



**SACRED HEART CATHOLIC PRIMARY SCHOOL**

**Enriching Spirits ~ Educating Minds**

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**NEWSLETTER**

8th September 2022

### From The Principal's Desk

At this time of the year, everyone is a little emotional and on edge. Things that we would normally be able to deal with, can be a little hard to handle and as a school, you notice that our children are more sensitive. Yesterday, I dealt with a friendship issue with a group of children who are usually very resilient and mature but it being week 9 of Term 3, a very minor situation had become overwhelming. After a quick chat and words of reassurance, all was sorted and they bounded off to play.

This incident and indeed this time of the year reminds me of a famous story about Charles Plumb, a US Navy jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent six years in a Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience.

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, "You're Plumb. You flew jet fighters in Vietnam from the aircraft carrier, Kitty Hawk. You were shot down."

"How in the world did you know that?" asked Plumb.

"I packed your parachute," the man replied. Plumb gasped in surprise and gratitude. The man pumped his hand and said, "I guess it worked." Plumb assured him, "It sure did. If your chute hadn't worked, I wouldn't be here today."

Plumb couldn't sleep that night, thinking about that man. Plumb says, "I kept wondering what he had looked like in a Navy uniform: a white hat; a bib in the back; and bell-bottom trousers. I wonder how many times I might have seen him and not even said 'Good morning, how are you?' or anything because, you see, I was a fighter pilot and he was just a sailor." Plumb thought of the many hours the sailor had spent at a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know.

Now, Plumb, the public speaker, asks his audience, "Who's packing your parachute?"

Everyone has someone who provides what they need to make it through the day. He also points out that he needed many kinds of parachutes when his plane was shot down over enemy territory. He needed his physical parachute, his mental parachute, his emotional parachute and his spiritual parachute. He called on all these supports before reaching safety.

Sometimes in the daily challenges that life gives us, we miss what is really important. We may fail to say hello, please, or thank you, congratulate someone on something wonderful that has happened to them, give a compliment or just do something pleasant for no reason.

As you go through the rest of this week, this term and for the remainder of this year, recognise those people who pack your parachutes. Thank you, God for them.

Last Monday, I had the opportunity to visit Mt Hay, 40 kilometres west of Rockhampton, to fossick for thunder eggs with our Year 5s as part of their Australian Goldrush unit. Even with this being my third Mt Hay adventure, being a little apprehensive would be an understatement as each child was given a metal pick with which to dig for the elusive rock. They started very enthusiastically with picks 'flying' and the shout of 'Is this a thunder egg?' ringing in the dusty air. This continued for a good 45 minutes.

Happy to say, no one sustained an injury and the behaviour of our 60 Year 5s was exemplary both at Mt Hay then again as we stopped over at the playground at Kershaw Gardens in Rockhampton. They were wonderful ambassadors for our school. Thank you to Mrs Mullane, Mrs Shammall and Mrs Jenkinson for organising this experience.

Thank you also to Mrs Kingston, Mrs McGuire, Mrs Mitchell, Mrs List and Mrs Collins for their involvement in our 2023 Prep open afternoons which have been held a fortnight ago. The energy and sense of pride one gets from seeing families both new and current looking around our school and seeing all we have to offer is certainly a highlight of the year. Looking forward to having many of these families become part of our school community in the future.

Take care

Max Martin

### From Our APRE

As teachers, it's important to check in with each child in our class. In the busyness of our lives, it could be the first positive conversation of the day for both teacher and child. This term, Mrs Michelle Baldwin, our inclusive practices coordinator and myself attended 'Berry Street Education Model' professional development sessions. It is a practical approach to teaching and learning that enables teachers to increase engagement with their students and successfully improve student's self-regulation, growth and academic achievement.

It reminded me to take time to appreciate the children and staff at school as well as my own family. It brought back memories of busy mornings at home with me screaming at my six children to hurry up and get in the car and to stop being so selfish as they were making us all late. At one stage, I gave them a specific time that we would leave regardless of who was in the car. This backfired when Number 6 would throw her shoes and bag in the car, leave the door open and run back to grab her lunch, which didn't give me enough time to get out of the car, take her gear out and shut the door to drive off. She won every time. This led to heightened conversations from all seven of us for the duration of our trip, with the last words being about how selfish they were. As we neared school, the realisation that we were all on the verge of tears, quickly prompted me to call out, "Have a great day. I love you." I certainly didn't win 'Mother of the Year'. That was certainly not going to happen after the morning we had.

Now they are all gone and I would give anything to have my time again. I would like to think that I would wake number 6 up earlier, play some music in the house and sing all the way to school. Reality is life gets in the way sometimes.

Take some time to just be in the moment.

