



# Newsletter

Enriching Spirits - Educating Minds



## Sacred Heart Catholic Primary School

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27th June 2019

Week 10

Term 2

### From The Principal's Desk

Yesterday, our school wholeheartedly celebrated Sacred Heart Day with a myriad of events and activities. Mass was amazing as we celebrated with Father Terry and many of our families. Our children so well behaved and participated beautifully with the singing and responses.

Our Eisteddfod concert showcased our children's musical talents. Many thanks to Mrs Bacon, Mrs and Miss Boyd and Mrs Ellis for preparing our performers so well

I once again had to pinch myself when 390 children and 25 staff made their way to the beach for some sand casting. The sight of a sea of red shirts beetling in the sand, interacting so positively together and being so totally engrossed in what we were doing, was amazing. You know that the simple things in life provide the most pleasure when you see Year 5 and 6 boys attempting to build the highest sand construction and totally enjoying every moment. Tunnels in the sand are great, too.

Well done to all our teachers and staff and especially our APRE, Mrs Melissa Collins for organising the day.

During the afternoon session, I was able to take one of our Year Five classes and continue to read them an abridged version of the classic novel, "Doctor Jekyll and Mr Hyde". We are getting close to the end and they appear to be really enjoying it.

I told them of my Year Seven teacher, Mr Tony Wilmott who read us from cover to cover, 'The Hobbit' by J. R. Tolkien. I can still remember vividly, it was not so much the content of the novel that engaged us but the manner in which he read with his change of voices when Bilbo Baggins, Gollum, Gandalf or Thorin would come to life.

Or when my Year Nine teacher, Mr Faulkner chose for us to read, "Lord Of The Flies" as a class novel. What a great story and one that a group of teenage boys could relate to.

This brought back memories of the times our three children would jump into our lounge and beg to be told or read a story. Our favourites were 'Spot The Dog' and 'Grug' books.

If you want to get your kids' attention? Then start telling them a story and watch them tune in. "Let me tell you a story ...." is enough to get the attention of even hard-nosed children.

Telling and reading stories is a wonderful part of being a parent. "Just one more story, please" is hard to refuse. Story time is a special time that you have with your children that often stays for the rest of their lives.

Stories also have enormous benefits. Teachers know full well the educational benefits of parents reading and telling stories. Reading and story-telling increases kids' vocabularies, teaches them about cause and effect and sequencing of events and teaches them more about their expanding world.

But those aren't the only benefits of telling kids stories. Here are some non-educational benefits:

**1. Stories help children deal with feelings and emotions.** If you read a story about a child who is afraid of the dark, it helps them to know that they are not the only ones who feel that way. Hearing the same story many times helps children deal with their fears and other emotions.

**2. Stories can help develop a sense of belonging:** When parents and grandparents tell stories about themselves ('When your mum was a little girl.....') this develops a sense of confidence that comes from a strong feeling of connection and family history.

**3. Stories provide a great sense of escape:** A good story stimulates the imagination and takes children to another world. Getting away from things for a while is an essential mental health skill.

**4. Stories build connections between the teller and listener:** My three tell me that some of their fondest memories come from story time especially from their mother who always had a 'very famous story' to tell.

Stories don't have to be at bed-time. There are plenty of times when you can introduce a book or tell a story. A special story time at bedtime can help your child look forward to going to bed, to enjoy being close to you and to relax, ready for sleep. Most importantly your child will thrive on spending time with you. (From Michael Gross, parent consultant)

All the best everyone for your holiday break. Thank you very much for your support this term. See you all Monday 15th July.

Max Martin

#### From Our APRE

It has been an eventful week. As a school community, we celebrated Sacred Heart Day. This started with the whole school attending Mass. Congratulations to Year 6 J who did a great job in leading us. This was followed by an entertaining Eisteddfod concert, where my favourite part was when the crocodile said, "Say cheese."

Then it was off to the beach for a sandcastle competition. It is easy to forget how relaxing and grounding it is to walk barefoot on the beach and breath in the fresh air. Too often we forget to stop and smell the roses and yesterday instead of the roses, we stopped to smell the salty breeze. It is often the simple things in life that we take for granted.

