



Newsletter

Enriching Spirits - Educating Minds



Sacred Heart Catholic Primary School

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21st June

Week 10

Term 2

From The Principal's Desk

The highlight of any school year is its athletics carnival and over the past week, Sacred Heart has run its Year 4 to 6 and Prep to Year 3 carnivals successfully. The high level of involvement in events and the encouragement / support shown by our children for each other were very impressive. The continual sounding of war cries last Thursday was at times amazing and we did have one complaint from a nearby resident that we were too loud.

Thank you to Mrs List and Mrs Suthers for their organisation of our carnivals and to all our staff who made for a wonderful two days.

Thinking about carnivals, running, jumping, throwing, over the weekend, I came across this article from well known parent advisor, Michael Grose about one aspect related to all of these, winning. Enjoy.

Winning is great and is to be celebrated. It's great to see our children's faces light up when they win. Winning means they're doing well. It's equated with success. It's a good habit to develop. or so the theory goes.

Winning is just one story.

Not winning carries emotion but it's not necessarily positive. Children usually experience disappointment, annoyance and frustration. All unpleasant emotions.

But it's good for children and young people to experience unpleasant feelings from time to time. It's good to learn that bad feelings happen, but they don't last. That things don't always go your way. This is a huge life lesson. Not winning also teaches kids to link success with effort. It teaches them that perseverance pays off eventually.

Helping kids accept setbacks and unpleasant emotions rather than block them out is the key to building their resilience.

What about the child who never wins? Some children seem to never win, or hardly ever do.

I can still remember how my youngest son's goal when he was in Year 5, was to be selected in a particular Capricornia sports team. He trained quite hard and on the days of the trials, I thought, played very well, mixing it with boys of much larger physiques. He made possibles and probables however was not selected in the side when several of his mates were. We left the fields and he was very upset but composed until we arrived home and he 'fell into a hump' in his bedroom. We sat down later and talked about the day. The following morning, he bounced off to school, better prepared for a similar situation in the future.

On other occasions, this same son missed out of grand final teams, shuffled home towards the back of the field in the cross country even after training, was not successful in gaining leadership roles at high school.

As a parent, it was hard work keeping their chin up. But that's what you have to do.

As a young adult, he can now articulate the disappointment he felt coming close but never quite hitting the winner's circle; but he can see the value of hanging in there long after others gave up. That's possibly due in part to temperament, but I suspect in part due to some valuable lessons from not winning, or coming close, when he was young.

Persistence and determination are some of his strongest assets.

Following are some strategies that could help in dealing with the situation mentioned.

Encourage liberally: Stanford University professor, Carol Dweck encourages parents to use process praise ("you used smart strategies", "you worked hard on that one", "you thought long and hard to work that problem out."). She says this helps kids value effort and work for longer term results.

Focus on struggles, not just on victories: Your focus as a parent reveals your values. If you value effort and struggle then you need to be on the lookout for these so you can applaud them. If winning is all you value, then you'll focus on that. There is a choice.

Share stories of struggle and overcoming adversity: Whether it's stories from your own life (kids love to hear when their parents struggled) or stories from news, public or sporting life inspire and encourage kids with the narratives of the struggles of others.

It's easy as a parent to get caught up in winning. But maybe finishing 4th, 5th, 6th is better for our children in the long term than always being a winner. (From Michael Grose, Parenting Expert)

All the best

Max Martin

Principal

Important Dates for Term 2

June

Friday 22nd- RACQ Capricorn Rescue Helicopter landing on our oval 9am - 11am

Friday 22nd - 10 years Development Cup rugby league shield day

Friday 22nd - Confirmation at 6pm with Bishop Michael McCarthy

Saturday 23rd - First Eucharist at 6pm mass

Monday 25th June - Bravehearts' show for Prep-Year 3 2pm in our MPA

Monday 25th - Sacred Heart 2019 Prep open afternoon 4.30pm - 5.30pm at school.

Wednesday 27th - Children's report cards published today

Thursday 28th - Whole school assembly at 8.40am. Year 1R presenting.

Friday 29th - Final day of Term 2.

July

Monday 16th - Pupil free day. Our children are not required to come to school. Teachers involved in professional development sessions in Rockhampton.

Tuesday 17th - First day of school for term 3.

RACQ Capricorn Rescue Helicopter Landing

The RACQ Streets Ahead program and the RACQ Capricorn Rescue helicopter have teamed up to provide our school with a very special event.

The RACQ Capricorn Rescue helicopter is going to land on our oval tomorrow Friday 22nd June from 9am-11am.

Our Preps to Year 6s will have a Q and A with the crew and children from Year 3 to 6 will hear from a local CQ person who was rescued by helicopter.



Bravehearts Presentation

On Monday 25th June, the Bravehearts organisation will visit Sacred Heart and present their Personal Safety Education Program, 'The Ditto Show', to our Preps to Year 3s. This performance is free.