Lord, we pray that Your love will guide us today and every day. May we simply be conduits of Your love to the children in our care. Amen

Have a great weekend and remember to be in the moment.

Mrs Melissa Collins

### From Our APC

At Sacred Heart, the safety and wellbeing of our children is always at the forefront of everything we do. The Daniel Morcombe curriculum plays a vital role in the continual teaching of safety for our students.

This week, our classes participated in the Australia's Biggest Child Safety Lesson, delivered via a live stream from the Daniel Morcombe Foundation.

The foundation shared many useful resources for teachers to use with students as follow up activities and lessons.

In Australia, 96% of abused children are abused by someone known and trusted by them. This fact guided the theme for this year, 'It's all about boundaries and body parts.'

ABC SL explored concepts of personal safety and removing the secrecy and stigma around private body parts, while also teaching children about body ownership. These lessons are an easy way that we can all help to keep kids safe.

The images below show some of the follow up activities by our Preps.

no one can touch or  
 see private body parts  
 without my permission.

Look at the cat. Look at the cat. Look at the cat.



We all have the right to feel safe at all times.

The links below will take you to a message from the Morcombes and helpful parent and grandparent resources.



Click the image below to hear from Bruce and Denise Morcombe

[https://danielmorcombe.com.au/keeping-kids-safe-resources/parents\\_carers/](https://danielmorcombe.com.au/keeping-kids-safe-resources/parents_carers/)

<https://danielmorcombe.com.au/keeping-kids-safe-resources/grandparents-carer-resources/>

Have a wonderful, safe 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

### Important Dates Term Three

#### September

Friday 9th - Year 1R whole school assembly 8.40am. All invited.

Wednesday 14th - Interschool Catholic Education Year 6 touch football carnival in Rockhampton.

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

Friday 16th - Final day of Term 3. School finishes at 3pm.

#### Early Term 4 Dates

##### October

Monday 3rd - Queen's Birthday public holiday

Tuesday 4th - First day back for Term 4

Monday 10th - Swimming lessons commence at Cooee Bay aquatic centre.

Friday 14th - Whole school assembly 8.40am

Monday 17th - Book Fair commences in library

Friday 21st - Year 1C assembly 8.40am.

Friday 21st - World Teachers' Day

Monday 24th - 2023 Prep Orientation session

Thursday 27th - 2023 Prep Orientation session

Thursday 27th - St Ursula's College visiting to speak with our Year 6 girls.

Friday 28th - Year 1 G assembly 8.40am.

Friday 28th - Day for Daniel

Friday 28th - Year 6s leave for camp.

## Student Awards

<b>Prep</b>	Siobhan Loader, Charlie Robinson, Zayd Cherry, Van Richter, Matteo Medrano, Mila McKenna, Luka Kangan, Matilda Kirby, Lucia Sturges, Fergus Kenny, Schuyler Joyce-Lee Hornagold, Porsha Mundy, Alivia Evans
<b>Year 1</b>	Bentley Paidra, Florence McElholum, Silas Hall, Alana Pont, Madeline Ohl, Mikey Martin, Kelly Cogill
<b>Year 2</b>	Kayden Griffin, Hugo McPherson, Asha Nielsen, James Whiting, Skylar Rapmund, Halle Moger, Marleigh Drew, Jacob Flanders
<b>Year 3</b>	Flynn McKenna, Ivy Carswell, Sophia Rafter, Emma Hall
<b>Year 4</b>	Ivy Ballard, Max French, Oscar Gleeson, Chelsea Allen, Dylan Barnes, Noah Todd, Lucy Thomas
<b>Year 5</b>	Darcy Bergman, Indie Oram, Jorgia Hiron
<b>Year 6</b>	Cash Warner, Thea Gregson

## MJR Awards

Hunter Hare Year 2 for showing great determination and skill at play time especially when playing checkers.

Aiden Goodger Year 6 for displaying good leadership skills and for looking keeping an eye out for your classmates. Thank you.

Hartley Lambropoulos Prep for being so encouraging of everyone who were receiving their Student of the Week awards.

Torah Pearce, Kiara Reynolds, Mikayla Palmer, Zaylee Luckey Prep for being so supportive of your classmates when playing games at PE.

Jett Sullivan Year 1 for always being a good friend and looking after others.

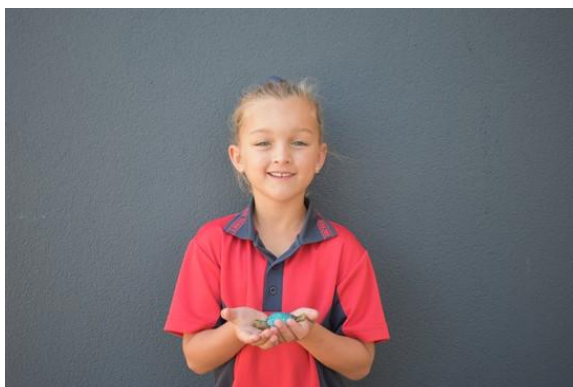
Loreta Edwards Year 2 for being so responsible in looking after younger students at Sacred Heart.

