



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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NEWSLETTER

16th March 2023

From the Principal's Desk

From all reports despite the humid weather conditions, our children competed extremely well on Tuesday at our cross country.

I was especially impressed with the number of children who nominated and then raced. Most obviously not gaining a place, however still running to test themselves and gaining valuable points for their sporting house.

Two weeks ago when nominations were called for, one of our Year 4 students came to me to express their excitement in being able to run in the cross country. They had been training after school on the rail trail and was hoping to either gain a placing or come in the top five and then progress to the KCD trials.

On my return to school yesterday, I did not see their name on the placing list and caught up with them at lunch time. They were disappointed and simply said they had done her best but their fellow competitors were just too quick.

I shook their hand and thought many of us can learn a lot from this attitude.

As a parent, one of the hardest issues to deal with is, when one of my children misses out on something they pined for in their lives. As I have mentioned before in a newsletter, I still vividly remember an inconsolable 11 year old who missed out on a Capricornia sports position for Under 12s. He had been in the team the year before. The other boys had grown and become more skillful. That's life.

My wife and I had to be gently reassuring towards our other son when he missed out on jobs as he was commencing his working life. He'd get to the interview round and into the last few applicants and then miss out. There were better applicants. That's life.

As a mum or dad, you pain with them but I try not to go on the defensive, unless of course, there genuinely is an unfairness.

I can remember when Wayne Bennett, the renowned NRL coach, came to the Central Highlands several years ago now and during his address, gave his perspective on modern footballers. He said the big difference in the last 30 years is the way young men and women are supported by their parents.

Unlike the past, today some mothers and fathers now ring to complain about their adult son's/daughter's game time or their illness or any form of perceived unfairness. Even as an adult, these young people are receiving 'protection' from their parents and gaining, by default, a sense of entitlement.

You are probably well aware of the elite sports people who have never experienced failure. At the end of their stellar careers, they are bereft. They cannot handle retirement or their twilight years when they begin to lose races. Mental health issues, substance abuse, unhappy relationships, you have read the stories.

There is also a myth that failure will eventually lead to success. That missing out on something will ignite a fervour that will make you a winner eventually.

Well that's rubbish. It's a tagline for advertising running shoes or energy drinks. Some will learn from failure and eventually 'make it' but others, no matter the training or the zeal, actually won't be the winner.

That is why as parents, it is very important to support your child in developing resilience. Failure happens and it makes you a stronger person. Failure happens but there are other opportunities. It is okay to be second or last, if you tried your best. The concept of 'personal best' is a great peg to hang your hat on.

Learning to weather the ups and downs as a child, prepares them for the unpredictable real world, where there may be better athletes/applicants/suitors.

That's life.

On another less serious note, tomorrow is St Patrick's Day, a day of celebration and frivolity for many and no newsletter acknowledging this should be without an Irish joke. So here we go:

A large timber company advertised that they were looking for a good tree chopper.

The next day, a skinny Irishman showed up at the company with his axe and knocked on the foreman's office door.

He took one look at the small Irishman and told him to leave. "Just give me a chance to show you what I can do," said the Irishman.

"Okay, see that giant eucalyptus tree over there?" said the foreman. "Take your axe and cut it down."

The Irishman headed for the tree, and in five minutes, he was back knocking on the foreman's door.

"I cut the tree down," said the Irishman.

"That is amazing," said the foreman. "Where did you get the skill to chop like that?"

"In the Sahara Forest," replied the Irishman.

Confused, the foreman asked, "Don't you mean the Sahara Desert?"

"Oh... Is that what they call it now?"

Take care, everyone.

Max Martin

From Our APRE

Christ be within me, Christ behind me, Christ before me, Christ beside me, Christ to win me, Christ to comfort and restore me, Christ beneath me, Christ above me, Christ in danger, Christ in hearts of all that love me, Christ in the mouths of friend and stranger. (Breastplate of St Patrick)

St Patrick's Day (17th March) is well celebrated in Australia. When the first Europeans settled here, it is believed that the Irish comprised a portion of the convict population in the late 1700s. Many immigrants also came to Australia to escape famine in their homeland. It is estimated that about 30 percent of Australians have Irish ancestry.

