



## SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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# NEWSLETTER

20th October 2022

### From the Principal's Desk

One of the joys of teaching is having the opportunity to witness past students grow up to be amazing teenagers and then young adults.

Last night, I attended the St Brendan's College cultural and academic awards evening. Seeing past students being recognised for their achievements is certainly a highlight of my year. How they have grown from that little person in Year 6 into a bustling, confident Year 12er.

I also get so proud when they make the effort to come up for a chat or have a photo taken together.

By chance on my return home last night, I read some wise words from Daniel Wong, a well-known, inspirational American, offering good advice on how to walk resiliently and maturely into secondary school and adulthood. Some excellent advice for everyone in fact.



**Every choice you make shapes your character, so choose wisely.** As a young person, you make hundreds of choices every day: what to eat, how to spend your money, who to talk to, what clothes to wear, how hard to work, etc. Every decision shapes your character and destiny, so don't take it lightly. As a student of Sacred Heart, we hope those choices include a sense of respect and care for others and a determination to take the responsible path in life.

**Don't take your parents for granted.** You went to a great school and met life-long friends, due to a decision your parent made, sometime after you turned 3 years old. Your parents may nag you, and you may feel as if they don't understand you. But they love you unconditionally, so appreciate them as often as you can.

**Learn to embrace challenges rather than avoid them.** Choose to see challenges as fun opportunities to learn. Even if you can't overcome the challenge, you would have still grown as a person.

**Don't blame others.** So many people blame teachers, parents and peers, medical conditions, the fact that they are 'hangry' for almost every problem faced and mistake they've made. Own your decisions good and bad. The sooner you stop blaming others, the sooner you'll learn to take full responsibility for your life. It's a sign of growing up.

**Be grateful.** Grateful people are happy people. No matter what situation you're in, there's always something to be thankful for: school, friends, family, food, health, nature, technology. Being an Australian. Being loved.

**Spend more time thinking about others than yourself.** Jesus was big on this one. If you spend most of your time thinking about yourself, you'll be unhappy. No matter how many good things there are going on in your life, you'll be tempted to ask yourself questions like "Why can't I be as popular as her?" or "Why are my parents so strict?" Instead, focus on helping others and you'll be a happier student. People who are generous get more from giving than those who receive.

**Spend time with people who have the same (or similar) values and goals as you.** All of us are influenced greatly by the people we surround ourselves with. Choose to surround yourself with people who will inspire you to become a better person and student. Who your friends are in high school can be highly influential on your life. If you choose the ratbag friendship group, even if you behave yourself, you will be labelled a ratbag and be distracted from the real purpose of high school – to get you educated and on a successful pathway in life.

**Say “thank you” and “sorry” often.** These words are free to say but let people know they are respected and appreciated. Don't just say these words for the sake of saying them. If you mean it when you say, “thank you” and “sorry”, you'll build stronger relationships with both your friends and family.

**Don't worry about being popular or cool.** Popularity is overrated. Responsibility, duty, excellence, kindness, courage and generosity aren't – so focus on these instead.

**Attitude matters more than intelligence or talent.** As Zig Ziglar once said, “Your attitude, not your aptitude, will determine your altitude.” Intelligence and talent play a part in how successful you become as a student and in life. But attitude matters much more. Start cultivating a positive and resilient attitude today.

As a principal, I am always very proud of the people our past students have become. I wish them the best in their future endeavours and all the blessings of a happy, healthy, fulfilling life.

I hope that the values which were nurtured at Sacred Heart hold them in good stead throughout your lives.

Take care

Max Martin

## From Our APRE

### Greatest Commandment

This weekend's Gospel is from Matthew and is about God's Greatest Commandment, “Love each other as I have loved you”.

