



**SACRED HEART CATHOLIC PRIMARY SCHOOL**

**Enriching Spirits ~ Educating Minds**

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**NEWSLETTER**

2nd June 2022

### From The Principal's Desk

To some of you this next anecdote may be well known but it still has an important message as we head towards the end of Term 2, knowing that we still have 'a lot on our plates' over the next three weeks.

Once upon a time, there lived a very strong, young man named Jack who lived on the edge of a great forest. At the edge of the forest was a timber mill where men brought trees they had cut down to be sawn and shaped into timber suitable to make houses and furniture.

Jack knew this was a profitable job, so when he turned 17, he went to see the timber merchant. The merchant, Mr Puffinger, was very impressed with Jack: he was young, strong, motivated and obviously committed to doing his best. Mr Puffinger handed Jack an axe and said, "You begin work tomorrow morning at dawn."

Jack was so excited.

The next day with his new axe in hand, he worked tremendously hard and with pride returned to the timber mill at sunset with his horse dragging 18 fine logs. "Congratulations," said Mr Puffinger, "you have worked very well."

Jack was puffed up with pride and was determined to do even better the next day. But to his surprise at sunset the next day, he had only managed to cut down 15 trees. "Don't worry," said Mr Puffinger, "I know you are doing your best."

However on the third day, despite his best efforts, Jack only carted 10 logs to the timber mill. Day after day, Jack chopped trees down and each day the number of logs he brought in decreased.

By the 8<sup>th</sup> day, Jack was really disheartened, only 3 trees to tow to the mill. "I'm so sorry Mr Puffinger, I am trying harder every day, I don't rest, I chop through lunch and yet I still can't seem to chop down 18 trees. I must be getting weaker."

Mr Puffinger leant down and picked up Jack's axe.

"Son," he said, "the problem is simply solved. You need to sit down more, take a rest, eat your lunch and while you do it sharpen that axe."

So what's the message? The message is that successful people have balance in their lives.

They don't just work and work, they make time to have pauses in their lives, to sharpen their axes. Maybe we can liken the sharpening of the axe to someone who prioritises what is important in their lives.

As busy parents, I bet you wonder where the weeks and months and years disappear to? Where have my Saturdays gone, as we taxi children to play dates, sport and part-time jobs? How can that chubby baby boy now be heading for high school?

We are encouraged to learn from Jack after he learnt to sharpen his axe – to be organised, determined to do your best but also to weigh up the priorities in your life, not over-spending too much time on any one endeavour.

To take time to pause every now and then on the meaning of your life – a time for rest, a time for meditation, a time for prayer.

Take care

Max Martin

## From Our APRE

“Be Brave. Make Change” is the theme for the 2022 National Reconciliation. It challenges everyone to be brave and tackle the unfinished business of reconciliation so we can make change for the benefit of all Australians. This year, we are asking everyone to make change beginning with brave actions in their daily lives.

National Reconciliation Week was supported by Australia’s major faith communities and started as the Week of Prayer for Reconciliation in 1993. In 1996, the Council for Aboriginal Reconciliation launched Australia’s first National Reconciliation Week. In 2001, Reconciliation Australia was established to continue to provide national leadership on reconciliation.

Use this link if you would like to know more about - [National Reconciliation Week](#)

Dear Loving Lord, Creator of all,  
you created us all in your own image,  
one image – many colours,  
one image – many cultures.  
You made us come together like a rainbow,  
separate parts but coming together in one creation.  
Help us to see the beauty you have created in each and every one of us. Amen.  
<https://www.abmission.org/prayers-for-reconciliation/>

Let’s be brave and make a change.

Melissa Collins

## From Our APC

We live in an age of technology, where children are immersed in devices for both learning and recreational activities. This can often seem challenging for parents, wondering how to choose the right apps and keep their child safe online.

More than ever students need to understand the importance of wellbeing and be given the tools to stay safe while using technology.

