



Newsletter

Enriching Spirits - Educating Minds



Sacred Heart Catholic Primary School

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20th September

Week 10

Term 3

From The Principal's Desk

It is amazing how many people I have been speaking with lately, are commenting on their need for a break, how this has been such a busy term indeed year and are looking forward to some time away from the busyness of school.

These conversations reminded me of a story shared by a wonderful young teacher at one of my previous schools. It pertains very much to being supportive of each other during our hectic existence.

Charles Plumb was a US Navy jet pilot in Vietnam. After seventy five combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent six years in a Vietnamese prison. He survived the ordeal and now lectures on his insights learned from that experience.

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, 'You're Plumb. You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down.'

'How in the world did you know that?' asked Plumb.

'I packed your parachute,' the man replied. Plumb gasped in surprise and gratitude. The man pumped his hand and said, 'I guess it worked.'

Plumb assured him, 'It sure did. If your chute hadn't worked, I wouldn't be here today.'

Plumb couldn't sleep that night, thinking about that man. Plumb says, 'I kept wondering how many times I might have seen him and not even said, 'Good morning, how are you?' or anything because, you see, I was a fighter pilot and he was just a sailor.'

Plumb thought of the many hours the sailor had spent at a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know.

'Who's packing your parachute?'

Everyone has someone who provides what they need to make it through the day. We all need a physical parachute, a mental parachute, an emotional parachute and a spiritual parachute.

Sometimes in the daily challenges that life gives us, we miss what is really important.

We may fail to say hello, please or thank you, congratulate someone on something wonderful that has happened to them, give a compliment or just do something pleasant for no reason.

As we are going through this week, this month, this year, are we/ have we been recognising people who pack your parachutes.

Makes you think.

Wishing everyone a happy and safe fortnight break. Thank you for your support this term and look forward to seeing everyone on Monday 8th October for the commencement of Term 4.

All the best

Max Martin

Important Dates for Early Term Four

September

Friday 21st - Final day of school for Term 3.

October

Monday 8th - School resumes for Term 4.

Wednesday 10th - Sacred Heart School Review and Improvement being conducted.

Tuesday 16th - Swimming lessons commence for our Years 1 to 3s.

Tuesday 16th - P. and F. meeting at 5.30pm in staffroom.

Wednesday 17th - Sacred Heart instrumental music showcase evening from 6pm in our undercover. All welcome.

Thursday 18th - 2019 Prep Orientation morning from 8.30am - 10am.

Friday 19th - Year 6 Inter School beach activity day

Monday 22nd - Pupil free day. No school today for our children.

Wednesday 24th - 2019 Prep Orientation morning from 8.30am - 10am.

Friday 26th - Day for Daniel

Friday 26th - Bishop Michael McCarthy visiting Sacred Heart School.

Monday 29th to Friday 2nd November - Year 6s on Camp in Mapleton.

Farewell

To Dexter from Prep CM and Ava from Year 2MT who are moving to Rockhampton. We wish them all the best for the future and thank them for being part of our Sacred Heart family.

Stories From Prep S and 5A

My dog was at school yesterday because she keeps jumping the fence just to get out. **Haylen and Ivy**

Once upon a time, there was a girl called Chloe. She had brown hair. She had a friend called Lucy. She also had brown hair just like Chloe. **Isla and Oliver.**

The buddies played in the playground. They were very hungry. What should the buddies eat? They ate jelly and custard. Then, the buddies went home. **Emmi and Holly**

God is a man with lots of sheep. He really looks after his sheep. **Chelsea and Sam**

Cooper got a motorbike on his birthday. He also got a fishing rod. Then he went to the show and won a teddy bear. He also ate some lollies and read a book. **Lachlan and Cooper**

Cave men are people from millions of years ago. Scientists discovered that we evolved from them. **Felix and Cooper**

Superman and Flash wanted to see who was the fastest. So, they had a race around the world. Superman and Flash also had to help their friends. Then they ran as fast as they could and it was a tie. **Aden and Noah**

We went on a jet ski when my cousins came to visit. It was excellent. **Mason and Max**

The brave knight scared away a dragon and then he got the princess. **Aadi and Andrew**

The princess loves singing. She also lives in castle. She has a sister, a mum and a dad. **Isla and Makayla**

My dog's name is Boof. He is a blue heeler. He is six years old. Boof likes to eat any leftover meat. He goes to work with my Dad. **Evie**

