



# Newsletter

Enriching Spirits - Educating Minds



## Sacred Heart Catholic Primary School

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26th April

Week 2

Term 2

### From The Principal's Desk

Do these mean anything to you?

Whale's Belly. Blowhole. Zig Zag. Cathedral. Wedge. Fat Man's Misery.

No, they are not the names of horses racing at Eagle Farm this weekend but titles for caves that our intrepid Year 4s and their teachers, Mrs McPherson and Mrs Gilliland have encountered this week while on camp at The Caves.

This was my first foray into this well known local tourist destination and it left me invigorated and amazed by the determination and application of our 4s.

I awoke last night still quite anxious about my experience in the very narrow Blowhole cave where I became stuck with my belt buckle catching on a rock. Unable to move as my arms were in front of me like when you are diving into a pool, several Year 4s came to my aid with encouragement and words of advice about how to dislodge myself. Finally emerging from my predicament, a little scratched and pride dented, the remainder of the 4s gave me a clap but still asked why I was so slow.

We then proceeded to walk down a limestone track and one of our 4s, Ruby said that she would walk with me to make sure I was okay. My day was made.

Recovering from my fright, I marvelled at the courage and grit of our children. Many had never experienced The Caves before and some had never been away from home without their parents. Their display of resilience and confidence made me very proud.

Now, they are still do not know what a bed sheet is or that soap is important to use while showering or that if you pack a used towel in your bag, the rest of your clothes become very wet but these are life skills to be learnt down the track.

Once again, I have turned to Michael Grose, parenting 'guru' for some practical strategies that you might use to build real confidence in children. Hope they help.

**1. Model confident thinking** Children soak up the language, thinking and behaviour of those closest to them. Parents and carers play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let children hear positive self-talk when you tackle something new. They should hear something like, "I'll have a go at this. If I don't do so well then I can try again tomorrow." This is far more effective than "I'm no good at this. I'll probably stuff it up." Show them how to reframe their negative self-talk by showing them how to find a positive in difficult situations.

**2. Focus on effort and improvement** People who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop this is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort, you are teaching them success comes from something other than their purely ability, talents or smarts.

**3. Praise strategy** Children need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches-not just sheer effort-to learn and improve. It helps too to focus language on better and smarter ways on improving. Comments such as "That was a smart idea to tackle the hardest task while you were fresh" is a descriptive statement that has significant value for children.

**4. Let them spend more time in environments where they feel confident** Some children thrive on the sporting field but struggle in the classroom; they may be confident risk-takers outdoors but are held back by self-doubt in social settings. While confidence tends to be situational, it is also transferrable. Often when you feel brave in one area then these feelings tend to merge into other areas. Confidence has a snowball effect so increase the time your child spends in areas where they shine to give their self-esteem a boost.



Most importantly, 'good' parents and carers have a knack of communicating confidence in children. They find ways to let them know that they believe in them without 'gushing', that they know their kids will perform and succeed, that they have faith that they can deal with life's challenges and know that they can become more independent.

By the time you read this, I will have tackled the Blowhole again and hopefully with a more successful outcome. Fingers crossed.

All the best

Mr Max Martin

### Our ANZAC Day Assembly

Many thanks to our local RSL, our secondary school's army cadets, our APRE, Mrs Mary O'Donnell and Year 6J for presenting such a wonderful ANZAC Day assembly this week. It was a very reverent and emotional occasion.

Well done also to all children, families and staff who attended the town march and dawn service at both Yeppoon and Emu Park. It was very impressive.







## Rockhampton Cross Country Trials

Last Friday, the Keppel Coast District cross country trials were held. Sacred Heart performed extremely well, winning five of the six age trophies which is an outstanding achievement. Well done to all our athletes. Following are our children who have been selected to compete at the Rockhampton trials this Tuesday 1st May. We wish them all the very best.

**10 Years:** Bria Goldman, Leah Wex, Ryan Hendrie.

**11 Years:** Lucy Clarke, Riley Robertson, Jake Murphy, Tyler Melrose, Henry Armstrong.

**12 Years:** Isla Rothery, Maggie Simmons, Ruby Cooper, Simon Green, Liam Welsh, Clay Dendle.

Mrs Lisa List and Mrs Melinda Murphy will be accompanying our children on the day.





