



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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NEWSLETTER

25th February 2021

From The Principal's Desk

'Good advice is something a man gives when he is too old to set a bad example.' (Francois La Rochefoucauld)

'Live each day like it's your second to the last. That way you can fall asleep at night.' (Jason Love)

'Even a stopped clock is right twice every day. After some years, it can boast of a long series of successes.' (Marie von Ebner-Eschenbach)

All the quotations above have a common theme, they ponder in a witty way, the human tendency for mistakes.

This is a key message we need to teach our children. None of us is perfect; all of us should have some recollection of an event or action which makes us cringe. Well, hopefully we do because that shows we are self-aware and have a conscience.

Make a mistake, hurt someone's feelings, then take the advice of Jason Love and make it right. Living each day as your second last, will remind you to always try and make amends.

One of the things that we must keep as our bedrock in a Catholic school is our foundation on restorative justice. As a school, we still apply consequences when someone's actions are wrong but then, there is an expectation that, whatever relationship was broken is restored. People are given the opportunity to choose to improve their behaviour and 'set things right', grow from it. Forgive and move on.

Another important component of this concept is trying to avoid labelling a person or groups of people. Why bother improving, if someone has said 'everyone knows you are in the bad class'. Why bother trying to stop bullying people, if you believe no one believes you can truly change. The flip side, if you feel you are labelled as 'the good kid or the perfect one', any mistake can be mortifying.

This can flow on to academics, a poor mark is seen as a personal failing or disaster. Making behavioural errors, not making the team, not being the winner are natural obstacles to life. We cannot protect our children from eventual failure but we can teach them the strategies of resilience.

How often do we read today of superior athletes, their extraordinary career in embers and their personal and psychological life in tatters as a consequence?

Recently, I re-found this wise advice given to me many years ago by a highly regarded educational psychologist, Toni Noble. It is called a Bounceback card.

The acronym, **Bounceback** stands for the following coping statements:

Bad times don't last. Things always get better. Stay optimistic.

Other people can help if you talk to them. Get a reality check.

Unhelpful thinking makes you feel more upset.

Nobody is perfect – not you and not others.

Concentrate on the good bits, no matter how small they are and use laughter.

Everybody experiences sadness, hurt, failure, rejection and setbacks sometimes, not just you.

Blame fairly – how much of what happened was due to you, to others and to bad luck or circumstances?

Accept the things you can't change, but try to change what you can first.

Catastrophising exaggerates your worries. Don't believe the worst possible picture.

Kep things in perspective. A distressing situation is only one part of your life. (Source, Dr T Noble, 2005)

I keep a Bounceback card near my desk. It is an excellent way for me to settle down and put my perceived 'disasters' in their right perspective.

Take care

Max Martin

From The APRE

Steve Lawrence played professional AFL for Hawthorn for twelve years which included winning the 1991 premiership, where he was 'Player of the Final'. Last Friday, we were fortunate to have Steve as our guest speaker for a PD day. Whilst I enjoy the social aspects of AFL, I am not obsessed with the game and did not know who this person was until last Friday. Steve had a positive impact on my life.

He spoke about many aspects of his life and the different ways that he led by example. This is when he felt that Jesus was with him the most. It was often off the field, when things were tough and he knew that something needed to be done that he stepped up, often not knowing what he was going to do until the last minute.

The most inspirational part was that he never assumed that it was him that was leading the way and that Jesus was guiding him.

Throughout our lives, there are many challenges that we face and often feel alone. These are the times when we need to remind ourselves that we are not doing this by ourselves. If we open ourselves up and realise that God is truly with us, then the load is shared.

The Footprints Prayer

One night I had a dream...

I dreamed I was walking along the beach with the Lord, and across the sky flashed scenes from my life. For each scene I noticed two sets of footprints in the sand; One belonged to me, and the other to the Lord. When the last scene of my life flashed before us, I looked back at the footprints in the sand. I noticed that many times along the path of my life, There was only one set of footprints.

I also noticed that it happened at the very lowest and saddest times in my life. This really bothered me, and I questioned the Lord about it.

"Lord, you said that once I decided to follow you, You would walk with me all the way; But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why in times when I needed you the most, you should leave me.

The Lord replied, "My precious, precious child, I love you, and I would never, never leave you during your times of trial and suffering.

When you saw only one set of footprints, it was then that I carried you.

Check those footprints this weekend.

Melissa Collins

From The APC

We didn't have that in my day. Haven't classrooms come a long way since you, parents of today's learners, were at school. They certainly have for me, having completed high school in the mid 80s, I thought an electric typewriter was amazing.

