



30th January 2020

From The Principal's Desk

Welcome everyone to the 2020 school year especially to all our new families.

The buzz around Sacred Heart is one of excitement and anticipation, as we have begun the year on a positive note.

Over the holidays, many of our classrooms have been refreshed with paint, carpet and new furniture, as we progressively follow a careful maintenance plan in line with our budget, to brighten up the school. Thank you to all of the wonderful tradespeople, our grounds and maintenance staff (Gavin Bennett and Kevin Dean) who ensured all of this happened.

Speaking of thank yous, it was wonderful over the past few weeks to re-acquaint with the teaching and support staff. The school year did not officially begin until early last week and yet, many of our staff, committed time on the holidays and over the long weekend to ensuring the school year is well organised and smoothly begun. We are blessed with wonderful professionals. Thank you.

Whether you agree with the mathematics or not, this year 2020 is supposedly the beginning of a new decade, the '20s'. Historically, the 20s of the past 2 centuries have been times of high energy and social change. Let's hope this continues.

2020 is also a term to express visual acuity, sharpness of vision at a distance, measured on the Snellen chart.

Dr Hermann Snellen, a Dutch ophthalmologist, invented an early version of the eye chart we still use today. 20/20 is not the best possible eyesight however, for example, 20/15 vision is better than 20/20. A person with 20/15 vision can see objects at 6 metres that a person with 20/20 vision can only see at 4.5 metres. However, it is a well known measure for 'normal vision', the US fighter pilot minimum acuity.

There is a nice analogy to make, with all this talk of visual acuity.

The concept of vision is an important one. If we are not careful, we can wander aimlessly through our busy life journey, without taking stock of what our 'life vision' may be. I 'meant' to spend meaningful time as a parent with my children. I've been 'meaning to' check my insurance and evaluate my superannuation. I was 'hoping' to spend quality time with my significant other. I 'wish' I could make an effort to touch base with my mum/dad/siblings. I will 'eventually' find the time to consider my spiritual journey and relationship with my God. I'll 'get around to' tidying up my diet and physical health.

As a new year begins, it is a great time to take stock of where you are **at** and where you **want to be**.

Even a clear chat with your partner about what you hold as important in your life is a start.

What are your non-negotiables?

What are some of the parenting boundaries and decisions you wish to hold true to?

I wish you all the best and clear vision as you continue the precious responsibility of parenting young children in primary school.

May your vision for self and family be the very best 20/20 in 2020.

Max Martin

Principal

From the APRE

The start of a new school year brings with it many things, excitement about reuniting with friends, new shoes, new uniforms, waking up early, new teachers, new classmates and new children to the school. It also brings with it a few tears, some anxious moments and for some, who end up chatting with me in sick bay - a stomach ache that we are sure only a mother can fix.

It's a hard decision sometimes, to decide if a child is sick or if they really miss their mothers. Thankfully, a little distraction and a bit of coercing had them back to their classes and teachers. As sad as it is for the child, it gives me a warm feeling knowing how much these children love being with their families.

So, thank you for entrusting your children with us at Sacred Heart. We truly have an amazing staff, who love working with children and we all know that, "Love really does make the world go round."

Lord Jesus, we ask for your help as we begin this new school year. Allow us to experience your presence in the many blessings you put before us. Open our eyes to the new challenges and exciting opportunities that this new school year brings. Open our hearts and minds to new friends and new teachers. Jesus, inspire us to do our best this year. Amen.

Have an amazing year.

Melissa Collins

From the APC

Welcome back to a new school year. Our curriculum focus for this year is spelling and I am very excited to be working with Mrs Michelle Baldwin, Mrs Jennifer Williamson and all our teachers in launching a new approach to spelling at Sacred Heart.

Our teachers have already engaged in a full day of professional development on spelling.

Throughout 2020, word study and spelling at Sacred Heart will undergo change, with classroom teachers using a suite of resources to develop a classroom culture in which our learners are curious about words and engage in the process of becoming effective spellers.

This year, teachers have been enrolled in an on-going professional development tool to support and increase their understanding of phonics, spelling, vocabulary, comprehension and grammar, as well as many other areas of importance in teaching and learning.

