Dear Parents and Caregivers,

It's good to be back! It was also good to be walking and leading a vastly different life from this one, but then life is good no matter 'the where' or 'the what' of it.

So, it's been nine weeks and in that time I've spent a few days in Paris, railed to St Jean Pied de Port, climbed the Pyrenees, walked 800km across Spain, reflected on the journey in Barcelona and Bangkok and had one week at home with my husband before jumping back into school for the last six hectic weeks of the school year.

Firstly, I must thank Terry for stepping into the principalship and for serving the Stella Maris community so well during this time. Of course, Terry is not new to principalship so the school is always in safe and experienced hands. Thanks also to Judith for her steadfast presence in leadership and to Luke Parnemann for the grace and competence with which he fulfilled the role of Acting APA. Job well done Luke. Thank you. The remaining two regular members of the Administration Team, Kelly Purnell and Donita Sullivan also continue to share leadership with commitment and competence. And finally, I must thank the remainder of the Stella Maris staff — teachers and school officers - for their care of and dedication to our students and families, for their diligent attention to the demands of their roles, for the support of their colleagues and the school vision and goals. Once again, a huge team effort has been demonstrated and as I said to staff, I have been able to leave for weeks and not spend one moment worrying about any matter to do with school. What a blessing that has been, so thank you one and all.

What can I write about my time away? It's the strangest thing; I have so much to tell and yet so little to say! The experience was so huge that I am yet to take it all in. I suspect that it may sneak up on me in unsuspecting moments but I will have to wait and see about that. What I can say is I feel deeply privileged and blessed to have had the time, the opportunity and the support to add myself to the many thousands of pilgrims who have walked this ancient route.

So I thought I would first share with you a little of the history of the Camino de Santiago de Compostela. The path to Santiago has been walked by travellers for over 2000 years and by Christian pilgrims for over 1200 years. I can tell you from experience that those paths are almost 1300 years. And many and varied; some existing pavement having been laid by the Romans two millennia ago. Some paths are nothing more than rubble and rocks while other areas are covered in stone that is worn smooth by the tramp of millions of feet. Some parts are dirt tracks and quiet, country roads. They trail through quiet forests, over picturesque hills, through tiny, ancient and very sleepy villages and large, bustling cities and across vast, hot plains with barely a tree to be seen.

By the 12th and 13th centuries, half a million pilgrims had made their way across northern Spain and back each year. Many hospitals, hostels, roads and bridges were built to accommodate the influx of pilgrims and many of these are still in evidence, and in use, today; the history of these places is amazing. During these times, the legendary Knights Templar patrolled the Camino, providing protection, places of hospitality, healing and worship for pilgrims. Among the historical figures who made the pilgrimage to Santiago are Charlemagne, Francis of Assisi, Dante Alighieri and Rodrigo Diaz (El Cid, Spain's great hero).

Over time, however, the Camino fell out of favour as the Protestant Reformation, the Enlightenment and European wars took their toll. In more recent years, the Camino has seen a resurgence in the number of pilgrims with upward of 100,000 pilgrims yearly making the walk to Santiago.

The Camino is walked by a very wide demographic. I saw whole families, some with quite young children, walking. One day I met an 84 year old lady from England; she fell and broke her arm on day two and yet she was back out walking the next day, her arm in a cast and sling. I met many couples, mostly of the more senior variety, but some younger, who were sharing this incredible experience. And then there were the many young people walking either alone or with old friends or new friends made on the journey; people from all corners of the earth and all ages. Some carried their packs with all their possessions, some carried a day pack and had their luggage transported. Some walked very slowly, some walked fast, some had terrible blisters while others carried injuries and yet they all walked their own Camino, alone and yet together.

No doubt, for many, this was a journey of the spirit; as well as a challenging physical experience. Along the way I met a young doctoral student who was writing her thesis on the Camino. She hauled a large basket on wheels which was attached to a sling around her hips with all her recording gear. Along the way she interviewed pilgrims asking them their motivations/their purpose in walking the Camino. She told me that most people said they didn't really know why they were walking, they just knew they wanted to do it or they had to do it. Others I spoke with were hoping that this time of reflection would provide them with an answer to a life problem or dilemma they faced.

