Dear Parents and Caregivers

This is my last newsletter before heading off for two months. For the next few weeks the only writing I’ll be doing is in my journal each evening after a long day’s walk. All I can say is thank goodness for the iPad mini otherwise I doubt that there would be a journal kept or a book read while on the Camino as everything will be carried in my backpack and even the tiniest extra weight is felt after a few hours.

Although during the many months of preparation I have come to understand and appreciate the term, ‘travelling light’, I suspect that understanding and appreciation is about to reach new heights. It’s amazing how heavy one change of clothing and a few essentials can be! I imagine that after a week or two, I will be ready to examine even the few things I’m taking to see where the load can be lightened. Carrying too much ‘stuff’ surely makes for an uncomfortable and unnecessarily taxing walk.

Similarly, carrying too much stuff in our heads can cause unnecessary suffering, both physical and psychological. Hanging onto or rehashing old hurts or worrying about what might happen at some future time can be every bit as burdensome and damaging as carrying too much in a backpack. Of course there are all sorts of inner ‘stuff’ that we stress about; things like emphasising or being overly concerned about reputation, status, looking good and the list goes on. Sometimes unpacking our habits of thought can be just what the doctor ordered before discarding those ideas and preoccupations that are burdensome for self and others.

So that is my intent - to carry no unnecessary baggage, whether that be of the inner or outer variety. Wish me luck!

Prayer, also, will be an important part of the Camino experience, so I will be carrying a small note book into which a number of staff members have placed the names of those for whom prayers are requested during the walk. It is also a custom that pilgrims carry a stone from home which is added to those of thousands of others left at the Cruz de Ferro, an iron cross that stands atop a tall wooden pole, marking one of the highest and most sacred sites on the Camino. The leaving of a stone symbolises the leaving behind of pain and worries. It is for that reason that I invite you to add to the small green-covered notebook on the prayer table in the staffroom, anyone for whom you would like me to pray during the five-six weeks of the pilgrimage and also to write the initials of anyone burdened by pain or anxiety on the stone you will find on the prayer table as well. Thursday is my last day at school, so if you can’t make it in by then but would like to have someone remembered, send an email and I will add the name/s for you.

I’d like to share with you the Pilgrim’s Prayer I have started to say at the beginning of my daily walks. This prayer will be spoken, aloud but privately, as I set off each morning. I borrowed it from Joyce Rupp who wrote what was for me, the best of the many books I’ve read on the Camino. I loved this prayer when I first read it and it connects even more deeply with me now, as I prepare to leave. Perhaps it might speak to you as well; after all we are all pilgrims in life. Here it is:

Guardian of my soul,
Guide me on my way this day.
Keep me safe from harm.
Strengthen my relationship with you,
your earth and all your family.
Deepen your love within me,
that I may be a presence of your peace
in our world.

Amen.

I leave you in Terry, Judith and Luke’s capable hands. Please know that the whole Stella Maris community will be in my prayers— that, individually and collectively, we continue to grow in the practice of our motto, ‘To act justly, love tenderly and walk humbly with our God.’

Glenda

p’s I found this snippet from Ruth and Andy’s reflection on the Camino very ‘interesting.’ How does it sound to you? ‘You will cry and scream and shout and hate people, things and trees. You will rail against the world, yourself, your shoes and your pack. You’ll be jealous, petty, hungry, thirsty, furious, ecstatic and joyful. You’ll be intensely involved with the intricate workings and changes in your own body and you’ll be thrown up against a wide variety of people from all over the world. You’ll essentially be given a crash course in what it means to be human.’
Music Congratulations
Last Friday, five of our instrumental and vocal groups participated in the Queensland Catholic Schools and Colleges Music Festival at Villanova College in Brisbane. This annual event provides another opportunity for choirs and various instrumental ensembles to showcase their talents. Competitors may be awarded a Gold, Silver or Bronze Standard for their performances, rather than a First, Second or Third placing.

Congratulations to the students and tutors of the Combined Stella Maris/Siena Concert Band on their Gold, and the Combined Strings Ensemble on their Silver. Special thanks to Todd Wynyard and Maria Salmon on the success of their students and to Carolyn Worthy for accompanying the strings.

The various choirs also performed admirably with SM Singers, Stella Fellas and Piccolo Choirs all awarded Silver. What a great achievement! Well done to all students involved! Thank you to Inez Durrer for training and conducting all groups and Carolyn Worthy, once again, for her expert accompaniment. We are very fortunate to have such dedicated staff working with so many enthusiastic students. Thanks and congratulations to everyone involved.

