Dear Parents and Caregivers

Earlier today (Sunday), I walked from home to the lighthouse at the end of the Mooloolaba spit and back — about four hours of walking with my backpack, on what was a most perfect Winter’s day. What a pleasure it was to be out in the fresh air amongst so many others enjoying the sunshine and balmy conditions. Unlike on previous occasions, today I decided to take my time, to ease up a bit, and walk more gently. Not that I would have come to that decision without a physical cause for doing so! It’s hard to slow up, isn’t it, when there is always so much to squeeze into limited time. So my body has decided to give me a few hints; like my kneecap-less right knee joint is sore, the neuroma under the left foot is screaming, the bone spur in my neck is pressing all the wrong buttons and then there’s something going on with the left instep that’s making each step painful.

One of the many books I’ve been given to read since deciding to walk the Camino, has what I thought to be the uninspired title: ‘Walk in a Relaxed Manner’. The author is a religious sister, Joyce Rupp, who walked the Camino in her early sixties. The book contains great wisdom and I’m really enjoying reading Joyce’s story but I really couldn’t understand the choice of title. Truly, I can’t tell you the number of times I’ve picked it up and thought, “Why did Joyce choose this name for her book? Surely there are hundreds of better titles to have chosen? Is this the best she could do?” Well today I came to understand her choice.

As I walked along at a more gentle pace and with a more gentle outlook, I realised that my aches, pains and injuries weren’t asserting their presence as they usually do. I wasn’t pain-free but there was a definite improvement. Joyce’s book title then popped into my head and I finally glimpsed her purpose in choosing those few little words, ‘walk in a relaxed manner.’

As I walked along I also thought of how I need to apply the wisdom contained in those words to other areas of life and my mind wandered to the Visible Learning Conference I had attended on Thursday and Friday of last week. I remembered how, by Thursday evening my brain was on serious overload and by the close of the conference I was just about brain dead. There was just so much to think about, so much wonderful learning to pull together and apply and seemingly too few hours in the day in which to do it. I realised I was stressing my head in the same way my approach to walking was stressing my body. I realised I need to take a more gentle approach to life, in general, rather than wanting to have everything achieved overnight.

But here’s what makes it difficult: As I see it, it is the challenge and privilege of teachers and school leadership to create the conditions to allow each student to discover and engage with his or her incredible breadth and depth as both learner and human person. (Filling a head with facts and recalling that information at test time won’t do it. That world has had its day and it’s not now.) When commitment runs high, however, a sense of urgency can take over and the potential to place unnecessary strain on parts of the system is also high. How do we do the very best for kids in a manageable, sustainable and intentional manner while being okay with taking one step at a time knowing that each step takes us a little further on a journey that, unlike the Camino, has no definitive end?

This whole push ‘to make learning visible’ is certainly one of those journeys worth taking. It makes so much sense because it deeply honours the worth and potential of each young person. It recognises and supports the unlocking of their potential to become their own teachers, not only now but on into their futures.

Over the two days of the conference, we heard world leaders in the education field deliver thought-provoking keynote addresses but it was the workshop presenters (teachers and school leaders), sharing what’s happening in their schools that greatly inspired my admiration and awe. I know we, at Stella Maris, are on the appropriate learning pathway for our students but impatience must be curbed and the journey must be enjoyed and celebrated with all the wonderful people who make the journey possible at all, namely our students, staff and you, the parents. Have a great week everyone. Glenda

I need to take a more gentle approach to life, in general, rather than wanting to have everything achieved overnight.

GRANDPARENTS’ DAY

Parking and Drop-off

Unfortunately, due to the wet weather, cars will NOT be able to park on the back oval on Thursday. Parking will need to be in what limited space we have in the school car park and in surrounding streets. For those grandparents who require drop-off close to the hall, the options are to disembark in the P-3 Area or in the car-park directly behind the hall. We apologise for the inconvenience that this may cause and we look forward to your company on Thursday. Some very excited young ones are awaiting the arrival of their grandparents.

Luke Parnemann
Dear Parent/Caregivers,

**The Gift of Grandparents**

On Thursday, July 25th, we celebrate Grandparents’ Day at Stella Maris with a Liturgy starting at 8am. It provides an opportunity for grandchildren, staff and the community to thank grandparents for their love and support and to acknowledge their very important presence in our lives. In 2009 Pope Benedict spoke about the feast of Sts. Joachim and Anne, parents of the Blessed Virgin Mary and grandparents of Jesus normally celebrated on July 26th. The Pope asked the faithful to pray for grandparents, “who in families are often the witnesses of the fundamental values of life.” “The educational role of grandparents is always very important and becomes even more so when, for various reasons, parents are unable to dedicate an adequate amount of time to their children. I entrust to the protection of St. Anne and St. Joachim all grandparents of the world, imparting a special blessing.”

