



# Newsletter

Enriching Spirits - Educating Minds



## Sacred Heart Catholic Primary School

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6th February 2020

### From The Principal Desk

There are many aspects of my role as principal that I really love.

Every day this week when I've walked past our preps, I have been greeted with a chorus of good mornings, hellos, what are you doing, Mr Martin?

Then when I venture into our multi purpose area, many of our children meet me with a firm handshake and a how are you today, Mr Martin?

Charlie from Year Two greets me daily with a handshake and a happy 'Good Morning'.

Makes my day.

I even had one of our preps reprimand her mother this week for calling me 'Max' as she walked towards me in the undercover area. She remonstrated, "Mum, remember your manners, it's Mr Martin, not Max."

Very basic courtesies can underpin our future success in life.

When we meet someone, the very first handshake can say it all. A firm and warm handshake with a corresponding smile and look in the eye gives an excellent impression. A limp handshake with a cursory nod of the head can imply, whether true or not, a weak and insipid character.

A number of years ago, one of the employers for the local mines was chatting to me about how a mature handshake and welcoming smile were key factors in gaining a position.

Smiling has other benefits.

We are drawn to people who smile. There is an attraction factor. We want to know a smiling person and figure out what is so good. Frowns, scowls and grimaces all push people away - but a smile draws them in. Smiling can trick the body into helping you change your mood. When someone is smiling they lighten up the room, change the moods of others, and make the atmosphere happier. A smiling person brings happiness with them. Smile often and you will draw people to you. Stress can really show up in our faces. Smiling helps to prevent us from looking tired, worn down, and overwhelmed.

When you are stressed, take time to put on a smile. The stress should be reduced and you'll be better able to take action. Smiling helps the immune system to work better. When you smile, immune function improves, possibly because you are more relaxed. When you smile, there is a measurable reduction in your blood pressure. In addition, studies have shown that smiling releases endorphins, natural pain killers, and serotonin. Together these three make us feel good. Smiling is a natural drug.

The muscles we use to smile lift the face, making a person appear younger. Don't go for a face lift, just try smiling your way through the day - you'll look younger and feel better.

Smiling people appear more confident, are more likely to be promoted, and more likely to be approached. Put on a smile at meetings and appointments and people will react to you differently.

As families, our children need to be explicitly taught how to act.

Sometimes we forget to teach our children the obvious: How they answer a phone, how they greet a visitor, how they politely approach someone for assistance in a shop. Insisting on a smile and a warm handshake are just the beginning to many life lessons our children will need.

All the best

Max Martin

## From the APRE

Internet research has led me to the belief that being confident requires having a realistic sense of one's capabilities and feeling secure in that knowledge. Whilst teaching Year 2 PE, I could not wipe the smile off my face as I witnessed this first hand. One young lad who was chosen to be the leader for a game of 'Follow the Leader' announced to me before he started his reign, "Everyone had better watch out because I am really, really fast."

Confidence is a great trait to have in life. Research shows one simple way to boost your child's confidence is to spend one-on-one time with them. Whilst it is easier said than done, try to schedule some alone time with your child at least once a week. This is a great opportunity to talk about what's on his/her mind and to cement the bond the two of you share. In saying this, I'm about to go home and draw up a timetable of when I will slot each child into a time slot. Wish me luck.

Lord,

I thank you for our family members and for their individual personalities, looks and talents. You have made each one of us unique. Let us love each other based on Your commandment that we love one another. Let us live with confidence, knowing that You will carry on the good work You have started in each of our hearts. Amen.

Have a wonderful weekend and enjoy one-on-one time with your children.

Melissa Collins

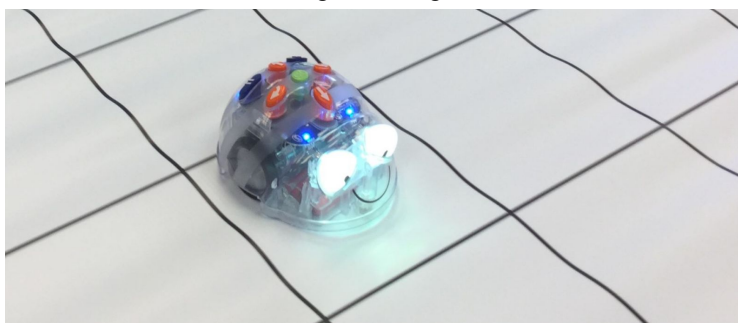
## From the APC

This year, our school has been blessed with some wonderful new resources to use in STEAM and classrooms.