This week, in STEM (Science, Technology, Engineering and Mathematics) lessons, Robyn Finch from our Catholic Education Office worked with Miss Page to engage our learners in a variety of robotics' activities. These included, the building and programming of EV3 robots, Spheros (spheres that are programmed to move), Blue Bots (simple robots that can be programmed) and Dash robots that respond to voice control and can be programmed to sing, dance, move and throw.

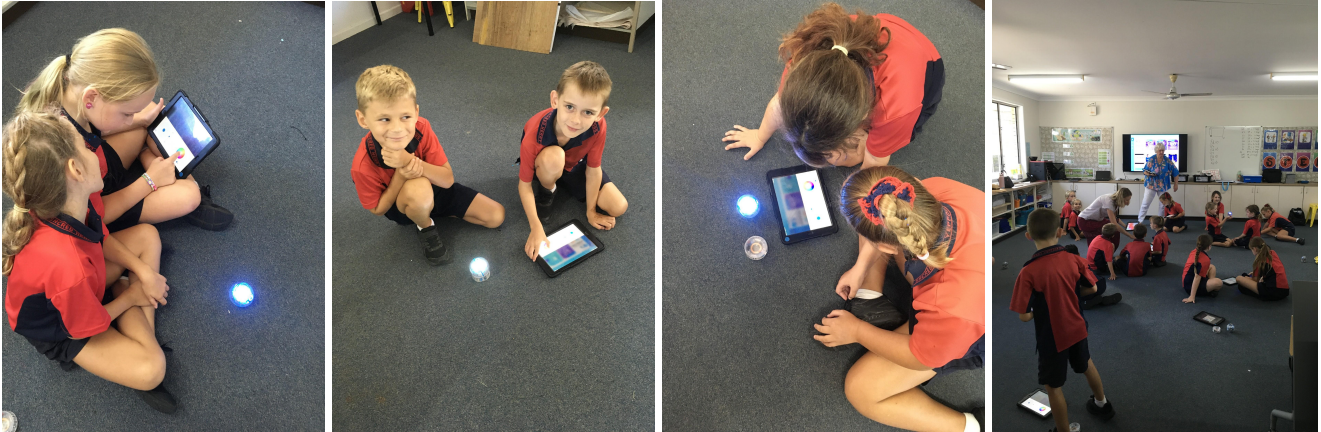
There is quite a lot of research that tells us how play-based learning can enrich a child's educational experiences.

A focused examination of STEM based learning environments by Utah State University found that by offering children the opportunity to experience learning in a variety of ways, they can demonstrate peer mentoring, apply mathematical thinking, time management skills are learnt, accomplishment is felt, confidence is built and learning is seen as fun.

A play-based approach involves both child-initiated and teacher-supported learning. The teacher encourages children's learning and inquiry through interactions that aim to stretch their thinking to higher levels. Misha Ketchell - Editor, The Conversation.

At Sacred Heart, we are proud to offer many opportunities for students to engage in the Australian Curriculum in a variety of ways.

I encourage you to have a chat with your child and have them tell you what they learnt this week. I am sure you will be amazed at what they have to share.



Have a wonderful 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](#)

Capricorn Coast Catholic Parish

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

Link to [Bulletin](#)

Important Dates This Term

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.

Thursday 25th March - Prep Vision Screening

Monday 29th March - Cross country carnival

April

Thursday 1st - Final day of Term 1.

Friday 2nd - Good Friday

Sunday 4th - Easter Sunday

Monday 19th April - First day of Term 2

Important Health Reminder

An extremely important health reminder to all Sacred Heart families.

If you or your child/ren have a sore throat, running nose or a cough, do not come to school.

Thank you for your support in this regard./events that will be organised for this year.

Important Child Protection Message

Sacred Heart School has no higher priority than the safety of the children in our care. We continue to reinforce to our children the key messages of recognise when they feel unsafe, react by becoming safe as quickly as possible and report to a trusted adult through our Daniel Morcombe curriculum lessons.

As parents and carers, we ask that you too regularly reinforce with your children these messages in relation to their own safety and for them to report to their parents or the school anything that causes them concern in terms of safety. Thank you.

Our school's child protection officers are Mrs Kelly McKenna (counsellor), Mrs Melissa Collins (APRE), Mrs Lisa List (APC), Mrs Sarah Hill (after school care coordinator) and Mr Martin.

