



31st October 2019

From The Principal's Desk

If you've got nothing nice to say then...

I wonder if you have heard of the three filters for Truth.

The concept comes from the great Greek philosopher, Socrates. The issue arose when an acquaintance of Socrates sidled up to him one day and said, "Do you know what I just heard about your friend?"

"Wait a minute," said Socrates "before you tell me, I'd like to see if your information passes a special test – the triple filter test."

The acquaintance looked curious, "Triple filter?"

"That's right," Socrates continued. "Before you talk to me about my friend, it might be a good idea to take a moment and filter what you've got to say."

The first filter is Truth. Have you made absolutely sure that what you are telling me is true?"

"No," the man said, "Actually I just heard about it and it sounds true."

"All right," said Socrates. "So you really don't know if it's true or not. Now let's try the second filter, the filter of goodness. Is what you are about to tell me about my friend something good?"

"No, on the contrary. He..."

"Wait up," said Socrates. "You want to tell me something bad about him but you are not certain it is true. You may still pass the test though because there's one filter left - The filter of usefulness. Despite the fact that you are unsure if the story is true, it may be useful for me to know the information."

"Is what you are about to tell me about my friend useful to me? Is it background knowledge that I require?"

"No, not really" the man replied.

"Well" concluded Socrates, "if what you want to tell me is possibly not true, not good nor even useful, then why tell me at all?"

Imagine if humanity used the triple filter in everything we said and wrote.

The world would indeed be a better place.

It is very tempting to spread and/or believe gossip that we hear around our social circles.

I know and continue to hope that our Sacred Heart School family is made of stronger stuff in this regard.

Three Hour Continuous Touch Game

Many thanks to all involved in our inaugural three hour continuous touch football game held last Friday evening.

There was a wonderful vibe around the fields as our children, teachers, teacher assistants, families and members of our local community worked together to raise much needed funds for our local St Vincent De Paul Association.

Our children in particular were amazing, playing with determination, skill, patience and displaying great sportsmanship. Many of the referees comment favourably about how our older players were just wonderful with our younger year level players.

All the best

Max Martin

Principal

Assistant to the Principal Religious Education

The busyness of life can often get in the way of truly living. This week, I am sure that I looked like a chook with its head cut off. I spent the weekend looking at wedding venues, walking around a wedding expo and on the phone keeping the groom to be's parents in the loop. Needless to say that in my next life, I will come back as a 'wedding planner'. What I did notice however, was that when you plan a wedding everyone that you speak to is happy and excited because it is a joyous occasion.

Life, however is not always happy and often circumstances are out of our control. This week, our school family lost a member of our community, Mike Ramm. Mike is father to Sienna (Year 4) and Jesse (Year 2). Together with their mother, Nissa, they are coming to terms with losing a very special man in their lives.

All Soul's day is this Saturday, 2nd November. It is a holy day that is set aside for remembering those who have died.

God, our Father, we pray for Mike Ramm and all those who have passed from this life. Grant to them eternal rest and let perpetual light shine upon them. Be with their families during their time of grief and give them hope for the future. We ask this through Christ, Our Lord. Amen.

God bless.

Melissa Collins

Assistant to the Principal Curriculum

Our children in Prep to Year 5 have had the opportunity to extend their artistic skills by being involved the Diocesan annual Student Protection Poster Competition.

As part of our Health and PE curriculum, the students were instructed in the art of chalk drawing with the purpose of creating a cartoon superhero character who advertises and promotes awareness about safety for themselves and others. This competition encourages dialogue amongst children, staff and parents about students' right to feel safe, looks at strategies for personal safety and assists in building a physically and emotionally safe school community.

We congratulate the children for both their thoughtful insights as well as their creativity.

Entries have been submitted to the Catholic Education Office. Over the next few weeks, a winning entry will be chosen from across the diocese to be used on the 2020 Child Protection posters to be displayed around all classrooms.

Ella Van Zanden-Gillen PCP



Bella Scott 4S

Boston Czulowski 4S



Austin Jackson PT



Ben Sharp PM



Deb Campbell

Important Dates Term 4

November

Friday 1st - All Saints Day

Friday 1st - Year 6s arrive home at approximately 5.30pm

Saturday 2nd - All Souls Day

Tuesday 5th - Melbourne Cup day

Thursday 7th - Year 2W assembly 8.40am.

Thursday 7th - Grandparents' morning tea following assembly.

Saturday 9th - St Benedict's v Sacred Heart rugby league game 6pm at St Brendan's College.

Monday 11th - Remembrance Day

Thursday 14th - Mini Vinnies' assembly 8.40am.

Monday 18th - Prep swimming lessons commence this week.

Thursday 28th - Year 4 to 6 swimming carnival at Cooee Bay pool

Thursday 28th - Year 3W assembly 8.40am.

Friday 29th - Prep / Year 1 and Year 2 / 3 swimming carnivals at Cooee Bay pool

December

Monday 2nd - End of Year liturgy at Sacred Heart Church 9.15am.

Monday 2nd - Year 6 graduation dinner.

Monday 2nd - Children's report cards available today.

Tuesday 3rd - End of Year concert from 5.30pm at school.

Thursday 5th - Whole school assembly 8.40am. Sacred Heart staff presenting.

Thursday 5th - Year 6s at Cool Waters for the day.

Friday 6th - Final day of Term 4

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

The Ramm family, Nissa, Sienna and Jesse are very much in our thoughts and prayers with the sudden passing of Michael, dad.