In March, all teaching staff will participate in a twilight in-service with Chirs Topfer, a well respected and leading expert in word study and the co-author of 'Effective Spelling'.

Our new approach to spelling and word study will use an inquiry approach..

It is hard to believe we are only at the end of week one. Our teachers have been preparing and engaging in a myriad of activities to ensure a wonderful start to the year in all classrooms.

Wishing all the very best for this year.

Mrs Lisa List

Important Dates

February

Wednesday 5th – School captain speeches for both Year 6 girls and boys at St Brendan's College.

Thursday 6th – House captain speeches for both Year 6 girls and boys at Sacred Heart.

Friday 7th - Sacred Heart opening school mass 9am at Sacred Heart Church.

Monday 10th – Parent information evenings. Prep, Year 3, 4 and 5

Tuesday 11th – Parent information evenings. Year 1, 2 and 6

Thursday 13th – School and house captains announced on assembly.

Monday 17th – AGM of our P. and F. association at 5.30pm.

Friday 21st – Bishop's inservice day in Rockhampton. Pupil free day.

Tuesday 25th – School board meeting 7pm.

Tuesday 25th - Shrove / Pancake Tuesday. Breakfast at school from 7.30am.
Wednesday 26th - Ash Wednesday (First day of Lent)

March

Tuesday 17th - Year 4 to 6 swimming carnival

April

Friday 3rd – Final day for Term 1

Friday 10th – Good Friday

Sunday 12th – Easter Sunday

Monday 13th – Easter Monday. Public holiday.

Tuesday 20th – School resumes for Term 2.

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](#)

Opening School Mass

On Friday, 7th February at 9am, we will be celebrating our opening school mass with Father Matthew at Sacred Heart Church, where we will ask God's blessing on our school year.

All children from Prep to Year 6 will be walking to and from Sacred Heart Church. They will be very closely supervised crossing the road near school.

At the conclusion of mass, our Prep classes will walk through a whole school guard of honour as we welcome them to the Sacred Heart School community. Prep children will gather on the steps of the multi-purpose area for a photo.

All children will receive an ice-block during the day as well. Everyone is invited to join us for this mass.

Absentee Phone Number

Our absentee phone number is 49 948216. Please phone this number if your child is away from school.

Administration of Medication

Parents/carers requesting that children receive medication at school need to complete the form available from our office. All medication needs to have a doctor's or chemist's label attached. All medication is administered by our office staff, who all hold current First Aid Certificates. Teachers will not administer medication unless on a camp or excursion. Thank you.

Nut Free School

Families are asked not to pack any nut products as part of children's lunches for school. The tuckshop and Outside School Hours Care are also nut free. A number of children enrolled at our school are highly allergic to nuts. Thank you for your support in this regard.



Parent Volunteer Inductions

Are you planning to help in classrooms or tuckshop this year? If so, you will need to complete our volunteer induction, which is a mandatory process for all schools. This process takes only 10 -15mins.

The inductions will take place on Monday and Friday of weeks 2 and 3, at 8:30 am, in the staffroom.

For any further enquiries please contact lisa_list@rok.catholic.edu.au

Times for our School Day

8.35am	First bell
8.40am	Assembly / Classes commence
11am	Lunch time
11.40am	Classes resume
1.40pm	Afternoon tea
2pm	Classes resume / Meditation for all classes
2.55pm	Bus bell
3pm	School concludes

Children are asked to be at school in sufficient time to either attend the whole school assembly or to begin class. Children are asked not to be at school before 8am as supervision cannot be guaranteed.

Families are asked to pack a healthy snack for their child which is had during 'Brain Break' at approximately 10 am each day.

School concludes at 3pm each day. Children are supervised until 3.30pm in our multi purpose area.

We request that parents/carers notify the school if they will be late in collecting their children. Thank you.

Assemblies

Whole school assemblies are held on Thursday in our multi-purpose area. A prayer assembly is held and this is led by different classes.

At year level assemblies, birthdays are celebrated and class awards are presented. Parents/carers are invited to attend our assemblies throughout the week.

