



Newsletter

Enriching Spirits - Educating Minds



Sacred Heart Catholic Primary School

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16th May 2019

Week 4

Term 2

From The Principal's Desk

Several years ago now, I had the opportunity to listen to Mr Billy Moore, former State of Origin and Australian rugby league representative. (Known for his famous "Queenslander" call.) Interestingly, his motivation for life success was not centred on solely being a sportsperson.

Billy's manager, also known as his mother (a teacher), would not let Billy sign a professional contract, at age 17, unless he agreed to complete tertiary study. Billy had been quite academic at school and his mother insisted he 'keep those doors open.' Consequently, whilst playing professional rugby league, he completed a Science degree from Sydney University in physiology. Billy said he worked much harder than the other players, juggling his fitness and study commitments but goal setting and time management were his saviours.

He quietly told my wife that he loved hanging 'around the nerds'. 'Once, after scoring a magnificent winning try in State of Origin, he returned to university expecting adulation from his mates. None of them had watched the game and had thought he had dropped out of uni because of the 9 days he had been absent on training camp.

Billy said he was often disappointed that he received so much praise for his physical skills whilst former classmates were the unknown 'Wally Lewises of the physics and medical worlds'.

Billy strongly advocated tertiary study and the importance of gaining as many 'strings to your bow' as possible, providing more opportunities if Plan A failed. He is now the successful owner and manager of a catering company coordinating corporate events.

For some reason this story had me thinking of brain plasticity. That is, our brain is always growing and developing.

Like Bill Moore, It's exciting to know that your child's talent and smarts are not fixed. Their brains can always learn more, continue to grow and be stretched. So as parents, it seems sensible that we should be developing a growth mindset in our children. We want them to believe that with effort and practice they can develop their skills and abilities in many areas.

Carol Dweck, author of "The New Psychology of Success" believes that a growth mindset is the quality that separates those who succeed from those who don't. Her research reveals how the use of language when praising kids can have a profound impact on their attitudes. She states:

Praise effort, strategy and action, not results

Focus more on the processes of what kids do rather than results to develop a growth mindset. Kids need to hear comments such as "You worked hard to get that right!" (effort), "That was a smart idea to tackle the hardest task while you were fresh." (strategy) and "You recognised the first few steps were the most important but then after that you were right." (action). This encouragement, helps kids develop the belief that success has more to do with what they do than innate smarts and talents.

Look for opportunities to stretch your child's capabilities

Encourage kids to stretch their capabilities by adding depth and breadth to their list of activities. Boys, in particular, often go deep, investing all their time into areas such as sport or online gaming to develop their talents. Encourage them to stretch their capabilities across a range of areas rather than a few. Conversely, encourage a child who dabbles in many areas or interests without specialising in any area, to go deeper in one area.

Give honest feedback

Providing your child with honest feedback about their performance not only helps them improve, but also promotes a growth mindset. We often shy away from giving feedback for fear of harming children's self-esteem. Focusing on two or three things they do well before giving constructive feedback is one way you can keep a young learner's head up while giving pointers about better performance.

Having brain plasticity means that we can continue to acquire new skills, learn new things and embed new habits across our lifespan. It is important then that we help our children develop a growth mindset so that they can reap the benefits of brain plasticity over their lifetime rather than limit them. (Michael Grose 20th February 2017)

From the APRE

Mother's Day has come and gone for another year. My husband cooked up a delicious hot breakfast, my two daughters (No 5 and No 6) took me for coffee and my parents came down for fish and chips at the beach with my two brothers and their families.

Whilst it was a very relaxing day and I was gifted chocolates, a 'Sudoku' book and a voucher to an amazing shop, the highlight was built up throughout my day as I received phone calls from my children who live away. My eldest daughter (No.1) rang early when we were having breakfast, followed by No 4 who called on the way to coffee and No 3's call came at lunch when he woke up from a night out with friends.

Though I was extremely spoilt and had enjoyed the most relaxing day, I still felt like something was missing. I had not heard from No 2 and even though he works on weekends, I prayed that he would remember as I have always considered that the highest priority in my life was to be an amazing mother hen to my 6 little chicks.

