



**SACRED HEART CATHOLIC PRIMARY SCHOOL**

**Enriching Spirits ~ Educating Minds**

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**NEWSLETTER**

14th October 2021

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

After much nagging, our youngest son finally got his first job this week. He kept 'forgetting', not surprising since he always seems to be losing his wallet, his house keys and his bus card.

Interesting considering both his house-mates have been urging him. Carlos from Cuba has been regaling him with the tragedies of his country. Hassan from Pakistan has lost 7 family members to Covid, including a 52 year old uncle whose youngest child is 7.

My son has no urgency because he lives in a bubble of safety. We are a lucky country.

This week, you may have heard of the passing of Eddie Jaku, the 101 year old inspirational Holocaust survivor. My sons were both fortunate enough to hear him present, a number of years ago. My daughter is currently reading his book, "The Happiest Man on Earth."

There are many lessons we can learn from Eddie's life, in our time where courage, resilience and working as a united community are key.

He was born in Germany and under the Nazis was sent to the Buchenwald concentration camp and later to Auschwitz, where his parents were murdered in the gas chambers. Eddie Jaku escaped a death march from Auschwitz and hid in a cave in a forest, where he survived by eating slugs and snails. Eventually, he managed to crawl to a highway where he was rescued by American soldiers.

Having narrowly survived, he moved to Australia during the 1950s, where he dedicated his life to teaching others about the dangers of intolerance.

He later married and went on to become a father and a grandfather.

"This is my message, as long as I live, I'll teach not to hate," he wrote in his autobiography, published last year to mark his 100th birthday.

Mr Jaku said he was the "happiest man" despite the horrors he witnessed in the concentration camps. "Life is what you want it to be, life is in your hands," he said. "You know happiness doesn't fall from the sky. You want to be happy? You can be happy."

Prime Minister Scott Morrison said Mr Jaku's life had been "an inspiration and a joy. Eddie chose to make his life a testimony of how hope and love can triumph over despair and hate."

Truly an amazing role model.

This week, during our staff prayer, we shared the Beatitudes that Jesus preached in his Sermon on the Mount over 2000 years ago. These Beatitudes show the qualities needed to truly live out a Christian life like Eddie Jaku. More recently, our current Pope, Francis shared several 'modern' Beatitudes:

Blessed are those who remain faithful while enduring injustices inflicted on them by others and forgive them from their heart.

Blessed are those who look into the eyes of the abandoned and marginalised and show them their closeness.

Blessed are those who see God in every person and strive to make others also discover him.

Blessed are those who protect and care for our common home, Earth.

Blessed are those who renounce their own comfort in order to help others.

Blessed are those who pray and work for peace amongst all peoples.

Hopefully, we can reflect on these qualities, put them into action and unlock our inner 'Eddie Jaku'.

Take care

Max Martin

### From The APRE

My daughter is leaving school and I have a mixture of emotions. After 21 years and 6 children, my life as a parent at school is all but finished.

Nobody warned me about this. A mother's grief as her children become adults is not overly documented. Is it grief though? At the moment, it is difficult to make sense of my emotions.

Feelings of pride and awe at the young ladies and gentlemen that my children have grown into are competing with an overwhelming sadness.

As a mother, you are warned about the sleepless nights when your child is born and you are fixated with pride and joy at their first smile, giggle, tooth, step and especially the first time they sleep through the night. For every milestone, there is a sense of accomplishment even though I personally didn't achieve anything.

For every first, there is also a last. As children grow to become more independent, the apron strings become more frayed. Every step forward becomes another step away.

With so many children so close in age, I look back and realise that I rushed through these lasts and it is only now with No. 6 that I realise I do not remember when they stopped smelling like a baby or when I last nursed them to sleep or read them a story.

It is only now that I realise it is too late to go back and realise that these moments were not so tedious. It was a time when they needed me more than they ever will again.

Unfortunately, when the time comes, it is like a bandaid being ripped from your heart. Nobody spells this out. You must make yourself redundant and realise that you are a good parent and that you have successfully raised your children into adulthood.

