



Newsletter

Enriching Spirits - Educating Minds



Sacred Heart Catholic Primary School

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16th August

Week 5

Term 3

From The Principal's Desk

Many years ago now when my youngest son was in Year 7, he had a classmate who would on most days come to school, tired and disinterested. When I would ask this child what he had been up to, on most nights of the week, he would say gaming. Black Ops was the preferred choice. Now in all my wisdom, I had many conversations with this boy, imparting advice about getting plenty of sleep and that he needed to devote more time to his school work as he probably was not going to get a job in the future involving gaming.

Moving forward to three years ago, my youngest now 20, calls me very excited late one night to say that he had just met this same boy at the Regatta Hotel in Brisbane and that he had just been signed by Red Bull to compete as an online gamer.

The boy said that Mr Martin had to know this and that he was glad he had not listened to my advice given many years ago.

Our children's digital diet is an important issue that all families need to address as it is a daily occurrence that some of our Sacred Heart children are coming to school saying that they have played online games well into the night.

I am the first to say that one should never tell others how to parent however the following article from Martine Oglethorpe, an accredited speaker with the office of eSafety commissioner who works closely with parenting expert, Michael Grose, is quite helpful.

When considering your child's or young person's digital diet, it's important to move beyond the notion of keeping kids safe to look at the types of activities their screen-time might be denying them.

There are many aspects to take into account including the maintenance of mental and physical health; fulfilling school and family duties and ensuring that young people develop a full myriad of real world communication skills.

For the sake of living a balanced life ensure your child has sufficient time for:

1. Sleep: It's extremely important that kids are getting a good night's sleep. Keeping devices out of the bedroom when they are young, and avoiding the screens for at least an hour before bed, helps ensure their sleep needs are met.

2. Boredom: Today's kids don't tend to get as much time to be bored as kids used to. It is an important skill to be able to fill in their time themselves. Bored time promotes creative play and thinking as kids are forced to come up with other ways to amuse themselves.

3. Connection: Face-to-face interaction is obviously crucial for children's social and emotional development and wellbeing. Time with friends, siblings and family members must always be a priority. Learning to engage, problem solve and read body language and facial expressions are all crucial skills that need real-life time and experience to develop.

4. Physical activity: A healthy body and mind requires activity and movement. Kids still love to get out and play. However, some may need a bit more encouragement to remind them.

5. Reflection: Whilst playing games may be described by many kids as their downtime (and yes, there is some validity to this argument) kids also need downtime that involves doing very little. It is in these moments of reflection, of thinking and of pondering, that our ideas come to us and our creativity for other activities flows.

6. Focus: There are times of the day when all of us need to be focused on other tasks. These may be homework, chores, reading a book or the newspaper, building something or making something. There needs to be time in kids' days where they are able to focus solely on a task without the distractions of a screen.

7. Family meals: Getting plenty of good food is of course very important to kids' wellbeing. But it's not just about the food. Sitting at the table with parents, siblings or others, focusing on enjoying a meal together without the need of a screen, helps children to develop good habits while they are young which they can carry into the future.

Obviously, there will be times when all these needs are not completely balanced. There will be periods when screens are used more often and times when one or more valuable needs is neglected. But if we can use this as a guide and aim to fit the many key experiences our kids need into each day, we are much more likely to ensure our kids grow up with a healthy respect for their screens and a healthy respect for the many areas of their life that need to be nurtured.

All the best

Max Martin

Principal

Important Dates for Term 3

August

Friday 17th and Monday 20th - School photos will be held.
Monday 20th and Tuesday 21st - Capricornia athletics carnival in Emerald
Monday 20th to Friday 24th - Book Week
Thursday 23rd - Book Week dress up assembly
Monday 27th - Sacred Heart P. and F. meeting at 5.30pm.
Wednesday 29th - Free dress day for drought appeal. Please bring a gold coin donation.
Thursday 30th - Year 6 Fathers' Day raffle drawn.
Thursday 30th - Year 1 excursion to Heritage Village in Rockhampton.
Thursday 30th - Year 2 excursion to Archer Park train museum in Rockhampton.

September

Sunday 2nd - Fathers' Day
Sunday 2nd - P. and F. free breakfast at school. All welcome. 9am - 11am at school.
Monday 3rd - Life Education van at Sacred Heart
Friday 14th - Final day of sport for Year 5s and 6s.
Monday 17th - Prep swimming lessons commence at Cooe Bay pool
Wednesday 19th - Catholic Education Interschool touch football carnival in Rockhampton.
Friday 21st - Final day of Term 3

Sacred Heart School Father's Day Breakfast

Fathers and grandfathers are invited to join us for our Father's Day breakfast on Thursday 30th September commencing at 7.45am in our MPA.

This will be followed by a prayer assembly presented by 2W. Come and join us on this special morning.

Sausage Sizzle breakfast: Sausage on bread - \$1 Popper - \$1

School Photos

School photos will be taken this Friday, 17th August for all Years 5 and 6 and Year 2MT and Monday 20th August for all other classes.