Jesus' example of loving sometimes draws us into uncomfortable places. To love someone who has wronged us, to love someone who continually disappoints us, to love someone who is very different to us, calls us to our true Christian vocation. This reminds me of the “Golden Rule”. "Do unto others as you would have them do unto you" (Matt 7:12) is a simple yet effective guide for relating with people of different religions, cultures, ethnicity and backgrounds. The Golden Rule, also known as the Ethic of Reciprocity, has been valued by human societies for thousands of years and is found worldwide throughout cultures, religions, secular philosophies and indigenous traditions. Living by this Rule is of particular relevance today as communities become increasingly interconnected and finding the same value in all religions promotes interfaith collaboration, mutual understanding, peace, compassion and cooperation.

Following is how this rule is also supported by various religions and spiritualities:

**Hinduism:** “This is the sum of duty: do not do to others what would cause pain if done to you.”

**Buddhism:** “Treat not others in ways that you yourself would find hurtful.”

**Confucianism:** “One word which sums up the basis of all good conduct...loving kindness. Do not do to others what you do not want done to yourself.

**Taoism:** “Regard your neighbour's gain as your own gain, and your neighbour's loss as your neighbour's loss as your own loss.”

**Sikhism:** “I am a stranger to no one; and no one is a stranger to me. Indeed, I am a friend to all.”

**Aboriginal Spirituality:** “Our identity with land is sacred and unique. We have a very strong sense of community. All persons matter. All of us belong.”

**Judaism:** “What is hateful to you, do not do to your neighbour. This is the whole Torah; all the rest is commentary.”

**Islam:** “Not one of you truly believes until you wish for others what you wish for yourself.”

I am inspired by this common thread of love that weaves all spiritualities together for the good of our global community.

I pray that you have a blessed and love-filled week.

Melissa Collins

## From Our APC

Book Fair has been a wonderful event. Mrs O'Brien and Mrs Wilzcek, our library coordinators, have been amazed at the response from students and parents.

It has not just been books that have been popular, but also diaries, journals and Rubik's cubes. There has also been great interest in non-fiction books, particularly those on animal related facts.

The funds raised will go towards purchasing many new resources for our library.

Thank you everyone for your support of this event.



## Child Safety

The links below will take you to the Talk Early project and the government eSafety commission, both useful links for parents on how to have conversations with you children about safety.

<https://www.esafety.gov.au/parents>

<https://danielmorcombe.com.au/keeping-kids-safe/keeping-kids-safe/talk-early/>

There are a number of free webinars available to parents via this eSafety Commission portal:

<https://www.esafety.gov.au/parents/webinars>

Have a wonderful week.

Mrs Lisa List

## Book Fair - 'Guess the Number of Bears' competition

Congratulations to the winners of our "Guess the Bears" competition: Finn Bridges, Daisy Den Exter, Matilda Kirby, Aurelia Acharya and Macey Winter.

The number of bears was 503. Each received a \$10 voucher at Book Fair.



## 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

Friday 21st - Year 1C assembly 8.40am.

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 - World Teacher's Day

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  
 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.  
 Wednesday 23rd - Year 1 to 3 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

To Oliver in Year 3 and Noah in Prep and their mum, Abbie.

To Mack in Year 2 and Ray in Year 3 and their parents, Bronwyn and Tony.

Welcome into our school family and we wish you all the very best for your time with us.

