



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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NEWSLETTER

9th June 2022

From The Principal's Desk

Readers of a popular Australian newspaper voted on their top ten sporting quotes. Here are a few:

"When considering the stature of an athlete or for that matter any person, I set great store in certain qualities which I believe to be essential in addition to skill. They are that the person conducts his or her life with dignity, with integrity, courage, and perhaps most of all, with modesty. These virtues are totally compatible with pride, ambition, and competitiveness." (Sir Donald Bradman, cricketer)

"I don't think I'll take the medal as the minute and a half of the race I actually won. I'll take it as the last decade of the hard slog I put in." (Gold medallist ice skater Steven Bradbury, who broke his neck and required 111 stitches in separate incidents on the ice.)

"I've missed more than 9000 shots in my career. I've lost almost 300 games. Twenty-six times I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." (Michael Jordan, Basketball legend)

"We are on the crest of a slump." Then Gold Coast rugby league coach, Phil Economidis after a rough trot.

"It is more important to be a good person than it is to be a good tennis player. Being a good human is absolutely my priority every single day." (Ash Barty, tennis player)

Yesterday, one of our Year 6 athletes asked me as we boarded the bus to travel to St Benedict's for our 200 metre races, "Mr Martin, I am a little nervous, can you tell me how far you run in a 200 metre race?"

It is very disappointing that our Year 4 to 6 athletics carnival has been rescheduled to Monday 20th June however over the past fortnight, it has been very pleasing to witness the whole hearted involvement of our children in the pre-carnival events. Yesterday, we had over 140 competing in the 200 metres.

Children and sports are definitely a good combination. Participating in a sport enables children to build healthy minds, healthy bodies, friendships and valuable life skills. Sports also teaches about the importance of working as a member of a team and being a good sport.

I can still remember quite vividly our first foray into organised sport with our daughter, aged 8 and son, 5 playing soccer in Longreach. One was a 'demon' on the field, taking on all opposition, bouncing up after any collision and loving being a team member. The other, Maxie, enjoyed plaiting the grass and running away from the ball. He loved his shin pads, though.

Participating in sporting events provides many lessons in life. One minute a child can be in the winning position racing for the finish line, shooting for a goal or hitting a six. The next minute, that same child can't believe they were pipped at the post, missed the net or were caught on the boundary.

Being a 'good sport' is a valuable learning opportunity that comes as a result of participating in sports. Being humble in victory and gracious in defeat are life skills that require not only maturity to demonstrate but also modelling and encouragement by parents, teachers and coaches.

The actions of John Landy, a great Australian sportsman, provides an excellent example.

In the 1500m race at the 1956 Australian National Championships prior to the Melbourne Olympic Games, Landy stopped and doubled back to assist fellow runner, Ron Clarke after another runner clipped Clarke's heel, causing him to fall early in the third lap of the race.

Clarke, the then junior 1500 metre world champion, who had been leading the race, got back to his feet and started running again, Landy followed. Incredibly, in the final two laps, Landy made up a large deficit to win the race, something considered one of the greatest moments in Australian sporting history.

The great thing about sport is that children get the chance to experience emotional highs and lows in a safe, appropriate and structured environment. Sport can give children the chance to learn about being part of a team, winning well, bouncing back from a loss and coping with unpleasant experiences such as injury.

It also teaches us about how important it is to try their best, even if this doesn't always result in winning.

Participating in sports is a great platform for children to feel the reward of putting in effort. It is the effort and not necessarily the result that makes it a success or failure.

Take care

Max Martin

From Our APRE

Google would try to prove me wrong with their list of the top 10 hardest careers, however, I truly believe that I have the hardest job in the world.

Of course, there are others who work alongside me and there will be many more to come because being a parent **IS** the hardest role in the world. It comes with more responsibility and stress than any occupation not to mention no monetary compensation.

One does not forget the years of sleep deprivation, the continual 24 hour daily grind of parenting, the overwhelming responsibilities and the constant worries that invade your mind. But the hardest thing of all is loving them. Truth be told, if we did not love them - it would not be as hard.

Let your children know that you love them, even if they have done something wrong. This helps open up communication.

This week, I have had many dealings with children and the effect that their behaviour can have on others. I believe that when we involve the parents, we are working together to provide a community of people the children know, who will guide, love and support them. It's important to remember that, "It takes a village to raise a child."

I keep hearing it
takes a village to
raise a child.
Do they just show up,
or is there a
number to call?

Dear Heavenly Father, thank You for our children. Help us to continue to love them always. As we do our best, help them to always do the right thing, bless their minds with good decisions, let their hands be loving, and may they speak words of love and encouragement. Amen.

