



# 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

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### From the Principal's Desk

My Dad is a wonderful man. I try to call him weekly for a chat about his golf game which fluctuates, his Friday afternoons with his mates having a few drinks at the Brothers Club, the weather, of course, an update on the passing of his and my mum's growing list of friends and he always shares a joke he has heard.

I have many fond memories of my Dad as a child: trips all over Queensland with the Bargara nippers, coaching my primary school footy side, yabbing and fishing at Elliot Heads, brewing ginger beer and travelling with him on our holidays to a myriad of butcher shops and slaughter houses as part of his job as a meat inspector.

With Father's Day next weekend, I found this great article from parenting 'expert', Michael Grose. His advice had me re-thinking the way I interact with my 28, 26 and 23 year olds.

Every father's parenting journey is different. Father's Day is a great time for some tried and trusted parenting tips to help you be the best dad you can be.

1. Play to your strengths: Fathers often parent in a more active or action-oriented way than mums, so games, play time and physical activity become important parts of a man's parenting repertoire.
2. Lighten up – don't take yourself too seriously: It's easy to get caught up in your own importance, taking yourself and your work too seriously. For many men a bad day at work translates into poor or, at best, distracted experiences when they're with their families. Be present in mind as well as in body when you're with your kids.
3. Find something in common with your child: It would be wonderful to say that you can always connect with your kids, but family life is never that straightforward. There'll always be a child who we struggle to connect with, or a developmental stage during which the child feels alien to you. In these times it helps if you share a common interest (such as a love of sport or music) with them, so that you always have something that will bring you together, even though you may not always see eye to eye.
4. Go easy on your son sometimes: Many dads are tough on their boys and have expectations that go way beyond their son's interest and abilities. Remember, it takes boys a little longer to mature. Resist the temptation to turn every game and every father-son activity into a lesson and avoid giving advice when all your son wants is to be understood.
5. Enjoy the outdoors with your daughter; The nature of fatherhood causes most men to be very protective of their daughters. Play with her and get her outdoors as it will do wonders for her confidence and independence.
6. Be ready for kids to knock you off your pedestal: Most children in Prep and middle-to-late-primary school years look up to their dads. Young children soon turn into adolescents, expect them to stop laughing at your jokes, roll their eyes at your well-intentioned advice and even give you the cold shoulder in public.
7. Give your kids a compass and a map: One day your children will become truly independent individuals. You won't be irrelevant, you'll just be taking a backseat in a more practical and managerial sense. There are two things you can do to help your kids safely navigate the world when you're not around. First, help them develop a set of positive values including integrity, honesty and respect that will act as their moral compass when they have difficult decisions to make. Second, reveal your personal story over time, as this narrative will become ingrained like personal map that will guide them when life gets tough.

Next Thursday, we will be celebrating Father's Day at school with a sausage sizzle breakfast from 7.45am in our multi-purpose area, then an assembly with Year 1B presenting, followed by a morning tea.

All our Prep Dads are invited then to an activity morning on our oval from 9.15am. Hope lots of our Dads can join us then.

Finally, no Father's Day front page would be complete without a few Dad jokes for which my Father was quite good.

As soon as you find someone who has 10000 bees, marry them. That's when you know that they are a keeper.

My friend asked me to round up his 36 sheep. I said, "40."

My dad was washing his car with a friend. When someone said can't you just use a cloth.

All the very best

Mr Max Martin

### From Our APRE

Last week, I had the busiest week. After many weeks of Sacrament sessions, I had the Assumption Mass to organise, prepare, present and clean up after; had the Confirmation and Communion practice with the children after the Assumption Mass; set up the Church for the Confirmation ceremony, organised the certificates and gifts; attended, presented and organised the children for the Confirmation ceremony; met with Bishop Michael, Fr Matthew and parishioners to discuss our parish; attended the Presentation Associates meeting at St Ursula's and attended, assisted and cleaned up after the Communion ceremony.

After feeling both emotionally and physically exhausted, I sat and pondered my thoughts. Everything that I was involved in was filled with positivity and happiness. Each event that was organised by a group of willing participants who made a team and we all know, there is no I in TEAM.

So to rephrase, my busy week was filled with positivity, joy and laughter. I was surrounded by others who were filled with passion. No longer do I feel sorry for myself yet proud of the people who surround and support me; honoured and grateful to the team who worked alongside and for this, I say 'Thank you'.

