



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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**NEWSLETTER**

9th February 2023

### From the Principal's Desk

'Live each day like it's your second to the last. That way you can fall asleep at night.' (Jason Love)

Week 3 Term 1 is always an interesting time. The excitement of returning to school has subsided and after many long days in the heat, children, in particular, are becoming tired and a little unsettled.

This week, leadership has dealt with several incidents of inappropriate behaviour. The pleasing part of this is that the children have realised their indiscretions, acknowledged that they need to be better and have come to a reconciliation with those involved.

The human tendency for mistakes is no more evident than at school.

None of us is perfect; all of us should have some recollection of an event or action which makes us cringe. Well, hopefully we do because that shows we are self-aware and have a conscience.

Make a mistake, hurt someone's feelings, then take the advice of Jason Love and make it right. Living each day as your second last, will remind you to always try and make amends.

One of the things that we must keep as our bedrock in a Catholic school is our foundation on restorative justice. As a school, we still apply consequences when someone's actions are wrong but then, there is an expectation that, whatever relationship was broken is restored. People are given the opportunity to choose to improve their behaviour and 'set things right', grow from it. Forgive and move on.

Another important component of this concept is trying to avoid labelling a person or groups of people. Why bother improving, if someone has said 'everyone knows you are in the bad class'. Why bother trying to stop bullying people, if you believe no one believes you can truly change. The flip side, if you feel you are labelled as 'the good kid or the perfect one', any mistake can be mortifying.

This can flow on to academics, a poor mark is seen as a personal failing or disaster. Making behavioural errors, not making the team, not being the winner are natural obstacles to life. We cannot protect our children from eventual failure but we can teach them the strategies of resilience.

How often do we read today of superior athletes, their extraordinary career in embers and their personal and psychological life in tatters as a consequence?

Over the holidays, I re-found this wise advice given to me many years ago by a highly regarded educational psychologist, Toni Noble. It is a Bounceback card.

The acronym, **Bounceback** stands for the following coping statements:

**B**ad times don't last. Things always get better. Stay optimistic.

**O**ther people can help if you talk to them. Get a reality check.

**U**nhelpful thinking makes you feel more upset

**N**obody is perfect – not you and not others

**C**oncentrate on the good bits, no matter how small they are and use laughter

**E**verybody experiences sadness, hurt, failure, rejection and setbacks sometimes, not just you

**B**lame fairly – how much of what happened was due to you, to others and to bad luck or circumstances?

**A**ccept the things you can't change, but try to change what you can first

**C**atastrophising exaggerates your worries. Don't believe the worst possible picture

Keep things in perspective. A distressing situation is only one part of your life. (Source, Dr T Noble, 2005)

I keep a Bounceback card near my desk. It is an excellent way for me to settle down and put my perceived 'disasters' in their right perspective.

Take care

Max Martin

### From Our APRE

On Monday and Tuesday of this week, many of our Year 6 students displayed great confidence when presenting their speeches for School and House captaincy.

They should be extremely proud of what they have achieved. In their speeches, they spoke of their love for Sacred Heart and how they would best represent their peers and school.

All of our Year 6 students have the opportunity to be peer leaders as part of our Peer Support Program later this year. It is during this program that our student leaders further develop their patience and respect for all ages.

When I see a 'big' Year 6 student get down to a 'little' Prep's level to help them, it always reminds me of the beautiful passage in Matthew's Gospel "Whatever you did for one of the least of these brothers and sisters of mine, you did for me" (25:40). It is in the humbling of oneself in the service of another that we sometimes see great leadership.

I had the pleasure of spending time with some of our younger students this week and I asked them what makes a great leader. I was very impressed with their responses and I think our nation's leaders could learn a thing or two from these beautiful children. Here is what they had to say:

Great leaders:

- Pick up rubbish. (Lucas Year 3)
- Help people. (Hunter Year 3)
- Help Sacred Heart community. (Aria Year 4)
- Are kind. (Halle Year 4 )
- Someone who includes everyone and is kind to others. (Lucia Year 5)
- Cheer you on when you're in a race. (Paige Year 5)
- Have a good attitude towards others and don't exclude people. (Billie Year 5)

***A true shepherd leads the way. He does not merely point the way. - Leonard Ravenhill***

Enjoy your week

Melissa Collins

### From Our APC

In Weeks 8 and 9 of this term, students in Years 3 and 5 will participate in Naplan Online. The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7, and 9.

