



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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NEWSLETTER

30th July 2020

From The Principal's Desk

This week has certainly been an oxymoron. Each day has gone so quickly yet the week appears to have taken so long. With all that has been happening at school, in our community, across our nation and around the world, even though we are not directly affected, many are feeling like a holiday is in order already.

With this in mind, I came across a renowned book entitled, 'Seven Habits of Highly Effective People' by author, Stephen Covey. Reading it gave me a slightly new lease on life.

Now being highly effective does not necessarily mean being the managing director of a company or the owner of a successful business, it means being great at what you do. A great mum or dad, a great secretary, a great teacher, a great bank manager

Covey points out, as lots of people have beforehand, that success is about happiness and fulfilment. He then delves into the seven 'habits' which can nurture your personal growth.

In the first chapter, he suggests you pretend you are on your deathbed and to visualise who is there and what would you like to have achieved by this moment. What personal characteristics would you like to have admired in your eulogy?

This strategy helps clarify what 'centres' your life. Will you seek reconciliation with your God, comfort of your family, accolades from the media? The Prime Minister at your funeral?

Well, the point he then makes is to write down those main goals and then seek them every day. The trouble is, Covey points out, not so much 'dying early' but dying late with regrets. Interesting.

Another of Covey's principles is 'sharpening the saw' which at this time seems very relevant.

He relates to a story about you coming upon someone in the woods working feverishly to saw down a tree.

"What are you doing?" you ask.

"Can't you see?" comes the impatient reply. "I'm sawing down this tree."

"You look exhausted!" you exclaim. "How long have you been at it?"

"Over five hours," he returns, "and I'm exhausted. This is hard work."

"Well, why don't you take a break for a few minutes and sharpen that saw?" you inquire. "I'm sure it would go a lot faster."

"I don't have time to sharpen the saw," the man says emphatically. "I'm too busy sawing."

This habit makes all the others possible. 'Sharpening the saw' means preserving and enhancing the greatest asset you have - you. It means having a balanced program for renewal in all areas of our lives: physical, mental, emotional, social and spiritual. Covey states that without this discipline, the body becomes weak, the mind mechanical, the emotions raw and the spirit insensitive.

I do not know whether things would become that drastic however it does make us aware of the need for some 'down' time, doing something to re-energise ourselves especially after such an unusual and unsettling school year to date.

Finally, I was reading about the winners of an international pun competition and it is amazing how clever some people are. Here are a few winners and the writing of puns could become a pastime for some that may help to 'sharpen your

saw’.

Last night, I dreamed I was swimming in an ocean of orange soft drink. But it was just a Fanta sea

Two windmills are standing in a wind farm. One asks, “What’s your favourite kind of music?” The other says, “I’m a big heavy metal fan.”

Need to buy an ark? I Noah guy.

All the best

Max Martin

From The APRE

This week marks 175 years since the first Catholic School opened in Queensland. Each year representatives from schools all over our diocese attend the Catholic Education week mass with Bishop, priests and leaders from Catholic Education. As you can imagine, it was a very different experience to one that we normally experience, as numbers were limited and spacing restrictions were enforced. Normally the church is overflowing with crowds to mark this occasion. Yesterday was a unique, yet extremely powerful and moving experience. I believe that the theme for 2020, being, ‘A spirited Tomorrow’ was particularly evident amongst the participants.

Jesus often used stories to tell his disciples and crowds important messages. We call them parables. In the scripture, Jesus tells the story of a field owner and a pearl merchant. Both of them find something of great value. This costs them nothing, and when they see how important it is, they give away everything else they own. We have probably all heard that ‘it is in giving, we receive’. Jesus tells the people that the kingdom of heaven is an incredible treasure. We only know about that great treasure because we have heard about it from Jesus. Our gift to others, is to be able to share that news so that the whole world will know about God’s kingdom. When we give away things that we don’t need – jealousy, gossip, negativity, excessive screen time – we open ourselves to receiving God in new and exciting ways.

Let us pray. God, You have filled the world with life through the gift of the Spirit. As we celebrate 175 years of Catholic Education in Queensland, We ask that you continue to pour out your Spirit upon us all, so that each one of us will be strengthened to take your Word into our world. Amen.

May the spirit be with you

Melissa Collins

From The APC

Last night while watching the news, the presenter was discussing the impact that ‘Karen from Bunnings’ was having on the other Karen’s of the world. My daughter, who is in Year One, proceeded to tell us how many vowels and consonants were in the noun, ‘Karen’.