Dear Lord,

Thank you for the gift of passion, joy and laughter. May we always be surrounded by a positive and supportive team. Amen.

Enjoy your team,

Melissa Collins

### From Our APC

On Tuesday evening, our teachers had the opportunity to participate in professional development, facilitated by Luke McKenna, founder of Unleashing Personal Potential (UPP).

Luke works with teachers and students around Australia, sharing insightful and practical ideas, based on research, around the idea of growing our mindset and helping guide people to reach their true potential.

In a growth mindset students understand that their talents and abilities can be developed through effort, good teaching and persistence.

The two quotes below resonated with many teachers, leading to insightful discussions, both during and after the evening.

***'Our only limitations are those we set up in our own minds'***

Napolean Hill

***'I don't divide the world into the weak and strong, or the successes and the failures. I divide the world into the learners and the non-learners'***

Benjamin Barber.

If you would like to find out more about growth mindset, you can visit the website or follow Luke McKenna's blog, using the following URLs.

<https://www.unleashingpersonalpotential.com.au/> <https://www.unleashingpersonalpotential.com.au/blog>

Have a wonderful week.

Lisa List

## Important dates

### August

Wednesday 28th - Prep vision screening at school

Wednesday 28th - 2020 Prep open morning 9am - 10am.

Friday 30th - Final day of interschool sport for Year 5 and 6.

Saturday 31st - Regional final of Development Shield 2.40pm at Brown Park.

### September

Monday 2nd - Father Matthew away in Longreach all this month.

Monday 2nd - Start of National Child Protection Week

Friday 6th - CQ Robotics competition in Rockhampton

Friday 13th - Milo 8s cricket day for Year 5s and 6s.

Friday 13th - Catholic Schools' robotics competition in Rockhampton

Monday 16th - School board meeting 6.30pm

Friday 20th - Final day of Term 3.

## Celebration of the Sacraments

Congratulations to the children from Sacred Heart who along with other children from our Parish who last Friday and Saturday night celebrated one or more of the Sacraments: Baptism, Reconciliation, Communion and Confirmation. It was a special time where the children had time to spend time and speak with Bishop Michael and Fr Matthew. It was obvious that the Holy Spirit was with us all and the excitement was witnessed on the children's faces as they processed into the Church. Congratulations to all families and for the way that you prepared and presented your children.

## Reflection

Each week, we provide a link to Sr Kym's reflection. We hope this provides some spiritual guidance.

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

## In Our Prayers

Please keep Peter Bartlett from St Brendan's College and his family; Cara, Emily and Caleb in your prayers as Peter is undergoing treatment in Brisbane.

## Welcome Into Family

To the Andrews family: Aimee, Ethan in Prep.

To the Foley family: Marjorie and Justin, Jakobe in Year 5.

We wish you all the best as part of our Sacred Heart School family.

## Queensland Representative

Last week, Cooper Sweeney, Amy Campbell, Zsa Zsa Hart and Isaac Thomas competed at the Queensland Athletics Championships in Brisbane. All represented our school and region extremely well.

A special congratulations to Cooper who placed second in the long jump and has now been selected to represent Queensland at the National Titles in Darwin.

A wonderful achievement. All the best, Cooper.



## Development Shield Training

There will be Development Shield rugby league training this Sunday 4pm to 5pm at St Brendan's College. The team's next game will be on Saturday 31st August in Rockhampton before the Capras Intrust Super Cup game, against Rockhampton Grammar. The game will commence at 2.40pm.

## Student Awards

<b>Prep</b>	Flynn McKenna, Felicity Suthers, Noah Leahy, Dakotah Size, Sienna Foley, Hudson Daniel Hudson Turner, Charlotte Luckey, Emerson Crane, Sophie McElhenny, Isla Bradshaw
<b>Year 1</b>	Paige Klnsey, Archie McPherson, Jai Ray, Kash Komsic, Kirby Kenny, Max Atkins
<b>Year 2</b>	Jacob Daniel, Ruby Neagle, Indie Oram, Kiana Wheoki, Lola Czislawski
<b>Year 3</b>	Ruby Kona, Matteo Tickner
<b>Year 4</b>	Zeke Dendle, Sienna Ramm, Fynn Lewis, Samuel Mesman, Piper Neilsen, Charlee Harris
<b>Year 5</b>	Jack McLean, Ryan Hendrie, Chloe Hawkes, Chelsey Finch, Jack Stanley-Hunt, Laith Elkhishin
<b>Year 6</b>	Miah Shackleton, Grayson O'Connor, Charley Neubecker

## MJR Award

**Ryan Hendrie** Year 5 For displaying care and kindness in ensuring a classmate had fun while using word study strategies.