Please ensure that the order envelopes are returned to the school, either tomorrow, Friday 24th August or Monday 20th August.

Thank you.

Assumption Mass

On Wednesday, the Feast of the Assumption was celebrated at Sacred Heart Church with a combined mass of Sacred Heart Primary School, St Benedict's Primary School and many parishioners.

It was wonderful to see over 700 children from the two Catholic primary schools, staff, parishioners and family members gathered in prayer for this great occasion.

This was a joy-filled mass that honoured Mary's assumption into Heaven and the special role model she can be for each of us. Thank you to all who assisted in making this mass such a prayerful and meaningful celebration.

Thank you to Father Matthew for celebrating with us.



Congratulations to the Robotics Students

Congratulations to the following students in Years 5 and 6 who competed in the CQU Robotics Competition last Friday: Deep Bhowmik, Keeley Bones, Victoria Forbes, Charley Neubecker, Hugo Rothery, Sienna Prieto, Sam Hooper, Dan Rees, Roman Wilson, Cooper Hall, Nikeeta Simmonds, Caitlin Housman and Eva Bird.

Deep and Keeley received 1st place in the Primary Dance category, competing against 23 teams. Nikeeta, Caitlin and Cooper gained 3rd place in the Primary Rescue category, competing against 51 teams.

Thank you to Mr Denis Murphy and Mrs Suthers who each week mentor our robotics students and to Mrs Robyn Finch from CEO for her expertise.



Sacred Heart P. and F. Association - Fathers' Day Breakfast

Our P. and F. Association invites all our families to join us from 9am – 11am on Sunday 2nd September for a free breakfast (bacon and egg burgers, sausage sizzle, scones, jam and cream, poppers, tea and coffee.)

This event will be held in our undercover area at Sacred Heart School.

Our children and their families will enjoy the jumping castles and spoil dad with a homemade card or foot massage.

Bookings can be made at:

<https://www.trybooking.com/415382> <https://www.trybooking.com/XQMG>

The purpose of this booking is to gauge numbers for catering. So if you are able to attend hop online at one of the above trybooking links and tell us how many from your family will be attending.

Important Car Park Message

This message is a quick yet important reminder to all our families about our children's safety in and around our school car parks.

Over the past three school days, I have been supervising our children as they leave school via the Barracuda Crescent car park.

I wish to say thank you to all our families who use this carpark on keeping to the 10 km/hr speed limit and for parents/carers leaving their vehicles and collecting their children from the school grounds which is the required procedure.

A reminder about this procedure, in that our children are to be collected from our grounds and walked to their car in the afternoons. They are not allowed to just walk alone in this car park.

Thank you for your continued support of this as our children's safety is of utmost importance.

Second 2019 Prep Open Day

All prospective Prep families for 2019 and indeed any new family to Sacred Heart are invited to attend our second open day we are having at our school.

This will be held on Wednesday 22nd August at 9am and then again at 10am. Please feel welcome to come and join us at these times and then stay for a morning tea.

Prep Interviews For 2019

Interviews for Prep enrolments for 2019 (new families) will commence on Saturday 1st September. Our office secretary, Mrs Marg Kershaw will be contacting families who have returned enrolment forms to school to arrange a time.

Our numbers for Prep next year are looking very encouraging and I ask families who are wishing to have their children in Prep at Sacred Heart to complete an enrolment form and drop it into school. This can also be done online by visiting our school website. Thank you.

Year Six Camp Fundraising Raffle

The Year Six fundraising raffle closes on 29th August. All sold and unsold tickets need to be returned to the office by 24th August. Books of tickets are still available from the school office. Thank you.

Representation at Capricornia Athletics Carnival

Well done to Amy Campbell, Simon Green, Tyler Melrose, Isla Rothery, Murphy Catt and Demi Sandilands on their selection to represent our Rockhampton District at the Capricornia athletics carnival to be held in Emerald next week on 20th and 21st August.

We wish them all the very best.

Student Awards

Year 1	Riley Hildebrandt, Zali Dooley, Kai Nielsen, Mackenzie Rapmund
Year 2	Cash Warner, Alicia Hamilton, Kaden Davey, Ava McPhee, Addison Kona
Year 3	Sabina Bridgeman, Mac Cameron, Sonny Eyles, Mikuni Park, Kaleb Asmussen
Year 4	Kaitlyn Kershaw, Tyson Williams, Hunter Ballard, Sarah Hall
Year 5	Oliver Dadson, Bria Goldman, Aden McDonald, Rafferty Donaghy, Avalinn Mason
Year 6	Tyler Melrose, Abby Miller, Esther Stevenson, Izabella Elliott, Roman Willson

Prep Excursion

This Tuesday 21st August, all our Preps, their teachers and teacher assistants are travelling to Rockhampton to the Pilbeam Theatre to see the play, 'Josephine Wants to Dance'. This is about Josephine, a kangaroo who loves to dance. However her little brother tells her that kangaroos don't dance, they hop.

