



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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NEWSLETTER

21st May 2020

From The Principal's Desk

I know we are all getting a little tired of it; the barrage of news items, the graphs, the statistics... the long-term projections on the negative effects on our economy. We are all very much across the new words of pandemic, COVID, Iso and flattening the curve. Words unknown to us, 3 months ago.

However like it or not, we are 'in' it. Yesterday the ABC news feed put out a very enlightening article putting faces on the numbers. It was so important to see the real people from 1 to 100 'more than just a number in a death toll';

- Des Williams, the 85 year old Uniting Church pastor from Toowoomba, a lover of power tools and succulents;
- Kara Lake, having been on over 20 cruises, celebrating her 75th birthday, to her husband 'the most beautiful and easiest-going wife a man could ever have',
- Bill Bracken 80 of Tasmania, longest-serving employee of Pasminco Mine in Rosebery with 46 years on the job, a man with a great sense of humour.

This is real.

This week, I watched the ABC's Foreign Correspondent television episode entitled, "India: The World's Biggest Lockdown". It was terribly confronting.

The reporter was informing viewers of the dreadful plight of over 20% of the 1.4 billion Indians who live below the poverty line and the circumstances they find themselves in following the 25th March lockdown of the country with just four hours' notice. (How fortunate were we in this regard.)

The reporter spoke with Rahul who had lost his job in the city as work ceased with the lockdown. He and his family had already walked 700km over 15 days and had to continue for another 200km to get home to their village. They had very little money for food or accommodation.

Next, she visited a slum area where until the lockdown, Sanjiv worked six days a week in a factory making steam irons, earning less than \$10 a day to feed his family and now they relied on food donations for survival.

Sanjiv spoke about socially distancing and washing hands and where he lived in Mumbai, individuals shared a toilet with 80 others and they had a single tap with 20 other households which often ran for just one hour a day.

So far, India has recorded over 90,000 infections and 3,000 deaths from COVID-19. But in a nation of 1.4 billion people, India's Council of Medical Research said that only 2 million tests had been conducted and that the real number of cases was hard to know.

In Australia, there have been a little over 7000 confirmed cases with 100 deaths.

This is real.

One reputable media source also reported a huge rise in bullying of people of other ethnicities and religions due to COVID hysteria. How primitive are people who abuse strangers on the street, just because of their differences?

This is real.

As I wrote last week, it has been just wonderful having all our Preps and Year 1s back and our school will feel 'whole' again come this Monday, when our Year 2s to 6s return to their classrooms.

Things at Sacred Heart and for life in general, will be different: regular washing of hands, social distancing for parents and carers when at school, aspects of online learning continuing in classrooms, virtual assemblies will become part of

what we do.

Amongst all this, it is important that we and our children continue to keep those who are 'doing it tough' very much in our thoughts and actions. This is something, in my short time at Sacred Heart, I notice our school family does extremely well and with great empathy.

All the best and continue to take care.

Max Martin

From The APRE

"To live is the rarest thing in the world. Most people exist, that is all." **Oscar Wilde**

Most of you would have noticed the increase in memes, poems and songs about COVID-19. Some more hilarious than others. The most powerful one that I have seen was of a young man telling his son a bedtime story. It is set in the future and the son asks him to tell the story of the Virus. In the end, it tells of all of the things that have changed for the better.

Over the past 2 months, we have lived our life on the edge feeling like we've just existed. We've been ordered by the Government to be locked in our homes. Panic set amongst us and we were filled with fear of the unknown and uncertainty. The thought of not seeing my parents for a long time worried me, knowing that my father's dementia was hastening and he has been wondering what he has done wrong as no one is visiting him.

What this time has done has made me appreciate what I once thought was the small stuff. The stuff that binds families together. At our house, we have made a COVID-19 veggie patch, we go for walks late at night (we, is mainly me), we play board games with our children and sit out the back and pat our dog. Our elderly neighbour is visited often as we make sure that she is fine and has enough food and toilet paper, something we should have been doing long ago. Unfortunately, life got in the way of us actually living.

