



# Newsletter

Enriching Spirits - Educating Minds



## Sacred Heart Catholic Primary School

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Week 6

Term 4

### From The Principal's Desk

Yesterday, during my PE lesson with our Prep classes, one of my little chargers came up to me, after having thrown down the stumps a few times with a soft cricket ball and then hit the same ball off a batting tee with great precision and said, "Mr Martin, this has been the longest day of my life, today. In fact, this has been the longest year of my whole life."

Solemn words from an 'older man' in a very, very young man's body.

The final term of the school year is a crazy time not only in schools but in all aspects of our lives.

End of year reporting, concerts, budgets and planning for the impending holidays and Christmas, swamp us at a time when our energies may be low and many of us feel we are running on empty.

By the end of the year, we are more likely to be sensitive, *'thin skinned'* and emotional because we are run down and in need of that well-earned break. We shouldn't be surprised. The same thing happens at this time every year. The important thing is how we respond to this challenge.

Monitoring our talk and our sensitivity are particularly important at this time of the year. We are far more susceptible to allowing irritations that would not normally have an affect on us to get to us. Our resistance is low and we are vulnerable to both attack from outside and poor decisions within. Now is the time to watch our words, resist the temptation to *'shoot from the hip'* and make decisions on the run.

It is when times are tough that reputations are truly made. A harsh or insensitive word to someone can undermine our good work in building relationships throughout the year. It is important to be aware of our moods and on guard that we think before we act.

Remember back to the start of the year. Most of us start the year with energy, vim and vigour. We were rejuvenated by the break and were ready to put all of our energies into being as effective as we possibly could.

The old adage *'beginners are many, finishers are few'* is worth remembering.

It is important to finish strong, just like we started the year. Whilst our reserves may be running low, it is vital to remain focused and finish the year well. Our credibility in the eyes of others is based on results. Our ability to complete our projects, meet deadlines and follow tasks through to completion.

*"A brand for a company is like a reputation for a person. You earn reputation by trying to do hard things well."* Jeff Bezos,

Founder and CEO Amazon

Stephen Covey, the author of the book, "Seven Habits of Highly Effective People" talks about when world-class marathon runners *'hit the wall'* and they feel like they can't go on, instead of focusing on their exhaustion and how tired they are feeling and going into the *'survival shuffle'*, they lift up their head and *pick up the pace*.

This is a vital mind set for everyone at this time of the year. By picking up the pace, you are really saying to yourself that you're not just going to finish, you're going to finish strongly. (By Steve Francis MScM, Bed, DipT)

Finally, we wish all our Year 12s the very best for the future as they complete their formal schooling tomorrow. We ask that God keeps them safe and that life after school treats them well. Well done, also, to all the mums, dads and carers who have made it successfully through another 13 years of lunches, uniforms, homework, assignments, carnivals, recitals .....

All the best

Max Martin

Principal

## Important Dates

### November

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.

Thursday 29th - Year 4, 5 and 6 dance showcase in our undercover from 2pm. All welcome.

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

### December

Monday 3rd - End of Year School Thanksgiving mass at Sacred Heart Church at 10am.

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

Thursday 6th - Final school assembly for Term 4

Thursday 6th - Our Year 6 are away from school at Coolwaters from 9.30am until 2.15pm.

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

Friday 14th - School office closes at 1pm today.

### January 2019

Monday 21st - School office reopens at 8am.

## Farewell to Mrs O'Donnell

As previously mentioned, 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 this Friday 16th November at the Yeppoon Sailing Club commencing at 5.30pm until 8pm.

Nibbles 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,

**RSVP** [shy@rok.catholic.edu.au](mailto:shy@rok.catholic.edu.au).

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

## APRE For 2019

An extremely important role at a Catholic school is that of the APRE: the assistant to the principal coordinating Religious Education.

Mrs Mary O'Donnell has fulfilled this role now for the past eighteen years and as a school family we wish her all the very best in her retirement at the end of this year and thank her for fulfilling this role so wholeheartedly.

Interviews for our new APRE were conducted this week.

Congratulations to Mrs Melissa Collins on being successful in gaining this role commencing 2019.

Mrs Collins who is currently teaching Prep at Sacred Heart, brings her enthusiasm and professional attitude to this role. Her strong ties with our parish and skills in liturgy preparation and music will be greatly appreciated.

## Christmas Appeal Launch

Today on assembly, 5A and members of Mini Vinnies launched our annual Sacred Heart Mini Vinnies' Christmas Appeal.

Each year, Sacred Heart supports the needy through this appeal, with each class adopting a family from our local community.

Our Yeppoon Vinnies' Conference coordinates the anonymous families and ensures that the donated gifts are delivered in time for Christmas. It is requested that gifts are new and unwrapped. They can be delivered to your child's class.

Non-perishable items can also be donated to assist with Christmas hampers to be distributed to the needy.



### Farewell Father James

Today at assembly, we farewelled Father James who has been assisting in our parish for the past three months. We thank Father James for his contributions to our school and parish and wish him every blessing as he begins his ministry in Rockhampton.

### Sacred Heart School Carols' Evening

Our whole school carols' evening will take place on Tuesday 27th November commencing at 6pm in our multi purpose area.

