



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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NEWSLETTER

16th June 2022

From The Principal's Desk

When you read this, our Year 4s will have just returned from the Capricorn Caves after their annual overnight camp.

As always mentioned, one of our activities is caving and I am always in awe of our children's flexibility and fearlessness as they manoeuvre themselves through small holes and around rocky crevices.

Now, speluncaphobia is a morbid fear of caves or caverns and although I did not succumb to this phobia when we came upon my nemesis cave: the Whale's Belly, I became quite anxious.

Circumstances were a little different this year and yesterday, our guide asked me to sit at the exit to this cave and encourage our children as they came out. As the first two appeared from the rocks and we waited for others to crawl their way through, Sage and Lucy told me in no uncertain terms, that I would not be able to get through the Whale's Belly because I was too big. (Unsure whether that was in size or stature.) They even bet me \$2 and \$5 respectively.

This made me more determined and with everyone safely through, I scurried into the entrance hole, then like an old man up the wall and through the smallish passage, not worrying about skin scraping off my legs and elbows. At the top, I was met with positive affirmation from our guide and children particularly the two girls forementioned. Hopefully, they remember our wager.

I also marvelled at the grit of the children from our three Year 4 classes. Many had never experienced The Caves before and some had never been for an overnight stay without their parents. Their display of resilience and confidence made me very proud.

Needless to say, their ability to distinguish between a sheet and a pillow slip, hang a towel on a hook and carry a bowl of breakfast cereal with milk to a table without spilling any, leave a lot to be desired. The 'fun' we had in repacking sleeping bags was unbearable.

Practical ways to build confidence in our children are extremely important and Michael Grose, parenting expert, has many wonderful thoughts and ideas on this:

1. Model confident thinking. Parents and carers play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let children hear positive talk when you tackle something new. They should hear something like, "I'll have a go at this. If I don't do so well then I can try again tomorrow." This is far more effective than "I'm no good at this. I'll probably stuff it up." Show them how to reframe their negative talk by showing them how to find a positive in difficult situations.

2. Focus on effort and improvement. People who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop this is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort, you are teaching them success comes from something other than their purely ability, talents or smarts.

3. Praise strategy. Children need to try new strategies and seek input from others when they're stuck. It helps to focus language on better and smarter ways of improving. Comments such as "That was a smart idea to tackle the hardest task while you were fresh" is a descriptive statement that has significant value for children.

4. Let them spend more time in environments where they feel confident. Some children thrive on the sporting field but struggle in the classroom; they may be confident risk-takers outdoors but are held back by self-doubt in social settings. While confidence tends to be situational, it is also transferrable. Often when you feel brave in one area then these feelings tend to merge into other areas. Confidence has a snowball effect so increase the time your child spends in areas where they shine to give their self-esteem a boost.

Most importantly, 'good' parents and carers have a knack of communicating confidence in children. They find ways to let them know that they believe in them without 'gushing', that they have faith that they can deal with life's challenges and know that they can become more independent.

Many thanks to our Year Four teachers: Mrs Evans, Mrs McPherson, Mrs Hansell for their efforts and guidance while on camp and to Mr McDonald, Mr Gleeson, Mr O'Brien, Mrs Collins, Mrs Murphy and Mrs Todman for giving of their time to supervise and actively involve themselves in activities.

Finally, to improve your general knowledge a couple of lesser known phobias: arachibutyrophobia (fear of peanut butter sticking to the roof of your mouth), nomophobia (fear of being without your mobile phone), hippopotomonstrosesquippedaliophobia (fear of long words) and omphalophobia (fear of belly buttons).

Take care

Max Martin

From Our APRE

I have never cursed my boss more than I have this week. You see, I love my sleep and as I lay in bed each night, I actually count how many hours I will receive. However, I received some devastating news that I would need to sleep at camp overnight instead of doing a day trip with our Year 4 children. Every hour of the day, I voiced my disapproval to my husband and my boss, in fact to anyone that would listen.

As I arrived at camp, a delicious dinner and dessert was prepared (with no washing up), we had a walk through the caves and stopped at the Cathedral. Some of us were lucky enough to perform a song and the acoustics were unbelievable. The lights were slowly turned off until we were in complete darkness. This trip wasn't so bad after all.

After some marshmallows over the campfire, we headed back to our rooms for the night and got ready for bed. We thought that all of the children were asleep when one young lad came out upset. I told him a true story about my number 3 who would never sleep over and fell asleep at his cousin's one night when we went out. I left him sleeping and promised my brother that I would pick him up at any time during the night. He awoke the next morning, very proud of himself, that he had finally had a sleepover. He too was in Year 4.

I promised this little one that he would be so excited in the morning and that I would look after him because I knew his dad and he was like my family. I patted his head, he shut his eyes and instantly fell asleep.

