their Retreat yesterday and on Wednesday, they are off to camp for the remainder of the week. I know the high standard of participation and behaviour will continue through this week and throughout 2011 and beyond.

REMINDER

UNIQUE ECUMENICAL GATHERING

Tonight, 15th February

at *St Catherine of Siena* church, Sippy Downs.

Hospitality at 7pm. Session from 7.30 to 9pm.



LIBRARY NEWS

Reminder for all children to have a water proof Library bag when borrowing Library books.

Mrs. Joan Jenkins Bu Petra Neill and Mrs. Kym Schemioneck

STUDENT SUPPORT

PRARENT INVITATION

Thursday 24 February, 6:30pm - 7:30pm

Stella Maris School Hall

Requesting the attendance of all interested parents, especially those whose child requires

✱ Individual Educational Plans (IEP's)

✱ Adjustments to Learning

Please come along and learn of the changes to supporting your children.

Australian Government's Positive Partnerships Autism initiative are offering free workshops:

"Two Day Workshop and Information Session for Parents/Carers of School Aged Students on the Autism Spectrum"

Brisbane on 12 & 13 April 2011

See Sharon for registration forms

UNIFORM SHOP

Please collect and pay for your orders from last year

Keep smiling! Leanne Dowe Uniform Convenor



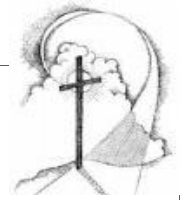
HELP Are you interested in joining the new Fair Committee please contact Tracey Carmody on 0414 939 913

Keep this date free:

Stella Family Picnic Sunday 6 March 2pm—5pm.

More details next coming soon.

APRE News



Dear Parents and Caregivers,

This week is a very important one for our Year 7 Student Leaders who were commissioned last Thursday and received their leadership badges. Yesterday Michael Fitzpatrick facilitated a Leadership Day which characterized the qualities of a leader – especially those qualities of 'Servant Leadership', and tomorrow they are off to a three day camp at the Maranatha Recreation Camp at Yandina.

What then is Christian leadership? If love, the service of others, joy, peace, a critical openness to reality, strength and courage are integral to faith, then the Christian leader must symbolically incorporate something of each of these virtues. We hope that our Year Seven Leaders follow the example of Christ in 'Servant Leadership'.

Throughout history there have been many leaders, but very few had the strength and character to become servant leaders. Perhaps the greatest example of them all is Jesus Christ. He placed others above himself while staying true to his mission. The compassion, confidence, love, conviction and patience he possessed helped him gain flocks of followers. As we look at world leaders today, we must ask ourselves if they are placing the needs of the people above their own personal agendas. It is our duty as citizens to make sure that we elect officials who not only possess the qualities of a leader, but also the qualities of a servant. It is through the combination of these two qualities that great men and women lead and the needs of the people truly come first. (Adapted from <http://assets.booklocker.com/pdfs/2959s.pdf>).

Principles of servant leadership as defined by the "Alliance for Servant Leadership" are:

Transformation as a vehicle for personal and institutional growth;

Personal growth as a route to better serve others;

Enabling environments that empower and encourage service;

Service as a fundamental goal;

Trusting relationships as a basic platform for collaboration and service;

Creating commitment as a way to collaborative activity;

Community building as a way to create environments in which people can trust each other and work together; and

Nurturing the spirit as a way to provide joy and fulfilment in meaningful work.

Listening, empathy, healing, awareness, conceptualization, foresight, stewardship, commitment to growth of people, building community and a willingness to commit oneself to a higher purpose are characteristics that promote servant leadership. We hope that through the experiences over the next few days, our Year 7's will experience these to the full. Please keep them in your prayers and thoughts over the next few days.

God bless, *Judith*.



MUSIC NOTES

With the Virtue of the Week being Enthusiasm, we had no shortage of it in Music this past week!

CHOIRS

Stella Fellas & SM Singers commenced with amazing numbers of enthusiastic singers with a great attitude! Thanks to parents for getting your commitment slips in so quickly. If you son / daughter is interested in singing in either of these groups please collect a Blue letter for the Fellas (boys only 4 – 7 Wed 2.30 – 3.05) and a Yellow letter for the SM Singers (any child from 3 – 7) Thursday am 7.45 – 8.30. We need slips returned so that we can create attendance rolls.

CLASSROOM MUSIC – Every class has been singing a different special song for their year level so far. **Year 7** are writing lyrics for a rock anthem to be played on **guitar** to the structure of House of the Rising Sun which helps teach about the minor tonality and compound time. **Year 6** are learning 12 bar blues chords to play some easy Pop songs. **Year 5 & 4** are learning all about Intervals – distances between notes, major and minor scales and electronically sampled sounds and effects through the clever technology **MIDI pads**. **Year 3** have played two new pieces from their repertoire When the Saints & Amazing Grace on recorder, **Year 2** will begin with their new notes, **Year 1 & Prep** have been really having fun with rhythm & beat and meeting all the puppets and symbols that help us learn music.

LITURGICAL MUSIC – special thanks to the Year 7 boys Conor McCann, Bailey Ingley & Angus Hudson and staff Mrs Baker, Mrs Lowe, Mrs Bailey, Mrs Dowe, Mr Grogan, Mr Quinn & Mrs Lanskey for providing the music at the Welcoming & Leadership Induction Liturgy last Friday

Jacinta Lanskey - Music Specialist - jalanskey@bne.catholic.edu.au
Todd Wynyard - Instrumental Music Co-ord - twynyard@bne.catholic.edu.au

Stella Maris Playgroup

Runs every Wednesday, at the Stella Maris Church 9.30 am start.
For more information phone the parish office 54433488.



