



27th February 2020

From The Principal's Desk

This week, I had the opportunity to attend a two day PD in Rockhampton. I went to these sessions initially feeling disinterested and cynical and left, having learnt a lot and looking forward to putting my new found knowledge into practice when the need arises.

At lunch on the first day, I came across an article about Erma Bombeck whom I can remember my mum speaking about as I was growing up.

She was a famous American journalist who wrote a regular newspaper column entitled, "At Wit's End". This was her hilarious take on being a wife and mother and amused Americans for a generation.

Her life though was filled with many ups and downs. Despite an early difficult diagnosis that she would be unable to have children, Bombeck gave birth to sons, Andrew, in 1955 and, Matthew in 1958.

However, Bombeck had a polycystic kidney disease (an incurable, untreatable genetic disease) when she was 20 years old. She survived breast cancer and mastectomy, and kept secret the fact that she had kidney disease, enduring daily dialysis.

On a waiting list for transplant for years, one kidney had to be removed and the remaining one ceased to function. On 3rd April, 1996, she received a kidney transplant. She died on 22nd April, 1996, from complications of this operation.

One of her final reflections, starkly mentions what is important in life and I wish to share it for no other reason except that it makes you think.

If I Had My Life Over

I would have invited friends over to dinner even if the carpet was stained and the lounge faded.

I would have eaten the popcorn in the good living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandad ramble about his youth.

I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have sat on the lawn with my children and not worried about grass stains.

I would have cried and laughed less while watching television and more while watching life.

I would have gone to bed when I was sick instead of pretending the Earth would go into a holding pattern if I wasn't there for the day.

I would never have bought anything just because it was practical, wouldn't show soil or was guaranteed to last a lifetime.

Instead of wishing away nine months of pregnancy, I'd have cherished every moment realising that the wonderment growing inside me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would never have said, "Later, now go get washed up for dinner."

There would have been more "I love yous" and more "I'm sorrys" but mostly, given another shot at life, I would seize every minute look at it and really see it... live it. And never give it back.

All the best

Max Martin

From The APRE

Each year, Ash Wednesday marks the beginning of Lent and is always 46 days before Easter Sunday. It is also known as the Day of Ashes and starts Lent by focusing our heart on repentance and prayer.

Yesterday, everyone at our school participated in a liturgy or mass and received a sign of the cross on their forehead.

"When we come forward to receive ashes on Ash Wednesday, we are saying that we are sorry, and that we want to use the season of Lent to correct our faults, purify our hearts, control our desires and grow in holiness so we will be prepared to celebrate Easter with great joy" (The CatholicSpirit.com).

In class, Lenten promises have been written/drawn and students have discussed how they can grow, become a better person and shine their light this Lent to be more Christ-like.

Unfortunately, this is easier said than done. The challenge is to fulfil our promises through Lent and hopefully develop these throughout our lives. I liken it to a diet - you really want to eat well but the temptation is always there to revert to old habits.

Let's encourage each other through our actions to let our 'light shine' as we aim to be more like Christ in our lives.

God

I invite you into my life today. Help me to become the best version of myself by becoming a living example of your love in the world. Assist me in the areas of my life that need to change and experience the joy you have imagined for my life. Amen.

Have a wonderful weekend.