The rising highlight of my weekend peaked after dinner, when No 2 called. Yes - he had been at work and the excitement in his voice completed my day. My 6 chicks were all safe and sound and remembered their mother. This was my realisation that my greatest gift for Mother's Day was my family.

Lord, thank You for the precious gift of family. For the talents and virtues that You have given each of us.
Please keep our families united. Guide us, protect us and equip us to do Your will each and every day.
Thank You for all that You are, and all that You have given us. Our hearts are forever grateful!

Have a wonderful weekend and enjoy your families.

Mrs Melissa Collins

From the APC

A huge congratulations to the students of Year 3 and 5, and their teachers for all of their efforts during Naplan testing. Our children displayed maturity and determination when completing the tests. Tuesday saw the students undertake the Writing test, composing a narrative from a picture stimulus. On Wednesday, they completed the Reading and Language Conventions assessments and Thursday, the Mathematics test.

Thanks to all who played a part in Naplan this week, ensuring testing ran smoothly.

I am a big Sylvia Duckworth fan. Her books have wonderful quotes and fantastic images that encourage you to think about the message being shared. Below is an image that sums up the way Naplan was embraced at Sacred Heart.



Thank you

Mrs Lisa List

Footsteps Dance

Sacred Heart has dance classes from 'Footsteps' this week. Each year level has learnt three dances and will perform one of these on Friday at 2pm. You are all welcome to come and be a part of the audience and enjoy our concert.

Here's what children had to say:

I like 'The Backstreet Boys' rhythm and music. **Adam 2MS**

The best move is when you slide under and freeze like a statue. I'm really good at that. **Herbert 2W**

Dance is fun. It's not so formal. Tia lets us choose the dance that we are going to perform. **Hannah 6J**

I like the party arms. **Millie PT**

I love the partner groups at dance. **Jayden 5G**

I just like the whole thing. The dance, the song - just everything. **Sabina 4S**

The beat in 'Waka Waka' is really good and that's why it's my favourite. **Zuri 3H**

Dance is great. I like the actions and the cool moves. **Sahara 2W**

I'm good at the dinosaur move. **Spencer 2W**

The song, 'Everybody' is a great song to dance to. **Noah 1B**

We like the songs that we dance to. **Hunter and Ethan 5G**

The dances that we do are pretty cool because they have all different types of actions. **Shayna 3H**



Important Dates

May

Saturday 18th - Federal election

Tuesday 21st - Prep's excursion to Cooberrie Park. Leaving school at 9.30am.

Tuesday 21st - Year 1 fire brigade visit

Thursday 23rd - KCD 12/11/10s 1500 metre races at Farnborough SS from 1.30pm.

Friday 24th - KCD 12/11/10s athletics carnival at Farnborough SS

Monday 27th, Tuesday 28th, Wednesday 29th, Thursday 30th - Year 4 camp to the Caves

Tuesday 28th - Capricornia cross country in Emerald

Friday 31st - Year 5 and 6 interschool sports day for soccer, netball and rugby league.

Friday 31st - School discos in our multi-purpose area.

June

Monday 3rd - Inter School chess competition in Rockhampton

Monday 3rd and Tuesday 4th - Rockhampton district athletics carnival

Saturday 8th and Sunday 9th - Yeppoon Show

Thursday 13th - Rockhampton Show holiday

Friday 14th - Yeppoon Show holiday

Monday 17th and Tuesday 18th - Capricornia athletics carnival

Saturday 22nd - Confirmation ceremony at 6pm mass

Monday 24th - Children report cards go home today.

Wednesday 26th - Sacred Heart feast day. Whole school mass 9am at Sacred Heart Church. Beach activities.

Friday 28th - RSPCA visit for Prep to Year 3

Friday 28th - Final day of Term 2.

Capricornia Cross Country Trials

Well done to the following children who will be travelling to Emerald on Tuesday 28th May to compete at the Capricornia cross country trials. We wish Ryan Hendrie, Isaac Thomas, Bria Goldman and Joshua Russell, all the very best.

Sacred Heart Athletics Records

It has been remiss of me, not to have mentioned several of our children who broke records at our athletics carnival last term.

