



Newsletter

Enriching Spirits - Educating Minds



Sacred Heart Catholic Primary School

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Week 6

Term 2

From The Principal's Desk

Several lesser known fears:

Omphalophobia: Fear of belly buttons

Nomophobia: Fear of not having a mobile phone

Arachibutyrophobia: Fear of peanut butter sticking to the roof of your mouth

Hippopotomonstrosesquippedaliophobia: Fear of long words (Are you kidding me?)

And then there is speluncaphobia: A fear of caves.

This week saw my second foray into a well known local tourist destination, the Capricorn Caves and once again it left me invigorated and amazed by the determination and application of our 4s. Also to a degree, overcoming my fear of being inside a cave.

Three times this week along with our intrepid Year 4s, we tackled the Zig Zag, the Blow Hole, the Whale's Belly, Fat Man's Misery and the Dungeon. It was an amazing adventure.

I marvelled at the courage and grit of our children. Many had never experienced The Caves before and some had never been away from home without their parents. Their display of resilience and confidence made me very proud.

Some too needed a genuine push to attempt some of the activities ie the climbing wall and with some gentle persuasion and a little shove, the sheer delight in their faces on completing a challenge was priceless.

Now, they are still learning that soap it best mixed with water for optimum results, that everything needs to be eaten on your plate before you can have dessert and that after a swim, wet clothes are better not packed in your bag with dry ones.

Important life lessons.

Once again, I have turned to Michael Grose, parenting 'guru' for some practical strategies that you might use to build real confidence in children. Hope they help.

1. Model confident thinking Parents and carers play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let children hear positive self-talk when you tackle something new. They should hear something like, "I'll have a go at this. If I don't do so well then I can try again tomorrow." This is far more effective than "I'm no good at this. I'll probably stuff it up." Show them how to reframe their negative self-talk by showing them how to find a positive in difficult situations.

2. Focus on effort and improvement People who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work and life over time. One way to develop this is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort, you are teaching them success comes from something other than their purely ability, talents or smarts.

3. Praise strategy Children need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches, not just sheer effort, to learn and improve. It helps too to focus language on better and smarter ways on improving. Comments such as "That was a smart idea to tackle the hardest task while you were fresh" is a descriptive statement that has significant value for children.

4. Let them spend more time in environments where they feel confident Some children thrive on the sporting field but struggle in the classroom. They may be confident risk-takers outdoors but are held back by self-doubt in social settings. While confidence tends to be situational, it is also transferrable. Often when you feel brave in one area then these feelings tend to merge into other areas. Confidence has a snowball effect so increase the time your child spends in areas where they shine to give their self-esteem a boost.

Most importantly, 'good' parents and carers have a knack of communicating confidence in children. They find ways to let them know that they believe in them without 'gushing', that they know their kids will perform and succeed, that they have faith that they can deal with life's challenges and know that they can become more independent.

An aside, my self esteem was dented on Tuesday when I was entering the Whale's Belly through what is a smaller tunnel you need to climb up into and slide along. One of our 4s was heard to mutter to a friend, "Don't be scared, if Mr Martin can get in, the cave must be pretty wide." Out of the mouths of babes.

(Many thanks to our Year 4 teachers: Mrs McPherson, Mrs Svendsen, Mrs Gilliland, our APC, Mrs List and prac teacher, Mrs Boyd for making the camp a success.)

All the best

Max Martin

From our APRE

Sometimes the busyness of our life can get in the road of actual living. The past 2 weeks has been extremely busy for me, with the Eisteddfod, both through school and my children, who entered themselves in 100 items each (well at least it felt like that). I often joke that I may actually have more fun sticking needles in my eyes but after years of being an audience member, I can see how far all of the familiar competitors have come along.

In the midst of this busyness, I also managed to pack up my parents, who are moving to Brisbane today. Realistically, there are more family members down south that can assist with support for my parents in their old age. Whilst I have tried to hide my feelings and keep my spirit up, inside I realise that I am behaving like a young child. The childish thoughts: I am not the favourite; They like the others more; What have I done?; the list went on, and kept replaying in my head.

