



Newsletter

Enriching Spirits - Educating Minds



Sacred Heart Catholic Primary School

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28th February 2019

Week 5

Term 1

From The Principal's Desk

There are many aspects of my role as principal that I really love.

Every day when I walk past our preps, I am greeted with a chorus of good mornings, hellos, what are you doing, Mr Martin? Then when I venture into our multi purpose area, many of our children meet me with a firm handshake and a how are you today, Mr Martin?

Makes my day.

Very basic courtesies can underpin our future success in life.

When we meet someone, the very first handshake can say it all. A firm and warm handshake with a corresponding smile and look in the eye gives an excellent impression. A limp handshake with a cursory nod of the head can imply, whether true or not, a weak and insipid character.

A number of years ago, one of the employers for the local mines was chatting to me about how a mature handshake and welcoming smile were key factors in gaining a position.

Smiling has other benefits.

We are drawn to people who smile. There is an attraction factor. We want to know a smiling person and figure out what is so good. Frowns, scowls and grimaces all push people away - but a smile draws them in. Smiling can trick the body into helping you change your mood. When someone is smiling they lighten up the room, change the moods of others, and make the atmosphere happier. A smiling person brings happiness with them. Smile often and you will draw people to you. Stress can really show up in our faces. Smiling helps to prevent us from looking tired, worn down, and overwhelmed.

When you are stressed, take time to put on a smile. The stress should be reduced and you'll be better able to take action. Smiling helps the immune system to work better. When you smile, immune function improves, possibly because you are more relaxed. When you smile, there is a measurable reduction in your blood pressure. In addition, studies have shown that smiling releases endorphins, natural pain killers, and serotonin. Together these three make us feel good. Smiling is a natural drug.

The muscles we use to smile lift the face, making a person appear younger. Don't go for a face lift, just try smiling your way through the day - you'll look younger and feel better.

Smiling people appear more confident, are more likely to be promoted, and more likely to be approached. Put on a smile at meetings and appointments and people will react to you differently.

As families, our children need to be explicitly taught how to act.

Sometimes we forget to teach our children the obvious - How they answer a telephone, how they greet a visitor, how they politely approach someone for assistance in a shop. Insisting on a smile and a warm handshake are just the beginning to many life lessons our children will need.

All the best

Max Martin

Important Dates

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 8th - International Women's Day

Tuesday 12th - Year 5A excursion to North Keppel Island

Wednesday 13th - Year 5G excursion to North Keppel Island

Thursday 14th - St Brendan's College discovery day 9am - 2.30pm

Thursday 14th - St Ursula's College discovery day 8.30am - 3pm

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 Years 4 to 6 800 metre races at St Benedict's School from 9.15am.

Tuesday 2nd – Years 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.

Welcome BBQ Breakfast for Sacred Heart Families

Our school's Parents and Friends' Association is having a Welcome BBQ breakfast for all Sacred Heart families on Sunday 10th March, 9:30am to 11am in our MPA.

It is a free breakfast including bacon and egg burgers, sausages, scones, tea, coffee, fruit poppers.

There will also be activities for everyone to be involved in and jumping castles.

Looking forward to seeing lots of our families in attendance.



**Our P&F invites all
Sacred Heart families**

**FREE WELCOME BBQ
BREAKFAST** 



Sunday 10th March

**9:30am to 11:00am in the
MPA**



**jumping castle and activities for
the children**



From Our APRE

The role of an APRE is both rewarding and challenging. My greatest challenge so far has been to remember names, both children and their families. As 'patience' is a great virtue, I ask that you be patient whilst I master this challenge. In return, I would like to share some information about myself.

This will be my 30th year as a teacher with Catholic Education. I have worked at schools in from Mackay, Emerald, Springsure, Biloela and Rockhampton and opened two of the very first preschools. I am a wife to Tim and a mother of six children. "Yes, six! What was I thinking?" However there is not a day that goes past that I would have it any other way.