Well done to Murphy Catt who set a record in the long jump 12 years, Neassa O'Reilly 11 years high jump and Cooper Sweeney in 10 years long jump.

KCD Athletics Carnival

This event will be held next Thursday and Friday at the Farnborough SS. Thursday afternoon will be the running of the 1500m events with Friday being a whole day carnival.

We wish the following children all the best at this carnival: Isaac Thomas, Cooper Sweeney, Bria Goldman, Riley Robertson, Josh Russell, Ryan Hendrie, Bronson Toby, Amber Johnson, Amy Campbell, Murphy Catt, Cass Smallwood, Hunter Ballard, Neassa O'Reilly, Aiden McDonald, Mason Dendle, Zsa Zsa Hart, Jake Murphy, Jaxon Burkhardt, Avalinn Mason, Shay Kani, Victoria Forbes, Taylor Howe, Hugo Rothery, Teal Kafka-Bauer, Oliver Cugola, Lachlan Anderson, Reid Weinert, Chelsea Finch, Leah Wex, Holly Stack, Demi Sandilands, Dean Cook, Giulio Somerville, Blayze Murphy, Gabrielle Gillies, Nya Minto, Mikuni Park and Ayla Brown.

Mrs List, Mr Guhr and Mrs Pianta will be supervising our children on the day.

Challenge Cup and Development Cup Training

Our Sacred Heart Challenge and Development Cup rugby league boys and girls will be training this Sunday at St Brendan's College from 4pm to 5pm.

Our first carnival will be Friday 31st May which is the interschool Development Cup day.

Meeting the Prime Minister



Last Friday, our school captains were invited to morning tea with our Prime Minister, Mr Scott Morrison.

Cass Smallwood and Sophie Lewis did our school proud as they had a lovely conversation with the PM about our school.



Confirmation Information Sessions

This term, we will continue our Sacramental Program for 2019. Children who are currently in Year 4 or above and who have been baptised and received Reconciliation are able to receive the Sacrament of Confirmation and Eucharist.

Information sessions for Confirmation will be held on the following dates:

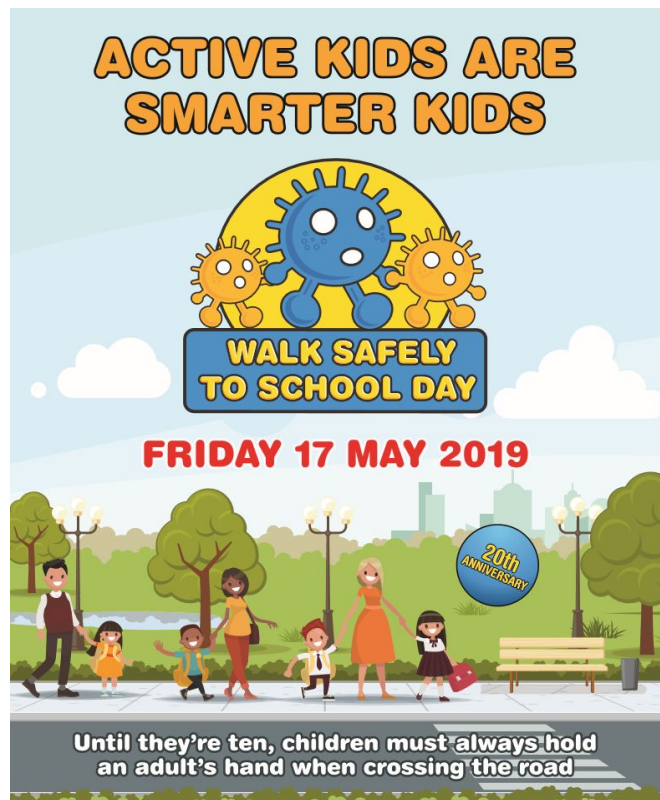
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| Saturday May 25th | 5:30pm Registration and youth mass |
| Saturday June 1st | 4:45pm Sign in and information session 1 |
| Saturday June 8th | 4:45pm Sign in and information session 2 |
| Saturday June 22nd | 5:30pm Presentation of Apostles Creed and mass |

If you have any queries please contact the parish office on 4933 6171 or Mrs Melissa Collins on 49948215.