Eliza Nunn Year 2, Josie Malt, Macy Gould, Sophie McElhenny and Taia Dooley Year 3 for showing good getting along skills when playing at lunch times. Thank you.



## Frankie Award

Macey Winter Year 1 for being so thorough in spending parts of your lunch times picking up rubbish around the oval. Thank you.





## 5J Prayer Cubes



We made these prayer cubes as part of our Religion studies. Each child in Year 5 made up three prayers: Praise, Thanksgiving and one about a virtue.

We wrote these on the cube and then chose three traditional prayers ie Our Father, Hail Mary, Sacred Heart school prayer ....

You rolled the dice and say whatever prayer it lands on. It was an exciting way in which to learn how to pray.

**Jesse, Evie, Mikayla**

## Year 4 Six Word Stories Inspired by the American writer, Ernest Hemingway

The phone rang and she froze.	Lucy
I saw monkeys holding mobile phones.	Bertie
Grade Four, can you help me?	Felix
Lookout! The bees were very angry.	Noah
Can you help my best friend?	Cruz
One little word can change everything.	Kirby
Where is my Mum? She's missing.	Josie
Aliens invading Australia. Hurry up, go.	Riley
I can hear the crashing rocks.	Charlie
I'm very sad. I missed lunchtime.	Louis
He crashed his bike and then.	Bear
People are always coming to school.	Ava
My voice is very, very croaky.	Aria
My dog died. I am sad.	Sasha
My foot dug into the sand.	Ethan
I just heard a fish talk.	Hudson
I missed the bus. Help me.	Maycie
God damn. Socks always get lost.	Archie
What happened to my ice cream?	Amira
Five bottles left on the wall.	Alex
Not high, not low, but smart.	Saige



**CATHOLIC EDUCATION**  
DIOCESE OF ROCKHAMPTON

**We're Hiring**  
**Indigenous Education Coordinator**

This is a rare opportunity to lead an outstanding team that is making a significant difference in Indigenous Education across our diocese.


Visit our website and apply today  
ROK.CATHOLIC.EDU.AU  
Applications close 21 October 2022

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

**Holiday CQU Young Engineers Program**

Following is a registration link for the CQ Young Engineers school holiday program <http://cq.young-engineers.com.au/registration/>.

Several Sacred Heart children attended last year and said how much they loved it. It is run by CQ University who always do a wonderful job. Worth a look.



**SPRING HOLIDAY**  
**ENGINEERING, ROBOTICS & ELECTRONICS 2 DAY CAMP**  
**WONDER KIDZ**

Advanced Technology Innovation Centre - CQU Rockhampton

Wednesday 28th September to Thursday 29th September 2022

Eligibility	Date	Time	Fee	No. of Days	Book online*
Yr 1 - 8	28 Sept - 29 Sept	9:00am to 3:00pm	\$173	2	<a href="http://www.trybooking.com/CCHEQ">www.trybooking.com/CCHEQ</a>

\*Always consult the booking link for any changes. Every effort is made to ensure this brochure is accurate but all changes are reflected online.

From Sustainable farming to self-driving cars, **Advanced Engineering & Robotics** model a range of real-world situations that teach students a complete understanding of how the technology works and used to solve the issue at hand. The engineering lessons engage kids with a hands-on learning environment and immerse them in the applications and possibilities of modern technologies. Through PBL (Project-based learning), students combine hardware, Lego® compatible building blocks, and coding to create a prototype and solve real-world problems. The projects are designed to encourage students to invent other viable solutions to these real-world issues and explore ways to utilize existing technology. The completion of these projects will boost confidence and create problem solving ability in students to overcome any challenge from working in their future jobs to solving our world's current or future problems. **All activities are adjusted to the student age and we tackle different challenges on each day.**



Limited spots available!  
Early bird discounts  
apply for a short time.



**Build Your Tomorrow. Today!**

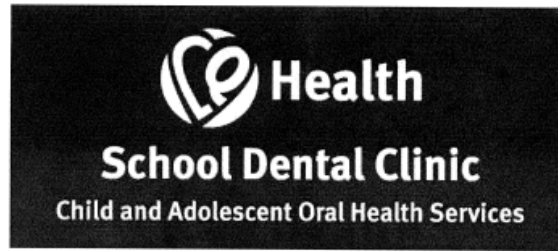
Are you traveling through Central Queensland these holidays? Check out our other locations on our main web page.

