



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

14 Barracuda Crescent, Yeppoon QLD 4703

Email: shy@rok.catholic.edu.au

Phone: 07 4994 8215

Website: www.shyrok.catholic.edu.au

NEWSLETTER

17th November 2022

From the Principal's Desk

38 days until Christmas. Get your Hygge on.

Three weeks ago in Brisbane, David Jones was well and truly decorated in festive style ready for the Christmas season. There was definitely a positive buzz and a wonderful bounce in shopper's steps (or maybe that was just my wife).

On social media, a regular counter pops up and displays the days, even the seconds, until Christmas day.

We can lament the early 'Christmas period' inspired by consumerism but, deep down, I think most of us get excited about this true, annual family holiday. Traditionally, it is a time to gather with our loved ones, reconcile and really enjoy ourselves.

A time of waiting to have fun.

It sounds a bit like delaying what should be an everyday occurrence. Is your sense of fun and satisfaction in life, often focussed on the future – a holiday, a celebration, retirement?

Well you / we might need a lesson from the happiest country in the world, Denmark.

No wonder our Princess Mary is there; they have the World's Best Restaurant, Nona, they invented Lego and they love gourmet hot dogs and LARPing (that's *Live Action Role Playing* for example staging fake historical battles or fantasy scenarios). What is there not to love?

Their top marks on the Happiness Index are credited to their unique cultural choice on how to live life. It is known as hygge meaning 'cosiness' (Pronounced 'hooga'). It has been a buzz word that swept the world of self-improvement, promising to make your life better, happier and cosier with just a few steps.

According to Helen Russell, author of *The Year of Living Danishly: Uncovering the Secrets of the World's Happiest Country*, "Hygge seems to me to be about being kind to yourself - indulging, having a nice time, not punishing or denying yourself anything. There isn't so much enforced deprivation in Denmark, instead they're kinder to themselves and to each other. Danes don't binge then purge. There's not much yo-yo dieting in Denmark. No wonder they're happier than we are in the UK."

A UK college has started teaching students the Danish concept of hygge, said to make homes more welcoming and people happier.

The Danish life philosophy is about simple pleasures, about savouring the good things in life, be it cosy sheepskin rugs, flaky pastries or cups of hot chocolate. In essence, hygge means creating a warm atmosphere and enjoying, in a simple way, the good things in life with good people.

A big part of Danish happiness is savouring the day that you are in.

Stop looking forward, waiting for a happiness moment, enjoy the time that you have now.

Helping your child focus on their wellbeing is a key to life success.

Following are eight life choices that positively affect a person's sense of happiness, according to research. Why not choose some strategies as a family to help make happiness a *now* thing, not a future hope.

1. Give more
2. Smile more

3. Help others
4. Send a thank you note
5. Create more love
6. Quality time with family
7. Nurture your business relationships
8. Surprise someone you love

Enjoy today and 'Be the change you want to see in the World'. (Gandhi)

Take care

Max Martin

From Our APRE

When my children were in high school, between the six of them, continual issues arose.

Many a discussion was had, about behaviours of others as well as themselves. My children nicknamed me 'Judgy McJudgy'.

One day Number 2 told me I was the most judgemental person he knew. When I asked him why he thought this, it was because he thought I always worried about what they did or what others did and it was not my business. After some hesitation, I agreed that it may look like that, but my job as a mother was to be a mother and teach them right from wrong. If it meant discussing a situation that had occurred with them or their friends, I saw this as a valid teaching experience. If they had done the wrong thing, I called it and often got them to think about how it would have affected them if someone had done the same thing to them. It was then that I told him I was judgmental. I was not judgemental of the person, just the behaviour and unfortunately for him.....it was my business.

The love of a mother is so strong that I would do anything in my power to teach him to be a good person, to be kind, respectful to others and most importantly do my best to keep him and his mates safe. Everyone needs to be guided at some point in their life. Just as Jesus shepherds his flock, we too need to guide and help along the way.

Our world may have changed dramatically from Jesus' time, but the people then are the same as we are.

We need to follow Jesus and be accepting of others. We need to take them where they are at in life, accept them and shepherd them with what they need when you meet them.

So be the Good Shepherd in Jesus' place, guide and assist along the way.

Have a great weekend

Melissa Collins
(aka Judgy McJudgy)

From Our APC

Our teachers are in the midst of writing report cards and these will be available after 4pm on Tuesday 29th November, via parent lounge.

If you do not have your login details for the parent lounge, contact Mrs Stacey Todman at the school office.

