



Newsletter

Enriching Spirits - Educating Minds



Sacred Heart Catholic Primary School

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7th March 2019

Week 6

Term 1

From The Principal's Desk

Recently I was doing our shopping in one of the local supermarket. I had a very simple list to follow. About one aisle into it, I noticed a very odd sensation on my feet. Underfoot was gritty and sticky.

I had thong-shod feet and a great cloying uncomfortableness had nestled between my toes. To my horror, on looking back, there was sugar spilled all down the aisle, it even went right around the corner. Every aisle I walked, I crunched through a steady carpet of sugar.

Soon after I met fellow shoppers and we complained about the service, such a shrine to consumerism was normally spotless. Shoppers coming the other way (the rare clockwise shopper) said the floor was fine so we warned them of the perils ahead. 'Look down as you shop', I warned. 'They haven't cleaned it up yet.'

They, of course, was my nod to the management who were obviously not up to speed in keeping clean their aisles.

Eventually, I came to the really confusing section in any shopping centre, the section which keeps 'changing its mind'. I pondered long and hard, squinting at the 43 types of toothpaste, ultimately chancing upon the old favourite 'regular'.

Walking on to the equally daunting deodorant section, crunching, crunching as I went, I glanced back down the aisle. A perfectly symmetrical mini-pyramid towered in front of the toothpaste. There was another near the shampoo section.

Then I knew.

It wasn't *they's* fault – glancing down I saw a once robust 2kg packet of sugar sadly depleted. Amazing really how far a kilogram goes.

I could see in the distance, efficient employees of the store madly following behind me. Sheepishly I had to confess. They were very polite but I could see their disbelief, that anyone could walk that far, without realising they were the culprit.

Too busy blaming everyone else, I realised.

I'm sure it has happened to all of us, mounting that 'high horse' to find the Truth to be an uncomfortable lesson about ourselves. It's one of the tougher lessons we and our children learn, to accept **responsibility for their actions**. To see their own areas where they 'spill the sugar' and admit they need to change.

This is normal.

The arguments, the looking for excuses, are one way our kids 'push those boundaries'.

The worst response is to get exhausted and either let them get away with it thus reinforcing the fact that the behaviour is 'okay' or worse 'backing them up' every time, so they think they are innocent, bulletproof.

We can't protect our kids from their mistakes but we can guide them to learn from them.

What have I learned from my mistake. I try not to be so quick to judge and I am now very, very tolerant of any mess on supermarket floors. Perhaps, I will not be asked to do the shopping again.

All the best

Max Martin

Important Dates

March

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 to 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

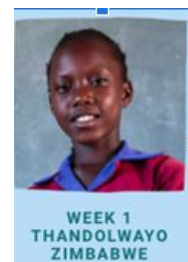
Monday 1st - Sacred Heart Years 4 to 6 800 metre races at St Benedict's School from 9.15am.
Tuesday 2nd - Years 4 to 6 athletics carnival at school from 9.15am.
Thursday 4th - Easter assembly 8.40am.
Friday 5th - Final day for Term 1
Sunday 14th - Palm Sunday
Friday 19th - Good Friday
Sunday 21st - Easter Sunday
Monday 22nd - Easter Monday. Public holiday.
Tuesday 23rd - School resumes for Term 2.

The Season of Lent

During the season of Lent, we have a focus on Caritas and Project Compassion. Through donating to Project Compassion, we support many people, their families and communities. Each week during Lent we will feature a particular person and the project which is being supported by Caritas. There is a link for each story for your family to watch. Thank you to our families for supporting our efforts in assisting others in need.

Project Compassion - Week 1 Thandolwayo - Zimbabwe

Twelve-year-old Thandolwayo would walk seven kilometres each day, threatened by crocodiles, to collect contaminated water for her family. It looked like she would never realise her hope of finishing her education and becoming a nurse, until a Caritas Australia supported project created access to clean water helping Thandolwayo to stay at school and achieve a future full of hope. You can learn more about Thandolwayo and her story here - click on the link <https://www.youtube.com/watch?v=JroUjoBwHYA>



Pancake Tuesday

Many thanks to everyone who assisted and supported with our Pancake Tuesday breakfast this week and to Mrs Collins for organising the event.