How would I answer that question if it were put to me? Why prepare for nine months and then spend 35 days walking in the cold, in the heat, in the wind and rain? Why carry a backpack containing all possessions needed for the journey, the weight of which aggravated bone spur and nerve issues in my neck and shoulders giving me grief every step of the way? The physical challenge of it was definitely a part of the motivation but more importantly, I have always been fascinated by the notion of pilgrimage; to travel on holy ground or to sacred places and to basically allow the experience to create a deeper, more contemplative and open space in me.

‘Pilgrim Church’ is an image long used by the Catholic Church to describe its being, and what a wonderful image it is! A pilgrim church inspires visions of a people both ‘on the move’ to union with God and ‘being moved’ by the Spirit to actions that reflect the love of Christ. There is something both fundamental and inspirational about pilgrimage. So my Camino journey was a listening one, a short hiatus to focus my ongoing journey which did not end in Santiago de Compostela, but rather had a new beginning. But truthfully, I don’t have answers at all, only more questions and that’s okay.

As I said, it’s good to be back. 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 by this Friday 1 November. This will inform the Exiting Census which is undertaken across BCE schools next 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: omorgan@bne.catholic.edu.au

Mrs Joan Jenkins Retirement - After over 40 years in teaching, (35 of these in Catholic Education) and 12 years at Stella Maris as Teacher Librarian, Mrs Joan Jenkins retires this year. After working three days a week over recent years, Joan is taking her remaining long service leave until the end of the school year, so her last day at school will be tomorrow, Wednesday 30 October. Staff will celebrate the gift of Joan’s career in education at Staff Prayer tomorrow morning and then at a dinner in the evening. Although Joan is a ‘no fuss’ person, her service and commitment over so many years is something to fuss about, so we thank you, Joan, and may you be blessed with good health and happiness in your well-earned retirement!

Colleen Tonks will work Monday to Wednesday in the Library for the remainder of the year.

Orientation Mornings Next Week - A reminder to parents with children accepted to start Prep next year, that Orientation is being held next Tuesday and Thursday mornings. Apologies for the overlap with Tuesday’s Melbourne Cup! We are running a week late this year due to my leave and did not remember this iconic day on the Australian calendar when dates were set. We promise to have you gone by noon!

There will be no Assembly on Thursday 7 November due to Stella P&F Meeting and Annual General Meeting set for Tuesday 12th November commencing at 6.30pm 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.

Principal’s Awards

31 October 2013


NEWSLETTER ADVERTISING

Spaces have become available for families within the school who wish to advertise on the back page of the Stella Star.

Please contact Margo by Tuesday 5 November.

Yearbook Cover Design

Once again all children are invited to submit a design for the cover of this year’s Stella Maris Yearbook. Your design should be your own original work; be in full colour on A4 paper; include the words: Stella Maris, Yearbook, 2013, and be submitted to Mrs Ludlow (6B) by Friday, November 1. Start drawing and GOOD LUCK!

Dear Parents/Caregivers,

Our names are a very important part of each of us as we are called by that name, not only by our family and friends, but also by God: “Don’t be afraid, for I have redeemed you. I have called you by your name; you are Mine” (Isaiah 43:1). The names of our family and friends, both living and dead, are also very important to us. One only has to see the list of names on Honour Rolls associated with those who have given their lives for their country to see that.

This Friday, 1st November we celebrate All Saints Day, a holy day of obligation, when Catholics all over the world are asked to attend Mass in honour of those holy men and women who have been acknowledged for living their lives lived in Grace. According to some sources, the idea for All Saints’ Day goes back to the fourth century when the Greek Christians kept a festival on the first Sunday after Pentecost (in late May or early June) in honour of all martyrs and saints. Other sources say that a commemoration of “All Martyrs” began to be celebrated as early as 270 CE but no specific month or date is recorded. Pope Gregory IV made All Saints’ Day an authorized holiday in 837 CE.

For the Sacrament of Confirmation, we are able to choose a Saint’s name for ourselves which helps to inspire us to live a holy life dedicated to God as did our namesake. I chose ‘Cecilia’ for my Confirmation name because as a young girl, Saint Cecilia gave up her life for her faith and her story was quite inspiring for me. It is ironic that she is also the Patron Saint of Music as I have difficulty even keeping in tune when singing. I blame regular bouts of tonsillitis for this as I can hear music quite clearly and in tune in my head – it’s just getting it out without distorting it that is the problem. My fervent prayer is that Saint Cecilia will intercede in transforming my somewhat erratic pitch into something more pleasing to the Master’s ears.