I can often be heard telling my family that we are dealt things for a reason. We may not know why but I believe there is a reason for everything, even if we don't agree with it at the time. The biggest change in my life is to definitely remember to 'sweat the small stuff' as it's more important than we realise. I plan to do more than just exist. I'll check in next year and tell you how my life has changed for the better, post Corona.

Why did it take a virus to bring the people back together? [The Great Realisation](#)

Dear Lord

Let us appreciate the people and places around us. May we always take time to spend with one another and look out for each other. Help us to continue to keep community in our hearts. I ask this through Christ, our Lord. Amen.

Have a relaxing weekend,

Melissa Collins

From The APC

Last week I wrote about the importance of practising mindfulness with our children. As I drove to school this morning and noticed the stillness of the water, I was reminded of how important it is for all of us to take some time in our busy lives to be mindful.

Studies have shown that students who practise mindfulness regularly, have shown improvements in their social-emotional and cognitive skills. Practising mindfulness is no easy task when you are getting started, so here are three simple activities to help guide your children at home. These can be adapted for the older children and adults too.

1. Belly breathing with a "buddy"

- Find a favourite soft toy (with some weight is good), a plastic bath boat, or similar
- Have your child lie down and place the object on their tummy
- Get them to pay attention to it by looking and touching
- Encourage them to focus on how the object moves up and down as they breathe (you can suggest calm and slow Breathing might even put the toy or people in the boat to sleep)
- This activity can be great as part of bath time or getting ready for bed.

2. "Robot" child

- Ask your child to pretend they are a robot lying on the ground
- Use a remote control (you can get creative and make one) and pretend to "shut-down" your child/robot's body
- Begin with their feet/legs, move up the body to arms/hands, before getting to the face/brain

- Ask “robot” if they can still feel any “electricity” in that body part after it’s been shut down
- As your child gets better with this activity, you can get more detailed with robot body parts (for example, toes, fingers, noses, ears)
- A variation is to get your robot-child to tense and relax (and reset) each body part as you control it with your remote.

3. A mindful walk or “sensory countdown”

- Go for a walk outside and try to notice or find: five different sounds, four matching colours, three different textures, two different smells
- Add different sounds, sights, shapes, and textures to tick off on a bingo-style checklist.

Activities adapted from ‘The Conversation’

Yours in learning

Samantha Suthers

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](#)

Capricorn Coast Catholic Parish

Here is the Sacred Heart Church Bulletin from last week and this week. Stay connected and enjoy.

Link to [Bulletin 1](#) [Bulletin 2](#)

All The best

Tomorrow, Mrs Katharine Snary, one of our Year 2 teachers, commences her maternity leave.

As a school family, we wish Mrs Snary and her husband, Clint all the very best as they start their new family.

Mrs Trudi Hansell will be teaching Year 2S for the remainder of this term. We welcome Mrs Hansell onto our staff.

Returning To School

Children in all year levels will be returning to school and participating in classroom learning from this Monday, 25th May 2020.

From this date, our teachers will be teaching face-to-face within the classroom environment. There will be no online home-based teaching and learning.

If your child/ren is/are unable to return to school due to medical concerns or other circumstances, I ask that you contact me at school so alternate learning arrangements can be made. We are very happy to do this. Thank you.

School Tuckshop Operating Wednesdays (Preps and Year 1) and Fridays (Year 2 to 6)

Our school tuckshop will be operating Wednesday and Friday for the rest of this Term. There will be a different lunchbox special each week for \$6.50.

Next week, our Preps and Year 1s can order tuckshop for Wednesday, only and our Year 2s to 6, for Friday, only.

It will be a sausage roll or 6 nuggets, home bake and a popper.

There is now online ordering available and also via paper bag with money enclosed and returned to school by either Tuesday or Thursday. This allows for our tuckshop convenor to do her purchasing. Thank you.

Important Procedures At School From Monday 25th May

For all Year levels including our Preps, morning drop offs and afternoon pick ups will be from our multi-purpose area. Parents and carers are asked to do these quickly each day.

Prep and Year 1 tuckshop Wednesday only.