For more information  
please call 0424 985 172.  
[pavle@young-engineers.com.au](mailto:pavle@young-engineers.com.au)  
[www.cq.young-engineers.com.au](http://www.cq.young-engineers.com.au)

**Engineering & Robotics Program** provides theoretical knowledge in software and mechanical engineering combined with mathematics and physics.

**Electronics:** Our electronic kits are specifically designed to minimise assembly time which creates more opportunity to explore the learning's behind how each experiment works. Learn to build circuits in the classroom.

**Build-Up Program** is designed for little children where they start from learning the basics of building Lego Models including improving them and end up building models independently with a friend and enjoying group game.



**CHILD AND ADOLESCENT ORAL HEALTH SERVICE (SCHOOL DENTAL)**

**OFFER OF FREE DENTAL TREATMENT**

Child and Adolescent Oral Health Services (School Dental Service) is offering **FREE DENTAL TREATMENT** to all eligible students (current Medicare Card, from 4 years old to the end of grade 10 or eligible for the Child Dental Benefit Scheme)

If you wish to utilise this service, please complete the registration consent/medical history form via the QR code or link shown below.

This offer is to place your child on the Child and Adolescent Oral Health wait list. The information supplied will be processed and a staff member will contact you in due course to arrange a Dental Examination appointment. They will also advise of the location of the treating School Dental facility in your local area.

<https://forms.office.com/r/FNjLbmcpAw>



For all **Enquiries, Emergencies** or **If you have difficulty** in accessing the QR code or link please call **49206 372** or email [cqhscaohs@health.qld.gov.au](mailto:cqhscaohs@health.qld.gov.au)

**Sporting Achievements**

Congratulations to the Netball Junior Division E Heartbeats who won their grand final this week after two periods of extra time. Well done.

Also to Jordyn Parfitt and Sienna Foley who were members of a Yeppoon Cheer team who won the State Championships last weekend. Wonderful achievement.





## Important Message Regarding Using School Toilets

When at school, we ask that you use the toilets displayed below and not our student toilets. Thank you.

The amenities that can be used by members of our school family when on site are the bathroom at the Prep area and the bathroom across from the multi-purpose area.



## Community News

Sacred Heart Parents Social Event

Save the date

# Sunsets IN THE ORCHARD

SAT 22nd OCT 2022

More info coming soon



CATHOLIC SCHOOL PARENTS QUEENSLAND  
Diocese of Rockhampton

## An INVITATION

### PARENT ENGAGEMENT DAY

ROCKHAMPTON | SAT 8 OCTOBER | 10.00AM-4.00PM  
(come along to some or all of the sessions)  
Kevin Castles Conference Centre  
152 West St, Allenstown

**SPEAKERS**

Andrew Fuller, Psychologist - discussing 3 topics  
**Behaviour, Mental health and Motivation**

Chris Borrell, The Fathering Project

Bernadette Kay CSPQ & Natalie Salisbury CSPQ State Council  
talking about the Rockhampton Diocesan Parent Council

**All Catholic school Parents, Principals & School Staff welcome.**  
A free event to support our children's learning and wellbeing.

**Topics for all ages Prep to Yr 12**

Parents from regions outside Rockhampton, Yeppoon & Gracemere  
can apply to have travel costs reimbursed.

Click on the link for more details and to REGISTER  
<https://www.eventcreate.com/e/rockhampton-parent-engagement>



YEPPOON SHARKS SWIMMING CLUB

## Season 22/23 Sign-On

**WHEN:** 12th October, 2022

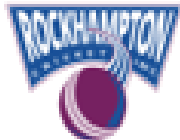
**WHERE:** Yeppoon Aquatic Centre

**WHAT:** Sign-on / Come and Try

Free sausage sizzle

See what it is like to be a SHARKIE!





# PLAY CRICKET NOW!

Capricorn Coast Parkana Cricket Club

**Division 1 - 16 Years and under**

Players over 16 will be assessed by the club

**Division 2 - 14 Years and under**

**Division 3 - 13 Years and under**

**Division 4 - 12 Years and under**

Season Starts  
October 8th



Dave - 0482 062 696



[playcricket.com.au](http://playcricket.com.au)



YEPPOON SURF  
LIFESAVING CLUB

## OPEN & NIPPER SIGN ON DAY

Sunday, 11th September 2022

**9:00 - 11:00 am**

Yeppoon SLSC  
Anzac Pde, Yeppoon

Come and join our family! There is something for everyone

- Become a lifesaver
- Our Nippers Program
- Jnr and Snr Surf Sports
- Surfboats
- Water Safety & Officiating

Season commences 18th September onwards

