



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

14 Barracuda Crescent, Yeppoon QLD 4703

Email: shy@rok.catholic.edu.au

Phone: 07 4994 8215

Website: www.shyrok.catholic.edu.au

NEWSLETTER

28th May 2020

From The Principal's Desk

While our children were online learning, one of our year 5 classes and I took a genuine interest in word puzzles known as a rebus. Below are examples:



It became a daily exercise and they grew extremely proficient at solving them. As a matter of fact, it was quite therapeutic, giving us a rest from their Google Classroom learning.

Taking one's mind off a particular situation is a strategy employed by professionals ie counsellors to help children deal with anxiety which is a real concern for many families at this time.

Following is advice about anxiety from Michael Grose, one of Australia's leading parent and educational writers.

Help your child to recognise the specific situations and events that make them feel anxious ie meeting new people, returning to school, unusual and difficult situations. In this way you can help them manage and minimise their feelings.

When your child feels anxious, the part of the brain that controls rational thinking, decision-making and concentration temporarily goes offline. They can feel easily overwhelmed by simple, everyday events and situations. Rather than protecting your child by allowing them to avoid meeting these challenges, or dismissing them as trivial, validate their feelings with statements such as:

- "I can see you're feeling worried about going to camp."
- "Thanks for telling me you feel nervous about going back to school. It's understandable."
- "I see you're really anxious about this right now. I know it's hard for you."

Resist the temptation to rescue or fix a situation. Respond with empathy and understanding. Help your child develop the tools to regulate and push their anxious feelings to the background.

Practise these anxiety management tools when your child is feeling calm, and it will be easier for them to practise when they are nervous. These include:

- Taking some deep breaths: Deep belly breathing reduces feelings of anxiousness.
- Bringing their attention back to the present: Use their senses to bring their attention to the present moment and away from their worries – "Tell me five things you see, four things you hear and something you smell."
- Getting them moving: Physical exercise is not only a great distraction but it releases feel-good endorphins that help children and young people feel better and more optimistic about the future.
- Defusing their thoughts: Anxious thoughts can get stuck, refusing to budge no matter how unwanted they are. Help your child to distance themselves from their thoughts by placing distancing statements in front of their thoughts. Replace "I'm worried about going back to school" with "I had a thought I might be worried about going back to school."

Sufficient sleep, good nutrition and regular exercise are essential to support your child's mental health.

There is a great deal you can do to help your child manage their anxiety. One of the tough parts of parenting a child who feels anxious sometimes is knowing when to push them gently towards brave behaviour, and when to let them take comfort somewhere warm. Even the gentlest nudge forward by you might not feel that gentle for them. Sometimes it can just feel cruel for both of you.

But you can see around the corners that they can't. You can see their strength, their resilience and their courage. You know it's there, in them, and you know they can do hard things but sometimes you need to believe it enough for both of you.

All the best

Max Martin

Answers: First Aid, Cross Roads, Look Before You Leap, Robin Hood.

From The APRE

We all make mistakes. Nobody is perfect. So why is apologising so difficult? Elton John summed it up in his hit song 'Sorry Seems To Be The Hardest Word'.

National Sorry Day remembers and acknowledges the mistreatment of Aboriginal and Torres Strait Islander people who were forcibly removed from their families and communities during the 50s and 60s, which we now know as 'The Stolen Generations'. These children were brought up in institutions or fostered to non-Indigenous families.

This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities.

Last night at our dinner table, someone (a parent, who shall remain anonymous and it was not me), needed to apologise for something that was said earlier. The words were barely audible as they were mumbled under his breath. We laughed loudly at this feeble attempt and proceeded to discuss why 'sorry' is such a difficult word to say. So why is saying, "I'm sorry" such a challenging endeavour? Who likes to admit, they're wrong? It's not fun, believe me, I know and I have had lots of practice.