### Student Awards

<b>Prep</b>	Kevin Zhong, Kobi Rich, Mason Schmidt, Mikayla Palmer, Zayd Cherry, Aariah Thomas, Stella Small, Alivia Evans, Vincent Neve, Lucia Sturgess, Kiara Reynolds, Andie Valler, Finn Bridges
<b>Year 1</b>	Belle Hansen, Florence McElholum, Tyler Gilbert, Rueben McDermid, Macey Winter, Clay Ferrier, Kai Schwennesen
<b>Year 2</b>	Isla Colgan, Ava Poole, Jack Strenzel, Loretta Edwards, Ryah Manz, Hunter Hare, Wilhelem Van Ommen, Skylar Rapmund, Marleigh Drew, Phoebe Turner, Leni Bergman, Emily Boon, Sloan Kelly, Lincoln Fooks
<b>Year 3</b>	Vin Renshaw, Bailey Goodland, Lucy Warrick, Ella Louise Reynolds, Isla Eades, Henry Zarkovich, Isla Goltz, Rejie Dickenson, Beau Hoare
<b>Year 4</b>	Noah Hill, Bear Cranston, Josie Prince, Brendan Gilbride, Isla Kleinhans, Ava Goodger, Oliver Mathias-Watt, Ruby Deasy, Abi Colgan
<b>Year 5</b>	Bowen Atkins, Milla McPherson, Georgia Carige
<b>Year 6</b>	Eden Harris, Amarni Hurt, Rydder Malt

### MJR Awards



Frankie Kenny Year 2 for going out of your way to be helpful to your teacher during the busyness of each day.

Kayden Griffin Year 2 for the ongoing effort you put into using positive build-ups with your classmates. Good job.

Oliver Poole Year 3 for the compassion and kindness you show to your fellow peers and teachers.

## Frankie Award

Harper Gill Year 3 for always helping to pick up rubbish from the Year 3 eating area. Thank you.



## School Swimming Lessons and Carnivals

Our swimming lessons continue next week 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 3 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.

Our Year 1 to 3 swimming carnival will take place on Wednesday 23rd November.

Our 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 cost will be added to Term 4 school fees.

## Year 6 Camp

Next Friday evening, our Year 6s embark on their camp, travelling to Cairns, returning early Thursday morning week 5.

Their week will be filled with ziplining, snorkelling, crocodile watching, adventure trekking and Time Zoning.

Mrs Goltz, Mrs Kenny, Mrs Bell, Mrs Hixon, Mr O'Brien and Mr Martin will be accompanying them.

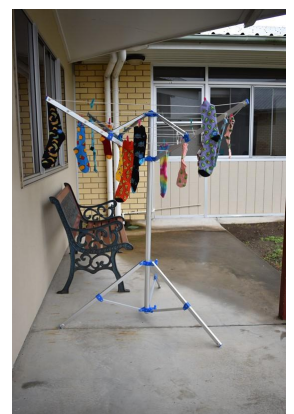
In Mr Martin's absence, Mrs Collins and Mrs List will be leading our school. If you have any concerns, they can be contacted at school. Thank you.

## Socktober

Today, Sacred Heart was a sea of brightly coloured legs as children and staff in a small way took a stand against child poverty in our world.

Socktober and wearing crazy socks hopefully nurtures our children's understanding to take action against injustices.

Thank you to all who participated in this fundraiser. Money raised will support children in Ethiopia through CARITAS.





## 2023 Prep Orientation and Information Mornings

A quick reminder about our 2023 Prep orientation sessions at Sacred Heart School this coming Monday 24<sup>th</sup> and Thursday 27<sup>th</sup> October, 2022.

They will be held from 9.20am until 10.30am, with everyone initially meeting in our undercover area.

During this time, our 2023 Prep children will go to a Prep classroom and be involved in activities while parents/carers meet with myself and one of our current Prep teachers to discuss important information pertaining to next year and answer any of your questions.

Parents and carers will then have time to visit the classrooms.

We will then return to our undercover for a patty cake morning tea.

I ask that you email, our office secretary, Mrs Cassandra Zarkovich at [cassandra\\_zarkovich@rok.catholic.edu.au](mailto:cassandra_zarkovich@rok.catholic.edu.au) if you are able to attend one of these sessions and on which day.

We are looking forward to seeing you and your child next week and welcome to Sacred Heart, Yeppoon.

If you are any queries regarding these orientation days, contact me at [maxwell\\_martin@rok.catholic.edu.au](mailto:maxwell_martin@rok.catholic.edu.au) or 0427720385.