### AFL Gala Day

Tomorrow, Friday, 27th, an interschool AFL carnival is being held at the Barmaryee Sports grounds from 12pm. Sacred Heart has 27 children attending with Mr Jeff Guhr and Mrs Samantha Suthers. We wish them all the best.

### Eisteddfod

The Eisteddfod program commences on May 22nd for Sacred Heart student groups. Please find below the dates for each section. Transport arrangements will be communicated to these children involved at a later date.

Date	Time	Section
Tuesday 22nd May	9am	Strings Groups 1,2,3 and 4
Tuesday 22nd	Following Morning Tea	String Orchestra
Wednesday 23rd	9am	Vocal Choir Years 2 and 3 (All students)
Wednesday 23rd	1:30pm	Novelty Choir Year 1 (All students)
Thursday 24th	9am	Vocal Choir Years 4-6 (Students who nominated)

### Sacred Heart School NSIT Review

Next week from 30th April to 2nd May, our school is undergoing a review using the National School Improvement Tool. For three days, we will have an external team conduct interviews and visit classes. Thank you to all who assisted by completing our school survey. All information gleaned from your responses has been correlated into a report and will be used as part of our review. We welcome the external team: Mrs Di Pekin and Mr Jamie Emerick, Gladstone principal to Sacred Heart.

### NAPLAN

On Tuesday 15th, Wednesday 16th, Monday 21st and Tuesday 22nd May, all students in Years 3 and 5 will sit the annual National Assessment Program – Literacy and Numeracy (NAPLAN) tests. Students need to be at school at 8:40am on these mornings. NAPLAN is made up of tests in the four domains of Reading, Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy.

As you are aware, our students will be undertaking the NAPLAN assessment online this year. NAPLAN online brings many advantages, including a design that offers test items tailored to students' knowledge and ability. Parents and carers 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: (<https://naplanonline.qld.edu.au/getting-ready/parent-information>).

NAPLAN is not a pass or fail type test, but rather shows how individual students are progressing in numeracy and literacy skills against national standards for all Australian children.

The National testing program has been mandated by government bodies and therefore all students in Years 3 and 5 should be in attendance. It is therefore imperative that any extracurricular events are not timetabled for these days. Parent Requested Withdrawal from Testing: Withdrawals are intended to address parental concerns such as religious beliefs and philosophical objections to testing.

Parents/Carers wishing to withdraw students from the testing program must sign a 'Notice of Parent Withdrawal' form by Tuesday, 8th May. A request form is available from our school office.

### Mother's Day Multi-Draw Raffle

To raise money for the Year 6 camp later in the year, we are holding a Mother's Day Multi-draw raffle. There are lots and lots and lots of prizes to be won! **Tickets are 50 cents each.**

Year 6 students will be selling tickets in the Prep area and MPA before school in Weeks 3 and 4 (starting next week). The raffle will be drawn on Friday 11<sup>th</sup> May. Be sure to get your tickets to get a chance to spoil your Mum/Grandma/Nana.



## Term 2 School Fees and Levies

School fee statements went home this week and are due for payment by Friday 11<sup>th</sup> May 2018. Please advise the office if you did not receive your account. If you have a Health Care or Concession Card and it has expired or is close to expiry you will need to bring your new card into the office so we can put a copy on file otherwise we will not be able to give the discount. If you are experiencing difficulties paying your fees please contact Helen Jeffries in the School Office to arrange a payment plan.

## Library News

Issue 3 Book Club pamphlets were sent home last week. All orders are due back to the school office by Friday 27<sup>th</sup> April. Many thanks - Sandi & Kerry, Library.

## Dental Van

The Dental van will be at Sacred Heart school from Monday, 30<sup>th</sup> April. If you have not received a dental form or have not returned it please contact our school office. Thank you.