Our eldest Nellie, has just finished her teaching degree and has started teaching in Emerald. We have two boys, Joe and Sam, who are working in Brisbane and I have just taken our 4th child, Billy to Bathurst where he is studying a Bachelor of Communications, Radio. Our youngest two daughters Beth and Audrey, are in Year 12 and 10 at St Ursula's. So whilst the house is quiet at the moment, there is often chaos at holiday times.

I believe that I am extremely fortunate as I love my family, I love children, my work and my life. Please feel free to come and introduce yourself and hopefully, I will remember your name next time we meet.

Mrs Melissa Collins APRE

Sacramental Program

Parent / Child preparation sessions for Reconciliation are on the following dates:

Wednesday evening 6th March (Ash Wednesday) 5:30pm

Saturday 9th March 4:45pm

Saturday 16th March 5pm.

It is necessary that families attend one of the following sessions in order to receive the Sacrament of Reconciliation.

Saturday 23rd March at 5pm.

Saturday 30th March at 5pm.

If you wish your child to participate in this sacrament an enrolment form is to be completed and brought to the Wednesday evening session on 6th March.

Please note incorrect dates were published last week.

Friday 16th August - Sacrament of Confirmation

Saturday 17th August - Sacrament of Eucharist

The sessions for the Sacrament of Eucharist and Confirmation will be sent out closer to the date.

All children in Year 4 who have been baptised a Catholic have been sent home an enrolment form. If your child is not a Catholic and would like to be welcomed into the Catholic Church and make their Sacraments, please contact: Sacred Heart Parish Office 49336171 or ccparish@bigpond.com Thank you, Mrs Melissa Collins

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:

Georgia Carige, Jorgia Hiron, Evie Eyles and Zariha Calvert from Year 2 for cleaning up after others at lunch time to keep our school clean and tidy.



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:

Keyleigh Johnson from Year 3 for being very helpful and always friendly towards others. Thank you.

Tiley Ramke and Riley Robertson from Year 6 for displaying great getting along skills.

Taj Rich from Prep for showing good skills and determination during PE lessons.

Zade Roper from Year 5 for looking after others at lunch times and including them in your games.

Katelyn Kershaw and Ayla Brown from Year 5 for displaying wonderful skills, determination and resilience at school rugby league training.



Prayer Assemblies

Thank you to 2MS, Mrs Mullane and Mrs Shammall for their prayer assembly today focusing on MJR virtues and how to be a WESTie.



Also thank you to our Year 2W children and Miss Wright who presented their assembly last week on being good friends.



Shrove / Pancake Tuesday

The day before Lent is known as Pancake (or Shrove) Tuesday. This year, it is Tuesday 5th March.

A day when traditionally pancakes were made to use up all the eggs, milk and lard before the Lenten fast began when people not only cut back on food but also ate very simply.

Proceeds from Pancake Tuesday will go to the Project Compassion Appeal. Please support this worthy cause.

Breakfast commences at 7.45am in our multi-purpose area. Pancakes are \$1.50 each and poppers are \$1. All invited.



Ash Wednesday

Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes, in a cross, on the forehead. The ashes symbolise the dust from which God made us and is a reminder that we will return to God one day.

Next Wednesday 6th March, students and staff will be involved in Ash Wednesday liturgies or the Parish Mass. Students in Years 4-6 will attend 9am mass at Sacred Heart Church. Children in Prep – Year 3 will participate in year level liturgies throughout the day as follows:

Prep: 10:15am at school

Years 1 and 2: 12:30pm at school

Year 3: 10:30am at school

All are welcome to attend any of these services to mark the beginning of Lent.

For a 2 minute explanation of Ash Wednesday visit <https://vimeo.com/42358205>

6th March - Ash Wednesday Liturgies - Sacred Heart Catholic Primary School



Year 6 Discovery Days at St Ursula's and St Brendan's Colleges

As part of our Year 6s' transition into secondary school in 2020, all our Year 6 children will be attending a discovery day at St Ursula's for the girls and St Brendan's for the boys. This Year 6 Discovery Day will be held on Thursday 14th March.

The St Brendan's day will commence with all Sacred Heart boys being collected from school at 8.30am by bus. The day commences at 9am. They will be returned to school by 2.45pm. Boys need to wear their normal school uniform with hat and bring a water bottle. Morning tea and lunch will be provided.