As the school holiday approaches, here are some things to keep in mind.....

Count your blessings and enjoy the life God has given you.

- Find beauty, value, and worth all around you.
- Do a good job at whatever you do.
- Don't try to be more or less than God's design for you.
- Love your family with all you are, not all you can buy them.

Lord, bless all of our Sacred Heart families this holiday. May we have a wonderful time together.

May we remember to stop and smell the roses. Amen.



God bless

Melissa Collins

#### Sacramental Program

Thank you to those families who attended our final session for Confirmation on Saturday evening. We continue our sacramental program next term with Eucharist preparation beginning Saturday 27 July. A letter will be sent home with children next term outlining further details. If you have any questions please ring the Parish Office – 4933 6171 or contact Melissa Collins at school.

#### From Our APC

Looking back on everything that has been accomplished by the students at Sacred Heart throughout this semester is truly inspiring. There has been NAPLAN testing, Eisteddfod, masses, prayer assemblies, camps, sporting carnivals, excursions, chess tournaments, robotics, guest speakers and of course classroom learning. I am sure that our children, teachers and parents are all ready for a well-deserved break. Research tells us how important it is to give ourselves time to rest and regenerate.

The link below discusses the benefits of downtime and why the brain needs a break. It states, "Holiday breaks and vacations are a perfect time for all of us take a break."

I'll be finding some time to unplug, unwind and turn off. Will you?

<https://www.scilearn.com/blog/benefits-downtime-why-learners%E2%80%99-brains-need-break>

Wishing all in our Sacred Heart Community a safe and restful break.

Mrs Lisa List

## Important Dates

### June

Friday 28th - RSPCA visit for Prep to Year 3

Friday 28th - Final day of Term 2.

### Term 3

#### July

Monday 15th - First day of term 3

Tuesday 16th - NAIDOC mass in Rockhampton

Wednesday 17th to Friday 19th - Challenge Cup at St Brendan's College

Monday 22nd - NAIDOC week

Monday 22nd - P. and F. meeting 5.30pm

Tuesday 23rd to Thursday 25th - Principals' meeting in Rockhampton

Thursday 25th - Whole school assembly presented by 4G. St Brendan's students presenting at assembly.

Friday 26th - Interschool AFL competition for Years 5 and 6

Monday 29th - Catholic Education Week starts

Wednesday 31st - Catholic Education Week mass in Rockhampton

#### August

Thursday 1st - School photos

Thursday 1st - Year 6L presenting assembly 8.40am

Friday 2nd - School photos

Friday 2nd - Prep excursion to the Pilbeam Theatre

Friday 2nd Year 5 and 6 interschool sport commences

## Student Awards

<b>Year 2</b>	Olivia Blackwood, Adam Van Zanden-Gillen, Milla Mcpherson, Lola Cszwolski
<b>Year 3</b>	Finn Stone, Eden Harris, Ruby Smith, Lily Trevor, Hallie Plant, Shayna Cameron, Bronagh Symonds, Kaden Davey
<b>Year 4</b>	Byron Mitchell, Cooper Sweeney, Josephine Edwards
<b>Year 5</b>	Morgan Bridgeman
<b>Year 6</b>	Ella-Maree Robinson, Jarrah Willis

## Frankie Award

This award is presented to a class or children who have been environmentally friendly in some way around our school.

Congratulations to:

Narlah Calvert 4S for being a very quiet achiever in picking up rubbish without being asked. 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:

**Bertie Harvey 1R** for your insightful ideas on why people should work together and show kindness.

**Charley Neubecker 6L** for continually displaying the virtue of compassion and always being inclusive of others.

**Isla Shackleton 4M** showing the virtues of responsibility and determination.

**Mac Cameron 4M** for the care and consideration you show to others.





**India Hawkes 3W** For having a very generous heart and sharing coat to someone.

**Regan Blackwood 6J** for being a delightful young lady and displaying great joy in the achievements of others. Thank you.

### Farewell

To Alex Kennedy from Year 5 and her mum. We wish them all the best for the future and thank them for being part of our Sacred Heart family.

### Semester Two School Captains

Following speeches this week, we congratulate the following Year 6s on their selection as our school captains for Semester Two.