I started to relive moments from my childhood that made it so special. Every night my father would tuck each of us into bed and say our 'Bedtime' prayers. Before he left the room, he would kiss me good night and whisper that I was his favourite and not to tell the others. This made me feel extremely special. At the ripe old age of 40, during a family function, the realisation that my father actually told each one of us that we were his favourite came to light. How lucky were we to live a life feeling so special?

It is important that we let the people around us know how important they are to us. Let us not just do but make the doing worth living. Let your family know how much you love them.

Lord, we were not meant to 'Do' life alone. Pray for those closest to us, let us we see the power of God not only in our life but in the lives of those we love. Amen.

Live your life to the fullest.

Melissa Collins

Confirmation Information Sessions

Confirmation sessions for our sacramental program start this weekend. 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. Please bring your forms and money with you on Saturday night.

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

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](#)

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](#)

From our APC

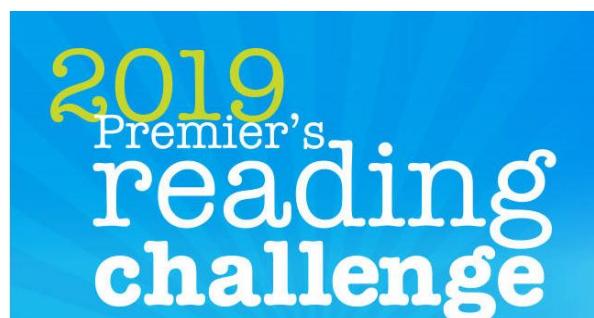
Over the past few weeks students at Sacred Heart have been extremely busy with many activities and events including a camp, Naplan testing, the Eisteddfod, sporting carnivals, practising for upcoming chess, robotics and gala sports competitions, just to name a few.

Sacred Heart School has an array of students who are extremely talented both in and outside the classroom. While we celebrate the successes, we often forget about the sacrifices and hard work it takes to gain that success.

The following Sylvia Duckworth illustration portrays all the things we do not see when one of our students demonstrates success.



A reminder that Sacred Heart has registered for the 2019 Premier's Reading Challenge. Children 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.



Have a lovely week.

Lisa List.

Important Dates

May

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 June - Under 8's day Prep to Year 3

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.

Reef Guardian Delegate Visit

Yesterday, fourteen International and Australian delegates came to Sacred heart to learn what our school does to improve the environment, as we are a Reef Guardian school.

The visitors were extremely impressed with dedication and commitment that our school has shown and how we are leading the way for other schools to follow.

Our Year 6 leaders and Mrs Evans took them on a journey through Sacred Heart to explore our ongoing initiatives. Their final destination was Year 3H where the knowledgeable Mrs Hebron had her students explain why this environmental journey is so important to our school



Prayer Assembly 6E - National Reconciliation Week

National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

National Reconciliation Week commemorates two significant milestones in our history — the successful 1967 referendum, and the High Court Mabo decision.

The theme for 2019 is 'Grounded In Truth, We Walk Together In Courage'. Yesterday, our Year 6 E class presented an assembly on this theme. It was extremely meaningful and very maturely delivered. Well done.



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:

Year 2MS for picking up rubbish and cleaning up the area outside of the Year 2 classroom before school and without anybody asking you to clean up. Well done.



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:

Emmi Taylor from Year 1R for always being encouraging to others in our class.

Ethan Virzintas from Year 3W for your honesty when finding money on the oval and returning to the rightful owner.

Bertie Harvey from Year 1R for For always showing the "Spirit of Jesus" in our classroom.

Ruby Spyve from 6L. Ruby always make Jesus real with her cheerful and giving attitude.

Raine Watson from Year 5G for his helpfulness to other students.

Laith Elkishin from Year 5A for showing the welcoming spirit of MJR to others around you.

