



Newsletter

Enriching Spirits - Educating Minds



Sacred Heart Catholic Primary School

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19th July

Week 1

Term 3

From The Principal's Desk

Several years ago now, readers of the Australian newspaper voted on their top ten sporting quotes. Here are several:

"When considering the stature of an athlete or for that matter any person, I set great store in certain qualities which I believe to be essential in addition to skill. They are that the person conducts his or her life with dignity, with integrity, courage, and perhaps most of all, with modesty. These virtues are totally compatible with pride, ambition, and competitiveness." (Sir Donald Bradman, cricketer)

"I don't think I'll take the medal as the minute and a half of the race I actually won. I'll take it as the last decade of the hard slog I put in." (Gold medallist ice skater Steven Bradbury, who broke his neck and required 111 stitches in separate incidents on the ice.)

"I've missed more than 9000 shots in my career. I've lost almost 300 games. Twenty-six times I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." (Michael Jordan, Basketball legend)

"We are on the crest of a slump." Then Gold Coast rugby league coach Phil Economidis after a rough trot.

This week, sees the Challenge Cup in Yeppoon, being played in both netball and rugby league. It is a wonderful event, bringing together children and their families from twenty six schools; north to Mackay, west to Longreach and south to Bundaberg. Great skills, determination, sportsmanship, competitiveness and enjoyment are very much on show.

Children and sports are definitely a good combination. Participating in a sport enables children to build healthy minds, healthy bodies, friendships and valuable life skills. Sports also teaches about the importance of working as a member of a team and being a good sport.

I can still remember quite vividly our first foray into organised sport with our daughter, aged 8 and son, 5 playing soccer in Longreach. One was a 'demon' on the field, taking on all opposition, bouncing up after any collision and loving being a team member. The other, Maxie, enjoyed plaiting the grass and running away from the ball. He loved his shin pads, though.

Participating in sporting events provides many lessons in life. One minute a child can be in the winning position racing for the finish line, shooting for a goal or hitting a six. The next minute, that same child can't believe they were pipped at the post, missed the net or were caught on the boundary.

Being a 'good sport' is a valuable learning opportunity that comes as a result of participating in sports. Being humble in victory and gracious in defeat are life skills that require not only maturity to demonstrate but also modelling and encouragement by parents, teachers and coaches.

The actions of John Landy, a great Australian sportsperson, provides an excellent example.

In the 1500m race at the 1956 Australian National Championships prior to the Melbourne Olympic Games, Landy stopped and doubled back to assist fellow runner, Ron Clarke after another runner clipped Clarke's heel, causing him to fall early in the third lap of the race.

Clarke, the then junior 1500 metre world champion, who had been leading the race, got back to his feet and started running again, Landy followed. Incredibly, in the final two laps, Landy made up a large deficit to win the race, something considered one of the greatest moments in Australian sporting history.

The great thing about sport is that children get the chance to experience emotional highs and lows in a safe, appropriate and structured environment. Sport can give children the chance to learn about being part of a team, winning well, bouncing back from a loss and coping with unpleasant experiences such as injury.

It also teaches us about how important it is to try their best, even if this doesn't always result in winning.

Participating in sports is a great platform for children to feel the reward of putting in effort. It is the effort and not necessarily the result that makes it a success or failure.

All the best,

Max Martin

NAIDOC Week Mass

This week, our Year Six indigenous students attended the NAIDOC Week Mass at Holy Family Catholic Church North Rockhampton. The theme for NAIDOC week this year is '*Because of her, we can*'. The theme of the Mass recognised the important role that all women play in society and specifically the commitment of indigenous women who have worked for reconciliation and peace.



NAIDOC Week Prayer Assembly

On Thursday 26th July at 8.40am, our school community will join together with the indigenous dancers from St Brendan's for a special prayer assembly led by our Year 3N.

We are very grateful to have the indigenous dancers share the richness of their culture with our students and all are welcomed and encouraged to attend this assembly.



Important Dates for Term 3

July

Friday 20th - Challenge Cup concludes at 2.30pm.
Monday 23rd - P. and F. meeting 5.30pm in staffroom.
Monday 23rd - KCD 1500 metre races at Farnborough SS from 1pm.
Tuesday 24th - KCD Athletics carnival at Farnborough SS.
Thursday 26th - Year 3N assembly 8.40am. NAIDOC assembly.
Monday 30th - Catholic Education Week
Monday 30th/ Tuesday 31st - Rockhampton District Athletics carnival in Rockhampton.
Tuesday 31st - Visit to Sacred Heart School by our Director, Miss Leesa Jeffcoat.
Tuesday 31st - Catholic Education Week mass at St Brendan's College.

August

Thursday 2nd - Catholic Education Week assembly led by Year 5KS at 8.40am.
Friday 3rd - Term 3 Year 5 and 6 interschool sports commence.
Friday 3rd - School disco in our MPA from 6pm.

