

2nd April 2020

## From The Principal's Desk

### And This One's For The Boys

I'm a Bundy boy by upbringing, raised on the land, between the Burrum and the Burnett Rivers, traditionally that of the Taribelang people of the Gureng nation. Bundaberg is, and was, a rambling country town fattened on sugar, small crops and the hard work of generations of people.

I played soccer, was active in the Bargara and Moore Park Surf Clubs and, as soon as I was away from the apron strings of my mother, played rugby league for the Teachers' College I attended in Brisbane, whilst studying. A pretty typical Australian male.

I have a network of close male friends. We talk way too much about rugby league and very little about politics, religion or our health. We love our wives, don't approve of anyone talking when 'the game is on the telly' (unless yelling ourselves) and watch with interest the workings of the world. But this COVID-19 thing has us interested. Already, our household is getting cramped with 6 adults. My wife has assigned people toilets. Things can get tense – is it so hard to hang a towel up (Joe, my youngest son, aged 23)? Who owns those undies (Joe)? Who owns that empty stubby (Joe)? Why is the empty milk container still chilling in the fridge (Joe)? What happened to all of the biscuits/beer/peanut paste (Joe)?

As we face this historically, unique event, Sacred Heart fathers, I thought I would share my thoughts.

The current crisis is our chance to step up and be *The Man*. Our behaviour and our choices, over the next few weeks and months, can set the tone in our households, affecting the long-term health and the happiness of our partners and children.

So as bloke to bloke, may I suggest to use your power in the household as a positive force.

- Be brave enough to choose your battles. Walk away from the petty arguments.
- Be creative - how can you create fun?
- Running a household is a team-sport – if you've never been too good at it before or had the responsibility for a task, doesn't mean you can't sweep/mop/cook/teach kids – see my famous broccoli chicken recipe at the end of the newsletter.
- Be careful of your pride – admit when you are in trouble, seek help if you are overwhelmed.
- Consider time as a precious commodity – what can you learn? What can you fix? How can you stimulate your mind and body during a lockdown?
- If you lose your job, it is not the end of the world. You are in the 'lucky country'. It will come good again and your country will help you.
- Don't drink too much.
- Be careful of the temptation of online gambling – Australians would bet on blow flies walking up a wall.
- Love your kids as adult to child – give them a voice but don't let them run the household.

Years ago, an old priest once asked me, '*What is the most important thing you can do for your children?*' I prattled off a list – work hard and make money, pay for good education, play ball with them...

'No,' he said simply, '*Love their mother.*'

I know some of you may be separated from your children's mother. You can't be expected to love her. But, for the sake of all the little eyes and ears around you, you need to treat her respectfully and defuse, rather detonate, your battles.

This is a mucky time. The only thing you can control is your own behaviour.

In the meantime, I can hear you now – Max, all you need to do to create harmony in your household is to jettison one member of the family (Joe). Unfortunately, we have committed so many years of love, underpants, education and free beer into his upbringing that we have decided to keep him. All the best for what lies ahead. We will get through this.

Take care.

Max Martin

## From The APRE

This week 'Life' has gotten in the way of 'Living' for most of us. We have been worried about the future, the virus pandemic that is upon us, our families and for the staff at Sacred Heart, we have been worried about our students and their online learning.

We have an amazing staff and whilst you already know this, I think that it is important that I remind you again. This past week has been eventful to say the least. Whilst the staff at Sacred Heart most likely think that life stopped them from fully living this week, I believe this is not true. This week at Sacred Heart, I witnessed a community that pulled, laughed together, ate together, shared knowledge, cried together (mainly from brain overload), and most importantly built stronger bonds with each other.

This community is fortunate to have a great leader. Today, I am so grateful for the patience, honesty, compassion, empathy, enthusiasm, honesty (especially regarding his technology skills), commitment, focus and most importantly, the confidence that Max Martin has in the staff here at our school. From the bottom of our hearts, thank you.

Let us ask our Heavenly Father to:

Help us to embrace the challenge and responsibility we have as leaders.

To guide us to lead with integrity and common sense.

Give us the wisdom to make intelligent decisions.

Give us the courage to make tough decisions.

Give us the character to make right decisions.

We ask this in God's name. Amen.

Have a Happy Easter with your loved ones.

Melissa Collins

## From The APC

What a week to end out the term. The staff of Sacred Heart remain committed to ensuring quality teaching and learning activities will continue to be shared with students.

Should we not return to school at the start of next term, Google Classrooms will go into use, starting on Monday 20th April.

Each student has been assigned to a Google Classroom, where announcements and videos from their year level teachers can be viewed. All class learning tasks will be posted in the Google Classroom for students to work through. This platform allows teachers the opportunity to encourage students and make comments on their work and activities.

