



20th January 2020

From The Principal's Desk

During the period of the South-North Dynasty in China, there was a kingdom called Tuguhun. Acai was the emperor of this kingdom.

Acai had twenty sons, each one of whom was strong and skilled at fighting. Each had his unique expertise. When Acai was very ill, he called all of his sons together and asked each one of them to give him one arrow.

He then said to his younger brother, Mu Liyan, "Please take one arrow here and break it." Mu Liyan easily broke the arrow. Acai then said, "Please take nineteen arrows here and break them." Mu Liyan could no longer break the bundle of arrows.

Acai said, "Now do you understand? One arrow is very easily broken, while a bundle of arrows is hard to break. As long as all of you work together with one heart, our kingdom will be stable."

A principal's job can be made or broken by the support they receive from families and at Sacred Heart, we are very blessed to have such a committed group of families. When I look at the myriad of 'things' our nearly two hundred and ninety families are involved in, on top of working and just running around after our children, it makes me extremely proud to be a part of this school community.

One group that any principal is delighted to be backed by is an active and positive Parents' and Friends' Association. At our regular monthly meetings, attending parents will be valued for their opinions, ideas and willingness to help. The Parents' and Friends' deals with assisting with the provision of a good educational environment for our children.

Our P. and F. in 2019 was instrumental in delivering many initiatives and the outgoing executive: Renee Caswell, Bernadette Melrose, Anne Shepherd, Bridget Daykin and Dani Davey are to be congratulated on their efforts and work in their roles.

Our AGM and first general meeting were held this week. Many thanks to all who attended and especially to our new elected executive for 2020: President: Bernadette Melrose, Vice President: Kelli Symonds, Treasurer: Shannon Ballard, Secretary: Dani Davey.

One of our regular, attending mums said the P. and F. meetings were a wonderful way to get out of the house and have your husband feed, wash, dress and bed the children. Cannot beat that.

Looking forward to seeing many more parents and carers at our next meeting to be held in April.

And hopefully, we can be like the characters in the next story and all become involved in our P. and F. Association. Your respectful and considered voice will be greatly appreciated at meetings.

Upon completing a highly, dangerous tightrope walk over Niagara Falls in appalling wind and rain, 'The Great Zumbrati' was met by an enthusiastic supporter, who urged him to make a return trip, this time pushing a wheelbarrow, which the spectator had thoughtfully brought along.

The Great Zumbrati was reluctant, given the terrible conditions, but the supporter pressed him, "You can do it - I know you can," he urged.

"You really believe I can do it?" asked Zumbrati.

"Yes - definitely - you can do it." the supporter gushed.

"Okay," said Zumbrati, "Get in the wheelbarrow."

All the best

Max Martin

Principal

From The APRE

Saying goodbye to someone is difficult at the best of times, whether it be a child leaving home, a break up, someone moving away or even the death of someone close. Most of the time the grief impacts the one who is left behind. It can be hard to reason with and we often over think life without that person. This particularly hit home at our place last weekend.

Last weekend, we drove our daughter to Brisbane to start University. Whilst all of my children have amazing qualities, these qualities vary considerably. Our daughter (Number 5) is patient, kind, caring and easy to live with (don't worry she also has some qualities that we don't love) and in particular, she has a unique bond with her younger sister. They really are best friends. The dread of how they would react leaving each other and how I would miss her companionship, as well as having to learn to live with a quiet household was making me quite anxious. Deep down I also prayed that she would make friends easily.

When it was time to say goodbye, I felt like a Prep mum dropping her eldest off for the first time. She happily walked over, told me that it was time for me to go, cheerfully hugged and kissed me and quickly returned to chat and laugh with her new found friends.

It was at that moment, when I thought that I would be saddest, that I felt so much joy. My daughter was happy and more than eager for her new life to begin. She had grown her wings and was ready to fly. Whilst I know that I will miss her dearly, I now smile every time I think of her enjoying the next stage of her life. We really need to look at the positives to appreciate the tough times.

To those of you who are or have experienced some form of loss, try and think of the benefits for the other person in your life and you too will hopefully smile and appreciate that person even more.

Lord, please guide our friends and loved ones along their paths and help them to make the right decisions that will lead them where you want them to be. We pray for their protection and safekeeping, especially as they weather life's storms. In Jesus' name we pray, Amen

Have a wonderful weekend

Melissa Collins

From The APC

Naplan

Naplan stands for the National Assessment Program- Literacy and Numeracy. Naplan testing is an annual assessment of reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy for all Year 3, 5, 7, and 9 students across Australia.