As a teacher who is immersed in the ‘common language’ of our word study at Sacred Heart, my response to her was, “Well done honey, now please finish your dinner”. My husband on the other hand was overly impressed by this conversation and wondered why I wasn’t on Google, researching extra curricular activities for child geniuses.

It brought to my attention, the importance of a common language and the sharing of this beyond the classroom, to our parents. Our word study at Sacred Heart encompasses four areas:

1. Phonological- how words sound (hearing phonemes, saying phonemes, segmenting words into syllables and phonemes)
2. Visual- how words look (representing phonemes with correct graphemes and using visual memory to work out if words look right, memorising irregular words that are hard to decode)
3. Morphemic- how words can be broken up into morphemes (e.g. prefix, suffix, base word, root word)
4. Etymological- where words come from (word origins and history)

To assist us to close the gap between the common language used at school and the language our children are bringing home to you, please click on this [‘cheat sheet’](#) for the phonological area of spelling.

Premier’s Reading Challenge

The last day of the challenge is Friday 28th August. If your child wishes to participate download the form and return it to our office.

ICAS Assessments

ICAS assessments will take place between Monday 17th August through to Friday 4th September 2020. All tests are completed during school time. The assessments are completed online and cost \$15.95 each. If you wish to register your child for any or all of these, please use the link and school code. Parent page link to register:

<https://shop.unswglobal.com.au/pages/pps> The school code required is: **TLA361**

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](#)

Catholic Education Week

Yesterday, Mrs Collins attended the Catholic Education Week mass with two of our school captains who had not visited St Joseph's Cathedral before. They were in awe of their surroundings. You often wonder what children really think after sitting and listening for an hour (as we know their attention span is nowhere that). The spirit of tomorrow was truly felt when Ben and Charlotte, without being prompted, commented: Ben - That was a really special Mass; Charlotte - It was amazing. Happy Catholic Education Week.



Ben and Charlotte at Catholic Education Week

Previous Sacred Heart captains celebrating Catholic Education Week together.

Important Dates

July

Thursday 30th - Children's report cards available from 3pm via parent lounge.

Friday 31st - Footsteps dance concert 12.40pm

August

Monday 3rd - Parent / teacher interviews commence.

Wednesday 5th - Michael Mangan concert at school. 9.45am and 11.45am

Thursday 13th - School photos

Friday 14th - Yeppoon show holiday

Thursday 20th August - St Brendan's Discovery Day for our Year 6 Boys

September

Friday 4th - Pupil free day

Friday 18th - Final day of Term 3

Student Awards

Prep	Harper Hiron, Kayden Griffin, Mille Eames, Brock Solis, Jessie Thomas, Greta Hovey, Rio Preston, Jack Eyles
Year 1	Dakotah Size, Sophie McElhenny, Alexander Rendell, Isla Goltz, Emerson Crane, Charlotte Grob, Jack Rohl, Emmett Symonds
Year 2	Max Atkins, Noah Todd, Lula Hart, Emma Scanlan, Levi Bone, Isla Kirby
Year 3	Samuel Miller, Agatha Long, Vienna Jackson, Nicholas Goltz, Havana Elliott, Jai Lucas
Year 4	Max Dadson, Aiden Goodger, Alex Hargreaves, Thea Gregson
Year 5	Nora Leon Hernandez, Sienna Ramm
Year 6	Amelia Reid, Maggie Cook, Maggie Shepherd, Katelyn Kleinhans, Buin Carter, Xander Kelly, Mikayla Broom

MJR Awards Week 2

Mikayla De Beer Year 3 for thoughtfully and respectfully volunteering to help classmates complete tasks.

Cooper O'Rourke Year 3 for making a classmate happy by finding her lost property. Thank you for your thoughtfulness and compassion.

Evie Eyles Year 3 for being a true friend and giving up playtime to stay with a friend while she caught up on work.

Isabella Todman Year 3 for always showing a positive approach to everything you do.

Hudson Turner, Halle Smith and Austen Carige Year 1 for kind and caring actions you show your classmates.

Caitlin Yore Year 5 for giving up your time on the weekend to create a gift for every student in your class to use in their History lessons. Your thoughtfulness is greatly appreciated.

Aiden Goodger Year 4 for always helping to put compost bins out in the morning without being asked.



Frankie Awards

Ava Goodger from Year 3 for always putting the compost bins out as soon as you get to school.

Adeline McDonald and Isla Kirby from Year 3 for always checking to see if the compost bins have been put out and for putting them out if they have not.



