



Newsletter

Enriching Spirits - Educating Minds



Sacred Heart Catholic Primary School

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Week 1

Term 1

From The Principal's Desk

Welcome back, everyone especially to all our new families. Hoping you all had a wonderful break. As I told one of our Year 5 classes today, the holidays seemed to go on forever. Not that they agreed.

Meeting our families on the first day back in our MPA is always a highlight of the new year with all the energy, enthusiasm and huge smiles that go with it.

The start of every year provides us with a great opportunity to remind ourselves of our Mission Statement and hopefully why we are part of our Sacred Heart school family.

It reads: *With Jesus as our companion, we honour the past, enrich the present and shape the future as we celebrate our Journey together, Excellence in learning and life, Spirit of love, forgiveness and fun, Unity in developing personal gifts and potential and Support of one another in a safe and caring community. Through respect for God, self, others and our environment.*

The most important document in our school, along with our school motto which is "Enriching Spirits. Educating Minds" is our Mission Statement.

It is something that must remain alive and active. Our mission statement highlights the community aspect of Sacred Heart. We are a community: parents, carers, grandparents, staff, students, parish priest, parishioners and as such, rely on each other for support and encouragement which is always important at the start of a new year.

We look forward very much to what lies ahead.

Once again, I welcome all our families back to Sacred Heart and look forward to working with you in nurturing your children and providing them with meaningful educational, social, cultural, sporting and spiritual opportunities.

Finally, I wish to share an article from a leading parental educator, Michael Grose and his words of wisdom about commencing a new year.

All the best

Max Martin

"A new school year means a fresh start for children. A break offers students the chance to begin new habits and adopt new behaviours. Here are seven ideas to help you make the most of the fresh start:

1. Commit to your child going to school every day on time

One of the most important things you can do is to make sure he or she goes to school every day and gets there on time.

2. Help kids start each day well

A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time to get up, eat and get ready for the day.

3. Establish work and study habits

The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school's expectations. Find out the work expectations from your child's school and help them establish a work routine that matches their personality, lifestyle and family style. Be flexible here as one size doesn't fit all when it comes to study routines.

4. Make sure your child gets enough sleep

A good night's sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help them get sufficient sleep by having a regular bed-time and get-up time each day. Have 45-minute wind-down time each night and remove screens and mobile phones from bedrooms.

5. Get your children outside more for good physical and mental health

Health professionals recommend a minimum of 60 minutes of exercise per day for children of all ages. Encourage them to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. Focus on being friendly

Schools are very social places requiring children to negotiate many different social situations each day. Encourage them to be open and tolerant; to be friendly; to be involved in plenty of activities and to be social risk-takers.

7. Develop self-help skills

Successful students are often well-organised, self-directed and self-motivated. You can foster organisational skills and self-direction by developing skills related to their everyday lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how children perform at school.

At the start of the school year, our children are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas and you'll find that the rest may well fall into place."

<https://www.parentingideas.com.au/blog/7-ways-to-make-a-sensational-start-to-the-school-year/>

Important Dates

February

Tuesday 5th – School captain speeches for both Year 6 girls and boys at St Ursula's College.

Thursday 7th – House captain speeches for both Year 6 girls and boys at Sacred Heart.

Friday 8th - Sacred Heart opening school mass 9am at Sacred Heart Church.

Monday 11th – Parent information evenings.

Tuesday 12th – Parent information evenings.

Thursday 14th – School and house captains announced on assembly.

Tuesday 19th – AGM of our P. and F. association at 5.30pm.

Friday 22nd – Bishop's inservice day in Rockhampton. Pupil free day.

Tuesday 26th – School board meeting 7pm.

March

Friday 1st and Saturday 2nd – Diocesan P. and F. conference

Tuesday 5th – Shrove Tuesday. Pancake breakfast at school from 7.45am.

Wednesday 6th – Ash Wednesday. First day of Lent.

Friday 15th – School disco 6pm – 7.30pm in our MPA.