It's a measure to see how well our children are developing the literacy and numeracy skills that provide the critical foundation for other learning.

There are four assessments that students undertake during Naplan testing, these are:

- Writing
- Reading
- Conventions of Language, and
- Numeracy

If a student is away on the day that an assessment takes place, they will have the opportunity to do a catch-up session during Week 9. More information regarding assessment dates will be provided in coming weeks.

In preparation for Naplan, our students will participate in an online practice test in Week 6. By participating in this practice test, students will engage with the Naplan platform and work through similarly structured questions.

This [link](#) is a parent/carer information document to help answer questions you may have regarding your child's participation in Naplan 2023.

The public demonstration site link is also available. Visiting this site enables you to view videos, look at Naplan style questions and gain further insight into Naplan. <https://nap.edu.au/online-assessment/public-demonstration-site>

Have a wonderful week,

Mrs Lisa List

## From Our APA

### Sacred Heart Cross Country Update

Our Year 4, 5 and 6 cross country carnival will be held Monday 13th March on our oval.

To help our children prepare for this event, we will be having cross country training on our school oval for our Year 4s to 6s every Monday and Wednesday 3.30pm - 4.15pm commencing next week.

Interested children will need to bring their running gear to change into after school.

After swimming lessons are completed in week 6, Year 4 to 6 PE lessons will also be focussed on preparing for the cross country and athletics carnival.

Our Prep, Year 1, 2 and 3 cross country carnival will be held early Term 2.

Last week, saw the start to our Year 4-6 swimming lessons. The students learned about water safety around a variety of settings, not just pools; participated in mock rescues, and completed a swimming assessment.

Considering the heat, everyone was very glad that we are swimming this term.



Best wishes

Mrs Jen Kenny

## Student Awards

Congratulations to the following children.

<b>Prep</b>	Bede Druery, Baxter Barbeler, Miesha Singelton-Bray, Logan Trevor, Tyler Reynolds, Astrid Robinson, Olivia Forbes, Ellie Smith, Henry Poole, Remy Sullivan, Jack Guinane, Storm Hamilton, Harrison Inch
<b>Year 1</b>	Aariah Thomas, Archie Macpherson, Ruby Moger, Charlie Robinson, Mason Schmidt, Charlie Veliscek, Kai Elliot, Boston Richardson, Peyton Flanagan, Andie Valler, Finn Fleming, Hannah Flanders, Scarlett Seamark, Finn Fleming, Fergus Kenny, Matilda Kirby, James Thompson, Vincent Neve, Chloe Tselepis, Porsha Mundy, Lachlan Robertson, Jett Spears
<b>Year 2</b>	Aurora Johnson, Grady Hayles, Madeline Ohl, Parker Prayle, Ayla Toohey, Finnley McElholum, Madeline Grob, Sawyer Page, Jack McCartney, Sienna Boak, Kai Schwennesen, Macey Winter
<b>Year 3</b>	Lincoln Fook, Jessie Thomas, Toby Apps, Skylar Rapmund, Harris Gould, Peyton Mitchel, Flynn O'Brien, Frankie Kenny, Avery Kona, Hudson Platen, Ben Nixon, Brock Solis
<b>Year 4</b>	Hayden Pont, Jordyn Parfitt, Sophia Rafter, Bailey Frethey, George Miller, Finn Senior, Jersey Wyatte, Isla Goltz, Austin Jackson, Jayden Scott, Darcie Skelton, Nicholas Van Eyk, Kahn Watkins, Phoebe Turner, Jack Strenzie, Olivia Broom, Marleigh Drew

<b>Year 5</b>	Olive Allen, Maycie Clarke, Romey Wyatte, Kirby Kenny, Chelsea Allen, Saige Nielsen, Paige Kinsey
<b>Year 6</b>	Sam Miller, Herbie Martin, Kai Nielsen, Evie Eyles, Max Willey, Kiana Wheoki, Nate Farrelly, Vienna Jackson, Josie Rainey, Pariah Titmarsh, Mason Lewis, Kira Walsh, Bowen Atkin

### School Captaincy Speeches

Congratulations to the 23 girls and 19 boys who made speeches for our school and house captains this week.

