



**SACRED HEART CATHOLIC PRIMARY SCHOOL**

**Enriching Spirits ~ Educating Minds**

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**NEWSLETTER**

3rd November 2022

### From the Principal's Desk

Pope Paul VI once said, "Somebody should tell us, right at the start of our lives, that we are dying. Then we might live life to the limit, every minute of every day. Do it. Whatever you want to do, do it now. There are only so many tomorrows."

For the past five days, our Year 6s have been on their annual camp with this year's destination being Cairns. Speaking with a Year 6 from 2021 before we left, they spoke of this camp being a highlight of life to date even the train trip had its positives. (How quickly one's memory fades.)

Well since Friday evening, our Year 6s, Mrs Goltz, Mrs Kenny, Mrs Bell, Mrs Hixon, Mr O'Brien and myself have trekked to the far north and undertaken a plethora of adventures.

Children are all very different and it is not so much about the places you visit but the dynamics of the group and how they deal with living together, being away from home for a fair length of time and how their independence develops in regard to dealing with money, cleaning their rooms and being punctual without having mum and/or dad around.

Our year 6s have been fine representatives of our school. Many of the venues we visited commented on the children's wonderful behaviour and good manners. Lots of older patrons on the train spoke of our children's great demeanour (One has just stopped me as I write this to comment positively on our children.) They were a credit to their families and our school.

Their highlights included:

High ropes were amazing. It was great to be challenged. I had never done anything like it before. **Cash**

The snorkelling gave us the opportunity to see so many wonderful marine animals and coral. The ocean was a bit rough which made it more difficult. **Daley and Alicia**

Visiting the aquarium and seeing the creatures up close was pretty special. There was a tank with over one thousand fish in it. We got to see a leopard shark named Chloe lay its eggs. We were told this was a special occurrence. **Harry and Rydder**

I enjoyed sharing a room with someone. I tried to keep our room tidy but it was a little difficult at times. **Pieta**

Time Zone was a highlight for me. The game I enjoyed the most was ping pong throw where you had to land balls in lots of squares and attempt to light them all up. It took a lot of skill. **Thea**

I had never swum on the Great Barrier Reef before or been so close to a crocodile like when we were at Hartley's Farm. Great experiences. **Lexie**

Ziplining over the crocodiles was incredible. I thought I would be frightened but it was all good. **Marley**

I really enjoyed the food especially the apple juice. We ate well every day. I had never done ziplining before and it was like you were flying above the ground. It was incredible. **Elliot**

Being in a room with someone I did not really know that well and I got along with them. It was good at the end of a day to relax, watch television and just talk. **Isabelle**

I was quite apprehensive about snorkelling however it was an amazing experience especially when the reef shark swam past us. **Mrs Bell**

Many thanks to our Year 6 teachers, Mr O'Brien and Mrs Hixon on providing such wonderful supervision and care of our children.

Back at school, a huge thank you to Mrs Todman and Mrs Zarkovich, our school secretaries, for assisting with the itinerary and all the finer details of our trip.

My Year 6 teacher, Mr Peter Barnes often told us about a very famous lady, Eleanor Roosevelt, who is quoted as saying, 'The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experiences.'

Our Year 6s certainly achieved this over the past 120 hours.

Take care

Max Martin

### From Our APRE

All Souls' Day and All Saints' Day are significant days associated with the Catholic Church.

All Souls' Day falls every year on November 2nd, immediately after All Saints' Day, November 1st.

Just as we remember All Saints' Day for those who have died a martyr and have been recognised by the Church, All Souls' Day is for remembering people who have died, a day that is about the members of your own family and friends; a day keep family and friends who have departed in our hearts, a day to be with family and share memories of our loved ones.

There is a Mexican saying that people die three times: the first is when they die; the second is when they are buried; and the third is when they are forgotten. Commemorating All Souls' Day is one way to never forget those who have gone before us. <https://mycatholickids.com/>

At school, a special remembrance book was passed around to classes and children were free to write the names of people who they knew have died. It was taken to Church and became part of the mass for All Soul's Day where prayers are offered up by our parish.

Lord, bless those who have gone before us. May we continue to remember and cherish them. Keep them in your loving arms. Amen.

Enjoy your loved ones.