We raised over \$300 for our Caritas appeal which is all about helping those less fortunate than ourselves.



Ash Wednesday

Yesterday the Year 4 - 6 classes celebrated Ash Wednesday at Sacred Heart Church. The Prep - Year 3 classes held Ash Wednesday liturgies with their year levels at school. Thank you to our teachers for leading these and to the many parents/carers who were able to join us.



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 this 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 there..



RSVP - shy@rok.catholic.edu.au

Collecting Used Poppers for Our Environment

This week, we commenced encouraging our children to place their used popper containers in marked wheelie bins at school.

These are located near our tuckshop. This practice will not only help our environment but also raise some funds for our school.

Your support in regard to this initiative will be greatly appreciated. Thank you.



Rockhampton Representative Touch Football

Congratulations to Demi Sandilands from Year 6 who has been selected in the Rockhampton District Under 12 touch football side which will compete at the Capricornia trials later this term. Well done.

Cross Country Prep to Year 6

Sacred Heart School Cross Country carnival will be held Tuesday, 19th March.

Our school carnival also doubles as selection trials for our Sacred Heart Cross Country team (10, 11, 12 year olds).

Prep to Year 3 will run in their year levels (girls' and boys' races), while students in Years 4 to 6 will run in age groups. The following is a timetable for the day with approximate times the children will be running:

9.05am	Prep and boys and girls born 2007 (12 years)
9.35am	Year 1 and boys and girls born 2008 (11 years)
10.05am	Year 2 and boys and girls born 2009 (10 years)
10.35am	Year 3 and boys and girls who are 9 years old in Year 4.

Important Athletics Dates For Sacred Heart

Monday 25th March at Sacred Heart School, one round of field events will be held for our Year 4s, 5s and 6s. Children have nominated for field events.

12 years Boys' and Girls' high jump commencing at 9am.

11 years Boys' and Girls' long jump commencing at 10am.

9/10 years Boys' and Girls' shot put commencing at 12pm.

Monday 1st April at St Benedict's is the running of our 800 metre races for our Year 4s, 5s and 6s. Our children have nominated for this event. All competitors will be bussed to and from St Benedict's with the first race commencing at 9.30am.

Tuesday 2nd Our Years 4 to 6 athletics carnival will be held at Sacred Heart School commencing at 9am. The day's timetable will be as follows: 100 metre races, second round of field events (high jump, long jump, shot put), 200 metre races, third round of field events, relays, presentation of age champions and points trophies.

Sacred Heart 800 Metre Races

Our 800 metre races which will be held on Monday 1st April at St Benedict's School oval.

The children and their supervising teachers will be travelling to St Benedict's by bus, leaving school at 9am and returning after the final race, arriving back by 10.45am. There is no cost involved.

Our children are to wear their normal school uniform to school and can bring a change of running shorts in which to change.

They can run in shoes (no spikes) or bare feet.

Below is an approximate timetable for our races. Parents/carers are most welcome to come along to support.

9.30am	Girls born 2010
9.37am	Boys born 2010
9.44am	Girls born 2009
9.51am	Boys born 2009
9.58am	Girls born 2008
10. 05am	Boys born 2008
10.12am	Girls born 2007
10.19am	Boys born 2007

Year 4 to 6 Athletics Carnival

This carnival will be held on Tuesday 2nd April on our oval. Below is an approximate timetable for the day.

9am	War cries
9.10am	100 metre races
10am	Second round of field events
10.50am	200 metre races
11.40am	Third round of field events
12.30pm	Lunch break
12.50pm	Relays
1.30pm	Presentation of age champions and overall trophy

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 next 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.

Sacred Heart Cross Country Training

Next week, training will be on Monday 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.

Applications Sought For Sacred Heart School Office Secretary

Applications are being sought 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 the advertisement from last week's newsletter. Thank you.

