



Newsletter

Enriching Spirits - Educating Minds



Sacred Heart Catholic Primary School

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26th July

Week 2

Term 3

From The Principal's Desk

I once received this email from a lovely parent.

Dear Mr Martin

My son is unable to complete all his homework this week as he has footy training on two afternoons, dance on Wednesday followed by touch, a guitar lesson on Friday from 4pm and as we are always chasing after him on the weekends, he has to come and watch netball on Monday evening. Please call me if you need to discuss this.

I was thinking a myriad of things as I read this email: Is school not as important as these extra activities? Definitely a lifestyle balance is needed in this regard. Hope this child gets plenty of sleep.....

"Children today are busy. Regardless of age, their days are filled with activities. Under fives do a range of adult-initiated learning activities designed to give them the best start to their learning lives.

School-aged kids have a huge range of leisure and after-school activities to choose from. It's not uncommon for kids to have four and five extra-curricular activities a week.

Nothing wrong with kids being busy (Not too busy though) as long as they have plenty of chances to relax and unwind. Otherwise kids become overwhelmed and they begin to experience childhood anxiety.

Relaxation is a key to good mental health and well-being. It is an important life skill for kids to learn. It's a great way to reduce anxiety in children.

One way to help an anxious child is to make sure he or she gets bored every so often. There is a temptation to fill our children's' days with activities so that no time is wasted.

"I'm bored," is the last thing most parents want to hear their kids say. We feel compelled to do something to alleviate a child's boredom. Boredom can be good for kids' mental health and well-being, giving them the chance to muck around and take it easy for a time.

Here are five ways to help your kids unwind:

1. Let your child regularly stare into the 'fire': Ever sat around a campfire and stared at the flames? If so, you will know how calming it is. No need to think. No need to talk. Just a chance to relax. Television and other communication technologies are the modern versions of the campfire. Just don't let them stare at them for too long.
2. Let children exercise without rules: Children are the kings and queens of play. They always have been until lately when their lives have become highly organised and scheduled. Free, child-initiated play is the ultimate in relaxation. Fun games, games with few rules and games that kids control help them to unwind
3. Let children experience flow: 'Flow' is a state we get into when we are so engrossed in an activity that time disappears. We get flow when we pursue our passions so encourage teens to find activities that they truly love and get lost in. Free play takes young children to 'flow' very quickly so opportunities for unstructured play are essential.
4. Help children calm down around bedtime: Have a bedtime routine that calms kids down rather than winds them up. You can become part of this routine by reading books, telling a story
5. Unwind with your children: When I was young, my siblings and I really enjoyed the times with my dad, sitting under our house capping his ginger beer bottles. He loved it as it was a chance for him to unwind after work. Find ways you can unwind and rejuvenate with your kids.

We want our kids to be busy and be involved rather inactive and apathetic. However, activity needs to be balanced with unscheduled time so that perspective as well as everyone's sanity is maintained". (Taken from Michael Grose, parenting expert.)

Speaking of being busy, congratulations to our netballers and rugby league players on their achievements at Challenge Cup last week. After three days of what felt like continuous games and cheering, our netball teams secured the Challenge Cup Trophy and the Plate while our league boys won the Challenge Cup final and were defeated in the Medal final.

A wonderful carnival was had by all. Many thanks to the carnival organisers; Mr Tim Collins (Principal of St Benedict's), Mrs Julie McLaughlin, Mr Jeff Guhr (Sacred Heart Year 5 teacher) and Mrs Sally Page. Well done to Mrs Jen Kenny, Mrs Lisa List, Mr Guhr, Mrs Melinda and Mr Cane Murphy on their training and support of our children at this event.

I was so proud of our children's behaviour, sportsmanship, determination, manners and skills. It is definitely one of the highlights of the school year.

All the best

Max Martin



Important Dates for Term 3

July

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 11am. Our Year 6s are attending.

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 until 7.30pm. Prep to Year 6.

Monday 6th - Year 1s fire engine visit at school.

Tuesday 7th - Milo Blast cricket day at Yeppoon Showgrounds. Year 5s and 6s involved.

Wednesday 8th and Thursday 9th - Child protection training in Rockhampton. School leadership team attending.

Friday 10th - CQU robotics championships in Rockhampton.

Monday 20th and Tuesday 21st - School photos will be held.

Monday 20th to Friday 24th - Book Week

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.

Capricorn Coast Combined Schools' Mass

Next Tuesday, our Year 6 students will join with St Ursula's College, St Brendan's College and St Benedict's at St Brendan's Hall to celebrate the annual Combined Schools of the Capricorn Coast mass to mark Catholic Education Week.

Father Matthew Moloney and Bishop Michael will celebrate this mass with over 1400 students in attendance. Following mass, the children will join in a shared lunch. You are invited to attend this special event at 11am.

Our children will be bussed to and from St Brendan's, leaving school at 10.20am and returning by 12.45pm.

Director's Visit

Next Tuesday 31st July, our Diocesan Director, Miss Leesa Jeffcoat will be visiting Sacred Heart School from 1pm until 3pm.

During this time, she will be visiting classes and meeting teachers. We welcome her to Sacred Heart School.

Catholic Ethos Audit

On Wednesday, we welcomed Di-Anne Rowan and Jocelyn Benoit to Sacred Heart as part of our Catholic Ethos and Identity Audit.