Melissa Collins

### From Our APC

Last Friday, I attended the Queensland Curriculum and Assessment Authority(QCAA) forum on the new Australian curriculum.

It is being refreshed to align with international benchmarks. Each Learning Area will see contemporary, refined and revised content, with changes taking place across all year levels.

What will this mean for your child at Sacred Heart?

The rollover to the new curriculum will take place over the next three years, ensuring that teachers are very familiar with the content.

QCAA are rolling the curriculum documentation out to education facilities in three phases: Familiarisation, Planning and Implementation. There will be many resources and professional development opportunities that will be available to leadership and teaching staff in our school.

In 2023, our school will begin the familiarisation and planning stage for English and Mathematics.

This link will take you to the QCAA parent and carers page: <https://www.qcaa.qld.edu.au/parents-carers/p-10>

Below are this week's links to staying safe online. The links outline how to choose apps that are supportive of learning and how to support your child with chatting appropriately when online.

<https://www.common sense media.org/articles/how-to-tell-if-an-app-or-a-website-is-good-for-learning>

## 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

### November

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 Concert in the MPA.

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.

## Student Awards

<b>Prep</b>	Aurelia Acharya, Noah Henderson, Jett Spears, Botson Richardson, Scarlett Seemark, Sophie Donald, Hartley Lambropoulos, Indi DeHennin, Archie Macpherson, Ruby Moger, Boyd Trevor, Mai Whiting, Clairra Nunn
<b>Year 1</b>	Chelsea Smith, Freddy Barbelier, Mason Krause, Brock Bishop
<b>Year 2</b>	Skyla Kirkman, Madeline Gill, Flynn O'Brien, Mia Cassidy, Emily Boon, Kahn Watkins, Brock Solis, Jack Eyles, Evelyn Donald, Olivia Broom, Marleigh Drew, Sophie Howard, Jessie Thomas
<b>Year 3</b>	Bailey Frethey, Sophie McElhenny, Logan Lowry, Ella Van Zanden-Gillen, Noah Cherry, Quinn Du Plooy, Jordyn Parfitt, Hudson Daniel, Lydia Gill, Jai Middleton, Eibhlin Timlin
<b>Year 4</b>	Saige Nielsen, Sasha Dadson, Jai Ray, Felix Rayner, Ivy Ballard

## MJR Awards

Amelia Crick Year 2 for always showing respect and consideration to your teachers.

Isla Colgan Year 2 for the caring nature and kindness you show towards others.

Skyla Kirkman Year 2 for the support and encouragement you show towards your friends during swimming lessons.

Brock Bishop Year 1 for always helping tidy up at the end of your PE lesson without being asked.

Thomas Sweeney Year 6 for being so encouraging of others and noticing when someone is feeling left out and being proactive when this happens. Thank you.



## Finance - Term 4 School Fees

Term 4 school fees have been issued and these are due for payment by Monday 7<sup>th</sup> November.

Contact Mrs Stacey Todman in the office if you have not received your fees or wish to organise a payment plan. Thank you.

## Confirmation of 2023 Enrolment

Thank you to those families that have completed the confirmation of enrolment form for 2023. These are due back by Friday 11<sup>th</sup> November.

Your completion of this, enables us to plan for our 2023 school year.

Thank you for your support in this regard. Follow the [link](#) to this form.

## Instrumental Concert

This Tuesday 8th November, our instrumental students will be showcasing their talents in our multi-purpose area.

There will be two concerts. Our instrumental teachers will let families know at which concert your child will be performing.

Concert times are:

8:45am                      Prep, Year 1, Year 2 and Year 3 attending.

10am                        Year 4, Year 5 and Year 6 attending.

All welcome.

## Mini Vinnies' Christmas Appeal

Tomorrow, Friday 4th November, Mini vinnies will launch their Christmas Appeal.

We ask families to donate Christmas items (festive food, clothes, unwrapped toys, gifts, cash and gift vouchers as well as shampoo/conditioner packs and body wash).

Items can be dropped off at school until Friday 2nd December. Help us to make Christmas a joyful time for all.

Thank you for your anticipated support.

## Mini Vinnies' Retreat

Last Friday, our Mini Vinnies members were fortunate enough to attend a retreat at St Vincent de Paul in Rockhampton.