School Excursions and Inservices

Next week, our Year 5 classes are venturing to North Keppel Island on Tuesday (Year 5A) and Wednesday (Year 5G) to spend the day involved in activities prepared by the Education Centre there. The children, their teachers, Mrs Collins and Mr Martin will be snorkelling, bush walking, partaking in indigenous and environmental awareness studies. We wish them all the best.

Mrs Roberta Gilliland and Mrs Michelle Baldwin will be attending an NCCD (Nationally Consistent Collection of Data on School Students with Disability) inservice in Rockhampton on Tuesday 12th.

Mrs Samantha Suthers, Mrs Lisa List and Miss Katharine Wright are attending a Safeguarding Children and Young People inservice from Thursday 14th to Sunday 17th in Rockhampton.

Our First Whole School Disco

Next Friday 15th March in our MPA, we will be having a whole school disco from 6pm until 7.30pm.

Everyone is invited to attend and our theme is 'Superheroes and Disney Characters'.

There will be prizes for the best dressed and entry is \$1 per child or \$2 a family.

Chips, chocolates and drinks will be on sale. There will also be a sausage sizzle.

Hoping to see lots of families coming along.



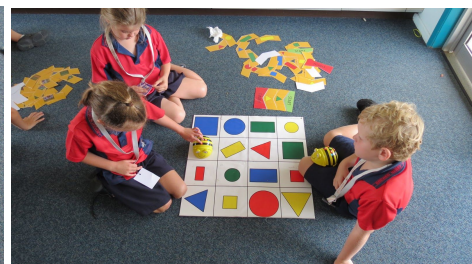
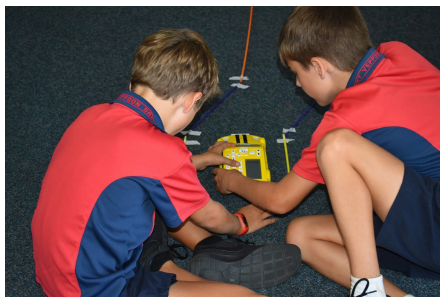
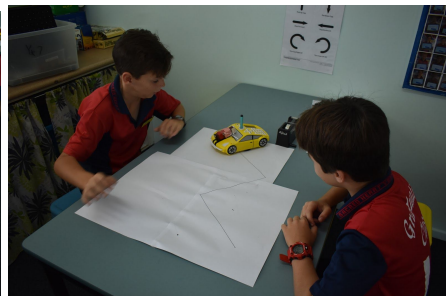
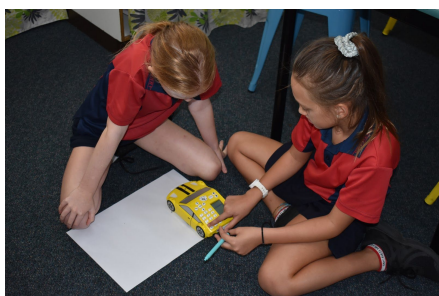
STEAM Lessons

Have you ever wondered what a day in our STEAM room looks like? Take a quick tour by clicking [on this link](#) (video will also be available on our facebook page).



Over the past two weeks, we have started to apply our knowledge of 'unplugged' coding to actual robots which the students need to enter a code to achieve a task.

The Years 3 to 6 students have been using Probots to navigate through a task and to also draw a shape. The Prep to Year 2 students have started the foundations of coding through using the Beebots. A lot of laughter can be heard as the students design and create together.



Interschool Chess Tournament

Congratulations to Samuel Janes, Jacob Hemmings, Jarrah Willis, Charley Neubecker, Andrew Gill, Bria Goldman, Nicholas Eaton and Thomas Brown who represented Sacred Heart at the Interschool Chess Tournament at TCC last Thursday. This was the first tournament that seven out of our eight students had competed in. Sacred Heart entered two teams and came 7th and 9th out of 12. Thank you to Mrs Collins for accompanying our children on the day.

Our highlights of the day:

Jacob: Meeting new people.

Bria: Learning new chess skills.

Andrew: The whole experience was great.

Jarrah: Playing against new people.

Tom: Learning some great new moves.