The eSafety Commission is providing free webinars for parents. It will cover:

- How to set up devices and apps to help keep young people safe online.
- Practical tips, demonstrations and advice - designed for parents and carers of kids aged 4 to 13 years old.
- The benefits and limitations of parental controls.
- How to safely set up iOS and Android devices.
- How to safely set up popular games and apps, like YouTube and Roblox.
- Family tech agreements and other parenting strategies to manage online risks.
- How eSafety can help you when things go wrong.



**Parent and Carer Webinar:**  
Online gaming

If you are interested, use this link to register. <https://register.gotowebinar.com/rt/4934585514215344653>

Have a wonderful week,

Mrs Lisa List.

## Sacramental Program

Eucharist

- Sunday 5th June Enrolment and registration 3:30pm with mass following.
- Sunday 19th June 5pm Mass - Children pray the ‘Our Father’ together.
- Sunday 17th July 5pm Mass - Children receive a cross.

Receiving the sacrament of Confirmation      Friday 22nd July, 6:30pm.  
Receiving the sacrament of Eucharist      23rd/24th July.

If you have any queries, please contact Melissa Collins or the parish office.

## Capricorn Coast Catholic Parish

Here is the Sacred Heart Church Bulletin for this week. Stay connected and enjoy.  
Link to: [Bulletin](#)

## Important Dates Term Two

### June

Friday 3rd - Year 3A presenting whole school assembly at 8.40am.

Thursday 9th - Year 4 to 6 athletics carnival at Sacred Heart.

Friday 10th - Yeppoon Show holiday

Monday 13th to Thursday 16th - Year 4 camp to the Caves.

Tuesday 21st - Semester 1 children's report cards available at 4pm through parent lounge.

Thursday 23rd - Sacred Heart Day. Mass at 9.15am.

Friday 24th - Final day of Term 2.

Friday 24th - Netball and rugby league interschool grand finals at Barmaryee sports fields.

## Farewell

To the Smithers family: Alex in Year 1, Karly in Year 5 and their mum, Anita.

To Bodhi Duff in Prep and his parents: Samantha and Turi.

To Mrs Tyana Lamont, one of our wonderful Prep teacher assistants.

We thank these families and Mrs Lamont for being a part of our school family and wish them all the best for the future.

## Important Notice About Our Stop, Drop and Go Zone

An important reminder to our families that our Stop, Drop and Go zone near the undercover is an area where children are dropped off each morning. Parents and carers are then to move on.

Presently, families are parking there to bring their children into school which is creating unnecessary hold ups.

I ask that it is used as just that: a Stop, Drop and Go area. Thank you.

## Queensland Health - Dental Service

The Queensland Health dental van will be stationed at Sacred Heart for our families during June and July.

If you wish for your child to access this service, medical and consent forms are available from our office or they can be downloaded using this QR code.

If you experience difficulty scanning the QR code with your phone, the link below can be used:



[https://forms.office.com/Pages/ResponsePage.aspx?id=CLBIC9eVvEq6\\_D\\_8IMA5wKczHZNfMUxAgHoMz32GRDRUOFdYSldKTEFPuzFUMUY5N04xRIVHN05WVS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=CLBIC9eVvEq6_D_8IMA5wKczHZNfMUxAgHoMz32GRDRUOFdYSldKTEFPuzFUMUY5N04xRIVHN05WVS4u) or you can call 4920 6372 or email [cqhhscaohs@health.qld.gov.au](mailto:cqhhscaohs@health.qld.gov.au)

## Tuckshop Week 8

Wednesday for Prep, Year 1, Year 2 and Year 3.

Thursday for Year 4, Year 5 and Year 6.

There will be a meal deal (\$7.50) offered on both these days at first break. All include a popper and muffin.

- Green Chicken Curry meal deal
- Bolognese meal deal
- Sausage Roll meal deal

- Pie meal deal
- Hotdog meal deal

At second break, fresh cookies for \$1 each, muffins and ice creams/blocks will be on sale.