St Patrick is one of the most popular saints. He was enslaved as a young teen by pirates and turned to God while in captivity. He escaped when he was 20, after having a dream from God. Patrick became a priest and preached throughout Ireland and converted many.

Patrick was a humble, pious, gentle man, whose total devotion to and trust in God is a shining example for us. So complete was his trust in God, and of the importance of his mission, he feared nothing; not even death.

As the Irish say:

May your troubles be less and your blessings be more,
And nothing but happiness come through your door.



Have a wonderful weekend

Mrs Melissa Collins

From Our APC

Next Tuesday, we celebrate Harmony Day. This day coincides with the United Nations International Day for the Elimination of Racial Discrimination and celebrates Australian multiculturalism.

Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background.

Created in 1999 to celebrate unity and diversity, Harmony Day was originally an Australian celebration but is now marked worldwide.

Since 1999, more than 70,000 Harmony Day events have been held in childcare centres, schools, community groups, churches, businesses and federal, state and local government agencies across Australia.

Orange is the colour chosen to represent Harmony Day.

Traditionally, orange signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect.

Teachers in our school have had resources shared with them to use in their classroom to recognise this day.

4M will be leading our assembly this Friday, sharing their message about Harmony Day.

This link will share stories from Australians with multi-cultural backgrounds, about what Harmony Day means to them: <https://www.harmony.gov.au/stories/story?storyId=209>



This term in Science, Year 5 have been learning about how solids, liquids and gases have different observable properties and behave in different ways.

This week they were fortunate enough to have Natalie Semple, our Regional Indigenous Education Liaison Officer, come to speak to us about how Aboriginal and Torres Strait Islander People used their knowledge and understanding of solids, liquids and gases for a variety of purposes.

She taught the students about the use of ground ovens and steam to cook food, how flat rocks would be used to cover wells to prevent the evaporation of vital water sources and how heat was used to vaporise oils from the leaves of Eucalyptus and lemon-scented gum trees to make bush medicines and insect repellents.

Have a wonderful week,

Mrs Lisa List.

Frankie Awards

Year 2H - For being so conscientious in starting this year's composting and looking after the waste in our school.

Lantern Awards

Indianna Solis from Year 2 **Compassion** - Showing kindness and friendship towards new classmates.

Hugo McPherson from Year 3 **Compassion** - Showing kindness, a willingness to help others, and always being the first to help out.

Frankie Kenny from Year 3 **Compassion** - For showing kindness in the classroom by offering to share your belongings with those around you.

Spencer Toby from Year 6 **Courage** - Bravery to take on extra responsibility at the swimming carnival. You helped lead your team with heart and spirit.

Ryah Manz from Year 3 **Courage** - For the courage you displayed when reading your narrative, 'The Box'. Your bravery in front of the class was superb.



Student Awards

Congratulations to the following children.

Prep	Imogen Franks, Clara Ohl, Henry Hamilton, Alexander Nixon, Olivia Drinkwater, Ayva Pattel, Lara Fry, Ryan Scoleri, Sennetter Freeman
Year 1	William Lowry, Jack McCoombes, Annabelle McDougall, Willow Johnstone, Jaxon Condon, Kevin Zhong
Year 2	Carter Morris, Paisley Nicholls, Sienna Boak, George Tselepis, Astara Spry, Corbyn Pearson, Blake Kirby, Silas Hall, Wynter McAllister
Year 3	Shanelle O'Meara, Angus Mitchell, Harris Gould, Kahn Wilson, Wilhelem Van Ommen, Amelia Crick, Loreta Edwards, Halle Moger, James Muller
Year 4	Ray Delaivuna, Georgia Blackwood
Year 5	Isla Kleinhans, Alex Todd, Amira Mitchell
Year 6	Zali Dooley, Lochlan Sparks, Darcy Bergman, Olivia Blackwood, Max Willey, Evie Hiddins

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

March

Friday 17th - Whole school assembly 8.40am for Harmony Day Year 4M presenting.

