



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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NEWSLETTER

16th February 2023

From the Principal's Desk

Why is the ocean blue?

If I put something in the dryer for a year, does it totally turn to fluff?

What's the difference between a dog and a cat?

Mr Martin, why are you the principal when you are only a PE teacher?

As a young dad, it was such a delight to hear my children's first words. My daughter hit a juice cup out of her mother's hand and yelled, 'No.' The boys both said, 'Dad.'

Doesn't your heart swell when you hear your name for the first time? How wonderful that this little cute button, knows and unconditionally loves you, raising their arms from the cot for a quick snuggle.

However, if you are like me, there is a time when you may tire of the incessant questions and even regret them knowing your name. *Dad, dad, dad* with a tug on the shirt sleeve. Can I please go to the toilet by myself?

You will be happy to know, once they grow up the chatter dissipates – enjoy it while you can. As teenagers, you may be learning a new language, whereby head nods/shakes and the different gradation of grumps indicates hunger, needing a lift or homework not done.

The development of human language in a child is an amazing journey to observe. As educators and probably as parents, you know of the very strong correlation between children's early language development and success socially and at school.

A child is quite rightly frustrated when they can't express themselves. A child has difficulties reading and writing, if they don't have a broad range of words that are known.

Teachers talk and put up word walls. They encourage the learning of new vocabulary and words linked to the key learning areas they are teaching.

However, we can only do so much.

Overwhelmingly, research shows that language in the home is the foundation for learning. Reading books, giving time to a discussion and having dinner as a family with no TV or screen distractions all helps.

Little ones that come to school with better language skills are set up for learning. So give your child time and have a chat, at least once a day. Dads particularly need to focus and give a child space to talk. You are significant to your child's social and educational development.

On another note, it is interesting to note how families 'think' their values and expectations are known by their child. You may think it obvious that your child does not get in the car with a drunk driver. You may think it is a known fact, that your children are not to do illegal drugs or bully others. But have you really talked about it? As they age, not just 'told' them but 'discussed with them' the challenges and joys ahead in their lives? Young people who are used to talking with their parents are more likely to have settled teenage years.

It is a tricky tight rope however, becoming a smother-mother is also not a good thing.

By the way, the difference between a dog and a cat is amazing.

Humans are extraordinary creatures. From a very early age, we can discern a dog from a cat, even though they have marked varietal differences, think a Siamese cat versus a Ragdoll cat, think a Great Bernhard versus a cattle dog.

Retractable claws in a cat is one thing. What else is there? I leave it to you to have a family discussion about it.

Take care

Max Martin

From Our APRE

Next week, we remember Ash Wednesday, the beginning of Lent, with a whole school mass for our Year 3s to 6s and class liturgies for our Preps, Year 1s and 2s.

Lent is a special time for our Catholic Church when we are invited to make a new beginning and prepare ourselves for Easter. Prayer, fasting and almsgiving, or giving to the needy, are traditional practices of preparation.

Lent is a time of reflection and anticipation for our Lord's Resurrection.

Ash Wednesday's Gospel is from Matthew and it reminds us that when we do good things, God always knows about it. There is no need to tell others in order to receive; the gift you give is for others, not ourselves.

Charitable giving is a very ancient practice that occurred long before the time of Jesus. The Lenten call to almsgiving means making the needs of other people our own. Sharing our material goods is often just the beginning of real Christian giving. We are also called to share our time tending to people in need: donate your time to others; help around the house; chat with an elderly neighbour are just a few examples.

This special time offers families a fantastic opportunity to discuss the significance of Lent and how we can better understand some of our Lenten practices and commemorations including Palm Sunday, Holy Thursday, Good Friday and Easter Sunday.

I pray that the forthcoming Lenten season is one of personal renewal for you and your family.

Enjoy your week

Melissa Collins

From Our APC

Throughout the year, data is collected in classrooms for all children. This information is used to direct learning and teaching. Research tells us that using collected data enables more effective evaluation of programs, resources, and interventions to facilitate success.

This week, teachers in their year level, have looked at student results from Reading and Mathematics data collected, to identify strengths and areas for improvement at individual, class and year level requirements. This information will support and drive the next short cycles of planning in classrooms.

Our Prep, Year 1 and 2 children are in the process of undertaking an Oral Language Assessment (OLA). This is a system-wide tool to support teachers as they assess and monitor the development of students' oral language skills. It is vital that the development of listening, speaking and interacting is monitored in ways that enable our learners to receive the support they need.