Year 2 to 6 tuckshop Friday only.

At first break (11am), all children will be eating first before they go to play.

All children will be washing their hands at the start and end of first break and at the end of second break. All classes have been supplied with hand soap and hand sanitiser.

There will be no whole school or year level assemblies for the remainder of this term. There will be an online assembly each Thursday which families at home/work can join.

Face to face instrumental music lessons i.e. guitar etc will recommence next week at school. Families will be informed of these timetables.

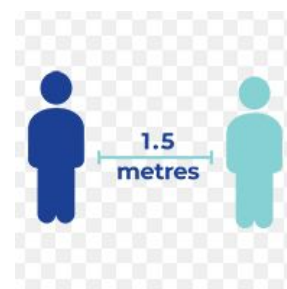
If children at school display a runny nose, coughing, sore throat, parents/carers will be contacted and asked to collect them.

Social Distancing At Sacred Heart

I ask parents and carers to pay particular attention to the requirement for adults to maintain physical distancing of 1.5m at all times if you need to be on school grounds.

Especially when picking children up from our multi-purpose area each afternoon.

Each day, children from all Year levels are to be dropped off and picked up from our multi-purpose area.



Adults are asked not to come to classrooms. Thank you.

Student Awards Week 5

Lola Mathias-Watt	PCP	For great work in stretching out words to spell them correctly.
Asha Nielsen	PCP	For answering questions clearly using long sentences.
Jacob Flanders	PM	For identifying and recording the number before and after to ten.
Leni-Jane Bergman	PM	For following instructions and completing tasks without asking for further explanation.
Avery Kona	PM	For identifying words using his knowledge of phonemes.
Jessie Thomas	PM	For using her Knowledge of phonemes to identify words known and unknown.
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Liya Hamilton	1R	For trying super hard to learn your Rainbow Facts.
Austin Jackson	1R	For using known spelling in your writing.
Isabella Brans	1R	For working hard to learn your Rainbow facts.
Linkoln Pastega	1R	For working hard to make good learning choices in the classroom.
Georgia Blackwood	1R	For decoding new words really well.
Dallas Beresford	1G	For great use of time words to add detail to your writing.
Sienna Foley	1G	For being such a wonderful helper to your friends in the classroom.
Jayden Scott	1B	For always being ready to listen.
Hudson Turner	1B	For great use of reading strategies.
Annabel Sykes	2S	For the attention to detail you put into all your school work. Thank you for setting a wonderful example to others.
Sasha Dadson	2S	For the persistence you always show towards your learning. You try your best in all activities. Keep up the amazing work.
Amira Mitchell	2S	For the fantastic effort you have been demonstrating towards your online learning at school. It has been great to see you working hard on set activities.
Harley Neagle	2H	For your fabulous efforts with your poetry. Well done.
Aadi Jothiraj	2H	For your terrific efforts to be engaged in all activities.
Nate Elliott	2H	For your fabulous efforts with your reading. Well done.
Emma Scanlan	2G	For always offering to help others in class. Your kindness is inspiring!
Max Kelly	2G	For the amazing effort you have shown in class so far this term. Well done!
Zali Dooley	3W	For continued excellent effort when completing Google Classroom tasks.
Jake Jansen	3W	For your enthusiasm during Zoom meetings.
Isabella Todman	3W	For your positive and mature approach to all tasks.
Agatha Long	3A	For settling in well.
Payton Size	3A	For persevering with tricky spelling patterns.
Lennox Kelly	3A	For being a diligent student.
Hunter Hixon	4M	For working hard on your at home tasks. Well done.

Georgia Deasy	4M	For the impressive standard that you have completed tasks, Well done on completing the 15th century Chinese ship.
Lennix Bone	4M	For showing the virtues of commitment and dedication while learning online.
Emmie Sharpe	4M	For giving 100% to all class tasks. You have shown great determination in submitting all tasks this term.
Renee Field	5MS	For being a self directed learner who has shown initiative to solve problems while learning online.
Archie Gleeson	5MS	For your continued independent and self-directed learning. Well Done!
Amelia Reid	6KS	For being a self-directed learner, showing responsibility and asking questions to help further your learning. Keep up the great work.
Jack Stanley-Hunt	6KS	Your efforts to complete tasks to the best of your ability this week have been noticed. Your BTN summary was detailed and thoughtfully written.
Xander Kelly	6E	For the impressive maturity and independence you display toward your learning.
Nicholas Eaton	6E	For being a self directed learner who has shown initiative to solve problems while learning online.