While Naplan is just one aspect of a school's assessment and reporting process and does not replace ongoing assessments by teachers, it does provide parents and schools with information on how individual students are performing at the time of the tests.

Students in Year 3 and 5 will participate in Naplan Online between 12th May- 22nd May 2020.

In preparation for Naplan, students will complete practice tests on Monday 23rd and 30th March.

The link below will take you to an information page for parents and carers regarding Naplan Online 2020.

[Naplan for Parents](#)

Queensland Premier's Reading Challenge

The Premier's Reading Challenge is an annual state-wide initiative for all schools, aiming to improve literacy and encourage children to read for pleasure and learning.

Below is a promotional Video link for Premier's Reading Challenge. More information on how to register and dates for 2020 will be provided towards the end of this term. [Link](#)

Wishing you a wonderful week,

Lisa List.

Important Dates

February

Friday 21st – Bishop's inservice day in Rockhampton. Pupil free day.

Monday 24th – School board meeting 6.30pm.

Monday 24th - RACQ sessions for Years 4 to 6

Tuesday 25th - Shrove / Pancake Tuesday. Breakfast at school from 7.45am.

Wednesday 26th - Ash Wednesday (First day of Lent)

Thursday 27th - RACQ sessions for Year 4 to 6

March

Monday 9th - Interschool chess competition in Rockhampton

Wednesday 11th - Year 2 excursion to Great Keppel Island

Thursday 12th - Year 6 discovery days at St Ursula's and St Brendan's Colleges

Sunday 15th - Sacred Heart Welcoming breakfast 9am - 10.30am at school

Tuesday 17th - Year 4 to 6 swimming carnival

Tuesday 17th - St Patrick's Feast Day

Tuesday 24th until Thursday 26th - Diocesan principals' conference in Rockhampton

Monday 30th - Sacred Heart cross country carnivals held at school



April

Thursday 2nd - Whole school assembly: Easter story

Friday 3rd – Final day for Term 1

Friday 10th – Good Friday

Sunday 12st – Easter Sunday

Monday 13th – Easter Monday. Public holiday.

Monday 20th – School resumes for Term 2.

Reflection

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

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

Shrove / Pancake Tuesday

The day before Lent commences is known as Pancake (or Shrove) Tuesday. This year, it is next Tuesday 25th February.

A day when traditionally pancakes were made to use up all the eggs, milk and lard before the Lenten fast began when people not only cut back on food but also ate very simply.



Proceeds from Pancake Tuesday will go to the Project Compassion Appeal. Please support this worthy cause.

Breakfast commences at 7.45am in our multi-purpose area. Pancakes are \$1 each and poppers are \$1. All invited.

Ash Wednesday

Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes, in a cross, on the forehead. The ashes symbolise the dust from which God made us and is a reminder that we will return to God one day.

On Wednesday 26th February, students and staff will be involved in Ash Wednesday liturgies or the parish mass.

Children in Years 4-6 will attend the 9am mass at Sacred Heart Church. Children in Prep–Year 3 will participate in year

level liturgies throughout the day as follows:

Prep: 12:30pm at school

Year 1: 11:45am at school

Year 2: 10:15am at school

Year 3: 9am at school

All are welcome to attend any of these services to mark the beginning Lent.



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Sacramental Dates 2020

The Sacramental program is starting with Reconciliation at the end of this month. If you would like you child to be involved, please contact myself at the school.

The **Reconciliation** program is as follows:

A parent/child preparation session and 3 masses are to be attended with children.

These sessions will begin at the times listed below.

Information session Saturday February 29th 3:45pm.

Registration Saturday March 7th Enrolment mass 5:40pm registration.

Two additional masses (dates of own choice by May 9th).

You are able to celebrate your first Reconciliation on any Saturday afternoon at 5pm, at Sacred Heart Church, after March 7th and prior to May 9th.

Confirmation Friday - 14th August. First Eucharist Saturday - 15th August.

If you and/or your child/ren are interested or wish for some information on being baptised and becoming a Catholic, please contact the Parish Office on 49336171.

