



Newsletter

Enriching Spirits - Educating Minds



Sacred Heart Catholic Primary School

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1st March 2018

Week 6

Term 1

Reflection

In the early 1990s, the author, Stephen Covey had a successful book entitled, 'Seven Habits of Highly Effective People'. (There is now an 8th habit.)

Now being highly effective does not necessarily mean being the managing director of a company or the owner of a successful business, it means being great at what you do. A great mum or dad, a great secretary, a great teacher, a great bank manager

Covey points out, as lots of people have beforehand, that success is about happiness and fulfilment. He then delves into the seven 'habits' which can nurture your personal growth.

In the first chapter, he suggests you pretend you are on your deathbed and to visualise who is there and what would you like to have achieved by this moment. What personal characteristics would you like to have admired in your eulogy?

This strategy helps clarify what 'centres' your life. Will you seek reconciliation with your God, comfort of your family, accolades from the media? The Prime Minister at your funeral?

Well, the point he then makes is to write down those main goals and then seek them every day. The trouble is, Covey points out, not so much 'dying early' but dying late with regrets. Interesting.

Another of Covey's principles is 'sharpening the saw' which at this time of the term seems very relevant.

He relates to a story about you coming upon someone in the woods working feverishly to saw down a tree.

"What are you doing?" you ask.

"Can't you see?" comes the impatient reply. "I'm sawing down this tree."

"You look exhausted!" you exclaim. "How long have you been at it?"

"Over five hours," he returns, "and I'm exhausted. This is hard work."

"Well, why don't you take a break for a few minutes and sharpen that saw?" you inquire. "I'm sure it would go a lot faster."

"I don't have time to sharpen the saw," the man says emphatically. "I'm too busy sawing."

This habit makes all the others possible. Sharpen the saw means preserving and enhancing the greatest asset you have - you. It means having a balanced program for renewal in all areas of our lives: physical, mental, emotional, social and spiritual. Covey states that without this discipline, the body becomes weak, the mind mechanical, the emotions raw and the spirit insensitive.

I do not know whether things would become that drastic however it does make us aware of the need for some 'down' time, doing something to re-energise ourselves especially after such a hectic and exciting start to our school year.

Finally, I was reading about the winners of an international pun competition and it is amazing how clever some people are. Here is a few winners and the writing of puns could become a past time for some that may help to 'sharpen your saw'.

A group of chess enthusiasts checked into a hotel and were standing in the foyer discussing their recent tournament victories. After about an hour, the manager came out of his office and asked them to move on. 'But why?' they asked, as they moved off.

'Because,' he said, 'I cannot stand chess nuts boasting in an open foyer.' or

Two fish swim into a concrete wall. One turns to the other and says, "Dam." or

Two Inuits sitting in a kayak were very chilly so they lit a fire in the craft. Unsurprisingly the kayak sank, proving once again that you can't have your kayak and heat it too.

All the best

Mr Max Martin

Principal

Important Events For Term One 2018

March

Friday 2nd - Clean Up School Day
Sunday 4th - Clean Up Australia Day
Monday 5th - Member for Capricornia, Mrs Michelle Landry speaking with our Year 6s at 9am.
Thursday 8th - Year 2W assembly 8.40am
Tuesday 13th - Years 4 to 6 swimming carnival at Cooee Bay pool
Tuesday 13th - No cross country training today due to our swimming carnival.
Thursday 15th - Year 2MT assembly 8.40am.
Friday 16th - National Day of Action Against Bullying.
Saturday 18th - St Patrick's Race Day in Rockhampton in support of Catholic Schools.
Tuesday 20th to Friday 23rd - Diocesan Principals' conference in Rockhampton.
Thursday 22nd - Year 3S assembly 8.40am.
Sunday 25th - Palm Sunday
Tuesday 27th - Cross country held at school. Cake stall operating.
Thursday 29th - Holy Thursday. Final day of Term One. Holy Week assemblies at 8.40am and 2pm.
Friday 30th - Good Friday

April

Monday 16th - Pupil free day
Tuesday 17th - First day of school for Term 2.
Tuesday 17th - P, and F. meeting at 5.30pm at school.