**Thea Gregson** Year 3W For always showing the "Spirit of Jesus" in our classroom.

**Xander Kelly** Year 5 For showing spontaneous generosity in bringing a student up to date with learning activities done while he was absent.

**Charlie Kidd** Year 6 For going out of your way to help a Prep in need. You showed great leadership skills.

**Logan Lowry** Prep CP For making sure everyone is included when lining up.

**Hunter Hixon** Year 3 For the great skill and determination you showed at PE this week. Well done.



## Frankie (Environmental) Award

**Taia Dooley** and **Willem Shackleton** Prep T For cleaning out all the rubbish and broken toys that have been buried in the sandpits.



## Year 1 Assembly

Next Thursday, Year 1B will present our Father's Day assembly. This will be followed by a morning tea where you will be served by this Year 1 class. We would love to see you all there.

## Sacred Heart School Father's Day Breakfast

Fathers and grandfathers are invited to join us for our Father's Day breakfast on Thursday 29th August commencing at 7.45am in our MPA.

This will be followed by a prayer assembly presented by 1B. Come and join us on this special morning.

Sausage Sizzle breakfast: Sausage on bread - \$1 Popper - \$1

## Prep Father's Day Activities

Next Thursday, following assembly, our Prep children will be holding a Fun Sporting Day to celebrate with their Dads. Mums and grandparents are very welcome, too.

Prep children are welcome to wear their house shirt. Activities will include sprint race, long jump, relay sack race and a ball game. Wear your joggers, bring a hat, a water bottle and a smile for the photo booth.

## Year 1 Heritage Village Excursion

### 1R

**Max Kelly:** Yesterday 1R went to the Heritage Village. Firstly, we went on a ride. After that we went to the dollhouse. They were creepy. Finally, we came back to school. It was lots of fun.

**Ollie Palaret:** Yesterday we went to the Heritage Village. Firstly, we went on the tram. After that we went on the horse and carriage ride. Finally, we saw the dolls and then the vintage car. It was fun.

**Charlie Busch:** Yesterday, we went to the Heritage Village. Firstly, we went on the bus and hopped off the bus and met Paul. He showed us the area. After that we had a quick brain break. Finally, Paul showed us a cottage. It had a room and a kitchen. It was lovely.

### 1B

**Kash Komsic:** Yesterday, we went to the Heritage Village. We saw old cars. In the olden days, teachers did not care about the students because they kept whacking them with the cane. We went and saw the firehouse. A video showed us a fire that started in a room in 3 minutes. I liked it when we went to the playground.

**Lula Hart:** Yesterday, my class and I went to the Heritage Village. First, we went to the carriage with horses. Their names were Happy and Coby. Then we saw a fairy house, went in a fancy car and in an old bus. Finally, we got on the bus and went back to Yeppoon. At school, we played on the fort. I made a sand castle and it had a bridge. It was so fun.

**Oliver Mathias-Watt:** Yesterday, we went to see Peter at the Heritage Village. We saw how people did things in the olden days. Peter told us lots of facts. We looked around the old houses. Finally, we played on the fort then we bumped heads.



## Dental Van

The Queensland Health dental van is at Sacred Heart on a Monday and Thursday for the rest of the term. It is located near our tuckshop.

## Working Bee - Your Help Needed

A friendly reminder that we have our Kitchen Garden working bee this Saturday 24th August.

Please meet in front of the 'After Hours School Care' building from 8am.

Come along and help build the new Sacred Heart Kitchen Garden.

Bring your gloves, tools and a positive attitude. Help make a start on creating this new workspace for our children.

A sausage sizzle will be put on by our P. and F. from 10am.

## Skool Bag App

A reminder that Sacred Heart subscribes to the Skool Bag App. This app allows our parents to receive communication from the school, including the weekly newsletter. This is a free app.



## Book Week Assembly Photos





