



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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NEWSLETTER

4th August 2022

From The Principal's Desk

At the airport after a tiring business trip, a lady's return flight was delayed. She went to the airport shop, bought a book, a coffee and a small packet containing five gingernut biscuits. The airport was crowded and she found a seat in the lounge, next to a stranger.

After a few minutes' reading she became absorbed in her book. She took a biscuit from the packet and began to drink her coffee. To her great surprise, the stranger in the next seat calmly took one of the biscuits and ate it. Stunned, she couldn't bring herself to say anything, nor even to look at the stranger. Nervously she continued reading.

After a few minutes, she slowly picked up and ate the third biscuit. Incredibly, the stranger took the fourth gingernut and ate it, then to the woman's amazement, he picked up the packet and offered her the last biscuit. This being too much to tolerate, the lady angrily picked up her belongings, gave the stranger an indignant scowl and marched off to the boarding gate, where her flight was now ready.

Flustered and enraged, she reached inside her bag for her boarding ticket, and found her unopened packet of gingernuts...

I am sure this has happened to you - getting all indignant about an incident then, later learning, you are actually in the wrong. (It happened to me yesterday.)

Do you blush with embarrassment?
Do you admit an error and offer an apology?
Do you continue with your pride intact and storm on regardless?

Putting your tail between your legs and honestly admitting a mistake is a sign of integrity. Many times I have had to do it as a parent, husband and teacher.

What of the man who owned the gingernuts?

What a trooper was he. Didn't bat an eyelid and graciously allowed his afternoon tea to disappear, evenly nobly offering up the last biscuit.

It is very important for us all to learn the behavioural strategy of noble retreat. Having been in many a head butting situation with my children, then teenagers, now young adults, I remember it being a bit of a two way street. Very easily a minor tiff can become a full scale dispute.

Keep it calm, keep it in perspective, do not get personal and be open to negotiation. We know that our children who see modelled by their parents/carers and who are encouraged to 'fight fair', make better partners and co-workers. Research shows that learning to forgive and move on are keys to life contentment.

As one of our greatest prayers, "The Our Father" says,

"Forgive us our sins as we forgive those who have sinned against us."

If everything people in the world did, was predicated with the thought that God's forgiveness depends on my own capacity for forgiveness, I think our world would be much better off.

Take care

Mr Max Martin

From Our APRE

This week, I have had the pleasure of conducting interviews for some of our 2023 Prep children.

It's been entertaining to say the least.

Children are the most pure, innocent people you could meet.

Some are quite shy and others are extroverts and could help me do my job. The personalities are never the same and I am not sure if it's more fun listening to their answers or looking at the worried look on the parent's faces as their child is about to tell me a story. Either way, it's always a great experience when you get to listen to the innocence of small children.

It's important to take the time and enjoy listening to your children when they tell you a story.

Quotes of the week:

"I can count very high; 1, 2, 3, 4. That's all."

"Where is your bed?"

"I haven't gone fishing before. My father only takes my brother but I will catch you a small one for dinner."

When asked if they would like to come to Sacred Heart, "No, thank you, I like Kindy."

As they are growing up, help us, Father, to be good examples to them. Help us to love them just as you love us. Amen.

God bless

Mrs Melissa Collins

From Our APC

How safe is your child when online?

Are location settings turned off in the Apps your child is using?

Do they take their device to their bedroom?

These are all very real concerns parents face when their child is using technology.

Did you know that in every 1 minute of the day 167 million TIK TOK videos are viewed, 240k photos uploaded to FaceBook, 2 million snaps occur on SNAPCHAT and 65k photos uploaded to Instagram.

These are startling statistics, given that children as young as 7 or 8 are accessing these.

Last week, I had the opportunity to attend a video conference on Child Protection. One of the presentations was Detective Steve Taylor from the Crime and Intelligence Command, he shared some startling statistics on current trends and risky behaviours concerning young people on the internet.

- Young people are having too much exposure to tech and screentime, with insufficient awareness of the app use and unchecked access.
- Young people are publicising personal information and locations, without realising they are doing so.
- The average age of children accessing inappropriate content is 8 years.
- Social media and gaming are becoming more prevalent in young children.

