



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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NEWSLETTER

7th October 2021

From The Principal's Desk

"Do not judge me by my success, judge me by how many times I fell down and got back up again." Nelson Mandela

Welcome back, everyone. Hoping you had a good break and are looking forward to the term ahead.

The final term of the school year is a crazy time not only in schools but in all aspects of our lives.

End of year reporting, concerts, budgets and planning for the impending holidays and Christmas, swamp us at a time when our energies may be low and many of us feel we are running on empty.

By the end of the year, we are more likely to be sensitive, *'thin skinned'* and emotional because we are run down and in need of that well-earned break. We shouldn't be surprised. The same thing happens at this time every year. The important thing is how we respond to this challenge.

Monitoring our talk and our sensitivity are particularly important at this time of the year. We are far more susceptible to allowing irritations that would not normally have an affect on us to get to us. Our resistance is low and we are vulnerable to both attack from outside and poor decisions within. Now is the time to watch our words, resist the temptation to *'shoot from the hip'* and make decisions on the run.

It is when times are tough that reputations are truly made. A harsh or insensitive word to someone can undermine our good work in building relationships throughout the year. It is important to be aware of our moods and be on guard that we think before we act.

Remember back to the start of the year. Most of us start the year with energy, vim and vigour. We were rejuvenated by the break and were ready to put all of our energies into being as effective as we possibly could.

The old adage *'beginners are many, finishers are few'* is worth remembering. It is important to finish strong, just like we started the year. Whilst our reserves may be running low, it is vital to remain focused and finish the year well. Our credibility in the eyes of others is based on results. Our ability to complete our projects, meet deadlines and follow tasks through to completion.

"A brand for a company is like a reputation for a person. You earn our reputation by trying to do hard things well." Jeff Bezos, Founder and CEO Amazon

Stephen Covey, the author of the book, "Seven Habits of Highly Effective People" talks about when world-class marathon runners *'hit the wall'* and they feel like they can't go on, instead of focusing on their exhaustion and how tired they are feeling and going into the *'survival shuffle'*, they lift up their head and *pick up the pace*.

This is a vital mind set for everyone at this time of the year. By picking up the pace, you are really saying to yourself that you're not just going to finish, you're going to finish strongly. (By Steve Francis MScM, Bed, DipT)

Looking forward with enthusiasm to the myriad of events and functions including our Mini Vinnies 3 hour touch game, Year 6 camp and farewells, class excursions, swimming lessons and carnivals, prep orientation days, end of year mass and concert, occurring before our year concludes and hoping you will join us for as many of these as possible.

Take care of yourself

Max Martin

From Our APRE

During the holidays I helped my mother care for my father, who has dementia. She appears to be handling it well, however she thrives for any adult interaction that comes her way. Dad is definitely not the same man that she married and most would have him in a home where he could not escape as he tends to wander. Mum was exhausted and needed to escape for a break.

Dad loves to be surrounded by people, especially family even though he doesn't know our names. Dad's speaking ability has diminished and joins in the conversations with, "yeah" even when there is no one around. He wears three shirts, puts his pyjamas on top of his clothes and folds the dirty laundry and lays it on you when you sleep. He shaves himself and has recently shaved off his eyebrows. Dad always takes off the empty roll of toilet paper after he places squares of toilet paper all around the house and disposes of the empty roll down the toilet. He collects handkerchiefs and serviettes. This is a minute part of mum's day and it drives her insane most days.

Dad however is happy. He has perfect pitch and sings tunes without singing the words. He has incredible faith and has his hands held in prayer if he is sitting alone. He waves to everyone and loves us and even though he cannot say it, he shows it in his eyes.

As I reminisce about the time that I spent with my parents, I realise the importance of a carer's role. It is 24/7, it is relentless, it is monotonous, it is hard work.

To my mother and all of the carers out there, we applaud you. Life is not easy, yet our love and faith get us through these times.

Dear heavenly Father,
Provide carers the words of comfort and strength to make it through their day.
When they grow weary, provide them with relief. Provide your peace and loving presence to guide them as they support their loved ones. Amen

Have a great weekend and look after each other.

Melissa Collins

From Our APC

Term 4 is already shaping up to be a very busy time. Below are some of the activities that will be taking place.

