



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

29th April 2021

From The Principal's Desk

Dear Mr Martin

My son is unable to complete all his homework this week as he has footy training two afternoons, dance on Thursday followed by touch, a guitar lesson on Friday from 4pm and as we are always chasing after him on the weekends, he has to come and watch his sister play netball on Tuesday evening. Please call me if you need to discuss this.

I am thinking a myriad of things as I read this email: Is school not as important as these extra activities? I realise we missed a lot with COVID last year but a lifestyle balance is needed. Hope this child is getting plenty of sleep.....

"Children today are busy. Regardless of age, their days are filled with activities. Under fives do a range of adult-initiated learning activities designed to give them the best start to their learning lives.

School-aged kids have a huge range of leisure and after-school activities to choose from. It's not uncommon for kids to have four and five extra-curricular activities a week.

Nothing wrong with kids being busy (Not too busy though) as long as they have plenty of chances to relax and unwind. Otherwise kids become overwhelmed and they begin to experience childhood anxiety.

Relaxation is a key to good mental health and well-being. It is an important life skill for kids to learn. It's a great way to reduce anxiety in children. One way to help an anxious child is to make sure he or she gets bored every so often. There is a temptation to fill our children's days with activities so that no time is wasted.

"I'm bored," is the last thing most parents want to hear their kids say. We feel compelled to do something to alleviate a child's boredom. Boredom can be good for kids' mental health and well-being, giving them the chance to muck around and take it easy for a time.

Here are five ways to help your children unwind:

1. Let your child regularly stare into the 'fire': Ever sat around a camp-fire and stared at the flames? If so, you will know how calming it is. No need to think. No need to talk. Just a chance to relax. Television and other communication technologies are the modern versions of the camp-fire. Just don't let them stare at them for too long.
2. Let children exercise without rules: Children are the kings and queens of play. They always have been until lately when their lives have become highly organised and scheduled. Free, child-initiated play is the ultimate in relaxation. Fun games, games with few rules and games that kids control help them to unwind
3. Let children experience flow: 'Flow' is a state we get into when we are so engrossed in an activity that time disappears. We get flow when we pursue our passions so encourage teens to find activities that they truly love and get lost in. Free play takes young children to 'flow' very quickly so opportunities for unstructured play are essential.
4. Help children calm down around bedtime: Have a bedtime routine that calms kids down rather than winds them up. You can become part of this routine by reading books, telling a story
5. Unwind with your children: When I was young, my sister, brother and I really enjoyed the times with my dad, sitting under our house capping his ginger beer bottles. He loved it as it was a chance for him to unwind after work. Find ways you can unwind and rejuvenate with your kids.

We want our kids to be busy and be involved rather than inactive and apathetic.

However, activity needs to be balanced with unscheduled time so that perspective as well as everyone's sanity is maintained."
(Taken from Michael Grose, parenting expert.)

Take care

Max Martin

From The APRE

Family is the most important thing in my life. I love everything about my immediate and extended family and would do anything for them. The support of family is important for numerous reasons, most related to personal wellbeing. The support that families provide, benefit your physical, emotional and mental health and can't be found anywhere else.

This week, we are creating our own families at Sacred Heart with Peer Support Heart groups consisting of children from Prep through to Year 6.

Our Year 6 students will lead their group and will be working with the assistance of a staff member on the theme, 'Living Positively', helping us explore the concept of optimism.

Our first session which will be this Friday, enables the children to get to know everyone in their group, agreeing on how they will work together and interact cooperatively. They will also begin to think about what it means to be optimistic.

We encourage you to talk to your children about Peer Support every week, as it will help to reinforce the concepts learned in each session.

God, help us to embrace with love, all of the members in our Heart groups. May we be kind to our 'Heart' family and use words to build each other up. May we have a listening ear and respond to each other with compassionate hearts. Amen.

Enjoy your weekend

Melissa Collins



From The APC

Sacred Heart will participate in the Premier's Reading Challenge 2021. All children in Prep to Year 6 are encouraged to participate.