**Captains: Demi Sandilands and Sheldon Frazer.**

**Vice captains: Makayla Pianta and Raif Dooley.**

We also thank our Semester One captains: Sophie Lewis, Cass Smallwood, Zsa Zsa Hart and Haylen Luckel-Dent on the wonderful work they have done in leading our school.



### Year 3

Year 3 visited the Livingstone Shire Community Nursery on Tuesday 25th June. We planted seedlings, inspected the different stages of growth with the plants, learned more facts about recycling and attempted to build some bird boxes. We had a great time. Some snapshots of 3W and 3H:



Toby, Lily, Finn, Xavier, Quin and Cash tried to work out how to build a nesting box. Thank goodness our expert, Mr Paddy Delalande, was there to help.





Keyleigh enjoyed potting bigger seedlings. Matteo enjoyed looking at the baby seedlings.



Layla and Indigo showing us the 'bag of goodies' each student received. Getting our hands dirty.



It was lots of fun. Paddy telling us about the 200 year old grass tree.



Mr Martin helping us to put bird boxes together.



### Mini Vinnies Winter Appeal

Thank you to everybody who donated to our Mini Vinnies Winter Appeal today.

We have taken a boot load of warm blankets, scarves and wraps to St Vincent de Paul for them to distribute and lots of coins and notes were donated from our school community.

Mrs Acharya and Sacred Heart Mini Vinnies do an amazing job in organising these events and it is great to see their kindness spread throughout our Sacred Heart community.



### Staff On Leave

We wish Mrs Helen Jeffries, our financial secretary, all the best for her leave for the remainder of this year. Families will be informed of our new secretary via email tomorrow, Friday 28th June.

We also wish our school counsellor, Mrs Kelly McKenna all the best as she takes term 3 away from school for some professional development.

Mrs Sue Wilkins (Emmaus College/St Anthony's Primary School, Rockhampton) and Mrs Camelia Perkins (Emmaus College) will continue to support our children while Mrs McKenna is away. They will be at Sacred Heart every Monday and Tuesday.

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



## Sacred Heart Day





## Community News

### News from Our Environmental Group

A few weeks ago, we heard about a programme called Envision Hands that uses the plastic tops from milk bottles, water bottles (flat lids only) and soft drink bottles, to create 3D plastic prosthetic arms for children in Third World countries. Visit the website and read all about it.

[www.envision.org.au](http://www.envision.org.au)

The lids need to be a number 2 or 4 in the recycle triangle. Larger lids with a 2 or a 4, cannot be processed by their machinery at the moment, neither can laundry liquid lids.

So start collecting your lids. There will be a collection point for the lids in each year level area. Thank you for your support.



[www.envision.org.au](http://www.envision.org.au)

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Turning Waste into  
Opportunity

**ROOKIES2REDS**

**HOLIDAYS! SCHOOL HOLIDAY CLINICS**

**TAILORED COACHING**  
Fun and safe coaching sessions designed for the skill level of each age group

**SILVER FAMILY PASS**  
New Rookies receive a complimentary Silver Family Pass to a 2019 St George's Queensland Reds home game of your choice.

**MERCH DISCOUNTS**  
Rookies2Reds clinic participants are eligible for a 10% discount on Reds Merchandise. This offer excludes sale items.

**ROOKIES2REDS PACK**  
All Rookies will receive a pack including the items pictured below.

**CAPRICORN COAST RUGBY PROGRAM**

**Dates:** Mondays July 8th - August 5th, 2019  
**Time:** 4:00 pm to 5:00 pm  
**VENUE:** Cooee Bay Park; 28 Chrisney St, Cooee Bay 4703  
**AGES:** 5 - 12 (born 2007 to 2014)  
**PRICE:** \$40 (with Family Pass & Rookies2Reds Pack)  
**COACH:** Noel Flowers 0456 461 293, [noel.flowers@redsrugby.com.au](mailto:noel.flowers@redsrugby.com.au)  
**REGISTER:** <https://memberdesq.onesporttechnology.com/4069/reg/subs>

**BEGIN YOUR JOURNEY FROM ROOKIE2RED TODAY**  
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