## Prep Enrolments 2023



**Sacred Heart Catholic Primary School**  
**Yeppoon**

We are currently taking  
 Prep enrolments for 2023

Contact 49 948215 for more information  
 or  
 enrol online - [www.shyrok.catholic.edu.au](http://www.shyrok.catholic.edu.au)  
 Thank you

**CATHOLIC EDUCATION**  
 HOUSE OF HOPE AND LIFE

## MJR Awards Week 6



## MJR Awards Week 7

Hannah Flanders from Prep for the kindness you show others. Thank you.

Georgia Deasy, Brooke McQuillan and Evie Eyles from Year 6 for displaying good leadership skills and great initiative.

Rejie and Connor Dickenson from Years 3 and 4 for always displaying wonderful manners and for interacting so well with your classmates.

Macy Gould and Josie Malt from Year 3 for showing consideration and care for others. Thank you.

Hunter Hare from Year 2 for showing good getting along skills when playing at lunch times.

Fergus Kenny from Prep for showing great determination and resilience during PE lessons.

## Student Awards

<b>Prep</b>	Claire Martin, Quinn Pardon , Ava McNamara , Sophia Small, Liam Watson, Sophie Donald, Charlie Paynter
<b>Year 1</b>	Mason Krause, Macy Corcoran, Lelani Webster, Parker Prayle, Chase Dawson
<b>Year 2</b>	Amellia Crick, Harris Gould, Jack Strenzel, Taye Warner, Ryah Manz, Jax Barlow, Sienna Mattingley, Sophie Howard
<b>Year 3</b>	Lydia Gill, Harper Gill, Ella-Louise Reynolds, Austen Carige, Josie Malt, Beau Hoare
<b>Year 4</b>	Harley Neagle, Jai Ray, Ivy Ballard, Chelsea Bunt, Mason Stark
<b>Year 5</b>	Mackenzie Smith, Korbin Mitchell
<b>Year 6</b>	Keyleigh Johnson, Daley Cooper

## Sacred Heart Year 4 to 6 Athletics Carnival

Our Year 4 to 6 athletics carnival will be held next Thursday 9<sup>th</sup> June.

Following is an overview of the carnival day and the pre carnival events. All will hopefully be held on our Sacred Heart oval.

Children have nominated to compete in the following events: 200 metres, 800 metres, high jump, long jump and shot put.

### Pre carnival events

9/10 years high jump	Friday 3 <sup>rd</sup> June	Girls 9.10am	Boys 10am
11 years long jump	Monday 6 <sup>th</sup> June	Girls 9.10am	Boys 10am
12 years shot put	Tuesday 7 <sup>th</sup> June	Girls 9am	Boys 9.50am

200 metres Wednesday 8<sup>th</sup> June from 9am.

### Carnival day field events:

9 years	Shot put, long jump
10 years	Shot put, long jump
11 years	Shot put, high jump
12 years	Long jump, high jump

An approximate timetable for our athletics carnival on Thursday 9<sup>th</sup> June

9am	War cries
9.10am	100 metre races
10am	First round of field events
10.50am	Break
11.10am	Second round of field events
12pm	Relays
12.50pm	Presentations in our multi-purpose area
1.20pm	Second break

## Library Update

Mrs O'Brien and Mrs Wilzcek have been working conscientiously in our library to make this area a wonderful learning space.

A beach scene has been added to one of the sliding doors and bookshelves have been relocated to make another learning space for our children.

More improvements are on the way.



