



Newsletter

Enriching Spirits - Educating Minds



Sacred Heart Catholic Primary School

14 Barracuda Cres
Yeppoon QLD 4703

Ph: (07) 4933 6288
Fax: (07) 4933 6470

shy@rok.catholic.edu.au
www.shyrok.catholic.edu.au

28th March 2019

Week 9

Term 1

s

From The Principal's Desk

Last Friday, I had the opportunity to attend a prayer service at the mosque in Rockhampton for the victims of the Christchurch shootings and to show solidarity with our Muslim community.

Commencing at 7pm, my initial thoughts were only would I be home in time to watch my beloved Broncos play the Cowboys. These were soon dismissed as we were greeted so sincerely at the front door by a host Muslim man and showed to a seat. The evening was very capably and sincerely emceed by one of our Sacred Heart fathers, Mustafa Elkhishin and was filled with heartfelt and emotional speeches from local politicians, religious leaders, police and several Imams (worship leaders of a Muslim community).

I was 'blown away' by the gathering. The feeling and unity of those attending were extremely powerful. The four Muslim men who spoke did so with such passion and conviction, focusing on unity, love and forgiveness.

Leaving the mosque, I thought about how our community despite the events of the previous Friday, had much for which to be grateful.

It also had me thinking about how we respond to such an event with our children. Fortunately, parenting expert, Michael Grose has some wonderful advice.

So how do you approach this with your children? What do you say to a young child who wants an explanation? How do you respond to a primary school child trying to come to terms with the fact that one person could commit this offence? How do you respond to a teenager who is angry that a gunman could target one particular community group? There are no easy answers to these questions, but be assured that your child will benefit from talking to you. These ideas may help:

Be available Let your child know that it is okay to talk about such events. Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support that they need. You do not need to explain more than they are ready to hear, but be willing to answer their questions.

Filter the news We do suggest that you take particular care about your child's exposure to news events. The consistency of images can be frightening for young children who don't understand the notion of distance and have difficulty distinguishing between reality and fiction. Older children and teenagers will probably be interested in news events, but they probably need an adult available to answer their questions and reassure them.

Engage in the news with older children Many issues are now arising from this event that may be of significant interest to older primary-aged children and teenagers. Be prepared to engage in discussions about political leadership, gun laws, the coverage of the event itself by the media and other issues that will emerge. Increasingly, young people are demonstrating that they want to have a voice in shaping the world they live in. Give them a chance to air their concerns and formulate their ideas in the safe confines of home.

Manage emotions raised The Christchurch tragedy may raise many emotions for children and young people including sadness over the loss of life, confusion over how such an event could happen, and outrage over injustice. Demonstrate that you understand that they may be upset and clarify their emotions if possible.

Moderate your language Currently, we live in divisive times. The fact that this shooting was carried out on one particular group demonstrates just the extent of the divisiveness of our community. Encourage kids to be inclusive, steering clear of language such as 'terrorists', 'evil' and 'horrors' when describing the events. Not only does this type of language

encourage children and young people to take a position rather than focus on the problems, it risks desensitising them to the reality of the impact of this event. The use of more sedate, yet descriptive language such as 'gunman', 'awful' and 'tragedy' can remove the emotional sting, while demonstrating the enormity of the event's impact.

Keep to a normal routine Your child may feel powerless. Maintaining the same sleeping, eating and daily routines can help to restore a sense of control over our daily lives.

Show them how to change the world Our children in many ways are letting us know that they don't want to continue living this way. So how can they have an impact? A parent shared this message on Facebook to her Muslim friends as a message of hope. "Don't become too preoccupied with your child's academic ability, but instead teach them to sit with those sitting alone. Teach them to be kind. Teach them to offer help. Teach them to be a friend to the lonely. Teach them to encourage others. Teach them to think about other people. Teach them to share. Teach them to look for the good. This is how they will change the world."

We get that power back when we start to impact the people around us in small ways, making positive changes for the better. 'Kindness', 'helping others', 'encouraging', 'sharing' form the basis of every strong community which is precisely what kids need. (<https://www.parentingideas.com.au/blog/responding-constructively-to-the-christchurch-shooting/>)

All the best

Max Martin

Important Dates

March

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 – Whole school Easter assembly 8.40am. All welcome.

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.

Wednesday 24th - Whole school assembly 8.40am for ANZAC Day

Thursday 25th - ANZAC Day. Dawn service at 5am and march commences at 9am.

Tuesday 30th - Rockhampton and District schools cross country

May

Friday 3rd - Prep to Year 3 athletics carnival at school.

Monday 6th - Labour Day public holiday

Thursday 9th - Whole school assembly with Year 1R presenting.

