

8th November 2020

## From The Principal's Desk

### 48 days until Christmas. Get your Hygge on.

Two weeks ago in Brisbane, David Jones was well and truly decorated in festive style ready for the Christmas season. There was definitely a positive buzz and a wonderful bounce in shopper's steps (or maybe that was just my wife).

On Facebook, a regular counter pops up and displays the days, even the seconds, until Christmas day.

We can lament the early 'Christmas period' inspired by consumerism but, deep down, I think most of us get excited about this true, annual family holiday. Traditionally, it is a time to gather with our loved ones, reconcile and really enjoy ourselves.

A time of waiting to have fun.

*Waiting for fun.*

It sounds a bit like delaying what should be an everyday occurrence. Is your sense of fun and satisfaction in life, often focussed on the future – a holiday, a celebration, retirement?

Well you / we might need a lesson from the happiest country in the world, Denmark. No wonder our Princess Mary is there; they have the World's Best Restaurant, Nona, they invented Lego and they love gourmet hot dogs and LARPing (that's *Live Action Role Playing* for example staging fake historical battles or fantasy scenarios). What is there not to love?

Their top marks on the Happiness Index are credited to their unique cultural choice on how to live life. It is known as hygge meaning 'cosiness' (Pronounced 'hooga'). It has been a buzz word that swept the world of self-improvement, promising to make your life better, happier and cosier with just a few steps.

According to Helen Russell, author of *The Year of Living Danishly: Uncovering the Secrets of the World's Happiest Country*, "Hygge seems to me to be about being kind to yourself - indulging, having a nice time, not punishing or denying yourself anything. There isn't so much enforced deprivation in Denmark, instead they're kinder to themselves and to each other. Danes don't binge then purge. There's not much yo-yo dieting in Denmark. No wonder they're happier than we are in the UK."

A UK college has started teaching students the Danish concept of hygge, said to make homes more welcoming and people happier.

The Danish life philosophy is about simple pleasures, about savouring the good things in life, be it cosy sheepskin rugs, flaky pastries or cups of hot chocolate. In essence, hygge means creating a warm atmosphere and enjoying, in a simple way, the good things in life with good people.

A big part of Danish happiness is savouring the day that you are in.

Stop looking forward, waiting for a happiness moment, enjoy the time that you have now.

Helping your child focus on their wellbeing is a key to life success.

Following are eight life choices that positively affect a person's sense of happiness, according to research. Why not choose some strategies as a family to help make happiness a *now* thing, not a future hope.

1. Give More
2. Smile More
3. Help Others
4. Send A Thank You Note
5. Create More Love
6. Quality Time With Family
7. Nurture Your Business Relationships
8. Surprise Someone You Love

Enjoy today and 'Be the change you want to see in the World' (Gandhi.)

All the best

Max Martin

## Assistant to the Principal Religious Education

Today I have realised that I think that I am a helicopter parent. A parent who hovers over their child watching their every move and not letting them make mistakes. I have a daughter finishing Year 12 and as I write this she has one exam and an assignment left. Stressing over her and setting a timetable with deadlines to complete her work so that she wouldn't get overwhelmed, was done last week in a last minute bid to keep her on track.

My daughter on the other hand has had a lovely week, meeting friends at the beach, getting to school early to park in the teacher's parks for 'muck up day' and going to bed early because she was tired (when she should have pulled an all-nighter). I have worried that much because she hasn't stuck to the 'rules'. I am sure my headaches are stress related caused from her casual behaviour.

Today, she woke early to revise for her mathematics exam, and cheerfully skipped off to school. This was when I realised that she was living her life and I had to step back and look at my own behaviour. The blades on my helicopter had been churning too quickly and I realised immediately that I had to land the chopper. Whilst I am praying that she gets the grades that she needs, this is her lesson to be learnt.

What a shock ..... the headaches have subsided.

Dear Lord

May we all truly live our lives and enjoy ourselves on the way. Look after our children and keep them safe under your guidance. Oh, and please help me to lose the helicopter keys. Amen.

