



# Newsletter

Enriching Spirits - Educating Minds



## Sacred Heart Catholic Primary School

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1st November 2018

Week 4

Term 4

### From The Principal's Desk

Buy a fridge, a car, a computer - any major appliance and it comes with a manual. Often including a translation, at least, in Greek or Hindustani and appendices of brand name parts and a handy table that offers a quick fix it guide. This bit squeaks, that doesn't close, such and such, a light doesn't blink ..... well do this (generally, plug it in).

But the most extravagant drain on our purse isn't the house or car but our children. Yet this expensive investment doesn't come with a manual.

There are lots of manuals out there from Steve Biddulph, Dr Green and your mother-in-law but none will be just perfect for one family let alone for one child. Just when you've worked out your quietly, wilful daughter, you'll get a crazy, ingenious son or your child will "progress"(?) to another stage first after you've got the stains off the wall from the last one.

So what can we do with no reputable dealer to ring, no warranty that allows a refund?

Well the best idea is to have a "sense of parenting". Gather the nuggets of Truth from theory, advice, common sense and old wives tales that appeal to you. But have some form of a personal parenting theory. Many of us just survive day by day as parents, not appreciating what a great gift/s we have received in our children and reacting or acting on instinct with each new parent-child/teenager/young adult incident. (I know because I'm guilty.)

With this in mind, Dr Jodi Richardson, a renowned mental health, wellbeing speaker will be delivering her 'Happier on Purpose' presentation at the Yeppoon Town Hall on Wednesday 7th November from 7pm.

This is a free community event for all Yeppoon families and is being proudly brought to you by Sacred Heart and St Benedict's Primary Schools.

Her online biography reads that Jodi is dedicated to helping parents and teachers understand the origins and physiology of anxiety in their children and students and how to thoughtfully and flexibly respond, rather than react, to the anxieties of the young people in their care, so they may begin to flourish.

Knowing that happiness comes not from what we have but what we do, Jodi redefines happiness and shares the science-backed skills young people need to increase their wellbeing and navigate the ups and downs that are a part of being human. Habits for mental health and happiness, so that young people can create a full and meaningful life, are integral to Jodi's work.

Her natural warmth, openness and honesty, combined with her ability to share happiness and wellbeing science with ease, empowers and inspires parents/carers to take action.

One parent wrote about her presentation, "I have no doubt that everybody that has the privilege of hearing Jodi speak will be inspired – just as I was. Her presentation made me aware of how and motivated me to make a conscious effort to change to become happier – I know this will have a flow on effect for my family. I would most definitely recommend Jodi's presentations to anyone."

I encourage our Sacred Heart families to make it along to this presentation next Wednesday from 7pm. It will be worth your while.

Following the presentation, there will be a free light supper at the venue for those attending to interact and spend some time with Jodi.

All the best

Max Martin

Principal

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

## Important Dates

### October

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

### November

Thursday 1st - All Saints' Day

Friday 2nd - All Souls' Day

Saturday 3rd and Sunday 4th - Queensland All Schools Touch Football carnival in Brisbane. Sacred Heart is competing.

Tuesday 6th - Melbourne Cup Day

Wednesday 7th - Dr Jodi Richardson presentation 7pm at Yeppoon Town Hall

Thursday 8th - Grandparents' Day assembly 8.40am with 3H

Thursday 8th - Year 1 excursion to the Lagoon.

Friday 9th - Year 5 excursion to Mount Morgan for their HaSS gold rush unit.

Sunday 11th - Remembrance Day

Tuesday 27th - Sacred Heart School carols with all our children involved from 6pm in our MPA.

Thursday 29th - Advent whole school assembly. Year 3S presenting.

Friday 30th - Year 2 / 3 and Prep / Year 1 swimming carnivals at Cooe Bay pool

### December

Monday 3rd - End of Year School Thanksgiving Mass at Sacred Heart Church

Monday 3rd - Children's Semester Two report cards available today

Thursday 6th - Final school assembly for Term 4

Friday 7th - Last day for school for 2018. School concludes at 3pm

## Grandparents' Day At Sacred Heart

A reminder that Sacred Heart will be celebrating Grandparents' Day on Thursday 8th November with assembly at 8.40am, led by Year 3H.

Following assembly, our grandparents will be invited to visit classrooms and then to join with us for morning tea in our multi purpose area.

All our grandparents are most welcome to attend.

## Year Six Camp

Our intrepid Year 6s arrived in Mapleton and were greeted by the sound of rain on our bus which was quite refreshing and unusual.

That afternoon and evening were reasonably quiet and most were in bed asleep by 10pm.

Tuesday saw each of our groups involved in a plethora of activities including rock climbing, abseiling, canoeing, orienteering, the giant swing and archery.

The weather treated us well and everyone appeared to thoroughly enjoy themselves.

Many children surprised themselves and their instructors with their determination and skill shown especially with abseiling and the rock wall climbing.

The evening saw many of our 6s displaying their artistic abilities in a talent show, followed by some Just Dance routines.