We know very few facts about Sts. Joachim and Anne, the only recorded stories of them are from an apocryphal gospel of James dating from the 4th Century AD. The legend told in this document says that after years of childlessness, an angel appeared to tell Anne and Joachim that they would have a child. Whatever the facts of their lives, we can assume that Mary was raised in a Jewish family home faithful to God and to the religious traditions of her day such that she was led to respond wholeheartedly to God’s request with faith, “Let it be done to me as you will.” (adapted from www.catholic.org/saints). It would seem that they performed their parenting responsibilities with great grace. Their feast day on July 26 is a day to honour them and all grandparents for their contribution to our lives.

Bishop Terry Brady, Bishop Commission for Pastoral Life, promoted the importance of celebrating Grandparents:

> Grandparents are a valuable and vital resource in our communities. They provide children with a stability and sense of generational continuity. Many grandparents are also significant carers in the lives of their grandchildren and a number of them are the primary carer.

Many schools host a ‘grandparents day’ – a practice that is enjoyed and appreciated by both students and their grandparents. It is a simple and powerful way to affirm and encourage family life and the transmission of faith through the generations.

The desire of the Bishops of Australia [is to] see every family flourish as effective communities of Christ’s love.

(Bishop Terry Brady, Bishops Commission for Pastoral Life http://www.acmlc.org.au)

We hope to see many grandparents on Thursday morning. God bless,

Judith,

Walk with Grandpa

I like to walk with Grandpa,
His steps are short like mine.
He doesn't say "Now hurry up!"
He always takes his time.
Most people have to hurry,
They do not stop and see,
I'm glad that God made Grandpa
"Unrushed" and young like me.

- Rodney O. Hurd
**MUSIC NOTES**

**QUOTE OF THE WEEK**

“I love to hear a choir. I love the humanity...to see the faces of real people devoting themselves to a piece of music. I like the teamwork. It makes me feel optimistic about the human race when I see them cooperating like that.”

— Paul McCartney —

**TIP OF THE WEEK** - Praise, praise, praise - if you have achieved your goal while playing at home, give yourself a pat on the back. Well done!

**STELLA’S GOT TALENT** - Congratulations to all students who have stepped forward and auditioned for Stella’s Got Talent 2013. Selections from each year level have been completed and the semi-finals are now underway in the Music Room during the lunch breaks. Stay tuned for a list of finalists who will perform at the Stella Maris Friendship Fair. We eagerly await their exciting performances!

**GRANDPARENTS’ DAY - Reminder** – We are looking forward to three ensembles performing for our grandparents this Thursday 25 July. The following reminders are for students involved in these ensembles.

1. **Piccolo Choir** - All choir members are asked to meet Mrs Durer at the Music Room at 8:30am.

2. **Concert Band** – All band members are to meet Mr Wynyard outside the Chapel at 7:30am for rehearsal (no rehearsal on Wednesday morning this week)

**Percussion Ensemble** – All ensemble members are to meet Mr Burr in the Hall at 7:50am.

**REMINDER** - Notes will be going home with all ensemble members who are participating in the Queensland Catholic Schools Music Festival in August 16th. Please ensure these are returned to school as soon as possible to finalise bus numbers.

**DATE CLAIMERS**

**Grandparents Day** - Thursday 25 July  Concert Band, Piccolo Choir and Percussion Ensemble

**Stella Fair** - Sunday 4 August  Stella Fellas and SM Singers

**Piccolo Choir and Strings on Assembly - Thursday 8 August**

Queensland Catholic Schools Music Festival - Friday 16 August  Piccolo Choir, Stella Fellas, SM Singers, Concert Band and String Ensemble

**Stella Spotlight** - Wednesday 16 October  All Choral and Instrumental Ensembles

Remember, if you need to contact your child’s tutor, details are shown on the top left corner of the lesson timetable. 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
durrer@bne.catholic.edu.au

Todd Wynyard

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

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**FRIENDSHIP FAIR**

**SUNDAY 4TH AUGUST**

- **URGENTLY REQUIRED** - Plant and Herb Donations - please leave on the front office verandah.
- **REMEMBER** to all “Donna Hay” cooks - please start baking for the fair.
- **DROP OFF DAYS** - Thur 25th and Fri 26th from 8am.
- Keep bringing in those great donations e.g. **PLANTS - CLOTHES - BASKET ITEMS**, etc.
- **ARMBANDS ON SALE EVERY DAY NEXT WEEK FROM MONDAY**

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**calendar of events**

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>July 25</td>
<td>Grandparents’ Day</td>
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<td>July 26</td>
<td>Interschool Sport - Year 6 &amp; 7</td>
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<td>August 1</td>
<td>3B class presenting at assembly</td>
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<td>August 4</td>
<td>Stella Maris Friendship Fair</td>
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<td>August 16</td>
<td>QLD Catholic Schools and Colleges Music Festival</td>
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<td>August 19-23</td>
<td>Book Week</td>
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<td>August 20-22</td>
<td>Author Visit in Library for Years 3 to 7</td>
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<td>August 23</td>
<td>Book Week Parade in Hall for Prep to Year 4</td>
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<td>August 21-23</td>
<td>Year 5 Camp - Mapleton</td>
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<td>August 28-30</td>
<td>Year 6 Camp Ewan Maddock Dam</td>
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<td>September 20</td>
<td>Last Day Term 3</td>
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**“Stella’s Got Talent” Semi-Finalists**

The first round of auditions is over. A big thank you to all the students who rehearsed and performed so well for their year level. Choosing the 4 semi-finalists proved to be a very difficult task for the Round 1 judges. Here is the list of the successful semi-finalists from each year level.

