



**SACRED HEART CATHOLIC PRIMARY SCHOOL**

**Enriching Spirits ~ Educating Minds**

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**NEWSLETTER**

27 January 2023

### From the Principal's Desk

Welcome back, everyone especially to all our new families. Hoping you all had a wonderful break. As I told one of our Year 3 classes on Wednesday, the holidays seemed to go on forever. Not that they agreed.

Meeting our families on the first day back in our multi-purpose area is always a highlight of the new year with all the energy, enthusiasm and amazing smiles that go with it.

The start of every year provides us with a great opportunity to remind ourselves of our Mission Statement and hopefully why we are part of our Sacred Heart school family.

It reads:

We at Sacred Heart:  
Keep Jesus in our hearts  
Have a love of learning  
Respect and care for each other  
Celebrate our gifts and  
Connect with our environment

The most important document in our school, along with our school motto which is "Enriching Spirits. Educating Minds" is our Mission Statement.

It is something that must remain alive and active. Our mission statement is for everyone in our school family: parents, carers, grandparents, staff, students, parish priest, parishioners and as such, it needs to be at the forefront of all we do.

Once again, I welcome all our families back to Sacred Heart and look forward to working with you in nurturing your children and providing them with meaningful educational, social, cultural, sporting and spiritual opportunities.

Finally, I wish to share an article from a leading parental educator, Michael Grose and his words of wisdom about commencing a new year.

Take care

Max Martin

"A new school year means a fresh start for children. A break offers students the chance to begin new habits and adopt new behaviours. Here are seven ideas to help you make the most of the fresh start:

#### **1. Commit to your child going to school every day on time**

One of the most important things you can do is to make sure he or she goes to school every day and gets there on time.

#### **2. Help kids start each day well**

A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that your child/ren have plenty of time to get up, eat and get ready for the day.

#### **3. Establish work and study habits**

The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school's expectations. Find out the work expectations from your child's school and help them establish a work routine that matches their personality, lifestyle and family style. Be flexible here as one size doesn't fit all when it comes to study routines.

#### 4. Make sure your child gets enough sleep

A good night's sleep consolidates learning. Children need between 10-12 hours of sleep each day. Help them get sufficient sleep by having a regular bed-time and get-up time each day. Have 45-minute wind-down time each night and remove screens and mobile phones from bedrooms.

#### 5. Get your children outside more for good physical and mental health

Health professionals recommend a minimum of 60 minutes of exercise per day for children of all ages. Encourage them to play sport; promote free and active play and look for ways to make moving part of their daily lives.

#### 6. Focus on being friendly

Schools are very social places requiring children to negotiate many different social situations each day. Encourage them to be open and tolerant; to be friendly; to be involved in plenty of activities and to be social risk-takers.

#### 7. Develop self-help skills

Successful students are often well-organised, self-directed and motivated. You can foster organisational skills and self-direction by developing skills related to their everyday lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how children perform at school.

At the start of the school year, our children are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas and you'll find that the rest may well fall into place."

<https://www.parentingideas.com.au/blog/7-ways-to-make-a-sensational-start-to-the-school-year/>

### From Our APRE

Welcome back to our returning families and a heartfelt welcome to all our new families. Our Sacred Heart community has proven to be my second family and I pray that our new families feel the same love and hospitality that I have felt over the past six years. I always love the vibe of the first day, excited students (and parents) buzzing around finding their classrooms and unpacking their school bags. Every year I have a moment when I realise our Preps are going to be experiencing many "firsts" – lunchtime, playtime, walking in two straight lines .....

At Sacred Heart Yeppoon, we are led by the Presentation Charism of Nano Nagle who was the founder of the Presentation sisters. Nano was dedicated to those less fortunate and taught children who were not able to gain an education, in secret 'hedge schools'.

She also sneaked out at night with the light of her lantern shining the way as she visited and cared for the sick and those in need. Hence, she is known as the 'Lady with the lantern'. This led to Nano founding the Presentation Sisters where they continued to educate and care for the poor and marginalised.

Like Nano and modelled on the example of Jesus, we hope to empower each other to have a love of learning, to show respect and care for everyone, to celebrate our gifts and talents and to connect with our environment.