Student Awards

Prep	Blake Kirby, Lelani Webster, Jeddy Gordon, Wyatt Forbes, Zoey Vann, Star Mayer, Indianna Solis Corbyn Pearson, Belle Hansen
Year 1	Jack Strenzel, Felix Suttle, Layla Hurst, Riley Cameron, Sloan Kelly, Willow Mills, Jack French
Year 2	Liya Hamilton, Halle Smith, Preston Williams, Connor Dixon, Alexis Powell
Year 3	Harley Neagle, Aadi Jothiraj, Emma Scanlan
Year 4	Milla McPherson, Charlotte Underwood, Samuel Miller
Year 5	Indigo Hart, Sebastien Hatte, India Hawks, Elliot Guhr, Thea Gregson
Year 6	Isabella Bills, Aryriana Pianta, Lucas McLean, Grayson Catt, Sabina Bridgeman, Gabrielle Gillies, Aria Dooley, Kurtis Ramke, Emma Dawson, Majella Sykes

MJR Awards - Week 5

Sophie Wilczek Year 2 for being a caring friend for an upset classmate.

Toby Apps Year 1 for being a real gentleman and helping a classmate.

Thomas Murray Year 4 for displaying a genuine interest in and commitment to your learning.

Hunter Herron Year 6 for being extremely encouraging of younger children while playing cricket at lunch times.

Frankie Award - Week 5

Austin Jackson and Ari Carpenter Year 2 for putting out the compost bins each morning. Well done.

2021 Parents and Friends' Association Executive

This week, the AGM of our Parents and Friends' Association was held. Following are our elected executive for 2021:

President - Bernadette Melrose

Vice president - Dallas Hogan

Secretary - Dani Davey

Treasurer - Shannon Ballard

Thank you for your willingness to take on these roles.

Our first meeting was an extremely productive one and I urge all our families to get involved in many of the activities

Mini Vinnies' 2021 Executive

Congratulations to our Mini Vinnies' office bearers for Semester One.

President

Ruby Smith

Vice President

Macey Elliott

Secretary

Majella Sykes

Events Co-ordinator

Sabina Bridgeman

Treasurer

Brydi Young

These children will be inducted at tomorrow's whole school assembly.

Parent Information Session Videos - Now Available

This year in lieu of our usual parent information sessions held at school, teachers have made a video explaining the curriculum, expectations, routines etc for each year level.

The video links for these can be accessed via the school link tab in Parent Lounge on our school website..

Parents and carers are able to click on each year level separately.

After viewing the videos, if you have any queries, do not hesitate to contact your child's teacher. Thank you.

There is also an additional video which features our specialist teachers, counsellor and leadership team explaining their roles at Sacred Heart.

Tuckshop - Week 6

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

Year 3 to 6 will be on Friday.

Prep commence their tuckshop in Term 2.

Year 1 and 2 (Wednesday) Grazing plate - 1 chicken nibble, 4 ham rolls, 6 kabana rounds, 6 cheese squares, veggie stick medley, corn relish dip and boiled egg or cheesy hot dog with choice of bbq or tomato sauce (limit of 30 orders), muffin and a fruit popper.



Year 3 - 6 (Friday) Grazing plate (same as above) or fish fingers and potato gems, muffin and a fruit 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.

To prevent crashing of the Flexi schools app on the day of ordering tuckshop, can you ensure child class details have been changed from last year. Thank you.

Oral Health Service Visit - Term 2

Queensland Health is offering full dental treatment to students enrolled at Sacred Heart. This service will be provided by a mobile dental clinic which will be located at our school.

The offer of dental treatment has been attached which can be sent to shy@rok.catholic.edu.au

To assist us with processing, we will be asking for parents/carers to return completed forms to our school office by 1st April 2021.

Parents will be responsible for ensuring their child/children attend at the agreed appointment times.

A paper form can also be obtained from our school office. Thank you.

[Dental Treatment Form](#)

Prep Vision Screening

Queensland Health is offering all our Prep children vision screening. This will take place on Thursday 25th March at school.

To assist us with processing, we will be asking for parents/carers to complete the online consent form or paper consent form by Monday, 15th March. Please see the link below.

All paper consent forms can be sent to shy@rok.catholic.edu.au or handed into the office to Mrs Murphy. Thank you.

<https://visionscreening.health.qld.gov.au/ParentalConsent/1012x7Ma>

Year 4 HaSS Studies

As part of our HaSS studies into Traditional Indigenous Culture, Year Four was fortunate to have a visit from Wade Mann, a Darumbal traditional owner.

He spoke to the children about many aspects of his culture, including the importance of respect for the land and its people; how their life was linked to the seasons of the weather, plants and animals and stories of his own upbringing and the traditions passed on to him. The children were engaged and asked many thoughtful questions.