Peggy was a dog and she was black. Peggy's favourite place is Dogland. She loved to jump. In Dogland, all the dogs barked at each other which meant hello. One day, Dogland closed and Peggy was sad. Then a new place opened called Dag and Cat land. **Maycie and Hannah**

Once upon a time, there was a monster digging a hole. He dug a deep hole and he reached the centre of the Earth. He found dinosaurs. He built a lovely little house high in the tree tops and lived happily ever after with the dinosaurs. **Charlie and Rafferty**

Two guinea pigs named Ben and Peter were bought in Toowoomba. Peter is black and white. Ben is mostly brown. They live in a cage outside. We may even get a chicken and a dog. **Bria and Annabel**

The flower grows and grows into the water. Its roots grow into the coral reef. Then a snake came and ate the flower. It started to grow again up into the trees. **Flynn and Callum**

The bear climbed up a building and jumped off it. He parachuted, then stopped then started again. **Liam and Cooper**

Frog Reports From Year 1B

Some frogs live in zoos because they are nearly extinct. People are cutting down trees. Frogs have moist skin. They live in jungles where it rains a lot. Some frogs are orange. Some are red. Some are green and some are blue. Frogs are interesting because they have sticky tongues. **By Herbert**

Some frogs are red and they are amphibians. They live in wetlands because they have moist skin. There are many types of frogs. The male frog croaks. **By Isaac**

Frogs are amphibians. Frogs live in freshwater. They have moist skin. Only boy frogs croak when it rains. They use their eyes to help them swallow. **By Holly**

Frogs are amphibians. They have sticky tongues. They use their eyes to help them swallow. Frogs have moist skins and they catch flies to eat with their sticky tongues. A group of frogs is called an army. **By Ebony**

Frogs are amphibians. Frogs have moist skins. If frogs go in salt water, their skin will dry out. Boy frogs croak in the rain. A group of frogs is called an army. **By Cooper**

MJR Awards

This award is presented to those in our school who show the virtues and qualities inspired by our MJR program.

Well done to the following recipient/s for this week:

Evie Richards from 2W for constantly giving to others when you smile, when you are positive and when you are welcoming and encouraging. Thank you.

Neassa O'Reilly from 5A for demonstrating genuine concern for the well-being of her peers and ensuring that everyone is treated fairly at all times.

Noah Todd from Prep S for showing kindness and consideration towards others. Well done.



Frankie Awards



This award is presented to a class or child/ren who have been environmentally friendly in some way around our school.

Congratulations to Amy Campbell from Year 5A for your dedicated care of class plants and our pet fish. For rescuing frogs on the port rack and spiders in our gardens.

Labyrinth Walk

This week, our children have participated in a labyrinth walk at school. This is a meditative walk that allows the children time to reflect, in nature, and to pray quietly. The focus of the labyrinth walk has been the wonders of God's creation. Thank you to Mrs Ross, Miss Page and 2R for preparing this engaging and prayerful experience.

Mini Vinnies

Sacred Heart Mini Vinnies were invited to participate in the 2018 St Vincent de Paul Festival celebrations last Sunday, 16th September. Nineteen students generously gave of their time and talents in presenting a valuable message through an entertaining drama called, "The Smartest Giant".

They held a captive audience and were very much appreciated. These children love the work they do and are very proud to be part of Sacred Heart Mini Vinnies. Thank you to Mrs Acharya and Mrs Williams for coordinating our participation.



Sacramental Program

The Parish Sacramental Team has been reviewing its program over the past few months.

Previously, the sacrament of Reconciliation was offered to families in Year 3 however, following the review, Reconciliation will now be offered at the beginning of next year.

The program will be available to children from Year 4 and above, followed later in the year by Confirmation and Eucharist.

Further information, dates and times will be provided at the beginning of 2019.

Baptism invitation

Next term, families will have the opportunity to participate in a Baptism information session.

Children need to have received the sacrament of Baptism in the Catholic Church to receive the other sacraments.

If you're considering the sacrament of Baptism for your child, please leave their name at the office or see Mrs Mary O'Donnell for any enquiries.

In Our Prayers

Our prayers and thoughts are with Kirsten and Dallas Williams and family (Marley, Year One) on the passing of Marley's great grandmother.

