



**SACRED HEART CATHOLIC PRIMARY SCHOOL**

**Enriching Spirits ~ Educating Minds**

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**NEWSLETTER**

6th October 2022

### From the Principal's Desk

Welcome back, everyone. Hoping you had a good break from school and are looking forward to the next nine weeks, filled with a myriad of wonderful activities and events. It does not get any better than Term Four.

On the holidays, a family friend told my wife and I, an interesting story.

As a highly regarded curriculum leader, she regularly liaises with different government and industry groups. Recently, she spent time with some of the leading scientists and managers of the CSIRO. They mentioned the recent employment of almost twenty interns, young people who snared highly sought after jobs which could lead to key long-term careers.

'How do you choose from the hundreds of applicants?' our friend asked. 'Is it just the top marks in Science degrees?'

The CSIRO explained that most applicants have solid backgrounds in Science, however there were key questions which helped choose the best employees.

People skills were highly valued. In addition, they mentioned that they asked the recent graduates two important questions:

What do you do for others in the community?

Do you volunteer at all?

And, do you play any team sports?

The CSIRO has found that being gifted or interested in Science is not enough. They seek team players who are well-rounded and active in society. The stereotype of the nerdy boffin did not fit.

Team sports is an interesting question. Young people who are active outdoors in a team, learn so many lessons on winning and, importantly losing, being strategic, committing to training, obeying a coach, being the person who throws the pass for someone else to set up the try etc. In a team, you learn to work as a group; the game is not about you alone with a racquet one side of the net.

As a teacher, I have seen the long-term benefits of those who play sport, not just for health and wellbeing but the positive influence on social development.

Hence, it was an absolute delight to recognise and applaud a former student of our Catholic schools, Tamika Upton, on the weekend. She played in the winning NRL Women's Premiership Newcastle Knights team and was awarded the player of the final.

My wife and I were so excited (screaming in fact) to see Tamika and another girl we had taught, Emmanita Paki play for the Knights, both scoring grand final tries.



I had the pleasure of knowing Tamika as a junior rugby league and an outstanding touch football player. She has always been a young woman with much skill, a genuine commitment to training and a natural eye for playing 'what she sees in front of her'.

Most importantly, she is a young woman who epitomises the adage 'humble in victory, gracious in defeat.'

Her elevation to represent Australia in rugby league in this year's World Cup is an amazing achievement and how wonderful, that the first student I have personally known to gain this position, is a girl.

All the best

Max Martin

### From Our APC

Welcome back to what is shaping up to be a very busy term. The next few weeks will see many exciting learning activities take place at Sacred Heart.

During weeks 2, 3 and 4, students in Years 2 to 6 will all participate in PAT testing (Progressive Achievement Tests) for reading, spelling and Mathematics.

These tests measure a student's knowledge, skills and understanding, helping pinpoint where they are in their learning journey and what they need to progress. Teachers use the data from these assessments to identify starting points for learning, target teaching and monitoring student growth.

Week 2 sees the start of swimming, this forms part of our Health and Physical Education curriculum.

In Week 3, we have our annual Book Fair taking place in our library. Classes will be rostered for both viewing and purchasing books during the fair.

### Online Safety - How safe is your child?

We live in an age of technology, where children are immersed in devices for both learning and recreational activities. Therefore, more than ever students need to understand the importance of wellbeing and be given the tools to stay safe while using technology.

Each week, I will have a link for parents, sharing information and giving tips on how you can support your child to stay safe using devices and when online.

This week the articles look at what effects devices before bed have on students. We know that inadequate sleep can also be associated with increasing rates of depression, anxiety, poor concentration, inactivity and eating habits related to kids' well-being. Sleep is vital for kids' health, learning and development.

<https://www.codecamp.com.au/blog/kids-sleep-screens-parents-need-know>

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

### Important Dates Term Four

#### October

Monday 10th - Year 2 to 6 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 1G assembly 8.40am.

Friday 28th - Day for Daniel

Friday 28th - Year 6s leave for camp.

## November

Tuesday 1st - All Saints' day

Thursday 3rd - Year 6s return from camp

Friday 4th - Grandparents' Day assembly 8.40am with Year 2S presenting. Morning tea afterwards.

Friday 4th - Super 8s cricket finals in Rockhampton

Tuesday 8th - Instrumental music concert from 11.30am in our multi-purpose area.

Friday 11th - Remembrance Day assembly with Year 6B presenting.

Friday 11th - Year 6 St Ursulas' Orientation Day

Monday 14th - Prep and Year 1 swimming lessons commence.

Friday 18th - Year 6KR assembly 8.40am.

Monday 21st - Year 4 to 6 swimming carnival.

Thursday 24th - Presentation Day celebrations at school

Friday 25th - Prep assembly 8.40am.

Monday 28th - End of Year whole school mass from 9am

Monday 28th - Year 6 End of Primary School dinner from 5.30pm.

Tuesday 29th - End of Year school concert

Tuesday 29th - SEMester Two report cards available from 4pm.

