



**SACRED HEART CATHOLIC PRIMARY SCHOOL**

**Enriching Spirits ~ Educating Minds**

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**NEWSLETTER**

**4th February 2021**

### **From The Principal's Desk**

'There is nothing either good or bad, but thinking makes it so' (Hamlet Act 2, Scene 2). It's very rare for me to quote Shakespeare but sometimes the bard himself makes great sense.

Often as a teacher and a parent, I hear the lament of how social media and the rise of technological devices are destroying childhood and/or creating a negative effect on society. But like most things on this earth, nothing is truly evil, it just depends on how we use it. If the pandemic happened 10, even 5, years ago we would have had dreadful difficulties in supporting remote teaching and learning. The fact that most families had access to a computer/iPad/mobile phone and Wifi made the whole task much easier.

The extraordinarily rapid development of vaccines to counteract the pandemic has been due to modern technology and the ease of communication. Scientists have been able to share and collaborate on their discoveries, despite geography and national boundaries. The fact that genomic testing can trace where a particular strain came from, to the person, is amazing.

So it was with delight that I received a few emails in recent days, thanking Sacred Heart for the building of community through the use of technologies. Our Year 6 leadership speeches were live-streamed on Tuesday, allowing distant family members to view our articulate and confident future leaders. One email winged its way, all the way from the UK. Another from Dr Anne Llewellyn in Newcastle, NSW, said:

*I had the great pleasure of watching the Year Six students present their speeches for the school and house captaincies for 2021. I live in Newcastle, NSW and my grandson was one of the presenters. It has been a difficult time recently with border closures and the tyranny of distance for those of us so far from family. It was really wonderful being able to join them on YouTube today. I have no doubt you, and the school community, are very proud of these young people who all gave so much of themselves. Many thanks for making this available to families, such as ours. Please pass on my heartfelt congratulations to all of the applicants, any one of them would do the school proud.*

How thoughtful that people took the time to communicate their thanks and support for our students. Some emails a principal gets are of the 'less positive' variety.

The world has the potential to become a united front, as it grows 'smaller', as our networks tighten and shorten.

Just like Shakespeare said, it is how we choose to think about (use) new technologies/communication that will make it good.

If the whole world decided to follow the old saying 'if you've got nothing nice to say than say nothing at all' wouldn't it be a much better place.

I have great confidence in our future, as this new group of young people take on the leadership at our school. These are the babies who have never known a world without mobile phones or Wifi. They are good people. They are learning the 'new ways' of communicating and etiquette.

I look forward to working with our children and their families of our school to make 2021 a great space for learning and community.

Take care

Max Martin

## From The APRE

Christian meditation can be described as the focussing of 'attention beyond thought and imagination' and lead to a 'still, wakeful presence to the reality of God'. At Sacred Heart meditation is used to enhance and complement other ways of praying. It is essentially a simple practice and is ideal within the classroom setting.

Each class sets time aside for meditation at the beginning of our last session. They are guided through the steps of correct posture and relaxation as well as consciousness of breathing.

Prep children have started mediation in their classes and whilst they are being guided through this process, initially it is a hard concept to master. This week, I have been spending time in Prep K while they have been practising their meditation. Whilst I should be clearing my mind of all thoughts and 'just be', I have found it quite difficult to keep it together. Their antics as they try are quite amusing. The children are often seen peeking out of one eye to see if anyone else has their eyes open, wriggling in their spot or whispering to their friend all the while assuming that you cannot hear them. Such innocence is grounding. At the moment most would sit for 30 seconds, however it is amazing to see that by the end of the year, they easily achieve 5 minutes of sitting in silence.

Slow me down, Lord. Ease the pounding of my heart by the quieting of my mind. Steady my hurried pace and I ask that from now on be more calm to deal with my day to day and be more present in every moment. Amen

Have a great week and don't forget to 'just be'

Melissa Collins

## From The APC

What an extremely busy start to the school year. Whether a student or teacher, and have been at Sacred Heart for many years or new to the school community, the first couple of weeks often seem like we are finding our feet all over again. It is always wonderful to see staff and students show excitement when seeing each other at the start of a new year.

