



# Newsletter

Enriching Spirits - Educating Minds



## Sacred Heart Catholic Primary School

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14th March 2019

Week 7

Term 1

### From The Principal's Desk

'Good advice is something a man gives when he is too old to set a bad example.' (Francois La Rochefoucauld)

'Live each day like it's your second to the last. That way you can fall asleep at night.' (Jason Love)

'Even a stopped clock is right twice every day. After some years, it can boast of a long series of successes.' (Marie von Ebner-Eschenbach)

All the quotations above have a common theme, they ponder in a witty way, the human tendency for mistakes.

This is a key message we need to teach our children. None of us is perfect; all of us should have some recollection of an event or action which makes us cringe. Well, hopefully we do because that shows we are self-aware and have a conscience.

Make a mistake, hurt someone's feelings, then take the advice of Jason Love and make it right. Living each day as your second last, will remind you to always try and make amends.

One of the things that we must keep as our bedrock in a Catholic school is our foundation on restorative justice. As a school, we still apply consequences when someone's actions are wrong but then, there is an expectation that, whatever relationship was broken is restored. People are given the opportunity to choose to improve their behaviour and 'set things right', grow from it. Forgive and move on.

Another important component of this concept is trying to avoid labelling a person or groups of people. Why bother improving, if someone has said 'everyone knows you are in the bad class'. Why bother trying to stop bullying people, if you believe no one believes you can truly change. The flip side, if you feel you are labelled as 'the good kid or the perfect one', any mistake can be mortifying.

This can flow on to academics, a poor mark is seen as a personal failing or disaster. Making behavioural errors, not making the team, not being the winner are natural obstacles to life. We cannot protect our children from eventual failure but we can teach them the strategies of resilience.

How often do we read today of superior athletes, their extraordinary career in embers and their personal and psychological life in tatters as a consequence?

Recently, I re-found this wise advice given to me many years ago by a highly regarded educational psychologist, Toni Noble. It is called a Bounceback card.

The acronym, **Bounceback** stands for the following coping statements:

**B**ad times don't last. Things always get better. Stay optimistic.

**O**ther people can help if you talk to them. Get a reality check.

**U**nhelpful thinking makes you feel more upset

**N**obody is perfect – not you and not others

**C**oncentrate on the good bits, no matter how small they are and use laughter

**E**verybody experiences sadness, hurt, failure, rejection and setbacks sometimes, not just you

**B**lame fairly – how much of what happened was due to you, to others and to bad luck or circumstances?

**A**ccept the things you can't change, but try to change what you can first

**C**atastrophising exaggerates your worries. Don't believe the worst possible picture

**K**eep things in perspective. A distressing situation is only one part of your life. (Source, Dr T Noble, 2005)

I keep a Bounceback card near my desk. It is an excellent way for me to settle down and put my perceived 'disasters' in their right perspective.

All the best

Max Martin

## Important Dates

### March

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

Sunday 17th - St Patrick's Day. Father Matthew Moloney's (our parish priest) birthday.

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.

## In Our Prayers

Mrs Marise Shammall, one of our Year 2 teachers, whose father passed away last weekend.

Mrs Sandi O'Brien, our librarian, whose mother passed away last weekend.

You and your families are very much in our thoughts and prayers.

## Project Compassion Week 2

Tati lives in the remote forest of West Kalimantan. She is a mother of three who was earning an income working in a local rubber plantation. Since taking part in eco-tourism training with Caritas Australia and its partners, Tati can now afford to send her children to school. With new hope and commitment, Tati aspires to a future free from poverty for her family. You can learn more about Tati and her story here - click on the link <https://www.youtube.com/watch?v=Cz9LjyhxmfE>



## Mini Vinnies' Executive for 2019

Congratulations to the following children on their election to our Mini Vinnies' executive for 2019.

**President:** Charlotte Richards

**Vice President:** Neassa O'Reilly

**Co-ordinator:** Katelyn Kleinhans

**Secretary:** Hannah Hovey

**Treasurer:** Maggie Shepherd

They will be officially inducted into these roles at our whole school assembly next Thursday at 8.40am. Well done.

## Our Parents and Friends' Welcoming Breakfast

Thank you very much to all who were able to attend our welcoming breakfast. It was a great morning with a great feel about it.

Well done to Mrs Renee Carswell and her wonderful team of helpers for organising this event. Looking forward to the next one.



## Rockhampton Representative Rugby League

Congratulations to Giulio Somerville and Jake Murphy on their selection in the 10 and 11 years Rockhampton District rugby league teams.

Both sides will be playing at the Capricornia carnival early Term 2. Well done.

## Cross Country Prep to Year 6

Sacred Heart School Cross Country carnival will be held this 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.

## Year 6 Cross Country Cake Stall

Our Year 6 families will be operating a cake stall at our cross country this Tuesday.

It will be located on our oval and children are most welcome to purchase cakes / slices from the stall after their race.

This is a fundraiser for our Year 6s camp to Mapleton Outdoor Educational Centre in Term 4.

Tea and coffee will also be available for adults.

## Important Athletics Dates for Sacred Heart

**Monday 25<sup>th</sup> 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 1<sup>st</sup> April** at St Benedict's is the running of our 800 metre races for our Year 4s, 5s and 6s. Our children will nominate for this event. All competitors will be bussed to and from St Benedict's with the first race commencing at 9.30am.

