



12th September 2019

From The Principal's Desk

Have you ever heard of fixed and growth mindsets?

Several weeks ago now, our teaching staff were inserviced on this concept. The presenter provided us with strategies and the theory which would hopefully inspire and engage our children.

An adult example of these mindsets: You wake up late and jump out of bed, already stressed and then, skip breakfast, hurriedly dress, rush outside to find that we've missed your lift to work.

A fixed mindset response will be to mutter and call yourself or someone else names and then remain in a terrible mood for the rest of the day.

A growth mindset response will be to decide to go to bed earlier that night, set an alarm and lay out your clothes and breakfast dishes in the evening, so that tomorrow can be better.

Professor Carol Dweck has done much important work on growth mindsets.

Since she published her book, 'Mindset' in 2006, there's barely a school in the developed world that hasn't been touched by its methodology.

Parents now say to their children that they may not be good at mathematics, but with application they can be. Major corporations such as Microsoft, Google and NASA have made growth mindset an integral part of company cultures.

A growth mindset is the belief that ability and talents can be developed with effort. A fixed mindset is the belief that ability and talent is innate. With effort and a good strategy, anyone can succeed at mathematics says the growth mindset followers, while you're either good at mathematics or you're not according to the fixed mindsetters.

While a growth mindset focuses on developing a child's full potential, there's a place for developing a child's leadership and community development potential as well. When children and young people recognise they can be of value to others they go beyond developing a growth mindset to developing a benefit mindset as well.

The benefit mindset is where 'me' meets 'we'. A child with a benefit mindset is open to learning, but is also focused on how he can assist and help others. They don't succeed at the cost of someone else's success. They focus on the needs of their group, class or family.

So how do we develop a benefit mindset when children by their nature can be self-centred?

We're confident that with maturity and when surrounded by nurturing, community-minded people (i.e. family, school, peers) children can learn to focus more on the needs of others, rather than on just their own.

Here are some everyday ways to develop a benefit mindset in children of all ages:

- Expect them to regularly help at home without being paid,
- Encourage them to volunteer in some capacity within the community in age-related ways,
- Share stories with children of community, leadership and volunteering,
- Give children leadership opportunities (with accompanying responsibilities) amongst siblings and friends,
- Conduct regular family meetings (which we know can be difficult) to enable kids to contribute positively to their family.

A benefit mindset focuses on a child doing good, rather than being good. It also encourages kids to develop strengths within the context of contributing to the wellbeing of others in their families or communities rather than focusing on their own ends. Sounds a lot like developing good leadership qualities. (Thank you to Michael Grose, parenting expert, for this input.)

All the best

Max Martin

From Our APRE

Confidence is something you cannot buy.

This week whilst teaching Art, the children were learning about patterns, line and colour. They created patterns, coloured them in with watercolour pencils and then witnessed the magic of watching it turn into paint. Believe it or not, it was quite a therapeutic lesson and the children were mesmerised with the task at hand. The excitement, as the children observed the colouring-in turning into paint, appeared more miraculous than the wedding at Cana when Jesus turned water into wine.

The children were warned to be careful when adding water, as they needed to keep a steady hand so as to not blend their colours. There were a few who got too excited and blended the colours too much, which turned their patterns into a brown/black painting. At the end of the lesson, the children showed me their work.

Initially I was quite disappointed when one young boy showed me his artwork, which was once filled with patterns of vibrant colour, whose painting was now a wave of blended dark hues, known to the commoner as 'brown'. He proudly came up to me after the lesson, smiling and said that art was great today and this was the best painting he had ever done. His confidence overwhelmed me as I realised that what he thought about it was so much more important than what I did. He had changed my mind and I was taught a valuable lesson. The effort that he put into his work today was admirable and he deserved to be proud.

Children need a positive and realistic perception of their abilities and this arises out of achievements, great and small. Our encouraging words can help develop this confidence, especially when you refer to a child's specific efforts or abilities.

Dear Lord, may we use encouraging words towards our children, help develop their confidence. Help us to improve and enhance their self worth and teach them with love. Amen

Have a great weekend.

Melissa Collins

From Our APC

Last Friday, three robotics teams represented Sacred Heart at the Central Queensland Robotics Competition in Rockhampton.

All teams competed very well, with both rescue teams making it into the final six places, to compete for the top three positions. At the end of the first round of finals, both Sacred Heart teams were on equal points, however the Redstar team progressed through with a faster time. Final placings for Rescue saw Reconstructors finish 4th and Redstar finish 3rd out of 29 teams.

