Dear Parents and Caregivers

Well, my first week back is over and how lovely it was to see everyone again. Only another five weeks now before the Christmas holidays and I am sure we are all wondering where the year has gone.

Last week I wrote a little about my Camino walk, in a very general sense, and thought this week I would share some of the memorable moments with you.

So here are my TOP 10 Highlights in no particular order (that would be too difficult).

- **Friendships forged through shared experience.** It is strange how friendships formed. There was no plan to it; it just happened, seemingly by chance. For example, one day I detoured to take a more scenic route and came up behind a woman walking on her own, as was I. I made a habit of greeting everyone with ‘Hello’ or the traditional greeting, ‘Buen Camino’, and on this occasion the return greeting came with an Australian accent. Barbara came from Melbourne and we talked all the way into the next village where she stopped for coffee and I walked on. I continued to come across Barbara over the ensuing weeks and one of the very first people I saw after walking into Santiago was Barbara who jumped up from her table to give me a big hug. Shared experience seems to condense the ‘getting to know you’ and one of the very first people I saw after walking into Santiago was Barbara who jumped up from her table to give me a big hug. Shared experience seems to condense the ‘getting to know you’ and one of the very first people I saw after walking into Santiago was Barbara who jumped up from her table to give me a big hug. Shared experience seems to condense the ‘getting to know you’

- **Kindness extended.** The walk was filled with occasions when simple kindness was extended. A memorable example for me was the day I walked to Villafranca, 32km over the stoniest ground, hour after hour. The bones in my feet felt as if they were breaking one by one, my neck pain was intense and I had resorted to carrying the backpack on my chest. Just when I thought I had had enough, two young men caught up to me, asked if I was okay and offered to carry my pack. I declined but they stayed with me, talking the whole way, distracting me from thinking about the pain. Another day, an elderly woman walked many city blocks out of her way to show me to my Burgos hotel which I was having trouble finding. Such thoughtfulness made all the difference especially when the going got tough.

- **Climbing the Pyrenees on the first day.** What an awe-inspiring and memorable day it was! The day was clear and warm and the view spectacular with rolling hills and deep valleys for kilometres in all directions. Cows, sheep and wild horses wandered across the roads and paths and, at one point, the most beautiful white pony stood there within arms’ length as I took a photo. A perfect day!

- **The climb from Harreras to O’Cebreiro.** I love the mountains and I love climbing mountains. This day was notable for the worst weather experienced on the walk. It was cold, wet, very windy and the clouds were so low they restricted visibility as we climbed the extremely rocky path upwards. The ten kilometres to the top and the tiny village of O’Cebreiro was walked mostly amidst the clouds. After passing the other walkers and several kilometres on, I found myself alone when the clouds parted for a brief time and I could see my surroundings – the mountain falling away to my left into a deep valley dotted with farmhouses and the path ahead winding peacefully through fields. A magic moment!

- **Walking the Meseta.** The Meseta is the high central plateau; it’s flat, treeless and some describe it as soul-destroying which is probably why many travel this section of the Camino by train. I loved walking the Meseta where you can see to the end of the earth in all directions. One day I stopped for a moment and turned full-circle: the track stretched straight ahead as far as the eye could see, dry fields lay similarly to the right and left and the track stretched back behind me and I became aware that there was not another soul to be seen. I had the world to myself.

- **Mass in amazing places with amazing people.** Villages and towns have the most spectacular churches filled with history and I attended mass as often as I could. Many villages held nightly ‘pilgrim masses’ which invariably filled the churches to capacity. From the lunchtime Mass in the Burgos Cathedral to the intimacy of the chapel at O’Cebreiro to the heartwarming Mass in Santiago, each experience was special and shared by people from all walks of life, all ages and nationalities. We may not have understood a word of what was said but we all ‘got the message.’

- **A hot bath at the end of a long day’s walk.** I’ve always been a shower-girl myself but, during the walk, there was nothing to match soaking in a hot tub of water at the end of the day’s journey – nothing! (Well, perhaps a chocolate croissant might go close!)

- **Staying in centuries-old hostels, refugios and hotels.** As the saying goes, ‘If walls could speak!’ Each day’s end was a revelation in accommodation, with nothing comparable in Australia. From thick stone walls, to beams and ancient floor boards, to narrow staircases and unsquared finishes, the night’s accommodation was always interesting, not to mention the reception from those who owned or ran the establishments which was as varied as the places themselves! Accommodation was an experience in itself.

- **The Monumento Peregrino.** Doubtless this is one of the better-known images of the Camino. The pilgrim scene made of metal sits on top of the Alto del Perdon, a hill outside Pamplona. The monument lies amidst the wind turbines that trail across so many of the Spanish hills. Reaching this spot was one of those ah-ha moments when I had to pinch myself to make sure I was actually standing there, in person.