Work From Home and School



Isaac Year 6



Lucy Year 1



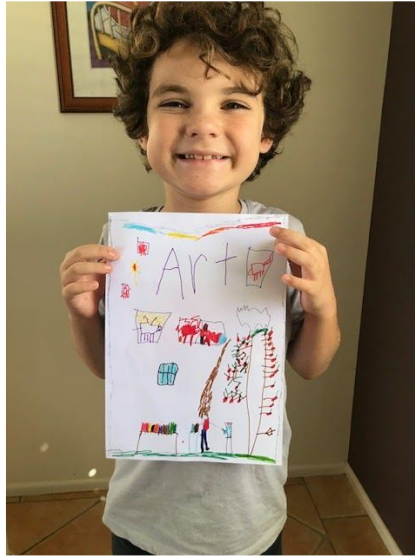
Chelsea Year 2



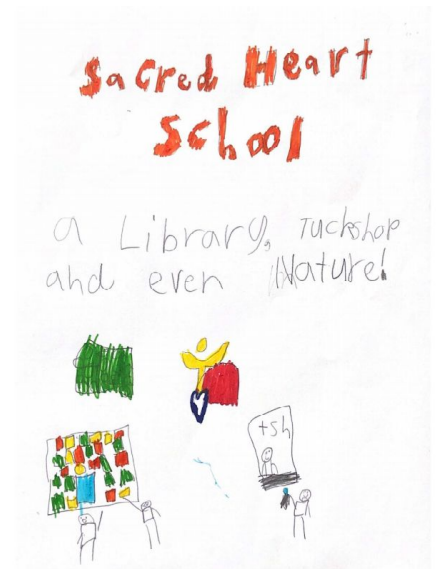
Maycie Year 2



Annabel Year 2



Brendan Year 2



Noah Year 2



Ashton's COVID-19 garden Year 1

One sunny Sunday, I saw a snail.
 One mad Monday, I met a monster.
 One terrible Tuesday, I tickled a toad.
 One whale Wednesday, I walked to Woy Woy.
 One thimble Thursday, I threw a thundery party..
 One foggy Friday, I found a fish.
 One sad Saturday, I was too stormy and snowy.

By Evie Year 4

One sunny Sunday, I saw a snail.
 One mad Monday, I made a muffin..
 One terrible Tuesday, I took a turtle.
 One wicked Wednesday, I wiggled with Wendy.
 One thumbs up Thursday, I thought about slime.
 One fun Friday, I fought with Freddy.
 One shy Saturday, I showed my sister my saw.

By Addison Year 4

Children Returning To School And Anxiety

As all children head back to school, it is understandable that we are likely to see an increase in anxiety, even in those who might not have struggled with anxiety before. School anxiety can intrude into so many spaces in the lives of children.

Attached is a resource on school anxiety to support parents/carers.

heysigmund.com/how-to-manage-back-to-school-anxiety-what-children-and-teens-need-from-us/

I recommend Karen Young from 'Hey Sigmund' as a great source for ideas on supporting children with anxiety. Karen is currently sharing ways to help children and teens manage anxiety and build calmness, courage, and resilience. At the end of the 30 days, you'll have a toolbox of actionable, practical tips to help your young ones manage anxiety and build resilience, whenever you need them. https://www.instagram.com/karenyoung_heysigmund/

Thank you

Mrs Kelly McKenna

Sacred Heart School counsellor

FROM THE STAFF AT SACRED HEART, THANK YOU FOR YOUR AMAZING SUPPORT DURING OUR TIME OF ONLINE HOME AND SCHOOL LEARNING.