Dear Lord, bless and watch over all parents and carers as they raise their children. May they be blessed with wonderful memories. Amen.

Enjoy your time with your family and cherish your time together..

Melissa Collins

### From The APC

This term as part of the Sacred Heart Health curriculum, students in Year 2 and 3 will be learning about safety. Investigating how to be safe in the sun, around water and importantly about how to be safe online.

Topics covered will include media balance and wellbeing, privacy and passwords, digital footprints and the power of words.

We live in an age of technology, where children are immersed in devices for both learning and recreational activities. Therefore, more than ever students need to understand the importance of wellbeing and be given the tools to stay safe while using technology.

Each week, I will have a link for parents, sharing information and giving tips on how you can support your child to stay safe using devices and when online.

This week the articles look at what effects devices before bed have on students. We know that inadequate sleep can also be associated with increasing rates of depression, anxiety, poor concentration, inactivity and eating habits related to kids' well-being. Put simply, sleep is vital for kids' health, learning and development.

<https://www.common sense media.org/screen-time/how-do-screens-such-as-tv-and-smartphones-affect-my-kids-sleep>  
<https://www.codecamp.com.au/blog/kids-sleep-screens-parents-need-know>

### Book Fair

A reminder that our Book fair will take place next week. This year, parents will have the opportunity to visit the library to view and purchase books on Tuesday 19th from 2.30pm. Books make a wonderful gift, while encouraging the love of reading.

Tomorrow at assembly we will be having our Premier's Reading Challenge class draw. Our P. and F. have kindly donated a \$20 gift voucher draw for students from each class that participated in the challenge. Students will be able to use this voucher at the Book fair next week.

Have a wonderful week, stay safe and keep reading,

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](#)

## Important Dates For Term Four

### October

Friday 15th - Year 2H assembly at 8.40am in our multi-purpose area.

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.

Thursday 4th - Year 1 excursion

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

## Year 3 and 4 Assembly Change Due To Swimming

Due to swimming lessons, our Year 3 and 4 assembly will now be held on a Friday at 8.40am when there is no whole school assembly and straight after assembly otherwise.

Prep to Year 2 assembly Monday from 8.40am.

Year 5 and 6 assembly Wednesday from 8.40am.

## 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](mailto: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.

## Book Fair 18th to 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.

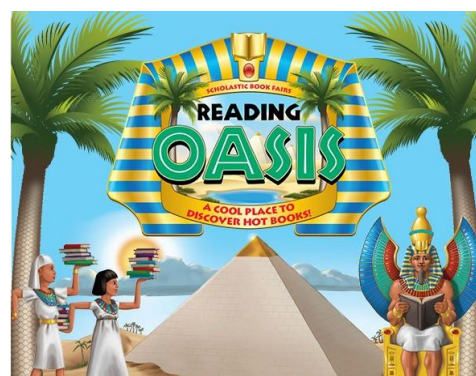
### Parent Information

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

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

EFTPOS available

Online orders information on the back of the wish list and this list needs to be



presented for record of items ordered and payment receipt.

With limited stock on hand, your order via the wish list may need to be back ordered. No posters or knick-knacks can be back ordered.

All proceeds from sales go to purchasing more library books. Hope to see you next week.

### MJR Awards Week 1



### Students of the Week

<b>Prep</b>	Georgia Turner, Paisley Nicholls, Zeb Bowman, Clay Ferrier
<b>Year 1</b>	Frankie Kenny, Noah Hartley, Jacob Flanders, Brooklyn Waters, Greta Hovey, Kayden Griffin, Taye Warner, Evelyn Donald
<b>Year 2</b>	Dallas Beresford, Isla Bradshaw, Georgia Blackwood, Ari Carpenter, Micah Hawkes, Hudson Daniel
<b>Year 3</b>	Cruz Hill, Cooper Griffin, Lucy Thomas, Levi Bone, Charlotte Solis
<b>Year 4</b>	Jaxon Paidra, Jaxon Mitchell, Josie Oram, Darcy Bergman, Mikayla DeBeer, Indie Oram
<b>Year 5</b>	Leo Kirby, Kaden Davey
<b>Year 6</b>	Fynn Lewis, Chloe Kleinhans, Grayson Catt, Logan Young, Alli O'Rourke

### MJR Awards Week 2

Noah Hartley, Jack Strenzel, Taye Warner and Sloan Kelly from Year 1 for showing great getting along skills and playing beautifully at lunch times.