The key message Detective Taylor wants parents/carers to take on board is being aware of the 'Fatal Triangle', which is 'Darkness', 'Boredom' and 'Bedroom'. A child using a device through boredom and taking it to their bedroom can become a recipe for danger.

The links below, from the eSafety Commission and ThinkUKnow, will take you to parent support pages, providing ideas on how to keep your child safe when they are online.

<https://www.esafety.gov.au/parents/resources> <https://www.thinkuknow.org.au/index.php/find-advice/our-top-five-tips>

Thank you

Mrs Lisa List

Capricorn Coast Catholic Parish

Here is the Sacred Heart Church Bulletin for this week. Stay connected and enjoy.

[Link](#) to Bulletin

Important Dates Term Three

August

Monday 8th - Prep / Year 1 and Year 2 / 3 athletics carnival on our oval.

Tuesday 9th - P.and F. meeting 6pm

Monday 15th - Feast of the Assumption mass at Sacred Heart 9:30am. Sacred Heart and St Benedict's attending.

Monday 15th - Science Week. Theme is 'Glass. More Than Meets The Eye'.

Monday 22nd - Book Week. Theme 'Dreaming With Eyes Open'.

Friday 26th - Book Week dress up assembly 8.40am.

Monday 29th - Parent / teacher interviews commence.

September

Friday 2nd - Father's Day breakfast from 7.30am at school.

Sunday 4th - Father's Day

Thursday 15th - Super 8s cricket day at Barmaryee.

Friday 16th - Final day of Term 3.

Prep to Year 3 Athletics Carnivals

Our Prep / Year 1 and Year 2 / 3 athletics carnivals are being held this Monday 8th August.

Following is a timetable of the day.

8.55am	Preps and Year 1s assembling on oval
9am	Prep sprints: Girls then boys.
9.20am	Year 1 sprints: Girls then boys.
9.40am	Relays. Preps then Year 1s.
10am	Preps high jump. Year 1 long jump
10.20am	Preps long jump. Year 1 high jump.
10.40am	Finish
11.30pm	Year 2 and 3 assembling on the oval.
11.35pm	Year 2 sprints: Girls then boys.
11.55pm	Year 3 sprints: Girls then boys.
12.15pm	Relays. Year 2 then Year 3.
12.35pm	Year 2 high jump. Year 3 long jump.
1pm	Year 2 long jump. Year 3 high jump.
1.20pm	Finish

Parents and carers are most welcome to join us on this day.

Peer Support Program

During Peer Support this week, our children will look at great qualities their friends may have and the concept that we choose friends based on the qualities we admire in them.

They will explore the skills of friendship, specifically cooperating and listening.

This week, encourage your child to show they are interested in the person they are talking to by being an active listener.

Student Awards

Prep	Zaylee Luckey, Aurelia Acharya, Quinn Campaniello, Mikayla Palmer, Kai Elliott, Axel Sutton, Ava McNamara, Finn Bridges, Archie Macpherson, Sophie Donald
Year 1	Goldie Shammall, Milo Hatte, Zara Carpenter, Indianna Solis, Wyatt Forbes, Jett Sullivan, Leilani DuPloy
Year 2	Emersyn Bacon, Harris Gould, Flynn O'Brien, Molly Shepherd, Milla Sykes, Noah Hartley, James Muller
Year 3	Isla Eades, Austin Jackson, Isla Bradshaw, Sophie Wilczek
Year 4	Archie McPherson, Kirby Kenny, Harley Neagle, Isla Kleinhans
Year 5	Kai Nielsen, Jaxon Paidra, Isaac Davey, Spencer Toby
Year 6	Cash Warner, Alicia Hamilton, Eden Harris, Quin Warren, Kaden Davey, Evie Richards, Jet Ryan, Indigo Hart, Charli Lothian, Hunter Hixon

MJR Awards

Hugo McPherson Year 2 for looking after others and displaying great kindness towards your friends.

Cruz Hill Year 4 for displaying great determination and skill when representing Sacred Heart at interschool sport.

Axel Sutton Prep for your amazing skill shown with your sentence writing. Well done.

Daisy den Exter, Elizabeth Crick, Quinn Pardon, Annabelle Kleinhans, Van Richter Prep for showing wonderful courage and persistence when trying new activities at PE.