The Premier's Reading Challenge is not a competition but a way to encourage students to develop a love of reading for life. Through the challenge students are given an opportunity to develop their appreciation of the English language, and additional languages, and are encouraged to explore and enjoy a wide range of literary texts.

For a student to successfully complete the Premier's Reading Challenge they are required to read or experience the number of books indicated below:

Prep to Year 2—read or experience 20 books.

Years 3 to 4—read 20 books.

Years 5 to 9—read 15 books.

Experiencing a book includes classroom or at home activities such as shared reading, listening and reading along with a book, or being read to.

Below is a link to a recommended range of books for reading. While there is no compulsory reading list for the challenge, this list has been developed to assist students, teachers, parents and guardians when selecting appropriate reading material.

<https://readingchallenge.education.qld.gov.au/about/booklists>

Students participating in the challenge can collect a reading record sheet from their class teacher or alternatively the form can be downloaded from the link below.

<https://readingchallenge.education.qld.gov.au/register/Documents/school-reader-record-form.PDF>

Key dates for the 2021 challenge are:

10th May: Reading period commences for Prep to Year 9 students.

27th August: Reading period finishes for Prep to Year 9 students.

Have a wonderful week, Mrs Lisa List



Reflection

Each week, we provide links to Sr Kym's reflection. We hope this provides some spiritual guidance.

Link to: [Sr Kym's reflection](#)

Important Dates For Term Two

May
Monday 3rd - Labour Day public holiday
Thursday 6th - Rockhampton District cross country trials at Rockhampton Touch football fields.
Friday 7th - Mother's Day assembly followed by morning tea.
Sunday 9th - Mothers' Day
Monday 10th - Parent / teacher interviews commence
Tuesday 11th - Year 3 and 5 NAPLAN commences.
Friday 14th - Interschool sporting gala day at Barmaryee Complex
Monday 17th - Prep excursion to Cooberrie Park 9.40am - 1.30pm.
Wednesday 19th - National Simultaneous Story Day "Give Me Some Space".
Thursday 20th - Interschool chess competition in Rockhampton.
Monday 24th - Year 4 camp to the Caves 24th - 26th. 4E Monday to Tuesday. 4S Tuesday to Wednesday.
Monday 31st - National Reconciliation Week

June

Friday 4th - Sacred Heart Year 4 to 6 athletics carnival
Thursday 17th - KCD 1500 m races at Farnborough SS
Friday 18th - KCD athletics carnival at Farnborough SS
Monday 21st - Sacred Heart Day
Tuesday 22nd - Semester One report cards available to families
Friday 25th - Final day of Term 2.

Sacramental News

Children who are currently in Year 4 or above, who have been baptised and received Reconciliation, are able to receive the Sacrament of Confirmation and Eucharist.

The children are to bring their enrolment form and to attend the following sessions for Confirmation:

- Sunday 16th May - Parent and child information session at Sacred Heart Church. Registration at 3:15pm followed by 5pm mass. Candidates bring their flames forward at mass.
- Sunday 23rd May - 5pm mass.
- Sunday 30th May - 5pm mass. Candidates will receive and present the Creed at mass.

In Our Prayers

Mrs Angela Acharya and her family with the passing of her father last week. You are very much in our thoughts and prayers.

Students of the Week

Prep	Paisley Nicholls, Alex Smithers, Clay Ferrier, Milo Hatte, Corbyn Pearson
Year 1	Kayden Griffin, Sloan Kelly, Evelyn Donald, Aaliyah McCarthy, Henry Kehoe, Jacob Flanders, Madeline Gill
Year 2	Henry Willey, Willem Shackleton, Oliver Poole, Jack Rohl, Sophie Wilczek, Hudson Daniel, Charlotte Luckey, Boston McAllister
Year 3	Max French, Paige Kinsey, Connor Dickenson
Year 4	Herbert Martin, Spencer Toby, Dana Cook, Hazel Hovey, Kai Nielsen, Agatha Long
Year 5	Sienna Hawkes, Georgia Deasy
Year 6	Josie Edwards, Cooper McQuillen, Noah Budic, Lily Thomasson, Lilah Clarke, Macey Elliott, Eva Parfitt

MJR Awards Week 2

Byron Mitchell Year 6 for stepping up and filling in for the Mathematics Challenge. Your commitment was greatly appreciated.