Tuesday 19th – Sacred Heart cross country Prep to Year 6 at school.

Friday 29th – Keppel Coast District cross country

April

Monday 1st – Sacred Heart Year 4 to 6 800 metre races at St Benedict's School from 9.15am.

Tuesday 2nd – Year 4 to 6 athletics carnival at school from 9.15am.

Thursday 4th – Easter assembly 8.40am.

Friday 5th – Final day for Term 1

Sunday 14th – Palm Sunday

Friday 19th – Good Friday

Sunday 21st – Easter Sunday

Monday 22nd – Easter Monday. Public holiday.
Tuesday 23rd – School resumes for Term 2.

New Staff to Sacred Heart

We welcome back Mrs Jen Williamson who worked as a consultant in our Catholic Education Office last year. Mrs Williamson is teaching Year 3.

Mrs Sally Page is teaching Prep one day a week with Mrs Gill Campbell.

Mrs Melissa Collins is our new Assistant to the Principal coordinating Religious Education (APRE).

Mrs Amanda Evans is teaching Year 6 for Semester One.

We wish them all the very best.

Times for our School Day

8.35am	First bell
8.40am	Assembly / Classes commence
11am	Lunch time
11.40am	Classes resume
1.40pm	Afternoon tea
2pm	Classes resume / Meditation for all classes
2.55pm	Bus bell
3pm	School concludes

Children are asked to be at school in sufficient time to either attend the whole school assembly or to begin class. Children are asked not be at school before 8am as supervision cannot be guaranteed.

Families are asked to pack a healthy snack for their child which is had during 'Brain Break' at approximately 10 am each day.

School concludes at 3pm each day. Children are supervised until 3.30pm in our multi purpose area.

We request that parents/carers notify the school if they will be late in collecting their children. Thank you.

House and School Captains

Speeches for our Year 6 school and house captains will be held next week. All our Year 5s and 6s will be involved.

The boys' and girls' school captain speeches will be made on Tuesday 5th February from 9.20am at St Ursula's College hall. All our children will be bussed to and from this venue with their teachers.

The boys' house captain speeches will be conducted on Thursday 7th February from 8.55am and the girls' from 9.30am, both at school.

Our Year 6 elected school and house captains will be announced on Thursday 14th February 9am at our whole school assembly. Parents and carers are most welcome to come along to the speeches on Tuesday and Thursday.

Opening School Mass

On Friday, 8th February at 9am, we will be celebrating our opening school mass at Sacred Heart Church, where we will ask God's blessing on our school year. Thank you to Year 6L for preparing this celebration.

At the conclusion of mass, our Prep class will proceed down the hill through a whole school guard of honour as we welcome them to the Sacred Heart School community. You are also invited to be part of this guard of honour, followed by a morning tea at the school. Prep children will gather on the steps of the MPA for a photo.

All children will be treated to an ice-block. This is a great opportunity for new families to our school to meet others from our school community and for old friends to catch up. Heart Parents are invited to bring a plate to share with other parents.

Parent Information Sessions - Important Message

These will be held during Week Three at the following times in a Year level classroom.

Monday 11th

Prep - 3.15pm

Year 3 - 5.30pm

Year 4 - 6.15pm

Year 5 - 7pm

Tuesday 12th

Year 2 - 5.30pm

Year 1 - 6.15pm

Year 6 - 7pm

These sessions provide families with the opportunity to see what will be happening in their children's classrooms this year in regard to curriculum, homework, teacher expectations etc and gives you time to ask any questions. Child minding will be provided at these times in our library. See you then.

Instrumental Music

Guitar lessons will commence next Monday, 4th February. Mrs Jane Bacon is teaching these lessons and has contacted families in this regard, already.

Mr Rex English will teach percussion each Friday.

Mrs Kate Ellis will be teaching violin.

Our instrumental teachers will be contacting parents who expressed an interest at the end of the 2018.

If other families wish for their children to be enrolled in our instrumental program, please obtain a form from our office. Thank you.