Reporting on student achievements is based on evidence collected during a semester. The evidence of student learning is taken from observations, class work, contributions to class discussions, work completed in small group settings, as well as formative and summative assessments.

The following links will take you to the five point scale which is used on our report cards for Prep, Year One and Two, and Year Three to Six.

[PREP](#)

[YEAR 1 and 2](#)

[YEAR 3-6](#)

This week, our Year 4 students had the amazing opportunity to participate in a Zoom with Australian author, Jackie French.

This term, our 4s have been reading a variety of picture books and novels written by Jackie in order to respond to literature, complete character profiles, compare and contrast similar texts.

They had the opportunity to ask Jackie questions about her journey as an author including:

- Have you been through any challenging times when you've found it hard to write and wanted to give up?
- Are there any published books that you'd like to make improvements to, if so, what are they?
- Do you have a favourite author other than yourself and would you consider writing a book with them?
- Do you think being an author would have been easier if you didn't have dyslexia?
- Did people doubt you when you said you wanted to be an author?
- We really enjoyed 'Too Many Pears'. Have you ever considered writing a follow up stor, 'Too Many Apples'?
- We read that your publisher said your first book was the messiest he had ever seen. How did he read it?
- Have you ever had a book you really loved writing rejected by your publisher?
- In 'The Tomorrow Book', you used a different illustrator, Sue DeGennaro. Was there a reason you didn't use Bruce Whatley?
- Do you have any ideas for future books?



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

November

- Monday 21st - Year 4 to 6 swimming carnival.
- Wednesday 23rd - Year 1 and 2/3 swimming carnivals.
- 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.

Important Events for the End of Year

With the end of the year fast approaching, dates and times for the following events have been finalised.

End of Year Concert on Tuesday 29th November from 11.30am in our multi-purpose area. Parents/carers are invited to attend. All classes perform an item at this event.

Our whole school thanksgiving mass will be held on Monday 28th November commencing at 9.15am at Sacred Heart Church. All classes are attending and we will walk to and from the church.

MJR Awards

Darcy Bergman Year 5 for being so helpful last week after school, showing great initiative in closing up the stage area. Thank you.

Skylar Rapmund and Jade Sawrey Year 2 for being a loyal and caring friend, looking after others at lunch times.

Noah Hill Year 4 for displaying great getting along skills at play time.

Brendan Gilbride Year 4 for looking after a classmate who was alone at lunch time. Thank you.

Samuel Miller Year 5 for displaying a beautiful caring nature and looking after a friend who needed support.

Student Awards

Prep	Matilda Flower, Tommy Grange, Karla Kehoe, Harlyn Seaman, Charlie Veliscek, Charlie Paynter, Leilani Goody, Grayson Edwards, Liam Watson, Harley Hill, Alexis Hutchinson, Matteo Medrano, Jerome Gil-Mejia
Year 1	Jordan Ohi, Finnley McElholum, Summer McCoombes, Luciana Druery, Charlotte Neagle-Fisher, Jett Sullivan, Jeddy Gordon, Chayton Barlow, Rocco Renshaw, Mikey Martin
Year 2	Loreta Edwards, Kayden Griffin, Lola Mathias-Watt, Shanelle O'Meara, Willow Mills, Lincoln Fooks, Halle Moger, Sloan Kelly, Phoebe Turner, James Muller, Molly Shepherd, Skylar Rapmund, Maci Busch
Year 3	Eibhlin Timlin, Ella-Louise Reynolds, Ben Sharp, Jordyn Parfitt, Flynn McKenna, Ray Delaivuna, Charlotte Grob
Year 4	Charlie Busch, Paige Kinsey, Chelsea Allen, Kirby Kenny, Cruz Hill, Felix Shammall, Riley Condon, Jett Hawkes, Olive Allen, Charlie Campbell
Year 5	Mackenzie Smith, Kai Nielsen, Kiana Wheoki, Lochlan Sparks
Year 6	Nate Bunt, Kaden Davey, Noah Marshall, Cash Warner, Ruby Smith, Latia Vissenga

Presentation Day Activities

Next Thursday, 24th November, we will celebrate Presentation Day.

Presentation Sisters, the founders of our school over 100 years ago, celebrate this special feast day, that of the presentation of Mary in the temple when she was a young girl.

We will celebrate this day at school with class activities and a special liturgy at 10am in our multi-purpose area.

In the middle session depending on the weather (heat), we will be going to the beach.

In the afternoon, a talent quest will be held, starting at 2pm.

All are welcome to attend our liturgy and afternoon session.



