



14th November 2019

From The Principal's Desk

The Night of the Long Spoons

I was once told a well known Jewish parable of a Rabbi who travelled from town to town delivering religious sermons that stressed the importance of respect for one's fellow man. He often began his talks with the following story:

I once ascended to the heavens. I first went to see Hell and the sight was horrifying. Row after row of tables were laden with platters of sumptuous food, yet the people seated around the tables were pale and emaciated, moaning in hunger.

As I came closer, I understood their predicament. Every person held a full spoon, but both arms were splinted with wooden slats so he could not bend either elbow to bring the food to his mouth. It broke my heart to hear the tortured groans of these poor people as they held their food so near but could not consume it.

Next, I went to visit Heaven. I was surprised to see the same setting I had witnessed before - row after row of long tables laden with food. But in contrast, the people here in Heaven were sitting contentedly talking with each other, obviously sated from their sumptuous meal. As I came closer, I was amazed to discover that here, too, each person had his arms splinted on wooden slats that prevented him from bending his elbows. How, then, did they manage to eat?

As I watched, a man picked up his spoon and dug it into the dish before him. Then he stretched across the table and fed the person across from him. The recipient of this kindness thanked him and returned the favor by leaning across the table to feed his benefactor.

I suddenly understood. Both places offer the same circumstances and conditions. The critical difference is in the way that people treat each other.

We have the opportunity to use what we are given (the long spoons in this allegory) to help nourish each other, but the problem, as Rabbi Haim astutely points out, lies in how we treat each other; Given the same level playing field, one group of people who treat each other well, will create a blissful and pleasant environment; Whereas another group of people, given exactly the same tools to work with, can create a nightmare simply by how they treat each other.

It's a simple truth, we need to reach out to others.

This has certainly been very apparent over the past week. The unselfishness, empathy, commitment and genuine care people have shown for others, often complete strangers, have been overwhelming.

There has been several times over the past few days that many of our Sacred Heart staff including myself have become quite emotional hearing of the anguish of families who have endured the fires with many still uncertain about what lies ahead.

The response from our families when emailed on Sunday was simply amazing. Offers of meals, uniforms, accommodation, housing pets ... came flooding in. One example was a new parent approached me while on duty on Monday afternoon, handed me five \$50 gift vouchers, said use them for those in need and then quickly left. I didn't even have time to properly thank them.

Everyone's generosity makes me very honoured to be part of our school community.

As a school family, we continue to keep those affected by the fires and all our emergency services workers in our thoughts and prayers and look forward to your continued support of them especially as the Christmas season draws closer.

All the best

Max Martin

From The Assistant Principal Religion

Yeppoon again gets hit by a natural disaster. After Cyclone Marcia, I thought that we would have had a bit of a reprieve. Whilst I could go on about all of the bad things this natural disaster has brought, I believe that this poem I came across on Facebook by Troy Gerdes this week, sums up the true Aussie spirit that makes up our country.

"I love a sunburnt country, a land of sweeping plains.
But I've gotta tell ya mate, I like it better when it rains.
The countryside is dying and there's just no end in site,
and just to rub salt in the wounds, the bush has caught alight.
The landscape is on fire from Brisbane to the Gong
And everybody's asking "Where the hell did we go wrong?
But we can get through this one if we help each other out,
take care of your neighbour, that's what Aussies are about.
The rain is going to fall again, the good times will return.
But living in Australia means at times it's going to burn.
So if you need a helping hand, just give a mate a call.
We're all here to help you out and catch you when you fall.
The RFS, the SES, the fireys and police,
all put their lives on the line to help to keep the peace.
So hats off to these heroes and thanks for all you do
And I hope when this is over, we can make it up to you."

On Remembrance Day, Australians are urged to observe one minute's silence at 11am on the 11th of November each year to remember those who died or suffered for Australia's cause in all wars and armed conflicts. It is fitting that this week as we observed the one minute's silence that we also remember the service men and women who are working together to end the conflict of our natural disasters.

Dear Lord

There is no greater love than for someone to give their life in the attempt to save others (John 15:13) Bless all of our unsung heroes still with us today, protect them, and shelter them from the unexpected. I ask that you stand guard over them and keep them from harm. Amen

Look after each other.

Melissa Collins

From The Assistant Principal Curriculum

The past week has certainly been one to test the resolve of our Sacred Heart school community. For many, things will go back to normal relatively quickly, for others, life as they knew it may not return to normal for some time.

Hearing student discussions while walking through the school over the past few days, it became evident how the local disaster is weighing heavily on the minds of many students.

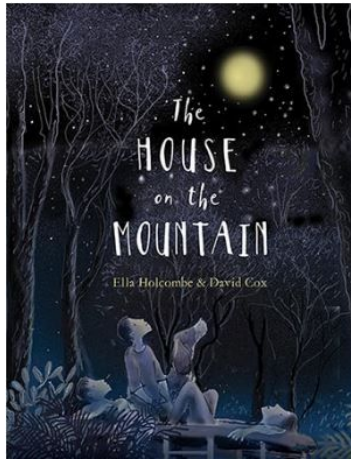
Research tells us that "Children and adolescents are emotionally vulnerable to their experiences during a disaster. However, a child's reaction to a disaster varies widely depending on circumstances such as: the extent of exposure to the event, the amount of support during the disaster and its aftermath, and the amount of personal loss and social disruption" (*Emotional Impact of Disasters on Children and their Families* by Staffod, Schonfeld, Keselman, Ventevogel & Stewart).