Tuesday 21st - Harmony Day

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

Friday 31st - Holy Week assembly 8.40am (Good Friday) 1:50pm (Easter Sunday)

2023 Sacramental Program

Sacred Heart Parish will run a program to prepare children to receive the sacraments of Reconciliation, Confirmation and Eucharist.

Sacramental Preparation Schedule

ten consecutive Wednesday from 6pm to 7:30pm (Sign in 5:45pm)

Session 1: 19th April	Introductions
Session 2: 26th April	Confirmation 1
Session 3: 3rd May	Confirmation 2
Session 4: 10th May	Reconciliation 1
Session 5: 17th May	Reconciliation 2
Session 6: 24th May	Reconciliation 3
Session 7: 31st May	Eucharist 1
Session 8: 7th June	Eucharist 2
Session 9: 14th June	Eucharist 3
Session 10: 21st June	Eucharist 4

Reception of Sacraments

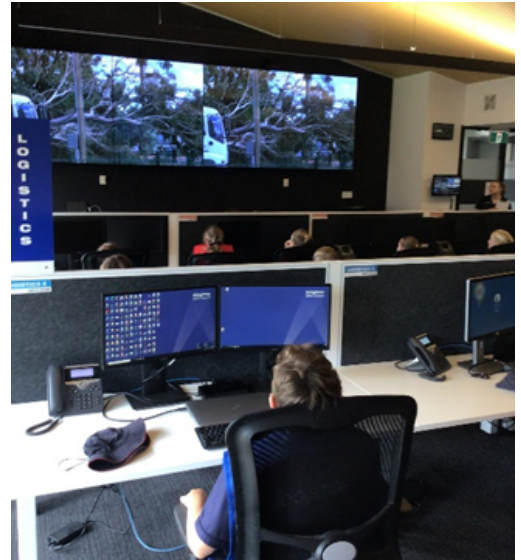
Reconciliation	Date to be finalised	Sacred Heart Church
Confirmation	Friday 14th July	Sacred Heart Church
Eucharist	Sunday 16th July	Sacred Heart Church
Celebration of Sacraments	Sunday 23 July	Sacred Heart Church

Year 6 Excursion - Disaster Management Centre Yeppoon

Last Friday, our Year 6s visited the Disaster Management Centre in Yeppoon to gain an insight into the coordination of emergency services after natural disasters.

They found the role play enjoyable, although frustrating at times, as they coordinated and liaised between emergency workers, logistic officers and management personnel.

It was a valuable learning experience that brought their classroom learnings to life.



Finance - School Fee Discount

Families within the Catholic Education system may be eligible for school fee assistance under the Concession Card Tuition Fee Discount program.

This allows for a 70% discount on the tuition portion of school fees and is available for 'means tested' government Health Care and Pensioner Concession cards. These cards must meet eligibility criteria for this concession to apply.

If you have a concession card and wish to check its eligibility for this discount, forward a copy to Mrs Stacey Todman at shy_finance@rok.catholic.edu.au.

Library News

Our school is participating in the Scholastic Book Club.

You can place your child's order at [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP) or using the **LOOP** app, which can be downloaded from the App Store or Google Play. Issue 2 is now available for viewing, with orders closing tomorrow 17th March 2023.

Thank you for your support.

Library coordinators; Rachel Holloway and Angela Wilczek

KCD Cross Country Trials

These trials will be held next Wednesday 22nd March at Taranganba State School.

The following children will be representing Sacred Heart at the trials and we wish them all the best.

10 Year boys: Beau Hoare, Romey Wyatte, Harper Gill, Harley Neagle, Henry Willey, Jett Hawkes
10 Year girls: Ivy Carswell, Demi Marshall, Ava Goodger, Billie Kirkwood, Darcie Skelton, Josie Malt
11 Year boys: Cooper Griffin, Nicholas Goltz, Felix Shammall, Eli Parfitt, Louis Ivers
11 Year girls: Josie Oram, Indie Oram, Isla Kirby, Charlie Busch
12 Year boys: Ashton Finch, Joseph Kingston, Landen Miller, Connor Hartley, Thomas Murray
12 Year girls: Libby Nye

Cross Country Carnival

On Tuesday, our Year 4 to 6 cross country carnival was held at St Benedict's.