## Community News

**CentacareCQ**  
**1-2-3 Magic**  
*Emotion coaching for parents*

**Learn to manage difficult behaviour in children 2-12 years old**  
 Three session program for parents and carers provided by **CentacareCQ**

**30 May, 6, 13 June 6.30-8.30pm**  
 CentacareCQ 5/15 James St Yeppoon

“1-2-3 Magic® can be a magnificent preventative measure that any parent can use to avoid raising a child, who later down the line, needs excessive discipline or grows out of control”

**You will learn:**

- How to discipline without arguing, yelling or smacking
- How to sort behaviour
- How to handle challenging and testing behaviours
- Choosing your strategy, the three choices
- Using emotion coaching to encourage good behaviour
- Seven tactics for encouraging good behaviour

**Parents will receive:**

- 1-2-3 Magic® & Emotion Coaching Parent Workbook

**FREE - REGISTER NOW**  
 Call 1300 783 544 or visit [centacarecq.com/123magic](http://centacarecq.com/123magic)



Provided in Central Queensland by  
**CentacareCQ**



**Register HERE**



**WINDSURFING**  
**PADDLE BOARDING**  
**DINGHY SAILING**  
**CATAMARAN SAILING**  
**KIDS SAILING**



Come along and have fun with the Keppel Bay Sailing Club at their Discover Sailing Day on the 11th June, 9am-3pm.

Come along and try different water activities for FREE!  
 There will be a sausage sizzle for a gold coin donation!  
 Ages 6+ welcome

FREE FREE FREE FREE

**DISCOVER SAILING DAY**

**# WELCOME TO OUR PLAYGROUND**



DATE: 11/06/2022 TIME: 9am-3pm



# COLOUR IN TO WIN

**WIN TICKETS TO SEE THE MOVIE**

A VILLAIN WILL RISE


**RETURN YOUR COMPLETED ENTRY TO YOUR NEAREST LIVINGSTONE LIBRARY BRANCH**



minions  
THE RISE OF GRU  
ONLY IN CINEMAS JUNE 23

Sharpen those pencils and get colouring for your chance to win tickets to see "Minions: Rise of Gru". Minions: Rise of Gru is the untold story of one bad-guy-as-a-child's dream to become the world's greatest supervillain.

ONLY IN CINEMAS JUNE 23



SLAP! SLAP! SLAP! SLAP!

EVENT  
A B C  
CARROLL  
COYLE



Capricorn Communities  
STRONG communities

**FREE PROGRAM FOR DADS**  
STARTS THURS JULY 21ST

**FREE PROGRAM SUPPORTED BY**

Capricorn Communities for Children Facilitating Partner is funded by the Australian Government and facilitated by The Smith Family



**CQ DADS FOR KIDS**  
FREE Parenting Program for Dads

📍 Rockhampton, QLD 🕒 Starts 21/07/2022 5:30-7:30pm

10 WEEK PROGRAM  
Provides support and guidance on how to create strong & healthy connections with your child/children

**REGISTER ONLINE NOW**  
strongcommunities.org.au

[Entries link](#)



**Want \$500 to help you with school costs?**

saverplus

Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card **AND** an eligible Centrelink payment\*
- ✓ Be studying yourself **OR** have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)\*
- ✓ Be 18+ years old

\*Many types of income and Centrelink payments are eligible

Here are some of the school costs the \$500 can be used for:



For more information, please contact your local Saver Plus coordinator:

👤 Kathy Connaughton  
✉ kathy.connaughton@thesmithfamily.com.au  
📞 0408 490984

DELIVERED BY



Find out more at [saverplus.org.au](http://saverplus.org.au)

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.

**Do you have a child under 5?**

**Want to give your little one the best start in talking and listening?**



Join **Read and Talk to Learn (RATTL)** on Facebook!



www.facebook.com/RATTL.page



The RATTL page is for ALL parents and carers to learn some **tips and information about helping your child develop talking and listening skills.**

**Your chance to WIN one of five \$100 UberEats vouchers?**

Give us feedback by filling in two easy surveys. By being a research participant you will go in the draw to win! Just scan the code - closes 13 June.

RATTL is a project by PPASP - Promotion & Preventive Action in Speech Pathology - a group of Queensland speech pathologists from Government, Universities, Early Childhood, Private Practice and other community organisations. For further information about PPASP email: [cchw@health.qld.gov.au](mailto:cchw@health.qld.gov.au)