Our dance team missed out on making the finals, however their performance and props were a great crowd pleaser.

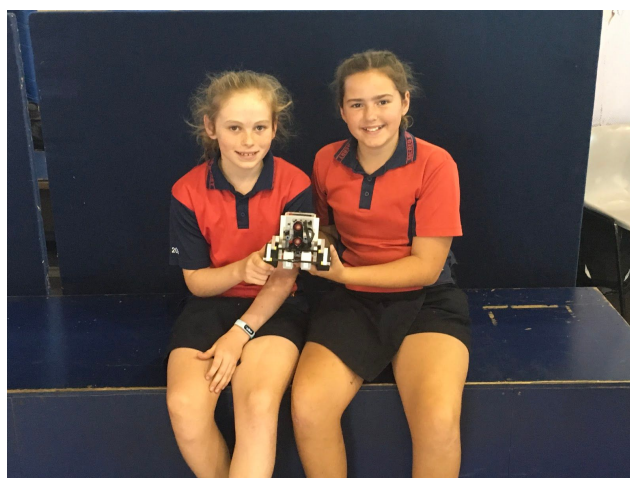
All teams will compete again, this Friday at the Catholic Education Office Robotics competition. We wish them all the best.

The Red Star rescue team: Jacob Hemmings, Morgan Bridgeman, Nicholas Eaton

The Reconstructor rescue team: Hannah Hovey, Charley Neubecker

The Dancing Royals: Ben Miller, Amelia Reid

Thanks is extended to Mrs Reid and Mrs Hemmings for helping with transport and supporting all teams at these competitions.





ICAS Assessments will continue next week, below is a list of dates for when these assessments will take place.

Dates for remaining ICAS Testing:

Spelling (Friday 13th September)

English (Monday 16th and Tuesday 17th September)

Mathematics (Wednesday 18th September)

Have a lovely week,

Lisa List

Important Dates

September

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

Friday 13th - Catholic Schools' robotics competition in Rockhampton.

Monday 16th - School board meeting 6.30pm.

Wednesday 18th - Catholic Interschool Year 6 touch football carnival in Rockhampton.

Friday 20th - Final day of Term 3.

October

Monday 7th - Queen's birthday holiday.

Tuesday 8th - First day of Term 4.

Thursday 10th - Whole school assembly 8.40am with Year 6J presenting.

Wednesday 23rd - Music Showcase 6.30pm.

Parish Mass at Sacred Heart School

Next Thursday, 19th September, we will host the 8am parish mass at school in our prayer room.

All members of our community are invited to attend. Father Andrew Chase will be celebrating with us.

Reflection

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

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

Baptism invitation

Next term, families will have the opportunity to participate in a Baptism information session.

Children need to have received the sacrament of Baptism in the Catholic Church to receive the other sacraments.

If you're considering the sacrament of Baptism for your child, please leave their name at the office or see Melissa Collins for any enquiries.

Sacred Heart Music Showcase

Our Instrumental children have been given a note this week regarding our Music Showcase to be held next term on Wednesday 23rd October from 6pm in our multi purpose area. Permission slips are to be returned by Wednesday 18th September. Thank you.

Our children and teachers have certainly worked very conscientiously this year and are looking forward to displaying their talents.

Everyone is invited to attend this event.

Student Awards

Prep	Jayden Scott, Taj Rich, Logan Lowry, Ethan Andrews, Sophie Wilczek, Molly Shepherd, Indigo Crosby, Haylen Barlow, Lola Kronk, Preston Williams
Year 1	Maycie Clarke, Maya Read, Brendan Gilbride, Emmi Taylor, Oscar Gleeson, Adeline McDonald, Cooper Griffin, Isla Kleinhans
Year 2	Ashton Finch, Olivia Blackwood, Amelia McCaul, Amelia McLean
Year 3	Thea Gregson, Clover Shammall, Davis McDonald, Quin Warren
Year 4	Byron Mitchell, Caitlin Yore, Aryriana Pianta, Renee Field
Year 6	Jake Murphy, Leah Wex, Marshall Esser, Oliver Dadson, Jarrah Willis, Cass Smallwood, Jessica Gleeson

MJR Award

Eleanor Ash from Year 6 for displaying wonderful leadership skills and a caring nature. Thank you.

Georgia Carige from Year 2 for being a great friend and looking after others.