For St Ursula's day, our girls are asked to have their own transport to the College, arriving by 8.30am, assembling in the Ballygriffin Hall. They need to wear their normal school uniform with hat and bring a water bottle, notebook, pencil case. Morning tea and lunch will be provided. Families are asked to collect their children at 3pm.

If you are unable to transport your child to and from St Ursula's, contact our office so arrangements can be made. We are more than happy to assist in this regard.

Our Year 6 teachers will also be at both Colleges at times during the day and will be on the St Brendan's bus for the trip to and from school. On this day, the children will be involved in a myriad of educational activities in Physical Education, Science, Arts, Robotics and Manual Arts.

Whether your child is attending St Ursula's or St Brendan's or not in 2020, this experience will provide them with a very worthwhile opportunity to see how a secondary school operates and to ask questions etc.

I ask that you complete the permission form which was brought home by your child this week and return it to Sacred Heart by Friday. This assists with organising catering and buses. If you have any queries or questions, please do not hesitate to contact me at school.

STEAM lessons

In STEAM lessons, children in Years 3 to 6 have been set a 'Balloon Car Challenge'. The challenge must meet the following four design constraints:

1. The car must be propelled forward by the air escaping the balloon.
2. The car must be sturdy and not fall apart when in use.
3. The car must travel at least five feet (approximately 1.50m).
4. The car must travel in a straight line.

They must only use 'junk/ recyclable' materials and have been asked to bring in their items from home, once they have completed the design task at school. Mrs Suthers will supply the balloons for the challenge, but the children must work out how the balloon will be attached to their car. The students have been asked to design and build their balloon cars during their STEAM lessons and not at home. Once every child has designed and built their cars and we will host the Balloon Car Championships in class.



Do you know that there are many benefits to using playdough? Playdough enhances fine motor skill, improves pre-writing skills, promotes creativity and imagination, has a calming effect, increases hand-eye-coordination, improves social skills, and increases curiosity and knowledge. Each week students in STEAM have been completing activities that involve manipulating playdough to complete a challenge. All have thoroughly enjoyed these.



School Fee Reminders

Term 1 School Fee Accounts were due for payment last Tuesday. Thank you to all families who have paid or are paying off their school fees. Reminder letters will be going home this week and we ask that families who do not have a payment plan in place to pay all outstanding fees before the end of Term 1. If you are experiencing difficulties paying your account, please contact Helen Jeffries in the office to organise alternate payment arrangements.

Student Awards

Prep	Hayden Pont, Henry Willey, Emmett Symonds, Lydia Gill, Emma Hall, Hunter Burnard, Isla Goltz
Year 1	Jett Hawkes, Josie Prince, Amira Mitchell, Aria Richards, Ollie Palairret
Year 2	Mikayla De Beer, Jorgia Hiron, Bella Sweeney, Kiana Wheoki, Milla McPherson, Nicholas Goltz, Darcy Bergman
Year 3	Ethan Todd, Indigo Hart, Lennix Bone, Ruby White
Year 4	Caitlin Yore, Ashton Prieto, Aryrianna Pianta, Fynn Lewis, Charlee Harris
Year 5	Daly Smith, William Mayberry, Leo Braseiro, Alexis Kennedy, Katelyn Kleinhans, Dean Cook
Year 6	Cass Smallwood, Sophie Lewis, Eliza Green, Rafferty Donaghy, Avalinn Mason, Marshall Esser

Applications Sought For Sacred Heart School Office Secretary

Below is an advertisement for the position of office secretary at Sacred Heart School Yeppoon from 23rd April 2019 until 19th July 2019. During this time, our current secretary, Mrs Marg Kershaw is taking long service leave.

All requirements pertaining to this position are contained in this advertisement. Thank you.



Catholic Education
Diocese of Rockhampton

POSITION VACANT



Administration Secretary (term-time contract)
Sacred Heart Catholic Primary School (P-6)
Yeppoon

Commencing 23 April 2019 until 19 July 2019

Applications are now invited from suitably qualified and enthusiastic persons for the position of Term Time contract Administration Secretary (32.5 HPW). Monday to Friday 8.30am to 3.30pm.

