Dear Parents and Caregivers

We can all relate to Ron Atchison’s experience in some way, as either the one watching the event, or, more likely, as one of the people in the story. Certainly it is easy to think of reasons to simply walk on by. We might ask ourselves, What will people think if I stop? Why doesn’t he get a job and do something for himself? What if he uses the money for another purpose? We want certainty before we commit to action. We want to be sure we are supporting a worthy cause.

Without remembering the exact details, I recall, years ago, watching interviews with a number of people who had given money to a mother to support her son’s expensive medical treatment. People had responded generously only to find out it was all a scam. As these people were interviewed, they were deeply outraged and indignant; all except one man who looked relieved and happy. When asked, he said his first response was one of relief and gladness that the boy was not afraid and treated the homeless man as though he were a brother. He decided then and there that, even though we have to be careful in this world, I would rather be like him.’ Ron Atchison

But I think we make a mistake if we simply take the previous stories at face value because they actually contain a more important underlying challenge and warning, and that is the need to keep an eye on the unfolding state of our minds, hearts and spirits. When I keep a check on those unguarded and often un-critiqued responses, I am making the move towards greater self-knowledge. Has outraged and indignation become my first response thus providing me with a sense of moral superiority?

Do I keep a sense of perspective in the midst of life’s ups and downs? Am I more likely to believe the worst of someone rather than the best? Do I quickly assign blame/judgement or is there room for benefit of the doubt or the gathering of the facts? Or, is it easier not to engage and commit because if I do I might have to step outside my comfort zone? Perhaps something more might be asked or expected of me if I do. Have I become oblivious to the needs of others?

A check-in every now and then (a simple self-audit really) will help answer the question, ‘Is this the person I am happy to be?’

In the same way that Ron made the decision, despite all the logical reasons to the contrary, to be more like the man in the story, we too are called to the practice of simple kindness and generosity of spirit towards one another. Jesus showed us a particular way of relating to others - a way that, as in the stories above, doesn’t often sit comfortably with worldly logic. It’s not easy.

At the heart of this ‘particular way’ lies the understanding and acceptance of each other as brothers and sisters, as deeply loved children of a loving God. Not some of us, all of us. Indeed there is no real separation. If we could truly grasp this reality, imagine the change — the everything to and everyone.

Have a great week everyone. May each day bring opportunities to make a choice for kindness. Glenda

Jeans for Genes’ Day - Thank you all for participating in this marvellous event. Together, our school raised $772.90. Our participation, will help the scientists at the Children’s Medical Research Institute create important vaccines and medicine to save the lives of children with genetic diseases and disorders.

Jessica Lane, Lachlan McDonald, Ella Shuttleworth from Year 6 Social Justice Committee.

Book Week - The theme for this year’s Book Week is ‘Connect to Reading, Reading to Connect.’ Connect to reading is about enjoying the experience of exploring story, travelling to other worlds and connecting with others through reading. A Book Week Parade will be held Thursday 21st August in the hall at Assembly time from 9am for Prep to Year 7. Students will be dressing up as characters from books they have connected with throughout the year. Year level teachers will be in touch with particulars. Happy Book Week everyone.
Congratulations to the 37 students who represented Stella Maris at the District Athletics Carnival last week. The students were victorious winning both the Aggregate and Average Points Shields in their Division! The following 11 students placed and will now represent the District at the Regional Carnival on the 9th & 10th September.

Jarrod Young - 1st Discus & 1st Shot Put
Jack Gillespie - 1st Long Jump and 4th 100m
Madison Edgerton - 1st Shot & 3rd Discus
Brae Edgerton - 1st Discus
Depoka Berkery - 2nd Shot Put & 2nd Discus
Harrison Tickle - 2nd 100m
Jackson Bartheolomew - 2nd High Jump
Harrison Kidd - 2nd 800m
Hunter Kidd - 3rd 800m
Clare Brady - 4th Shot Put
Lucy Holzer - 4th Discus

Madison Edgerton and Jarrod Young placed 2nd for Age Champion whilst Jack Gillespie placed 3rd! Well done to all students involved and Good Luck to those progressing to the Regional Carnival.

Thank you to Linda Till and Kim Hughes for team preparations!

**NSW University Mathematics Competition**

The NSW Mathematics Competition scheduled for Tuesday August 12 is being postponed until Friday August 15

**NSW University Science Competition**

Thirty four Stella Maris children participated in the NSW University Science Competition in June.

The following children received a Merit, Credit or Distinction for their Science skills:

**MERIT**: Lindsay Roberts, Marko Romero, Ronaldo Harvey, Samuel Henrick, Isabella Smith Leishman, Olivia Caddy, Jun Lee;

**CREDIT**: Lily McClure, Jayden Hall, William Brown, Xavier Sutton, Teddy Huby, Charlotte Carnell, Eden Henrick;

**DISTINCTION**: Matthew Haley, Lachlan England.

Congratulations to all students who participated. Certificates will be awarded at Thursday’s Assembly.