One of the major focuses that we introduced last year, and will continue this year, is our new approach to word study. At Sacred Heart, a common language is used when teaching word study. This is introduced in Prep and instilled through to Year 6. We have seen wonderful results in our children's data and will continue word study as a major focus for teaching and learning across all year levels in 2021.

This year, we do not have a textbook for Mathematics, instead we will be using iMaths online to support the teaching and learning of Mathematics in our classrooms. As part of the iMaths approach, students work through real world mathematical investigations. Students use the knowledge and skills gained through the concepts being taught, applying these to solve investigations.

Have a lovely week

Mrs Lisa List

## Reflection

Each week, we provide links to Sr Kym's reflection. We hope this provides some spiritual guidance.

Link to: [Sr Kym's reflection](#)

## Opening School Mass

Tomorrow Friday, 5th February at 9am, we will be celebrating our opening school mass with Father Matthew in our multi-purpose area.

All children from Prep to Year 6 will be attending. Our Year 6M children are preparing mass.

After mass, our Preps will have a group photo taken on the steps of our multi-purpose area.

All children will receive an ice-block during the day as well.

Families are unable to attend this mass.

## Important Dates This Term

### February

Friday 5th - Opening school mass 9am in our multi-purpose area.  
Thursday 11th - St Ursula's opening College mass.  
Friday 12th - St Brendan's opening College mass.  
Tuesday 16th - Shrove Tuesday. Pancake breakfast 7.45am in our multi-purpose area.  
Wednesday 17th - Ash Wednesday.  
Friday 19th - Pupil free day (Bishop's Inservice Day).

### March

Monday 8th - International Women's Day.  
Thursday 11th - Year 6 Discovery days at St Ursula's and St Brendan's Colleges.  
Wednesday 17th - St Patrick's Day.  
Friday 19th - Year 4 to 6 swimming carnival at Cooe Bay pool.

### April

Thursday 1st - Final day of Term 1.  
Friday 2nd - Good Friday  
Sunday 4th - Easter Sunday



## Farewell



Farewell to Mrs Theresa Tucker, our Prep M teacher assistant who will be leaving Sacred Heart next week.

Theresa has been working at our school since 2009.

We thank her for her passion and commitment shown for our school and her constant care for our children.

Our school family wishes her all the best for the future.

## Welcome

Congratulations to Gemma Stephan and Andrew Reinke on the safe arrival of your son, Felix. Well done.

## 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. Our 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.



## Times for our School Day

School session times have changed for 2021 and are as follows:

|        |                                      |
|--------|--------------------------------------|
| 8.40am | School day commences. First session. |
| 10am   | Brain break                          |

|         |  |
|---------|--|
| 10.40am | First break (Eating first and then playing.) |
| 11.20am | Second session starts.                       |
| 1.20pm  | Second break                                 |
| 1.40pm  | Third session starts.                        |
| 1.45pm  | Meditation                                   |
| 3pm     | School concludes                             |

### Tuckshop - Week 3

Our Year 1s and 2s tuckshop will be on Wednesday at first break.

Year 3 to 6 on Friday at first break.

Prep commence their tuckshop in Semester 2.

Year 1 and 2 (Wednesday)

Toasted pizza wrap or fresh chicken, cheese, lettuce, mayo sandwich on white, or wholemeal or GF bread.

Muffin and a fruit popper



Years 3 to 6 (Friday)

Fresh chicken caesar wrap or cheesy hot dog.

Muffin and a popper

Cost is \$7 and can be ordered online using the Flexischools app or via placing money and order in a paper bag and placing in classroom tuckshop basket. Thank you.

### Parent Information Session Update

Our 2021 Prep parent face to face information session will be held this Tuesday 9th February commencing at 3.20pm in our library.

Due to COVID restrictions, only one member of each family will be able to attend this meeting.

During this session, Mrs Kingston, Mrs McGuire and Mrs Todd, our Prep teachers will be speaking about what will be taught in Prep, routines and expectations. There will also be plenty of time for questions.