Children in Years 2 through to 6 will participate in PAT assessments for Mathematics, Spelling and Reading in weeks 3, 4 and 5. These tests measure what students know, understand and are capable of and help monitor their progress over time. Assessments are accessed online and support teachers to plan for individuals, groups or year levels.

Next Friday at assembly, our P. and F. will acknowledge the children who participated in the Premier's Reading Challenge by having a draw for each class, with the winner being presented with a voucher to use at the upcoming Book fair.

Swimming starts for our Year 2 and 3 classes next week. This forms part of the Sacred Heart PE program, concluding with a carnival on Monday 22nd November for Preps to Year 3.

In Week 3, our teachers will participate in Professional Development on writing with Louise O'Shaughnessy from the Catholic Education Office.

Throughout the term, teachers will be involved in collaborative discussions on writing, spelling and Mathematics, using the data from PAT assessments to inform planning.

Sacred Heart will welcome two pre-service teachers, Brittney Foster and Katie Henseleit, having their 3 week placements in Year 1CS and 5S.

At times it may feel overwhelming, keeping up with the business of the end of a school year. However, we need to remind ourselves that we are blessed to be attending school and enjoying all the opportunities that this brings our way. There are many that are not as fortunate as us.

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 For Term Four

October

Tuesday 19th - Sacred Heart Book Fair

Friday 22nd - Mini Vinnies three hour continuous touch game. 5pm start.

Monday 25th - 2022 prep orientation session from 9.15am.

Thursday 28th - 2022 prep orientation session from 9.15am.

November

Monday 1st - Year 6s away on camp in Cairns this week. Arriving home Friday 5th.

Monday 22nd - Prep and Year 1, Year 2 and 3 swimming carnivals.

Monday 29th - End of Year mass 9.15am at Sacred Heart church.

Monday 29th - Year 6 End of Primary School function/celebration

Tuesday 30th - Semester Two report cards available to families at 4pm.

December

Friday 3rd - Final day of school for 2021

Welcome

To Ruby in Year 4 and her parents; Trish and Troy.

To Bentley in Prep and Jaxon in Year 4 and their mum; Sheree.

To Cruz in Year 3 and his mum; Sarah

To Denzel in Year 2 and Preston in Year 4 and their parents; Sue-Ellen and Kingsley

We welcome these children and their families into our school family and wish them all the very best.

Improvements At Our School

A new grassed area was established outside our Art room.

New air conditioners were installed in our Year 4S, 4E, 5J, 5M classrooms and our prayer room.



Volunteers Required - Tuckshop

Our Tuckshop requires volunteers this term.

To enter a roster system for the below times please email our Tuckshop Convenor Shellie Mortimer at shellie_mortimer@rok.catholic.edu.au

Wednesdays	8:30am – 11am (lunch)	1:15pm – 1:45pm (second break)
Fridays	8:30am – 11am	1:15pm – 1:45pm.

Tuckshop - Term 4

Commencing this week, our tuckshop is returning to its normal days.

Wednesday for Prep to Year 2.

Friday for Year 3 to 6.

Many thanks to our coordinator, Mrs Shellie Mortimer, for our new term 4 menu.

Book Fair

Exciting Sacred Heart Library News

Book Fair during Week 3

18th – 22nd October



All classes will have an allocated viewing time on Monday or Tuesday and will take home a “Wish List”.

Buying time for classes commences Wednesday and finishes Friday at 11am.

Parent and carer purchasing afternoon/ evening is Tuesday 19th October from 2.30pm to 6pm.

Book Fair will be open Wednesday and Thursday 8.30am – 4pm. Friday 8.30am – 11am

EFTPOS available and online orders (see back of wish list)

All proceeds from sales contribute to purchasing more great library books.

Swimming Lessons

Swimming will commence for Year 2 and 3 students next Tuesday. Students will participate in weekly lessons as part of our school PE program.

Year 1 students will participate in an intensive week of swimming, commencing Monday 8th November and concluding on Friday 12th November.

Prep students will participate in an intensive week of swimming, starting Monday 15th November through to Friday 19th November.