Link to [Confirmation](#)

Walk To School Day Friday 17th May

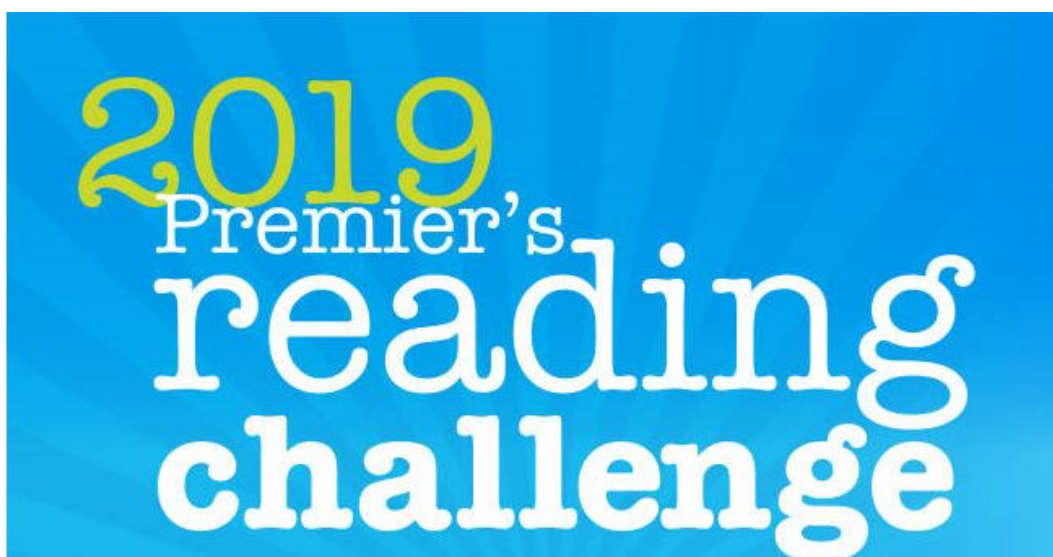
<http://www.walk.com.au/WSTSD/images/elements/contentpics/2019/WSTSD-2019-poster-A4-NAT.pdf>



Premier's Reading Challenge

Sacred Heart has registered for the 2019 Premier's Reading Challenge. Students are encouraged to participate in this. Nomination forms can be collected from Mrs Murphy in our office or alternatively students can ask their class teacher for a reading challenge form.

Looking forward to seeing lots of our children involved.



Next School Disco

Our next school disco will be held on Friday 31st May.

The theme is 'Wear Something Fluoro'.

We are changing the structure of our disco format. There will be a Prep to Year 3 disco from 5.30pm until 6.30pm. Then a Year 4 to 6 disco from 6.30pm until 7.30am. More details next week.

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:

Bronagh Symonds in Year 3 for being so environmentally friendly in keeping our school 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:

Alli O'Rourke in Year 4 for your beautiful manners and for being so inclusive of others. Thank you.

Demi Sandilands in Year 6 for displaying mature leadership skills.

Sienna Schick in Year 5 for displaying great determination at dance this week.

Thomas Sweeney in Year 3 for always being so polite and for looking after your mates at lunch times.

Sophie Lewis and Cass Smallwood in Year 6 for representing our school so maturely and proudly at morning tea with our Prime Minister. Well done.

Rockhampton Eisteddfod News

The Sacred Heart String ensembles performed last Friday at the Rockhampton Eisteddfod.

Our children from Prep to Year 6, performed extremely well. Sacred Heart had 3 groups involved.

Congratulations to Sacred Heart Intermediate Strings who received Highly Commended.

Our senior strings and some of the Intermediates went on to perform in the Combined Schools Orchestra North Rockhampton/Yeppoon section where they placed 3rd Place.

Next week, the Sacred Heart choirs and folk groups will perform at the Rockhampton Eisteddfod.

The children cannot wait and have been working extremely conscientiously. Hopefully we will see family members on the day to support our children. Children will travel by bus to and from Rockhampton.