Have a great weekend.

Melissa Collins

## Assistant to the Principal Curriculum

It is hard to believe we are approaching the end of Week 5. I am feeling very fresh for this time of the term, although that may have something to do with having a further four weeks of holiday.

Thank you to Mrs Deb Campbell for the wonderful job she did as our APC in my absence.

### **PAT Assessments**

This week and next, children in Years 1-6 will complete an online Mathematics and Reading assessment. All students throughout the Rockhampton Catholic Education Diocese will undertake these assessments. Progressive Achievement Tests are designed to investigate and diagnose student learning and to monitor progress, with the benefits of targeted teaching, increased levels of student engagement and improved learning outcomes. The approach focuses on assessing and monitoring student growth over time and is underpinned by an understanding that students of the same age and in the same year of school can be at very different points in their learning and development. The link below provides further information regarding PAT testing.

<https://www.acer.org/au/pat>

### **School Attendance**

While we are getting very close to the end of the school year, and it is easy to fall into the trap of thinking that students will not be doing anything important or learning in the last couple of weeks. We need to remember that attendance at school impacts student achievement. A new report from the Australian Institute for Teaching and School Leadership (AITSL) reinforces the strong correlation between these.

<https://www.aitsl.edu.au/secondary/news-and-media/media-release---attendance-matters-when-it-comes-to-student-achievement>

Have a wonderful week.

Mrs Lisa List.

## Important Dates Term 4

### **November**

Saturday 9th - St Benedict's v Sacred Heart rugby league game 6pm at St Brendan's College.

Monday 11th - Remembrance Day. As a school, we will be having a one minute silence at 10.55am today.

Thursday 14th - Mini Vinnies' assembly 8.40am.

Monday 25th - Prep swimming lessons commence this week.

Thursday 28th - Year 4 to 6 swimming carnival at Cooe Bay pool

Thursday 28th - Year 3W assembly 8.40am.

Friday 29th - Prep / Year 1 and Year 2 / 3 swimming carnivals at Cooe Bay pool

### **December**

Monday 2nd - End of Year liturgy at Sacred Heart Church 9.15am.

Monday 2nd - Year 6 graduation dinner.

Monday 2nd - Children's report cards available today.

Tuesday 3rd - End of Year concert from 5.30pm at school.

Thursday 5th - Whole school assembly 8.40am. Sacred Heart staff presenting.

Thursday 5th - Year 6s at Cool Waters for the day.

Friday 6th - Final day of Term 4

## 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](#)

## Term Fees

Thank you to all families that have paid their Term 4 fees. These were due at the start of this week.

If your fees remain outstanding or you are unable to make full payment of your fees, please contact Stacey Todman at the office to arrange a payment plan. Thank you.

## Library

Our final issue for book club 2019 was sent home yesterday. Any orders are due back to the office by Friday 15th November.

Thank you

## Student Awards

<b>Prep</b>	Oliver Poole, Charlotte Grob, Lola Kronk, Preston Williams, Emmett Symonds, Sophie McElhenny, Sophie Wilczek, Hamish Mesman, Micah Hawkes, Indigo Crosby, Austen Carige, Tiarna Vann, Emma Hall
<b>Year 1</b>	Archie Mc Pherson, Aria Richards, Max French, Maycie Clarke, Oscar Gleeson, Oliver Mathias-Watt
<b>Year 2</b>	Kai Nielsen, Max Willey, Lola Czislawski, Mikayla deBeer, Ruby Neagle, Vienna Jackson, Indie Oram
<b>Year 3</b>	Zavier Gordon, Toby Janes, Keyleigh Johnson, Lily Trevor
<b>Year 4</b>	Clíodhna O'Reilly, Adelaide Gill, Ashton Jensen, Kylani Bowman, Clhloe Kleinham, Archie Gleeson
<b>Year 5</b>	Blayze Murphy, Tyson Rose, Katelyn Klienmans, Giulio Somerville, Cooper Morton, Jaxon Pambid
<b>Year 6</b>	Zsa Zsa Hart, Beau Plant

## Frankie (Environmental) Award

Emmie Sharp from Year 3 for your interest and enthusiasm shown towards our school garden. Well done.

