



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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NEWSLETTER

24th November 2022

From the Principal's Desk

This Monday 28th November at our End of Year Thanksgiving mass, we will be acknowledging our Year 6 children who come to the conclusion of their primary schooling on Friday 2nd December. With this in mind, I share this reflection.

In 1856, a principal at a college in Colchester, England gave his departing senior class some advice. His words have been adapted over the years and a sense of them is written below. Ironically, his name was Mr Wiseman.

His message was clear – the habits you form in life by your thoughts, words and actions eventually become 'who you are'. If you are someone who casually annoys someone often – you can become a bully. If you are someone who casually chats about someone else's business – you could become a gossip. If you are someone who looks out for others and gently checks others are okay – you can become a great friend. If you are someone who always acts with integrity, even when no one is watching – you are a person of leadership and integrity.

His advice:

*"Watch your thoughts,
they become
words;
watch your words, they become
actions;
watch your actions, they become
habits;
watch your habits, they become
character;
watch your character,
for it becomes
your destiny."*

Mr Wiseman (1856)

This year, we have had the privilege of educating sixty Year 6s. They as a group have achieved a lot, represented our school extremely well and hopefully thoroughly enjoyed their time at Sacred Heart.

It has been a pleasure to watch young children develop into soon to be young teens, heading on their journey to adulthood.

Yesterday, our school house captains attended our Year 1 and 2 / 3 swimming carnivals and assisted in the pool. The manner in which they cared for each swimmer, helped those who were struggling and applauded those who swam well made me extremely proud. It is these moments that make you realise it is all worthwhile.

Sacred Heart School hopes that, the foundation values and habits we have instilled in our Year 6s will lead to lives that are rich in good habits, nurturing exemplary character.

We wish you all the best as you head off on the next step in your destiny.

Take care

Max Martin



From Our APRE

Today at Sacred Heart, we celebrated 'The Presentation of Mary in the Temple'.

On this day, we think about Mary as a little girl and when her parents, Joachim and Anne, took her to the temple.

Parents would bring their children to the temple to give thanks for the gift of their child and to dedicate them to God. This meant that their child was to 'put God first', acting as God would want, in the choices they made throughout their lives.

On Christmas Day 1775, Nano Nagle, and her companions, took their vows as religious women. The Congregation Nano founded became known as the Sisters of the Presentation of the Blessed Virgin Mary. Nano valued the message in Mary's giving of herself when she was presented in the Temple because Nano wanted to say 'Yes' to what God asked of her.



"If I could be of service in any part of the world, I would willingly do all in my power." (Nano Nagle)

When our school opened, the teachers were Presentation Sisters. They were asked by the Bishop to start Sacred Heart and show the children how to live a good Christian life.

Belonging to this Presentation family gives us values to live by.

1. Presentation people know and believe that God loves everyone, just as they are. To help us believe and remember this, we need to be people who pray.
2. Presentation people know and believe that every single person is sacred to God and because of this has great dignity.
3. Presentation people act with justice. The way we treat our Earth and all people is important and we need to be just and fair.

This Presentation Day may we be like Mary and say, "Yes" to God and live in a way that makes great things happen in our world.

Happy Presentation Day

Melissa Collins



From Our APC

Whether we are engrossed in an entertaining novel, replying to an email or simply returning a text message, reading and comprehension are fundamental skills being utilised.

Research tells us that people who regularly read, have improved focus, memory, empathy and communication skills. Reading can reduce stress, improve mental health and help you live longer.

As we near the end of the school year, it is important to keep supporting your child's reading and comprehension skills over the holidays.

This short clip for parents, outlines how to support your child's reading at home.



A great book to read with your child, or view the reading of the book using the link below, is 'The Incredible Freedom Machines' by Kirli Saunders. It tells the story of a young person searching for the perfect freedom machine. The final image in the story shows a young heroine in a chair reading a book about whales. This makes the reader wonder, is her freedom machine a book?

The author, Kirli is a Guani woman and in her books she represents what growing up and belonging to Country means in the modern world. She uses literature to encourage students to identify their own freedom machines and make sense of the world around them.

<https://youtu.be/9os-XYiJ5zE>

This week's link for online safety looks at parental controls for websites, apps, games and tracking of devices. Remember it is not about not trusting your child, it is about keeping them safe online.

<https://www.common sense media.org/blog/parents-ultimate-guide-to-parental-controls>

Have a wonderful week

Mrs Lisa List

End of Year Thanksgiving Mass

This Monday 28th November, all Sacred Heart children and their teachers will be walking to the Sacred Heart Church in Tabor Drive from the school grounds to attend our End of Year thanksgiving mass.

To ensure the safety of all students, a teacher will be assisting with the crossing of Bottlebrush Drive. They will be supervised closely at all times.

You are all welcome to celebrate the mass with us.

Father Andrew will be celebrating with us.

If you have any queries regarding this, do not hesitate to contact Mrs Collins at school.

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 28th - End of Year whole school mass from 9am at Sacred Heart Church.

Monday 28th - Year 6 End of Primary School dinner from 5.30pm in our multi-purpose area.

Tuesday 29th - End of Year school concert

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

December

Friday 2nd - Whole school assembly, presented by our teachers from 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.

Instrumental Music At Sacred Heart For 2023

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 office and needs to be returned to school by tomorrow.

Booklists 2023

The links below will take you to the 2023 booklists for each year level.