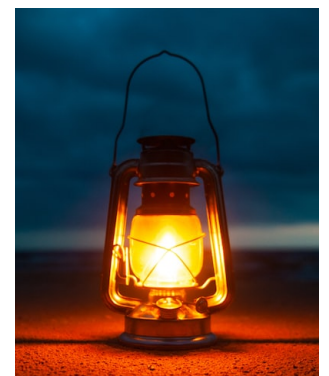
With this in mind, our MJR awards are being replaced with Lantern awards.

These are a weekly award which can be acknowledged by any member of staff and presented at a Friday whole school assembly.

They will be presented when our children are seen 'shining their light for others' by displaying behaviours/actions that exemplify the qualities of Nano Nagle and the Presentation Sisters.

Have an amazing year

Melissa Collins



### From Our APC

Welcome back to our new school year, one that has started off in the normal manner for the first time in two years. It is wonderful to welcome so many new students and their families to our school.

This year my role as APC (Assistant to the Principal Curriculum) includes supporting our Inclusive Practices team. I will be working with Michelle Baldwin, our co-ordinator and classroom teachers to support students on Individual Learning plans, as well as our curriculum support teachers.

It is exciting to have Mrs Jennifer Williamson and Mrs Deb McGuire, employed as Curriculum Support teachers.

Mrs Williamson is working with our Years 3, 4 and 5 classes targeting Mathematics and Mrs McGuire Year 1 with English.

Having these two highly committed and experienced teachers will enrich the learning experiences for our students, offering greater opportunities for support and learning acceleration within our classrooms.

There are many exciting events taking place throughout this term that will challenge and stimulate the minds of our students including the National Assessment Program – Literacy and Numeracy (NAPLAN) for Years 3 and 5.

In the past, these assessments have taken place in Term 2 and will now be held in weeks 8 and 9 of this term. Information on NAPLAN will be provided in coming weeks.

Our Years Three and Five teachers have had a session of professional learning regarding NAPLAN and will start using a bank of resources to best prepare their students for this testing.

I look forward to sharing many exciting learning events, and wonderful accomplishments of our children throughout the year.

Have a wonderful week,

Mrs Lisa List



## From Our APA



A big welcome back to our Sacred Heart families. It was wonderful to see and hear the excitement that the new school year brings around the grounds.

My name is Jennifer Kenny, and as the Assistant to the Principal Administration (APA), it is my role to support our principal and the school with its organisation requirements to assist with the general running on a day to day basis.

This year marks a change for me, not starting day one with a class of my own - getting to know my children and setting up for an exciting year.

I have been on staff at Sacred Heart since 2009, having taught a variety of year levels, most recently Year 6.

This year, I will also be teaching our Year 4 and 5s PE, something I am very much looking forward to.

I am excited to start my new role, and thank the students and their families for the wonderful start to this school year.

Mrs Jen Kenny

## Capricorn Coast Catholic Parish

Here is the Sacred Heart Church bulletin for this week. Stay connected and enjoy. [Link to Bulletin](#)

## Sacramental Program for 2023

All Year 3 children received a note yesterday regarding the 2023 Sacramental program.

If your child is not in Year 3 and you are interested in the program, the information is attached.

[Link](#)

## Important Dates Term One

### February

Wednesday 1st - Year 6 Leadership Day at the Haven.

Thursday 2nd - Year 4 - 6 Swimming lessons commence

Friday 3rd - Opening School mass 9:15am at Sacred Heart Church

Monday 6th - Year 6 School Captain speeches at St Brendan's College

Tuesday 7th - Year 6 House Captain speeches at Sacred Heart School

Friday 10th - First whole school assembly

Friday 17th - Bishop's Inservice day (Pupil Free Day)

Tuesday 21st - Shrove Tuesday (Pancake breakfast at school from 7.15am)

### March

Friday 3 - Swimming carnival at Cooe Bay aquatic centre (Years 4 - 6)

Wednesday 8th - International Women's Day

Monday 13th - School cross country carnival for Years 4 to 6

Wednesday 15th - NAPLAN commences

Tuesday 21st - Harmony Day

Friday 31st - Holy Week assembly 8.40am

## Welcome To New Staff



Mr Chris McIntosh



Mrs Melanie Duncan



Mrs Madelaine Ward



Mrs Nikki Baker



Ms Natasha Hardgrave



Mrs Rachel Holloway



Miss Mia Peers



Mrs Fleur Kirkman

Welcome to the following new staff members to Sacred Heart.