Enjoy the long weekend

Melissa Collins

From Our APC



Liz and Healthy Harold, from Life Education, will be at Sacred Heart from Monday 11th to Friday 15th July, 2022.

Our Prep to Year 4 classes will be involved in these sessions.

We want our children living to their full potential and believe that they deserve to lead safe and healthy lives. This is why we are being supported by Life Education.

By placing preventive education at the core of their work, Life Education instil in children the confidence to make safer and healthier choices now and in the future.

Modules being taught to our students are:

Pep: My Body Matters
Year 1: Ready, Steady, Go.
Year 2: Growing Good Friends
Year 3: bCyberwise
Year 4: bCyberwise

For more information, visit the [Parent and Carer Hub](#) to have a look at the modules that your children will be working through. You will find detailed overviews and fact sheets with 'conversation starter' ideas so that you can carry on discussing the lessons at home.

A reminder, there are parent information sessions provided by The eSafety Commission, if interested, use this link to register: <https://register.gotowebinar.com/rt/4934585514215344653>

Have a wonderful week,

Mrs Lisa List

Sacramental Program

Eucharist prayer.	Sunday 19th June 5pm Mass - Children presented with the 'Our Father' prayer. 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 July - 5:15pm Mary Immaculate Emu Park 24th July - 9am Sacred Heart Yeppoon and 5pm Sacred Heart Yeppoon

If you have any queries, 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 10th - Yeppoon Show holiday

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

Tuesday 14th - Prep's excursion to Pilbeam Theatre for 'Edward the Emu' performance.

Monday 20th - Year 4 to 6 athletics carnival

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.

July

Monday 25th and Tuesday 26th - School photos

Sacred Heart School Counsellor and Office Secretary

At the end of this term we will be farewelling two members of our staff who play an integral role as part of our school family.

Mrs Kelly McKenna, our school counsellor, will be taking up a position at St Benedict's School, Yeppoon.

Mrs Melinda Murphy, our office secretary, will also be leaving us.

It will be extremely sad to no longer have Kelly and Melinda at our school and we wish them both all the best for the future.

Tuckshop Week 9

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

Friday 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.

Year 4 Camp to the Caves

Our Year 4s will be embarking on their overnight camp to the Capricorn Caves next week.

Children in 4M (McPherson) will depart from school on Monday 13th June 2022 and return to school on Tuesday 14th June, 2022. Children in 4E (Evans) will depart from school on Tuesday 14th June 2022 and return to school on Wednesday 15th June, 2022. Children in 4H (Hansell) will depart from school on Wednesday 15th June 2022 and return to school on Thursday 16th June 2022.

Our children will be involved in a myriad of activities including group initiatives, adventure caving, environmental studies, rock wall climbing, night tour of Cathedral Cave, campfire, all with qualified instructors.

We wish them all the best their time away from school.

MJR Awards Week 7



Frankie Award

Jacob Flanders, James Muller and Sloan Kelly from Year 2 for keeping our school environment rubbish free by helping Mrs List pick up rubbish from an overturned bin.



MJR Awards Week 8

Isla Eades from Year 3 for the care and concern you showed to another student.

Eden Kalie for Year 5 for helping classmates pack up during library and wishing them good luck for their high jump event.

Kai Nielsen, Davis McDonald, Landen Miller, Korbin Mitchell, Joseph Kingston from Year 5 and 6 for displaying amazing determination and courage when representing our Sacred Heart at interschool sport.

Kira Walsh from Year 5 for always displaying wonderful manners and your good mornings are greatly appreciated.



Hanna Cross from Year 4 for always showing a caring manner towards others. Thank you.

Kevin Zhong from Prep for being a good friend and playing well with others. Thank you.

Student Awards

Prep	Emily O'Brien, Van Richter, Kevin Zhong, Quinn Campaniello, Archie Aupouri, Archie Macpherson, Fergus Kenny, Stella Small, Lucy Goldman, Harley Hill, Lizzie Crick
Year 1	Charlotte Neagle-Fisher, Finn McIvor, Carter Morris, Madeline Grob, Alana Pont, Chayton Barlow, Sawyer Page, Paisley Nicholls, Brock Bishop
Year 2	Jack Eyles, Madeline Gill, Skyla Kirkman, Avery Kona, Layla Hurst, Milla Sykes, Leni Bergman, Olivia Broom, Brock Solis, Jessie Thomas, Jack French, Wilhelem Van Ommen
Year 3	Maddison Culican, Elka Guhr, Denzel Wolff, Quinn Du Plooy, Boston McAllister
Year 4	Addy McDonald, Hanna Cross, Bear Cranston, Bertie Harvey, Connor Dickenson, Chloe Hurst
Year 5	Landen Miller, Kai Nielsen
Year 6	Jett Parfitt, Nate Bunt, Jasmine Smith, Tori Kelly, Indigo Hart, Thomas Sweeney, Bastian Hayes, Sienna Hawkes

Cap Cross Country Trials

Congratulations to Brydi Young from Year 6 who has been chosen in the Capricornia cross country team following trials held in Rockhampton last week.