All students are bussed to and from the Cooee Bay Aquatic Centre for lessons. Swimming will cost \$40 (covering the bus, instructors and pool hire). This will be added to families' Term 4 fees.

MJR Awards Week 1

Chelsea Allen from Year 3 for being a wonderful friend and always looking after others.

Haylen Barlow from Year 2 for playing so well with others at lunch times.

Darcy Bergman and Olivia Blackwood from Year 4 for the kindness and caring attitude you display at all times. Thank you.

Noah Budic from Year 6 for displaying a responsible attitude when asked to undertake extra tasks.

Millicent Campbell from Year 1 for always sharing your positive attitude with others and for your wonderful good mornings.

Georgia Carige from Year 4 for your amazing positivity and for always being caring towards others. Thank you.

Emerson Crane and Lydia Gill from Year 2 for playing so well with others at lunch times.

Issac Davey from Year 4 and Connor Dickenson for the determination and skill you displayed at PE this week.

Connor and Ethan Dixon from Year 2 and 4 for looking after children who are new to our school. Thank you.

Elliot Guhr from Year 5 for being so responsible in assisting with tidying up after your PE lesson.

Sienna Hawkes from Year 5 for being very capable in accepting added responsibilities.

Ashton Jensen from Year 6 for displaying excellent leadership qualities.

Isla Kleinhans from Year 3 for being very caring of others and looking after your classmates.

Alexa Mattingley from Year 2 for including others in games at lunch times. Thank you.

Olden Days Fun

Year 1 students recently participated in an Olden Days Play session.

This linked to their HaSS Unit from Term 3, which compared our lives now with those of our grandparents.

Not a battery or screen were in sight as the children had sack races, played marbles, made mud pies and practised their skipping.

Thank you to our great helpers from Year 5 and 6 for your assistance.





Sacred Heart Mini Vinnies - 3 Hour Continuous Touch Football Game

As you may be aware, our Mini Vinnies' group as a fundraiser for our local St Vincent De Paul organisation, is conducting a three hour continuous game of touch football on Friday 22nd October (Week 3 Term 4) from 5pm until 8pm at the Touch Association fields, Barmarreee.

This will be open to our Year 3s to 6s children, no touch football experience is required, with nominations closing on Thursday 8th October.

The cost is \$10 per child with all proceeds going to St Vincent De Paul.

Children will be placed into teams of 12 with a teacher/adult supervising each team. 6 players are on the field at any one time. We are hoping to have at least 8 teams taking part.




Each child participating will receive a sausage sizzle, cupcake and fruit on the night.

Water bottles and suitable footwear (no bare feet) are essential.




Transport to and from the fields is each family's responsibility. Let us know if you have any difficulties in this regard however.

If you wish for your child to be involved, a permission form was sent home on Monday next week and needs to be returned to school by this Friday 8th October with the \$10. Thank you.

Sacred Heart Mini Vinnies
invites
**STUDENTS & FAMILIES
OF YEARS 3, 4, 5 & 6**
to a
**THREE HOUR CONTINUOUS
TOUCH FOOTBALL GAME**
from 5pm - 8pm
at **Barmarreee Touch Fields**
on **Friday, 22nd October 2021**

Entry per student \$10
~ includes a sausage sizzle,
a cupcake and fruit

Nominations due Week 10

Tony Novak Touch Carnival Term 3

Last term, our mixed year 6 team competed in the Tony Novak touch carnival in Rockhampton. Thank you to Mrs Hansell and Mr O'Brien for supporting us on this day.



Capricornia School Sport

The 2022 Triathlon and Aquathlon selection trials are being held in November. Use the link below for more information and registration. [Link](#)

Information for selection of the 2022 Capricornia 10-12yrs swimming team can be found on the link below. If you require a nomination form please see Mrs Murphy at our office.

[Link](#)

Week 1 Term 4



Community News

Rosary in the Cathedral

When: 11am Saturday, 16th October

This year, our annual Rosary to Our Lady of Fatima, will be held in the Cathedral in Rockhampton.

Everyone is invited to join as a community in honouring Our Lady and asking her intercession for Australia and for the world.

Registrations open at the front of the Cathedral from 10.30am.