We have purchased a set of 12 Dash Robots to make computer science accessible to students, teaching them to code. With the help of apps designed to work with the robots, students can program their robot to learn and play games, send messages, solve puzzles and complete obstacle courses.

Also purchased, is a set of 15 Blue Bot Robots, that are able to be operated with or without an app. This robot allows students to use command keys to program directions, challenges, sequencing and estimation in a problem-solving setting. The robots have an attachable shell which can be used with a pen to draw images, programmed by students. Eight mats were also purchased, these will enhance the variety of activities for children when using the robots.

With these wonderful new resources, our children are able to learn through investigation and teamwork.



Wishing you a wonderful week.

Lisa List.

## Important Dates

### February

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

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.

Monday 24th – 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 12st – Easter Sunday

Monday 13th – Easter Monday. Public holiday.

Tuesday 20th – School resumes for Term 2.

## Reflection

Each week, we provide links to Sr Kym's reflection and Fr Matthew's sermon. We hope these provide some spiritual guidance.

Link to [Sr Kym's reflection](#)      [Fr Matthew's sermon](#)

## Sacramental Dates 2020

Confirmation Friday - 14th August.

First Eucharist Saturday - 15th August.

More information will be provided in the next couple of weeks.

If you and/or your child/ren are interested or wish for some information on being baptised and becoming a Catholic, please contact the Parish Office on 49336171.

## Student Awards

<b>Prep</b>	Maci Bucsh, Hugo McPherson, Sophie Howard, Ryah Manz, Darcey Henry-Hopkins, Jessie Thomas, Logan Corling
<b>Year 1</b>	Alexander Rendell, Ivy Carswell, Henry Willie, Demi Marshall, Emerson Crane, Millie Roper, Jack Rohl, Charlee Lamkin
<b>Year 2</b>	Amira Mitchell, Josie Prince, Charlie Campbell, Bertie Harvey, Therese Anish, Beau Middleton
<b>Year 3</b>	Mason Lewis, Amahni Manz, Jaxon Mitchell, Adam Vanden-Gillen, Vienna Jackson, Connor Strenzel, Karly Smithers
<b>Year 4</b>	Noah Marshall, Indigo Hart
<b>Year 6</b>	Jasper Hamson, Maggie Cook

## Frankie Award

This award is presented to a class or child/ren who have been environmentally friendly in some way around our school.

Congratulations to:

Kai Nielsen and Cooper O'Rourke from Year 3 for doing a great job in looking after our school veggie garden.

Year 4S for the care you showed with recycling and cleaning up in our Art room. Thank you.



## MJR Award

This award is presented to those in our school who show the virtues and qualities inspired by our MJR program.

Well done to the following recipients for this week:



Brianna Brandish Year 6 for displaying great confidence and determination at school. Well done.

Felix Shammall, Max French, Charlie McKeown and Beau Middleton from Year 2 for playing exceptionally well together at lunch times and for displaying great sportsmanship.

Jessie Thomas from Prep for displaying wonderful skills during PE and for looking after your Prep friends.

Hunter Hixon from Year 4 for showing great resilience and for playing well with others. Thank you.

Jayden Jackson from Year 6 for displaying great sportsmanship at lunchtime sport.

Macey Elliot from Year 5 for showing great getting along skills and for sharing your enthusiasm with others.

Shayna Cameron from Year 4 for being so determined at your swimming lesson this week and achieving a set goal. Well done.

Georgia Carige from Year 3 for always being helpful and friendly towards others.

Cooper O'Rourke for Year 3 for always going out of your way to say good morning to others everyday.

Clover Shammall from Year 4 for being extremely thoughtful and helpful during Art this week.

Frankie Kenny from Prep singing beautifully at hymns this week and for joining in with a smile that encouraged others to do the same.