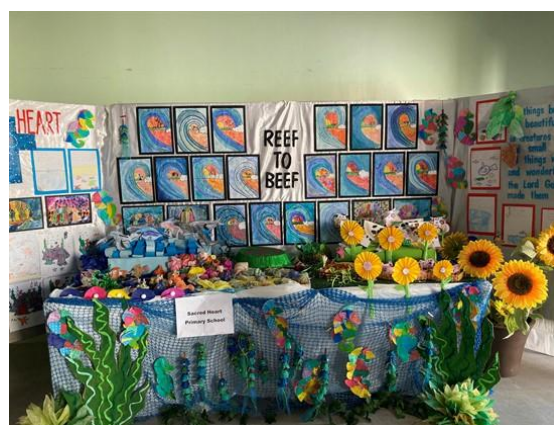
Brydi placed 3rd and will now compete at the state championships. Well done.

Yeppoon Show School Displays

Thank you to Mrs Collins, Mrs Seymour and Mr O'Brien for organising our Yeppoon show display. It is always wonderful to have the opportunity to showcase our children's artistic work.

We placed 2nd in the schools' displays.

There were many Sacred Heart students who entered the show in different sections. Congratulations to all who received awards for their entries.

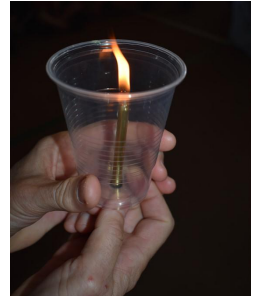


Year 3A Prayer Assembly

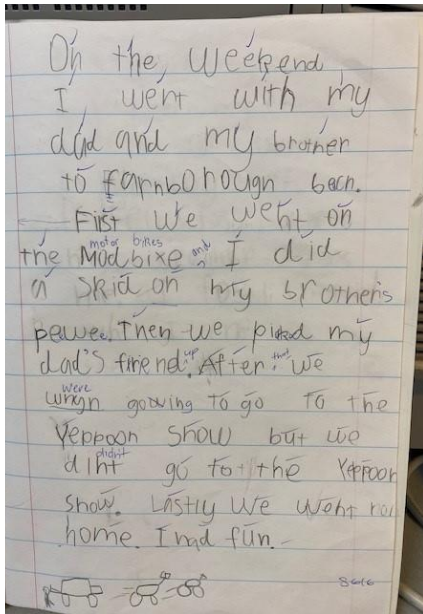
Thank you to our Year 3A children for presenting our whole school assembly last Friday. Their theme was "Pentecost" which is an important feast day in our Catholic religious calendar.

See the link below for a full version of this prayer liturgy. Thank you to Mr Ian Rendell for recording this.

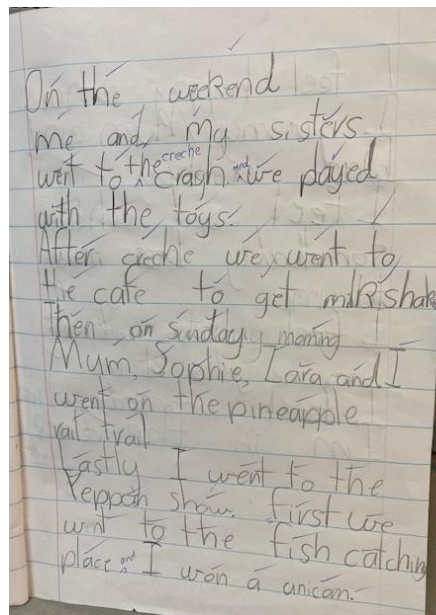
[3A Prayer Liturgy](#)



