



**SACRED HEART CATHOLIC PRIMARY SCHOOL**

**Enriching Spirits ~ Educating Minds**

14 Barracuda Crescent, Yeppoon QLD 4703

Email: [shy@rok.catholic.edu.au](mailto:shy@rok.catholic.edu.au)

Phone: 07 4994 8215

Website: [www.shyrok.catholic.edu.au](http://www.shyrok.catholic.edu.au)

**NEWSLETTER**

11th August 2022

### From The Principal's Desk

Over the past week, our school leadership team has been interviewing our prep families for 2023.

I have been seeing new families to Sacred Heart and it has been wonderful to meet so many delightful parents/carers and children wishing to commence their schooling with us.

It is always very pleasing to see the effort families go to in coming for an interview. The new prep children are neatly dressed with hair done immaculately. They meet us with a handshake and are thoroughly attentive while being asked a myriad of questions about kindy, whether they can ride a bike without trainers, can they write their name and their favourite fishing spot.

We have been greatly impressed with the manners shown by the children. Some say good manners are a lost aspect of our society, however our 2023 prospective Prep children have used 'please' and 'thank you', sat up straight and been respectful of their parents.

I have also been very pleased with the manners displayed by many of our older children over the past weeks as several visitors have commented on their politeness as they have walked through our school.

A 'Good morning', 'How are you today?', costs nothing yet its worth is priceless.

We all need to teach our children to behave well and have good manners.

This is one of the most important parts of parenting. It is about keeping them safe, making them social and enhancing their chances of success.

Teaching them to behave and have good manners is easy if you have easy kids or they are in an easy stage of development.

But getting cooperation from kids who are challenging, going through a 'difficult' stage or who have difficult temperaments is a real challenge for many parents.

Get it right and family life is a breeze. Don't have a plan and parenting can be a constant struggle.

Effective parents use a broad range of strategies to promote appropriate behaviours and change behaviour when it's less than perfect.

They also use strategies that are in line with modern teaching and child care methods ... so smacking is out, but consequences, behaviour rehearsal and other forms of teaching kids to behave well are in.

Keep the following five principles in mind as you teach your kids to behave well:

*Avoid the first impulse when kids misbehave. Most children's misbehaviour has a pay-off, so it's important to change yourself, if you are going to change your children's misbehaviour.*

*The more time you spend teaching kids to behave well the less time you'll spend responding to poor behaviour.*

*Kids want good A-grade attention from parents. If they don't get it they will settle for B-grade every time. Make sure you spend 1-on-1 time with kids each day and get better at catching them doing the right thing.*

*When you get tired you revert to your lowest level of parenting technique, so if that means yelling to get cooperation then that's what you'll do. The key is to practise better techniques when you aren't stressed, so that when you do get tired your responses will be better.*

*Effective parents have a big repertoire of strategies to use when kids misbehave, rather than rely on one or two techniques to improve behaviour. Build your repertoire of tools and language to promote better behaviour and get cooperation from your kids.*

This advice is from Michael Grose, a well-known parenting 'expert' and reading it makes me realise that I still need to rethink at times the way in which I deal with my children (young adults) and our 461 children at school to promote positive behaviour.

Take care

Max Martin

## From Our APRE

Next Monday (15th August), as a Catholic Church, we celebrate the special feast of the Assumption of Mary, the Mother of Jesus. The Feast of the Assumption celebrates the belief that the body and soul of the Blessed Virgin Mary was taken into Heaven after the end of her earthly life. Mary's assumption into heaven is seen by many as a fulfilment of Jesus' promise to all faithful servants; that they too will be received into the kingdom of God.

Mary is seen as the first disciple of Jesus and a model for all disciples; it is fitting that she receives the gift of discipleship first of all.

Personally, I'm a massive Mary fan. I believe her to be a strong, faith-filled person who not only had to deal with the everyday struggles of motherhood in First Century Palestine but also the burden of knowing her only child is the Son of God and all the baggage that would entail. So after some Googling this is what I've discovered about the Mother of our Lord.