Some Wednesdays we have outings, so if new people contact the office they will put them in contact with one of the committee.
With Father Joe as a regular visitor, it is also such a wonderful transition into Stella Maris school life.

Principal's Awards

17 February 2011

Saxon Worth, Java Efendi, Keira Penman, Declan Mitchell, Harrison Davies, Macy Eastment, Jess Burrows, Alexandra Seignior-Fuller, Lani Johannsen, Will Kennelly, Jordan Lavergne, Tahlia O'Rourke, Cody Faux, Ruby Dippelsman, Neve Hulsman-Benson, Lucy Carloan, Lachlan Vickery, Jaxen Northam, Ella Bury, Montana Murray, Debela Savimaki, Kayla Thiele, Imogen Small, Blayden Lehmann, Heath Kennelly, Laura Covey, Sienna Coghlan.

calendar of events

February 16	Coastal District Swimming
February 16	Parent/Teacher Information Evening Yrs Prep, 3,4&5.
February 16-18	Yr 7 Camp
February 17	School Board 6.30pm Staffroom
February 18	Dance Fever Yrs 4-7
February 24	Maths Excellence—2 Yr 7 Teams @ Maroochy High
February 25	Dance Fever Yrs 4-7
March 4	Dance Fever Yrs 4-7
March 6	Family Picnic—2pm-5pm
March 8	P&F Meeting 6.15pm in Staffroom
March 9	Ash Wednesday Liturgy
March 22	Ngutana-Lui Workshop with Preps
March 25	Dance Fever Yrs 4-7
April 12	P&F Meeting 6.15pm in Staffroom
April 14	Last Day of Term 1
April 15	Pupil Free Day
April 22	Good Friday

Simple Softball Clinics

A fun, skill based program introducing children to the exciting game of softball

Cost

\$55 which includes a Softball pack (Containing a ball and glove)

Contact to Register

Karen Robe
0422204661
shsa1@bigpond.net.au

Age

Prep – Year 6

Register by:

Wednesday 9th March

Date

Saturday 12th March

Time: 8:30am -1pm

Location

Mooloolah Valley Multi Sports Complex
129 Mooloolah Connection Rd, Mooloolah

Check out our website at www.simplesoftball.com.au

SIGN-ONS

Last chance Soccer sign on this Wednesday from 2.30 - 4 at the soccer shed. New players bring proof of birth. Team nominations welcome. Enquiries contact Cath on 0407 488725.

Honesty is the best policy

Thank you to:

Kayleb Murray,

Tuckshop News..



Wed 16/02	Thurs 17/02	Fri 18/02	Mon 21/02	Tues 22/02
C Cleary M Johnstone	S O'Donnell T Bernhagen	J O'Reilly J Reginato J Carolan	T Harvey	L Martin N Michael

Ingredients Roster

CHOCOLATE CAKE, MUFFIN, PIKELET MIXES & APPLES
Week 4 Ending 18/02/2011 K Scott, P Siddans, L Smith, T Stowe, K Teljega, L Teuthof, S Thompson, K Thompson, C Tonkes, P Vontas, L Wallace, K Walsh, K Watson, G Weare, J Williams, D Wright, A MacDonald, J Camp, O Robins, R Brady, C Morton, L England, T Godfrey, C Thiele, E Peters, S McGahan, K Elder

Helping Children Cope with Stressful Situations

Children can feel stress at home or school and it can take a toll on them. Help children learn to reduce and cope with stress by using these strategies.

- 1. Identify Causes** - If the cause of the stress isn't easily identifiable, keep a journal and write down times when the child is anxious or upset to determine patterns. Are there sleepless nights before a math test? Do they look anxious before going on the playground? Use these patterns to pinpoint the activities and situations that may be stressful for the child.
- 2. Discuss or Write About the Situation** - Once you identify what is causing the stress, discuss or help children write about why it is stressful. For example, if they are stressed before every math test, they may fear getting a bad grade or feeling helpless. Write a list of things they can do to be proactive and reduce stress. In this example, they can study more, ask the teacher if they have a question, or know they are trying their best. Developing proactive strategies is a way to feel more in control of the situation and reduce stress. Some situations will always be stressful, but often children think about the worst-case scenario rather than a realistic consequence. Children also may not realize other people also find the situation stressful. By discussing their feelings, the most likely outcome of the situation, and the fact that other people also experience stress, children's fears and feelings of loneliness may be decreased. Additionally, the simple act of talking or writing about something stressful or scary can help children feel better.
- 3. Reduce Opportunities for Stress** - Some stressful situations are avoidable. For example, if soccer practice is stressful for a child because they don't enjoy the game and aren't very good at it, find another activity that is a better fit with their interests and abilities.
- 4. Find Ways to Relieve Stress** - People of all ages feel stress and learning to cope with it in a positive way is a lifelong lesson. When a situation is stressful, sometimes taking a break is helpful. Give children a place to go and collect their thoughts before returning to the group. Teach them to say, "I need a break," or "Please give me a minute." Use physical fitness as a way to channel energy in a positive manner. Taking a walk, running, jumping rope, or playing catch can help children release tension and stress. If a child can't leave the setting, a stress ball is an easy to carry tool.
- 5. Prepare Children for New Situations** - Often new situations are stressful for children. Read stories, write about, and discuss upcoming events to prepare children and set expectations. Encourage them to ask questions and let them know how a new event or change will affect them. Preparing for activities in advance can make the situation easier such as visiting a new school or sending a letter to the aunt and uncle they will visit.

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

Just a thought

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