Student Awards

Prep	Sienna Foley, Isla Goltz, Harper Gill, Hayden Pont, Nylah Mellor, Lydia Gill, Henry Willey Noah Cherry, Hudson Turner, Dallas Beresford, Charlee Lamkin
Year 1	Amira Mitchell, Levi Bone, Jai Ray, Paige Kinsey, Charlotte Solis, Cooper Griffin, Amelia Deasy, Kirby Kenny
Year 2	Amelia McLean, Connor Strenzel, Lennox Kelly, Zariha Calvert, Bella Sweeney, Mackenzie Rapmund
Year 3	Davis McDonald, Alicia Hamilton, Eden Harris, India Hawkes
Year 4	Cooper Sweeney, Ethan Challacombe, Logan Young, Charlie Palarait, Thomas Morris Boston Czulowski, Sabina Bridgeman, Mac Cameron, Josephine Edwards, Mikuni Park

Welcome Back

Next week, our APC (Assistant to the Principal Curriculum) Mrs Lisa List returns to school after having been away for the past month. Welcome back.

A sincere thank you to Mrs Deb Campbell who fulfilled this role in Lisa's absence and did a wonderful job.

Grandparents' Day At Sacred Heart

A reminder that Sacred Heart will be celebrating Grandparents' Day on Thursday 7th November with assembly at 8.40am, led by Year 2W.

Following assembly, our grandparents will be invited to join us for a morning tea in our multi purpose area and then visit classrooms.

All our grandparents are most welcome to attend.

School Fees

Thank you to all families that have paid their school fees.

These are due Monday 4th November. Please contact Stacey Todman at the office if you're unable to make payment by the due date, to organise a payment plan. Thank you.

Reef Guardians School Project

Exciting things are happening at school this week. As a Reef Guardian School, we are fortunate enough to work with groups in our community that teach us about looking after our Reef. We have been involved with GRUMPA with Lendlease to build a play area for the children. This is dealing with the soil erosion problems that we have in the Fort area near the oval.

Lendlease is an international organization with delegates from around the world that have planned and executed the implementation of this beautiful project. We have people from Lendlease, GBRMPA, Livingstone Shire Council and Landcare.

The play area is designed for free play with river sand with an outdoor bench and sink for mud pies and a dry creek area. The project is funded by Lendlease.

Progress is well underway and it should be up and running before next week. Sacred Heart are grateful to the many volunteers who have made this project come to fruition. Thank you also to Sally Hebron who has been the driving force behind this project.



Before



In progress

Sacred Heart Swimming Carnivals

Year 4 to 6 carnival will be held on Thursday 28th November commencing at 9.20am.

Prep and Year 1 carnival will be held on Friday 29th November commencing at 11am.

Year 2 and 3 carnival on Friday 29th starting at 9.15am.

Sacred Heart Book Fair

Well done to our library coordinators, Mrs Kerry Sullivan and Mrs Sandi O'Brien on a successful Book Fair last week.

Thank you also to all our families who came along and purchased from the Fair. Bonus points are accumulated through sales and these are used to purchase new readers for the library.

2020 Instrumental Music Expression of Interest

Each year, Sacred Heart offers our children the opportunity to be involved in a school instrumental music program. The instrumental music program will continue in 2020 and we are asking for expressions of interest for your child/ren to be involved and for those children already participating in the program, we need to know if they are to be re-enrolled.

Children may enrol in one instrumental music lessons during class time; a second instrumental lesson will depend on the availability of lessons before/after school and during lunch times. Once these forms have been returned to our office, our instrumental music teachers will then contact you regarding further details.

Upon acceptance/ re-enrolment into the program, a levy of \$15 for a child or \$30 per family will be charged on the Term 2 school fees account. This offsets all operational costs incurred by the instrumental music program.

Group lessons cost \$15 (half hour). Students need to purchase their own musical instruments.

It is important to note that acceptance into the program depends upon the availability of rooms and teacher's time. Students re-enrolling will be given first preference. In some cases, students may need to be placed upon a waiting list.

All these lessons are conducted under the supervision of the instrumental music teacher.

These are: Strings Mrs Kate Ellis, Clarinet/Sax/Flute TBA, Vocal Mrs Ursula Boyd, Guitar Mrs Jane Bacon, Percussion TBA

If you wish for your child to be involved in our instrumental program, complete the form which is available from our front office or through the following link and return it to school by Wednesday 28th November, 2019. Thank you.

Link to [Instrumental request form 2020](#)

Sacred Heart School Concert Evening

Our whole school concert evening will take place on Tuesday 3rd December commencing at 6pm in our multi purpose area. It is expected to take approximately one hour.

Each year level will be performing a concert item ie song, dance, poetry

All children will be involved and families are invited to join us at this school community event.

Please bring a chair.

Touch Football Event Photos





Instrumental Concert



Year 6 Camp



The camp so far has been a wonderful experience. We were greeted on our arrival in Mapleton with rain which was an unfamiliar sight. Since then, the children, teachers and Mr Vaughan have abseiled, rock climbed, canoed, orienteered, been shot into the air on a giant swing and tried our hand at archery, all with great success.

The food has been amazing, our instructors engaging and the beds very comfortable at night.

We are off to Australia Zoo today and looking forward to returning home and sharing our myriad of stories.

Community

A banner for 'CAREERS in Catholic Education' featuring two young boys in school uniforms and hats looking at a laptop. The text 'OFFERING MORE OPPORTUNITIES' is prominently displayed in white and yellow. The Catholic Education Diocese of Rockhampton logo is on the right, with the text 'APPLY NOW: rok.catholic.edu.au' below it.

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MORE
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Applications Close: Friday 8 November 2019

Catholic Education is committed to best practice in student protection policies and procedures.

Our schools exist not to be different, but to make a difference.