Mini Vinnies' Christmas Appeal

A reminder about our Mini Vinnies' Christmas appeal.

Families are asked 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.

Timetable for Year 1 and Year 2 / 3 Swimming Carnivals

On Wednesday 23rd November, we will be having two swimming carnivals at the Cooe Bay pool.

The Year 2 and 3 carnival will commence at 11.40am with all our children being bussed to and from the pool by buses.

Parents/carers are able to attend and spectate from the opposite side of the pool to our children. Thank you.

Following is a timetable for this carnival.

11.25am	Year 2 and 3 students depart Sacred Heart by bus
11.40am	Year 2 Freestyle (25m)
12pm	Year 3 Freestyle (25m)
12.20pm	Year 2 Backstroke (25m)
12.40pm	Year 3 Backstroke (25m)
1pm	Year 2 Breaststroke (25m)
1.20pm	Year 3 Breaststroke (25m)
1.40pm	Year 2 and 3 students depart Cooe Bay pool by bus

Our Year 1 carnival will commence at 9.15am. They will also be bussed to and from the pool.

Following is a timetable for this carnival.

9am	Year 1 students depart Sacred Heart by bus
9.15am	Freestyle (20m)
9.35am	Backstroke (20m)
9:55pm	Noodle race (20m)
10.20pm	Year 1 students depart Cooe Bay pool by bus

Years 4 to 6 Swimming Carnival

Our Years 4-6 swimming carnival will take place this Monday 21st November at the Cooe Bay Aquatic Centre.

All children will come to school as normal on the carnival day. Classes will be bussed to the pool with their class teacher. The events will commence at 9:15am.

Children may wear a sun safe shirt in the colour of their sporting house. Closed in school shoes must be worn to and from school. Children may bring thongs or sandals to wear at the pool.

Please ensure your child has their hat, water bottle and lunch packed to bring to the carnival. Our children will not be accessing the canteen at the pool.

At the conclusion of our carnival, all our Years 4, 5 and 6 children will be returning to school by bus.

If you have any queries regarding the swimming carnival contact our school office.

Following is a timetable with approximate times for events:

8.50am	Year 4 to 6 children leave school by bus.
9.15am	100m freestyle 9-12 years
9.40am	25m freestyle 9-12 years
10.05am	50m freestyle 9-12 years
10.30am	25m breaststroke 9-12 years
10.55am	50m breaststroke 9-12 years
11.25am	25m backstroke 9-12 years
11.50am	50m backstroke 9-12 years



12.15pm 25m butterfly 9-12 years
 12.40pm 50 butterfly 9-12 years
 1pm All children bussed back to school.
 1.10pm Presentation of age champions and winning house in our multi-purpose area.

Instrumental Music At Sacred Heart For 2023

Dear parents and carers

Sacred Heart offers our children the opportunity to be involved in a school instrumental music program.

We are asking for expressions of interest for your child/ren to be involved and confirmation for those children already participating in the program.

Children may enrol in one instrumental music lesson during class time; a second instrumental lesson will depend on the availability of lessons before/after school and during lunch times.

Once forms have been returned to our office, our instrumental music teachers will contact you regarding further details.

A levy of \$15 for a child or \$30 per family will be charged on the Term 2 school fees account upon acceptance. This offsets all operational costs incurred by the instrumental music program.

Group lessons cost \$18 (half hour). Students need to purchase their own musical instruments.

It is important to note that acceptance into the program depends upon the availability of rooms and teacher's time. Students re-enrolling will be given first preference. In some cases, students may need to be placed upon a waiting list.

All these lessons are conducted under the supervision of the instrumental music teacher.

If you wish for your child to be involved in our instrumental program, a letter is available from our school officenand needs to be returned to school by Wednesday 23rd November, 2022.

Thank you.

Remembrance Day Assembly

Last Friday, Sacred Heart commemorated Remembrance Day with a whole school assembly presented by Year 6B.

Many were overwhelmed by the reverence and maturity of our 6s as they certainly captured the importance and significance of this special occasion.

Thank you, 6B and to Ethan Todd who did an outstanding job playing the Last Post and Reveille.





AN INVITATION

Would you like to learn a little more about
who Jesus is?
Then please come...

WEDNESDAY 23 NOVEMBER 2022
Duhig Conference Centre, West Street
7:00pm for drinks and snacks
7:30 – 8:30pm for a video

RSVP TO: Trish Jones, North Rockhampton Parish Centre
Phone: 4928 2800

Email: nrcpadmin@rok.catholic.net.au

Please advise of any dietary needs.