- **The beautiful village of Molineseca.** Another iconic image of the Camino is the iron cross, the Cruz de Ferro, at the foot of which pilgrims place a stone brought from home. I had been looking forward to this day for weeks expecting that this would be a highlight of the walk, having carefully carried the stone inscribed by staff and parents with the initials of loved ones in need of prayer. The climb to the cross was magnificent looking back at a pink sunrise across the plains below, but the time at the Cruz de Ferro was marred by a large group of pilgrims, travelling together, whose lack of awareness of others dominated the time spent there. The onward walk to the night’s accommodation after the Cruz de Ferro is long, rocky and all downhill (much more difficult than climbing up) but then what waits at the end of the day is the most beautiful of villages, Molineseca, which sits like a mirage; almost out of character with its surrounds. Crossing the ancient stone bridge into the small village was magic and remains one of the vivid memories of the walk.

They are my Top Ten today; perhaps they would be different tomorrow. There are so many wonderful experiences from which to choose. For those interested, last Saturday night SBS ran the first of three programs on the growth in modern-day pilgrimage and next Saturday night looks at the Camino. I’ll be watching.

Have a great week everyone.

Glenda
Enrolment for 2014

Parents, it would be very helpful if you know your child is not returning to Stella Maris next year, to advise the office, in writing as soon as possible. This will inform the exiting Census which is undertaken across BCE schools this week. This census also asks for the school to which the student is moving, so this information would be appreciated if you have it.

Of course, this information is also vital for whole school planning for 2014. Accurate enrolment projections are necessary to make wise decisions about class composition, number of classes, number of staff, resourcing and budgeting.

Can I also ask that you keep us informed about potential moves between now and the beginning of next year? I understand that unforeseen developments sometimes require a last minute change of plan, and we would be grateful if you could let us know. You can email Glenda at any time, Christmas holiday included.

Email: gmorgan@bne.catholic.edu.au

2014 Booklists are being sent home this week.

Tasting Success

Lily Henningsen auditioned for the Australian Youth Choir last Tuesday evening, and has been accepted into the choir.

Bravo Lily!

Congratulations to Hayden McBroom and Jorja Spivey who recently received promotions to purple belts, 8th Kyu, for Aikido Takemusu Kai.

Gradings are held every 12 months and this achievement represents two years of hard work. What champions you are Hayden and Jorja!

Stella P&F Meeting and Annual General Meeting is set for Tuesday 12th November commencing at 6.30p.m. in the staffroom.

Please come and be involved for the coming new year as your support is desperately needed to ensure success and enjoyment for the Stella community.

BOOK CLUB orders are due no later than Friday, 8 November.

Uniform Shop

Reminder to parents of Prep students please start thinking about fitting your prep student for their new uniforms for next year.

Uniform Shop Hours

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

BOOK CLUB orders are due no later than Friday, 8 November.

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

Dear Parents/Caregivers,

Next Monday, 11 November we continue an important tradition as we pause at 11am, 99 years after the guns were silenced on the Western Front, to remember all who have perished in times of war. Every year, on 11 November at 11 am – the eleventh hour of the eleventh day of the eleventh month – we pause to remember those men and women who have died or suffered in all wars, conflicts and peace operations since the early 20th Century. As a mark of respect to those who have died and suffered, people in Australia are encouraged to stop what they are doing at 11am to observe one minute’s silence and reflect on the loss and suffering caused by war. Four of our Year 7 student Leaders will accompany me to the Cenotaph at Cotton Tree for the Remembrance Day Ceremony from 10.30am to 11.30am. Poppies will also be available for purchase at school to mark this special day.

Significance of poppies

Red poppies are often worn on Remembrance Day. The tradition has its origins in a poem written in 1915 by Lieutenant Colonel John McCrae, a doctor in the Royal Canadian Medical Corps. Lieutenant Colonel McCrae noticed that, despite the devastation caused by the war to towns, farms and forests, thousands of small red poppies began growing everywhere in Spring. This inspired his poem, In Flanders Fields:

In Flanders fields the poppies blow
Between the crosses, row on row
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe;
To you, from failing hands, we throw
The torch; be yours to hold it high.

If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

The poem was first published in England's Punch magazine in December 1915 and within months came to symbolize the sacrifices of all who were fighting in World War 1. In 1918 Moira Michael, an American, wrote a poem in reply, We Shall Keep the Faith, in which she promised to wear a poppy in honour of our dead' and so began the tradition of wearing a poppy in remembrance. Since 1921 wearing a poppy has enabled Australians to show they have not forgotten the more than 102,000 Australian servicemen and women who have given their lives in wars and conflicts during the past 100 years.

(Adapted from http://www.dva.gov.au/commemorations/commemorative_events/remembrance_day/background.htm)

Please feel free to add names of people close to you who have died, especially those who have died in the service of their country, in the remembrance book in the school foyer so that we can all pray for them. Lest we forget.