Activities from specialist teachers will also continue via this platform, for example Mr Martin will share an activity for children to complete as a PE lesson.

A copy of a guide 'Google Classrooms for Parents' is available from the following link:

[Parent Guide Link](#)

### Zoom Meetings

Classes will have two Zoom sessions each week with their class teacher. Students will need to access the link via their Google Classroom. Please see the timetable below for times for these sessions.

**Zoom Meeting Schedule (Commencing Week 1 Term 2)**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9am	Year 3	Prep	Year 3		Prep
9:30am	Year 5		Year 5		
10am	Year 1	Year 2	Year 1	Year 2	
11am		Year 4			Year 4

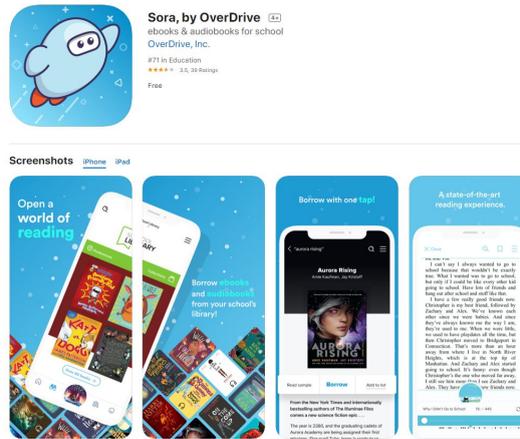
12:30pm	Year 6			Year 6	
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## Reading App - Sora, by Overdrive

For all Sacred Heart students, there is a free Online Reading App. E-books and audiobooks can be accessed through this app.

This is available to download on Android or Apple devices.

- Start by downloading the App from the App Store. See image below.
- When prompted to select 'your school', type in ACEN member school. This may need to be typed twice.
- You will be redirected to the CE-Net, where students add their personal log in details, make sure they select Rockhampton as the region.



This is my final week as Assistant to the Principal, Curriculum. Next term, Mrs Samantha Suthers will return to this position and I will be returning to the classroom, teaching Year 5. I wish to take this opportunity to thank the staff and families of Sacred Heart for your support over the past 12 months. I have truly enjoyed my time in this role, learning a great deal throughout the journey.

I wish you all a well-deserved break and look forward to seeing you on our return.

Mrs Lisa List.

## Important Dates

### April

Friday 10th – Good Friday

Sunday 12st – Easter Sunday

Monday 13th – Easter Monday. Public holiday.

## Easter Virtual Mass Times

The Holy Week and Easter ceremonies will be as follows:

- Palm Sunday Mass - Sunday 5 April at 9.30am
- Holy Week Masses - Monday 6 April at MIDDAY
- Tuesday 7 April at MIDDAY
- Wednesday 8 April at MIDDAY
- Holy Thursday (Mass of the Last Supper) - Thursday 9 April at 6.00pm
- Good Friday (Stations of the Cross) - Friday 10th April at 9.00am
- Good Friday (Passion of the Lord) - Friday 10 April at 3.00pm
- Holy Saturday (Easter vigil) - Saturday 11 April at 6.00pm
- Easter Sunday Mass - Sunday 12 April at 9.30am

For access to online link: [Bishop Michael McCarthy](#)

## What Have We Enjoyed This Week.

Sophie - Drawing a princess.

Isabella - Dancing in the undercover. We played Four Corners.

Georgie - Playing with my friends. We played a great card game.

Ivy - Colouring in the picture of the chicken coming out of an egg.

Layla - Painting a cross for Easter using water colours.

Elka - Colouring in an Easter card.

Caleb - Playing basketball and handball in the undercover.

Giulio - Playing cricket on the oval.

Elliot - Weaving the twigs from a tree near the undercover into a crown.

Brydie - Skipping with my friends. I did 113 skips non stop.

Majella - Shooting baskets with the ball in the undercover.

Charlie - Seeing my friends before we leave for the Easter break.



## A Recipe For The Days Ahead (Mentioned on the front page)

Broccoli Chicken (from the Saunders family of Kelly's Creek Station, south of Winton)

1 hot chicken broken up (Don't throw the skin, that's the best bit)

2 heads of broccoli

600ml of cream

2 heaped tablespoons of curry powder.

Couple of cups of grated cheese

Method:

1. Put raw broccoli florets in the base of a casserole dish 2. Place chicken meat and skin over the top 3. Mix cream and curry up until a pretty yellow and pour over chicken 4. Cover with grated cheese 5. Cook in the oven for about 1 hour at 180 degrees. Eat with rice or pasta. Delicious.