Thomas Sweeney from 3W for caring for his friends and looking after them at playtime,



Student Awards

Prep	Ashton Virzintas, Isla Goltz, Harper Gill, Charlee Lamkin, Willem Shackleton, Connor Dixon, Lucinda Warrick
Year 1	Lucy Thomas, Isla Kirby, Beckett Catt, Oliver Mathias-Watt, Flynn Palarait, Kash Komsic, Ivy Ballard
Year 2	Izzy Todman, Jesse Burnard, Havana Elliot
Year 3	Toby Janes, Matteo Tickner ,Hunter Hixon, Cash Warner, Harry Wilczek, Evie Richards, Alex Hargreaves, Lennix Bone
Year 4	Adelaide Gill, Elliot Franklin, Hunter Herron
Year 5	Nick Eaton, Daly Smith, Sarah Hall
Year 6	Jesse Emery, Cooper Smith, Samuel Housman, Alexis Sloper

Year 5 Writers @ Work

Dogs vs Cats

If you think cats are the best pets, you're wrong! The sneaky felines are called 'pets' but should be called 'pests' and here's why.....

Firstly, cats shed their hair all over your house but dogs don't or at least not as much. Dog's hair mostly remains attached till they get a haircut.

Also, cats are not loyal to you but dogs are. Cats will walk off with a flick of their tail. All they want is food and water from you. Dogs just want your love but feed them too because you need to.

Finally, dogs are useful and trained as police dogs and for blind people. Cats do not help the community at all.

Some amazing and right reasons why you should not get a cat in any shape or form. **By Ryan Hendrie**

Camel Adaptations

A desert environment is very hot, not much water and has dry, spiky plants. There is also sand and not many trees so not much shade for animals. A camel can survive in the desert because it has adaptations to help it.

The camel's eye lashes help keep out the sand. The furry ears also keep out the sand. Camels can shut their nostrils to keep out the sand.

Camels have eyelids that are a bit see through when they close them.

They have tough lips and throat so they can eat dry and spiky plants.

The camel's hump is full of fat and used as a food store. Their blood can flow even if they have lost a quarter of their weight in water.

Camel's long legs keep them high from the hot sand. They have knee pads to stop their knees rubbing on the ground. They also have wide feet to stop them from sinking in the sand.

These adaptations have also been the reason that explorers have used camels when travelling the desert.

By Amelia Reid

From 'In the Shadows'

Ella waded towards the river bank with her toes sinking in the mud. She was feeling for anything that had washed in with the tide or had fallen from a boat. She was desperate to find something to put in her bucket.

"Oh, how I wish I could find something valuable like some copper pots," she thought to herself.

However, today was just like yesterday and every other day.

"Ouch!" she yelled with pain. She lifted her foot to see what she had stepped on.

The year of 1808 had just started and already it was horrid. Ella saw that she had cut her foot, but what on? She lifted out a large, iron hammer. No chips on the head and no scratches on the wood.

Oh my goodness! Uncle Ren will be so happy.

By Sarah Hall

Today's School Disco

Our school disco will be held today 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 7.30pm.

There will be a sausage sizzle, drinks, chips and chocolates for sale. Hope to see lots of our families on Friday evening.

Entry is \$1 each child or \$2 a family.

Term Two Chess Tournament

Next Monday, 3rd June, eight Sacred Heart children will be representing our school at a regional inter school chess tournament at The Cathedral College in Rockhampton.

The children have had tutoring lessons via Zoom during their lunch hour to enhance their knowledge and skills. They are very excited and there is a definite buzz amongst the members of our Chess Club.

All the best to the following children: Andrew Gill, Charlee Neubecker, Jacob Hemmings, Samuel Janes, Thomas Brown, Nicholas Eaton, Morgan Bridgeman and Jarrah Willis.

Mrs Collins will be attending this event with our children.

Year 6 Camp Raffle

Each year our Year 6 families raise money to go towards their camp in November.

This year, a multi-draw raffle has been organised. There are 14 prizes to be won. Tickets are now available. Each ticket purchased entitles you to a FREE kids milkshake from Waterline Restaurant. Valid from 29th August to 12th September 2019. Prizes range from a massage pack worth \$1080 through to a Waterline Restaurant Dinner voucher for \$100. Looking forward to your support.