To support oral language development for children at Sacred Heart, we have purchased the Heggerty Program which is used daily in our Prep, Year 1 and 2 classrooms. The Heggerty Phonemic Awareness Curriculum provides students with consistent and repeated instruction and this transfers to developing a student's decoding and encoding skills.

Currently, students in Years 1 to 6 are completing DRAs (Diagnostic Reading Assessments). Once completed, these are then analysed by the classroom teacher to inform and support the planning and teaching of reading strategies for individual and class learning needs.

Have a wonderful week,

Mrs Lisa List

Student Awards

Congratulations to the following children.

Prep	Linus Vandelanotte, Sophie Winter, Charlotte Flower, Thomas Gould, Leila Love, Skye Love, Parker Holloway, Evie Peters, Harrison Mcphail, Ayrлие Ferrier
Year 1	Noah Oates, Quinn Campinello, Finn Jarrett, Karla Kehoe, Clairа Nunn, Aurelia Acharya, Fergus Kenny, Emily O'Brien
Year 2	Charlotte Neagle-Fisher, Chad Philp, Jordan Ohl, Florence McElholum, Chelsea Smith, Freddy Barbeler
Year 3	Emilia Coker, Hunter Sutton, Ben Nixon, Sophie Howard, Nicolas Van Eyk, Wilhelem Van Ommen, Jade Sawry, Matilda Seymore, Hunter Hare
Year 4	Ivy Fitzgerald, Noah Cherry, Hayden Cech, Taj Rich, Oliver Poole, Indigo Crosby
Year 5	Ava Goodger, Harley Neagle, Charlie McKeown, Beckett Catt
Year 6	Nicholas Goltz, Josie Oram, Lola Czislawski, Thomas Murray, Ruby Neagle, Milla McPherson

2023 Sacred Heart School and House Captains

Congratulations to the following Year 6 children on their election to leadership roles for 2023.

School

Semester 1

Captains

Max Willey and Evie Eyles

Vice captains

Thomas Murray and Amanhi Manz

Semester 2

Captains

Joseph Kingston and Kira Walsh

Vice captains

Sam Miller and Lola Czislawski

House

Galilee

Cooper O'Rourke and Ruby Nagle

Jordan

Jake Jensen and Josie Oram

Cana

Kai Nielsen and Mikayla De Beer

Tabor

Jaxon Mitchell and Vienna Jackson



Sacramental Program

There is a parent information night for the 2023 sacramental program at Sacred Heart Church on Wednesday, 1st March commencing at 6pm.

The program has undergone significant changes. All parents/carers wishing for their child/ren to make their Sacraments this year are strongly encouraged to attend this meeting.

An information letter has been sent home today with children in Year 4 and some in Year 5 and 6. This letter is also [attached for your information](#).

Sacramental sessions will begin in Term 2.

If you have any queries, contact the parish office on 49336171 or 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](#)

Pupil Free Day - Friday 17th February

Tomorrow, Friday 17th is a pupil free day and our children are not required to be at school.

All teachers and support staff are involved in professional development sessions.

Our school office will also be closed tomorrow.

Shrove / Pancake Tuesday

The day before Lent commences is known as Pancake (or Shrove) Tuesday. This year, it is Tuesday 21st February.

A day when traditionally pancakes were made to use up all the eggs, milk and lard before the Lenten fast began when people not only cut back on food but ate very simply.

Proceeds from Pancake Tuesday will go to the Project Compassion Appeal. Thank you for your anticipated support of this worthy cause.

Breakfast commences at 7.30am in our multi-purpose area. Both pancakes and poppers are \$1 each.

All invited.

Ash Wednesday

Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes, in a cross, on the forehead. The ashes symbolise the dust from which God made us and is a reminder that we will return to God one day.

On Wednesday 22nd February, students and staff will be involved in Ash Wednesday liturgies or the parish mass.

Children in Years 3-6 will attend the 9am mass at Sacred Heart Church.

Children in Prep – Year 2 will participate in year level liturgies at school as follows:

Prep at 9:30pm

Year 1 at 10am

Year 2 at 8.50am

All are welcome to attend any of these to mark the beginning of Lent.

Important Dates Term One

February

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

Thursday 9th - St Ursula's Year 6 Discovery Day

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

Wednesday 15th - NAPLAN commences

Tuesday 21st - Harmony Day

Thursday 30th - Holy Week assembly 8.40am (Good Friday)

Friday 31st - Holy Week assembly 8.40am (Easter Sunday)

Discovery Day - St Ursula's Yeppoon

St Ursula's College is hosting our annual Discovery Day on Thursday 9th March 2023. Current Year 6 girls are invited to join us for an introduction to Secondary School, where they can participate in exciting and informative activities.