We celebrate All Souls’ Day on the day following All Saints’ Day, Saturday 2nd November, a global event which is closely tied with All Saints’ Day, when we remember our own family and friends who have died. This feast day reminds us that it is a good and holy thing to pray for the dead. Both all Saints’ and All Souls’ Days are also loosely linked culturally with Halloween, which is a shortened for the name “All Hallows’ Eve”. (Adapted from http://www.timeanddate.com/holidays/australia/all-saints-day).

In the early days of the Church, the names of the faithful departed were posted in the Church so that the community could remember them in prayer. For us for the next fortnight there will be a book in the school foyer for you to add the record the names of your loved ones who have died so that we as a community can pray for them. You can also invite your priests and other parishioners to pray for them with you add names to the Parish prayer list at: http://www.saintsonwaves.com.au/NovemberMasses/NovemberMasses-402/

where you will be able to download and print a form for a prayer request for your loved ones.

One of the traditional prayers that has been associated with All Souls’ Day follows:

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Perhaps you may find the time to join us in the Chapel at 8am on Thursday morning, or for that matter any Thursday morning during the Term, to pray the Rosary for your particular intentions and for family members. We may be a very small group who gather, but it is very moving to be part of a I consider it an honour to be part of this dedicated group of people. Parents, teachers and students are most welcome.

God bless, Judith.
MUSIC NOTES

QUOTE OF THE WEEK
“Music does not replace words, it gives tone to the words.”  ~ Elie Wiesel ~

CLASSROOM NEWS - Congratulations to all students who submitted entries for the CD cover challenge we held over the past few weeks. Students were to create a cover for the Music Count Us In song, ‘Keep On’. The overall winner of the challenge was Samantha Murray, 6A. The following students were classroom winners: Maddie Taylor, Heather Smith, Luke Abrahams, Zoe Kretzers, Nicholas Ansell, Kane Abrahams, Lilly Ochman, Sarah Baillie, Erin Mahon, Isabella Blunt, Tara Hodges, William Petcos, and Leyliani Robinson.

STELLA SPOTLIGHT - Our apologies but we neglected to thank Iain Harris and Allison Brown who worked with us at the Stella Spotlight rehearsals and evening performance. They helped immensely with both sound and lighting and we are most grateful for their time.

MUSICA VIVA - “Students from Prep to Year 7 will have the opportunity to meet the insects, reptiles and birds commonly found amongst the native (and not so native) plants of a quintessential Australian backyard. Underneath a magical Poinciana tree, watch and listen as the musicians of Entourage bring the backyard to life through music. Tree Tales is based on a selection of four pieces from An Australian Backyard Suite by Brisbane composer Paul Kopez.” - Musica Viva

PICCOLO CHOIR, STELLA FELLAS, SM SINGERS, CONCERT BAND, OTHER STELLA SPOTLIGHT PERFORMERS

In preparation for our performance on assembly this Thursday, we ask students in the above ensembles to meet at the times listed below. All students are to take their bags to their classes before proceeding to the hall. Students in Percussion Ensemble and String Ensembles are asked to also join in singing this song as per the finale for Stella Spotlight. SM Singers – 7:45am at the HALL

Concert Band – 8:00am at the HALL

Piccolo Choir, Stella Fellas, and other ensemble members – 8:30am at the HALL

ASSEMBLY – THURSDAY 31 OCTOBER - A reminder that we will be singing our finale song, ‘Sing’, at assembly this Thursday 31 October just before the Music Count Us In song. We look forward to sharing the gift of music with you at this time and hope you will come along to sing with us.

MUSIC COUNT US IN – Thursday 31 October - Stella Maris is rehearsing for the song that stops a nation. Our school will be singing this year’s song at 9:00 during Assembly, accompanied by many of our instrumental students, their tutors, and Ms Worthy on piano. Please feel free to join us as we sing, play, and sign the song ‘Keep On’. More information regarding the program song and behind-the-scenes videos can be found at www.musiccountusin.org.au.

INSTRUMENTAL MUSIC RECRUITMENT - Students in Year 2, 3 and 4 attended instrumental music introduction sessions today in the hall with Mr Wynyard and Mrs Salmon. This is an opportunity for students to hear and consider various options available to them in 2014. All students received an expression of interest letter which needs to be returned by Monday 4 November if students would like to have a no obligation “try-out” of choices.

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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.

