



**SACRED HEART CATHOLIC PRIMARY SCHOOL**

**Enriching Spirits ~ Educating Minds**

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**NEWSLETTER**

18th May 2023

### From the Principal's Desk

Is it because I am getting old as our Preps repeatedly remind me or is it that the busyness of life is just getting overwhelming but many including myself have been unusually tired this week.

To some of you this next anecdote may be well known but it still has an important message as we pass the middle of Term 2, knowing that we still have 'a lot on our plates' over the next five weeks.

Once upon a time, there lived a very strong, young man named Jack who lived on the edge of a great forest. At the edge of the forest was a timber mill where men brought trees they had cut down to be sawn and shaped into timber suitable to make houses and furniture.

Jack knew this was a profitable job, so when he turned 17, he went to see the timber merchant. The merchant, Mr Hayes, was very impressed with Jack: he was young, strong, motivated and obviously committed to doing his best. Mr Hayes handed Jack an axe and said, "You begin work tomorrow morning at dawn."

Jack was so excited.

The next day with his new axe in hand, he worked tremendously hard and with pride returned to the timber mill at sunset with his horse dragging 18 fine logs. "Congratulations," said Mr Hayes, "you have worked very well."

Jack was puffed up with pride and was determined to do even better the next day. But to his surprise at sunset the next day, he had only managed to cut down 15 trees. "Don't worry," said Mr Hayes, "I know you are doing your best."

However on the third day, despite his best efforts, Jack only carted 10 logs to the timber mill. Day after day, Jack chopped trees down and each day the number of logs he brought in decreased.

By the 8<sup>th</sup> day, Jack was really disheartened, only 3 trees to tow to the mill. "I'm so sorry Mr Hayes, I am trying harder every day, I don't rest, I chop through lunch and yet I still can't seem to chop down 18 trees. I must be getting weaker."

Mr Hayes leant down and picked up Jack's axe.

"Son," he said, "the problem is simply solved. You need to sit down more, take a rest, eat your lunch and while you do it sharpen that axe."

So what's the message? The message is that successful people have balance in their lives.

They don't just work and work, they make time to have pauses in their lives, to sharpen their axes. Maybe we can liken the sharpening of the axe to someone who prioritises what is important in their lives.

As busy parents, I bet you wonder where the weeks and months and years disappear to?

Where have my Saturdays/Sundays gone, as we taxi children to play dates, sport and part-time jobs?

How can that chubby baby boy now be heading overseas to start a new job?

We are encouraged to learn from Jack after he learnt to sharpen his axe – to be organised, determined to do your best but also to weigh up the priorities in your life, not over-spending too much time on any one endeavour.

To take time to pause every now and then on the meaning of your life – a time for rest, a time for meditation, a time for prayer.

Take care

Max Martin

## From Our APRE

A mother, whose older children have embarked on their own journeys in life, remarked, "You give them wings to fly and yet you still want to give them a clip."

This sentiment resonates with all parents. We observe their initial steps and witness their independent strides; we impart the skill of riding a bike, only to hear them assert their ability to go to school unaccompanied. Every effort we make to nurture their growth is aimed at fostering their adulthood, their autonomy separate from us. Nevertheless, deep within our hearts, we crave to shield them just as intensely as the moment they were placed in our arms as fragile newborns.

This Sunday, we commemorate the Feast of the Ascension, when Jesus, at the conclusion of his earthly sojourn, departed from his disciples and ascended to Heaven. However, he did not abandon them to navigate the world alone, devoid of his care. He departed so that they could truly mature and embody his teachings, so that they could manifest his love and life through their own existence.

This essence lies at the core of effective parenting. As mothers, fathers, and guardians, we strive to transmit the best of ourselves, so that our children may internalise goodness in their own unique way. We wish for them to embrace the lessons we impart with love and reflect them in the tapestry of their own lives.

Achieving this demands sacrifice in various forms: we must be prepared to witness their mistakes, even those that cause them pain. We must be ready for occasional rejection and trust them to carve their own path.