Specialist Teachers at Sacred Heart

In 2019, our children will participate in the following Learning Areas with these specialist teachers:

Learning Area	Teachers	Terms	Classes
Physical Education	Mrs Melissa Collins Mrs Marise Shammall Mr Max Martin	Whole of year Whole of year Whole of year	Year Year Prep, Year 6
STEM	Mrs Samantha Suthers Miss Sally Page	Whole of year	Prep, Years 1 and 2 Years 3, 4, 5, 6
Music	Mrs Ursula Boyd	Terms 1 and 2 Terms 3 and 4	Prep, Years 1 and 2 Years 3, 4, 5, 6
Visual Arts	Mrs Melissa Collins	Terms 1 and 2 Terms 3 and 4	Years 3, 4, 5, 6 Prep, Years 1 and 2

Assemblies

Whole school assemblies are held on Thursday in our Multi-Purpose Area (MPA). A prayer assembly is held and this is led by different classes.

At year level assemblies, birthdays are celebrated and class awards are presented. Parents/carers are invited to attend our assemblies throughout the week.

Year level assemblies:

Prep, Year 1 and 2	Tuesday	MPA	8.40am
Year 3 and 4	Monday	MPA	8.40am
Year 5 and 6	Wednesday	MPA	8.40am

Absentee Phone Number

Our absentee phone number is 49 948216. Please phone this number if your child is away from school.

Administration of Medication

Parents/carers requesting that children receive medication at school need to complete the form available from our office. All medication needs have a doctor's or chemist's label attached. All medication is administered by our office staff who hold current First Aid Certificates. Teachers will not administer medication unless on a camp or excursion. Thank you.

Nut Free School

Families are asked not to pack any nut products as part of children's lunches for school. The tuckshop and Outside School Hours Care are also nut free. A number of children enrolled at our school are highly allergic to nuts. Thank you to your support in this regard.

School Fees and Concession Information

School fees will be emailed home early next week. The due date for payment will be Friday 22nd February unless you are paying your fees and levies off.

Under a diocesan initiative introduced, parents/carers with an eligible means-tested Australian government health care or pensioner concession card will automatically receive a 70% discount on tuition fees (does not apply to school levies). This initiative is intended to assist those families who genuinely lack the financial capacity to pay tuition fees in full. To receive this discount you need to bring your Health Care/Pension card to the office to be copied and checked for eligibility.

Education Scholarship Fund – Hardship Fee Discount: Any families experiencing difficulties paying their school fees and do not have a Health Care or Concession Card can apply for our Concession Discount. If you have applied for this discount in 2018, you will need to reapply in 2019. These forms are available from Helen Jeffries, our Finance Officer, at the school office and once completed an interview will be arranged with Mr Martin to discuss future discounts. Thank you.

Tuckshop News

Tuckshop will commence next Wednesday, 6th February. Tuckshop is available every Wednesday and Friday. Prep students can only order tuckshop from Term Two onwards. Order online at www.flexischools.com.au

Helpers are always needed. Please phone Meg Stehbens on 0400 971692 if you are able to help on either a Wednesday or Friday. The 2019 Tuckshop menu is available by clicking the link below.

Link to [‘Tuckshop Menu’](#)

District Primary School Trials for 10-12 Year Olds

School sporting trials will soon be upon us and Mr Martin will be organising our children in this regard. As dates for trials draw nearer, families will be notified. Below is the representative sports calendar.

Please note that some sports for example soccer, netball, rugby league have a large amount of interest from students. Children will only attend these trials who display a high ability level and are able to attend the Capricornia trials. If you wish for your child to attend any of these trials, forms are available from our school office. Thank you.

If you have any queries, contact Mr Martin at school.