God works in mysterious ways and I now know why I was meant to sleep at camp. God weaves remarkable events in and through our lives that may seem illogical and beyond our understanding, however, we walk by faith, not by sight.

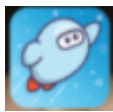
Enjoy the long weekend

Melissa Collins

From Our APC

Did you know that you can borrow free ebooks from our school library?

I encourage you to download the app and keep your child reading over the holidays. There are a great variety of texts to read and listen to, including child friendly magazines.



To register, download the SORA app

You will then need to sign into the ACEN member collection (it will prompt you to do this twice).

Your child will need to use their google login and password credentials. You will only need to do this the first time when signing in.

If your child is unsure of their login and password details, see their class teacher before the end of term.

Premier's Reading Challenge

It is not too late to participate in this year's Premier's Reading Challenge. Printed forms are available from Mrs Murphy in the office, or by clicking on the link provided. [Premier's Reading Challenge Form](#)

26 April 2022	Online database registrations open
9 May 2022	Reading period commences for Prep to Year 6
15 August 2022	Early childhood participation period

20-26 August 2022	CBCA Children's Book Week
26 August 2022	Reading period finishes for Prep to Year 6. Student reading record forms submitted to schools
2 September 2022	All reading data must be finalised in the database and certificate of participation available for download
September 2022	Certificates of achievement issued
31 October — 11 November 2022	Premier's Reading Challenge celebration week

For further information visit the website: <https://readingchallenge.education.qld.gov.au/>

Have a wonderful week,

Mrs Lisa List

Children's Report Cards For Semester 1

Assessment is an extremely important part of any learning and teaching process and with this in mind, on Tuesday 21st June, your child / children will receive their Semester One report card, through Parent Lounge.

Your child's report is a written record of their demonstrations of learning. It represents a summary of progress based on judgements made by their class teacher from formal testing, work samples, regular consultation and observation.

This written report provides just one means of communicating your child's faith, intellectual, social, emotional and physical development at school. It is important that we as parents/carers discuss our child's report card with them.

Following are the achievement codes for your child's report. To accommodate the developmental learning needs of young children, achievement in Prep, Years 1 and 2 will be assessed against different six point achievement codes to those in Years 3-6. These are explained in much more detail on the report card.

They are as follows:

Prep: Applying. Making Connections. Working With. Exploring. Becoming Aware. Modified.

Years 1 and 2: Very High. High. Sound. Developing. Support Required. Modified.

Years 3 to 6: A. B. C. D. E. M (modified)

The children's progress in regard to their social and application skills are also assessed and this is another important aspect of our children's development. This looks at how they work in class, complete classroom tasks, follow directions, accept responsibility and interact with their peers.

I thank our teachers for their time, effort and professionalism in writing their children's reports. They will provide families with an overview of your child's progress.

Sacramental Program

Eucharist 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

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 and Three

June

Monday 20th - Year 4 to 6 athletics carnival at Sacred Heart School.

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 - Year 5 and 6 interschool sports day 9am to 2.45pm

July

Monday 11th - School commences for Term 3

Monday 11th Life Education van at Sacred Heart this week. Preps to Year 4s attending.

Wednesday 13th to Friday 15th - Challenge Cup being played at St Brendan's College, Yeppoon.

Friday 15th - Year 3D NAIDOC week assembly 8.40am.

Tuesday 19th - KCD 1500 metre races

Wednesday 20th - KCD athletics carnival at Farnborough SS

Thursday 21st - Bishop Michael McCarthy visiting Sacred Heart School

Friday 22nd - Confirmation mass 6.30pm.

Sunday 24th - First Eucharist masses 9am and 5pm

Monday 25th and Tuesday 26th - School photos

Tuesday 26th - Catholic Education Week mass at St Brendan's College 9.45am. Our Year 6s are attending.

Friday 29th - Year 4M Catholic Education Week assembly 8.40am

Absentee Notification

Due to an increase in absentees this winter, all absentees can be advised through parent lounge or the absentee line on 49 948216. Thank you

Lost Property

Our collection of unnamed jumpers and hats at the office is quite substantial.

We ask that all items brought to school are labelled for easy return if misplaced. Thank you

Tuckshop Week 10

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

Friday for Year 4. (Our Year 5s and 6s are at interschool sport.)

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.

MJR Awards Week 9

Taye Warner from Year 2 for showing the Spirit of Jesus by helping a classmate without being asked.

Sasha Dadson from Year 4 for applying amazing determination and skill when engaged in camp activities.