Altar Serving

Our Parish invites children who have been baptised and are preparing for the Sacraments of Reconciliation, Confirmation and Eucharist or have celebrated these sacraments to join the Altar Serving team. Altar serving is an opportunity to be actively involved in the Mass. Altar servers:

- Carry the cross during the procession into Mass.
- Assist the priest by holding the books from which prayers are read.
- Stand at the lectern during the proclamation of the Gospel.
- Assist the priest in receiving the gifts during the offertory.
- Assist the priest in the ritual washing of his hands.
- Assist in clearing the altar after the Liturgy of the Eucharist.
- Carry the cross during the recession out of Mass.

Training is provided. Once trained, altar servers are added to the Altar Server Roster. Altar servers will nominate their preferred Mass time and location. Please contact Mrs Mary O'Donnell or Mrs Catherine Simmonds if you wish to commence or continue this ministry.



Baptism



Baptism is one of the seven sacraments of the Catholic Church. Baptism is the sign that someone belongs to Christ and can only be celebrated once. Anyone can be baptised at any age. For those who have been baptised in another Christian faith tradition, but would like to be active members of our parish faith community, a welcoming ceremony is prepared. Are you or your children interested in celebrating the Sacrament of Baptism? Please contact Mrs Mary O'Donnell for further information.

Robotics Bootcamp

Thank you to Mrs Robyn Finch and Mrs Denis Murphy who assisted us with our Robotics Bootcamp this week. The Year 5 and Year 6 students are excitedly preparing for the CQU Robotics Competition which will be held in Week 4 in Rockhampton.



Student Teachers

This term, we welcome three student teachers who will be commencing their final placement at Sacred Heart.

- Tina Thorsen will be working in Year 1B with Mrs Baldwin and Mrs Bennett
- Renee Maliborskji will be working in Year 4M with Shae McPherson.
- Mona Loomans will be working in Year 5A with Mrs Angela Acharya.

We welcome each them and thank their mentor teachers for their commitment to providing quality teaching experience to our CQ University students.

ICAS Digital Technologies and Science Results

Each year, a number of students choose to participate in the International Competitions and Assessments for Schools (ICAS). We have received the results for the Digital Technologies Competition and the Science Competition. These students will be presented their certificates at assembly next Thursday. Congratulations to the following children on their achievements.

| | | |
|----------------------|---|---|
| Digital Technologies | Distinction (Top 10% of participants.) | Daniel Rees (Yr 6) |
| Digital Technologies | Credit (Next 25% of participants.) | Niamh Goldman (Yr 3), Caitlin Yore (Yr 3), Deepanshu Bhowmik (Yr 5), Isabella Yore (Yr 6) |
| Digital Technologies | Merit (Next 10% of participants.) | Jayden Wilson-Goldman (Yr 6) |

| | | |
|---------|---|---|
| Science | Distinction (Top 10% of participants.) | Daniel Rees (Yr 6) |
| Science | Credit (Next 25% of participants.) | Elliot Guhr (Yr 2), Caitlin Yore (Yr 3), Deepanshu Bhowmik (Yr 5), Isabella Yore (Yr 6) |
| Science | Merit (Next 10% of participants.) | Cass Smallwood (Yr 5) |

Get Started Vouchers Program

Under the Get Started Vouchers program, vouchers of up to \$150 are provided to eligible children and young people, which can help pay for the cost of sport or recreation club membership, and/or participation fees through registered sport or recreation clubs.

Students or their parent/carer/guardian who hold a valid Health Care Card or Pensioner Concession Card can apply online after 25 July. Applicants will need to have created [a QGrants account](#) beforehand or logged into their existing account, to ensure that they are ready to apply once the round opens.

Help in creating an account is available on the Get Started [website](#) and by using the links below to:

- [online troubleshooting manual](#)
- [‘How to Apply’ video](#)

The website www.qld.gov.au/recreation/sports/funding/getinthegame/getstarted/apply is the best source of information for parents/carers/guardians, including brief informative [videos](#), [Frequently Asked Questions](#) and [links to apply](#) (when the round is open).

Alternatively, nominations for children and young people who do not hold a concession card need to be initiated through their school by a [registered referral agent](#).

Referral agents can assist by:

- checking online to see they are [eligible](#) to become a referral agent and if so, [registering online](#) as soon as possible;
 - forwarding referral voucher link/s to the families to apply themselves; or
 - applying on behalf of those families needing additional support (due to language/computer/internet issues); or
 - assisting families to apply (using their Centrelink HCC/PCC details) by providing computer/internet access.

Further information regarding the referral agent process and requirements is available on the QLD Government [website](#) along with fact sheets for [parents](#).

Queries can be directed to the Program Development Unit PDU@npsr.qld.gov.au. Note that the vouchers are issued on a first come, first served basis. Once all vouchers have been allocated for the round, the round will close.

Term Three Tuckshop

Welcome back to Term 3. The tuckshop has some delicious new menu items this term on our rotating Wednesday specials, along with our regular menu. To continue to provide these great healthy and nutritious meals, we need volunteer help.