DONATE UNIFORMS TODAY



2022

Back to school *appeal*

Find your nearest donation point at: centacarecq.com/donationpoints

BACKGROUND

School Savvy CQ

Program Overview

School Savvy CQ is an annual back to school resources initiative designed to assist both junior and senior school students from families who are struggling financially. Basic stationery supplies and second-hand school uniforms are made available to families at very low-cost, during pop-up shops held throughout January of each year.

The goal of School Savvy is to ensure that all students have the opportunity to be well-equipped and ready to make the most of each new school year, regardless of their family's financial position.

CentacareCQ has successfully run School Savvy CQ for the past three years, and holds its pop-up shops across Bundsberg, Childers, Gin Gin, Gracemere, Rockhampton, the Capricorn Coast, and Mount Morgan.

Eligibility

School Savvy does not individually assess pop-up shop attendees against any set eligibility criteria. Instead, an honesty system is actively promoted and encouraged where users:

- Only access the program if they are struggling financially
- Take only the resources they need
- Consider others when purchasing

School Savvy believes strongly in not setting an eligibility criteria because of the stories that attendees tell. Reasons for families needing to access School Savvy supplies vary greatly. From unexpected job losses to grandparents who take custody of children at short notice, a lot of School Savvy attendees are often in temporary situations where they do not qualify for alternative assistance programs.

As a not for profit, community-driven initiative, School Savvy takes the position that there is no place for casting judgement on anyone who needs to ask for help.

Program History

School Savvy is a concept program that has been established since 2016. Originally started in Cairns by CentacareFNO, derivations of School Savvy are now also run in Townsville, Rockhampton, Yeppoon, Mount Morgan, Gracemere, Bundsberg, Gin Gin, Childers and Toowoomba, by Centacare's across the state. School Savvy is an ever-expanding program, and the long-term goal of the initiative is to continue its growth throughout Queensland.


In January 2021 alone, School Savvy CQ helped over 1,000 children, assisted over 600 families, and saw over 2800 visitors through the doors of its pop-up shops in the Central Queensland area.

— ENDS —

For more information, please contact our School Savvy team on 1300 523 983 or email schoolsavvy@centacarecq.com

Diocesan Administration
PO Box 819, Rockhampton, QLD 4700 P: 1300 523 986 E: admin@centacarecq.com
Centacare CQ is part of the Catholic Diocese of Rockhampton

Do you have a child who is younger than 16?



Indigenous Australians

Students younger than 16 years of age may be able to get ABSTUDY Schooling Allowance.

These payments can help to pay for school costs such as books, uniforms and school excursions.


For more information:

- go to servicesaustralia.gov.au/abstudy
- call Freecall™ 1800 132 317
- visit your local service centre.

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Is your child starting high school?



Indigenous Australians

It's important to enrol your child now if they are going to a local high school or boarding school next year.

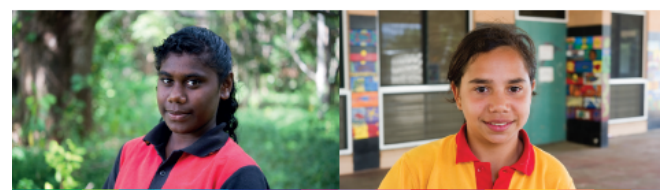
Leaving it to the last minute may affect ABSTUDY payments.

ABSTUDY claims for next year can be lodged by calling ABSTUDY on Freecall™ 1800 132 317.

For more information:

- go to servicesaustralia.gov.au/abstudy
- call Freecall™ 1800 132 317
- visit your local service centre.

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Student Travel Rebates



Semester 2



Bus Fare Assistance

- Does your child attend a **non-state school outside the Brisbane City Council** boundary?
- Does your family spend more than **\$40/week*** on fares to and from school (* \$30/week if you hold a concession card)?
- Does your child travel on a **publicly available service** not owned or associated with the school?

Students With Disability

- Does your child have a **verified disability** that requires **transport assistance** to and from a **non-state school**?
- Has your school's learning support teacher assessed your child's **travel capability rating** as 'semi-independent' or more dependent?

Visit our website to see if you qualify for our financial assistance to help with the cost of transport and **apply at SchoolTransport.com.au during October.**

Late applications cannot be accepted after 31st October.