



# The Stella Star

Term 4 Week 5

4 November 2014

## Stella by Twilight

Proudly sponsored by McGrath Realty

**November 8 2014**

**Food & Market Place from 4.15pm**

**Carols from 6.15pm**

**Movie starts at 6.45pm sharp**

★ **Family Movie under the stars - "Elf"**  
Don't forget your picnic blanket and cushions .

★ **Christmas Carols**

★ **Food**

- Sausage Sizzle
- Pies/ Sausage Rolls
- Pizza

★ **Drinks**

★ **Fairy Floss/ Snow Cones/popcorn**

★ **Cup cakes/Sweets**

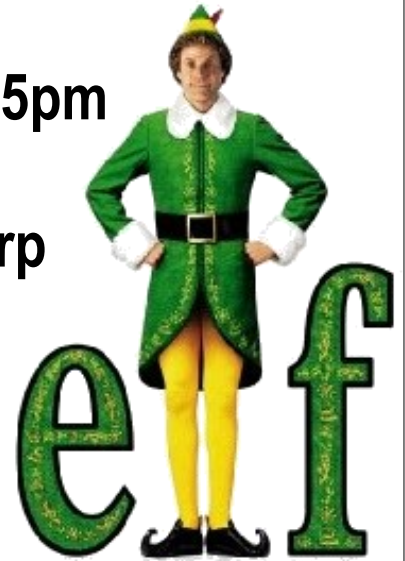
★ **Face Painting**

★ **Raffle/Ham Wheel**

★ **Glow sticks**

★ **Armbands - \$10.00each or \$35.00 per family**

Armband entitles the wearer to Movie, Carols, Super Slide, Jumpy Castle, Animal Farm and Face Painting



**Congratulations** to Jeffery Ross (7A teacher) and wife, Nicola on the birth of their fourth child, Esetta Alice!

**Congratulations** also to **Samantha Murray**, District Champion in the Lions Interschool Writing Challenge and to **Dominique Meehan** on being awarded School Champion. Great writing girls! Prizes will be presented at Assembly on 13 November.

**Orientation Mornings Thank You** - Thank you to everyone who helped this year's Orientation mornings run so smoothly. There is a lot of re-organisation required when 130 future preps and their families arrive over the two days! Year 6 students did a wonderful job of meeting and greeting, providing school tours, setting up the hall, assisting in the Prep and Year One classrooms, serving food at morning tea and hosting the present Year 1 students in their Year 6 classrooms. Thank you also to the Prep, Year 1 and Year 6 and 7 teachers who accommodated the necessary changes and thus supported the success of the mornings. Thank you to Office staff, especially Julianne, for the mountain of 'behind the scenes' preparation that goes into these events. Special thanks to Alanna Curtis, Suzette Ellis, Father Joe, Terry Grogan, Judith Mellifont, Kylie Walsh and Emma Rawlings for their input at the Parent Meetings in the Hall. And last but not least, thank you to our existing parents who accepted a buddy family (or families) and made our new families feel very welcome. You play such an important part in the welcoming process and it is much appreciated.

**Multi-age Parent Meeting reminder** - A reminder to parents who indicated interest in the multi-age Year 1-2 class for next year, that the letter re **Information Meeting this Wednesday 5.30-6.15** was sent home last week. If you are yet to respond, please return cut-off slip tomorrow morning. Please note change of venue— in staffroom not the Hall.

#### **Ins and Outs**

**Wednesday 5 November** - Multi-age 1-2 Parent Meeting 5.30-6.15 in Staffroom as Music Soiree is in the Hall.

**Thursday 6 November** - BCE Consultant, Eileen Coghill at Stella Maris meeting with Maths Project Team:

9.45-12.25 Frai's Marrinon (1D), Larissa Livermore (3C)

12.25-1.25 Dani Ramia (5C), Anthony Graham (2B)

1.50-2.50 Suzette Ellis (Prep A), Therese Lecompte (4A)

**Friday 7 November** - DanceFever instructors for Pep-Year 3 classes

**Monday 10 November** - Siena Year 7 (present Year 6) Orientation Day  
Denis Greathead, Auditor, at Stella Maris

**Tuesday 11 November** - St John's Uniform fittings in Uniform Shop  
Eileen Coghill for Staff Meeting feedback

**POSITION VACANT:** A part time secretary (15 hours per week) at **Stella Maris Parish office**. Familiar with Microsoft Office. Good rapport with parents and children doing sacramental preparation. Phone or SMS Fr Joe 0419544335 to express your interest.