They are leaving school at 8.50am and returning by 1.15pm. We hope that they enjoy this experience.

Free Dress Day For Drought Appeal

Wednesday 29th August will be a free dress day at Sacred Heart as we raise monies for our drought appeal.

Children are encouraged to wear appropriate free dress (being sun safe and having proper footwear) or even come dressed as a farmer and bring a gold coin donation for the Catholic Education drought appeal.

Thank you for your anticipated support for this worthwhile cause.



Free Dress

BOOK WEEK

COME DRESSED AS YOUR FAVOURITE
BOOK CHARACTER

-Thursday 23rd August-



Book Fair



Altar Server Invitation

Children in Year 4 and above are invited to be part of the ministry of altar serving at our school and weekend masses. This is an important ministry and provides an opportunity for children to be actively involved in the mass.

If your child is a current altar server or wishes to commence as an altar server, please complete the form sent home today. It is also attached. Training will be provided for our interested students at a time to be advised.

Link to ['Altar Servers Note'](#)

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](#)

Central Regional Working Party Update

From the information gathered at the Regional Catholic Assembly in 2017, the Regional Working Party is conducting a survey.

This survey will collect important information about what you feel God is asking of the Catholic Church in our region, at this time.

This information will form a significant part of the discussion at the next regional gathering. The survey will be available for two weeks in September and be available in both digital and paper formats.

More details regarding this in next week's newsletter. Thank you.

Community Notices

The poster is divided into two main color sections. The top section is red and contains all the text information. The bottom section features a photograph of four young athletes (three boys and one girl) dressed in triathlon gear, including helmets and race bibs. They are posed as if they have just finished or are about to start a race. The background behind them is split diagonally between blue and white, with a pattern of red circles on the right side.

CQPhysio
GROUP
cqphysio.com.au

CHALLENGE THE MOUNTAIN
TRIATHLON
AND BOUTIQUE BY MERIDIAN

CHALLENGE THE MOUNTAIN 2018

NOT JUST FOR ADULTS

01 September 2018 | Mt Archer, Rockhampton

Why should the adults have all the fun? Challenge The Mountain is also open to Juniors!

- All Timed
- Ages as of 01/09/18
- Under 11 (~1km)
- Under 14 start at the saddle (~3km)
- Medallions for 1st, 2nd & 3rd
- All participants receive a special memento
- Numbers restricted to 20 runners and 20 cyclists in each age group

APRA AFFILIATED

2018 ST BRENDAN'S COLLEGE CENTRAL ISUZU RODEO

SATURDAY 1ST SEPTEMBER
MAIN RODEO AT 5:45PM
 INTER-SCHOOL EVENTS FROM 12PM
\$10 PER PERSON | UNDER 16 FREE

FRIDAY 31ST AUGUST
SBC BOYS RODEO
 TRANS TASMAN ROUND 2
 COMMENCES 5PM | GOLD COIN DONATION

APRA AFFILIATED RODEOS INCLUDING

OPEN BULL RIDE	JUNIOR BULL RIDE
TEAM ROPING	SADDLE BRONC
OPEN BAREBACK	OPEN SADDLE BRONC
LADIES BARREL RACE	LADIES BREAKAWAY
ROPING	STEER WRESTLING
RACING	JUNIOR BARREL
TASMAN RODEO FINAL	FATHER/MOTHER SON
STEER CATCH	2ND DIVISION BULL RIDE

FOOD & BAR AVAILABLE • CHILDREN'S RIDES AND STALLS • ENTERTAINMENT • COURTESY BUS AFTERWARDS • SOBER - NO DRINKS OR CAMPING ALLOWED

MORE INFO: stbrendans.qld.edu.au | 07 43399465 | rodeo@stb.qld.edu.au



SIGN ON DAY

Join a lifestyle | lifesavingpathways.com.au



Where: **Emu Park Surf Life Saving Club**

When: **Sunday 2nd September 2018 & Sunday 16th September 2018**
09:00 to 11:00

Who: **Nippers DoB between 1 October 2004 and 30 September 2013**

Bring: **Identification – birth certificate and driver license**
Togs, towel, goggles, sunscreen for pool evaluation swim

Cost: **Family membership - \$220**
Stinger suits, hi-vis rashies, nipper caps, togs, t-shirts on sale

Season start: **Sunday 7th October 2018 at 09:00**

Come and try: **Sunday 7th Oct, 14th Oct, 21st Oct**

Contact: **Kurt Goodwin – JAC@emuparkslsc.com.au – 0409792372**

YEPPOON SHARKS

MACCAS® MINI MEET

COME+TRY!

FOR 4 YEARS AND OVER

RACES, FUN & GAMES
GIVE AWAY BAG FOR ALL PARTICIPANTS

WHEN:
Sunday 19th August 4pm

WHERE:
Yeppoon Aquatic Centre

Register for your free ticket at the Yeppoon Aquatic Centre Kiosk
or on Facebook
@YeppoonSharks