Caitlin Yore Year 6 for displaying wonderful leadership qualities this week. Thank you.

Lachlan Czitan Year 5 for sharing your energy, enthusiasm and caring nature with so many people.

Karly Smithers Year 4 for being a wonderful friend and playing very cooperatively with others.

Nate Bunt Year 5 for representing Sacred Heart with determination and commitment at the Mathematics Challenge.

Charlie Palairet Year 6 for being a caring friend and for your wonderfully cheerful manner.

Millie Roper Year 2 for the extremely kind attitude you always show towards others.

MJR Awards Photo Week 1



Frankie Award

Isla Goltz Year 2 for taking the time to pick up rubbish that you came across during playtime.



Anzac Day Photos



Footsteps Dance Lessons

During week 4, the Footsteps dance company will be visiting Sacred Heart.

Each day (Monday to Friday), our children will be having a forty minute dance lesson with the Footsteps instructor, culminating with a concert on Friday in our multi-purpose area.

Over the week, our children in their year level groups will learn several dances.

Feel welcome to come along to this concert. Families will be made aware of the time for this, next week.

Parent / Teacher Term 2 Interviews

An important part of our assessment process at Sacred Heart is a parent-teacher interview.

Our first parent teacher interviews will be held during weeks four and five of Term Two. (Monday 10th May – Friday 21st May). Having interviews in early Term Two, offers parents and teachers an opportunity to discuss their children's progress at school before report cards are sent home in the final week of Term Two.

It is important that all our families arrange a time for a formal interview with their child/children's teacher/s.

Bookings for these interviews are open from Wednesday 21st April at 3pm.

These bookings will close to parents/carers on Wednesday 28th April at 5pm.

Access for bookings is available during those dates via <https://206shy.rok.catholic.edu.au/parentlounge>

Available interview times will be particular to each classroom teacher.

New parents will be sent an access username and password and continuing parents will have the same one as last year.

If you have forgotten either of these, please contact Mrs Melinda Murphy at the school office; 49 948215.

Available times for individual teachers will appear when you log in to the booking site. Only one time slot is to be selected per child. If you wish to have a longer interview time please see your child's class teacher and arrange this at a time suitable to you both.

Some teachers may have made individual arrangements outside of the times above. These arrangements will be emailed to you from your child's classroom teacher.

If you have any questions regarding the interviews please contact our school office.

Thank you

NAPLAN Information

On Tuesday 11th, Wednesday 12th, Thursday 13th, Friday 14th May, all students in Years 3 and 5 will sit the annual National Assessment Program – Literacy and Numeracy (NAPLAN) tests.

Students need to be at school at 8:40am on these mornings. NAPLAN is made up of tests in the four domains of Reading, Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy.

As you are aware, our students will be undertaking the NAPLAN assessment online. NAPLAN online brings many advantages, including a design that offers test items tailored to students' knowledge and ability. Parents and carers of students in these NAPLAN year levels will need to be aware of important information relating to privacy, which can be found on the NAPLAN Online Queensland website: (<https://naplanonline.qld.edu.au/getting-ready/parent-information>). NAPLAN is not a pass or fail type test, but rather shows how individual students are progressing in numeracy and literacy skills against national standards for all Australian children.

The National testing program has been mandated by government bodies and therefore all children in Years 3 and 5 should be in attendance. It is therefore imperative that any extracurricular events are not timetabled for these days.

Thank you.

P. and F. News

Our P. and F. has school supporter shirts for sale: \$40 each. These can be ordered through our office. Thank you

Interschool Mathematics Challenge

Yesterday, 25 children from Year 5 and 6 attended the annual Mathematics Challenge at Glenmore SHS.

In teams of five, the children challenged themselves across a myriad of mathematical tasks against school teams from Rockhampton, Yeppoon and Theodore.

Our teams acquitted themselves extremely well.