2019 RDS 10 - 12 Years Trials

Term	Event	District Trials Venue, Date and Time	Capricornia Trials
1	Volleyball 12 – 15 Boys & Girls	Tuesday 19 th February 9am – 11am Rockhampton SHS Damien Kelso - RSHS	Monday 18 th Mar Port Curtis
	Basketball 10 -12 years Boys and Girls	Monday 11 th February 4pm – 5pm – Girls 5pm – 6pm Boys St Mary's School Trent Shillington	Monday 4 th March Port Curtis
	Boys and Girls AFL 10-12 years	Wednesday 20 th February 4pm – 6pm Rockhampton SHS Oval	Monday 11 th March Rockhampton
	Squash Boys and Girls 10-19 years	Tuesday 26 th February 12pm – 3pm Scotvale courts. Rhonda Hite – RGS	Mon 12 th Mar Rockhampton
	Netball Girls 10-11 years and 10-12 years	Sunday 10 th February 9am – 12pm. Those who are selected from the above trial will be invited to trial on Thursday 14 th February 4pm – 6pm Both trials: Emmaus College Yaamba Road dome	Mon 18 th Mar Central Highlands
	Rugby Union 11 – 12 years Boys	Monday 25 th March 4pm – 5:30pm Frenchville State School Michelle Broadhurst - FSS	Monday 20 th May Rockhampton
	Touch Football 10 – 12 years Boys and Girls	Friday 1 st March 4pm – 5:30pm Rockhampton Touch	Monday 29 th April Central Highlands
	Football 10-12 years Boys	Friday 3 rd May 4pm – 6pm Venue TBC	Sunday 26 th and Monday 27 May Mackay
	Football 10-12 years Girls	Thursday 2 nd May 2019 4pm – 5pm Bouldercombe SS	Sunday 26 th and Monday 27 May Mackay

	Hockey 10-12 years B and G	Wednesday 20 th February 4pm – 5:30pm Rockhampton Hockey	Mon 18 th Mar Port Curtis
	Tennis 10 – 12 Years Boys and Girls	Monday 1 st April 9am – 3pm Rocky Tennis Centre Emily Sorrensen – Mt Archer SS	Tuesday 21 st May Mackay
	Swimming	Nomination to CSS	
	Rugby League Boys 10, 11 and 12 Girls 11-12	Sunday 3 rd March 9am – 11am (Muster) Rockhampton SHS. Students will be invited after muster to selection trials Wednesday 6 th March 4pm – 5:30pm Frenchville State School	Monday 6 th and Tuesday 7 th May Port Curtis Sun 28 th and Mon 29 th July Port Curtis
2	Cross Country 10-19 years	Tues 30 th April	28 th May Central Highlands
	Softball 10 – 12 years Boys and Girls	Wednesday 1 st May 4pm-5.30pm Wednesday 15 th May 4pm - 5.30pm Kele Park – Rockhampton Softball Association. Matt Harrison - FSS	Sunday 9 th and Monday 10 th June Mackay
	Golf 10 – 18 years	Nomination to CSS	
	Athletics	Greater Rockhampton Interschool carnival – 8/9 th May RDS 10-12 Carnival – 4 th June Farnborough School	17/18 th June 2019 Mackay
	Cricket 10 – 12 Boys	Monday 12 th August 2019 4pm – 5:30pm Victoria Park – Brother's Cricket	Sunday 1 st September to Tuesday 3 rd September Mackay
3	Cricket 10 – 12 Girls	Monday 12 th August 2019 4pm – 5:30pm Victoria Park – Brother's Cricket	Monday 9 th Sep Mackay

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: Sonny Eyles Year 4, Marley Williams Year 2 and Bastian Hayes Year 3 for keeping your lunch areas really tidy. Thank you.



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: Hunter Ballard Year 5, Chelsea Allen Year 1, Nicholas Eaton Year 5, Adeline McDonald Year 1 for including others so well in your games at lunch times.

Archie McPherson Year 1, Ethan Challacombe Year 4 for your wonderful good mornings and for sharing your friendly nature with others.



Spiritual Connections

Each week, and Sr Kym's column. We hope these provide some spiritual guidance.

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

First week Photos