Sacramental Program Begins This Weekend

The Sacramental Program for 2018 will follow a different format from previous years. Parents and children are asked to attend four sessions for Confirmation and Eucharist.

Children currently in Year 4 or above, who have been baptised and received Reconciliation, are eligible to receive the sacraments of Confirmation and Eucharist.

Confirmation: To be celebrated the week of 18th to 24th June (Week 10 Term 2).

This ceremony may be held on a weekday. We are waiting on confirmation of a date from the Bishop.

Parent Child Sessions:

To be eligible to receive the Sacrament of Confirmation four Parent Child Preparation Sessions need to be attended before Mass on the following Saturday evenings: Saturday March 3rd, Saturday March 10th, Saturday March 24th, Saturday April 21st. Children will then participate in a special part of the Mass following these sessions. These sessions will begin at 5pm.

Eucharist: To be celebrated Saturday 23rd or Sunday 24th of June (date to be confirmed)

Parent Child Sessions:

To be eligible to receive the Sacrament of Eucharist four Parent Child Preparation Sessions need to be attended before Mass on the following Saturday evenings: Saturday May 12th, Saturday May 26th, Saturday June 2nd, Saturday June 9th. Children will then participate in a special part of the Mass following these sessions. These sessions will begin at 5pm.

Reconciliation: Children in Year 3 and above who have been baptised are eligible to receive the Sacrament of Reconciliation. This will be celebrated in Term 4. Dates and times will be advised.

Further information, including enrolment forms will be sent home this week. If you have any queries with regards to the Sacramental Program please contact the Parish Office on 4933 6171 or Mrs Mary O'Donnell at school.

[Link to 'Sacraments 2018 Parent Letter'](#)

[Link to 'Confirmation Enrolment form'](#)

Prayer Assemblies

Thank you to 3N who led our school in the first prayer assembly for 2018. They reminded us that during Lent we can grow to be more like Jesus through kindness and prayer. Next week's prayer assembly will be led by 2W and will focus on the love of the *Forgiving Father* in the parable of the Prodigal Son. Please come and join us in prayer at 8:40am in the MPA next Thursday.



Easter Egg Raffle Fundraiser

Our major Project Compassion fundraiser is the annual Easter egg raffle. Our Mini Vinnies members will be coordinating this popular fundraising effort over the coming weeks. We are calling for donations of Easter Eggs (if circumstances permit) from all year levels. These can be brought into your child's class or our school office.

In the final few weeks of term, these will be organised into prizes and tickets sold. The draw for the raffle will take place at the final school assembly this term. All proceeds will go to Project Compassion.

Project Compassion - Week 3

Thank you to everyone who has donated to the Project Compassion Appeal. Your generosity in helping the needy of our world is appreciated. This week's story focuses on how Project Compassion has helped Bayan from Jordan.

Bayan is a 12-year-old Syrian girl, living with her family in Jordan, a keen student, who has her sights set on a career as an ophthalmologist. She struggled to overcome the trauma of growing up in a conflict zone, facing the prospect of missing out on schooling. Now, Bayan is an academic high-achiever, flourishing in a stable school environment. Caritas provides a broad range of other education services, including preparing pre-school children for school, supporting students who have missed out on schooling to return to the education system, as well as counselling and nutritious meals and snacks at school. You can learn more about Bayan and her story here - click on the link <https://www.youtube.com/watch?v=aMq2Mt2SmM>



BAYAN, JORDAN

Bus Route Changes

On the 23/03/18 for the Queen's Baton Relay, Youngs Bus service has made necessary alterations to some school routes through Yeppoon to affect the afternoon services only. Students who transfer or disembark at Hill Street will be rerouted to the Western Bus Interchange or Yeppoon Central for parent collection this includes services R 20 and s1704. Services 426/471 will travel via Adelaide Park Road and Panorama Drive directly from the WBS / Yeppoon High. For queries please call 49223813.