**BOOKLISTS** - Booklists were sent home last week.

All completed orders **MUST** be returned to school no later than **Friday November 7**. Any orders after this date will not be accepted at the school and must be lodged directly with Swan Newsagency at the Plaza **N.B.** December pick-up date will be **Wednesday 3rd December**.

## **Principal's Award**

**November 6 2014**

Ayla Fenn, Connor McEnvoy, Ronan Bell, Matilda-May Towner, Sienna Merry, Tiarna Taylor, Erin Harris, Ashden McMillan, Evie Modric, Sebastian Walsh, Charlotte Cartwright, Harry Robinson, Lachlan Andrews, Ashton Gillies, Nicholas Johnson, Taite Richards, Florence Edwards, Kai Pawson, Alec Franklin, Bailey Cayzer, Heather Smith, Kynan Gillespie, Lucy Young, Blake Thompson, Jazmin Collins, Ethan McGahan, Jack Gillespie, Jordan Pace, Noah Warrell, Emma Burchell,

## **APRE News**



## **REMEMBRANCE DAY**

Dear Parents/Caregivers,

November is a time for remembrance – both in the Church and in Society. Last Sunday, we celebrated 'All Soul's Day' when the church gathered to pray for family and friends who have died. Our Year 5 classes will both remember and pray for relatives and friends who have died in their liturgies this coming Wednesday at 9am and Thursday at 2pm. You are most welcome to come along and join us in prayer. Next Tuesday 11<sup>th</sup> November, we also celebrate Remembrance Day when we pay tribute to those who have fallen in the service of our country. The Virtue for this fortnight has been chosen to coincide with this celebration of our nation's history, namely Service. Four of our school leaders will accompany me to the Cenotaph at Cotton Tree for the Service to lay a wreath in honour of those who have given their lives in the service of our country.

All of the students and staff at Stella Maris will observe one minute's silence at 11am next Tuesday in honour of the fallen. We cannot change the past but we can appreciate the sacrifice made by many of our servicemen and women who gave their lives for the betterment of others. We invite you to join us in this symbolic gesture to honour those who gave so much so that we might live in freedom and safety. *Lest we forget.*

The following quote from Martin Luther King Jr epitomises the nature of service:

***Everybody can be great...because anybody can serve.  
You don't have to have a college degree to serve...  
You only need a heart full of grace  
A soul generated by love***

MARTIN LUTHER KING, JR

*In practising Service, we...*

- .. Look for opportunities to serve others;
- .. Work with enthusiasm;
- .. Do thoughtful things to help our family and friends;
- .. Give freely of our time and attention;
- .. Do our part to care for the earth: recycle, reduce and re-use; and
- .. Use our gifts to make a difference in the world.

*We are thankful for the gift of Service. It makes our lives a prayer.*

When we work with a spirit of Service, we give a job our very best effort; We don't just do the least amount possible. We make a real contribution. People who want to be of service can change the world.

To be of service to others need not be anything out of the ordinary; the way we go about our everyday lives, being aware of others and observing ways that we can do thoughtful things enables us to embrace a spirit of Service in the everyday and ultimately to make a real difference both in our own lives and the lives of others.

God bless,

*Judith*

# MUSIC NOTES



## QUOTE OF THE WEEK

*"The future belongs to young people with an education and the imagination to create."* ~ Barack Obama ~

**MUSIC COUNT US IN** - Well done to every student, staff member, parents, and friends for your enthusiasm and singing 'Paint You A Song' in 2014. Stella Maris proudly joined together with close to three quarters of a million students across Australia and around the world presenting the same song. Special thanks to Mrs Durrer, Mr Wynyard, Mrs Salmon, Mr Burr and Mr Clarke for preparing students and to our fabulous musicians for accompanying our song. Great job everyone!