Year 5 and 6 Gala Interschool Sports Day

Today, Friday 31st May, all Year 5 and 6 Sacred Heart children and their teachers will be involved in an interschool sports competition for netball, soccer and rugby league. Several weeks ago, the children nominated their sport.

Netball will be played at the Barmaryee Association courts, commencing at 9.30am. Soccer at the fields on Cordingly Street, commencing at 9.30am. Rugby League at the Seagull's fields at Barmaryee, commencing at 9.45am.

All children will be transported to and from the venues by bus. No cost is involved.

KCD Athletics Carnival

Following the KCD athletics carnival held last Friday. Congratulations to the following children on their achievements.

10 years boys age champion: Cooper Sweeney.

The following records were broken or equalled by Sacred Heart children:

Murphy Catt 12 years boys long jump equalled 4.59m.

Amy Campbell 11 years girls multi event long jump new record 3.90m

Ryan Hendrie 11 years boys 1500m 5 minutes 44.28 seconds

The following children have gained selection to attend the Rockhampton District carnival being held this coming Monday and Tuesday at Farnborough SS: Isaac Thomas, Cooper Sweeney, Ayla Brown, Ryan Hendrie, Reid Weinert, Oliver Cugola, Bria Goldman, Neassa O'Reilly, Amy Campbell, Amber Johnson, Murphy Catt, Joshua Russell, Zsa Zsa Hart and Riley Robertson.

Motor Neuron Disease - Freeze Slide Fundraiser

On Saturday 22nd June, the Yeppoon Swans are conducting a community fundraiser for Motor Neuron Disease.

This fundraiser involves sponsored people going down a slide into a pool of ice water.

One of our Year 5 children, Charlotte Richards and myself aim to raise \$1000 for this cause and do the slide.

The following link takes you to where you can donate for both Charlotte and myself.

Just click on my face on the slide page.

<https://freezemnd-yeppoon.blackbaud-sites.com>

Thank you very much to everyone who has donated so far. Over \$850 has been raised. Please continue to support both Charlotte and myself. It is greatly appreciated.



FIGHT MND.
IT TAKES PEOPLE

NOMINATE TO SLIDE TODAY!

FREEZE MND YEPPON

SATURDAY, 22 JUNE 2019
LIVE MUSIC FROM 7PM

AFL GAMES, FULL CANTEEN, BBQ & BAR, RAFFLES, FACE PAINTING, JUMPING CASTLE

EACH FREEZE NOMINEE AND THEIR SUPPORT NETWORK IS REQUIRED TO RAISE OR DONATE A MINIMUM OF \$750 TO TAKE THE PLUNGE



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.

Parent Link



We want to save parents time

That's why we are supporting a new initiative that sends reliable information via text message to expectant parents, or parents and carers of children under two years old.

Available in Livingstone/Rockhampton, Ipswich and Toowoomba.

Click here or go to issr.uq.edu.au/parent-link to find out more.



Australian Government
Department of Social Services



Queensland Government

The Community is invited to attend a Consultation Workshop for
Livingstone 2050: Shaping Our Tomorrow OUR COMMUNITY PLAN

Monday 17 June 2019

7.00pm to 9.00pm (REFRESHMENTS PROVIDED)

Community Education Room @ The Hub, Yeppoon



Livingstone
2050

RSVP BY THURSDAY 13 JUNE 2019 VIA
WWW.LIVINGSTONE.QLD.GOV.AU/WHATSON

Livingstone 2050:
Shaping Our Tomorrow
OUR COMMUNITY PLAN

Musicians & Singers Needed

Musicians & Singers are needed for Saturday evening or Sunday morning Masses at Sacred Heart Church. If you play a musical instrument (Particularly Piano or Organ,) or would like to be one of the singers please consider joining our Music Ministry.

Tink and Jan are willing to help anyone that is interested. So don't be shy.

Contact Tink Boyd 0429 392 346, Jan Boyd 0434 396 179 or the Parish Office 4933 6171.