Nick: Having the opportunity to checkmate my opponents.

Sam: Learning how to defeat someone in four moves. **Charley:** I enjoyed playing the boy who won our competition. I drew with him.



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:

Murphy Catt 6E for noticing a need and acting on it. Your thoughtfulness is greatly appreciated.

Xander Kelly 5A for being a helpful study buddy in class.

Charlotte Richards 5A for her ever spontaneous and helpful actions.

Jasper Hamson 5A for interacting positively with your peers and showing respect to everyone.

Ruby Hay 5A For supporting her exhausted friend at cross country practice.

Ben Millar 5A for being consistently displaying kind and thoughtful behaviour towards your teachers and fellow students.

Student Awards

Prep	Preston Williams, Aria Mahoney, Ashton Virzintas, Victoria Evans, Charlotte Grob
Year 1	Adeline McDonald, Oscar Gleeson, Will White, Chelsea Allen, Jai Ray, Levi Bone
Year 2	Ruby Fooks, Payton Size, Isabella Todman, Jacob Daniel, Zali Dooley, Isaac Davey
Year 3	Aiden Goodger, Alicia Hamilton, Ruby Kona
Year 4	Ethan Challacombe, Clíodhna O'Reilly, Lilah Clarke, Noah Budic, Isla Shackleton, Patrick Morris

Spiritual Connections

Each week, we provide a link to Sr Kym's reflection. We hope this provides some spiritual guidance.

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

St Patrick's Day Raffle

Rockhampton Catholic Primary Schools St Patrick's Day Races Raffle will be drawn on 16th March.

Tickets are available at the school office and tickets are \$2 each.

Major prize - 2 nights accommodation for 2 people staying at Royal Albert Hotel, Brisbane
2 tickets to a Broncos NRL home game
Return flights for 2 people, Rockhampton / Brisbane (sponsored by The Somerville Group Pty Ltd)

Other prizes -

- * Wheelbarrow full of drinks (Datacom and Finch's Mitre 10)
- * 1 night accommodation in Spa room (\$250 value) Plus dinner voucher at Rocky's Top Restaurant (Central Park Motel)
- * Weber Baby Q BBQ (\$329 value - Thomo's Betta Home Living)
- * \$100 Dinner voucher at Beaches Bistro (Rosslyn Bay Resort)
- * \$100 Dinner voucher - Pacino's
- * Homewares gift pack - All About House

St Patrick's Day Races

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.

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FASHIONS IN THE FIELD
Categories are:
Best Dressed Lady U/30
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Best Millinery

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

A HOST OF CATERING OPTIONS AVAILABLE

\$20 Entry to Callaghan Park

Supporting Rockhampton Region Catholic Primary Schools



'TOGETHER'

ANXIETY PROGRAM FOR FAMILIES

'TOGETHER' IS A TEN-WEEK PROGRAM FOR CHILDREN AND PARENTS TO ADDRESS ANXIETY

The overall goal of 'TOGETHER' is to teach children and parents to recognise anxious feelings and help develop skills to cope with anxiety-provoking situations. In 'TOGETHER', the psychologist and parent/s work with the child to learn new skills and behaviours.

REGISTRATION FEES

Your initial assessment is free, and you'll have the choice of two payment options for the ten-week program:

- » Early Bird Fee – \$90 for payment on or before 26 March 2019
- » Standard Fee – \$10 per session paid on the day.

For enquiries or to register please contact:
Trina Attard – Psychology Wellness Centre 4923 2233
cqu.edu.au/wellnesscentre

Psychologists enrolled in the Master of Clinical Psychology Program provide services that are based on the latest evidence-based practice from current research and best-practice guidelines.

CRICOS: 002190 | RTO: 40839 | P_F_190059_AnxietyProgram_M4

STARTING MARCH 2019

SPACES ARE LIMITED, SIGN UP TODAY!

- » Appointments available Monday, Tuesday and Wednesday, 3.30 – 4.30pm
- » Ages 7 – 13-year-olds and parent/s or caregiver/s.



BE WHAT YOU WANT TO BE

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