- Mary has over 50 titles including: Blessed Virgin Mary, Saint Mary, Madonna, Our Lady, Star of the Sea, Queen of Heaven, Cause of Our Joy, Mother of Mercy, Our Lady of Loreto, God-bearer and Mother of Sorrows.
- Mary is also mentioned in the Qur'an. She is honoured as the only woman in the Qur'an that has a whole chapter titled after her, "Maryam".
- Mary was instrumental in setting Jesus' ministry in motion at the wedding in Cana whereby she (politely) instructed her son to solve the 'no wine' situation.
- Mary's cousin, Elizabeth was the mother of John the Baptist.
- The rosary is not a prayer to Mary but rather a reflection on the life of Jesus through the eyes of his mother.

So at this time, I reflect on my own mum, Margy. She is a selfless, humble and dedicated mother who gives her life to her family and friends. Whilst I do not say it as often as I should, I am forever grateful for her love and support. I pray for all mothers and mother figures, that they know that they are truly appreciated and so desperately needed in our world today.

Have a very blessed week

Mrs Melissa Collins

## From Our APC

It's not too late to be part of Premier's Reading Challenge 2022.

We still have two weeks of reading until the challenge closes.

Printed forms are available from the office, or by clicking on this link. [Premier's Reading Challenge Form](#)

Each year, our Sacred Heart Parents and Friends support student participation in the Premier's Reading challenge by providing \$20 book vouchers drawn in a raffle, for each year level. These will be drawn on an assembly.

### Science Week

Next week Australian schools celebrate Science Week. This year's National Science Week theme is "Glass: More Than Meets The Eye".

Learning activities have been shared with our teachers. They relate to what happens to glass once it is used, and how it and other materials, can contribute to our lives and economy.

Have a wonderful week

Mrs Lisa List

## Capricorn Coast Catholic Parish

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

## Feast of the Assumption Mass

Sacred Heart Years 1 to 6 will celebrate the Feast of the Assumption mass with the parish and St Benedict's on Monday, 15th August from 9:30am, at Sacred Heart Church.

Our children will be walking to and from the church with their teachers and leadership, leaving school at 9am.

Children who have recently completed the Sacramental program will assist with various ministries throughout mass.

Everyone is invited to join us for this holy day of obligation.

## Important Dates Term Three

### August

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'.  
Thursday 25th - Book Week dress up assembly 8.40am.  
Monday 29th - Parent / teacher interviews commence.

### September

Thursday 1st - 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.

## Very Important Date Changes - Father's Day Breakfast and Book Week Dress Up Assembly

Our Father's Day breakfast and assembly will now be held on Thursday 1st September.

Breakfast from 7.30am and assembly from 8.40am in our multi-purpose area. Year 3M is presenting assembly.

Our Book Week Dress Up assembly will be held on Thursday 25th August commencing at 8.40am. On this day, we are encouraging our children to come to school dressed as a book character. In their year levels, our children parade in our multi-purpose area.

This is always a highlight of our year and it is great to see children and staff dressed up. Looking forward to it.

## Finance

Term 3 school fees are due for payment today. Please contact Mrs Stacey Todman in the office if you have not received your fee statement or would like to organise a payment plan. Thanks.

## 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.

## Student Awards

<b>Prep</b>	Eva Watson, Scarlett Seamark, Hudson Rafter, Boston Richardson, Hannah Flanders Leilani Goody, Torah Pearce, Stella Small, Sophia Small, Noah Oates, Alexis Hutchison Lizzie Crick, Daisy den Exter
<b>Year 1</b>	Luciana Druery, Freddy Barbeler, Mason Krause, Jedd Gordon, Macey Winter, Paisley Nicholls, Lewis Cauchi
<b>Year 2</b>	Isla Colgan, Greta Hovey, Kayden Griffin, Ava Poole, Emily Boon, Brock Solis, Wundarra Kangan, Olivia Broom
<b>Year 3</b>	Macy Gould, Sienna Miller, Lincoln Eleveld, Logan Lowry, Dakotah Size, Hayden Pont, Henry Zarkovich, Taj Rich, Harper Gill, Sienna Foley, Isla Goltz, Ella-Louise Reynolds, Nixon Johnston
<b>Year 4</b>	Saige Nielsen, Cruz Hill, Chelsea Bunt, Chloe Hurst, Hudson Graham, Jacob Nix, Dylan Barnes, Abi Colgan
<b>Year 5</b>	Nicholas Goltz, Nate Farelly
<b>Year 6</b>	Zavier Gordon, Noah Marshall, Georgia Crane, Ruby White

## MJR Awards

Connor Dickenson Year 4 for taking time to clean up rubbish in the eating area without being asked.