As a mother, I cannot fathom the thought of anyone taking my children away and I personally would find it unforgivable. Whilst having someone apologise to me would not take any pain away, it would however help to acknowledge that I was wronged. When you say that you are sorry, it restores the dignity of the hurt person and makes them feel better. An apology may restore trust and understanding to a relationship, because it contributes to a feeling of safety and makes both the receiver and the giver feel comfortable and respected.

To Australia's Indigenous peoples, particularly to the Stolen Generations whose lives had been devastated by past government policies of forced child removal and Indigenous assimilation, I am sorry.

We will be having a Reconciliation Week assembly via Zoom next Thursday with 4M presenting.

Dear Lord

We acknowledge the pain, shame and suffering of people in our history and we ask for forgiveness. We thank you for the survival of indigenous cultures. We pray for your strength and grace to forgive, accept and love one another, as you love us, forgive and accept us in the sacrifice of your Son. We ask this through Christ our Lord. Amen.

Have a wonderful weekend

Melissa Collins

From The APC

Yesterday, Sacred Heart participated in the National Simultaneous Storytime. This is an annual event held by the Australian Library and Information Association. Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country.

In previous years, some of our creative teachers and assistants have acted out the chosen book for eagerly awaiting students. This year, Mrs Sullivan switched from stage director to film producer and movie director, to bring us "Sacred Heart's, Whitney and Britney Chicken Divas".

Thank you to all of the teachers and assistants who took part in this year's National Simultaneous Storytime and a special mention to Mrs Sullivan for her creative touch to bring the vision to life.

Please enjoy this year's production by clicking on the photo below.



A reminder for the Premier's Reading Challenge (Week 3's Newsletter). If your child wishes to participate please [download the form](#) and return it to school at the end of the challenge. Alternatively your child can access a hard copy from our school office.

Yours in learning

Samantha Suthers

Prayer Assembly

Here is the link for this week's whole school assembly.

[Welcome Back](#)

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](#)

Attached is this week's Capricorn Coast Catholic Parish Bulletin for your perusal. Along with a video message from Fr Matthew for Pentecost. (This is a good reflection and worth a look.)

<https://www.facebook.com/CapricornCoastCatholicParish/videos/245922500169020/>

Mass is held daily, 12pm Monday to Saturday and 9:30am Sundays. All local Masses can be accessed via ZOOM each day with the following link: <https://us02web.zoom.us/j/2771905464>

Welcome To Sacred Heart

To Blake Year 1, Brooke Year 4, Cooper Year 5 and their parents, Jodie and Corey.

We welcome them into our Sacred Heart family and wish them all the very best.

Student Awards

Prep	Josie Cuthbertson, Jacon Czitan, Riley Cameron, Jack French, Kayden Griffin, Olivia Broom Brock Solis, Matilda Seymour
Year 1	Dakotah Size, Micah Hawkes, Charlotte Luckey, Oliver Poole, Tiarna Vann, Blake McQuillen Talisa Viljoen
Year 2	Will White, Evie Moore, Beckett Catt, Josie Prince
Year 3	Ruby Neagle, Ashton Finch, Olivia Blackwood, Dayna Cook, Connor Strenzel Evie Eyles
Year 4	Brooke McQuillen, Noah Fretthey
Year 5	Cooper Sweeney, Ruby Svenson, Nathan Brans, Alli O'Rourke

MJR Awards

Mason Lewis Year 3 for always giving his very best effort during meditation.

Evie Eyles Year 3 for your wonderful virtual choir video. Well done.

Poppy Evans Prep for looking after another prep who was feeling sad before school.

Matilda Seymour and Taye Warner Prep for displaying good skills and determination during PE lessons.

Kane Czitan Year 2 for showing great getting along skills and including others in games at lunch times.

Hazel Hovey Year 3 for being a wonderful friend and including others in your games.

Leo Kirby Year 4 for your willingness to always be so positive and welcoming. Thank you.

Byron Mitchell Year 5 for displaying great determination and resilience over the past five weeks at school. Well done.