The successful applicant will have relevant experience and an understanding of, and a commitment to, the ethos of Catholic Education. A Working with Children Check (WWCC) and eligibility for a Suitability Notice will also be required. In addition, you will have excellent time management skills, well developed interpersonal skills and a high proficiency of computer skills.

Tertiary requirements at Certificate level or equivalent knowledge, qualifications and experience relevant to the position is required.

To apply for this position, an application package can be obtained from the school office:

Applications should be addressed to:

Mr Max Martin, Principal
Sacred Heart Catholic Primary School
14 Baracuda Crescent
YEPPOON QLD 4703

or email to shy@rok.catholic.edu.au

Applications to be received by 4pm Friday 15 March 2019.

Catholic Education is committed to best practice in student protection policies and procedures and is an equal opportunity employer

Existing not to be different, but to make a difference...
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Sacred Heart Cross Country Training

Next week, training will be on Tuesday and Friday, starting at 7.15am to 7.45am.

Children from Prep, Years 1, 2 and 3 are welcome to attend under parental supervision. Children from Years 4 through to 6 will not require a parent to attend.

As part of the morning training sessions, the school will offer breakfast to everyone attending training from 7.45am – 8.15am. Breakfast will include cereal, fruit and juice and cost \$2 per person (money will be collected before breakfast). If you are able to assist with breakfast preparation and serving, that would be appreciated on the morning.

Parents are most welcome to attend and be actively involved in the sessions. If you have any queries about the training contact Mr Martin at school.

Development and Challenge Cup Rugby League Training

All children in Years 5 and 6 interested in training for Sacred Heart in preparation for Development Cup which is being held in Term 2 and Challenge Cup in Term 3, our second session will be held at St Brendan's College from 5pm to 6pm this Sunday 3rd March. Looking forward to it.

Spiritual Connections

Each week, we provide a link to Fr Matthew Moloney's sermon and Sr Kym's column. We hope these provide some spiritual guidance.

Link to [Fr Matthew's sermon](#)

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

St Brendan's Discovery Day



St Brendan's College 2019 Discovery Day

St Brendan's College invites all 2019 Years 6 boys to come and experience a day in the life of a Year 7 Student

Where: St Brendan's College

When: ***2019 Discovery Day***
will be held on
Thursday 14th March 2019
9.00am to 2.30pm

Transport: Arranged by St Brendan's College
For more information please contact
Kylie Hedges on 49 399 485
Email: hedgesk@sbc.qld.edu.au
R.S.V.P : 7th March, 2019

St Ursula's College, Yeppoon

Students for Year 7 2020 - Discovery Day on Thursday 14th March 2019

8.30am to 3pm

(RSVP 8th March 2019)

St Ursula's, a girls Catholic Boarding and Day College, is hosting a **DISCOVERY DAY** for Year 6 students to help them prepare for what lies ahead at Secondary School.

Discovery Day is also an opportunity for students to 'discover' the opportunities St Ursula's College provides. Our school is not just about separating girls from boys; it's about experiencing a culture which empowers girls to be the best versions of themselves.

Teachers at St Ursula's are committed to nurturing and challenging students through the exciting years of adolescence and providing a safe but stimulating learning environment. We encourage girls to pursue their interests, build their confidence and develop their leadership skills.

WHAT WE WILL PROVIDE: Lunch and snacks throughout the day; a special presentation bag for your daughter to carry her belongings and then to take home; activities and a guided tour by our current Year 7 students. Students joining us for the day are required to arrive at 8.30am and assemble in the **Ballygriffin Cultural Centre (Hall)** wearing their current school uniform and school hat. **Students need to bring a drink bottle, note book and pencil case but not school bags.** Parents can collect their daughters at 3.00pm at the College Dining Room (at the end of the main Carpark via Queen Street entrance).

Invitations will be available through Primary Schools. Make sure you complete the RSVP form and return to St Ursula's College or contact the College on 4939 9600 or ursulas@stursulas.qld.edu.au.