**WOODWIND AND PIANO SOIREE** - Well done to Mrs Dean and her woodwind and piano students for their soiree performances on Monday night. This was the first of many end of year concerts for our instrumental students.

**CHOIR NEWS** - Choir rehearsals have resumed and all students should be at each rehearsal. SM Singers will be presenting two songs on assembly this Thursday. Singers are asked to meet Mrs Durrer in the Hall Thursday morning at 8:10am for a brief rehearsal prior to assembly.

## MUSICAL NEWS – 'THE WIZARD OF OZ'

Don't forget that DVD orders have been sent out last week via email. Order forms are also available in the office for those who have not received one but would still like to place an order. All orders must be returned to school by **Monday 10 November**.

**BLACK PANTS** - If your child has outgrown their black pants/leotard/leggings and they are still in good condition, please consider sending them in so that we may add them to our costume collection. We would be most grateful for any donations and these can be dropped off at the office or brought to the Music Room.

## DATE CLAIMERS

Singing Soiree (Ms Bond) – **Wednesday 5 November, Hall from 6pm to 7pm**

Music Assembly – **Thursday 6 November – SM Singers**

Speech and Drama Soiree (Ms Beattie) – **Thursday 6 November, Hall from 6.30pm to 7.30pm**

Bonza Band Bash – **Thursday 13 November** at Siena Primary all day till 5pm (info coming home this week)

Music Assembly – **Thursday 20 November – String Ensemble**

Strings Concert (Mrs Salmon and Miss Osterfeld) – **Thursday 20 November, Hall from 6pm**

Percussion Lunchtime Concert (Mr Burr) – **Friday 21 November, Music Room from 10.45am**

Piano Soiree (Miss Worthy) – **Monday 25 November, Hall from 6pm to 7pm**

Music Assembly – **Thursday 27 November – Stella Fellas and Guitar Ensemble**

**INSTRUMENTAL NEWS** - Re-enrolment forms began to be handed out last week. Parents are asked to promptly return these forms to the office to secure places for next year. Forms should be returned even if your child is not continuing. Thanks for your attention to this matter.

**Instrumental Music** recruitment and demonstrations will be presented to students in Year 2, 3 and 4 on **Wednesday 5 November** and all students will bring information home about possible enrolment in 2015. Students are offered a brief no obligation trial of a couple of instrument choices with a view to enrolment.

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](mailto:idurrer@bne.catholic.edu.au)

Todd Wynyard

Instrumental Music Coordinator

[twynyard@bne.catholic.edu.au](mailto:twynyard@bne.catholic.edu.au)

# calendar of events

November 8	P & F	Family Movie Night - "Stella by Twilight"
November 10-13	Year 6 & 7	Swim Lessons
November 18	AGM	P & F Meeting in the Staffroom @ 6.30pm
November 17-20	Year 5 & 4	Swim Lessons
November 26	Tuckshop	Helpers Lunch
November 28	Year 4 - 7	Swimming Carnival - Cotton Tree Pool
December 1	Year 7	Dinner Dance
December 2	Year 6	Dinner Dance
December 3	Years 6 & 7	Graduation Liturgy
December 4	Wet'n'Wild	Years 6 and 7
<b>December 5</b>	<b>Thanksgiving Liturgy</b>	<b>11am in Hall School year ends 12 noon</b>

## NOVEMBER IS CHRISTMAS HAMPER MONTH OUR GIVING TIME

During this month we ask everyone to join our efforts to help provide a very Happy Christmas for those less fortunate than ourselves. Each class is asked to build a hamper with gifts and food for Christmas Day meals for a very special family.

We ask that all gifts are left unwrapped (they could perhaps be placed in a gift bag) and that foods do not require refrigeration as it is six weeks from start to delivery.

Suggested foods are:-

Meat & Fish (tinned) – ham, tuna, salmon etc.

Vegetables (tinned) – peas, beans, potatoes, corn, carrots, beetroot etc.