Zachary Sloper Year 5 for always displaying a positive attitude and wonderful manners.

Chloe Hawkes, Ryan Hendrie, Bronson Toby, Cooper Morton, Xander Kelly, Khobi Scanlan, Abbie Weise, Jayden Jackson and Jakobe Foley Year 6 for the mature manner in which you approached your learning and schooling in general when working online.

School Tuckshop Operating Wednesdays (Preps and Year 1) and Fridays (Year 2 to 6)

Our school tuckshop will be operating Wednesday and Friday for the rest of this Term. There will be a different lunchbox special each week for \$6.50.

Next week, our Preps and Year 1s can order tuckshop for Wednesday, only and our Year 2s to 6, for Friday, only.

It will be a ham and cheese, or cheese sandwich or 6 nuggets, home bake and a popper.

There is now online ordering available and also via paper bag with money enclosed and returned to school by either Tuesday or Thursday. This allows for our tuckshop convenor to do her purchasing. Thank you.

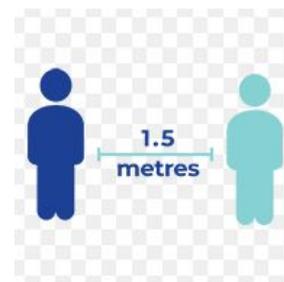
Social Distancing At Sacred Heart - Thank You

Thank you to all our parents and carers for paying particular attention to the requirement for adults to maintain physical distancing of 1.5m at all times if you are on school grounds.

Especially when picking children up from our multi-purpose area each afternoon.

Each day, children from all Year levels are to be dropped off and picked up from our multi-purpose area.

Adults are asked not to come to classrooms. Thank you.



Continued Important Procedures At School

For all Year levels including our Preps, morning drop offs and afternoon pick ups will be from our multi-purpose area. Parents and carers are asked to do these quickly each day.

Prep and Year 1 tuckshop Wednesday only.

Year 2 to 6 tuckshop Friday only.

At first break (11am), all children will be eating first before they go to play.

All children will be washing their hands at the start and end of first break and at the end of second break. All classes have been supplied with hand soap and hand sanitiser.

There will be no whole school or year level assemblies for the remainder of this term. There will be an online assembly each Thursday.

If children at school display a runny nose, coughing, sore throat, parents/carers will be contacted and asked to collect them.

Book Club

The Book Club catalogue for Issue 4-2020 is available online now until Monday 8th June via Parent Loop.

If you are unable to order via the Parent Loop, please contact Mrs O'Brien or Mrs Sullivan to obtain a paper copy.

Follow is the link: <https://www.scholastic.com.au/book-club/book-club-parents/>

New families to Scholastic Book Club will just need to register first either online or via the Book Club Loop for Parents App. [Scholastic Australia Pty. Ltd.](#)

Library Additions



This week, our new library seating arrived and it has been put to good use by several of our classes during their library sessions.

Thank you to Mrs Sullivan and Mrs O'Brien for organising this wonderful resource.

Prep and Year 1 Writing



Ava

On the weekend, I was sick. First, I went to my Pop's home because my mum had to take my sister to the doctors. After that my mum came back to pick me up to go home.

Amelia



Jack

Charlotte L Year 1

Year 6 Haiku

Colours bloom on us
Show the way to the golden
Pigments vanishing.

Chloe

The lime green plains to
the peculiar blue sea
Endless Sahara.

Dean

Many fascinations
Beasts lurking waiting for prey
Trees all tall or short.

Ruby

Alien like beasts
Devouring their victims
With their piercing eyes.

Jakobe

Eight legged beasts, ahh
Devouring prey they find
Trap them forever.

Khobi

White and grey surround
Covering the mountain top
What amazing sights

Nya



SACRED HEART CATHOLIC PRIMARY SCHOOL

We are currently taking
Prep enrolments for 2021



Contact 49 948215 or shy@rok.catholic.edu.au
for more information. Thank you.