Rockhampton Diocesan P. and F. Parent Engagement Mini Conference

AN INVITATION



ROCKHAMPTON DIOCESAN P&F PARENT ENGAGEMENT MINI CONFERENCE

An invitation to all Parents, Principals & Staff
of Catholic Schools in the Rockhampton Diocese
to attend this free event
(You are welcome to come to some or all of this weekend)

FRIDAY 1ST MARCH 5.30 - 8 PM

BBQ & Guest Speaker: well known author **MADONNA KING**
'Fathers and Daughters' (her new book)

SATURDAY 2ND MARCH 9.00 AM - 4.30 PM

Guest Speakers: Dr Jodi Richardson,
Leesa Jeffcoat AM, Marie Martin, Carmel Kriz,
Neil McDonald & Carmel Nash OAM,
and time for conversation

SATURDAY CONFERENCE FOLLOWED BY MASS & DINNER

Accommodation provided at Central Park Motel for parents
who live outside Rockhampton. All meals included.
Transport by car unless exceptional circumstances - contact CSPQ.

GO TO OUR MINI CONFERENCE WEBSITE FOR
MORE DETAILS, AGENDA AND TO REGISTER

<https://cvent.me/vRarL>



EMAIL: info@pandf.org.au
WEB: www.cspq.catholic.edu.au
PH: 07 3336 9242

If you have time over the weekend mentioned above, both Madonna King and Dr Jodi Richardson are amazing speakers and I encourage you to attend this conference for some of the time. Details of registration are on the flyer.



Catholic Education
Diocese of Rockhampton

Media partner



ROCKY'S FIRST BIG RACEDAY OF THE YEAR

St. Patrick's Day Races



SATURDAY 16 MARCH

**CALLAGHAN PARK
ROCKHAMPTON**



RIP ROARING RAFFLE

First Prize

A chance to win a weekend for 2 to Brisbane to see a Broncos NRL home game, staying at the Royal Albert and return flights courtesy of The Somerville Group Pty Ltd.



FASHIONS IN THE FIELD

Categories are:

Best Dressed Lady U/30
Best Dressed Lady O/30
Best Dressed Gent
Best Millinery

**A HOST OF CATERING
OPTIONS AVAILABLE**

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Tony Madden Architects & Interiors



TICKETS

Contact the Rockhampton Jockey Club for package details and to secure your seat.
Phone **4937 4000** or visit www.callaghanpark.com.au



WITH THANKS
TO OUR RACE DAY
PRIZE SPONSORS



Supporting Rockhampton Region Catholic Primary Schools



SIGN ON FOR NETBALL REP TRIALS

REP TRIALS TO BE HELD ON SATURDAY 16TH MARCH, 2019

AT CCNA BARMARYEE SPORT COMPLEX

TIME

12YRS (2007) / 13YRS (2006) AT 2PM TO 4PM

14YRS (2005) / 15YRS (2004) AT 4.30PM TO 6PM

FOR NETBALL QLD STATE AGE CARNIVAL to be HELD AT

PINE RIVERS NETBALL ASSOCIATION

On

SAT 6TH JULY UNTIL TUE 9TH JULY

JUST A REMINDER

All players selected into CCNA REP team MUST be available Weekend

Red Rooster Carnival - Rockhampton 27th & 28th April

Pam Moore Carnival - Gladstone 8th & 9th June

CCNA will consider creating a shadow rep team in each age group if we have the numbers and playing positions to do so. This shadow team will be deemed a development team and would participate in the Rockhampton Red Rooster Rep carnival in May and the Gladstone carnival in June. The players will experience playing as a rep side for CCNA and benefit greatly from extra coaching and being exposed to playing other rep sides within the region. CCNA encourages all players in each age group to consider trialing for rep so we can provide more opportunities for CCNA players.

Please download Rep Players form - www.capcoast.qld.netball.com.au

Email back to E- capcoast.netball@bigpond.com

Any questions please contact Kat -

M 0438 106068

PIC•COLLAGE