Sports Update

Interschool Sport

Well done to our Year 5 and 6s on their performances at interschool sport this term. The finals were played last Friday in t ball, AFL and touch football. Our results included:

T Ball: Sacred Heart Red Boys lost by one run in extra innings to Yeppoon SS. Sacred Heart Ruby Girls lost by one run to Yeppoon SS.

AFL: Sacred Heart Boys lost by one point to Yeppoon SS.

Touch: Division One girls and boys and division two girls were all successful.

Catholic All Schools' Touch Carnival

Yesterday, two Sacred Heart mixed touch football teams travelled to Rockhampton to compete at the Rockhampton Diocesan Inter School Touch carnival. Congratulations to our team, coached by Mrs List, who made the final however were defeated by a very good St Anthony's team, 3-0. Both our teams performed well at this event.

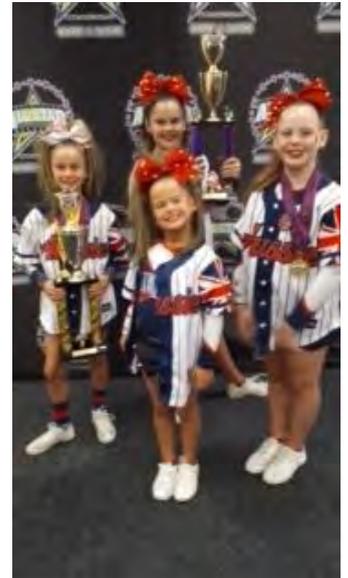




Cheerleading

Congratulations to Lucy Clarke and her team, Black Diamonds who placed first last week at the Queensland Cheerleading Championships held on the Gold Coast.

Well done also to Kylani Bowman, Izabella Elliott and Sienna Prieto who along with Lucy were runners up their division.



Outrigging

Ella-Maree Robinson will be competing in the International Trans-Tasman Junior Outrigging Titles on the Sunshine Coast during the school holidays. We wish her all the best.



Sacred Heart Equestrian Team

Last Sunday, the Sacred Heart equestrian team of Payton Size, Sabina Bridgeman and Morgan Bridgeman competed in the regional interschool gymkhana at the Alton Downs Pony Club.

They rode extremely well, displaying great skill and determination. Payton placed second in her division, Morgan, third in his and Sabina received ribbons in five of her events. An outstanding effort.





School Building Update

The building improvements at Sacred Heart are nearing completion.

The toilets on the end of C block and its associated works i.e. paths will be completed by 18th October.

We are certainly looking forward to having our school back to normal. Many thanks goes to those at G Jeffreys' Construction who have been extremely professional in all their work and dealings at Sacred Heart.

Keep an eye out for our solar panels, on your return to school, which are to be installed on our undercover area roof over these holidays.

Student Awards

Prep	Alex Todd, Jai Ray, Ruby Deasy, Harley Neagle, Cooper Griffin, Charlie Campbell
Year 1	Zariha Calvert, Amelia McCaul, William Mitchell, Sam Miller
Year 2	Quin Warren, Sam Vaughan, Layla Carswell
Year 3	Archie Cugola, Jack Donnelly, Ashton Prieto, Kaleb Asmussen, Noah Budic, Charlie Palairet, Alli O'Rourke, Majella Sykes
Year 4	Morgan Bridgeman, Chloe Hawkes, Jack Stanley-Hunt, Isaac Thomas, Mikayla Broom
Year 5	Haylen Luckel-Dent, Aden McDonald, Bria Goldman, Liam Cook, Regan Blackwood, Deep Bhowmik
Year 6	Lachlan Stenhouse, Mitchell Norris, Bryce Anthony, Ashbi Berry

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 [Fr Matthew's sermon](#)

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



Open to all Yeppoon Families



We invite you to join us for a wonderful
FREE event at the YEPPOON TOWN HALL
for Dr Jodi Richardson's presentation

Happier on Purpose

- A refreshing new perspective on happiness
- What makes it hard to be happy
- The surprising influence of parents on kids' happiness
- Key skills for a happier life
- The powerful influence of kindness
- Where screens fit in the mental health picture

Please stay and join us for supper after the presentation

Dr Jodi Richardson
Wellbeing Speaker & Educator

Parenting Ideas Mental Health & Wellbeing Expert

7:00 pm
November 7
2018

Hand, Foot and Mouth Disease

Sacred Heart Catholic Primary School has been advised of a suspected case of Hand, Foot and Mouth Disease in the community. Hand, foot and mouth disease is caused by a number of different viruses. It is not a serious illness and has nothing to do with animal diseases with similar names (i.e. foot and mouth disease in livestock). It is a relatively common illness in children.