Dressings – Salad Dressing, Mayonnaise, Aioli, Chutney, Relish

Fruit (tinned) – pineapple, peaches, pears, mixed fruit etc.

Longlife custard, cream, fruit juice

Desserts -Christmas Cake, Christmas Pudding, Fruit Mince Pies, Jelly

Baby Foods

Soft drinks, Cordials.

Treats – sweet biscuits, savoury biscuits, Christmas lollies, chips etc.

*The Hampers are presented to St Vincent de Paul Representatives during the last Assembly for the year and are very much appreciated.*

**THANK YOU FOR YOUR GENEROSITY**



## FINAL BOOKCLUB FOR THE YEAR

- Thanks to all those who tried the LOOP ordering system for Issue 7. It worked really well. Just type "Scholastic LOOP" into google search and you can order and pay on that site. Issue 8 will be distributed shortly and orders are due the Friday after they are given out. Thanks for your support.

## Tuckshop News..



### THIS WEEK'S SPECIAL

**Sweet Chilli Wrap \$4.00**

**Gluten Free Available \$1.00 extra**

Wed 05/11	Thurs 06/11	Fri 07/11	Tues 11/11
N. Charlesworth	F. Johannsen	P. Simpson	L. Montgomery
	L. Martin	D. Lambourn	J. Coghlan

## Ingredients Roster

### Muffin Mixes & Fruit Salad Items

Group 5	A Corboy, C Penn, C & M Hubbard, D Christie, F Ellis, J Fuller, K Kretzers, K Bidmade, L Wiseman, M Hirning, M Ratcliffe, N Pace, O Robins, A Berthier, S McGahan, T Maas, V Portors, S McNamara.
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# How to get children to do what you ask.

In school, Annie was sweet, compliant and helpful. But at home, the 7-year-old became stubborn and defiant when asked to do simple chores. A request to put away her toys and brush her teeth would be ignored or met with arguments or tears, or all three. My husband and I tried everything we could think of.

Logic: "Annie, if you don't put away the Legos, you could lose pieces, and then you wouldn't have that fun game to play with."

Negotiation: "OK, Annie, we agree to 10 more minutes of TV and then you'll clean up."

Threats: "You have 5 seconds to clean up or else. Five... four... three..."

The typical result: An epic one-hour battle of tears, yelling and time-outs.

## What I Wish I'd Known Sooner: Keep Commands Simple

My husband and I explained the vicious circle we were in to a psychologist. After listening to us, the psychologist explained that we needed to keep our commands simple, with one- or two-step directions. Instructions with more than two steps—like "Go upstairs, put away your toys, brush your teeth, and pick up your clothes from the floor"—can be too complicated for a child to remember and follow. We also had to stop negotiating, pleading and threatening.

The psychologist gave us an explicit set of instructions to follow, which entailed the following: Look your child in the eye, calmly say her name, pause, provide the two-step instruction, and end with "now." **"Annie, go upstairs and brush your teeth now."**

We were instructed to pause 15 to 18 seconds and stay within 3 to 5 feet of Annie. If she followed the direction, we were told to briefly praise her for following the direction. If she did not follow the direction, we were told to calmly repeat the instruction.

That night, I tried it: "Annie, go upstairs and brush your teeth now." I silently counted to 18, willing myself to ignore whatever she said or did in between. Then I repeated my instruction. I did this again and again, pausing 15 to 18 seconds between each instruction, worrying that her shouts and pleas might turn to fury. But on the eighth try, something amazing happened.

"ALL RIGHT!" she said, irritated, and she went upstairs and brushed her teeth. Pausing 15 to 18 seconds between instructions helped me become less angry and more calm.

Pretty soon, this technique became second nature, and it always worked. In fact, the tactic worked so well that I was tempted to try it on my spouse. "David," I said to my husband one evening, "can you please take out the garbage, **now?**" (He grinned at me, knowingly. Then he grabbed a trash).

Christine Craig - Guidance Counsellor/ Psychologist  
email: ccraig@bne.catholic.edu.au



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