Lucy Thomas from Year 1 for picking up rubbish voluntarily from under our MPA. Thank you.



## MJR Award

Zahriha Calvert from Year 2 for helping your friends to resolve a playground problem. You were a great mediator.

Kobe Foley from Year 5 for displaying good sportsmanship while playing cricket at lunch times.

Andrew Gill from Year 6 for displaying great maturity and good leadership skills. Well done.

Mia Shackleton from Year 6 for sharing your wonderful sense of humour with others to brighten their day. Thank you.

Gage Warner from Year 6 for showing great determination and resilience at school. Well done.

Nathan Brans from Year 4 for displaying wonderful getting along skills while playing at each lunch break.



## Change To Our Prep Swimming Lessons

Dear Prep families

From the calendar above, you would see that our week of prep swimming lessons has changed. It will now commence on Monday 25th November.

This is due to an unforeseen issue with the qualified instructors at the Cooe Bay pool.

Lessons will be Monday 25th through to Thursday 28th with Friday 29th being our Prep and Year 1 swimming carnival.

Families will have received an email regarding this today.

If you have any questions, see your child's teacher or Mr Martin. Thank you.

Our apologies for this late change.

## Years 4 to 6 Swimming Carnival

Our Years 4-6 swimming carnival will take place on Thursday 28th November at the Cooe Bay Aquatic Centre.

All children will come to school as normal on the carnival day. Classes will be bussed to the pool with their class teacher. The events will commence at 9:15am.

Children may wear a sun safe shirt in the colour of their sporting house. Closed in school shoes must be worn to and from school. Children may bring thongs or sandals to wear at the pool.

Please ensure your child has their hat, water bottle and lunch packed to bring to the carnival. Our children will not be accessing the canteen at the pool.

You are invited to come along and show your support on this day. At the conclusion of our carnival, all our Years 4, 5 and 6 children will be returning to school by bus.

If you have any queries regarding the swimming carnival contact our school office.

Following is a timetable with approximate times for events:

8.50am	Year 4 to 6 children leave school by bus.
9.15am	100m freestyle 9-12 years
9.40am	25m freestyle 9-12 years
10.05am	25m backstroke 9-12 years
10.30am	25m breaststroke 9-12 years
10.55am	50m freestyle 9-12 years
11.25am	50m backstroke 9-12 years
11.50am	50m breaststroke 9-12 years
12.15pm	50m butterfly 9-12 years
12.40pm	Relays if time permits
1pm	Presentation of age champions and winning house
1.10pm	All children bussed back to school.

## 2020 Instrumental Music Expression of Interest

Each year, Sacred Heart offers our children the opportunity to be involved in a school instrumental music program. The instrumental music program will continue in 2020 and we are asking for expressions of interest for your child/ren to be involved and for those children already participating in the program, we need to know if they are to be re-enrolled.

Children may enrol in one instrumental music lessons during class time; a second instrumental lesson will depend on the availability of lessons before/after school and during lunch times. Once these forms have been returned to our office, our instrumental music teachers will then contact you regarding further details.

Upon acceptance/ re-enrolment into the program, a levy of \$15 for a child or \$30 per family will be charged on the Term 2 school fees account. This offsets all operational costs incurred by the instrumental music program.

Group lessons cost \$15 (half hour). Students need to purchase their own musical instruments.

It is important to note that acceptance into the program depends upon the availability of rooms and teacher's time. Students re-enrolling will be given first preference. In some cases, students may need to be placed upon a waiting list.

All these lessons are conducted under the supervision of the instrumental music teacher.

These are: Strings Mrs Kate Ellis, Clarinet/Sax/Flute TBA, Vocal Mrs Ursula Boyd, Guitar Mrs Jane Bacon, Percussion TBA

If you wish for your child to be involved in our instrumental program, complete the form which is available from our front office or through the following link and return it to school by Wednesday 28<sup>th</sup> November, 2019. Thank you.