They visited classrooms and spoke with staff to assist in providing feedback regarding the Catholic ethos and identity of Sacred Heart.

Their insights will assist in identifying strengths within our school and areas for future consideration and development.

KCD Athletics Carnival

On Tuesday, Sacred Heart had many students representing our school at the KCD athletics carnival.

While all displayed great sportsmanship and skill throughout the day. Special mention goes to Simon Green who came first in the multi event and won age champion for 12 years' boys.

Congratulations also goes to all 12-year-old competitors, as both the boys and girls won the overall trophy for this age group.



Twenty one children will go on to represent the KCD region at the Rockhampton District trials next Monday and Tuesday. We wish them all the best. Mrs Lisa List will be accompanying our athletes to this carnival.

Congratulations On These Achievements

To Ryley Jensen from Year 6J on being a published author, having a story he has written included in a book entitled, "Australian Lowline Cattle".

To Jesse Emery, Victoria Forbes and Roman Willson from Year 5 on their performances as part of the Yeppoon choral group's play, 'The King And I'. Jesse was one of the leads playing Anna's son, Louis and Victoria and Roman, the children of the King of Siam. This was an amazing effort.

Well done to these children.

Staff Changes

We welcome Mrs Amanda Evans who will be teaching Year 2MT, every Thursday and Friday.

Mrs Ainslee Todd will be teaching Year 5KS from Monday to Thursday.

We also welcomed back Mrs Deb McGuire, our APA and Mrs Mary O'Donnell, our APRE, from leave this week.

Many thanks to both Miss Katharine Wright and Mrs Catherine Simmonds who very competently and professionally fulfilled these leadership roles while Mrs McGuire and Mrs O'Donnell were away.

Prep Sight Testing

Sight testing for our Preps will be held at Sacred Heart this coming Monday 30th July. These are free, conducted by registered nurses and is a service through Queensland Health. Permission forms for this went home last term and were to be returned to school before the holidays. If you require more information about this service, please contact Mr Martin at school.

Whole School Disco

This will be held next Friday 3rd August commencing at 6pm until 7.30pm in our undercover area. All children from Prep to Year 6 and their families are most welcome to attend.



DISCO!

The theme for our disco is crazy hair.

There will be prizes for the best dressed.

Soft drinks, water, chips and lollies will be on sale at the disco and there will also be a sausage sizzle.

Entry is \$1 a child. Looking forward to seeing many families there.

Teacher Professional Development

On Tuesday 7th August, all Sacred Heart teachers will be joining with teachers from St Benedict's and St Anthony's, Rockhampton for a professional development afternoon which commences at 3.30pm in Rockhampton.

Because of this, our teachers will be leaving school at 2.45pm on that day.

Our children will still be at school that Tuesday until 3pm as normal. Members of leadership and teacher assistants will be supervising our children until the bell at 3pm. Thank you.

Term Three School Fees

School fees and levies for Term 3 will be sent home this week. Please contact the school office if you do not receive your account. If you have a Health Care card/Concession card that may be due to expire could you please send in your updated details so you continue to receive your discount.

If you are experiencing difficulties paying your fees please contact Helen Jeffries at our school office to organise a payment plan.

Library News

Issue 5 Book Club pamphlets have been sent home early this week. Any orders are due back to the school office by Monday 20th July please. Thank you for your support.

In Our Prayers

Please keep Corbin Thorne (son of Mrs Sheila Thorne, our art teacher) in your prayers. Corbin is currently unwell in hospital in Brisbane. We pray for his recovery.

Student Awards

Prep	Amira Mitchell, Noah Todd, Felix Shammall
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Year 1	Jacob Daniel, Georgia Carige, Marley Williams, Amelia McLean, Amelia McCaul
Year 2	Clover Shammall, Ethan Virzintas, Keyleigh Johnson, Harry Wilczek, Campbell Grant
Year 3	Byron Mitchell, Levi Searles-Munns, Nevaeh Ford, Emma Dawson, Archie Cugola, Archie Gleeson, Narlah Calvert
Year 4	Giulio Somerville, Ben Miller
Year 5	Cooper Smith
Year 6	Matilda Richards, Julia Blom

St Brendan's Indigenous Dancers

This morning on assembly, we were very fortunate to have sixteen Thursday Islander boys from St Brendan's College, Yeppoon perform for our school community and many of our local kindy groups.

They were amazing.

Following their dancing for our whole school, they spoke with our Preps and then our Year 4 children in regard to their indigenous studies.

Many thanks to Mr Peter Bartlett from St Brendan's College and the boys for visiting us. It was a very worthwhile experience.



Year 6 Fundraising Raffle

Our Year 6s are currently holding a raffle to raise funds for their camp to be held in Term 4 at Mapleton.

The prizes include seven nights accommodation at Amity Pines holiday resort on North Stradbroke Island, one day's fishing with Hooked Fishing Charters, a travel pack with \$200, a health and fitness hamper worth \$150 and a Rebel Sports voucher worth \$400.

Tickets are \$2 and will be sold from our undercover area commencing next week. It will be drawn at our school assembly before Father's Day. Thank you for your anticipated support of our Year 6s.

2019 Prep Enrolments

Enrolments at Sacred Heart are being taken for the 2019 Prep year (children born 1/7/2013 – 30/6/2014). Please register at our school office if you have a child who will be attending Sacred Heart Prep next year or if you know of any families who are intending to send their children to Sacred Heart. Thank you.