Miss Mia Peers joins our Inclusive Practices team as a teacher assistant.

Mrs Rachel Holloway is working as our library coordinator every Monday, Tuesday and Wednesday.

Mrs Madelaine Ward who is teaching Year 2.

Ms Natasha Hardgrave who is teaching Year 3, every Monday, Tuesday and Wednesday.

Mrs Melanie Duncan who is teaching with Ms Hardgrave in Year 3, every Thursday and Friday.

Mr Chris McIntosh who is teaching Year 6.

Ms Nikki Baker who is teaching Prep.

Mrs Fleur Kirkman who is our new office secretary.

We wish them all the very best.



## Opening School Mass

Next Friday 3rd February, we will be celebrating our opening school mass at Sacred Heart Church, commencing at 9:15am.

Children from Year 6E will be leading us.

All are most welcome to attend.

It will also give us the opportunity to welcome back Father Matthew from his year overseas.

Our classes will be walking to and from the church for this special occasion.

## School Swimming Lessons and Carnival

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

Our Years 4 to 6 classes will participate in weekly lessons, on a Thursday during weeks 2 to 6.

Our Year 4 to 6 swimming carnival will take place on Friday, 3rd March.

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

Year 5G will need to come to school dressed in their swimwear, as they have the first lesson of the day and will be leaving the school at 8:40.

Children will need to bring their school uniform, including underwear, shoes and socks in their bag so they can get changed on their return to school.

Swimming lesson cost will be added to Term 1 school fees.

## ICT Code of Practice

It is a school requirement that all our students and parents read our updated ICT Code of Practice.

Our Year 3s, Preps and new children to our school are asked to sign this 'Letter of Agreement'.

The 'ICT Code of Practice Early Learning and Care – Year 2' and 'ICT Code of Practice Student: Primary Years 3 – 6' are attached and are also available on our school webpage.

A copy of the 'Letter of Agreement' will be sent home to Preps, Year 3s and new children on Monday next week.

I ask that you complete the form and return it to our school office by 28th February, 2022. Thank you.

['ICT Code of Practice Early Learning and Care – Year 2'](#)

['ICT Code of Practice Student: Primary Years 3 – 6'](#)

## Times for our School Day

School session times for 2023 are as follows:

8.40am	School day commences. First session.
10am	Brain break
10.40am	First break (Eating first and then playing.)
11.20am	Second session starts.
1.20pm	Second break
1.40pm	Third session starts.
1.45pm	Meditation
3pm	School concludes

Children are asked to be at school in sufficient time to begin class. Children are asked not to be at school before 8am as supervision cannot be guaranteed.

Families are asked to pack a healthy snack for their child which is had during 'Brain Break' at approximately 10 am each day.

School concludes at 3pm each day. Children are supervised until 3.30pm in our multi purpose area.

We request that parents/carers notify the school if they will be late in collecting their children. Thank you.

### Absentee Phone Number

Our absentee phone number is 49 948216. Phone this number if your child is away from school.

### Administration of Medication

Parents/carers requesting that children receive medication at school need to complete the form available from our office.

All medication needs to have a doctor's or chemist's label attached. All medication is administered by our office staff, who all hold current First Aid certificates.

Teachers can not administer medication unless on a camp or excursion.

### Daniel Morcombe Child Safety Curriculum

The Daniel Morcombe Child Safety Curriculum will be taught in all classes in Term 1. The link to the website is (<http://www.danielmorcombe.com.au/dm-child-safety-curriculum.html>)

The Curriculum is based around three key messages: **Recognise, React** and **Report**.

The **Recognise** message encourages students to be aware of their surroundings and to recognise warning clues.

The **React** message helps students to consider choices that may keep them safe or help make them safe again as quickly as possible.

The **Report** message encourages students to report unsafe incidents to an adult.