Hayden Pont, Beau Hoare, Halle Smith, Indigo Crosby and Willem Shackleton from Year 2 for the determination and conscientiousness you show in class.

Jake Jansen from Year 4 for accepting added responsibilities and doing them in a mature manner. Thank you.

## 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, Barmaryee.

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.

We are still looking for players if children are interested.

**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 **Barmaryee Touch Fields**  
on **Friday, 22<sup>nd</sup> October 2021**

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

**Nominations due Week 10**

## Companion Cup

Last Saturday, our school rugby league team played St Benedict's in the annual Companion Cup which was a curtain raiser to the St Brendan's Old Boys v First XIII game.

It was a rematch of the Challenge Cup final and was played with great enthusiasm and intensity.

Well done to our Sacred Heart team who ran out winners 30 - 10. All the boys played extremely well, with special mention of Jet Ryan who received our Player of the Game award.

Thank you to all our supporters and to Mrs Murphy for being our runner and first aider.

Our netball side will be playing St Benedict's in their Companion Cup game on Friday 29th October at Sacred Heart School. More details to follow.



## Achievements - Well done



To Charlotte and her amazing efforts at a recent gymkhana on her horse, Buzz.

To Demi on her wonderful swimming achievements.

To Noah who won the Central Q'ld Junior Development Series Tennis Championship. Well done.

## Year 6 Poetry

End of Year 6  
 Congratulating, Memorable  
 Graduating, celebrating, honouring  
 Feelings all around the place  
 Graduation  
 Alli

End of year celebration  
 Sad, happy  
 Exploring, walking, swimming  
 Mixed feeling leading up to high school  
 Freedom  
 Cooper

End of primary school  
 Fun, crazy  
 Leaving, celebrating, remembering  
 A lot of mixed feelings  
 Graduation  
 Ethan

End of year celebration  
 Thrilling, exciting  
 Socialising, graduating, leaving  
 Quite nerve racking  
 Graduation  
 Mackenzie

End of year celebration  
 Emotional, memorable  
 Depressing, leaving, freeing  
 Honoured to be in Sacred Heart  
 Graduation  
 Josephine

End of year celebration  
 Amazing, sad  
 Dancing, celebrating, singing  
 Emotional  
 Graduation  
 Nickson

End of Year  
 Sad, memorable  
 Leaving, celebrating, graduating  
 Happy to go to high school  
 Freedom  
 Armani

End of year  
 Memorable, excited  
 Journeys, nervous, leaving  
 New adventures to come  
 honourable  
 Isla

End of year celebration  
 Happy, excited  
 Celebrating, graduating, not doing work  
 I am extremely happy to be leaving  
 Graduation  
 Caleb

End of year celebration  
 Motivational, memorial  
 Jumping, laughing, crying  
 Sad to leave  
 Freedom  
 Ariana

