



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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NEWSLETTER

2nd February 2023

From the Principal's Desk

Imagine trying to get through your day without hands or feet. Not being able to walk, care for your basic needs, hug those you love. Without any medical explanation or warning, Nick Vujcic was born in 1982 in Melbourne, without arms and legs. Yet, his family was destined to cope with both the challenge and blessing of raising a son.

Throughout his childhood, Nick not only dealt with the typical challenges of school and adolescence, but he struggled with depression and loneliness. He questioned if he had a purpose in life.

Nick says that his victory over his struggles, as well as his strength and passion for life, can be credited to his faith in God. His family, friends and the many people he has encountered along the journey have also inspired him.

Nick has travelled around the world, sharing his story with millions. He is an author, musician, actor and his hobbies include fishing, painting and swimming. He is the president of the international non-profit organisation, 'Life Without Limbs' which he started at 17.



Nick says, "If God can use a man without arms and legs to be His hands and feet, then He will certainly use any willing heart." A truly, inspirational man.

Yesterday, our Year 6 cohort were involved in our inaugural Leadership Day which was held at the Haven. They embraced in a myriad of team building, cooperative and challenging activities which quite often had them exploring different options and using a non classroom mind set.

Having time to discuss the significance of quotes like "Earn your leadership everyday", "Leadership is not a position or a title, it is action and example", "Be the kind of leader that you would follow" and "A person always doing their best becomes a natural leader by their example" had many thoughtfully reassessing what it means to be a leader in your final year of primary school.

In my brief time with our 6s this year, I see that they are energetic, thoughtful, caring, creative, resilient and I along with their teachers, am looking forward to the next thirty eight weeks together.

In the New Testament, written in Matthew's Gospel, it quotes Jesus telling His disciples that leaders should not exercise authority over people. Instead, whoever wants to become great must become a servant. Leaders realise that serving others is the only way to lead with a pure heart.

Our Year 6s of 2023 may not at this moment be a Nick Vujcic or have the maturity to have the leadership Jesus spoke of however most have the ideas, the commitment and the will to make their final year of their primary schooling a special one.

Another aspect of our Year 6 leadership is the election of school and house captains which will take place this Monday 6th and Tuesday 7th February when speeches will be presented and voting involving our Year 5s and 6s will take place.

I wish all preparing and then making a speech the very best.

Take care

Max Martin

From Our APRE

Why are we called Sacred Heart?

The Presentation Sisters were founded in Cork, Ireland by Nano Nagle in 1775.

They adopted as their title "Sisters of the Sacred Heart", which was changed in 1791 to that of "Presentation Sisters".

Their aim was to bring quality education to all, especially the oppressed.

Their dedication to the Sacred Heart of Jesus was the underlying reason for the name of our school.

Our school emblem represents where we live and that our love of Jesus and others is at the centre of our school.

The central figure with outstretched arms shows that we are a welcoming, loving and joyful community. This figure also represents Jesus who is the centre of our lives at Sacred Heart School. Orange is the colour of "acceptance of all people".

The rising red sun urges us to rise to the challenges of the present whilst looking forward with hope, faith and trust to the future. The colour red reminds us that love is central to all that we do

The top of the blue heart looks like waves which are significant because of our beach location. This shows that our environment is precious and special to us. We show respect for our environment.



God bless

Melissa Collins

From Our APC

Next Tuesday marks 'Safer Internet Day 2023' with a call for everyone to **Connect. Reflect. Protect.**

Safer Internet Day is a global event that brings together communities, families, schools and organisations from more than 200 countries to help create safer online spaces.

This worldwide initiative is celebrating 20 years in 2023, making it a great time to reflect as well as look forward.

Teachers at Sacred Heart have been shared resources to use with their students to support online safety and learning.

Technology has evolved dramatically in the past two decades and the benefits have been huge. These developments have also exposed us to many risks with real-world impacts, making online safety awareness even more important.

Some statistics that we never want your child to be a part of:

- Almost half of children were treated in a hurtful or nasty way online in the past year.
- 26 percent of children have treated someone in a hurtful or nasty way in the past.
- 1 in 10 children have been the target of hate speech online.
- 30 percent of teens have been contacted by a stranger online.
- Many parents of 14 to 17 year olds are not aware that they have viewed potentially harmful content online.

(eSafety Government Newsroom, 2022)

We can all do our part towards internet safety and keeping our children safe, if we::

Connect safely and with purpose – by keeping apps and devices secure and using social media in positive ways.

Reflect before we act – by taking a moment to consider how what we do and say online may affect others.

Protect ourselves and others by taking action – by telling family, friends or colleagues about eSafety and how we can help.

The link below will take you to free webinars for parent and carers on how to keep your child safe online.

Have a wonderful week

Mrs Lisa List

From Our APA

One of my roles is to coordinate sporting events. Some of these include school swimming and cross country carnivals.

All representative trials and the associated paperwork are also my responsibility.

Representative trials for the Rockhampton District are open to children in the 10-12 years bracket, depending on the sport. Below is the district and Capricornia sports calendar for the year.

[2023 Calendar](#)

Following a review around consent forms, Capricornia School Sport are trialling a new process for 2023. Whilst meeting compliance, this will also begin the transition to a digital platform in an effort to streamline the processes from school to regional level.

The **representative school sport permission details booklet (consent form)** has all the required documentation that schools / district / regions need for students to participate in trials. The form, once completed, is to be handed in to our school to be signed by either Mr Martin or myself. The forms will then be returned to the student, who will need to submit the paperwork at the first trial. This will then be passed on by officials through the various levels of school sport.