All other Year levels will not be having a face to face information session.

Teachers from Years 1 to 6 will be producing a video explaining the curriculum, classroom expectations, important routines for their year level. This will be shared via social media with families late next week.

Teachers will be very keen to answer any questions you may have pertaining to the video via email.

### 2021 Sacramental Program Dates

Sacramental enrolment mass - February 21st Registration 4:15pm

Reconciliation information session - Sunday 28th February Registration 3:30pm

Reconciliation enrolment mass - Sunday 28th February 5pm

2020 Reconciliation candidates to attend Reconciliation from 4pm Sunday February 21st

2021 Reconciliation candidates to attend Reconciliation from 8am - 8:30am or 4:15pm - 4:45pm Sunday March 7th to be completed by Easter.

Confirmation information session - Sunday 16th May Registration 3:30pm

Confirmation enrolment mass - Sunday 16th May 5pm

Eucharist information session - Sunday 25th July Registration 3:30pm

Eucharist enrolment mass - Sunday 25th July 5pm

Ceremonies

Confirmation Year 4 Thursday 12th August 6pm

Confirmation Year 5 Friday 13th August 6pm

Eucharist Saturday 14th August 5pm

If you have any queries, contact our APRE, Mrs Melissa Collins, at school.

## Student Awards

|               |  |
|---------------|--|
| <b>Year 1</b> | James Muller, Skylar Rapmund, Kayden Griffin, Taye Warner, Loreta Edwards, Dakota Henry-Hopkins, Rio Preston |
| <b>Year 2</b> | Austin Jackson, Ella Van Zanden-Gillen, Millie Roper, Noah Cherry, Jayden Scott, Sienna Foley                |
| <b>Year 3</b> | Alex Todd, Charlie Busch, Noah Todd, Amira Mitchell, Kirby Kenny, Archer McPherson                           |
| <b>Year 4</b> | Cooper O'Rourke, Dayna Cook  |
| <b>Year 5</b> | Quin Warren, Addison Kona, Clover Shammall, Nate Bunt  |
| <b>Year 6</b> | Renee Field, Addison Atkins, Nora Leon Hernandez   |



## MJR Awards

Oliver Poole in Year 2 for your generous spirit when helping others during group tasks.

Indie Oram, Josie Oram, Amelia Mclean, Hazel Hovey, Alana Geering and Olivia Blackwood in Year 4 for making Jesus real for an elderly man in care. The joy you brought to him went above and beyond. Thank you.



## Swimming Lessons in Term One 2021

Swimming lessons for our Year 4 to Year 6 children commenced this week and will continue for another 5 weeks.

Our Year 4 to 6 swimming carnival will be held in week 8 on Friday 19th March.

All lessons will be held at the Cooee 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 and Thursday. Mr Martin or Mrs List will be attending with each class.

The cost per term for the lessons and transportation is \$45 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 you have any queries about these lessons, contact Mr Martin at school. Thank you.

Tuesday 11.30am 6M. 12pm 6KR. 12.30pm 6G. Thursday 11.30am 5J and 5S. 12pm 5M. 12.30pm 4E. 1pm 4S.

## 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 are asked to sign this '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.

I ask that you complete the form and return it to our school office by 12th February, 2021. Thank you.

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

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

## Student Residential Address and Other Information Collection

Student residential addresses are collected annually by the Australian Government and used to inform our school funding calculations.

The Federal Government has announced that the 2021 Student Residential Address and Other Information Collection will open on Monday, 15th February 2021 and will close on Friday, 12th March 2021.

We are required to send the 2021 Student Residential Address and Other Information collection notice to all our families advising you about the exercise.

Additional information about this collection can be found at SchoolsHUB Address Collection help and support page.

[Link](#)

## Capricornia Swimming Nominations

In 2021, the procedures for the selection of the Capricornia 10-12 years swimming team to participate in the State Championships are as follows.

- The regional team will be selected from times submitted.
- Regional nomination forms will be available from our office, Capricornia School Sports office and their website: [www.capsport.eq.edu.au](http://www.capsport.eq.edu.au)
- Swimmers nominate their best times for selection in the following events from a QSA sanctioned event only.