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,
Inex Durrer
Classroom Music Specialist
durrer@bne.catholic.edu.au

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

URGENT DONATIONS REQUESTED: NSW BUSH FIRES

Cause: Wildlife rehabilitation

Items requested: Sheets/Pillowcases/Towels (not too soiled)

Cages/Crates

Petfoods – especially grains/hamster/bird food

Medical items: Bandages/Eye Salve/Burns Creams/Electrolytes/Saline

I have also for sale the medical items – at cost price from wholesaler.

The Animal Rescue agencies cannot access the Blue Mountains for another week and when they do we are expecting a large number of casualties. A truck leaves on the 8 November for this second influx and so any donations would be so gratefully received.

Please take any donations to Mrs Curtis in Prep C.

Vivienne (Poppy, Taille and Jude Richards) 0425 295 037

Thursday 31 October - Stella Spotlight Performers Assembly Item

October 30 Musica Viva

October 30 1A & 1C Liturgy 9.00am

October 31 Stella Spotlight Performers Assembly Item

October 31 Prep A Liturgy 2.00pm

November 5 Prep Orientation Day 1

November 6 2A & 2B Liturgy 9.00am

November 7 Prep Orientation Day 2 - No Assembly

November 7 Prep D Liturgy 2.00pm

November 7 Piano Soiree - Ms Worthy - Hall @6.00pm

November 13 Singing Soiree - Ms Bond - Hall @6.00pm

November 14 4C & 4D Liturgy 2.00pm

November 21 Gaiydah Excursion - Srn Concert Band, SM Singers & String Ensemble

November 22 Presentation Day Liturgy

November 28 Year 5’s to visit Siena College

November 29 Years 4–7 Swimming Carnival

December 3 Year 7 Graduation Dinner

December 4 Year 5’s to visit St John’s Nambour

December 4 Year 7 Graduation Liturgy

December 6 School end of year Liturgy 11.00am

Tasting Success

Congratulations to Charlotte Eising who competed in the “Prime International Gymnastics Competition in Singapore on the weekend. Charlotte did very well and was placed 4th on the vault and 8th Overall. Her parents are very proud of her and so are we! Impressive effort Charlotte!

In addition to our Congratulations Notice from week 1 this term—to our Saints girls whom have made the Sunshine Coast Netball Rep Squad, congratulations also goes to Piper Atkins, Julie Hunt, Georgie Smith, Sophia Cruise, Jess Teljega and Cartia Thompson. Good luck to all the girls for their final trial which will be held in February 2014.

Ingredients Roster

Gratitude when things happen that aren’t so good.

We can find tremendous meaning when things get tough. Children develop life skills and resilience from these experiences. It’s ‘The Little Engine that Could’ syndrome, (I think I can + effort) x -as often as it takes!

Children learn how to survive tough experiences, how to benefit from having a go, by modelling their behaviour on ours. Kids mightn’t say much but they watch, listen and learn. It can come as quite a shock when your words, for example, come out of their mouths! Now back to gratitude. We can find tremendous meaning if we learn from difficult situations and keep growing. If you don’t focus on gratitude, you might be cheating yourself out of that opportunity to grow.

Sometimes truly devastating things happen and we need to make a choice. In every painful, trying experience there is a seed planted; moving forward with dignity is that seed coming to fruition. Dr Peter Dingle, an Australian exponent of healthy mind and body, talks about the death from cancer of his wife in 2005. In the three years of her cancer he spent many hours grieving but he also spent many hours meditating and focusing on his gratitude for the gifts she had bought into his life.

When I was diagnosed with Rheumatoid Arthritis I asked God, ‘OK what do you want me to do with this?’ I think this week I’ll do what Dr Peter suggests, recall three events in my life-you can do this too- that have been tough going. What are some of the positive things you can find in them.

This is a positive strategy to guide your children into accepting things and finding ways to use their experiences to move forward with gratitude.

“When we become more fully aware that our success is due in large measure to the loyalty, helpfulness and encouragement we have received from others, our desire grows to pass on similar gifts. Gratitude spurs us on to prove ourselves worthy of what others have done for us. The spirit of gratitude is a powerful energizer.” WILFRED A.PETERSON.

If you are interested in finding out more about Peter Dingle go to www.drdingle.com
Christine Craig (Guidance Counsellor)
email: ccraig@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 be 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.

Thankyou to our sponsors: