Dear Parents and Caregivers

When you become a parent or a teacher, there is a lot to learn about child behaviour and the best means of addressing behaviour issues as they arise—which they inevitably do.

Generally speaking most of us do not come to parenthood or to teaching having received an adequate preparation for the behaviour challenges ahead. Perhaps some have read a little on the subject, while others may have developed certain views as a result of how they, themselves, were disciplined as a child; but mostly, we tend to work it out as we go along, learning from our successes and failures. It can be a bit ‘hit and miss’ really. When you think about it, with so little knowledge and forethought, it's a pretty big gamble to take when what is at stake, is how our young people turn out.

Child-raising and teaching are complex tasks, so it makes sense to put some thought and practice into how best to grow responsible, caring young people. To do this, we need to understand the most effective ways to support the development of conscience and spiritual growth when children do something unacceptable.

The alternative is to be concerned, simply, with achieving compliance and obedience; and while both provide necessary and desirable foundations towards Christian maturity, they should not be confused with the end-game. Nor is the end-game found, at the other extreme, in the provision of few boundaries and guidelines, basically allowing children to raise themselves in the belief that this will have them grow to be ‘their own people.’

So, let’s look, very briefly, at a few helpful practices we can adopt when children make mistakes. Each of these practices place young ones on the road to moral maturity and development of healthy conscience. Firstly, calling children to the practice of a particular virtue points them in the direction of the positive behaviour required rather than reinforcing the negative. When a child hits the family pet, for instance, call them to be gentle, show them how to touch the cat gently and then have them show you how to show gentleness. When you see the child displaying the virtue in the future, acknowledge their effort to improve by saying something like, ‘I saw how gentle you were with your little sister when you were playing with the ball. Well done.’

When things go wrong, give the child the chance to explain their perspective. Doing this potentially adds detail to the event and also gives insight into the child’s thinking, thus allowing parents and teachers to better understand, support and direct the child’s growth and development. Opportunity to practise the virtue and to make reparation for actions supports the child in taking responsibility for what has happened while also having them see the effect the behaviour had on others, the need to make amends and to do things differently in the future.

Of course, stopping the behaviour and applying a relevant consequence should always follow an inappropriate behaviour choice. Wishy-washiness, inconsistency in applying and/or following through on a consequence does nothing to change behaviour and, in fact, reinforces it.

On the other hand, shaming a child, calling them names, labelling them instead of naming the behaviour, verbal abuse and hitting, using overly long or punitive consequences and ignoring a child’s efforts to improve have the effect of destroying or stunting the growth of conscience and moral decision-making, particularly if used over time. Possible negative outcomes are many and include feelings of low self-worth and hopelessness, a tendency to deceit in covering up actions to avoid punishment and blaming others.

These are the more obvious ways we adults may fail to support children’s development to responsible and caring maturity; but there are two further ways that are far less obvious but just as insidious and injurious. They are also widely prevalent today; namely, overprotection (including rescuing) and excuse-making for children. Neither of these approaches supports a child’s growth towards independence, resilience or capacity to solve their problems.

To overprotect a child is to fail to allow them to develop the emotional maturity, resourcefulness, resilience and problem-solving skills necessary to lead a happy and productive life. Instead they learn to be dependent, receiving the message from well-intentioned parents, ‘You are helpless. I am the helper. I know and you don’t know.’ It is indeed tempting to solve a child’s problems for them or keep them from experiencing perceived negative emotions or actions, but what better time than childhood to walk with them, helping them develop the necessary skills to not only cope, but thrive? Compassionate and detached listening with a few clarifying questions to help the child gain perspective and
Dear Parents/Caregivers,

This Wednesday, 5th March, we celebrate Ash Wednesday. The whole school will be involved in a liturgy on this day at 9am in the hall with distribution of the ashes to all participants. You are most welcome to join us for this special liturgy to mark the beginning of the Lenten season. You are also most welcome to join our Lenten Reflection Group which will be run over six weeks staring on Friday 14th March at 9am in the Chapel. Please phone me on 0438939200 to register so that the booklets ($8.00 each) can be purchased on your behalf.

As we continue with Generosity as the Virtue for this fortnight, please keep in your prayers the families in our community who are suffering through ill-health, job loss, family circumstances and/or financial burden. While we can help in some practical ways, your prayerful support I am sure would be much appreciated.

The Stella Maris Care Pantry will be open each Wednesday and Friday mornings over the next two weeks for parents to collect empty containers for meals to assist families in need. Thank you to Sylvia Kelm, our hard working co-ordinator, who is organising this. I also extend a warm welcome to both 'old' and 'new' members contributing to the pantry. New Volunteers who are willing to provide one or two meals per term to be delivered to the Care Pantry in each term are very welcome. A small band of volunteers (3 at most) is needed to operate the Care Pantry to distribute containers and then accept, record and store contributions appropriately. If you are able to help, please contact either myself on 0438939200 or Sylvia on 0467 050 928. Your support of the Pantry is much appreciated.

Other opportunities will be provided during the year for volunteers to gather socially and to share recipe ideas that are both nourishing and cost effective. We hope these meetings will provide an opportunity for socialising as well as enriching contributions to the Care Pantry. So choose your favourite recipes and be prepared to share your ideas with other very enthusiastic Care Pantry ‘Chefs’!