## Student Awards

<b>Year 2</b>	Lennix Bone, Sebastien Hatte
<b>Year 3</b>	Thomas Morris, Alarnii Lyon, Niamh Goldman, Jack Donnelly, Zeke Dendle, Lilah Clarke, Majella Sykes, Isabella Bills, Elliot Franklin, Levi Searles-Munns
<b>Year 5</b>	Raif Dooley, Eliza Green
<b>Year 6</b>	Jorja Ohi, Samson Minto, Abby Miller

## St Ursula' College, Yeppoon Centenary Celebrations

Join us 4th-6th May as we celebrate our Centenary.

**Open Day – 5th May 9.30am to 2.30pm** Tour the College, enjoy a bite to eat, view memorabilia displays and join in the workshops for children. Face-painting, children's rides, entertainment. Free entry. All welcome.

**Centenary Under the Stars Gala Evening – Saturday 5 May 6.30pm till late** Celebrate our centenary in style. Gala cocktail evening, entertainment, a glass of champagne/beer on arrival, grazing platters, main meal. Tickets \$100 per person, must be pre-purchased from [www.ticketebo.com.au/st-ursulas-college](http://www.ticketebo.com.au/st-ursulas-college)

**Musical performance 'One Step Beyond' Friday 4th May from 8pm or Sunday 6th May from 11.30am**

See the story of St Ursula's College come alive on stage, as talented students from St Ursula's and St Brendan's Colleges present 'One Step Beyond'. Tickets \$5 each, must be pre-purchased from [www.ticketebo.com.au/st-ursulas-college](http://www.ticketebo.com.au/st-ursulas-college)

## Important Dates For This Term

### April

Monday 30th - Commencement of our NSIT school review

Monday 30th - Dental van at Sacred Heart

### May

Tuesday 1st - Rockhampton primary schools' cross country

Friday 4th - Interschool soccer, netball and rugby league for Years 5 and 6 commences.

Monday 7th - Labour Day public holiday

Tuesday 8th - Prep excursion to Cooberrie Park zoo

Thursday 10th - Prep Mothers' Day afternoon tea

Sunday 13th - Mothers' Day

Monday 14th - P. and F. meeting 5.30pm in staffroom

Tuesday 15th - NAPLAN online commences

Monday 21st - Under 8s week at Sacred Heart

Tuesday 22nd/Wednesday 23rd/Thursday 24th - Eisteddfod items in Rockhampton involving Sacred Heart children



## June

Thursday 7th - Sacred Heart Day

Friday 8th - Grand finals of interschool sport

Saturday 9th/Sunday 10th - Yeppoon Show

Wednesday 13th - Years 4 to 6 800 metre races at school

Thursday 14th - Sacred Heart athletics carnival

Friday 15th - Show holiday

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

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

Saturday 23rd/Sunday 24th - First Eucharist

Wednesday 27th - Children's report cards go home.

Friday 29th - Final day of Term 2.

## 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](#)

## Community News

### Capricorn Coast - RCIA

Are you interested in learning more about the Catholic faith? Do you know someone who is interested in becoming a Catholic?

R.C.I.A. (Rite of Christian Initiation for Adults) is active in the Capricorn Coast Parish. For more information contact the Parish office on 49 336171 or Sue on 49 250462.

### Lammermoor Native Gardens - Annual Butterfly Event

**FREE**

FRIENDS OF  
LAMMERMOOR NATIVE GARDENS  
**ANNUAL BUTTERFLY EVENT**  
SUNDAY 27TH MAY 2018  
8.30 AM TILL 11.30 AM

ENJOY A GUIDED TOUR THROUGH LAMMERMOOR NATIVE  
GARDENS TO SEE THE MANY TYPES OF BUTTERFLIES  
FOUND THERE

BUTTERFLY CATCHING AND HANDLING DEMONSTRATIONS

KIDS FACE PAINTING

LIGHT REFRESHMENTS AVAILABLE

FOR MORE INFORMATION OR TO RSVP CONTACT SHELLEY MCARDLE  
SMcArdle@capcatchments.org.au mobile: 0400707972

PLEASE WEAR CLOSED-IN SHOES, SUNSCREEN, SUN SAFE CLOTHING, BRING  
A WATER BOTTLE.

WHERE: LNG CAR PARK OFF OLD SCENIC HIGHWAY LAMMERMOOR  
ABOUT 3 KM SOUTH OF YEPPON.