This session complements our Daniel Morcombe curriculum which is taught in schools across the Rockhampton Diocese.

The half hour Braveheart session will be held from 2pm in our MPA and parents/carers are most welcome to attend.

Dance Concert

This semester, our Prep to Year 3 children have been participating in dance lessons under the direction of Mrs Kate Wightman.

The whole school will gather at 1pm on Thursday 28th June in the MPA for a special presentation of their dances. Parents/carers are most welcome to attend this event.

4G Prayer Assembly

Thank you, Mrs Gilliland and 4G for leading our prayer assembly today. The children reminded us very creatively through their singing and acting and reverently of how the Holy Spirit strengthens us and guides us each day. Well done.



Sacraments of Confirmation and Eucharist

Confirmation is the second of the Sacraments of Initiation. Confirmation seals us with the Holy Spirit, strengthens us for service and equips us to give witness to Christ in the world. Eucharist unites us in Christ and sustains us for continuing Christ's work in the world.

Many of our students have been preparing to celebrate the Sacrament of Confirmation and the Sacrament of Eucharist. We congratulate the following children who, with the support of their family and sponsors, are taking the next step in their faith journey:

Grace Vaughan, Rayne Watson, Jarrah Willis, Dean Cook, Sima Farlow, Mason Green, Ryan Hendrie, Jayden Jackson, Taylor Jarvis, Kaitlyn Kershaw, Jack McLean, Benjamin Miller, Katelyn Kleinhans, Zade Roper, Tyson Rose, Emmersen Rutledge, Sienna Schick, Maggie Shepherd, Isaac Thomas, Ryley Todman, Harleigh Williams and Jayden Wilson.

Confirmation will be celebrated with Bishop Michael McCarthy this Friday 22nd at 6pm and First Eucharist this Saturday 23rd at 6pm, both at Sacred Heart Church. All are most welcome to attend.

Mini Vinnies Social Justice Retreat

On Monday, thirteen children in Mini Vinnies from Years 4 and 5, attended a Social Justice retreat at The Cathedral College, Rockhampton. Our children had the opportunity to engage in workshops with students from other Catholic Schools in the Rockhampton area. Following are some of their thoughts about the day:

Charley: I enjoyed the problem solving rope challenge. Everyone worked well together.

Bria: The Vinnies' trivia about Vincent de Paul was good.

Amy: I enjoyed the puzzles. Everyone there was really friendly.

Tily: I enjoyed helping sort the toys and making the guitar picks.

Eleanor: I enjoyed finding out more about Vincent de Paul and Frederic Ozanam.

Maggie: Finding the pieces of the puzzles was interesting.

Holly: I enjoyed sorting the 750 piece puzzle.





Semester Two School Captains Announced

School captain speeches were held on Monday this week at St Ursula's College. Sixteen girls and fifteen boys from Year 6 presented and our Year 5s and 6s voted on their captains for semester two.

Congratulations to the following children on being elected to leadership roles:

Term 3: Roman Willson, Bryce Anthony, Kelsie Bennett, Eva Bird.

Term 4: Joseph Manns, Max Spyve, Isla Rothery, Emma Reid.

These children were presented with their badges today and will be officially inducted with Father Matthew Moloney next Thursday at assembly. Well done.



NAIDOC Week Mass

NAIDOC Week is celebrated in our communities from 8th-15th July, during our school holidays.

In recognition of this celebration, a mass will be held in Rockhampton on Tuesday, 17 July, 10:30 am at Holy Family Church, Feez Street. Sacred Heart will be represented at this diocesan mass by several of our Year 6 children and Mrs Catherine Simmonds, our APRE.



For more information on NAIDOC Week, please visit www.naidoc.org.au

Sacred Heart Netball

On Friday 8th June, the KCD finals for netball were held at Barmaryee Sporting Complex. Sacred Heart School was well represented with all 5 netball teams playing in the finals and grand finals.

In B division, our Yellow, Purple and Green teams finished 2nd, 3rd and 4th overall.

In the A division, our Blue team finished 5th overall and Sacred Heart Red team defeated St Benedict's in the grand final to be the overall winners of the competition.



Thank you to parents who supported our teams each week and the girls for the wonderful way in which they represented our school on and off the court. Well done.

Mrs Lisa List

Prep-3 Athletics Carnival

Congratulations to our children on their participation in the Prep to 3 Athletics Carnival held on Tuesday.

Thank you to Mrs Suthers for her organisation of this event and to all our staff who assisted on the day.

Well done to Year 6 parents on a well stocked, well run and successful cake stall.



Years 4-6 Athletics Carnival

Last Thursday, Sacred Heart held the Year 4- 6 Athletics Carnival. It was wonderful to see so many students participating in many events.