An email with relevant information was sent home earlier this week. Our performance times are:

Monday 21st 1:30pm - Year 1 Tuesday 22nd 9:30am - Year 2 and Year 3 Tuesday 22nd 11am - Folk Groups
Tuesday 1:30pm - Year 4 and Year 5

Special mention must go to Mrs Boyd for all of the work that she has done to get the children singing so beautifully.

Student Awards

Prep	Hayden Pont, Victoria Evans, Harper Mepham, Molly Shepherd, Isla Bradshaw, Millie Roper, Jordan Keiley, Hamish Mesman, Emerson Crane
Year 3	Georgia Deasy, Keyleigh Johnson, Aiden Goodger, Elliot Guhr
Year 4	Zeke Dendle, Kapri Zetl
Year 6	Murphy Catt, Leah Wex

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](#)

Community News

St Ursula's College, Yeppoon – Homestay Experience

St Agnes (our Japanese Sister School) students are coming to visit us and we need Homestay families to host them. 19-30 July 2019.

No Japanese experience necessary.

All Yeppoon families are welcome to apply.

Monetary assistance provided for meals and transport.

Email Mrs Emily Willis emilyw@stursulas.qld.edu.au for more information.



STUDENT TRAVEL REBATES Semester 1, 2019



Bus Fare Assistance

- Does your child attend a **school outside the Brisbane City Council** boundary?
- Does your family spend more than **\$20/week*** on fares to and from school (* \$15/week if you hold a concession card)?
- Does your child travel on a **publicly available bus** not owned or associated with the school?

Students With Disability

- Does your child have a **verified disability** that requires **transport assistance** to and from school?
- Has your school's learning support teacher assessed your child's **travel capability rating** as 'semi-independent' or more dependent?

Visit our website to see if you qualify for financial assistance to help with the cost of transport and

apply at SchoolTransport.com.au by 31 May 2019.

Late applications will not be accepted.

LIFELINE ROCKHAMPTON
Bookfest
 LOSE YOURSELF

17-19 May 2019
Rockhampton Showgrounds
 Walter Pierce Pavilion, New Exhibition Road
 9am - 4pm Friday & Saturday
 9am - 12pm Sunday

PLUS CLOTHING FOR \$2

www.bookfest.org.au

Proudly part of
 UnitingCare

Lifeline Saving Lives
 Crisis Support. Suicide Prevention.

TWO WEEKS TO GO



Friday 31 May to Sunday 2 June 2019

Where curiosity meets inspiration

A Festival for readers, writers and creatives!

- 15 writing workshops
- 4 in conversation events
- 2 children's story time sessions
- Opening night cocktail party
- Author and publisher high tea

Drinks and conversation with Channel Ten's Shark Tank Judge Steve Baxter, Author David Hunt and *Graziher* Editor Claire Dunne

Quench your curiosity and nab a ticket to one of these 24 sessions in Yeppoon NOW and leave the Festival with a mind brimming full of ideas and a great story to tell.

BUY TICKETS: www.capricorncoastwritersfestival.com

Facebook & Instagram [capricorncoastwritersfestival](https://www.facebook.com/capricorncoastwritersfestival)
info@capricorncoastwritersfestival.com

Friday 31 May to Sunday 2 June 2019.

Capricorn Coast Writers Festival

Livingstone 2050:
 Shaping Our Tomorrow
 OUR COMMUNITY PLAN

**THE COMMUNITY PLAN
 HAS LAUNCHED.**

**LET US KNOW WHAT
 YOU THINK!**

Online - visit Get Involved
<https://getinvolved.livingstone.qld.gov.au>

OPEN MOSQUE

Iftar

INVITATION

The Islamic Society of CQ Cordially invites you and your family to join us this Ramadan for a community Iftar and Dinner

When: 5:00 pm, 25th May
Where: Rockhampton Mosque
 132 Kent Street, Rockhampton

RSVP: Riaz Ahmed
 president@iscq.com.au
 By 20th May

Islamic Society of Central Queensland (ISCQ)

Supported by
 Queensland Government

THE ANGLICAN PARISH OF KEPPEL

CAR BOOT SALE & Market Day

Saturday 15 June • 7am – 11am
15 Housden Place, Taranganba

Bric-a-Brac
Music & CD's
Sausage Sizzle
Loads of Treasures