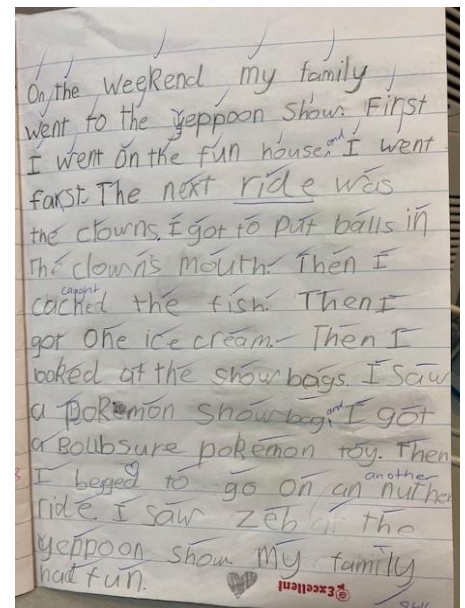
Year 1 Writing



Reuben

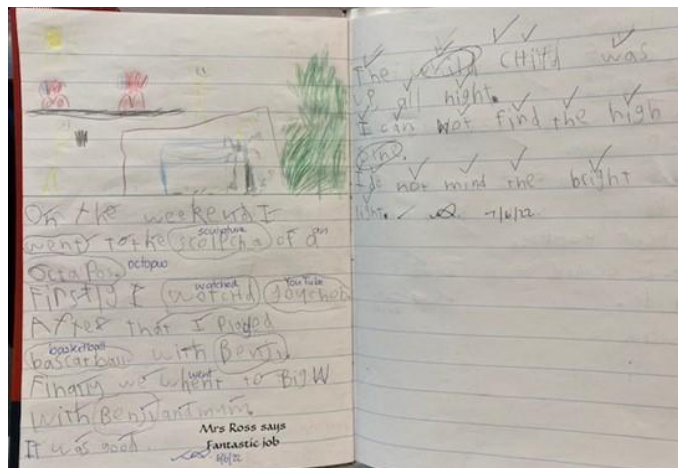


Macey



Madeline

Carter





Administration Secretary

Sacred Heart Catholic Primary School, Yeppoon

Join the team at Sacred Heart Yeppoon, in this term time continuing position, commencing Term 3, 2022.

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

Applications close Friday, 17 June 2022

Catholic Education is committed to best practice in student protection policies and procedures. Aboriginal and/or Torres Strait Islander people are encouraged to apply.

WHERE THE DIFFERENCE IS YOU  **CATHOLIC EDUCATION**
DIOCESE OF ROCKHAMPTON

<https://applynow.net.au/jobs/CER347>

Community News

Livingstone Shire Council presents

CHARLOTTE'S WEB



BY ELAINE PRODUCTIONS
 BASED ON THE BOOK BY E. B. WHITTE
 ADAPTED BY JOSEPH H. BARKIN STE



THURSDAY 30 JUNE
 4.00pm | Yeppoon Town Hall
 \$20 Adults \$15 Children (4-12)
 \$60 Family (2A + 2C)

WORKSHOP
 TICKETS \$15
 Friday 1 July | 9.30am - 11.30am
 Yeppoon Town Hall

REGISTRATIONS ESSENTIAL!
LIVINGSTONESHIRE.CS.VIC.TICKETS.COM.AU



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GET UP! STAND UP! SHOW UP!

3-10 JULY 2022

YEPPOON
NAIDOC WALK & FLAG RAISING
4TH JULY 2022

10AM - MEET AT OLD RAILWAY STATION, JAMES STREET (OPPOSITE THE RAILWAY HOTEL)
 1030AM - WALK TO FORESHORE

115AM - FLAG RAISING CEREMONY
 12NOON - SAUSAGE SIZZLE, MUSIC AND MARKET STALLS

EVERYBODY WELCOME, PLEASE WALK WITH US TO CELEBRATE NAIDOC WEEK!












EMMAUS COLLEGE PRESENTS



Disney BEAUTY AND THE BEAST

22 - 24 JULY
PILBEAM THEATRE

Music by Alan Menken Lyrics by Howard Ashman & Tim Rice Book by Linda Woolverton

Originally Directed by Robert Jess Roth

Originally Produced by Disney Theatrical Productions

Licensed exclusively by Music Theatre International (Australia). All performance materials supplied by Hal Leonard Australia.



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". Gru, the world's greatest supervillain, is the untold story of one twelve-year-old's dream to become the world's greatest supervillain.

ONLY IN CINEMAS JUNE 23



EVENT
JACK CARROLLS COLYER



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:

- laptops & tablets
- uniforms & shoes
- books & supplies
- sports fees & gear
- lessons & activities
- camps & excursion

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

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

DELIVERED BY
The Smith Family
everyone's family
Find out more at 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



SCAN ME



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