## Community News



The poster features a central logo for 'TEAM TURTLE CO' with a turtle illustration. Below it, the text reads 'THE INAUGURAL CAPRICORN COAST Turtle Hour' in large, stylized letters. The event is scheduled for 'Thursday 20 October | 7pm - 8pm'. A key message states: 'Turn off your lights to celebrate and protect our local marine turtles!'. A paragraph explains that marine turtles will soon arrive on Capricorn Coast beaches to lay their eggs, and light pollution from houses and businesses can hinder nesting and hatchling survival. The poster includes a QR code for more information, social media icons for Facebook, Instagram, and LinkedIn, and logos for the Australian Government, National Landcare Program, fba, and Livingstone Shire Council. A photo shows a group of people holding a banner, and another photo shows a turtle on a beach.

**TEAM TURTLE CO**

THE INAUGURAL CAPRICORN COAST

# Turtle Hour

Thursday 20 October | 7pm – 8pm

*Turn off your lights to celebrate  
and protect our local marine turtles!*

Marine turtles will soon arrive on Capricorn Coast beaches to lay their eggs. Light from houses, neighbourhoods and business creates a collective glow that can stop mother turtles from nesting and prevent hatchlings from reaching the ocean. Turtle Hour encourages residents and businesses to turn off their lights for one hour to help these threatened species.

**Turtles about, so lights out!**

Learn more

Australian Government | National Landcare Program | fba | Livingstone SHIRE COUNCIL

This project is supported by Fitzroy Basin Association and Livingstone Shire Council, through funding from the Australian Government's National Landcare Program.

fba.org.au

Join the biggest people-powered

# Great Barrier Reef Clean-up

Farnborough Beach, Yeppoon  
Saturday 22nd Oct

Meet on beach next to Bangalee beach entry 9am

**To get involved email:**  
[admin@capcatchments.org.au](mailto:admin@capcatchments.org.au)  
 or visit: [www.reefclean.org](http://www.reefclean.org)  
 RSVP: 21 October 2022




Bring your reusable water bottle (water top ups will be provided). Also bring an old T-Shirt to get the ReefClean logo screen printed.

Catering will be supplied.

Music, fun activities on the beach, games and competitions involving items from the beach clean-up will be a part of the day.

Email Janeen at [admin@capcatchments.org.au](mailto:admin@capcatchments.org.au) or

Directly register on Eventbrite  
<https://www.eventbrite.com.au/.../farnborough-beach-great...>

RSVP: Friday, 21st October 2022 by 9am

## Cap Coast Eco Warriors Spooky Beach Clean

Join us to clean up Lammermoor Beach. It is nearly turtle nesting time and every little bit of rubbish that we take off the beach may help a turtle. So come dressed up as a sea creature, scary monster or just yourself and join in on the fun.

**Where:** Lioness Park, Lammermoor Beach

**When:** 22/10/2022 4pm – 6 pm

**What:**

- Beach Clean
- Recording the data
- Sand castle competition
- Sand castle destruction competition – destruction you say? What? Find out why on the day ☺

**Who:** everyone, no matter what age.  
 No one is too young to join the Cap Coast Eco Warriors.

Give the next generation a voice.  
 It is their future.

Follow the Cap Coast Eco Warriors on Facebook  
[\(https://www.facebook.com/capcoastecowarriors/\)](https://www.facebook.com/capcoastecowarriors/)  
 Or email  
[capcoastecowarriors@gmail.com](mailto:capcoastecowarriors@gmail.com)

This event is registered as part of the ReefClean Great Barrier Reef Clean-Up






## Christmas In Song

Bring your family for an afternoon of Christmas songs to get you in the mood for the festive season.  
*There's just one show and tickets are only \$10 per person at the door!*



Featuring Members of the Yeppoon Choral Society & a few special guests

**2:00pm Sat 26 November**  
**Yeppoon Town Hall**