Some of our children's learnings included:



Ruby – They moved when they knew storms and cyclones were coming.

Zali – Ants move to higher ground to get out of the rain.

Mikayla – They used ochre to make their cave paintings, which told stories.

Charlotte – They received scars on their bodies as they grew older and go through initiation ceremonies.

Jesse – The Darumbal people have the Green Tree Frog as their totem; he tells when the rains are coming.

Thomas – Aboriginal people don't go onto another tribe's land without permission; they wait to be invited.

Adam – They covered fish in mud before cooking it in coals; once cooked, they peeled it off and the skin came with it.

Sam – When the children are young, they stay with the elders and women to learn.

We thank Mr Mann for his time and Cassandra Burgen, our Indigenous Education Liaison Officer, for her coordination of the visit. It was a memorable morning.

Sporting Representation

Congratulations to Clíodhna O'Reilly and Noah Marshall who have been selected in the Capricornia team for the School Swimming State championships which are to be held in Brisbane from 22nd - 24th March.

Also to Lily Thomasson, Aria Dooley and Sampson Murphy on their selection in the Rockhampton District basketball sides.

Sacred Heart School Rugby League Training

All children in Years 4, 5 and 6, interested in training for Sacred Heart in preparation for school rugby league which is being held in Term 2 and 3, our first session will be held at Sacred Heart School from 9am to 10am this Sunday 28th February. Looking forward to it.

Sacred Heart Cross Country Training

Next week, training will commence for cross country.

This will be on Monday and Thursday, starting at 3.30pm to 4.15pm, meeting on our school oval.

Children from Prep, Years 1, 2 and 3 are welcome to attend under parental supervision. Children from Years 4 through to 6 will not require a parent to attend.

Parents are most welcome to be actively involved in the sessions. If you have any queries about the training contact Mr Martin at school.



Our school cross country carnival will be held on Monday 29th March (Week 10) at school. More details about this will be forthcoming in our newsletter. Our district carnival will be held on Friday 23rd April for 10, 11 and 12 year olds.

St Ursula's and St Brendan's Year 6 Discovery Days

On Thursday 11th March, all our Year 6 children have been invited to attend a 'discovery day' at either St Ursula's or St Brendan's College. This is a day when our children will get a taste of what secondary school is like.

Information regarding this was sent home with our 6s this week and a registration form needs to be completed and returned to school as soon as possible.

If you have any queries about these days, contact Mrs Murphy or Mrs Todman in our office. Thank you.

FAITH | RESPECT | EXCELLENCE | COMPASSION | HOSPITALITY | SIMPLICITY

JOIN US FOR DISCOVERY DAY 2021



Our Discovery Day will introduce you to the exciting possibilities on offer as a St Ursula's College student. We specialise in educating girls and have a culture of empowering each student to pursue their interests, build their confidence and develop leadership skills.

- Experience real 'Secondary School' activities throughout the day
- Discover the opportunities St Ursula's College provides
- Connect with other students
- Experience a guided Campus tour from our current Year 7 students

Venue: St Ursula's College, Yeppoon

Arrive: Thursday 11 March by 8.30am at the BCC (Queen St)

Depart: Thursday 11 March at 2.30pm at the BCC (Queen St)

RSVP: Monday 1 March (please complete Registration Form and return to natalies@stursulas.qld.edu.au)

Wear: Students must wear their current school uniform and hat
Please Bring: Drink bottle, notebook and pencil case.
No school bag required.

We will provide: Lunch, snacks and a special take-home presentation bag.

To confirm your attendance please complete a Registration Form found at www.stursulas.qld.edu.au and return to Natalie Salisbury at natalies@stursulas.qld.edu.au





DISCOVERY DAY
11 MARCH
2021
9AM TO 2.30PM

We would like to extend an invitation for your son to attend our 2021 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:

Science	Visual Arts	Manual Arts	PE
			

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 these 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 3 March, 2021 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

A parent tour will also be available at 4pm on the day. Please RSVP by 3 March, 2021 to Kylie on 49399485 or by email- hedgesk@sbc.qld.edu.au if you would like to attend the tour.



**WHERE THE DIFFERENCE
IS YOU**

Administration/Finance Secretary
St Benedict's Catholic
Primary School, Yeppoon

Applications are invited for this term-time continuing
position (30HPW) commencing 19 April 2021.

Visit our website and apply today!
www.rok.catholic.edu.au

Applications close 8 March 2021

*Catholic Education is committed to best practice in student protection policies
and procedures.*



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