Inter-house Athletics Carnivals – Rescheduled Dates
Parents, the rescheduled dates for the Athletics days are as follows: Prep-Year 3 on Friday 13 September and Year 4-7, the last day of term, Friday 20 September.

Principal's Awards
22 August 2013

Congratulations to Carter Michael (5/6D) who recently represented Queensland in Under 12 AFL. He was chosen to play in the state representative team called Queensland Blaze, which travelled to Darwin. Carter and his team spent eight days in Darwin playing against other states and territories - South Australia, Victoria, Northern Territory, ACT and New South Wales. His memory is playing with his team mates and scoring the final goal for the Queensland Blaze. Carter is also the youngest player chosen to represent the Queensland Blaze team.

WELL DONE CARTER!

NSW University Competitions
Twenty-four Stella Maris students participated in the NSW University Science in June. The following children received a Credit or Distinction for their Science skills:

DISTINCTION: Lachlan England, and Brandon Roberts.

Twenty-three Stella Maris students participated in the NSW University Writing in June. The following children received a Credit or Distinction certificate:

CREDIT: Sophie Williams.
DISTINCTION: Laura Magao.

Congratulations to all students who sat these competition. Certificates will be given out on Assembly this week.

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Family's Day Stall
A Father’s Day Stall will be held outside the Uniform Shop from 8.00a.m. until bell time. Monday, 26 Aug.— Friday, 30 Aug. Prices range from $2.00 to $7.00.
MUSIC NOTES

QUOTE OF THE WEEK
“To the talented children of the world. Let them always have the opportunity to grow, develop, and above all, create.” ~ T. Geter ~

TIP OF THE WEEK - Warm Up: To begin practising correctly, a proper warm up is required.

PERFORMANCE NEWS - It has been an amazing and busy couple of weeks with so many events happening for each of our school performance ensembles. Last week, Piccolo Choir and String Ensemble were featured on assembly, which was a great warm-up to QCMM and two weeks ago the String Ensemble also performed at the Eisteddfod where they received 3rd prize in a section with 14 entrants – a fantastic result. Congratulations to Mrs Maria Salmon and these students.

QCMF NEWS - WOW and CONGRATULATIONS!!! We are so proud of each and every student who travelled to Brisbane on Friday for the Queensland Catholic Schools’ and Colleges’ Music Festival at Villanova College in Coorparoo. Your behaviour was exemplary as was your singing and playing. It gave us great satisfaction knowing each of you could rise to the challenge of performing in front of larger audiences and with greatly improved stage presence. We were very fortunate to have received the following awards (in order of performances):

- Stella Fellas – Silver
- Piccolo Choir – Silver
- SM Singers – Silver
- Stella Maris & Siena Catholic Primary combined String Ensemble – Silver
- Stella Maris & Siena Primary combined Concert Band – Gold

Special thanks to the teachers and parents who accompanied each group on the bus, to the parents who travelled to Brisbane just to hear the kids perform, the staff of Stella Maris for their support, Mrs Durrer, Mrs Salmon, Ms Worthy, and Mr Wynyard for preparing the students for these performances, all parents and care givers for supporting the children in their musical endeavours, and finally to the children for their hard work. Well done, kids!

If parents have photos of the choirs, string ensemble, or band in Brisbane, could you please send copies to Mrs Durrer or Mr Wynyard?

EISTEDDFOD - Watch this space next week for a list of Eisteddfod results which we have received. If parents have any recent results, please forward them to Mrs Durrer by Friday this week so we don’t miss anyone!

NEW ENSEMBLE - Our newest school ensemble commenced rehearsals last Monday morning – the Stella Maris Junior Band, which includes students who have started to learn a woodwind or brass instrument this year. Best of luck to Ms Dean (Woodwind Tutor and Conductor) and students, and we look forward to hearing you perform at Stella Spotlight.

DATE CLAIMERS
Stella Spotlight - Wednesday 16 October All Choral and Instrumental Ensembles

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
Classroom Music Specialist
durrer@bne.catholic.edu.au