Capricornia Swimming

Well done to Maggie Simmons from Year 6 who has been selected to represent Capricornia at the State titles later this year. Wonderful effort, Maggie.

NAPLAN Online

Our children in Years 3 and 5 will be undertaking NAPLAN testing online in May this year for the first time. Moving NAPLAN online brings many advantages, including a test design that offers test items tailored to students' knowledge and ability.

We will also be participating in a national coordinated practice test on Monday the 26th March. This is an excellent opportunity to fine tune any technical and logistical needs, as well as familiarise students and teachers with the online testing process.

Parents and caregivers of students in these NAPLAN year levels will need to be aware of important information relating to privacy, which can be found on the NAPLAN Online Queensland website's [parent information page](#) - (<https://naplanonline.qld.edu.au/getting-ready/parent-information>).

Parent Requesting Withdrawal from Testing: Withdrawals are intended to address parental concerns such as religious beliefs and philosophical objections to testing. Parents/carers wishing to withdraw their child from the practice test must sign a 'Notice of Parent Withdrawal' form by Monday, 19th March. Parents can obtain a request form from our school office.

Clean Up Australia Day

Sacred Heart children and staff will be conducting a whole school clean-up and grounds tomorrow, Friday 2nd March, as part of the annual Clean-Up Australia program. Each class will be designated an area to clean and will now also have a garden area to care for throughout the year. The official community clean-up day is Sunday, 4th March. If you wish to help out with a community organised event on the Coast or in Rockhampton please visit the Clean-Up Australia Day website www.cleanup.org.au or contact our local council.



Spiritual Connections

Each week, we provide a link to Fr Matthew Moloney's sermon from the previous Sunday's parish mass and Sr Kym's reflection of the week. We hope these provide some spiritual guidance.

Link to [Father Matthew's sermon](#)

Link to [Sr Kym's column](#)

UNSW Competition

The International Competitions and Assessments for Schools (ICAS) are again being offered to interested children.

ICAS provides an opportunity for all Years 2 – 12 students to gain a measure of their own achievement in an external testing situation. It provides teachers, parents and students with comprehensive reporting of results in the areas mentioned below..

All students receive a certificate and an individual student report indicating which questions they answered correctly and their score compared with the rest of the students tested. All who achieve the highest score in each year level receive a UNSW medal.

UNSW certificates are awarded for each year level as follows: High Distinction to the top 1% of entrants Distinction to the next 10% of entrants Credit to the next 25% of entrants Participation to all other participating students.

The entry fee per student is as follows:

Digital Technologies	8 May, 2018	\$9.90 includes GST
Science	29 May, 2018	\$9.90 includes GST
Spelling	13 June, 2018	\$13.20 includes GST
Writing	14 June, 2018	\$19.80 includes GST
English	31 July, 2018	\$9.90 includes GST
Mathematics	14 August, 2018	\$9.90 includes GST

Further information is available at <https://www.eaa.unsw.edu.au/>

[Click here to access the registration form](#). Please return the form and entry fee to school by Monday, 19 March.

P. and F. Executive for 2018

Many thanks to all who attended our AGM and first Parents and Friends' meeting for this year. There was a wonderful roll up..

Congratulations to our incoming P. and F. executives for 2018:

President: Mrs Natalie Salisbury **Vice President:** Mrs Renee Carswell **Secretary:** Mrs Bridget Daykin **Treasurer:** Mrs Anne Shepherd **Co-ordinator:** Mrs Dani Davies and Mrs Bernadette Melrose

All our families are invited to attend our next P. and F. Meeting which will be held 17th April 2018 from 5.30pm.

Chess Competition

On Thursday, 22 March, four boys from Sacred Heart competed in the Regional Inter-school Gardiner Chess Tournament held at The Cathedral College.