**RAINFOWS PROGRAM**

Wednesday August 13 is the last Rainbows session for 2014. This will be followed by a celebration liturgy in the children’s chapel commencing at 4.15pm. All families are welcome to attend.

Dear Parents/Caregivers,

“Be faithful ‘til death and I will give you the crown of life” (Revelation 2:10)

This week we continue with the Virtue of Faithfulness which is epitomised as being true to your beliefs, such as belief in God, honesty or friendship. As well as the Feast Day of St Mary of the Cross MacKillop falling within this fortnight, this Friday we celebrate the Feast of the Assumption of the Blessed Virgin Mary which commemorates the death of Mary and her bodily assumption into Heaven, before her body could begin to decay—a foretaste of our own bodily resurrection at the end of time. Because it signifies the Blessed Virgin’s passing into eternal life, it is the most important of all Marian feasts and a Holy Day of Obligation, when Catholics are asked to attend Mass to celebrate this feast.

The Feast of the Assumption is a very old feast of the Church, celebrated universally by the sixth century. The feast was originally celebrated in the East, where it is known as the Feast of the ‘Dormition’, a word which means “the falling asleep.” The earliest printed reference to the belief that Mary’s body was assumed into Heaven dates from the fourth century, in a document entitled, “The Falling Asleep of the Holy Mother of God.” The document is written in the voice of the Apostle John, to whom Christ on the Cross had entrusted the care of His mother, and recounts the death, laying in the tomb, and assumption of the Blessed Virgin. Tradition variously places Mary’s death at Jerusalem or at Ephesus, where John was living.

The following extracts are taken from the beautiful prayer in honor of the Assumption of the Blessed Virgin Mary which was composed by Pope Pius XII. In 1950, the same pope who declared the Assumption, that is the belief that the Virgin Mary was taken up, body and soul, into Heaven at the end of her earthly life, as a dogma of the Catholic Church. Perhaps you may wish to pray this prayer on Friday to honour Mary, the mother of Jesus:

“O Immaculate Virgin, Mother of God and Mother of [all], We believe with all the fervor of our faith in your triumphal Assumption, both in body and soul, into heaven, where you are acclaimed as Queen by all the choirs of angels and all the legions of saints; and we unite with them to praise and bless the Lord who has exalted you above all other pure creatures, and to offer you the tribute of our devotion and our love.”

“We know that your gaze, which on earth watched over the humble and suffering humanity of Jesus, is filled in heaven with the vision of that Humanity glorified, and with the vision of Uncreated Wisdom; and that the joy of your soul in the direct contemplation of the adorable Trinity causes your heart to throb with overwhelming tenderness…”

“And from this earth, over which we tread as pilgrims, comforted by our faith in the future resurrection, we look to you, our life, our sweetness, and our hope; draw us onward with the sweetness of your voice, that one day, after our exile, you may show us Jesus, the blessed Fruit of your womb, O clement, O loving, O sweet Virgin Mary.”

Perhaps you may wish to take some time on Friday to honour Mary, the mother of Jesus.

God bless,

Judith

**Parish News**

**Feast of Assumption of Mary**

Thursday evening vigil at St Catherine’s Sippy Downs - 5.00pm
Friday 7.00am St Mary’s Buderim
Friday 9.00am Stella Maris Maroochydore
Friday afternoon Mass at St Peter’s Coolum - 5.00pm

**August**

School Fees have been emailed.
MUSIC NOTES

QUOTE OF THE WEEK
“We are the music makers, and we are the dreamers of dreams.”  ~ Arthur O’Shaughnessy~

TIP OF THE WEEK - Practise as often as possible. Make it part of the day, like brushing your teeth.

MUSICAL NEWS – ‘THE WIZARD OF OZ’ Don’t forget that our first afternoon rehearsal is Wednesday 13 August in the Hall. ALL CAST are required at this rehearsal. Students involved in Rainbows are to attend their final celebration for Rainbows.

SUNSHINE COAST JUNIOR EISTEDDFOD Congratulations to Mrs Salmon and the Senior String Ensemble who received a Highly Commended in a section of nine outstanding ensembles. Congratulations to the Year 2 Piccolo Choir who also performed very well and were quite entertaining. Although they did not place, they were one mark shy of a Highly Commended.

ENSEMBLE NEWS - We would like to wish the best of luck to the following ensembles that will be travelling to Brisbane for the Queensland Catholic Schools and Colleges Music Festival. All forms should now be returned to school. Enjoy the day, sing/play your best, smile, and be a wonderful representative for Stella Maris.