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

calendar of events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
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<td>August 20-22</td>
<td>Author Visit in Library for Years 3 to 7</td>
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<tr>
<td>August 21</td>
<td>Prep 0B Liturgy 9.00am</td>
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<tr>
<td>August 21</td>
<td>Prep 0C Liturgy 2.00pm</td>
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<tr>
<td>August 23</td>
<td>Book Week Parade in Hall for Prep to Year 4</td>
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<tr>
<td>August 21-23</td>
<td>Year 5 Camp - Mapleton</td>
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<td>August 28-30</td>
<td>Year 6 Camp Ewan Maddock Dam</td>
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<td>August 28</td>
<td>1B &amp; 1D Liturgy 9.00am</td>
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<td>September 4</td>
<td>2C &amp; 2D Liturgy 9.00am</td>
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<tr>
<td>September 5</td>
<td>3A &amp; 3B Liturgy 2.00pm</td>
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<tr>
<td>September 11</td>
<td>3C &amp; 3D Liturgy 9.00am</td>
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<td>September 12</td>
<td>Years 1A, 1B &amp; 1D Assembly Item</td>
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<tr>
<td>September 12</td>
<td>5A, 5B &amp; 5C Liturgy 2.00pm</td>
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<td>September 13</td>
<td>Prep - 3 Athletics Carnival</td>
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<td>September 19</td>
<td>Prep D Assembly Item</td>
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<td>Prep 4 - Athletics,</td>
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<td>September 20</td>
<td>Prep 4 - Athletics,</td>
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<td>October 8</td>
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<td>October 16</td>
<td>Ensemble Concert Evening 6.00am</td>
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<td>October 21</td>
<td>Pupil Free Day</td>
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<td>October 24</td>
<td>Year 2A Assembly Item</td>
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<tr>
<td>October 25</td>
<td>Art Show Wine and Cheese Opening 6pm - 9pm</td>
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<tr>
<td>October 26</td>
<td>Art Show 10.30am - 3.00pm</td>
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<tr>
<td>October 28</td>
<td>Art Show for classes only 9am to 12:30pm</td>
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<td>October 30</td>
<td>Musica Viva</td>
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<td>October 30</td>
<td>1A &amp; 1C Liturgy 9.00am</td>
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<tr>
<td>October 31</td>
<td>Bella Voce &amp; Grace Notes Assembly Item</td>
</tr>
<tr>
<td>October 31</td>
<td>Prep 0A Liturgy 2.00pm</td>
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SPORT NEWS

Maroochydore Oztag Junior Summer Season 2013 Boys & Girls!
When: Maroochydore Rugby League Grounds
Who: Boys & Girls u6,u7,u8,u9,u10, : u11,u12,u13,u14,u15
Sign On Information
Date: Monday 2nd and Wednesday 4th September 2013
Times: 4:00 – 5:30pm
Location: Maroochydore Rugby League Grounds, Wises Road, Maroochydore
Nomination: Minimum 10 player p/team. 8 players on the field.
Note: Individuals or small groups welcome. We can assist where possible to place players into teams
For more information visit www.maroochydoreoztag.com

MAROOCHY LITTLE ATHLETICS
“Fit Active Kids”
Sign on Day – FRIDAY
6th September – from 4pm-6pm
Ages 5yrs and up
Where – Maroochydore High School Oval
Email- admin@maroochylittleas.com
Ph- 0434197101

Tuckshop News

Gratitude

Sometimes we need to put life into perspective before we can truly appreciate what we have. We are the richest and best off of any previous generation of people yet we have more worries, stress and mental health issues than ever before. Focusing on our blessings reinforces our trust in life and gives us a sense of being looked after. Gratitude in this way helps to reduce stress, worry and uncertainty about the future.

We have a tendency to focus on the negative in people and the negative things in our lives. One incident or situation may set us off a bad footing for a whole day or more as in the description of “getting up on the wrong side of the bed”. The event may have lasted only minutes but the person sees the whole of the day as being ruined. Every action I take is either a success or an opportunity to learn. Focus on all the many successes you have each and every day, encourage others to do the same.

"Your beliefs become your thoughts; Your thoughts become your words; Your words become your actions; Your actions become your habits; Your habits become your values; Your values become your destiny." - Gandhi


Come along to these great free opportunities for the Sunshine Coast indigenous community...

at Maroochydore Football Club, 462 Maroochydore Rd, Kuluin

‘COME & TRY’ SOCCER AFTERNOONS & BBQ
When? 4pm-5pm Monday 12 August, 19 August & 26 August
Who? All children, teens & families are welcome.

WEEKLY SOCCER TRAINING SQUAD
When? 4pm-5pm each Monday afternoon, from 2 Sept
Who? All children, teens & families are welcome.

APPLY FIRST AID COURSE – Get your apply first aid certificate
When? 9am to 5pm, Saturday 13th October
Who? Anyone over 16. RSVP to ensure your spot (20 people max).

BEGINNER COACH & UMPIRE COURSE
Become an accredited beginner coach & umpire
When? 9am to 5pm, Saturday 23rd November
Who? Anyone over 16. RSVP to ensure your spot (20 people max).

For more information or to RSVP, call Tim Sheridan on 0407 767 260