[Rockhampton District Sport Permission Details Booklet](#) (consent form)

We encourage you where possible to fill the form out electronically to assist with eligibility and accuracy of the documents, however handwritten copies are acceptable.

All permission booklets need to be submitted to school no later than 2 days prior to the trial to allow time for signing and associated paperwork. Students will not be permitted to trial on the day without the completed consent forms.

Here's to an exciting year of representative sport.

Best wishes

Mrs Jen Kenny

Year Level Family Information Letters

Tomorrow, Friday 3rd February, families will receive an email from your child's / children's teacher/s which will provide an outline of what each year level is learning this term, class routines and expectations.

This letter will provide you with a plethora of information and if you have any queries do not hesitate to contact your child's teacher.

Thank you.

Capricorn Coast Catholic Parish

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

Important Dates Term One

February

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

Opening School Mass

A reminder that tomorrow, 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.

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' has been sent home to Preps, Year 3s and new children. I ask that you complete the form and return it to our school office by 28th February, 2022. If you have not received your ICT form to complete, please contact the school office shy@rok.catholic.edu.au.

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

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

Instrumental Music

Instrumental music will commence next week. Our instrumental teachers will contact families prior to your child's lesson to let you know dates and times.

Year 6 School and House Captain Speeches

On Monday 6th and Tuesday 7th February, our Year 6s will be making speeches for our school and house captains (Cana, Tabor, Galilee and Jordan) for 2023.

Monday 6th at St Brendan's College commencing at 9.15am for children making a speech for school and house captain together and school captain.

Tuesday 7th at Sacred Heart in our multi-purpose area commencing at 9am for children making a speech for house captain.

Our school captains are elected for a semester. Our house captains for the year.

Year 5s and 6s will be involved and voting for these roles.

All children will be travelling by Keppel Coaches to and from St Brendan's on Monday and will be accompanied by our Year 6 teachers and our school leadership members.

Parents and carers are most welcome to come along on both days. On Monday, you are asked to enter St Brendan's College via Gate 1 and there will be parking made available for you.

Year 6 Leadership Retreat

Each one of our Year 6 students is a leader in our school.

Yesterday, our Year 6 students spent the day at 'The Haven' where they were immersed in activities that reminded them of the characteristics of effective leaders.

Some aspects of the day which really resonated with our 6s were:

- Good communication is essential.
- Focus on the the goal ahead.
- A sense of belonging is felt when everyone contributes their fair share.
- We are more productive when we support each other.
- Collaboration is important when completing tasks and accomplishing goals.



P. and F. AGM and General Meeting

Our P. and F. will be having their AGM followed by their general meeting on Monday 21st February at 6pm in the school's staffroom.

At this meeting, our 2023 executive will be elected. Everyone is most welcome to attend.

Dogs At School

Due to safety and health regulations, dogs are not allowed to be on our grounds during school hours.

If you wish to bring a pet to school for a child's Show and Share in class, I ask that you consult your child's teacher before doing so.

Thank you.

Community News



Variety Activate Inclusion Sports Day
- Rockhampton
15 March 2023 @ CQUni Community Sports Centre
Registrations Now Open!
samantha.powell@varietyqld.org.au



THAT'S MY GAME
Junior Blast
Rockhampton Cricket Grounds
Fridays 3rd Feb - 10th Mar
4:30pm - 5:30pm
Girls Only Program

www.playhq.com
That's My Game Central Qld



Adventure Fun Friendship
Places now available for 5 & 6 year old girls for the Gumnut Guide program
All age groups accepting girls now for a 3 week free trial
Come and Try Girl Guides
When will your girl start her guiding journey?
keppelcoastdm@guidesqld.org or
Michelle on 0438 283 342 to start your 3 week free trial
Visit Girl Guides Yeppoon and Emu Park @kcgirlguides
www.guidesqld.org
GIRL GUIDES AUSTRALIA QUEENSLAND



ROCKHAMPTON BMX CLUB
COME & TRY BMX
WHEN: SATURDAY, 18TH FEBRUARY
UNDER 8 YEARS 1.30 - 2.15PM
8-12 YEARS 2.30 - 3.15PM
13+ YEARS 3.30 - 4.15PM
WHO: ANYONE FROM THE AGE OF 2 CAN PARTICIPATE
WHAT TO BRING: WATER BOTTLE & BIKE
WHAT TO WEAR: LONG SLEEVE SHIRT, LONG PANTS, GLOVES, ENCLOSED SHOES, HELMET (FULL FACE PREFERRED)
REGISTER HERE: [HTTPS://WWW.RIDENATION.COM.AU/S/COME-AND-TRY](https://www.ridenation.com.au/s/come-and-try)
CHECK OUT THIS ACTION PACKED SPORT!!!
SIGN UP FOR A FREE 4 WEEK TRIAL
WE ACCEPT FAIR PLAY VOUCHERS!!!
AUSCYCLING



CALLING ALL YEAR 7 - 9
MALE & FEMALE
TOUCH FOOTBALL PLAYERS!
CAP COAST TOUCH ASSOCIATION IS LOOKING FOR TEAMS & INDIVIDUALS THAT WOULD LIKE TO PLAY IN OUR 20TH ANNIVERSARY YEAR COMPETITION
Head over to our Facebook page for further details or contact our Senior Registrar on
0413735991
registrations close 23rd February