Student Awards

Prep	Ava Poole, Henry Fisher, Henry Kehoe, Owen Harris, Josie Cuthbertson, Sloan Kelly, Mariam Elkhishin, Henry Goldman
Year 1	Austin Jackson, Isabella Brans, Charlotte Luckey, Sophie Wilczek, Harrison O'Rourke
Year 2	Amelia Deasy, Noah Todd, Max French, Kane Czitan, Saige Nielsen, Levi Bone, Isla Kirby
Year 3	Lola Czulowski, Jake Jansen, Isabella Todman, Samuel Miller, Dayna Cook, Evie Eyles, Darcy Bergman
Year 4	Brydi Young, Noah Frethey
Year 5	Zak Lewis, Sienna Ramm
Year 6	Jack Stanley-Hunt, Isaac Thomas

Pupil Free Day

Tomorrow Friday, 21st February is a pupil free day at Sacred Heart School with all our teachers involved in the Bishop's Inservice Day in Rockhampton.

Our children are not required to come to school on this day.

Our school office will still be operating with Mrs Murphy and Mrs Todman. Thank you.

Principal's Professional Development

Mr Martin will be away from school, Tuesday and Wednesday next week attending a professional development course in Rockhampton. Mrs Melissa Collins and Mrs Lisa List will be able to deal with any concerns you may have in Mr Martin's absence.

School Email Problems

We have been advised that some families using hotmail.com or outlook.com email addresses are having difficulties sending and receiving emails from and to our school. We have been informed by our IT department that this is a Microsoft problem and they are working on rectifying it as soon as possible.

Please notify our office if you are not receiving correspondence from school.

School Fees

Thank you to those families who have paid their school fees. These are due today, Thursday 20th February.

If you are unable to pay, wish to organise a payment plan or have not received your statement, please contact Stacey at the School Office on 49948215.

Sacred Heart Cross Country Carnival

Following confirmation of a date for the KCD cross country trials: Friday 24th April. (1st week Term 2)

Our Sacred Heart School Cross Country carnival will be held Monday, 30th March at school. (Final week Term 1)

Our school carnival also doubles as selection trials for our Sacred Heart Cross Country team (10, 11, 12 year olds).

Prep to Year 3 will run in their year levels (girls' and boys' races), while students in Years 4 to 6 will run in age groups.

The following is a timetable for the day with approximate times the children will be running:

9.05am	Prep and boys and girls born 2008
9.35am	Year 1 and boys and girls born 2009
10.05am	Year 2 and boys and girls born 2010
10.35am	Year 3 and boys and girls who are 9 years old in Year 4.

Sacred Heart Cross Country Training

Leading up to our cross country carnival, we are having morning training sessions. These training sessions begin on Monday 9th March and will continue every Monday and Friday for three weeks, starting at 7.15am to 7.45am. Children from Prep, Years 1, 2 and 3 are welcome to attend under parental supervision. Children from Years 4 through to 6 will not require a parent to attend.

As part of the morning training sessions, the school will offer breakfast to everyone attending training from 7.45am – 8.15am. Breakfast will include cereal, fruit and juice and cost \$2 per person (money will be collected before breakfast). If you are able to assist with breakfast preparation and serving, could you please contact me as soon as possible.

Parents are most welcome to attend and be actively involved in the sessions. If you have any queries about the training contact Mr Martin at school.

St Ursula's and St Brendan's Year 6 Discovery Days

On Thursday 12th March, all our Year 6 children have been invited to attend a 'discovery day' at either St Ursula's or St Brendan's College. This is a day when our children will get a taste of what secondary school is like.

Information regarding this was sent home with our 6s this week and a registration form needs to be completed and returned to school by next week. If you have any queries about these days, contact Mrs Murphy or Mrs Todman in our office. Thank you.

Welcome BBQ Breakfast for Sacred Heart Families

Our school's Parents and Friends' Association is having a Welcome BBQ breakfast for all Sacred Heart families on Sunday 15th March, 9am to 10.30am in our MPA.

It is a free breakfast including bacon and egg burgers, sausages, scones, tea, coffee, fruit poppers.

There will also be activities for everyone to be involved in and jumping castles.

Looking forward to seeing lots of our families in attendance.



Brisbane Broncos' School Visit

Last Friday, former Brisbane Broncos' player: Michael Hancock, Casey Maguire and David Stagg visited our school and did a training session with our Year 6s.

Our children gained a great deal from their time with these men who not only developed their rugby league skills but also spoke about setting goals and the qualities of a great team person.

Many thanks to our regional development officer, Mr Tyson White, for organising the visit and also attending on the day.



Development and Challenge Cup Rugby League Training

All children in Years 5 and 6, interested in training for Sacred Heart in preparation for Development Cup which is being held in Term 2 and Challenge Cup in Term 3, our first session will be held at St Brendan's College from 5pm to 6pm next Sunday 1st March.

Looking forward to it.