Below is a link from the Australian Red Cross giving some wonderful tips regarding talking with your children about disasters and emergencies. Also linked is 'After the Emergency' booklet for children that you may wish to print out.

[Parent Guide for Emergencies](#) [After the Emergency Booklet](#)

Our school library also has some wonderful fiction and non-fiction books on disasters that are available for families to borrow and read together. These have been put aside, please see our library coordinators, Sandi O'Brien or Kerry Sullivan to borrow a resource.

One particular book, well worth a read is 'The House on the Mountain', by Ella Holcombe, an Australian author who has endured her own personal grief relating to fire disaster. The book is a powerful story of a family who lose their home in a bushfire and their journey of recovery.



IACS Assessments

On assembly today, students were presented certificates for the four ICAS assessments.

These children received the following awards. Well done.

Digital Technology

Finn Lewis - Merit
Callum Wallis- Credit
Clodha O'Reilly- Credit
Jacob Hemmings- Distinction

Science

Jacob Hemmings- Merit
Cass Smallwood- Credit
Elliot Guhr- Credit
Clodha O'Reilly- Credit
Boyd Doust- Distinction

Spelling

Boyd Doust- Credit
Jacob Hemmings- Credit

Mathematics

Boyd Doust-Merit
Finn Lewis-Credit
Sophie Lewis-Credit



Have a wonderful week,

Mrs List

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](#)

Important Dates Term 4

November

Friday 22nd - Year 6 beach day at Yeppoon main beach. Year 6s from across all primary schools will be involved.

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

MJR Award

Ruby Svensen from Year 4 for taking action in the playground to care for other students.

Ryan Hendrie from Year 5 for encouraging others during PE.

Davis McDonald from Year 3 for showing the spirit of Jesus by always being helpful and friendly to others.

Cooper Sweeney from Year 4 for showing the virtues of inclusiveness and compassion.

Grayson O'Connor from Year 6 for looking out for a friend and displaying a caring nature. Thank you.

Tyson Rose from Year 5 for displaying wonderful manners and great getting along skills.

Sienna Ramm from Year 4 for being so caring of others at lunchtimes and for being very brave last week.

Lola Kronk from Prep for being very determined and displaying great skills during this week's PE lesson.

Sophie McElhenny from Prep for being very determined and displaying great skills during this week's PE lesson.



Frankie (Environmental Award)

Bronagh Symonds, Lily Trevor and Hallie Plant from Year 3 for being very dedicated in collecting the food scrap bins for composting. Thank you.



Student Awards

Prep	Georgia Blackwood, Flynn McKenna, Alexander Rendell, Noah Leahy, Aria Mahoney, Harrison O'Rourke, James Davis, Molly Shepherd, Haylen Barlow
Year 1	Charlie Busch, Chelsea Allen, Charlie McKeown, Lula Hart, Jett Hawkes, Adeline McDonald, Aadi Jothiraj
Year 2	Dayna Cook, Marley Williams, Ashton Finch, Herbert Martin, Cooper Moylan, Ruby Fooks
Year 3	Aiden Goodger, Elliot Guhr, Hunter Hixon, Layla Carswell
Year 4	Sienna Ramm, Nathan Brans
Year 6	Sophie Lewis, Cass Smallwood, Samuel Janes, Makayla Pianta

Stories From Year One

On the weekend, I played Roblox. Firstly, I logged in. After that I got into the world. Finally, the game was growing up. It was fun because games are fun for me. I like games. By Charlie

Once upon a time, there was a polar bear. It's name was Polar and it had fluffy fur. He had blue eyes and he was friendly. He lived in snow. He lived in a cold cave. The cave was dark and the snow was cold. But there was a snow wolf and it had a plan to get the polar bear. When it was night, the snow wolf came and got into the cave. He found the polar bear sleeping in the cave.

Then the snow wolf found a lake in the cave and in the lake there was a dolphin. The dolphin saved the polar bear and it gave some fish to the dolphin. The polar bear also saved some for himself. By Aadi

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 28th 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.

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.

Poster Competition

Congratulations to one of our Year 4 children, Fynn Lewis on his Student Protection poster being chosen as a winner of a recent Diocesan wide competition. The poster displays the message of Recognise, React and Report which are the actions our children are encouraged to put into place whenever they feel unsafe.

Student Protection posters are displayed in all classrooms in every Catholic school across our diocese and the 2020 poster will have Fynn's drawing taking pride of place.

Well done, again, Fynn.



Christmas Appeal Launch

Today on assembly, our members of Mini Vinnies launched our annual Sacred Heart Christmas Appeal.

Each year, Sacred Heart supports the needy through this appeal, with each class adopting a family from our local community.

Our Yeppoon Vinnies' Conference coordinates the anonymous families and ensures that the donated gifts are delivered in time for Christmas. It is requested that gifts are new and unwrapped. They can be delivered to your child's class.

Non-perishable items can also be donated to assist with Christmas hampers to be distributed to the needy.



Companion Cup

Last Saturday evening, St Benedict's and Sacred Heart rugby league teams played for the annual Companion Cup.

This game was a curtain raiser to the St Brendan's Old Boys versus First XIII game.

Both teams played really well with the standard of rugby league being quite high. Sacred Heart ran out winners 18-8. Well done to all who played. Many thanks to all our supporters, to Mrs and Mr Murphy and Mr Guhr for managing our team and to St Brendan's for hosting the game.



Community News



Presents
"When I grow up"
2019 concert
Sunday 17th November
Yeppoon Town Hall

3:30pm start

\$10 adults, \$5 Students