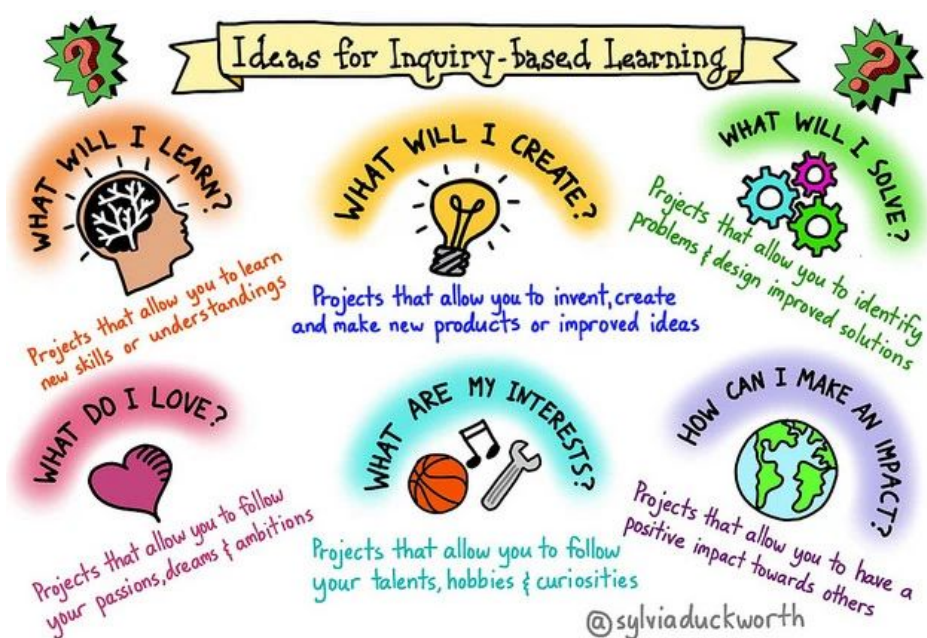
Melissa Collins

From The APC

This week during a Year 1 STEAM lesson, I was humbled by the words of a 6 year old.

During reflection of our lesson, using Blue-bot robots, discussing what worked and what did not, discussing why certain things happened, a little hand went up and the statement of 'I was so happy playing with the robots'.

Here I was teaching them coding and the students simply saw it as playing. This statement by a young student fits perfectly with the ideas of inquiry-based learning. Below is an image by Sylvia Duckworth explaining some inquiry-based learning ideas.



Also, thank you to the parents and carers who gave up time last Wednesday and Thursday to laminate resources for our Year 1 and 2 classes. Your help was greatly appreciated.

Have a wonderful week.

Lisa List

Important Dates

February

Friday 28th - Sacred Heart Heart Parent social function 3.30pm at the Lagoon. All our families invited.

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 12th – 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](#)

Sacramental Dates 2020

The Reconciliation program starts this Saturday 29th February at 3:45pm at Sacred Heart Church. Please bring your pink enrollment sheet with you to the Church.

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	Jacob Flanders, Olivia Broom, Frankie Kenny, Taye Warner, Brooklyn Waters, George McGeown Riley Cameron
Year 1	Vin Renshaw, Jayden Scott, Talisa Viljoen, Felicity Suthers, Nylah Mellor, Harrison Maltby, Austen Carige, James Davis, Lydia Gill, Isla Goltz
Year 2	Bodhi Lewis, Chelsea Allen, Sasha Dadson, Max Kelly, Kash Komsic, Emma Scanlan Cooper Griffin, Adeline McDonald
Year 3	Isaac Davey, Zariha Calvert, Ruby Neagle

Year 4	Davis McDonald, Keyleigh Johnson
Year 5	Riley Timperon, Boston Czislowski, Ashton Jensen, Poppy Oram
Year 6	Giulio somerville, Ethan Pedersen

MJR Award

This award is presented to those in our school who show the virtues and qualities inspired by our MJR program.

Well done to the following recipients for this week:

Zali Dooley from Year 3 for helping others without having to be asked.

Caitlin Yore and **Gabby Gillies** from Year 5 for being kind, thoughtful and considerate to others who were in need of help.

Ben Miller and **Cooper Sweeney** from Year 6 and Year 5 for willingly helping Mrs Kenny clean up spilled food at lunch time.

Mackenzie Blackwood from Year 5 for the caring manner you always display towards others. Thank you.



Morgan Bridgeman from Year 6 for always displaying good sportsmanship at lunch times. Greatly appreciated, Morgan.

Zariha Calvert from Year 3 for your wonderful good mornings each day. Thank you.

Evie Eyles from Year 3 for the mature manner in which you play with others and for always including everyone in games.

Jasper Hamson from Year 6 for displaying very mature leadership skills at school.

Hazel Hovey from Year 3 for displaying beautiful manners and for looking after others when they are sad.

Flynn McKenna from Year 1 for being a good friend and for always showing beautiful manners.

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 Hats

A quick reminder to all our families that Sacred Heart is a sun safe school and we require that all our children wear their school hat when they are outdoors.

Remind your child/ren each morning to remember their hat/s. Thank you.



Year 6 Leaders



Today, our Year 6s received a leadership badge during our whole school assembly.

This is acknowledged that all our 6s are leaders at our school. We wish them all the best for the remainder of this year.



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.



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 school.

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.

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 this Sunday 1st March. Looking forward to it.



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

As part of our Year 6s' transition into secondary school in 2021, all our Year 6 children have been invited to attend a discovery day at St Ursula's for the girls and St Brendan's for the boys. This Year 6 Discovery Day will be held on Thursday 12th March.

The St Brendan's day will commence with all Sacred Heart boys being collected from school at 8.30am by bus. The day commences at 9am. They will be returned to school by 2.45pm. Boys need to wear their normal school uniform with hat and bring a water bottle. Morning tea and lunch will be provided.