The symptoms of this disease include blisters inside the cheeks, gums and on the sides of the tongue, as well as on their hands and feet. Children with hand, foot and mouth disease may have a fever, be listless and may not eat well for a day or two.

There is no vaccination for prevention against hand foot and mouth disease. The best form of protection is good hygiene:

- wash hands with soap and water for at least 15 seconds and dry thoroughly before handling food or after going to the toilet.
- implement good cleaning procedures
- allow blisters to dry naturally and do not deliberately pierce blisters because the fluid within the blisters is infectious.

Students with Hand, Foot and Mouth Disease will be excluded from school until all blisters have dried. Thank you.

St Ursula's College Tour

Invites you to experience

A Tour and Taste of College Life

Families considering enrolment at St Ursula's College for 2019 and beyond are invited to sample an afternoon of Campus life.

Thursday 11 October 2018
Ballygriffin Cultural Centre (via Eastern access, Queen Street)

Registration and Welcome	12.20pm
Assembly	12.35pm
Afternoon Tea	1.15pm
Campus Tour and Classroom Visits	1.40pm-2.40pm
Finish	2.45pm

Optional 'Question and Answer' chat from 2.45pm onwards.
Parent Information Session 3.15pm-3.30pm

Bookings are essential for catering and tours. Please contact College Enrolment Officer, Mrs Gina Loader on 4939 9627 or email ginal@stursulas.qld.edu.au to confirm your interest.



Details about the Tropical Pinefest activities are available from this link. [Link to 'Pinefest'](#)

High Valley Dawn
ORGANIC PERMACULTURE FARM

SPRING EQUINOX OPEN DAY

SATURDAY 22nd SEPTEMBER

BRING THE WHOLE FAMILY!

- * Market Garden and Food Forest Tour
- * Cooking Demonstration
- * Free Organic Food and Drinks
- * Planting Ceremony
- * Kids Animal Tour
- * Fun Activities
- * Learn About Permaculture

FARM TOURS STARTING AT 9AM, 11AM AND 1PM
FREE ENTRY

BOOK NOW - 0407 974 306

Clayton Road Tamworth



COME SING ALONG WITH US

World Singing Day

Yeppoon Foreshore Amphitheatre @ 10am
Saturday 20 October 2018

Woolworths CRICKET BLAST

JOIN THE FUN

WOOLWORTHS CRICKET BLAST IS A FUN AND FAST PROGRAM FOR KIDS OF ALL ABILITIES TO LEARN NEW SKILLS AND PLAY AUSTRALIA'S FAVOURITE SPORT.

Capricorn Coast Sharks Junior Blasters
Yeppoon Showgrounds, Saturdays, 8:30am - 10am
Contact: Richard Tucker, capcoastcricket@gmail.com
Full season: 13 October - 23 March
Participation Packs & Brisbane Heat Giveaways!
Register: playcricket.com.au

JOIN THE FUN AT YOUR LOCAL CENTRE
REGISTER AT PLAYCRICKET.COM.AU

JUNIOR BLASTERS

AGES 5-7 | 60 MINS

- Learn new skills including catching, throwing and teamwork
- Make new friends or organise a group to learn together
- Wear the colours of your favourite Big Bash heroes in a personalised t-shirt
- All equipment supplied, parents join in the fun

SIGN UP NOW TO GET YOUR JUNIOR BLASTERS PACK!

Includes t-shirt with your name on it and bucket hat in your choice of Big Bash team colour, bat & ball, personalised bat sticker sheet & progression tracker.



MASTER BLASTERS

AGES 7-10 | 90 MINS

- For kids with basic cricket skills
- Every kid gets a chance to bat, bowl and field
- Wear the colours of your favourite Big Bash heroes in your choice of coloured player cap
- Make new friends or organise a group to play together
- All equipment supplied, parents join the fun

SIGN UP NOW TO GET YOUR MASTER BLASTERS PACK!

Includes player cap in your choice of Big Bash team colour & progression tracker.





**FRIDAY 12TH OCTOBER
5.45PM**

YEPPOON AQUATIC CENTRE

**BRING YOUR
TOGS, TOWEL &
GOGGLES**



**SIGN UP IS FOR 12 MONTHS
MEMBERSHIP**