All children are to be congratulated on their efforts, especially considering the heat and humidity.

Well done to Tabor, the overall champion house.

Congratulations to our age champions.

2011 Ashton Finch and Elizabeth Nye

2012 Cooper Griffin and Josie Oram

2013 Beau Hoare and Ivy Carswell



Rockhampton District Sports



Congratulations to Jaxon Mitchell and Cooper Griffin on their selection in the Under 11s Rockhampton District team for rugby league.

Congratulations to Josie Oram on her selection in the Rockhampton District team for netball.

Challenge Cup Netball

All students in Year 6 interested in representing Sacred Heart in netball for Challenge Cup this year, are invited to attend trials this Friday, 17th March. These will be held at school.

Challenge Cup training sessions will be weekly on Mondays from 3:15pm – 4:15pm, on the school oval, commencing Term 2.

Challenge Cup Rugby League Training

Training this Sunday 19th March 4pm to 5pm on our school oval.

St Ursula's Enrolment Information Evening

St Ursula's College is hosting an enrolment information evening on Thursday 23rd March in the Ballygriffin Cultural Centre (entrance via Queen Street) from 5:45pm. Light refreshments will be provided and the evening will conclude with student-led College tours.

Ensure you have registered with the College to attend this event by contacting their office on 4939 9600.

Community News



Presented by **DC MOTORS ROCKHAMPTON**
Drive away happy

SUNDAY 19 MARCH, 2023
Kershaw Gardens, Rockhampton

TICKETS ON SALE NOW



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Q MAG
QUEENSLAND MAGNESIA



APRIL HOLIDAYS
ENGINEERING, ROBOTICS & ELECTRONICS WORKSHOPS
WONDER KIDZ

Advanced Technology Innovation Centre - CQU Rockhampton

Eligibility	Date	Time	Fee	No. of Days	Book online*
Yr 1 - 8	5 April - 6 April	9:00am to 3:00pm	\$175	2	www.trybooking.com/CGRWS

From Sustainable farming to self-driving cars, **Advanced Engineering & Robotics** offers a range of real-world scenarios that teach students a complete understanding of how the technology works and used to solve the issue at hand. The engineering lessons engage kids with a hands-on learning environment and immerse them in the applications and possibilities of modern technologies. Through PEI (Project-based learning), students combine hardware, logical, compatible building blocks, and coding to create a prototype and solve real-world problems. The program developed to encourage students to invent other viable solutions to these real-world issues and explore ways to utilize existing technology. The completion of these projects will boost confidence and create problem-solving ability in students to overcome any challenge from writing in their future jobs to solving our world's current or future problems. **All activities are adjusted to the student age and we make offer challenges on each day.**



STEM EDUCATION

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Engineering & Robotics Program provides practical knowledge in software and mechanical engineering combined with mathematics and physics.
Electronics Our electronic kits are specifically designed to maximize assembly time which creates more opportunity to explore the learning objectives with experiment work. Access to build projects in the classroom.
Building Program is designed for kids to build when they start from learning the basics of building Lego Mixels, making inspiring them and end up building models independently with a friend and enjoying group game.



For more info:
yeppoonchoral.org

THE WIZARD OF OZ

THE WIZARD OF OZ
By L. Frank Baum
With Music and Lyrics by FRANK FRODO and E. V. ROBERTS
Background Music by HERBERT STREIBERT
DANCES AND VOZAL ARRANGEMENTS BY PETER HOWARD
DIRECTION BY KERRY WILSON
Produced by JOHN KING for THE ROYAL SHIRE THEATRE COMPANY
Based upon the Classic Motion Picture owned by Turner Entertainment Co. and distributed in full length by Warner Bros.
The Wizard of Oz is presented by permission of GRUBB™ THEATRE, on behalf of THE WITKINS LLC, D. CONCORD THEATREAL COMPANY

OUR SPONSORS









YEPPOON TOWN HALL

Stories by the Sea

invites you to attend the official launch of the
2023 Capricorn Coast Writer's Festival.

Please join us at **10am** on the **30th March** at **The Figtree Galleries**
to hear the announcement of the 2023 Festival Program and Speakers.