Congratulations to the Rockhampton Grammar School for winning both divisions.



Cross Country

Last Friday, 25 athletes from Sacred Heart competed at the KCD cross country trials at Barmaryee.

Well done to all our runners especially to the following placegetters: Joseph Kingston 3rd 10 years, Lucas McLean 2nd 11 years, Jet Ryan 3rd 11 years, Clíodhna O'Reilly 1st 11 years, Cooper Sweeney 3rd 12 years, Logan Young 3rd 10 years and Gabbie Gillies 2nd 12 years.

Sacred Heart won the overall trophies for 10 years girls, 11 years girls and boys and 12 years girls.

The Rockhampton District trials are being held next Thursday at the Rockhampton touch football fields and we wish our athletes competing all the best.



Year Level Assemblies

Our whole school assemblies will be held from 8.40am on Fridays.

There is no assembly tomorrow, Friday 30th.

Our next whole school assembly will be next Friday 7th May, celebrating Mother's Day.

Year 1R is presenting.

There will be a morning tea in our multi-purpose area, straight after assembly.

Year level assemblies will recommence, starting next week.



Prep - 2 Wednesday at 2.40pm (weeks 2, 3 and 4) and then will be on a Monday 8.40am.
Year 3 - 4 Thursday 8.40am
Year 5 - 6 Wednesday 8.40am

Parents and carers are most welcome to attend these assemblies, signing in, sanitising and social distancing.

Library



The Parent LOOP for Issue 3 of Book Club is now open.
Ordering is available online from now until Friday 7th May.
Your Book Club link is: <https://www.scholastic.com.au/book-club/book-club-parents/>
Thank you for your ongoing support. Kerry and Sandi

Tuckshop

Prep to Year 2 on a Wednesday and Year 3 to 6 on a Friday.

Order online via our Flexischools app. Click on the link below for our Term 2 menu. [Term 2 Menu](#)

Community News

A poster for an "Interact High Tea" event. The background shows a glass tray with several colorful cupcakes (pink, yellow, brown) and a vase of purple and white flowers. The text is overlaid on the image.

Interact High Tea

In support of the Girl Up Foundation

Saturday 8 May 2021
2.30pm-4.30pm
Ballygriffin Cultural Centre (BCC)
St Ursula's College, Yeppoon

Entry via Queen Street gates adjacent to BCC

Join us as we raise funds to support Girl Up, a United Nations (UN) Foundation established in 2010 as an initiative to help support UN agencies focused on adolescent girls.

Through this partnership, Girl Up empowers young women to make change by providing access to education and addressing issues such as gender equality, gender violence and STEM for social good.

Refreshments, Tea and Coffee are included in the ticket price. All profits from the High Tea will go directly to Girl Up's equitable education projects.

Tickets are \$37.50 each (plus booking fee). Please note: tickets must be purchased in a single transaction in Table groups only (8 people per table).

Visit <https://www.ticketebo.com.au/interacthightea> to book your table.

The poster includes three logos at the bottom: the Girl Up logo, the Interact Rotary Sponsored Club logo, and the St Ursula's College Yeppoon logo.

How do I
change a
tyre???

Not sure about
roundabouts???

Shared paths!!!

Can't work
gears???

No
confidence!!!

**STARTS
16 May**



4 SUNDAY
MORNINGS
9-10AM
SACRED HEART
SCHOOL CARPARK
14 Barracuda
Cres
Yeppoon

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\$80

**FIRST SESSION IS A
'COME & TRY' SESSION**

The first session of NAB AFL Auskick at your school is a Come & Try session. Registration and payment is not required. For any further information on the Come & Try session please contact your local AFL Queensland office.

**SACRED HEART PRIMARY SCHOOL
AUSKICK CENTRE**

START DATE 7th May
LAST SESSION 18th June
TIME 3:15pm till 4:15pm
VENUE Sacred Heart School Oval

Your first Session can be a 'Come & Try' Session
(No registration required for 'Come & Try' Session)

For more information call **Scott on 0404 986 543**
or E-mail at capricornia.uskick@hotmail.com



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