**Year 1**
- Amber Mahler, Nicholas Blunt, Georgia Bartholomew, Stella Huxley

**Year 2**
- Julianna Kaszas, Jessica Hobbs & Elize Broderick, Stefan Smith, Hugo Furniss

**Year 3**
- Keira Penman, Teddy Huby & Nathan Linnett, Maya Jeffs & Olivia Hunt, Ethan Vagg

**Year 4**
- Maddie Taylor, Carly Macdonald & Emily Ryan, Lachlan Kuipers, Kaiden Smales, Ethan Petcos

**Year 5**
- Amber Fellows, Alina Robins, Jun Lee, Zoe Hunter & Sarah Bailey

**Year 6**
- Baylee Hankin, Ella Mather, Kaleb Ingley, Bella Blunt & Emma Burchell

**Year 7**
- Gabby Brown, Sophia Cruise & Laura Magao, Genevieve Langford, Abby O’Brien & Lachlan McClure

The Semi-final rounds will be held this week and next week during lunchtime in the school music room to determine the finalists. Semi-finalists please bring music, costumes and props needed for your performance. The timetable for the SEMI-FINALS is below:

**MONDAY 22/07 - YEAR 7**
**TUESDAY 23/07 - YEAR 6**
**WEDNESDAY 24/07 - YEAR 5**
**THURSDAY 25/07 - YEAR 4**
**TUESDAY 30/07 - YEAR 3**
**WEDNESDAY 31/07 - YEAR 2**
**THURSDAY 01/08 - YEAR 1**
**MONDAY 29/07 - PREP**

One act from each year level will be chosen by a panel of judges as a finalist. The 8 finalists will then perform on stage at the Fair and a Junior and Senior winner will be announced at the Fair. All finalists will receive a prize, and the winners will receive an extra prize.

Thank you students for your enthusiasm. Any queries to Bu Neill at school.

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**Tuckshop News**

N.B. Due to W.H & S rules food cannot be sent in for warming/toasting.

Now Available Gluten Free Chicken Nuggets 3 for $2.00


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**Ingredients Roster**

**C Cleary**
**M Johnstone**
**S Dangerfield**
**S O'Donnell**
**N Burrows**
**N Hughes**
**A Schofield**
**H Cruise**

**SUMMARY**

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<thead>
<tr>
<th>Day</th>
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<tr>
<td>Wed 24/07</td>
<td>Thurs 25/07</td>
<td>Fri 26/07</td>
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<td>C Cleary</td>
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The Four I’s of Parenting Interest - Invest – Identify - Inspired

**INTEREST** - Show and action our deep interest in children. Notice their successes, failures, strengths, weaknesses, problems, concerns and improvements. Being interested in them helps them to be interested in themselves. Listen to more than the things they say, but to the things they don’t say, won’t say, or can’t say. Make your children your subject of greatest interest.

**INVEST** – Invest time in our children. Time to sit with them, either at the table, in the garden, the car, or end of the bed at night and just enjoy their company. Children need to feel that parents have the power to stop the world and give them our undivided attention. Giving them the time is giving them the message that they are important to us.

**IDENTIFY** – See things from their point of view. To empathise and connect with them can be difficult. Take time to look at the world through their eyes. Shifting their perceptions and attitudes is often easier if we can first see why they have them in the first place. They want us to understand what it’s like to be a kid now, in this place, at this school, at this time. Respect their point of view and work with them to create beneficial changes.

**INSPIRED** – Be inspired by them. Their actions, ideas, outcomes and above all, effort, must inspire us. Children need to know that their existence and example as children inspire us to be better adults. Be on the lookout for those things, large or small, that happened because of a special effort, awareness or concern. Such as getting 4 out of 10 for spelling after trying very hard, or helping a friend who was being teased, or quietly playing when you had a lot on your mind, or winning the race and congratulating those who didn’t etc. Being inspired by these things is to do more than just mention them to your child. It’s to convey a sense of pride and to let your child see how your spirits have been elevated. In other words, for them to see they have helped to make your day.

“They might forget what you said, they might forget what you did, but they will never forget how you made them feel”

useful link - [http://www.parentingcounts.org/information/timeline/](http://www.parentingcounts.org/information/timeline/)
The Parenting Counts Timeline offers access to research-based information about your child’s development from birth to five.

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