They are spoke with conviction, confidence and enthusiasm.

Tomorrow, Friday 10th, the 2023 school and house captains will be officially announced and inducted at our whole school assembly from 8.40am.

Parents, carers and families are most welcome to attend.



### School Fees

Term 1 School Fees will be emailed to families today and are payable by 23/02/2023.

If you do not receive your statement please contact the school office. Alternatively a copy of your most recent fee statement can be found in the "Accounts and Payments" tab on parent lounge.

To arrange payment or discuss payment plan options please contact Mrs Stacey Todman on 49948215.

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 10th - First whole school assembly. School and house captains introduced and inducted.

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

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

Wednesday 22nd - Ash Wednesday (First day of Lent)

#### March

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

Wednesday 8th - International Women's Day

Thursday 9th - St Brendan's Year 6 Discovery 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

## Pupil Free Day

Next Friday 17th February, all Catholic schools across the Rockhampton Diocese will be having a pupil free day.

Teachers and staff are involved in professional development sessions that day.

There will be no school for our children that day. Thank you.

Our school office will also be unattended that day.



## Opening School Year Mass

Many thanks to all in our school family who attended our opening school mass. It was wonderful to have Father Matthew celebrating with us again.

Well done to Year 6E for preparing this special occasion. It is always a great occasion when we are able to gather together to offer up the year ahead.



# OPENING YEAR MASS



## Discovery Day - St Brendan's Yeppoon

St Brendan's College is hosting their annual Discovery Day on Thursday 9th March 2023 for Year 6 boys interested in attending in 2024.

Year 6 boys are invited to an introduction to secondary school, where they will participate in exciting and informative activities. Registration is essential.

See information on the [St Brendan's College Discovery Day](#). Parents and carers need to register via this [link](#).

As in previous years, St Brendan's College will be offering a bus transfer for our boys to and from Sacred Heart.



## Updated Representative Sport Trial Calendar

An updated Rockhampton District sports calendar is now available. See the link below for trial dates and important information pertaining to these. Also note the nomination closing date for paperwork to be submitted to the school, for each trial.

[2023 Calendar](#)

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

## 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.

## New Staff to Sacred Heart

This week, we welcomed Mrs Rachel Brook (Prep M) and Mrs Stephanie Hauser (Prep B) to our school as new teacher assistants in our Prep.

We wish them all the very best for their time at Sacred Heart.



Stephanie Hauser



Rachel Brook

## 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](mailto: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](http://www.guidesqld.org)

**GIRL GUIDES AUSTRALIA QUEENSLAND**

# SIGN ON FOR NETBALL 2023

**2023 Season**

**MONDAY**

- Nettas term 2
- Juniors term 2 & 3
- Senior Ladies - Term 2
- Senior Social Mixed - Term 2
- Junior & Senior Social Mixed term 4

**TUESDAY**

- Nettas Program 5-7 yr olds 4-5pm
- Seniors - Ladies Social & Competitive
- Minis (7-8 yr olds) born 2015/2016
- Junior F (9 yr olds) born 2014
- Junior E (10 yr olds) born 2013
- Junior D (11 yr olds) born 2012
- Junior C (12 yr olds) born 2011
- Junior B/A - High school (graded) - born 2010/2005

**Fee Structure 2023**

- Nettas - 10 weeks - \$80.00
- Juniors - \$200.00
- Seniors 10 weeks - \$100.00

-CCNA accepts Qld FairPlay Sporting vouchers  
-Team nominations are OPEN - team sheet downloadable via website  
-Once team is nominated on NetballConnect, players will be emailed registration link  
-individual registrations to email CCNA to be placed in a team

**Come See us**  
**YEPPON CENTRAL**  
4th & 18th Feb  
9am - 3pm

[www.capcoastnetball.com](http://www.capcoastnetball.com)  
[capcoast.netball@bigpond.com](mailto:capcoast.netball@bigpond.com)  
0438 106 068



## 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



# COME & TRY BMX

**WHEN: SATURDAY, 18TH FEBRUARY**

ROCKHAMPTON  
ROCKY BMX CLUB  
32A HOLLINGSWORTH ST  
NORTH ROCKY

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!!!