For St Ursula's day, our girls are asked to have their own transport to the College, arriving by 8.30am, assembling in the Ballygriffin Hall. They need to wear their normal school uniform with a hat and bring a water bottle, notebook, pencil case. Morning tea and lunch will be provided. Families are asked to collect their children at 3pm.

If you are unable to transport your child to and from St Ursula's, contact our office so arrangements can be made. We are more than happy to assist in this regard.

Our Year 6 teachers will also be at both Colleges at times during the day and will be on the St Brendan's bus for the trip to and from school. On this day, the children will be involved in a myriad of educational activities in Physical Education, Science, Arts, Robotics and Manual Arts.

Whether your child is attending St Ursula's or St Brendan's or not in 2021, this experience will provide them with a very worthwhile opportunity to see how a secondary school operates and to ask questions etc.

I ask that you complete the permission form which was brought home by your child last week and return it to Sacred Heart. This assists with organising catering and buses. If you have any queries or questions, please do not hesitate to contact me at school.

Stories From Year 1R and 3A

On the weekend, my Dad played with me on the trampoline and I played on my ipad. **By Ari**

On the weekend, I stayed home because it was raining and I watched tv with my sister. I watched Barbie in the Dream House and I got to lie on the mattress. I couldn't hear the tv. **By Ivy**

On the weekend, I had a smoothie at home and it was the best. **By Alexis**

On the weekend, I went to my Grandma's house and I bought some chips and they had chicken salt on them.
By Austin

Once upon a time there was a very little unicorn. She was always quiet and she was always eating grass. She loved grass. It was her number one favourite food.

One day, a storm rolled in. The little unicorn was scared. Her mum and dad were on their way home from their vacation to see their darling little unicorn.

But the unicorn was washed away by the storm and the very strong winds. Luckily, her mum and dad were there and they knew what to do. They flew up in a helicopter and rescued their daughter.

And the little unicorn was safe and happy, again. **By Mackenzie R**

Once there were two little girls, Ellie and Grace. They lived in a castle. They were rich and loved helicopters. There was a mean butler in the castle who they did not like.

The two girls had a plan. They planned a helicopter ride and had to have an adult with them. They chose the butler. During the ride, they were going to jump out of the helicopter. But the mean butler pushed the girls out instead.

Luckily, they landed in a pool. The butler fell out also but did not fall into the pool. He was never seen again.

When the girls were older, they were walking through the forest and they came across a man. When they saw him, they thought he looked familiar. Then they said to him, "Do we know you?"

"Yes," he said, "I am your old butler."

The girls decided to walk home. However it was too far so they called for their helicopter.

Even though the butler had been mean to them before, they still gave him a ride home. **By Hazel H**

Community News





POSITION VACANT

ST PAUL'S
CATHOLIC PRIMARY SCHOOL
GRACEMERE



Finance Secretary (term-time) St Paul's Catholic Primary School (P-6) Gracemere

Applications are now invited from suitably qualified and enthusiastic persons for the position of Term Time Finance Secretary (32HPW) Monday to Friday (SO Level 3), commencement date to be negotiated.

The successful applicant will have relevant experience and an understanding of, and a commitment to, the ethos of Catholic Education. A Working with Children Check (WWCC) and eligibility for a Suitability Notice will also be required. In addition, you will have excellent time management skills, well developed interpersonal skills and a high proficiency of computer skills. Experience to facilitate the financial management and administration of the school would be advantageous.

Tertiary requirements at Certificate level or equivalent knowledge, qualifications and experience relevant to the position is required.

To apply for this position, an application package can be obtained from the school office:

Applications should be addressed to:

Mrs Patricia Adair, Principal
St Paul's Catholic Primary School
Breakspear Street
GRACEMERE QLD 4702

or email to Patricia_Adair@rok.catholic.edu.au

Applications close: 3pm Thursday 4 March 2020.

Catholic Education is committed to best practice in student protection policies and procedures and is an equal opportunity employer

Existing not to be different, *but to make a difference...*
| www.rok.catholic.edu.au | Twitter @RockyCathEd |



Where: Bluff Point Day Use


When: from 9am on 1st March 2020

What: Help us clean up Kemp Beach
and other surrounding areas to
improve the habitat for our wildlife.

Water and biscuits available as morning tea
for participants but please BYO water bottle
to reduce waste. All ages encouraged to
participate.



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

stu
ST URSULA'S
COLLEGE | YEPPOON



'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](#)



ST BRENDAN'S COLLEGE
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Opportunity • Pathways • Brotherhood • Belonging



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@sbcc.qld.edu.au