Thursday 9th - KCD 12/11/10s 1500 metre races at Farnborough SS

Friday 10th - KCD 12/11/10s athletics carnival at Farnborough SS

Farewell To Mrs Kershaw

Next Friday, will be the final day for Mrs Margaret Kershaw working at Sacred Heart School. Marg has been at our school in our office as secretary for 28 years.

She has been the first person to greet families whether in person or over the phone and always does so with a wonderful smile, caring nature, positive attitude and an enduring professionalism.

Mrs Kershaw IS the face of our school and next Thursday at our whole school assembly 8.40am, we will be farewelling her as a school family. Please feel welcome to join us then.

New Assistant to the Principal Coordinating Curriculum At Sacred Heart

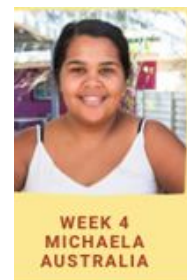
Congratulations to Mrs Lisa List on her new appointment as our APC (Assistant to the Principal, Curriculum). She will commence in this role Term Two.

Next Friday, will be the last day for Mrs Samantha Suthers, our current APC, who commences maternity leave. We wish Sam and her husband, Stuart all the very best during this time.

Project Compassion - Week 4

Michaela from Australia

Michaela is a 21-year-old trainee at Purple House, a dialysis centre in the Central Desert for people suffering from kidney disease. With the support of Caritas, Michaela is helping to build a social enterprise, a connection to culture and a new outlook for the chronically ill. You can learn more about Michaela and her story here - click on the link <https://www.youtube.com/watch?v=g6jZ--phzpY>



Lent

The Church season of Lent is a time of prayer, renewal and an opportunity to refocus our relationship with God. It is a time for growth to help us become a better person. In helping us become a better person, we need to take action. The different ways that we can achieve this are often simple yet hard at the same time.

A few examples to get you started:

- Clear up a misunderstanding,
- Volunteer,
- Prayer and meditation,
- Make time for family and friends,
- Listen to the voice in your heart.

How are you going to refocus your relationship with God?

Holy Week Liturgies

Next week, we will be commemorating Holy Week at Sacred Heart.

Stations of the Cross have been set up around the school for classes to visit during the week. Classes will also visit our Prayer Room to engage in Holy Week activities.

At assembly next Thursday 8:40am, we will remember the Crucifixion and Resurrection with Years 4S and 6E leading us.

Sacrament of Reconciliation

Congratulations to the children who celebrated the Sacrament of Reconciliation last weekend. This Saturday, our remaining candidates will make their Sacrament of Reconciliation at 5pm and will then join us for Mass at the Church. Please keep these children in your prayers.

Mini Vinnies' Easter Egg Raffle

Our major Project Compassion fundraiser is the annual Easter egg raffle. This year, Mini Vinnies have purchased the Easter Egg prizes. They will be selling raffle tickets in the Prep area before school and in the MPA at lunch time. The draw for the raffle will take place at the final school assembly on Thursday at 8:40am. All proceeds will go to Project Compassion. Thank you for your anticipated support.

NAPLAN Information

Our children in Years 3 and 5 will undertake NAPLAN Online in May this year. NAPLAN Online brings many advantages, including a test design that offers assessment items tailored to students' knowledge and current skill level.

We will also participate in a national practice test next week. The Year 5 practice test will be next Monday 1st April and the Year 3 practice test will be next Tuesday 2nd April. This is an excellent opportunity to fine tune any technical and logistical issues, as well as familiarise children and teachers with the online testing process. The practice test is not an assessment of student knowledge and there will be no reporting of student results.

Parents and carers of children in these NAPLAN year levels need to be aware of important information relating to privacy, which can be found on the NAPLAN Online Queensland website's [parent information page](#).

Local Eco Leadership Day

On Tuesday, we attended the 2019 Future Leaders Eco-Challenge at Lammermoor Beach Lioness Park. We participated in a diverse range of activities to raise awareness of the need to protect the Great Barrier Reef for generations to come.

The activities centred around the main dangers threatening the reef, namely climate change, illegal fishing, marine debris and pollution. In particular, we have been challenged to unite the Sacred Heart School community to reduce our use of plastics and, in turn, its impact on the delicate ecosystem on our doorstep. We look forward to your support when implementing some of our ideas. Cass, Sophie, Haylen and Zsa Zsa. (School and vice school captains)



Sacred Heart 800 Metre Races

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

Ninety six 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

Please feel welcome to join us at any time during this day.

KCD Cross Country

Tomorrow, twenty three children from Sacred Heart will be competing at our local KCD cross country trials at the Barmaryee sporting fields. These commence at 9.10am with our children leaving school 8.30am to travel to the venue by bus.