## Important Message Concerning Travel To and From Our Opening School Mass This Friday

Dear Sacred Heart parents and carers

This message is to inform you that tomorrow, Friday 8<sup>th</sup> February, your child will be walking to the Sacred Heart Church in Tabor Drive from the school grounds to attend our school's Opening Year Mass. Classes will be accompanied by their class teachers.

At the conclusion of the Mass, all students in Years 1-6 will walk back down the hill and form a guard of honour in the school grounds. Our Preps will walk through this.

To ensure all our students' safety, traffic will be stopped on both roads on which they will be walking. They will be supervised closely at all times.

You are all most welcome to join us for Mass.

All children will receive an ice block on Friday, as well.

Morning tea will also be provided in our staff room by our Heart Parents for all parents, grandparents and carers after mass, also.

We look forward to this special celebration. If you have any queries regarding this Friday, please do not hesitate to contact our school office.

### 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. These commenced this week.

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

### 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.

### School and Sporting House Captains Announced

Following speeches this week from many of our Year 6s, our school and sporting house captains will be announced at next Thursday's whole school assembly.

A girl and boy school and vice captains have been selected for first semester.

Our sporting house captains and vice captains for girls and boys have been selected for our houses: Cana, Tabor, Galilee and Jordan, for the entire year.

### 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.

### Commonwealth School Banking Program

Our school banking through the Commonwealth Bank has commenced again.

If you are wishing to use this service or require more details, information is available from our school office.



## P. and F. AGM and General Meeting

Our P. and F. will be having their AGM followed by their General Meeting on Monday 17th February at 5:30pm in the school's staffroom. At this meeting, our 2020 executive will be elected.

If you have any items you wish to add to our meeting agenda please email these to [maxwell\\_martin@rok.catholic.edu.au](mailto:maxwell_martin@rok.catholic.edu.au) Only agenda items forwarded before a meeting will be discussed at that meeting. Thank you.

## ICT Code of Practice for Students

It is a school requirement that all our students and parents read our updated ICT Code of Practice.

Our Year 3s, Preps and new children to our school also need to sign the 'Letter of Agreement'.

The 'ICT Code of Practice Early Learning and Care – Year 2' and 'ICT Code of Practice Student: Primary Years 3 – 6' are attached and are also available on our school webpage.

A copy of the 'Letter of Agreement' will be sent home to Preps, Year 3s and new children on Monday next week.

Please complete the form and return it to the office by 18th February, 2020.

['ICT Code of Practice Early Learning and Care – Year 2'](#)

['ICT Code of Practice Student: Primary Years 3 – 6'](#)

## 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.



## Representative Sports News

Following are the dates and venue for our district and regional sporting trials. Information regarding many of these will be posted in our weekly newsletter. If you have any queries, contact Mrs Murphy and Mr Martin at school. Thank you.

Event	District Trials Venue, Date and Time	Capricornia Trials
Basketball 10 -12 years Boys and Girls	Monday 17 February 2020 Girls: 4pm – 5pm Boys: 5pm – 6pm  St Marys Catholic Primary	Monday 16 March Central Highlands
Boys and Girls AFL 10-12 years	Monday 10 February 2020 4pm – 6pm Rockhampton State High	Monday 9 March Mackay