**Tuesday 2<sup>nd</sup>** 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 1<sup>st</sup> 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 2<sup>nd</sup> 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

## Final Sacred Heart Cross Country Training Sessions

This Friday and next Monday 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 join us.

## 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:

**Brianna Brandish, Alexis Kennedy and Charlotte Richards** from Year 5 the excellent manner in which they engaged in environmental activities while at North Keppel Island. Well done.



for

## 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:

**Dallas Beresford** from Prep for the way you welcome new friends to join in your play especially when you notice somebody alone.

**Molly Shepherd** from Prep for always being very friendly and for your very cheerful good mornings and good afternoons.

**Josie Prince** from Year 1 for always playing so well with others at lunch times and making sure everyone has someone to play with.

**Indigo Hart** from Year 3 for displaying great determination and stamina while at athletics training this week.

**Pieta Pilcher** from Year 3 for always showing a caring nature towards others and for including them in your lunch time games.

**Ben Miller** from Year 5 for your consistently kind and thoughtful behaviour towards your teachers and fellow students.



## Year 3H Prayer Assembly



Today, Year 3H presented our whole school assembly and their theme was 'Our Environment'.

They told us about the many animals created by God that are endangered including the Yellow Chat, Snubfin Dolphin, Fitzroy River Turtle, Bridled Nail Tailed Wallaby, Northern Hairy Nosed Wombat, Krombit Tinker Frog and the Ghost Bat and how we can help to look after them. They concluded by singing a wonderful song entitled, 'God Made Them All'.

Thank you, Year 3H.

## Staff Inservice

This coming Monday, Tuesday and Wednesday, Mrs Shae McPherson (Year 4 teacher), Mrs Deb McGuire (Prep teacher) and Mrs Michelle Ross (Year 1 teacher) will be attending a diocesan behavioural management inservice on profiling in Rockhampton.

## Our First Whole School Disco

Tomorrow, 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 and pizza.

Hoping to see lots of families coming along.



## Library News

The Issue 2 Book Club pamphlets have been sent home this week. If you wish to place an order, you can do so via the Parent Loop section of Scholastic Book Club online. If you are unfamiliar or reluctant to use this portal, you can still return order page and monies to the School Office by Monday 18<sup>th</sup> March.

The school benefits greatly with a percentage of every dollar spent going towards rewards points for our school.

Thank you in advance for your support in 2019.

Sandi O'Brien and Kerry Sullivan

## Student Awards

<b>Prep</b>	Felicity Suthers, Harper Mephram, Flynn McKenna, Austen Carige, Alexis Powell, Taia Dooley, Indigo Crosby, Hamish Mesman, Isabella Brans
<b>Year 1</b>	Ava Goodger, Bertie Harvey, Max French, Saige Nielsen, Aadi Jothiraj, Flynn Palaiet
<b>Year 2</b>	Ruby Neagle, Mackenzie Rapmund, Ashton Finch, Amelia McLean, Sunny Ford, Evie Eyles
<b>Year 3</b>	Davis McDonald, Quin Warren, Ruby Smith, Evie Richards, Sam Vaughan, Leo Kirby, Luke Shepherd, Sebastien Hatte
<b>Year 4</b>	Josephine Edwards, Caleb Todman, Lily Thomasson, Aedan Ryan, Emma Dawson
<b>Year 6</b>	Ruby Spyve, Demi Sandilands, Jye Svenson, Andrew Gill

## Year 6 Percussion Lessons

Tuesday this week, saw percussion lessons commence for our Year 6 children. Our three classes had a 30 minute lesson each with Mr Corey Owens, an instrumental music teacher from St Brendan's College.

From all reports especially from the Year 6s, the lesson went extremely well. This will now be a weekly event and we thank, Mrs Owens and St Brendan's for starting this initiative.



## 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](#)



## Leukaemia Foundation - World's Greatest Shave

Cass Smallwood in Year 6 will show his support for the Leukaemia Foundation by being involved in the World's Greatest Shave.

He will be doing this on Saturday, 23rd March and the video will be posted and shared on Facebook. The link below gives details of the event. Cass needs to raise as much money as possible so your help would be appreciated.



<https://secure.leukaemiafoundation.org.au/registrant/FundraisingPage.aspx?RegistrationID=753881>

## Community Sport

**SIGN ON FOR NETBALL  
REP TRIALS**

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

Please download Rep Players form -  
[www.capcoast.qld.netball.com.au](http://www.capcoast.qld.netball.com.au)

Any questions contact Kat 0438 106068

**After School  
PROGRAM**

**Tackers Intro**

6-12 YEARS

STARTS TERM 2 - EACH TUESDAY  
23 APRIL - 25 JUNE  
3.30pm - 5.00pm  
In the Sheltered Waters of the  
Causeway Lake

Make new friends  
- Learn water safety and confidence  
- learn basic boat handling skills  
- all in a fun, games based environment  
All sessions conducted by experienced qualified  
Australian Sailing Instructors.

**\$150 per child / per term**

**Early Bird Pricing Available**  
Casual Fee- \$22 per session. Book Monday  
before your session.

**Booking and enquiries:**  
Contact our Sailing Department  
Phone 49399542  
Email [sailing@kbsc.com.au](mailto:sailing@kbsc.com.au)

<https://www.revolutionise.com.au/kbsc/events/31986>

**TACKERS**