Congratulations to our team: Deep Bhowmik, Alex Eaton, Matthew Campbell and Michael Amedee, who placed third overall.

Congratulations to Matthew Campbell who received an individual second placement. Thank you to Mrs Linda Halson who transported the team and supervised on the day.



Years 4 to 6 Swimming Carnival

Our Year 4-6 Swimming Carnival will take place on Tuesday 13th March at the Cooee Bay Aquatic Centre.

All children will come to school as normal on the carnival day. Once the roll has been marked, class groups will be bussed to the pool with their class teacher. It is expected that swimming events will commence at 9:15am and the carnival to be finished by 1pm.

Children may wear a sun safe shirt in the colour of their sporting house. Closed in school shoes must be worn to and from school. Children may bring thongs or sandals to wear at the pool.

Please ensure your child has their hat, water bottle and lunch packed to bring to the carnival. Our children will not be accessing the canteen at the pool.

You are invited to come along and show your support on this day. At the conclusion of our carnival, all our Year 4, 5 and 6 children will be returning to school by bus.

If you have any queries regarding the swimming carnival please contact me at school on lisa_list@rok.catholic.edu.au or on 49336288.

Cross Country Training

This week, we held our first cross country training. Thank you to all of the parents who attended and assisted with supervision and preparing the breakfast.

These morning training sessions will continue every Tuesday for the rest of the term, starting at 7.15am to 7.45am. Children from Prep, Years 1, 2 and 3 are welcome to attend under parental supervision. Children from Years 4 through to 6 do not require a parent to attend.

As part of the morning training sessions, our school will offer breakfast to everyone attending. Breakfast will include cereal, fruit and juice and cost \$2 per person. If you are able to assist with breakfast preparation and serving, could you please contact me at school.

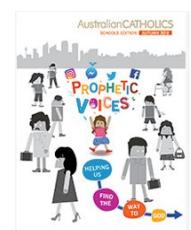
Parents are more than welcome to attend and be actively involved in these sessions. If you have any queries please contact Lisa List at school or email lisa_list@rok.catholic.edu.au.

Coles Sports For Schools

Coles has commenced their ‘Sports for Schools’ program. The promotion commenced 7th February and will run until 11th May. For every \$10 spent at Coles, customers will receive one Sports for Schools voucher. Every voucher received by our school will go towards ordering new sports equipment. Bring your vouchers to school and place in the collection box in our office. Thank you and your support will be greatly appreciated.

Australian Catholic Magazine

A copy of the latest *Australian Catholics - Schools Edition* will be sent home to each family today. This edition of Australian Catholics magazine looks at some of the prophetic voices that have led us to where we are today, and explores what it means to be a prophetic voice in our contemporary world. There are many insightful articles to read and we encourage you to share some of these stories with your children.



St Brendan's Discovery Day

St Brendan's College invites all 2018 Year 6 boys to come and experience a day in the life of a Year 7 student.

Where: St Brendan's College

When: 2018 Discovery Day will be held on Thursday 15th March 2018 9am to 2.30pm

Transport: Arranged by St Brendan's College. For more information please contact Kylie Hedges on 49 399 485
Email: hedgesk@sbc.qld.edu.au R.S.V.P : 8th March, 2018

Link to '[Flyer for Discovery Day](#)'

Link to '[Permission Form](#)'

St Ursula's Discovery Day

Students for Year 7 2019 - Discovery Day on Thursday 15th March - 8.30am to 3pm

(RSVP 5th March 2018)

**St Ursula's College
YEPPON**

An Invitation to

DISCOVERY DAY *Discover New Horizons*

St Ursula's, a girls Catholic Boarding and Day College, will host a Discovery Day for Year 6 students to help them prepare for Middle School. This also enables Year 6 students to discover the opportunities St Ursula's provides in both the curricular and co-curricular areas.