This term, we are going to bring back in our weekly year level roster to try and get the much needed help we require. Please take note of the week your year level is rostered on and try and help out. If you are available to volunteer some of your time this term, please text Meg the dates you are available so a roster can be put together, and any dates we are short on help can be amended early.

It's from 9-11am on either a Wednesday or a Friday. Fridays are the days that need the most helpers. But if you can come in and do 'just one thing' that would be amazing, even if you can only give us 30 minutes. Any time volunteered in the tuckshop is always so appreciated.

What can I do? A few jobs in the morning are:

- Sticking labels on bags, putting ice block tokens, straws and cutlery in the bags
- Placing the bags into the class baskets
- Sticking labels on the drinks
- Buttering bread for sandwiches
- Boiling pasta for spaghetti
- Rolling up wraps and making salads
- Making burgers
- Washing up
- Assembling and toasting sandwiches

I have put a roster together for your year level. This is only a guide. If you can come on another day that is not on your year level week, please pop in.

| Week | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|--------|------|------|-----|------|------|------|------|-----|------|------|
| Class | Any | Prep | 1 | 2 | 3 | 4 | 5 | 6 | Prep | 1 |
| Wed | 18/7 | 25/7 | 1/8 | 8/8 | 15/8 | 22/8 | 29/8 | 5/9 | 12/9 | 19/9 |
| Friday | 20/7 | 27/7 | 3/8 | 10/8 | 17/8 | 24/8 | 31/8 | 7/9 | 14/9 | 21/9 |

Thank you all so much in advance and I look forward to seeing some new faces this term. Meg Stehbens - 0400 971692 or m_stehbens87@hotmail.com Link to [‘Term Three Tuckshop Menu’](#)

Welcome

To Lily Trevor in Year 2MT and her mum, Candace and dad, Nathan. We wish them all the very best at Sacred Heart Yeppoon and welcome them into our school family.

In the Family

Congratulations to Mrs Leonie McKenna, Inclusive Curriculum Coordinator, who welcomed her baby grandson, Theodore (Teddy) McKenna, this week.

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](#)

Trivia Night

The Sacred Heart Church Hospitality Group is hosting a Trivia Night on Friday 27th July at the Parish Centre. In an endeavour to meet others in the parish and have a bit of fun, we suggest a multicultural theme, so either dress up or decorate your table to be eligible for a prize. Or just come along with five friends to make up a team (Tables of 6). Or just come along and we'll put you with other friendly people.

Cost will be \$10 which includes pizzas for a shared meal. Drinks will be on sale. Please phone the parish office on 4933 6171 for bookings or add your team to the whiteboard in the foyer at Sacred Heart Church.

Parents' and Friends' Meeting

This will take place on Monday 23rd at 5.30pm in our school staffroom. Everyone is most welcome to attend. An agenda will be posted on our school website this weekend. Looking forward to seeing many of our families at this meeting.

Use of Toilets at School

As you are aware, all the toilet blocks at Sacred Heart are being rebuilt. We already have two online: one beside Prep C and the other outside Year 5G. These are wonderful new amenities and many thanks go to our Diocesan Office for their funding also thanks to Mr Michael McLaughlin for his overseeing of the project.

The toilets nearest our oval beside 1B will be ready for use in approximately two weeks.

Work is commencing on the final block beside Year 3H, just past the undercover area. These will not be ready until towards the end of this term.

Previously, at Sacred Heart, there were toilets for visiting adults, parents and siblings not attending our school. These have been demolished, opening up the pathway from the office area to the undercover.

With the absence of these toilets, I ask that if adults and younger/older siblings wish to use a toilet at school during school hours that they do so at our front office.

Thank you for your support in this regard.

Challenge Cup Photo



Community Sport

Capricorn Coast Touch Association Junior Touch Sign On

Sign On Thursday 16th of August from 4pm - 5:30pm
Barmaryee Sports Complex, Barmaryee Rd, Barmaryee

Season starts 6th of September with a proposed Grand Finals Day 22nd November. No games in the school holidays.
Team sign on sheets are available online at our website Capricorn Coast Touch Association
Use the 'document links' tab. Minimum of 8-10 players per team.
If you are in a team, please pass your money and details to your team organiser to bring all player's registration's in one go with your team sheets.
We will only take individual registrations where you are not already in a team.
Individuals who aren't in a team will be placed in a player's pool and allocated to teams on a first in basis.

Get Started Vouchers accepted

DIVISIONS:
Prep – Boys Comp & Girls Comp
Year 1 & 2 – Boys Comp & Girls Comp
Year 3 & 4 – Boys Comp & Girls Comp
Year 5 & 6 – Boys Comp & Girls Comp

Junior Referees to confirm availability with Sandi on 0413 735 991 by 30th August
Cost per player is \$60. Families with more than 2 children playing will pay \$50 for 3rd, 4th etc. in family.
Any queries can be forwarded to Sandi on 0413 735 991