Year level assemblies:

Prep, Year 1 and 2	Tuesday	MPA	8.40am
Year 3 and 4	Monday	MPA	8.40am
Year 5 and 6	Wednesday	MPA	8.40am

Specialist Teachers at Sacred Heart

In 2020, our children will participate in the following Learning Areas with these specialist teachers:

Learning Area	Teachers	Terms	Classes
Physical Education	Mrs Collins Mrs Shammall Mr Martin	Whole of year Whole of year Whole of year	Year 1 and 2 Year 3, 4 and 5 Prep, Year 6
STEAM	Mrs List Mr Martin	Whole of year	Prep, Years 1 and 2 Years 3, 4, 6 Year 5
Music	Mrs Boyd Melissa Collins	Terms 1 and 2 Terms 3 and 4	Prep, Years 1 and 2 Years 3, 4, 5, 6 Prep
Visual Arts	Mrs Collins	Terms 1 and 2 Terms 3 and 4	Years 4, 5, 6 Prep, Years 1, 2, 3

New Teachers to Sacred Heart

We welcome the following teachers to our school.

Mrs Meagan Goltz who is teaching Year 2G.

Mrs Trudi Hansell, teaching Year 5L.

Mrs Caitlyn Seymour, teaching Year 6K, every Thursday and Friday.



Parent Information Sessions - Important Message

These will be held during Week Three at the following times, in a year level classroom.

Monday 10th

Prep - 3.15pm

Year 3 - 5.30pm

Year 4 - 6.15pm

Year 5 - 7pm

Tuesday 11th

Year 2 - 5.30pm

Year 1 - 6.15pm

Year 6 - 7pm

These sessions provide families with the opportunity to see what will be happening in their children's classrooms this year in regards to curriculum, homework, teacher expectations etc and gives you time to ask any questions.

Child minding will be provided at these times in our library. Hoping to see you all at these sessions.

Swimming Lessons in Term One 2020

Swimming lessons for our Year 4 to Year 6 children commence next week for 6 weeks.

Our Year 4 to 6 swimming carnival will be held in week 8 on Tuesday 17th March.

All lessons will be held at the Cooe Bay pool with qualified instructors. Our children will be transported to and from the pool by bus.

All classes will be swimming on a Tuesday. Mr Martin or Mrs Shammall will be attending with each class.

The cost per term for the lessons and transportation is \$42 per child and this amount will be issued on your Term One school fee account.

Children need to bring their swimwear, rashie, towel, spare underwear, goggles to school. They will change at school before going to the pool.

If have any queries about these lessons, contact Mr Martin at school. Thank you.

House and School Captains

Speeches for our Year 6 school and house captains will be held next week. All our Year 5s and 6s will be involved.

The boys' and girls' school captain speeches will be made on Wednesday 5th February from 9.45am at St Brendan's College hall. All our children will be bussed to and from this venue with their teachers.

Boys will be speaking first, followed by our girls.

The boys' house captain speeches will be conducted on Thursday 6th February from 9.20am and the girls' from 9.50am, both at school.

Our Year 6 elected school and house captains will be announced on Thursday 13th February 9am at our whole school assembly. Parents and carers are most welcome to come along to the speeches on Wednesday and Thursday.

Capricornia Primary Schools' Swimming Nominations

Families wishing for their child/ren (10 to 12 year olds) to nominate to represent the Capricornia region for the Queensland swimming titles, can obtain a form from our school office.

Nominations close on Tuesday 18th February. Melinda Murphy, our office secretary, can be contacted for more details.



Improvements Around Our School

Over the Christmas holidays, several improvements were undertaken. These included:

Painting our Year 5 and 6 classrooms.

New carpets in Year 5J, 5M/S, 4S and 4M.

New student desks and chairs in 4S, 4M and 5J.

Four classrooms have new interactive televisions to replace the whiteboards.

These have really 'lifted' the learning spaces and the spirits of our children and teachers.

First Week Photos





Instrumental Music

Guitar lessons will commence next Monday, 3rd February. Mrs Jane Bacon is teaching these lessons and has contacted families in this regard, already.

Mrs Judy Carling will teach percussion each Tuesday.