<p>End of year celebration Fun, exciting Dancing, talking, leaving Emotional Graduation Isabella</p> <p>End of year 6 Sad, exciting Leaving, talking Quite scary Graduation Heidi</p> <p>End of year celebration Happy, excited Leaving, high school I'm leaving primary school Sad, proud Lucas</p> <p>End of year celebrations Happy, enjoyable Pack up, leave, graduate Excited to leave Graduating Lucas</p> <p>End of year celebration Exciting, happy Memorable, sad, free New adventures ahead of me, can't wait to See you high school Indie</p>	<p>End of year Emotional, memorable Eating, dancing, partying Curious about what's coming next Freedom Ruby</p> <p>End of year celebration Sad, Memorable Eating, talking, emotional Excited for high school Mia</p> <p>End of year celebration depressing, emotional, Nervous for high school Leaving, freedom. Nathan</p> <p>End of year celebration Happy, excited Leaving, travelling, working Happy to leave primary school Thomas</p> <p>End of year celebration Excited, happy Walking, talking, leaving Scared about high school Nate</p> <p>End of year graduation Exciting, emotional Leaving, graduation, celebration Nervous for high school Freedom. Poppy</p>
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## Community News


### Rosary in the Cathedral

When: 11am Saturday, 16<sup>th</sup> 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.



**Student Travel Rebates**

**Semester 2**

<p style="text-align: center;"><b>Bus Fare Assistance</b></p> <ul style="list-style-type: none"> <li>Does your child attend a <b>non-state school outside the Brisbane City Council</b> boundary?</li> <li>Does your family spend more than <b>\$40/week*</b> on fares to and from school (* \$30/week if you hold a concession card)?</li> <li>Does your child travel on a <b>publicly available service</b> not owned or associated with the school?</li> </ul>	<p style="text-align: center;"><b>Students With Disability</b></p> <ul style="list-style-type: none"> <li>Does your child have a <b>verified disability</b> that requires <b>transport assistance</b> to and from a <b>non-state school</b>?</li> <li>Has your school's learning support teacher assessed your child's <b>travel capability rating</b> as 'semi-independent' or more dependent?</li> </ul>
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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](http://SchoolTransport.com.au) during **October**.

Late applications cannot be accepted after 31<sup>st</sup> October.

# DONATE UNIFORMS TODAY

## 2022

Back to school *appeal*

Find your nearest donation point at: [centacarecq.com/donationpoints](http://centacarecq.com/donationpoints)

## BACKGROUNDER

### 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.

Centacare CQ 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 Centacare FNQ, 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 523 985 or email [schoolsavvy@centacarecq.com](mailto:schoolsavvy@centacarecq.com)

## 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](http://servicesaustralia.gov.au/abstudy)
- call Freecall™ 1800 132 317
- visit your local service centre.

## 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](http://servicesaustralia.gov.au/abstudy)
- call Freecall™ 1800 132 317
- visit your local service centre.

Australian Government  
Services Australia  
[servicesaustralia.gov.au/abstudy](http://servicesaustralia.gov.au/abstudy)

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# Are you a Parent?

Kids giving you a hard time?

At your wits end?

Why not try Circle of Security?

*A program to strengthen your parenting skills in weekly sessions using videos, reflection, and discussion.*

Relationships Australia are taking enrolments now to begin our final group here in Mount Morgan on Tuesday 19<sup>th</sup> of October, 1:30pm.

*Just leave your details at the Family and Children's Hub.*



63 Morgan Street

Or call

+938 2262 / 04 9944 0017








Relationships Australia  
QUEENSLAND

1300 364 277  
www.raq.org.au

www.PageBorders.net

Free vaccines are offered to Year 7 students through the Queensland School Immunisation Program. Students are immunised against human papillomavirus (HPV), and diphtheria, tetanus and pertussis (whooping cough).

## GETTING YOUR CHILD IMMUNISED IS EASY

-  Keep an **EYE** out for the immunisation consent pack from your child's school
-  **READ** the information
-  **SIGN** the consent card for each vaccine
-  **RETURN** the consent card to school
-  **KEEP** the vaccination record



**For more information:**  
Call 13 HEALTH (13 43 25 84)  
Visit [health.qld.gov.au/immunisation](http://health.qld.gov.au/immunisation)

## PREPARE AND PROTECT



### YOUR CHILD'S IMMUNISATIONS ARE DUE IN YEAR 7

**For more information:**  
Call 13 HEALTH (13 43 25 84)  
Visit [health.qld.gov.au/immunisation](http://health.qld.gov.au/immunisation)