We wish Blayze Murphy, Mikuni Park, Aryriana Pianta, Nya Minto, Isaac Thomas, Cooper Sweeney, Aedan Ryan, Tyson Williams, Bria Goldman, Neassa O'Reilly, Leah Wex, Kaitlyn Kershaw, Ryan Hendrie, Hunter Ballard, Mason Dendle, Aiden McDonald, Zsa Zsa Hart, Miah Shackleton, Riley Robertson, Hannah Hovey, Josh Russell, Charlie Kidd and Murphy Catt all the best.

Mrs Collins and Mr Martin will be accompanying our children to this event.

Term Dates

A reminder that school concludes for Term One on Friday 5th April and commences for Term Two on Tuesday 23rd April.

Monday 22nd April is the Easter Monday public holiday.

Thursday of that first week back is ANZAC Day which is also a public holiday.

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:

Zsa Zsa Hart, Cass Smallwood, Sophie Lewis and Haylen Luckel-Dent from Year 6 for your thoughtful and enthusiastic participation at the Future Leaders Eco-Challenge. 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 recipient for this week:

Georgia Deasy from Year 3 for your quiet support of others and your generous spirit.

STEAM in Prep

STEAM continues in our Prep rooms. Drawing the wolf from the Three Little Pigs and building our name using small Lego. Fine motor skills assisted just to top off a very engaged group of children.





Student Awards

Prep	Noah Leahy, Vin Renshaw, Georgia Blackwood, Boston McAllister, Logan Lowry, Sienna Foley, Charlie Lamkin, Connor Dixon, Sophie McElhenny, Isla Bradshaw, Emerson Crane, Addison Toby
Year 1	Felix Shammall, Paige Kinsey, Emmi Taylor, Isla Kirby, Charlie Busch, Annabel Sykes, Amelia Deasy, Ruby Deasy, Charlotte Solis, Sasha Dadson
Year 2	Ethan Dixon, Sam Miller, Jesse Burnard, Jaxon Mitchell, Max Willey, Marley Williams, Kai Nielsen
Year 3	Zavier Gordon, Thea Gregson, Lily Trevor, Alyssa Belz, Alex Hargreaves, Jack Coughlan, Shayna Cameron
Year 4	Boyd Dunst, Isabella Bills, Brydie Somerville, Sam Stanley-Hunt, Matilda Cooper, Cooper Sweeney, Samuel Mesman, Niamh Goldman, Aryriana Pianta, Hannah Wallis
Year 6	Lachlan Anderson, Samuel Housman, Archie McIntyre, Joshua Russell, Hannah Hovey, Bria Goldman, Oliver Dadson, Taylor Howe

Spiritual Connections

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

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

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

Important Skorts News From Seaside Embroidery

Seaside Embroidery has notified our school that there is a fault with our girls' skorts. The elastic has been going in them around a month after purchasing. The problem has only been occurring in Sizes 4, 6 and 8 at this stage.

The supplier has found there is a fault in the elastic of certain skorts. Each skort has a batch number on them and they have found the faulty elastic is in skorts with the batch numbers **W1802-8-9-10** and **W1805-59-60-61**.

The batch number can be found underneath the tag and is the second number.



Seaside Embroidery is getting more skorts in that do not have the faulty elastic in them and when they are received families (who have contacted Seaside Embroidery) will be contacted so that the skorts can be replaced.

Skorts that have faulty elastic, but are not from the above batch numbers, will need to be sent to the supplier for investigation. Seaside Embroidery will replace those skorts, however they would normally wait until they have heard from the supplier if there is a fault before giving replacements. Thank you.

Leukaemia Foundation - World's Greatest Shave

Cass Smallwood in Year 6 recently participated in the World's Greatest Shave. Cass wishes to thank everyone who contributed towards his fundraising. He raised \$1,295. Well done.

CQ Championships

Congratulations to Tyson Williams (Year 5) who recently competed in Central Queensland Championship Brazilian Jui Jitsu in Mackay. Tyson placed a 3rd in GI and a 3rd In NO GI. Well done.



Community News



CCNA are looking for New
Players (boys OR girls)
ages 8 yrs to 12 yrs to play in
OUR Junior Netball Season on
Tuesday afternoon.
Starting 30 April, 2019
16 weeks comp



Cost - \$95 Registration per person
Weekly game FEE per team \$60

WE WANT YOU

We still have teams requiring players
If interested please email Kat
with details and netball history
E - capcoast.netball@bigpond
M - 0438 106 068
Online Registration via -
<http://capcoast.qld.netball.com.au>