Mrs Kate Ellis will be teaching violin on a Thursday.

Mrs Tink Boyd will be teaching singing and flute on a Friday.

Mr Zach Pottle will be teaching saxophone and clarinet on a Tuesday.

Our instrumental teachers will be contacting parents who expressed an interest at the end of 2019.

If other families wish for their children to be enrolled in our instrumental program, please obtain a form from our office. Thank you.

Car Park Reminders

Thank you to our parents/carers for following the correct procedures for picking up and dropping off their children.

We ask that you abide by these guidelines.

Parents who pick up their children in the Barracuda Street car park need to walk in and collect them. This car park is best suited for parents/carers of our Prep and Year 1, 2 children.

Parents who use the Bottlebrush Street carpark do not need to leave their vehicle. This has a flow through area and a crossing supervisor. Parents are encouraged to stagger their arrival time in the Bottlebrush car park to alleviate congestion at 3pm.

Parents are asked not to park in the teacher parking area next to the Bottlebrush car park behind Blocks D and C (Year 3 and 4 classrooms) or along the road near the bus area.

Thanking you for your anticipated following for these guidelines to ensure the safety of our children.

Position Vacant - Parish Office

A part-time position for up to 20 hours a week, negotiable.

All applicants are invited to apply for a position description by email to Father Matthew at:

matthewmoloney@rok.catholic.net.au

Or in writing to Position Vacant - Confidential

Father Matthew Moloney PO Box 64 Yeppoon 4703

Make football your child's first sport!

These clubs are currently running come and try days and taking registrations for boys and girls of all age groups for the upcoming season.

- Berserker Football Club
- Bluebirds Football Club
- Capricorn Coast Football Club
- Gracemere Redbacks Football Club
- Nerimbera Football Club
- Frenchville Football Club
- Southside Football Club
- St Anthony's

Visit footballcq.com.au/clubs for more information.

JOIN OUR TEAM

PLAY FOOTBALL QUEENSLAND

PLAY NAB AFL AUSKICK **\$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 SCHOOL AUSKICK
START DATE: Thursday 13th Feb
LAST SESSION: 26th March
TIME: 3.15 - 4.15pm
LOCATION: Your schools oval

Your first session can be a "Come and Try" Session (No registration required for the come and try)

For more information call Travis on 0428317421 or | email capricornia.uskick@hotmail.com

Register now!

WHEN YOU JOIN US, YOU RECEIVE YOUR VERY OWN FOOTBALL AND BACK!

nab AFL Auskick

play.afl/auskick

Let's Talk

Building stronger regional economies by embracing changes to the energy sector

The Next Economy is hosting a series of public forums to explore the impact that changes to the energy system are having on regional communities across Queensland.

Join with others in your community to explore these questions and more:

- How are changes to the energy system being experienced in your area?
- What strategies can support the long-term wellbeing of workers, communities and local businesses?
- How are other regions across Australia managing the energy transition to create new jobs and business opportunities?
- What local initiatives are taking advantage of changes to the energy system to create a stronger regional economy?
- What are your ideas on how to diversify and strengthen the regional economy?

THE NEXT
economy

Date: 1pm–5pm, Saturday, 22 February 2020

Venue: Empire Apartment Hotel, 5 East Street, Rockhampton

To register: <https://bit.ly/2sxsm dm>

FREE COME AND TRY
TENNIS DAYS

HOT SHOTS

Sunday 2nd February 2020
Rockhampton & Yeppoon

For children 4 & upwards.....

If your child has never picked up a tennis racquet or it's been a while, take advantage of this FREE opportunity to give tennis a go.

To ensure we have sufficient coaches available on the day, please reserve your spot by calling Robert Beak now on 0419 026 963.

Beginners who register by February 2, receive a free racquet and Hot Shots shirt.

Sunday 2nd February 2020.

South Rockhampton
9am - 10am

Yeppoon
4pm - 5pm

Bring hat, sunscreen, and water.

Free racquet hire available if required. Bring hat, sunscreen, and water.



**Beak's
TENNIS**



Accredited Coaching Academy

Call Robert on 0419 026 963
to reserve your spot or for information on class
www.beakstennis.com.au

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