It is expected to take approximately 45 minutes.

All children will be involved and families are invited to join in the Christmas spirit at this school community event.

Please bring a chair.

### Frankie Award

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

Congratulations to:

**Ivy Ballard Prep S** for cleaning up the Prep area after eating time. Thank you.

**Toran Cooper 3H** for being very careful to ensure rubbish does not go in the gardens where the Year 3s have lunch.



### MJR Award

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 recipients for this week:

**Jessica Gleeson 5G** for interacting in such a caring manner towards your classmates. Thank you.

**Aden McDonald 5A** for displaying good sportsmanship while playing lunchtime touch.

**Cooper Higgins Prep S** for displaying great manners and letting





others go before you at the drink taps.

**Jai Ray Prep C** for showing great determination and skills while playing cricket at PE this week.

**Tilli Sing 6H** for always having a positive attitude towards all you do and for being so considerate of others. Well done.

**Grace Vaughan 4G** for interacting so well with your peers and for always having a very responsible attitude.

### Baptism Congratulations

Congratulations to Adelaide Gill (3N), and Adeline (PC), Aden (5A) and Davis (2W) McDonald who will be baptised on Friday November 23rd at Sacred Heart Church. This is an important step in their faith journey and we ask God's blessings on them and their families at this special time. Each of the children's classes will attend this celebration. You are also welcome to attend.

### Term 4 Fees and Levies Reminder

Thank you to all parents who have paid or are paying off their school fees.

The due date for payment was last Friday 2<sup>nd</sup> November. If you have no children attending Sacred Heart in 2019 all fees owing need to be paid by the conclusion of Term 4, 7<sup>th</sup> December, 2018.

Please contact either the principal (Max Martin) or the finance officer (Helen Jeffries) if you wish to set up a payment plan to pay off any outstanding fees.

### Premier's Reading Challenge

Congratulations to the 48 children who participated in this year's Premier's Reading Challenge.

Each child who participated in the challenge was put in a class draw to receive a book. Thank you to the P. and F. who kindly donated the books to be presented.

The draw recipients were presented their prize on assembly this morning by our P. and F. president, Mrs Nat Salisbury and the certificates for all participants were sent home with children today. Well done to all involved.

### Welcome

To a new family to our school: Alexis in Year 4M and her mother, Emma. We welcome them into our school family and wish them all the best for their time at Sacred Heart.

### Remembrance Day 2018

Last Sunday, our Yeppoon community gathered at 10.30am to commemorate the 100th anniversary of the signing of the armistice that signalled the end of WW I.

Many thanks to the members of our Sacred Heart family who were able to make it along to this important event. Our Year 6 and 5s laid a wreath.



## Year 5 Excursion To Mount Morgan

Last Friday, our Year 5s travelled to Mount Morgan as part of the Gold Rush HaSS unit. They visited the town's museum which was filled with artefacts from the gold rush, walked the main street and the swinging bridge and then made their way to the railway museum which was very informative and hands on.

Following are some thoughts from the day:

I enjoyed seeing all the older cars, the fire engine and the old hearst at the museum. **Ruby**

The equipment they used to obtain gold from the mine was quite interesting. **Keely**

Going into the old train was great because we got to go into where the driver sat. **Archie**

In the museum, we saw the instruments used to take out a person's tonsils. It was very unusual. **Jessica**

The 3D video about the trains getting up the steep incline into Mount Morgan was interesting. **Leah**

The hearst at the museum was fascinating. **Oliver**

The old wireless in the museum was very odd. How did people use it I thought. **Ella**

I found the lady talking about the old fire truck and how it put out fires very interesting. **Sophie**

The railway station where we were able to touch lots of things was great. **Raif**

The swinging bridge looked a bit scary but it was very safe. It was named after the first man from Mount Morgan to have died in WW I. **Tileah**

## Parish Youth Mass

The Parish Youth mass will be held at 6pm Mass this Saturday, 17th November. Everyone is welcome to attend.

## Parish Mass at Sacred Heart School

Next Thursday 22nd November, we will host the 8am parish mass at Sacred Heart School.

All members of our community are invited to attend. Father Matthew will be celebrating with us.

## Student Awards

<b>Prep</b>	Felix Shammall, Emmi Taylor, Max French, Chelsea Allen, Josie Prince
<b>Year 1</b>	Ashton Finch, Ruby Fooks, Olivia Kronk, Jaxon Mitchell, Adam Van Zanden-Gillen, Samuel Miller
<b>Year 2</b>	Campbell Grant, Kaden Davey, India Hawkes, Hannah Hooper, Bailey Senior
<b>Year 3</b>	Ashton Prieto, Ashton Jensen, Nevaeh Ford, Charlie Palairet
<b>Year 4</b>	Ethan Pedersen, Cooper Morton, Abby Robertson, Blayze Murphy, Charlie Bone
<b>Year 5</b>	Eliza Green, Oliver Dadson, Callum Wallis, Makayla Pianta, Neassa O'Reilly
<b>Year 6</b>	Matthew Kershaw, Cooper Hall, Rebekah Jensen, Lachlan Stenhouse

## Spiritual Connections

Each week, we provide a link to d Sr Kym's reflection of the week. We hope these provide some spiritual guidance.

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