Student Awards

Prep	Leilani Goody, Nicholas Rendell, Harlyn Seaman, Indi De Hennin, Alivia Evans, Porsha Mundy, Vincent Neve
Year 1	Kelly Cogill, Zoey Vann, Zeb Bowman
Year 2	Greta Hovey, Hugo McPherson, Asha Nielsen, Shanelle O'Meara, Riley Cameron, Lincoln Fooks, Sloan Kelly, Willow Mills
Year 3	Jack Rohl, Charlotte Grob, Boston McAllister
Year 5	Bella Sweeney, Kira Walsh, Amahni Manz
Year 6	Brooke McQuillen, Addison Kona, Sebastien Hatte, Alicia Hamilton

Year 4 to 6 Athletics Carnival

Our Year 4 to 6 athletics carnival will be held on Monday 20th June at Sacred Heart.

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 Monday 20th 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

Parents and carers are most welcome to join us on the day. Looking forward to it.

Year 5 and 6 Interschool Sports Day

Next Friday 24th June, all our Year 5 and 6 children will be involved in a sports day with schools from the Capricorn Coast.

Our girls will be playing netball at the Cap Coast Association courts.

Our boys playing rugby league or Oz Tag (flag footy) at St Brendan's College.

All children and their teachers will be transported to and from these venues by bus, leaving school at 8.50am and returning by 2.45pm.

Our children need to wear their normal school uniform on the day including their school hat.

All children will need to bring their morning tea and lunch on the day. A water bottle is necessary.

Sacred Heart Under 8s Day

Our Preps to Year 2 are having their Under 8s week activities next Tuesday 21st June at school.

This will be held during the middle session and our children will be involved in a myriad of activities including arts and craft, dancing, water play and many other physical adventures.

We wish them and their teachers all the best for this day.



Sacred Heart Feast Day

Next Thursday 23rd June, we will be celebrating Sacred Heart Day.

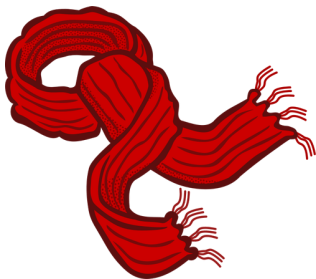
This special feast day will be as follows.

8.40am	School commences
8.55am	All classes walking to Sacred Heart Church for mass
9:15am	Mass at Sacred Heart Church. All welcome
10:30am	Heart Groups. Our children meet in small groups of mixed year levels.
11.15am	First break
12:15pm	Walk to Lammermoor Beach
1.15pm	Return from beach
1.20pm	Second break
1:45pm	Heart Group rotations
2.40pm	Chips and Freddos in classroom
3pm	School concludes

Sacred Heart Day is always a wonderful occasion and something children and staff look forward to, immensely.

Mini Vinnies' Winter Appeal

Our Mini Vinnies in conjunction with our local St Vincent de Paul are holding their annual Winter Appeal.



Donations of blankets, scarves etc to help people in need will be greatly appreciated and can be left at our school office. You may also wish to contribute money to purchase these items.

This Tuesday 21st June, all Sacred Heart children are being asked to bring coins to school for this winter appeal.

Classes will come to our multi-purpose area on this day to lay out their coins.

Thank you for your generosity in this regard.

May you always be wrapped in the warmth of friendship.

Year 4M Camp Experiences

I got to see fossils and dig for bones. My favourite part was walking into the cave searching for fossils. We got to climb, squeeze and crawl through the caves. Dylan

My favourite activity was adventure caving. In the Whale's Belly, we had to wiggle through small spaces. Will

My favourite part was caving and rock climbing. The instructors were all kind. When we were rock climbing they would give you a boost if you needed. We would have to try and try again until we made it to the top. The reason I liked caving was you could slide through small places. I loved going through the Dungeon and the Whale's Belly. Addy

My favourite part was the fossil tour where we went into the fossil room and used a microscope to look at bones. Then we went into the caves and learnt about the thylacoleo that jumps out of trees and the crocodile that can run faster than a human. Amelia

My favourite part was climbing on the rock wall. On the easiest path on the wall, I was the first person to finish. On the next wall, the medium wall, I accepted my defeat by Annabel. Cooper

My favourite part was the zigzag passage because it was dark and we had to feel our way through the passage way using our hands. Hanna

The best part was experiencing real darkness in the night tour. Charlotte

My favourite part was cave exploring. For the first time in my life, I saw a sinkhole. Ruby

My favourite part was caving in The Dungeon and the Whale's Belly. We got to fit through tiny caves. Beckett



The best part was when I learnt a lot about fossils and digging for them was so fun. Avah S

My favourite was rock climbing because I could climb to the top and see the caves from there. Hudson

The night tour was the best part of camp and it was hard to spot where the speakers were coming from because of the acoustics. Charlie

My favourite part was rock climbing because we got to climb up the rock wall and slowly fall down. Annabel