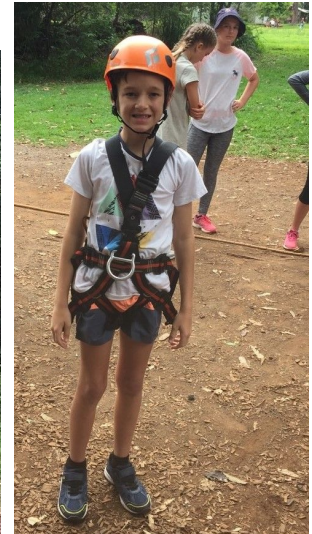
The food has been amazing with all our children's tastes being catered for. Tuesday night's meal had a real Asian flavour.

Wednesday saw our groups completing their activity rotations with some free time for games in the afternoon.

All going well.

Mr Martin





### Farewell To Mrs O'Donnell

As mentioned in last week's newsletter, Mrs Mary O'Donnell, our school's assistant to the principal, coordinating Religious Education, is resigning from her leadership position and teaching at Sacred Heart, at the end of this year.

Mrs O'Donnell has been at Sacred Heart for the past 18 years as a teacher, assistant to the principal coordinating Religious Education and principal.



A farewell function will be held to celebrate Mary's wonderful contributions to our school on Friday 16th November at the Yeppoon Sailing Club commencing at 5.30pm until 8pm.

Nibblyies will be provided and drinks will be available to purchase. Please place this date in your diary and we hope to see lots of people in attendance. If you are attending, I ask that you email our office secretary, Mrs Marg Kershaw at [shy@rok.catholic.edu.au](mailto:shy@rok.catholic.edu.au) to rsvp. Thank you.

This will be an adult only event with our children acknowledging Mrs O'Donnell's contributions to Sacred Heart at school.

### Bishop Michael Visit

Last Friday , we welcomed Bishop Michael to Sacred Heart School. He was accompanied by Mr Mike Kelso (Assistant Director of Schools - Rockhampton Region), Father Matthew and Father James.

Our guests attended a Prep to Year 2 assembly hosted by our Mini Vinnies children who creatively shared the story of the Generous Giant.

Following a tour of the school, our guests enjoyed afternoon tea with the staff. They then had the opportunity to visit a number of our classrooms (Prep C and S, Year 1R, Year 4G, Year 5G, Year 6H), experiencing meditation, singing and answering a range of interesting questions from our children.

We thank Bishop Michael for visiting Sacred Heart and hope he enjoyed his time with us.



### Class Excursions

Next week, our Year Ones are visiting the Yeppoon Lagoon on Thursday 8th November, as part of their HaSS studies. Our children will be going to this venue in the morning session and will find out all about the Lagoon and will even have a lifeguard tell them about what they do there.

Our Year 5s also, as part of their HaSS studies on the Australian gold rushes, will be travelling to Mount Morgan on Friday 9th November, to visit many historical sites pertaining to this topic.

We wish both these year levels all the best for their educational trips.

### Primary All Schools Touch

This weekend, Sacred Heart is competing for the first time at the Queensland All Schools' Touch Championships in Brisbane.

Approximately 200 school teams from across Queensland in three divisions: girls , boys and mixed, will be playing over the two days. Sacred Heart has a team in the boys' competition.

They have trained quite well over the past month and we wish them all the best. Thank you to Mr Scott Minto for accompanying our team over the weekend and to Mrs Jeffries for organising our arrangements.

### Health Record

Information regarding the 'My Health Record' is available from the link below.

Link to '[My Health Record](#)'

## Australian Catholics Magazine

The summer edition of the Australian Catholics' magazine is being distributed to each family this week. This free magazine contains many interesting articles with this edition focusing on different ways to pray. Whether it is due to a lack of time and space, or some deeper difficulty in connecting with God, many find it difficult to pray in their lives.

This edition looks at why prayer is an important part of our faith, and at some of the different ways people experience God through prayer.

For additional articles, information and links please visit the comprehensive Australian Catholics website <https://www.australiancatholics.com.au/>.

## Reflection and Prayer Requests for the Deceased

This week we recognise the Feasts of All Saints Day (November 1) and All Souls Day (November 2). On these days we particularly pray for those who have died. The reflection from Fr Matthew draws on the insights of renowned priest, Fr Ron Rolheiser, who explains why we pray for the dead. It is interesting reading.

During the month of November, Fr Matthew has invited the schools to each have a prayer requests book with the names of deceased family or friends that we wish to pray for. The names will be recorded in our book and presented at the weekend masses. Our parish community will join in prayer for those named. If you would like to add a name to this book, please ask at the front office or email ... with your request.

<http://ronrolheiser.com/praying-for-the-dead/#.W9hjFRNKjiA>

[www.facebook.com/ronrolheiser](http://www.facebook.com/ronrolheiser)

## Spiritual Connections

Please find below a link to Sr Kym's reflection. We hope it provides some spiritual guidance.

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

## Student Awards

<b>Prep</b>	Cooper Higgins, Flynn Palaiet, Ivy Ballard, Charlie Campbell, Amira Mitchell, Max Atkins
<b>Year 1</b>	Zali Dooley, Jacob Daniel, Mackenzie Rapmund
<b>Year 2</b>	Aiden Goodger, Thea Gregson, Hunter Hixon, Ruby White, Layla Carswell, Sebastien Hatte, Pieta Pilcher, Evie Richards, Cash Warner, Quin Warren
<b>Year 3</b>	Narlah Calvert, Alarnii Lyon, Lucas McLean, Mac Cameron
<b>Year 4</b>	Ruby Hay, Amelia Reid, Emmersen Rutledge, Preston McFarlane