Evie Richards Year 6 for your commitment to presenting an excellent Peer Support Group session each week. You are so patient and caring towards the younger students.

Jaxon Condon Prep for always going out of your way to say good morning to your teachers.

Lucy Goldman Prep for always being the first to offer to help others. Thank you.

Henry Zarkovich Year 4 for the determination and effort you put into your involvement at our athletics carnival.

Peyton Mitchell Year 2 for the determination and effort you put into your involvement at our athletics carnival.



## 4M Catholic Education Week Assembly

Many thanks to our Year 4M class for presenting our Catholic Education Week assembly. The children displayed great confidence and respect in the way they spoke and sang.

It was a wonderful way in which to conclude our week of activities.





## Interschool Chess Competition

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.

Our team placed fourth overall and Noah Marshall received a merit for his performances on the day.

Looking forward to next term's competition.



## Year 2 Art for Aboriginal and Torres Strait Islander Children's Day



## 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

Next 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 we wish them all the best.

## Capricornia Athletics Carnival

Congratulations to the following Sacred Heart children who have been selected to compete at the Capricornia athletics carnival in the coming weeks: Cooper Griffin, Cruz Hill, Clover Shammall, Jet Ryan, Brydi Young, Joseph Kingston and Harry Wilczek.

We wish them all the best at this event.



## Prep to Year 3 Athletics Carnivals



## CSPA 2022 Parent Survey

CSPA 2022 PARENT SURVEY

Parent survey is now open

CLOSES 31 AUGUST

Catholic School Parents  
AUSTRALIA

### HAVE YOUR SAY

Catholic School  
Parents Australia  
is listening.

Catholic School Parents Australia  
(CSPA) acknowledges the funding  
received from the Australian  
Government to support this work.



**Year 1 Writing**

Today all preps and ones went to the oval for the athletics carnival. My team was the green team. It was called Taber. First I did a sprints race. I felt hot. Next I did a relay. I did fast running. Then I did long jump. It was fun. Lastly I did high jump. I liked it. I felt proud of myself.

Macey

Today all preps and ones went to the oval for the athletics carnival. First I ran a race. Next we ran a relay. Then I did long jump. Lastly we did high jump. I felt happy.

Wynter

Today the firemen came to our school. First we went down to the truck. Then we looked at the tools. Lastly we had a go on the hose. I felt happy.

Chayton

Today the firemen came to our school. First we had a chat. Then they showed us the tools. Next I felt excited in my body because we were going to water the hose. Lastly they gave stickers to us. I loved the siren. It was loud.

Alana

Today all preps and ones went to the oval for the athletics carnival. I was in the purple group. First we did the running race. I won first! I felt proud. Next we did the relays. The whole purple team won. I felt proud again!

Maddie

After that we did long jump. I felt proud. Lastly we did high jump. I loved the athletics carnival.



Today the firemen came to our school. First the firemen showed us the tools. Then we saw their tools. I really liked the power tool. Lastly they let us use the hose. I really liked it. It went really well.

Jedd

**Sacred Heart Art - Creative Work From Our Children Across All Year Levels**





**ST BRENDAN'S COLLEGE 2022**

**1 mile INVESTMENTS RODEO**

**SAT 3 SEPTEMBER**

APRA

**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**

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**GET INTO RUGBY**

**REGISTER TODAY!**

**CALLING ALL U6 - 10 YRS COME TRY RUGBY FOR 4 WEEKS!**





**COLTS RUGBY UNION CLUB**

Club name \_\_\_\_\_

Tom Nutley Field, 105 Park St, Park Avenue QLD 4701 (entry via Knight St)

Coaches Mitchell Smith and Dan Rea

Register via Rugby Explorer \$20



Time Thursdays 5 - 6pm Date Thursday 18th August - 8th of September

Contact Welcome Officer Charlene McKenzie [playwithcolts@hotmail.com](mailto:playwithcolts@hotmail.com) / 0408 004 010