If you are able to volunteer for this group (both ‘old’ and ‘new’ volunteers are very welcome), please complete the slip on the left to update/ provide contact details. We hope that many of you will be able to assist with stockpiling meals for when they are most needed. Through your spirit of generosity, the day-to-day provision of meals for families needing a bit of a helping hand will be accomplished.

God bless, Judith.

SCHOOL FEES MAILED HOME TODAY.

Prep Enrolment 2015 - Do you have a child ready for prep next year? Do you have friends who do? Well, it’s time to put in an application which can be obtained through the school office or online at www.stellamaris.qld.edu.au We would be grateful if you could help spread the word. Applications, with supporting documentation, should be submitted by Friday 28 March with interviews taking place early in Term 2. It is especially important for existing families to get your forms in, so we know the number of places available for new families. Thanks everyone.

Please complete and return to your child’s class teacher by this Friday 7th March

I wish to volunteer/continue to provide meals for the Stella Maris Care Pantry (one or two meals per term). My contact details are provided below:
First Name/s: ............................................................
Surname/s: .............................................................
Phone: (H)........................................(W)..........................
(Mob) ............................................................
E-mail Address:..........................................................

P&F Meeting—All Welcome
Our next meeting is on Tuesday 11 March, starting 6.30 in the Staffroom. We would love to see you there.

NO ASSEMBLY THIS WEEK. due to Ash Wednesday Liturgy.

Glenda
MUSIC IN THE COMMUNITY - LEGACY & Scream Big Band will perform at Maroochydore High School on Saturday 29th March at 2 pm. Tickets are $20 pp, $40 for a family (2 + 2) and $10 for students 16 and under. Afternoon tea included. Tickets can be purchased from Legacy Laurel Clubs, Maroochydore High School on 5409 7333 or by visiting www.screambigband.net. Enquiries, please phone 5443 2779.

QUOTE OF THE WEEK
“Music isn’t just learning notes and playing them, you learn notes to play to the music of your soul.”
~ Kate Greenwood ~

TIP OF THE WEEK - Practice is most valuable when you are fresh, not worried about other things and most importantly when you are not tired. This means fewer errors!!

CLASSROOM MUSIC - Year 3 students are revisiting their recorder playing this term. They will begin to play some of the more familiar tunes in our repertoire in 2-parts.

CHOIR NEWS - Thank you to all parents and students who have returned their commitment form for each of our four choirs. Over the past two weeks we were fortunate to have nearly 200 children participate in these choirs. Well done, and happy singing!

MUSICAL NEWS - As an introduction and demonstration of commitment to our musical, students are reminded that the last week of rehearsals for all students wishing to be part of our 2014 musical are outlined below.

Year 5 – Monday @11am in the Music Room
Year 4 – Wednesday @11am in the Music Room
Year 6 and 7 – Thursday @11am in the Music Room

Permission notes will be coming home next week for students wishing to formally be a part of The Wizard of Oz, to be performed in October 2014. Please return these forms by the due date listed on the note. Thank you to all our very enthusiastic students!

INSTRUMENTAL MUSIC NEWS - Congratulations to the 12 students who participated in the inaugural “Guitars to the Max” Workshop and Concert last Thursday at St. Joseph’s in Nambour. The day was shared with students from Stella Maris, Siena and St. Joseph’s. All students had a great day meeting students from other schools who play guitar and also learning new skills and songs. Sincere thanks to Mr Clarke for preparing and supporting students for this event. This was the first of four combined Sunshine Coast Workshops and Concerts planned for this year. Other events are:
- Sensational Strings – Monday 3 June at Stella Maris
- Sunshine Coast Choral Spectacular – Monday 28 July at Stella Maris
- Bonza Band Bash – Thursday 10 October at Siena

There will be adjustments to some lesson times on Monday, Tuesday and Wednesday this week due to the Year 6 / 7 Camp. Tutors will ensure lessons are caught up and some will be in touch with alternate arrangements if needed. Please be patient and contact your child’s tutors if you have any questions.

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
idurrer@bne.catholic.edu.au

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

UNIFORM SHOP
Uniform Shop Hours
Monday 8.00am - 10.00am
Wednesday 10.15am - 3.15pm
Thursday 8.00am - 1.00pm

Congratulations to Thomas McClure and Matilda Jarrett who were selected in the District team and competed at the Regional Swimming Trials at Caboolture today. GOOD LUCK

ABSENTEE LINE: 54098989
All absentees to be notified by 9.30am

Tuckshop News

GROUP 2 A Brown, B Gardner, C Edwards, D Cracknell, E Peters, J Connelly, K Hardner, E Elder, L England, L Gerbo, S Thompson, M Hunter, N Michael, R Brady, S Mann, T Talbot,
St John’s College, Nambour
Year 7 2015 Enrolment Interviews

- 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.

Siena Catholic College
Year 7/8 Enrolments for 2015

Last week Siena Principal, Mr Graeme Hight, and the College Captains spoke to Year 6 classes at Stella Maris and handed out Enrolment Application packs to students. The contents outlined the necessary steps for parents to take if they wish their son / daughter to be considered for Year 7/8 at the College in 2015. Parents are reminded of the Information Sessions being held at the College on either Sunday 10 March or Monday 10 March. Please contact the College office either by email ssipperdowns@bne.catholic.edu.au or phone 5476 6100 to register. 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.

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