My favourite part was The Dungeon where we had to try to fit through tiny gaps and find our way through to get to the next cave. Mason

There were so many best bits of camp, like rock climbing, the Whale's Belly and the Dungeon. Eli

Camp was awesome. We went through lots of caves and some were big and some were tiny. At night in the Cathedral, they turned all the lights off and it was so scary. The food was very tasty. Abi

With all the rain recently, a sinkhole opened up in the caves and that was exciting to see. Emma



Sacred Heart Position Available



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

Community News

**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)
10:30AM - WALK TO FORESHORE

11:5AM - FLAG RAISING CEREMONY
12NOON - SAUSAGE SIZZLE, MUSIC AND MARKET STALLS

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

SPONSORS: CAPRICORN COAST INDIGENOUS MOB, Darumbal People Aboriginal Corporation, Livingstone SHIRE COUNCIL, University of Queensland, CAPRAS, SES, THORPEY'S ROOFING & PLUMBING, QLD, Queensland Government.

Livingstone SHIRE COUNCIL

Winter ON THE CAPRICORN COAST

SCHOOL'S OUT!

<p>Movie at The Park – Farnborough State School</p> <p>Tides & Tunes – Yeppoon Foreshore</p> <p>FRIDAY 24</p>	<p>Come 'n Try Pickleball – Yeppoon</p> <p>Tides & Tunes – Yeppoon Foreshore</p> <p>SATURDAY 25</p>	<p>Recovering our Backyard Community Day – Woodbury</p> <p>Tides & Tunes – Yeppoon Foreshore</p> <p>SUNDAY 26</p>	<p>The Alphabet of Awesome Science – Yeppoon Town Hall</p> <p>Football QLD Academy Holiday Clinic – Yeppoon</p> <p>Lego Free Play – Yeppoon Library</p> <p>MONDAY 27</p>	<p>Basketball Casual Hang Out & Boardgames – Yeppoon</p> <p>Football QLD Academy Holiday Clinic – Yeppoon</p> <p>Creative Kids Art Workshop – Yeppoon</p> <p>Lego Free Play – Byfield Library</p> <p>TUESDAY 28</p>	<p>Mandala Workshop – Yeppoon</p> <p>Creative Kids Art Workshop – Yeppoon</p> <p>WEDNESDAY 29</p>
<p>No Cost Youth RSA Training Course – Yeppoon</p> <p>Laser Skirmish – Yeppoon</p> <p>Cupcake Decorating Workshop – Yeppoon</p> <p>Charlotte's Web – Yeppoon</p> <p>Boardgames – Yeppoon Library</p> <p>THURSDAY 30</p>	<p>Red Ball Tennis – Yeppoon</p> <p>Foreshore Eatfest – Yeppoon Foreshore</p> <p>Charlotte's Web Workshop – Yeppoon</p> <p>Light Box Art Sessions – Yeppoon Library</p> <p>FRIDAY 01</p>	<p>Fantasy Festival – Yeppoon Foreshore</p> <p>Out There Sailing Clinic for Teens – Yeppoon</p> <p>SATURDAY 02</p>	<p>Fastplant Skateboard Clinic – Emu Park</p> <p>Out There Sailing Clinic for Teens – Yeppoon</p> <p>Tides & Tunes – Yeppoon Foreshore</p> <p>SUNDAY 03</p>	<p>NAIDOC Craft Activity – Beaman Park</p> <p>NAIDOC Walk – Yeppoon</p> <p>Fastplant Skateboard Clinic – Yeppoon</p> <p>Lego Free Play – Yeppoon Library</p> <p>MONDAY 04</p>	<p>Fastplant Skateboard Clinic – The Caves</p> <p>Basketball Casual Hang Out & Boardgames – Yeppoon</p> <p>Lego Free Play – Emu Park Library</p> <p>TUESDAY 05</p>
<p>Mandala Workshop – Yeppoon</p> <p>WEDNESDAY 06</p>	<p>Stir & Stitch Creative Cooking Workshop – Yeppoon</p> <p>Boardgames – Yeppoon Library</p> <p>THURSDAY 07</p>	<p>Great Keppel Island Seaway Tour Adventure – GKI</p> <p>Tides & Tunes – Yeppoon Foreshore</p> <p>Light Box Art Sessions – Emu Park Library</p> <p>FRIDAY 08</p>	<p>Great Keppel Island Seaway Tour Adventure – GKI</p> <p>Tides & Tunes – Yeppoon Foreshore</p> <p>SATURDAY 09</p>	<p>Check out the Capricorn Coast Art Trail Map – where virtual reality brings the Shire's art to life!</p> <p>SUNDAY 10</p>	<p>BACK TO SCHOOL!</p> <p>MONDAY 11</p>

GET UP! STAND UP! SHOW UP!
3-10 JULY 2022