Adeline McDonald, Chelsea Bunt, Levi Bone, Will White Year 4 for displaying excellent getting along skills at lunch times.



Year 5 and 6 Interschool Sport

Interschool sport will take place on Friday 19th and 26th August for all our Year 5 and 6 children.

Sports being played are touch football, soccer and tee ball.

All our children will be bussed to and from the venues, leaving school at 9am and returning by 2.30pm.

Soccer, touch to Barmaryee Fields and tee ball to Yeppoon State Primary School.

Our children have nominated for their sport of choice..

All Year 5 and 6 teachers, Mrs List, Mr O'Brien and Mr Martin will be supervising our children.

Important message for those children playing soccer if they have their own shin pads, bring them. Thank you.

Capra's Cup

On Wednesday 17th August, schools on Capricorn Coast will be involved in the annual 10 years rugby league Capra's Cup to be played at the Barmaryee Fields.

Sacred Heart will have one team taking part and training sessions will be communicated to families on Monday next week.

Interschool Chess Competition

Today, our chess team of Sebastian Hatte, Alex and Noah Todd, Noah Marshall, Elliot Guhr, Jack Coughlan, Ethan Virzintas, Kiana Wheoki and Evie Hiddins represented Sacred Heart at our regional interschool competition held at Rockhampton Grammar School.

From all reports, they performed extremely well and we look forward to hearing of their results in next week's newsletter.

Parent / Teacher Term 3 Interviews

An important part of our assessment process at Sacred Heart is a parent-teacher interview.

This year, we are providing families with the opportunity to have a second meeting with their child/ren's teacher/s.

Our second parent teacher interviews will be held during weeks eight and nine of Term three. (Monday 29th August – Friday 9th September).

It is important that all our families arrange a time for a formal interview with their child/children's teacher/s.

Bookings for these interviews are open from Thursday 11th August at 3pm.

These bookings will close to parents/carers on Friday 19th August at 9am.

Access for bookings is available during those dates via <https://206shy.rok.catholic.edu.au/parentlounge>

Available interview times will be particular to each classroom teacher.

New parents will be sent an access username and password and continuing parents will have the same one as last year.

If you have forgotten either of these, please contact Mrs Stacey Todman or Mrs Cassandra Zarkovich at the school office; 49 948215.

Available times for individual teachers will appear when you log in to the booking site. Only one time slot (20 minutes) is to be selected per child.

If you have any questions regarding the interviews, contact our school office. Thank you.

Community News

ST BRENDAN'S COLLEGE 2022
1 mile INVESTMENTS RODEO
SAT 3 SEPTEMBER

SBC SCHOOL BOYS RODEO 10.30AM
SLACK RODEO STARTS AT 12.30PM
MAIN RODEO AT 4PM
\$10 PER PERSON | UNDER 16 FREE
BAR OPENS AT 12PM
JNR WHIP CRACKING WORKSHOP WITH NATHAN 'WHIPPY' GRIGGS
BOOK NOW!

OPEN BULL RIDE | JNR BULL RIDE | TEAM ROPING | SADDLE BRONC | ROPE & TIE OPEN BAREBACK | OPEN SADDLE BRONC LADIES BARREL RACE | JNR & SNR STEER RIDE | STEER WRESTLING | JNR BARREL RACING | JNR BREAKAWAY ROPING | 2ND DIVISION BULL RIDE | JNR TEAM ROPING | JNR BRONC | JNR BAREBACK

FOOD VENDORS, AMUSEMENT RIDES AND NOVELTY ENTERTAINMENT FOR THE WHOLE FAMILY

DC MOTORS ROCKHAMPTON | **MOQ digital** | **rbm** | **PURPLE PATCH SERVICES** | **AI INDUSTRIES** | **CQS CQ SCAFFOLDING**
FMW | **SERIOUS EARTHMOVING** | **WARNER** | **Sail Inn** | **NRC** | **STAR LIQUOR WAREHOUSE**
keppel kitchens | **MICKS MEATS** | **golding** | **TANERS** | **SIGNS AT TOPPOON** | **Office Motors** | **TRIPLE M**

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