Registration is essential.

Further information and Registration can be found on the St Ursula's College website www.stursulas.qld.edu.au



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.



P. and F. AGM and General Meeting

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

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

Sacred Heart Cross Country Trials

Our school cross country races will be held Monday 13th March on our oval.

Following are the times for events:

9am – Boys and girls 12 years (3 kms)

9.25am – Boys and girls 11 years (3 kms)

9.50am – Boys and girls 10 years (2 kms)

The boys will head off firstly in the timed races, followed by the girls. Our children will nominate for these races.

The KCD trials will be held in March at the Barmaryee sports complex.

Our Prep, Year 1, Year 2, Year 3 and younger Year 4 children will have their cross country races early Term 2.

Parents and carers are most welcome to attend this carnival.

We are having cross country training for Years 4 to 6 on our school oval on Mondays and Wednesdays 3.30pm - 4.15pm. Bring training gear to change into after school.

Chess Club's First Competition

Our chess club is run by Mrs Goltz and they meet every Monday during first break. Years 4 to 6 children are welcome, regardless of playing ability.

A Term 1 chess tournament will be held next Thursday 23rd February at the Heights College, Rockhampton.

The following children have been chosen to attend this event:

Banjo Coker, Finn Senior, Quinn Du Plooy, Lucy Thomas, Flynn Palaret, Alex Todd, Noah Todd, Mason Lewis, Preeah Titmarsh, Eden Kalie, Kiana Wheoki and Evie Hiddins.

We wish them all the very best.

Volunteer Induction

A volunteer induction session will be held in our staffroom this Monday 20th February from 8.45am for any parents, grandparents or carers wanting to help out at Sacred Heart this year.

This training is a mandatory requirement.

Our tuckshop in particular is looking for helpers.

If you are available to help on a Wednesday or Friday morning, contact our tuckshop convenor; Kaylee via email at kaylee_hance@rok.catholic.edu.au.

Thank you for your anticipated support.

Year 4 Author's Chair

In our Writer's Workshop, we have been exploring simple and compound sentences. This week we touched on topic sentences.

After unpacking the mentor text; "Courage" written by Bernard Waber, we identified sentence structure in the text, with a focus on compound sentences and coordinating conjunctions used. We then created our own sentences answering the question 'What is courage?'

We spoke about the courage it takes for a firefighter to rescue someone trapped in a burning building, but there are many other kinds of courage too. Everyday kinds that normal, ordinary people experience all the time, like "being the first to make up after an argument," or "going to bed without a nightlight." The story explores the many kinds of courage and celebrates the moments, big and small, that bring out the hero in each of us.

Here are some work from our Author's Chair.

Courage is bravery and strength when standing up for your friends. **Lydia**

Courage is pushing yourself to do something that you don't want to do. For an example, going on assembly in front of people. **Emerson**

Courage is finding something that you're scared of and then standing up for yourself. Something like going paragliding, even though you are scared of committing to it. **Isla**

Courage is when you do something that is outside of your comfort zone, such as in going to a new school. **Henry**

Courage is doing something you have always been scared of doing but you really want to do it, so one day you just do it. An example is riding a motorbike for the first time. **Taj**

Courage is being brave enough to do something you're scared of, like facing your worst fear of cockroaches and roosters. **Rejie**

What's Happening In Prep?





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



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 @kgirlguides
www.guidesqld.org

GIRL GUIDES AUSTRALIA QUEENSLAND

SIGN ON FOR NETBALL 2023

2023 Season

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

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

MONDAY

- Nettas Program 5-7 yr olds 4-5pm
- Seniors - Ladies Social & Competitive

TUESDAY

- 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

Yeppoon Central
 Come See us
YEPPOON CENTRAL
 4th & 18th Feb
 9am - 3pm

www.capcoastnetball.com
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

ROCKHAMPTON BMX CLUB

COME & TRY BMX

WHEN: SATURDAY, 18TH FEBRUARY

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





AUSCYCLING

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!!!

Keppel Bay Karate-Do: KBKD Tuesdays and Thursdays Juniors 4pm-5:30pm High school and adults 5:30pm-7pm St Ursula's Hall, Queens St, Yeppoon • Kids welcome from 6 years • Family friendly, club discount • Teenagers and adults welcome.

Email: keppelbaykaratedo@gmail.com Text Robi on: 0427016767 Shotokan Karate International Australia.
www.shotokankarate.com.au