Netball Girls 10-11 years and 10-12 years	Pre-trial: Sunday 1 March 2020 9am – 12pm  If another trial is required: Thursday 5 March 2020 4pm – 5:30pm  Both trials at Emmaus College	Mon 30 March Mackay
Rugby Union 11 – 12 years Boys	Monday 23 March 2020 4pm – 5:30pm Frenchville State School	Monday 18 May Port Curtis
Touch Football 10 – 12 years Boys and Girls	1 <sup>st</sup> trial: Wednesday 18 March 2020 4pm – 5:30pm  Those players shortlisted: Friday 20 March 2020 4pm – 5:30pm Both trials: Rockhampton Touch fields	Monday 25 May Mackay
Football 10-12 years Boys	Monday 23 March 2020 4pm – 6pm Venue: TBC	Sunday 17 and Monday 18 May Port Curtis
Football 10-12 years Girls	Thursday 26 March 2020 4pm – 6pm Bouldercombe State School	Sunday 17 and Monday 18 May Port Curtis
Tennis 10 – 12 Years Boys and Girls	Wednesday 1 April 2020 9am – 3pm Rockhampton Tennis Centre	Wed 20 May Rockhampton
Rugby League Boys 10, 11 and 12  Girls 11-12	Sunday 8 March 2020 9am – 11am Rockhampton State High  Wednesday 11 March 2020 4pm – 5:30pm Frenchville State School	Monday 4 and Tuesday 5 May Central Highlands  Sun 2 and Mon 3 Aug Central Highlands
Cross Country 10-19 years	TBC Rockhampton Touch fields	1 June 2020 Rockhampton
Golf 10 – 18 years	Nomination to Cap Sport	
Cricket 10 – 12 Boys	Friday 31 July 2020 4pm – 5:30pm Victoria Park (Brothers Cricket)	Sunday 30 Aug to Tuesday 1 September Rockhampton
Cricket 10 – 12 Girls	Friday 31 July 2020 4pm – 5:30pm Victoria Park (Brothers Cricket)	Monday 7 Sep Central Highlands

## Community News



### Cap Coast Brothers Rugby League Registration

Cap Coast Brothers is seeking registrations in the following age groups:

**U6 – Born in 2014**

**U12 – Born in 2008**

For more information and details on how to register please contact Club Registrar Bree Ryan 0413 992 790 or email [capcoastbrothersjrl@hotmail.com](mailto:capcoastbrothersjrl@hotmail.com)



**POSITION VACANT**

**Indigenous Teacher Assistant  
Term Time (10 HPW)**

**Sacred Heart Catholic Primary School, Yeppoon**

Applications are invited from suitably qualified and enthusiastic persons for the position of Indigenous Teacher Assistant. This is a term-time contract position (10 HPW) for 2020, with the commencement date to be negotiated.

The successful applicant should be able to demonstrate:

- A knowledge and understanding of Aboriginal and Torres Strait Islander histories, cultures and spiritualities.
- An ability to communicate sensitively and effectively with Aboriginal and Torres Strait Islander students, their families and school staff to improve educational outcomes through targeted and direct academic support.

When applying please ensure you include a 1-2 page cover letter statement outlining your demonstrated capabilities as outlined in the above criteria.

Aboriginal and Torres Strait Islander people are encouraged to apply.

An understanding of and a commitment to the ethos of Catholic Education, a Working with Children Check (WWCC) and eligibility for a Suitability Notice will also be required.

**Applications should be addressed to:**

Maxwell Martin  
Principal - Sacred Heart Catholic Primary School  
Email - [Maxwell.Martin@rok.catholic.edu.au](mailto:Maxwell.Martin@rok.catholic.edu.au)

**no later than 3pm on Wednesday 19 February 2020**

*Catholic Education is committed to best practice in student protection policies and procedures and is an equal opportunity employer.*

**COME AND TRY DAY**

**SATURDAY  
FEB 1 & FEB 8  
8AM - 10AM  
AGES 3 - 16**

**APEX PARK  
CORDINGLEY ST, YEPPON**

Sp Adobe Spark

**YEPPON JUNIOR GOLF**

**COME AND TRY DAY**

**SUNDAY 16 February 2020**

**9.30 am at Yeppoon Golf Club**

**Great fun, new friends and a sport for life**

**Ph: Shelley Scott - 0439 767 589**

**FREE COME AND TRY NETBALL CLINICS**

**DATE - Monday 24 Feb & 2 March, 2020**  
**TIME - 3:30pm - 4:30pm**  
**VENUE - GCNA Barmarjee Sports Precinct**  
CCNA are offering free come and try clinics for Prep - Yr 3 Girls and Boys. Come along and enjoy this great game of ours. Participants will engage in fine and gross motor activities eg ball skills, running, jumping and mini team games. If you are interested in participating please click on link below to register for the free clinics.  
Trybooking link - <https://www.trybooking.com/BIAFU>

**LET'S DO THIS**

LEARN THE NETBALL BASICS. GET OUTSIDE AND MAKE SOME FRIENDS!  
PLAY SUNCORP NETSETOD  
AT YOUR LOCAL CENTRE.