Kobe Foley from Year 5 for displaying good getting along skills and interacting in a respectful manner with others.

Austin Jackson from Prep for your great determination and skill displayed at PE.

Shay Kani from Year 6 for being a loyal friend and interacting in such a caring manner with your peers.

Sienna Ramm from Year 4 for displaying beautiful manners and for always being respectful.

Savannah Waters from Year 4 for displaying good getting along skills and for your beautiful good mornings.

Luke Shepherd from Year 3 for showing great sportsmanship when playing with others.



Frankie (Environmental) Award

Year 1R for doing such a wonderful job in planting in our new kitchen garden, Cannot wait to see how things grow.

Jarrah Willis from Year 6 for responsibly looking after our kitchen gardens each morning.



Are You O.K. Day?

RUOK day is today, Thursday 12th September.

RUOK is an organisation with a vision of a world where we're all connected and are protected from suicide. Their mission is to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with life.

Statistics indicate that most people don't go to their GP, psychologist or counsellor but seek out family, a friend or colleague. Asking RUOK is a simple concept, because staying connected and having meaningful conversations is something we can all do. You don't need to be an expert, just be friendly and a good listener and if you notice someone who might be struggling, start a conversation.

RUOK day brings people together by providing an opportunity to have a conversation and normalise asking others how they are by asking RUOK? These words have the capacity to build relationships and provide a sense of connection and a sense of belonging. Conversations about mental health and self-care need to be part of our workplaces and homes.

To encourage more people to ask RUOK? in your school, workplace or community, for free resources or further information about RUOK day search <https://www.ruok.org.au/>

Prep Story

I like to go to the snow because you can learn to ski. By Hudson in Prep CP

Well done, Hudson. Great writing.

Pizza Fundraiser

Many thanks to everyone who purchased pizzas on Tuesday this week to support Cooper Sweeney as he heads off to the National Athletics Titles in Darwin in the coming weeks.

Over \$700 was raised on the day. Our P. and F. has also assisted Cooper with a \$200 donation.

Many thanks also to Ross from Rossco's Pizza for his wonderful support of this fundraiser.



Interschool Gymkhana

Congratulations to Payton Size, Morgan and Sabina Bridgeman who represented Sacred Heart School at the regional interschool gymkhana last Sunday at Alton Downs. Over 180 competitors took part in this event.

Morgan and Payton placed first in their age groups with Sabina placing third.

A very successful day. Well done.



Local Netball results

On Wednesday this week, the local netball association grand finals were held and many of our girls were involved.

Congratulations to the following Sacred Heart girls:

Bluebottles: Shay, Bria and Avalinn, Winners Division C

Shooting Stars: Makayla, Tilly, Maggie, Ruby, Demi, Taylor, Holly, Amy, Hannah. Winners Division D

Meteors: Abbie and Charlie. Winners Division E.

Rockstars: Thea, Georgia, Addison, Ruby, Georgia, Ellie, Layla, India, Keeley. Runners up.

Hearts On Fire: Leah, Jessica, Eliza, Neassa, Riley, Miah. Runners up Division C.

Important Traffic Concern

We appear to be having in the afternoons, traffic congestion at the Bottlebrush Drive roundabout.

Several complaints have been made to our local police by both local residents and school families.

As a result, our police will be commencing patrols of this area commencing next week. I ask that families do not queue in this area when doing the afternoon pick up. It is a stop, pick up and go area.

Lost Property: School Jumpers

We have a vast collection of school jumpers in our lost property box in our front office. Many of these are new.

If you are missing a school jumper I ask that you check at our office. All jumpers left on the last day of the term will be taken to St Vincent De Paul. Thank you.

Community News

Join the biggest people-powered

Great Barrier Reef Clean-up

1st - 31st Oct 2019

Join us at one of our GBR Clean-up launch events or coordinate your own GBR Clean-up event to take place any time in October. Register your participation and receive a clean-up pack at: reefclean@tangaroablue.org or visit: www.reefclean.org

GBR Clean-up Launch Events:
Cape York - 5th October - 9am @ Quintell Beach, Lockhart River
Wet Tropics - 5th & 6th October - 8am @ Mulligan Bay, Hinchinbrook Island
Burdekin - 5th October - 8.30am @ Rollingstone Beach, Townsville
Mackay Whitsundays - 5th October - 8.30am @ Mackay Town Beach
Fitzroy - 6th October - 8am @ Farnborough Beach - Bangalee Beach Access
Burnett Mary - 5th October - 8am @ Innes Park