- Year 3 Piccolo Choir - depart Stella Maris at 7am, estimated time of return 12:30pm
- Junior Band - depart Stella Maris at 7:00am, estimated time of return 1.30pm
- Senior String Ensemble - depart Stella Maris at 8:30am, estimated time of return 2.45pm
- Stella Fellas – depart Stella Maris at 12:30pm, estimated time of return 6pm
- Stella Maris Singers - depart Stella Maris at 3pm, estimated time of return 8:15pm
- Stella Maris Concert Band - depart Stella Maris at 2:00pm, estimated time of return 9:45pm

Students are reminded to wear their formal uniform and to bring a hat, jacket, morning or afternoon tea, lunch, extra snacks, and a drink bottle.

If any parents intend to travel to Brisbane to listen to their child perform, please check out the following website: http://www.qcmf.com.au where there is further information regarding the venue, parking, entry fees, etc. There will be over 25 000 people at Villanova over the course of the weekend and parking may not be available close to the venue. Our ensembles will be performing at St James Church as well as Villanova College. If you have further questions, please contact either of us before Friday.

DATE CLAIMERS
‘The Wizard of Oz’ - Rehearsals 13 August (3:00 – 5:00pm in Hall) Queensland Catholic Schools Music Festival - Friday 15
‘The Wizard of Oz’-performances - 15 October to 18 October

INSTRUMENTAL MUSIC NEWS - Best wishes to all students who are participating in the Sunshine Coast Junior Eisteddfod. Parents are encouraged to forward student results to Mr Wynyard or Mrs Durrer so they can be published in the newsletter in coming weeks.

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
Todd Wynyard
Instrumental Music Coordinator

Family Fun and Fitness
Sign On 2014/2015 Season, 5 - 17 years of age
Friday, 29 August 2014 from 5.00pm - 7.00pm
Maroochydore High School Oval at the Shed
Weekly Club Meets start Friday 19 September
For more information and fees payable visit www.maroochylittlegas.com or e-mail maroochylas@gmail.com

Are you a member of Stella FC ? Will your child be playing soccer next year ? Stella FC will be holding its Annual AGM at the Presentation Day on August 30th. All committee positions will be up for election at the meeting : President, Vice President, Secretary, Treasurer, Publicity Officer, Grants Officer, Registrations Officer, Groundspersons and Canteen Convener. This is a great opportunity to get involved in the running of Stella FC – it’s fun and your kids will love you for it!

Your Child and the Sacraments 2014
Children’s Sacrament Program
The next Parent information Evening is Monday 18 August (Parents Only). This will be the last information evening for the year. Check the parish website for details:
www.saintsonwaves.com.au

Principal’s Awards
August 14 2014
Hayden McGahan, Veronica Hanna, Campbell Facer, Tom Kipping, Kalan Schmidt, Grace Pillar, Riley McDonald, Jasmine Pryor, Tahl Halson, Emily-Kate Cullinan, Ilaria Comissimo, Molly Hickey, Abigail Davidson, Bella Laurie, Isobel Hamilton, Olivia O’Rourke, Kiera Pennman, Frankie McKenzie, Trinity Benjamin-Barnes, Seth Vandoran, Seth Burrows, Emily Moro, Hugh McKenzie, Sarun Lamb, Bella Towner, Will Northey, Lotus Delfarose, Jake Young, Jesse Johnston, Flynn Stewart.

Tuckshop News
TUESDAY 19TH AUGUST
Sweet Chilli Chicken Wrap $4.00

PLEASE REFER TO THE NEW TUCKSHOP MENU & REMEMBER THE TUCKSHOP IN NO LONGER OPEN ON MONDAYS.

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Ingredients Roster
Muffin Mixes & Fruit Salad Items

Group
1

Keep mentally, physically and socially active: take a walk, say g’day, read a book, do a crossword, dance, play cards, stop for a chat…

feeling blue? act green!
Contact with nature – whether through parks, natural bush, pets or farm animals – helps us recover from stress and mental fatigue, helps us relax and puts us in a good frame of mind.
So, next time you are feeling like a lift, ‘act green’; do some gardening, take a walk around the park or head down to the water for some time out.
Better still, don’t wait until you’re tired or feeling flat, act green more often. Get a group together for a picnic in a natural setting, join a hiking group, join a tree planting group, offer to take a home-bound person out to a park.

TED Talk: The Decline of Play - www.youtube.com/watch?v=Bg-GEzM7ITk&app=desktop

QUICK TIPS: Don't Be So Hard on Yourself
Here are a few tips on how to get the upper hand when that inner-critic is bringing you down.

Dismantle it. When you notice negative mind-talk, ask yourself, “Is it true?” Most likely, the answer is no. These thoughts are not based on fact. They are just stories in your head.

Understand it. Take the time to reflect on where they come from. They’re probably the result of insecurities from the past. Have compassion for yourself.

Move on. Don’t let them stop you from working towards big goals. Yes, it’s uncomfortable to step out in a new way, but go for it!

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

**Parenting Course here**
Comming 15th August over 6 weeks from 9.00am - 10.30am
Please book at the office. All material provided. Sorry no creche available. Limited to 8 participants. Contact Christine Craig for information via email.