God bless, Judith.
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 in the school for your singing and enthusiasm for “Keep On” in 2013. You joined close to three quarters of a million students across the world presenting the same song. Special thanks to Mrs Durrer, Mr Wynyard, and Ms Worthy and to our fabulous Concert Band students for playing the music. Great job everyone!

ASSEMBLY – THURSDAY 31 OCTOBER - Another huge congratulations to everyone for singing our finale song, “Sing”, at assembly last week. Everyone did a fabulous job singing and playing. Special thanks to our wonderful musicians who accompanied this amazing song.

JUNIOR BAND PERFORMANCE - Ms Dean’s Junior Band will present a lunch-time concert on Monday 25 November 11:00am in the Music Room. Students are welcome to come along and support these wonderful musicians.

DATE CLAIMERS
Piano Soiree – Thursday 7 November Ms Worthy’s students – Hall @ 6pm
Singing Soiree – Wednesday 13 November Ms Bond’s students – Hall @ 6pm
Gayndah Excursion – Thursday 21 November Senior Concert Band, SM Singers, String Ensemble (info note coming home later this week)

Instrumental Music “Try-outs” will be happening this week for students who have returned signed notes. Students will then bring home an enrolment pack for parents to complete and return. Please email us at StellaMarisMusic@bne.catholic.edu.au if you have any further questions.

Re-enrolment letters have been sent home with all currently enrolled students and ALL parents are asked to return these letters ASAP to assist with planning for 2014. If your letter did not make it home please let us know.

Finishing date for lessons and ensembles will be decided by your child’s tutor and ensemble leader. As the year draws to a close, lessons will conclude once the quota for the enrolment period has been reached (36 per year or an average of 9 per term).

Instrumental reports are currently being finalized by all tutors and will be sent home with end of year school reports in the student’s folio.

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

IT’S TIME TO TRADE IN YOUR DOLLARMITES TOKENS FOR A REWARD
If you have been saving this year with School Banking and collecting tokens, then now is the time to redeem them for a reward before you miss out. Tokens must be used this term as you will not be able to use them next year.

Choose your reward, complete the coupon, put in ten silver or one gold token and put them in with your next deposit. Headphones, Calculators, Moneyboxes, Handballs & Knuckles are available while stocks last.

Stella Football Club is still in need of office bearers for the 2014 season. We currently need a President, Vice President, Groundsman (or more than one), Publicity Officer and Canteen Convenor(s). If these positions are not filled unfortunately the club will have to cease operation. This club has been running for 32 yrs and it will be a shame if it has to come to this.

If you are interested in any position or have a question please don’t hesitate to contact me on 0411 283 065. Remember we are a family and will help you with what position you choose.

Regards
I’m grateful for

Why should the simple act of thinking about who and what I’m grateful for make such a big difference in my life?

Just a few reasons:

Because it reminds you of the positive things in your life. It makes you happy about the people in your life, whether they’re loved ones or a stranger you met who was kind to you in some way.

Because it turns bad things into good things. Having problems at work? Be grateful you have work. Be grateful you have challenges, and that life isn’t boring. Be grateful that you can learn from these challenges. Be thankful they make you a stronger person.

Because it reminds you of what’s important. It’s hard to complain about the little things when you give thanks that your children are alive and healthy. It’s hard to get stressed over paying bills when you are grateful there is a roof over your head.

Because it reminds you to thank others. The simple act of saying “thank you” to someone can make a big difference in that person’s life. Calling them, emailing them, stopping by to say thank you … just taking that minute out of your life to tell them why you are grateful to them is important to them. People like being appreciated for who they are and what they do. It costs you little, but makes someone else happy. And making someone else happy will make you happy.

“When you rise in the morning think of what a privilege it is to be alive, to think, to enjoy, to love.”

Marcus Aurelius 121-180 AD, Roman Emperor and Stoic philosopher

1-2-3 Magic and Emotion Coaching

PARENTING PROGRAM

1-2-3 Magic and Emotion Coaching is a 3 week program that assists parents and caregivers in developing skills to promote positive child behaviour. It teaches strategies to effectively manage challenging behaviours through the use of ‘fair’ but ‘firm’ boundaries. It also emphasises the development of children’s emotional awareness and resilience.

This program is designed for parents of children aged between 2 and 12.

When: Tuesdays Nov. 26, Dec. 3 and 10.

Where: 43-45 Primary School Court, Maroochydore

Phone: 5409 2600 (Bookings Essential)

Time: 9.30 am – 12.30 pm

Cost: Workshop is free. Workbooks are $10.00

Morning Tea is provided but no child minding facilities are available.

Christine Craig (Guidance Counsellor)

email: c.craig@bne.catholic.edu.au