## December

Friday 2nd - Whole school assembly 8.40am.

Friday 2nd - Final day of the school year.

## Welcome to New Families

This term, we welcome the following families into our school community:

Inch family with Tanya, Chris and Charlotte in Year 1.

Allen family with Wendy, Cameron and Olive in Year 4 and Tulip in Prep.

Rothall family with Samantha, Jason and Lexie in Year 6.

Hill family with Brooke, Warren and Noah in Year 4.

Thank you for choosing to come to Sacred Heart and we wish you all the very best.

## MJR Awards



Lewis Cauchi Year 1 for being a wonderful friend and looking after someone who was upset.

Indianna Solis Year 1 for being a wonderful friend and looking after someone who was upset.

Harper Mephem Year 3 for displaying great getting along skills at lunch times.

Levi Bone and Lula Hart Year 4 for showing a generous heart in welcoming a new child to our school.

Mason Lewis Year 5 for the caring nature and kindness you show towards others. Thank you.

Marley Philp Year 6 for the caring nature and kindness you show towards others. Thank you.

## Regional Super 8s Cricket Final

On Thursday of the last week of Term 3, the Capricorn Coast Super 8s cricket carnival was held at Barmaryee.

Sacred Heart joined schools from across the Coast for this event. It was a great day for showcasing the cricketing skills of our children.

Congratulations to our girl's team who placed second and have been chosen to compete at the regional finals on Friday



4th November in Rockhampton.

One of our boy's teams who placed third on the day have also been chosen to attend this carnival.

Well done to both sides.



### School Routine

It has come to our notice that children are arriving at school prior to 8am. Note that there is no teacher on duty in the MPA or the Prep area until 8am each school day. Teachers may be here prior to 8am however they are busy preparing for the day and are unable to supervise children in their classrooms at this time.

I ask that children do not arrive at school before 8am. Thank you.

At the conclusion of the day, students are supervised by a teacher on duty in the MPA until 3:30pm. Any child not collected from here by 3:30pm will walk to the office with the teacher on duty.

If you are running late, advise the office as soon as you are able so that staff can reassure your child all is well and an estimated time of your arrival. Should we not have received a call from you, we will ring the listed contact to ensure all is fine and so reassure your child. Teachers may have meetings after school and so are unable to supervise students in their classroom area.

### Parish Melbourne Cup Luncheon

A Melbourne Cup morning tea is being organised by our parish and you are invited to attend on Tuesday 1st November from midday at the community room adjacent to Sacred Heart Church.

Entry is \$25.

Sweep and multi-draw tickets will be on sale. Prize for the best dressed.

Children from Sacred Heart School will be providing entertainment.

Proceeds will go to St Vincent de Paul.

For bookings, phone the parish office on 4933 6171.



### School Swimming Lessons

Week 2, this term will see the start of swimming lessons. These will take place at the Cooee Bay aquatic complex, with our children being bussed to and from the pool.

Our Years 2 to 6 classes will participate in weekly lessons, either on a Monday or Thursday during weeks 2 to 6.

Children in Prep and Year 1 will participate in an intensive four days of swimming lessons, taking place in Week 7 (Monday, Tuesday, Thursday and Friday).

The following classes will swim on Mondays: 2W, 2H, 2S, 3M, 3D, 3A, 6B, 6G.

Classes swimming on Thursdays: 4M, 4H, 4E, 5J, 5S, 5MD, 6KR.

The Year 4 to 6 swimming carnival will take place on Monday 21st November.

Children are required to wear a sunsafe shirt for swimming and a pair of sandals or thongs to wear to and from the pool.

Swimming lesson costs will be added to Term 4 school fees.

## Book Fair

Book Fair is coming to Sacred Heart in Week 3.

The library will be open on Tuesday 17th October from 3.30pm to 6.00pm for parents and families to view and purchase Book Fair Items.



## Week 1 Photos







**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 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>

woolworths  
**CRICKET  
BLAST**

**HAVE A BLAST!**

GET INTO WOOLWORTHS CRICKET BLAST. IT'S A FUN AND ALL-INCLUSIVE PROGRAM FOR KIDS WITH A DISABILITY – WHETHER IT'S YOUR FIRST TIME WITH A BAT OR YOU'RE A BACKYARD CRICKET STAR!

**CAPRICORN COAST PARKANA CC**  
Junior Blasters – Friday, 3:30pm  
Master Blasters – Friday, 4:30pm  
**Registrations Open Now!**

OUTDOORS  
NON-CONTACT

The advertisement features a group of children playing cricket on a field. A large 'HAVE A BLAST!' text is at the bottom. A box contains details for Capricorn Coast Parkana CC, including 'Junior Blasters – Friday, 3:30pm' and 'Master Blasters – Friday, 4:30pm'. A 'woolworths CRICKET BLAST' logo is at the top. A circular badge says 'OUTDOORS NON-CONTACT'.



JOIN A CREW NEAR YOU TODAY

PLAY CRICKET

OFFICIAL KIDS PROGRAM