They learnt about the history of this organisation, how it operates and were involved in team building activities.

Thanks to Samara and the many St Vincent de Paul members for sharing your time and knowledge with us.



## Capricorn Coast Parish Melbourne Cup Performance

Well done to our singers and violinists who performed at a luncheon for our Cap Coast parish at Sacred Heart Church on Tuesday

A great afternoon was had by all attending.



## Grandparent's Day Assembly and Morning Tea

Tomorrow following our Year 2S assembly, there will be a morning tea in our multi-purpose area to celebrate Grandparents' Day.

All families are invited to attend this event especially our grandparents.

## Regional Super 8s Cricket Carnival

Tomorrow, Friday 4<sup>th</sup>, Sacred Heart has a boy's and girl's cricket team playing in the regional finals of the Super 8s in Rockhampton.

Schools from across the Capricornia region are competing and we wish Harry, Thomas, Noah F, Noah M, Jet, Jack, Ethan, Sebastian, Evie, Sienna, Brooke, Armani, Georgia, Brydi, Indigo and Ruby, the very best.

Mrs Oram, Miss Baker and Mr Kacey are attending with our children.

## Sacred Heart Swimming Carnivals

In the coming weeks, several swimming carnivals will be undertaken at the Yeppoon Aquatic Centre. Following are some details regarding these:

Year 4 to 6 carnival will be held on Monday 21st November commencing at 9.15am.

Year 1 carnival will be held on Wednesday 23rd November commencing at 9.15am until 10.20am.

Year 2 and 3 carnival on Wednesday 23rd November commencing at 11.30am until 1.15pm.

Parents and carers are most welcome to attend these.

A timetable of events will be in our newsletter next week.

## Position Vacant



**SACRED HEART YEPPOON** **CATHOLIC EDUCATION**  
DIOCESE OF ROCKHAMPTON

Applications are invited for the term-time (38 HPW) continuing position of

**ADMINISTRATION SECRETARY**

commencing as soon as possible or as negotiated with the successful applicant

Applications close 5.00pm  
Tuesday 8 November 2022

For more information and to apply:  
[www.rok.catholic.edu.au](http://www.rok.catholic.edu.au)

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

## Community News



Attend a 12-hour

### Standard Mental Health First Aid (SMHFA) Course

Learn how to provide first aid skills to assist adults who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received, or the crisis resolves

Where: The Hub, 7-9 James St, Yeppoon QLD 4703

When: Tuesday 8<sup>th</sup> and Wednesday 9<sup>th</sup> November 2022, 9am to 5pm.

Instructor(s):

Queensland Health Clinical Nurse Consultants Mental Health and Alcohol and Other Drugs-

Gareth Daniels (CNC, FACN, FACMHN, MACSA) Regional Adversity Consultant

Clare Cullinan (CNC) Community Consult Liaison Officer

Cost: **FREE** thanks to the support of the Livingstone Living Well Suicide Prevention Group.

Catering included: please email through dietary requirements on registration.

To register to attend this 12-hour SMHFA course please contact:

Contact Name: Clare Cullinan

Phone: 49133200

Email: [clare.cullinan@health.qld.gov.au](mailto:clare.cullinan@health.qld.gov.au)

**Additional Information:** The trainers have been supplied by Qld Health by the Central Queensland Mental Health and Alcohol and Other Drugs Service. This activity is supported by the Livingstone Living Well Suicide Prevention Group with funding received from Wesley LifeForce, and from the Australian Government through the PHN Program.

**RSVP:** Close of business 25/10/2022 (limited spaces available)

After successfully completing the assessment, you will receive a digital Certificate of Accreditation as a Mental Health First Aider

[www.mhfa.com.au](http://www.mhfa.com.au)

• DEPRESSION • ANXIETY PROBLEMS • PSYCHOSIS • SUBSTANCE USE PROBLEMS •  
• SUICIDAL THOUGHTS & BEHAVIOURS • NON-SUICIDAL SELF-HARM • PANIC ATTACKS • AGGRESSION •

For more information, please go to  Livingstone Living Well – Suicide Prevention Group

For further information please visit our website at: [www.mhfa.com.au](http://www.mhfa.com.au)



## 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**