Mini Vinnies' 2020 Executive



Today, at our whole school assembly, we inducted our 2020 Mini Vinnies' executive.

Congratulations to:

President	Daly Smith
Vice-President	Brianna Brandish
Secretary	Morgan Bridgeman
Events Coordinator	Sima Farlow
Treasurer	Taylor Warrender

Prayer Assembly 1R



Heart Groups

This week in Peer Support, children had the opportunity to discuss their personal qualities and strengths. They identified them and acknowledged how they contributed to their achievements. Through a variety of activities, our children recognised that they use their strengths to achieve success and that they can be encouraged to approach future activities optimistically.

Ask your child to describe their own qualities and strengths so you can recognise and acknowledge these.



Sacred Heart 2021 Prep Open Afternoons

We will be having two open afternoons for our prospective 2021 prep families.

These will be held on Wednesday 19th August and Wednesday 26th August, both commencing at 5pm at school.

At these times, families will have a tour of our school with our current teachers and members of leadership and will have time to ask questions.

Looking forward to seeing our (new and current) 2021 prep families.



5 PM WEDNESDAY 19TH AND 26TH AUGUST

SACRED HEART SCHOOL PREP 2021 OPEN DAY



Contact 49 948215 or shy@rok.catholic.edu.au
All welcome. Thank you.

Footsteps Dance Sessions

As you would be aware, this week all our children have been engaged in daily dance lessons with an instructor from the Footsteps Dance Company.

This has been amazing and hopefully your child/ren have been coming home excited about them.

We are having a whole school concert this Friday 12.40pm – 1.40pm in our multi-purpose area.

As social distancing and density limits (4 metre square rule) apply for any visitors to our school, parents and any family members will be unable to attend this concert.

All year group dances will be videoed and links will be made available to our families.

'Hair with Heart' Appeal

Congratulations to Adelaide from Year 4 who cut off 36cm of her hair for 'Hair with Heart' which is a charity that makes wigs for girls with illnesses that cause them to lose their own hair.

She to date has raised close to \$800. You can still donate to this worthy cause <https://hairwithheart.variety.org.au/fundraisers/adelaidegill/hair-with-heart>

at:



School Photos

Our school photos will be taken on Thursday 13th August at school.

Due to COVID restrictions, there will be no whole class photo taken, only individuals.

There have been some queries about not being able to have group photos.

Following is the explanation from MSP Photography why they are only doing individual photos.



"I need to mention social distancing. We appreciate that current guidelines advise that social distancing doesn't apply to students but it does apply to staff. As visitors to schools, it's important that our photographers maintain social distance from both staff and students where practical. Unfortunately, this means we currently can't take photographs with multiple subjects in them until further notice, and this includes:

Class group photos. Staff group photos. Extra-curricular photos. Sibling photos.

Photographs with multiple subjects require our photographers to be very close to the subjects to help position them where required. Given that we are visitors to schools, this close contact is considered an unnecessary risk. We have an excellent process for individual photographs that allows our photographers to maintain a safe social distance so we will use that process for the time being in lieu of group photographs.

For class and staff photos, each student or staff member will be photographed individually, with the group created digitally as a composite. This will eliminate the need for students and/or staff to be grouped together in close contact with either themselves, or our staff."

Community News

Apply Today!

OSHC Coordinator

Sacred Heart Catholic Primary School, Yeppoon

Visit our website
for more information:

www.rok.catholic.edu.au

Application close 3 August 2020



[Application](#)



We would like to extend an invitation for your son to attend our 2020 Discovery Day so that he may experience a day in the life of a St Brendan's College student.

The day will encompass activities in:



Throughout the day he will be accompanied by staff and Year 11 students. He is to wear his normal school uniform and bring a water bottle. All other requirements will be provided by the College, including morning tea and lunch. Please tell him to leave his school bag at home for the day.

Transport for students attending primary schools on the Capricorn Coast will be provided by St Brendan's College. Students will be collected from their schools and returned in time to be picked up or to catch their normal buses. Students may choose to make their own way to the College and we ask that they be at the Chapel & Performing Arts Centre before 9.00am.

To enable us to abide by COVID-19 regulations, it is essential that you RSVP by 10 August 2020 by completing the Discovery Day Permission Form and returning it to the College.

If you have any further enquiries, please do not hesitate to contact Enrolments Officer Kylie Hedges on 49399485 or by email hedgesk@sbc.qld.edu.au



stbrendans.qld.edu.au ☎ (07) 4939 9485 ✉ enrolments@sbc.qld.edu.au