Long standing records were broken on the day. Teal Kafka-Bauer broke the 10 Years boys 200m record from 1993 with a time of 31:47. Murphy Catt broke the 11 Years boys 200m record from 1996 with a time of 30:20 and Isla Rothery equalled the 12/13 Years girls 100m with a time of 14 seconds.

The following students are our age champions:

10 years girl:	Chelsea Finch and Amy Campbell
10 years boy:	Teal Kafka-Bauer
11 years girl:	Tilli Sing
11 years boy:	Murphy Catt
12 years girl:	Isla Rothery
12 years boy:	Simon Green

The overall team winner for our carnival was Tabor. Well done.

Many students will now go on to represent Sacred Heart at the KCD Track and Field carnival on Tuesday 24th July (week 2). Notes were sent home this week to children who qualified.

Thank you to all our families who supported us at our Year 4 to 6 carnival. Mrs Lisa List.





Prep Open Afternoon

Sacred Heart Catholic Primary School Invites the Yeppoon Community

Prep Open Hour 4:30pm - 5:30pm Monday 25th June
**Come along with your family to visit Prep and meet the
 current teachers.**
**Take a tour of Sacred Heart to view all we have to offer
 in our school.**



Student Awards

Prep	Max Atkins, Ollie Palairot, Josie Prince, Harley Neagle, Ruby Deasy, Aria Richards, Annabel Sykes
Year 1	Ellicia Asmussen, Isabella Todman
Year 2	Penni Allister, Campbell Grant, Elliot Guhr, Gabrielle Brown, Alyssa Belz
Year 5	Emerson Grant, Gage Warner

Our Mini Vinnies' Winter Appeal

Every class are asked to collect coins of any value with which they will fill in an alphabet in the phrase below on Tuesday, 26th June 2018.



Your coin donations will go a long way to help people in need within our community this winter.

**Mini Vinnies
Winter Appeal Launch 2018**

*"May you always be wrapped in
THE WARMTH OF FRIENDSHIP"*



*Please consider supporting fellow members of our local community.
Any donations of BLANKETS, SHAWLS or SCARFS will be much appreciated!
Start collecting COINS for your 'alphabet' ~
your contribution will provide some essential items for the needy.
THANK YOU for your KINDNESS & GENEROSITY!*



Beanies Fund Raising

Help Dan make a difference!




Beanies \$20
Wristbands \$2

Available from the
Sacred Heart office

In support of
**Cure Brain Cancer
FOUNDATION**

Spiritual Connections

Each week, we provide a link to Sr Kym's reflection of the week. We hope this provides some spiritual guidance.
Link to [Sr Kym's column](#)



Keppel Bay Sailing Club
Kid's Learn to Sail HOLIDAY PROGRAM

Tackers 1
AGES 6-12 YEARS
10-13 July 2018

Each child receives:
 • Morning tea and lunch each day
 • Short, hat and drink bottle
 • Certificate
 • Graduation BBQ

Starts to 2pm in the safe, sheltered waters of Causeway Lake

\$150 per child
 \$120 per person for a family of 3 or more

Keppel Bay Sailing Club

To register or chat to one of our friendly staff call 4999 9542 or email sailing@kbsc.com.au
 More information discover.sailing.org.au/tackers/



EVERYONE IS INVITED TO JOIN
 The Yeppoon Swans are teaming up with the local community to slide into ice water and

FREEZE MND YEPPOON

SATURDAY, 23 JUNE 2018
 12.30pm to LATE @ SWAN PARK, YEPPOON

YEPPOON SWANS vs ROCKHAMPTON PANTHERS - Judiciary from 8.30am & Seniors from 12.30pm

- FULL CANTEN & BAR
- AUCTION • RAFFES
- BBQ
- JUMPING CASTLE
- FACE PAINTING
- LIVE MUSIC

by **SILKY FUZZ 7PM**

FIGHT MND.
 IT TAKES PEOPLE

For further details please contact Silky Fuzz on 4921 444 333 or silkyfuzz@gmail.com

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Featuring:
 Annika Hinrichs - Soprano
 Kate Joy Stuart - Soprano
 Ronan King-Rose - Tenor
 Oliver Boyd - Baritone

Tickets:
 Pre-booked \$20 - Adults
 \$15 - Concession
 At the door - \$25

July 6	July 8
Yeppoon Town Hall, 7pm	St Joseph's Cathedral, Rockhampton, 2pm

Tickets from Trybooking for more info email opera.by.oliver@gmail.com

Visit www.everdayhero.com.au for more information.



Do you want to enjoy a fun challenge with your kids and reach health goals together as a family?

FREE CQUniversity Step it Up Family Program

CQUniversity is conducting a new and innovative research project which aims to help families become more active through the use of Garmin activity trackers and smartphone apps. If your family lives in the Rockhampton/Yeppoon area, you may be eligible. **For more information or to register:** <https://www.surveymonkey.com/r/stepitupscreening> or contact the Step it Up Project Office on stepitup@cqu.edu.au or (07) 4930 6456.