ReefClean
Educate • Reduce • Prevent

ReefClean is funded by the Australian Government's Reef Trust

Australian Government

REEF TRUST

TANGAROA BLUE

AUSTRALIAN MARINE RESERVE INITIATIVE

Conservation

REEF

Wet Tropics

OCEANWATCH AUSTRALIA

Capricorn Catchments Inc

Reef BLITZ



YEPPOON

3-5 October 2019

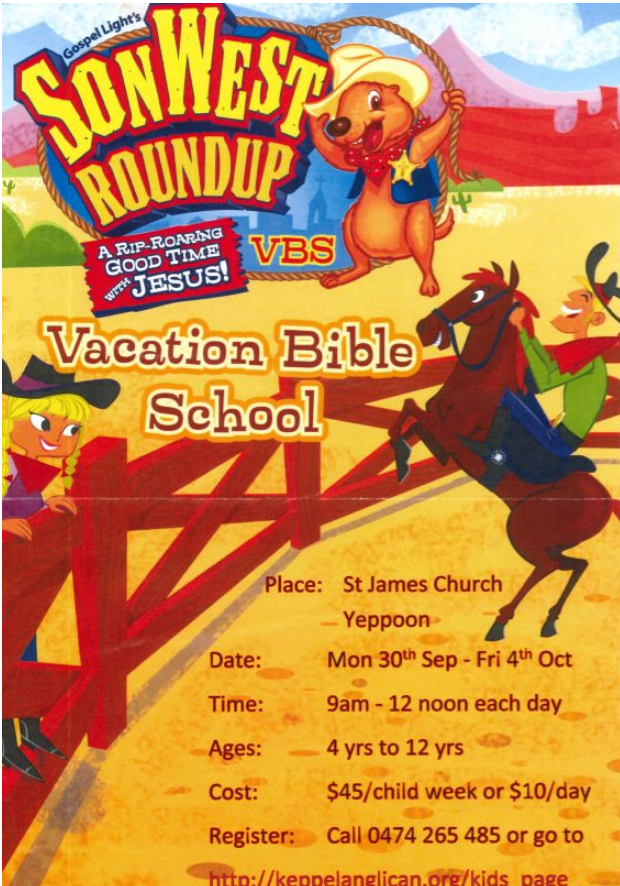
Yeppoon Town Hall
25 Normbanby Street

Thursday and Friday 9am - 4pm, Saturday 9am - 12pm

[lifelineshopsqld](#) [W](#) bookfest.org.au

Proudly part of
UnitingCare

Lifeline Saving Lives
Crisis Support. Suicide Prevention.


 Gospel Light's
SONWEST ROUNDUP
 A RIP-ROARING GOOD TIME WITH JESUS! **VBS**
Vacation Bible School
 Place: St James Church – Yeppoon
 Date: Mon 30th Sep - Fri 4th Oct
 Time: 9am - 12 noon each day
 Ages: 4 yrs to 12 yrs
 Cost: \$45/child week or \$10/day
 Register: Call 0474 265 485 or go to
http://keppelanglican.org/kids_page



2019 SUSTAINABLE HOUSE DAY
 SUNDAY 15 SEPTEMBER

LOCAL SUSTAINABLE HOMES OPEN TO YOU

Learn how to make your home healthier, cheaper to run and more comfortable to live in.

Register and plan your day:

www.sustainablehouseday.com

Facebook Twitter Instagram @sustainablehouseday

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2019 PARTNERS



Show and Shine

SeaQ Boardriders are holding a Show and Shine night on Saturday 21st September at the Yeppoon Town Hall. 5pm till 10pm

Entry – gold coin donation

Food and Alcohol available for purchase on the night

Major Prize Draw – A Strapper Shortboard which is a collectors item, with only 40 of these boards being made to commemorate Strappers 40th anniversary.

Chris and Vanessa Bourke of Yeppoon have kindly donated this board to SeaQ Boardriders to honour and commemorate the loss of their son Ben Bourke.

Lucky door prize

Multi draw raffles – donated by local businesses

We will also be presenting surfing films for those interested in the auditorium, along with films especially targeted towards the children's entertainment.

Live music



Surfboard Display – a selection of surfboards from different eras (please contact Jeff Blackburn 0409494116 if you have a unique board or anything surf related you wish to display on the night) The board with the most votes will win a prize.