- 50 metre events (all strokes / all age groups – ie. 10, 11 and 12 years – born 2011, 2010, 2009)
- 100 metre events (all strokes / all age groups)
- 200 metre Individual Medley (all age groups)
- 200 metre events ( all strokes / 10-12yrs age group)
- 400 metre Individual Medley (10-12yrs age group)
- 400 metre Freestyle (10-12yrs age group)

Nominations due Tuesday 16th February 2021.

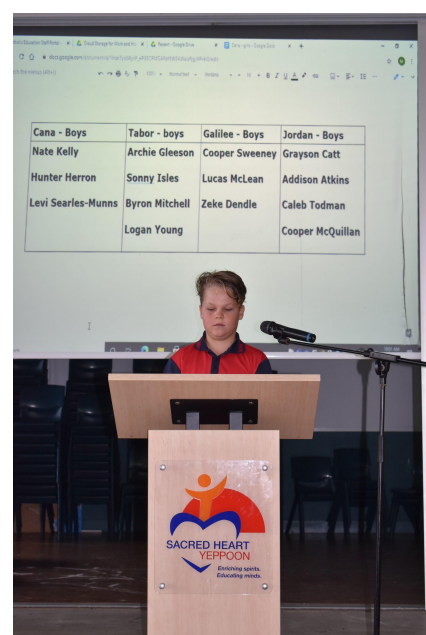
### Capricornia Golf Nominations

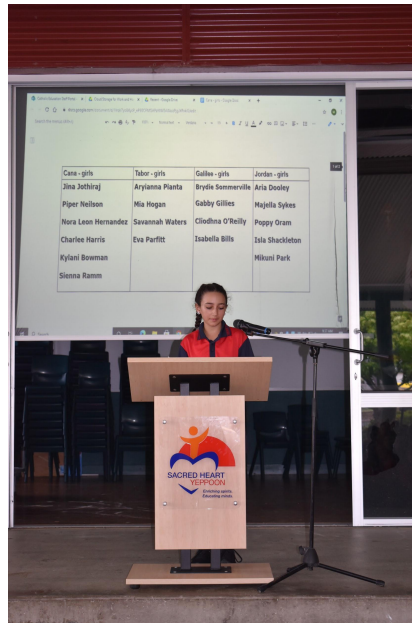
Nominations are called for any interested golfers born between 10-12yrs (2011-2009) and 13-18yrs (2008-2003) (male or female) who wish to represent Capricornia School Sport.

To be eligible for selection in the Capricornia team, there is no handicap limit, thus any student may nominate if they have an official AGU/WGA handicap. Nine hole players may nominate but will have to play as an 18 hole golfer. Caddies are not permitted.

Nominations close 5pm, Monday 15<sup>th</sup> February 2021.

### School Leader Speeches





## Community News

**Join NRLW stars & Brisbane Broncos champs**

**ALI BRIGGINSHAW, MILLIE BOYLE, TAMIKA UPTON, TARRYN AIKEN, LAUREN BROWN, SHENAE CIESIOLKA**

*Former Australian Touch Emus representatives*

**LEARN FROM THE BEST TO BE THE BEST**

Rugby League and Touch Football development clinics with some of Australia's most successful elite athletes

**Saturday 27th February**

Capricorn Coast **TOUCH FOOTBALL CLINIC** 8am  
 Capricorn Coast **RUGBY LEAGUE CLINIC** 11am  
 Rockhampton **TOUCH FOOTBALL CLINIC** 3pm

**Sunday 28th February**

Rockhampton **RUGBY LEAGUE CLINIC** 8am

**6 AGAIN CLINIC**

**SAVE THE DATE - 27 & 28 FEBRUARY 2021**

Registration fee - \$40 includes meet and greet and clinic shirt

Meet & Greet

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Photo opportunities

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Skill Development









<https://www.eventbrite.com.au/e/cq-bulls-proudly-present-the-6-again-touch-football-rugby-league-clinics-tickets-138710295227>