[PREP](#)

[YEAR 1](#)

[YEAR 2](#)

[YEAR 3](#)

[YEAR 4](#)

[YEAR 5](#)

[YEAR 6](#)

End of Year Working Bee

Over these holidays, our Art room is being painted and our computer room refurbished into a classroom.

On Saturday 3rd December 8am - 10am, there will be a working bee at school to prepare the rooms for these improvements.

All furnishings eg pinboards, fixed tables from both rooms will be removed.

If you can spare a few hours that day, it would be appreciated. Drills etc will also be required. Thank you.

MJR Awards

Jake Jansen Year 5 for displaying great maturity in keeping others safe at the crossing in the carpark. Well done.



Student Awards

Year 2	Frankie Kenny, Asha Nielsen, Eliza Nunn, Taye Warner,
Year 3	Indigo Crosby, Jack Rohl, Elka Guhr
Year 4	Wilfred Neilson, Levi Bone, Flynn Palairt, Maya Read, Connor Dickenson
Year 6	Zavier Gordon, Ethan Todd

Mini Vinnies' Christmas Appeal

A reminder that our Mini Vinnies' Christmas appeal is still continuing and will finish next Friday 2nd December.

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.

This week, a member from our local St Vincent De Paul came to school to pick up what had been donated to date. We totally filled his van and presented him with over \$300 worth of vouchers.

He was overwhelmed by the generosity of our families.

Thank you for your continued support with this appeal.



Yarning with Mrs Semple

Last Friday, several Year 6 students were presented with a certificate of Cultural Leadership.

Jet, Marley, and Latia have displayed leadership qualities when it comes to being proud of their culture, their connection to Country and participating in school community events.

Several Indigenous students then met with us in the library to present these certificates, along with an Indigenous Education USB to take with them on their journey into high school.



As a farewell, Isla, Vin, and Addison, read the Australian Blessing by Elizabeth Pike, as the rest of the students held our hands out to bless our 6s.

We enjoyed afternoon tea and had a yarn about what it takes to be a good leader. We had some very engaged Prep students asking lots of questions. The future of cultural connection is in great hands at Sacred Heart.

Year 2W Writing - Theme is Rain

Jones
Whiting
17-11-22
2W

Rain

When there are too much rain you get a flood at your house. and. At

At Thailand there are a very big rain! And there is a dig storm at Thailand. And Thailand whupuck has a square dig storm and. At my my house. I live at a farm it is dig!

2W

Rain Tays 17-11-22

I do not like when it hails heavy.

I like ^{rain} because it sounds calm and relaxing. Some farms get floods then the crop wont grow and cattle will become skinny. ~~Also~~ you and others houses can get damaged and hurt yourself.

Foley
Apps
17-11-22
2W

Rain

I like ^{rain} because it gives you ^{lots} water. I do not like rain because some time it rains to here and you ~~hasn't~~ died. To much rain it can flood our house and flood our town and city. Not enough rain our farms will go very very dry and that ~~is~~ ^{is} hard. I brought. Why dose rain ~~has~~ come out of the sky!

17-11-22
2W

Rain

I like rain because it can help us to breathe ^{air}.

I do not like ~~it~~ when alot of rain hit ~~at~~ my house.

I ~~did~~ not like when there too much rain.

I did not want the ^{barbie's} to die round.

I was so ^{scared} for the ^{barbie's} dolls.

I was so happy when it stoped and ^{yes} the barbies did not die.

Jack
Straw
17-11-22
2W

Rain

I like rain because it sounds calm and ^{it makes me} very sleepy.

Floods can be caused by too much rain. If you put sand ^{bags} out front of your door and you had a screen door it would still come through if it was high enough. If it happened to me I would be terrified.

I remember when it rained alot and Conner

Swimming Carnival

On Monday, our Year 4 to 6 swimming carnival was held at the Cooee Bay aquatic centre.

All children are to be congratulated on their sportsmanship and enthusiasm shown at this event.

Well done to Tabor, the overall champion house.

Congratulations to our age champions.

- 2010 Noah Marshall and Ruby White
- 2011 Preston Wolff and Brydi Young
- 2012 Jake Jansen, Max French and Indie Oram



2023 Sports Trial Calendar






Rockhampton District sports calendar is now available. See the link below for trial dates and important information pertaining to these.

[2023 Calendar](#)

Immunisation - Year 6 Students

Free vaccines are offered to Year 7 students through the Queensland School Immunisation Program. Students are immunised against human papillomavirus (HPV), and diphtheria, tetanus and pertussis (whooping cough).

GETTING YOUR CHILD IMMUNISED IS EASY

-  Keep an **EYE** out for the immunisation consent pack from your child's school
-  **READ** the information
-  **SIGN** the consent card for each vaccine
-  **RETURN** the consent card to school
-  **KEEP** the vaccination record



For more information:
Call 13 HEALTH (13 43 25 84)
Visit health.qld.gov.au/immunisation



[Entry form](#)



 **ALL ABILITIES CLINIC** 

CHANGE OF VENUE!!!!

Our All Abilities Clinic offers Central Queenslanders the opportunity to learn new skills, meet new people all in a safe, inclusive environment with the focus on Fresh air, Friendship and most importantly **FUN!!!**

DATE: Saturday 3rd December
TIME: 9am - 10.30am
WHERE: Saleyards Park
1 John St, Allenstown
AGES: Open
COST: **FREE**
Click the link above to register
ccc@capras.com.au