Link to [Instrumental request form 2020](#)

## Sacred Heart School Concert Evening

Our whole school concert evening will take place on Tuesday 3rd December commencing at 6pm in our multi purpose area. It is expected to take approximately one hour.

Each year level will be performing a concert item ie song, dance, poetry .....

All children will be involved and families are invited to join us at this school community event. Please bring a chair.

## Congratulations

To Tyson Rose from Year 5 who fought in a junior mixed martial arts competition in Gladstone last weekend.

Tyson was in the Under 32kgs E class and won a gold medal. He will be fighting for the junior MMA champion belt in 2020. Well done.

## 2020 Re-enrolment

In the coming weeks, we will be finalising our classes for 2020.

If you child is not attending Sacred Heart next year, can you inform Mrs Murphy or Mrs Todman in our school office.

Thank you.



# THE 20 DAY KINDNESS CHALLENGE



I enjoy Sacred Heart because we make sure that we look after each other and ourselves. **Poppy**

At Sacred Heart, I enjoy and value school because we have wonderful teachers and we always learn new things. Everyone makes me smile throughout the day. **Isla**

At Sacred Heart School, I value having an amazing principal, having a prayer room for peaceful prayer and having a huge family of friends. **Kylani**

I really enjoy school because you get to learn all about the things you've never heard of. You can also talk to the teacher, so if you have any problems, you can talk through what's upsetting you. You get to see your friends everyday. The labyrinth is a peaceful and quiet experience. There is time to reflect on your life. Your teachers never let you give up. **Niamh**

At Sacred Heart, I can enjoy having fun with my friends at lunch. I like going to Lab to learn new concepts. I can make friends with my teacher's help. **Levi**

I enjoy school at Sacred Heart because the teachers are nice to me and make me smile when I come to school in the mornings. **Ruby**  
I really enjoy coming to Sacred Heart and value how kind people are, always making my bucket full. I love having great friends and teachers. **Lily**

I value school because I get to learn new things, like Mathematics and HaSS. **Patrick**

At school, I enjoy making new friends, accomplishing new things and never giving up. **Renee**

I will forever love Sacred Heart because it is an eco friendly school and allows you to learn. **Heidi**

At Sacred Heart, I value the church and the community. I feel very lucky to be here. **Krystal**

The teachers at Sacred Heart care for us and make us believe we can accomplish anything. **Mikuni**

I really enjoy and value school because it is special and a good place to make friends. **Zach**

I have loving and caring friends at Sacred Heart. The teachers take time to teach us. **Armani**

I enjoy and value Sacred Heart because I learn important things and I enjoy when we play games with friends. **Caleb**

At school, I value my friends, learning new things, my teacher being really kind and having fun. **Mac**

## 2W Assembly

Well done to our Year 2W children for their superb assembly this morning. Their theme was Grandparents.

The confident manner in which they spoke and their singing made for a great assembly. It was great to have so many of our grandparents able to join us for assembly and morning tea afterwards.

Thank you, Mrs Snary and her children.



## Year 6 Camp Experiences



Rock climbing because it was challenging. I was able to scale three walls. **Jake**

As part of the archery, we had to shoot a moving target. This was very difficult. I hit it twice. **Jacob**

We all really enjoyed the rowing. We had two in a canoe. Playing Cowboys and Cows was exciting. **Charlie**

I really found abseiling a challenge. I went down the six metre wall which was a little scary. **Sophie**

The giant swing involved being in a harness and your team members pulled you up fifteen metres into the air and you released yourself. It was exhilarating. **Neassa**

Being with my friends doing all the activities made the camp worthwhile. Just being in the natural environment at the camp made the experience amazing. **Alexis**

Swimming in the pool one afternoon was great. We had a bomb diving competition. **Sam H**

We did orienteering on Tuesday. We had to work with partners to find markers around the camp using a map. Some were difficult to locate. **Leah**