Discovery Day will take place on the 15 March, 2018. If you would like to register your daughter for this exciting event, or find out more information regarding enrolments at St Ursula's College, Yeppon, please email ursulas@stursulas.qld.edu.au or phone Gina on 07 4939 9600.

Ph: 07 4939 9600 www.stursulas.qld.edu.au Find us on St Ursula's College Yeppon



In Our Prayers

Our prayers and thoughts are with the Ramke family on the passing of Tileah (5G) and Kurtis' (3H) grandfather last week.

Student Awards

Prep	Kash Komsic, Brendan Gilbride, Isla Kirby, Cooper Higgins, Harley Neagle, Bertie Harvey
Year 1	Amelia McLean, Marley Williams, Georgia Carige
Year 2	Hunter Hixon, Max Dadson, Gabrielle Brown, Elliot Guhr
Year 3	Aedan Ryan, Josephine Edwards, Niamh Goldman, Mikuni Park, Ashton Jensen, Zeke Dendle, Kurtis Ramke, Lily Thomasson
Year 4	Charlotte Richards, Giulio Somerville
Year 5	Callum Wallis, Amy Campbell, Jarrah Willis, Taylor Timperon, Sheldon Frazer, Jake Murphy
Year 6	Dan Rees, Mitchell Norris, Ashbi Berry, Hayden Anderson, Bessie Russell, Riley Jensen

Altar Serving Roster

Please ensure, if you are rostered on, to arrive 15 minutes prior to the commencement of Mass and inform Father Matthew that you are there to assist. Thank you.

Sacred Heart Church: Saturday, 3rd March 6pm: Jesse Emery, Elijah Edwards. Sunday, 4th March 9am: Cheyenne Dillon, Abby Miller

Mary Immaculate Church, Emu Park: Sunday, 4th March 7am: Charlie Kidd

Children's Liturgy Roster

The children's liturgy roster has been sent to those who assist with this ministry in our church. Please organise a swap if you are unable to assist on your given day. It is important to let Father Matthew know that you will be doing children's liturgy before mass. Thank you for your generosity in making the scriptures more meaningful for the children in our parish.

Saturday, 3 March 6pm - Confirmation session No children's liturgy. Sunday, 4th March 9am - Marie Shield, Annette Williams

Parenting Triple P Program

The results from Triple P's annual parenting survey are in. Encouraging kids to be healthy, managing screen time and dealing with kids' emotions are the three biggest worries keeping Queensland parents up at night right now. Triple P founder Professor Matt Sanders says the best thing parents can do to encourage positive behaviour is to lead by example. Kids who grow up with positive parenting do better at school and in life. Parents who do Triple P are also less stressed and depressed. Triple P is free in Queensland – do it online, in seminars or groups, or one-on-one. Visit www.triplep-parenting.net

Community Sport

Emu Park Junior Golf - Come and Try Morning - Sunday 25 March 9am.

[Link to 'Emu Park Junior Golf'](#)

St Patrick's Day Races

A vibrant poster for St. Patrick's Day Races at Callaghan Park, Rockhampton. The top left features the Catholic Education Diocese of Rockhampton logo. The title 'St. Patrick's Day Races' is written in large, stylized green and white letters, with 'ROCKY'S FIRST BIG RACEDAY OF THE YEAR' in a smaller arc above it. To the right is a large green four-leaf clover with a horse and jockey silhouette running through its leaves. The date 'SATURDAY 17 MARCH' is prominently displayed in the center. Below the date, 'CALLAGHAN PARK' and 'ROCKHAMPTON' are listed. A 'RIP ROARING RAFFLE' section includes an airplane icon and details about winning a Brisbane NRL game weekend. A 'FASHIONS IN THE FIELD' section features a woman in a pink dress icon. A green circle on the left says 'WITH THANKS TO OUR RACE DAY PRIZE SPONSORS'. A 'TICKETS' section on the right provides contact information. Numerous logos for sponsors like QantasLink, Broncos, and various local businesses are scattered throughout the bottom.