Teachers use a variety of materials, including interactive whiteboard activities, worksheets and safety books, to deliver the **Recognise, React** and **Report** messages. Developmentally appropriate scenarios are also used to explore and discuss safety situations that children may encounter in the home, at school or in their environment.

Students are encouraged to share the resources they complete in class with their families to help keep parents/carers informed about the content being discussed and to promote discussion about safety at home.

### Year Level Assemblies

From next week, we will commence our year level assemblies.

Monday 8.40am                      Years 3 and 4

Wednesday 8.40am                Years 5 and 6

Thursday 8.40am                    Prep, Year 1 and 2

These are held in our multi-purpose area. Student of the Week awards are presented, birthdays celebrated, and special events and achievements acknowledged.

Parents and carers are most welcome to attend. Looking forward to seeing families there.

## School Improvements

Over the Christmas break, several improvements were undertaken at our school. These include:



New chairs for our Year 1s.



Our computer lab has been transformed into a learning support / multi-purpose room



Six new lunch tables (seating 8 children) to be used by OSHC and our Year 3 and 4s were purchased.



Several unsafe gum trees were removed and these areas turfed.

## Volunteer Induction

Visitor Induction will be held in our staffroom this Monday 30th and Tuesday 31st from 8.45am for any parents, grandparents or carers who are wanting to volunteer at Sacred Heart this year.

This training is a mandatory requirement before any volunteers are permitted to assist. This includes helpers in the tuckshop, which will begin operation this week.

Thank you for your anticipated support in the regard. help out or have any questions or suggestions, contact me at [kaylee\\_hance@rok.catholic.edu.au](mailto:kaylee_hance@rok.catholic.edu.au)

Thank you.

## 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](#)

## Nut Products at School

Families are asked not to pack any nut products as part of children's lunches for school.

A number of children enrolled at our school are highly allergic to nuts. Thank you for your support in this regard.



Week 1 at Sacred Heart





## Tuckshop - Commences Week 2

Our school tuckshop will commence next week on Wednesday for our Year 1, 2 and 3 children and Friday for our Year 4, 5 and 6s.

Menu is:

Pulled Pork Nachos meal deal

Sausage Roll meal deal

Pie meal deal

Bolognese and Penne Pasta meal deal

Hotdog meal deal (Toasted bun)

All come with a popper and side: muffin, cookie, banana bread, fruit cup etc.

There is also an afternoon menu, which you can find on Flexi schools.

Children can bring money for this second break.

All ordering is done on Flexi schools with orders in by 8am the day of tuckshop.

"Sacred Heart Lammermoor" is our school name.

Volunteers in tuckshop are appreciated on Wednesdays and Fridays from 8.30am until 11am. Jobs include: organising lunch orders into class groups and preparing the poppers and sides.

If you wish to help out or have any questions or suggestions, contact me at [kaylee\\_hance@rok.catholic.edu.au](mailto:kaylee_hance@rok.catholic.edu.au)

Thank you.

## Community News



**WANDERERS**  
HOCKEY CLUB

**CLUB SIGN ON**  
- JUNIOR KICKSTART TRAININGS  
- COME AND TRY DAYS  
ALL AGES WELCOME!

**Where:** Wanderers Club House  
Birdwood Park, Water Street  
North Rockhampton

**When:** Thursday Feb 2 and Feb 9  
**Time:** 4.30pm - 6.00pm

**Cost:** Come and Try - FREE  
Kickstart trainings - FREE  
Uniforms will be available for purchase



**FREE SHORTS/SKIRT & SOCKS FOR NEW PLAYER REGISTRATIONS\***

For more info, to register for come and try days or kickstart training sessions contact Wanderers via Facebook or email [secretary@wanderershc.com.au](mailto:secretary@wanderershc.com.au)  
\*Conditions apply



**THAT'S MY GAME**

**Junior Blast**

Rockhampton Cricket Grounds  
Fridays 3rd Feb - 10th Mar  
4.30pm - 5.30pm

**Girls Only Program**



[www.playhq.com](http://www.playhq.com)

That's My Game Central Qld



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[www.guidesqld.org](http://www.guidesqld.org)