Community News

Pumped Sports at Sacred Heart School

Pumped Sports' new Ninja Dash event is coming to Sacred Heart School on Thursday 5th March starting at 3.15pm and runs for 75 minutes.

Cash or credit card payments can be made on the day. Primary school children are \$15. For more information and to register head to <https://pumpedsport.com.au/special-events/ninja-dash/>



JOIN US FOR DISCOVERY DAY 2020



Our Discovery Day will introduce you to the exciting possibilities on offer as a St Ursula's College student. We specialise in educating girls and have a culture of empowering each student to pursue their interests, build their confidence and develop leadership skills.

- Experience real 'Secondary School' activities throughout the day
- Discover the opportunities St Ursula's College provides
- Connect with other students
- Experience a guided Campus tour from our current Year 7 students

Venue: St Ursula's College, Yeppoon
Arrive: Thursday 12 March by 8:30am at the BCC (Queen St)
Depart: Thursday 12 March at 2:30pm at the BCC (Queen St)
RSVP: Thursday 5 March (please complete Registration Form and return to natalies@stursulas.qld.edu.au)
Wear: Students must wear their current school uniform and hat
Please Bring: Drink bottle, note book and pencil case. No school bag required.

We will provide: Lunch, snacks and a special take-home presentation bag.

To confirm your attendance please complete a Registration Form found at www.stursulas.qld.edu.au and return to Natalie Salisbury at natalies@stursulas.qld.edu.au



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ST URSULA'S
 COLLEGE | YEPPOON




St Brendan's College 2020 Discovery Day

St Brendan's College invites all 2020 Years 6 boys to come and experience a day in the life of a Year 7 Student

Where: St Brendan's College

When: **2020 Discovery Day** will be held on Thursday 12 March 2020 9.00am to 2.30pm

R.S.V.P. 5 March 2020 is essential.
 A complete consent form must also be returned

Transport: Arranged by St Brendan's College

For more information please contact
 Kylie Hedges on 49 399 485
 Email: hedgesk@sbc.qld.edu.au



'TOGETHER'

ANXIETY PROGRAM FOR FAMILIES

**'TOGETHER' IS A TEN-WEEK PROGRAM FOR
CHILDREN AND PARENTS TO ADDRESS ANXIETY**

The overall goal of 'TOGETHER' is to teach children and parents to recognise anxious feelings and help develop skills to cope with anxiety-provoking situations. In 'TOGETHER', the psychologist and parent/s work with the child to learn new skills and behaviours.

FEES: • Initial appointment is free / \$15 per session.

For enquiries or to register please contact:
Trina Attard – Psychology Wellness Centre
4923 2233
cqu.edu.au/wellnesscentre

Psychologists enrolled in the Master of Clinical Psychology Program provide services that are based on the latest evidence-based practice from current research and best practice guidelines.

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STARTING MARCH 2020

**SPACES ARE LIMITED, SIGN
UP TODAY!**

- Appointments available Monday, Tuesday and Wednesday.
- Ages 7 – 13-year-olds and parent/s or caregiver/s.



BE WHAT YOU WANT TO BE
cqu.edu.au

TAKING REGISTRATIONS FOR TERM 1 2020 ARE NOW OPEN!

Welcoming Intercultural Neighbours is facilitating Circle of Security Parenting Series in Term 1 2020. This 8-week empowerment program is for parents/carers who would like to learn how to better understand their child's emotional needs and assist them in building a stronger, secure attachment with their child.

The series is FREE, thanks to the partnership with the Communities for Children Facilitating Partner Initiative Capricorn. The series will run weekly on Tuesdays for 8 weeks, from 10:30am - 12:30pm commencing 11th of February and finishing on the 31st March 2020 at the Rockhampton Inclusion Centre - 50 Fitzroy St. Participants must attend all sessions and registration is essential.

Childminding can be provided free on request for parents/carers who are unable to find alternative child minding arrangements. Registration for childminding is a must as numbers are limited.

Course facilitated in English. Handouts available in languages other than English including Spanish, French, Italian, Cantonese. Please contact for more information.

This program is an initiative delivered by Welcoming Intercultural Neighbours Inc. in partnership with the Communities for Children Facilitating Partner Initiative Capricorn. Communities for Children Facilitating Partner Initiative Capricorn is funded by the Australian Government and facilitated by The Smith Family.

For more information or to register your spot, please contact us on 0447 453 211 or email programs@win-australia.org.au or click the register button below.

[Click here to see the flyer](#)

RSVP here