We cannot clip their wings, but our hearts must learn to expand and soar, eternally encompassing them within our love.

*Loving God, as we nurture our children, may we empower them to live and love to the fullest, and may we be prepared for them to transcend our embrace while forever dwelling in our hearts. We ask you to hear our prayer. Amen*

God bless.

Melissa Collins

## From Our APC

Last Thursday evening, our teachers participated in a twilight in-service, on 'Responsive Teaching in Action', presented by Bronwyn Ryrie Jones.

Bronwyn is a teacher educator at a leading university in Melbourne, while also supporting teachers, instructional coaches and school leaders to:

- Embed explicit and responsive teaching techniques in classrooms,
- Apply principles of responsive instruction in lesson design and delivery,
- Develop strong assessment practices, and
- Think rigorously about assessment task design.

Bronwyn is respected for her capacity to build bridges between complex theory and everyday practice. She has worked with thousands of teachers and leaders across Australia, and in 2020 co-authored a book on teacher learning.

Her workshop was thought provoking and gave our teachers the opportunity to unpack models of learning, including learning environment, elements of responsive teaching and delve into some responsive teaching techniques to use in our classrooms.

### Under 8s Day

Under 8s Day is held each year at Sacred Heart, while it is set in the Queensland calendar for the week 15th - 21st May, we will be celebrating on Thursday 22nd June (Week 10).

This year's theme is 'Play - You, Me and Our Community'.

Activities will be organised by our teachers and run during the middle session of that day.

Our Prep to Year 3 classes will be involved.

Have a wonderful week

Mrs Lisa List

## Lantern Awards

Henry Poole Prep      Compassion - For always showing kindness to others when you see that they need help or a friend.



## Student Awards

Congratulations to the following children.

<b>Prep</b>	Noa Johnston, Isla Rae Kani, Felix Gagliardi, Ethan Mahony
<b>Year 1</b>	Finn Fleming, Noah Oates, Quinn Campaniello, Peyton Flanagan, Andie Valler, Stella Seymour, Annabelle Mcdougall, Aariah Thomas, Archie Aupouri, Molly Chenoweth, Jerome Gil-Mejia, Luka Kangan, Aariah Thomas, Porsha Mundy, Lachlan Robertson
<b>Year 2</b>	Maddison Edwards, Jett Graham, Tyler Gilbert, Summer McCoombes
<b>Year 3</b>	Milla Sykes, Leni Bergman, Mia Bowen
<b>Year 4</b>	Jordyn Parfitt, Jai Middleton
<b>Year 5</b>	Dylan Barnes, Noah Hill, Josie Prince, Maya Read, Hanna Cross, Olive Allen, Alex Todd, Charles Campbell, Maycie Clarke, Wilfred Neilson, Adeline McDonald
<b>Year 6</b>	Josie Rainey, Jai Lucas, Preston Wolff, Samuel Miller

## Important Dates Term 2

### May

Friday 19th - Gala interschool sports day cancelled  
Monday 22nd to Wednesday 24th - Year 4 camp to the Caves  
Friday 26th - School disco 6pm - 7pm.  
Monday 29th - Year 4 camp to the Caves

### June

Thursday 1st - Year 4 to 6 athletics carnival  
Monday 12th - Prep to Year 3 athletics carnival  
Wednesday 14th - KCD athletics carnival at Farnborough SS  
Thursday 15th - Sacred Heart Day. Whole school mass at 9.15am at Sacred Heart Church  
Friday 16th - Show holiday  
Thursday 22nd - Under 8s Day  
Friday 23rd - Final day of Term 2.

## Capricorn Coast Catholic Parish

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

## Book Club

Book Club Issue 4 is out. Place orders via the LOOP app. These are due Friday 9<sup>th</sup> June. Books will be delivered to classrooms.

Thank you for your support.

Library Coordinators  
Rachel Holloway and Angela Wilczek



## Year 4 Camp to the Capricorn Caves

Next week, our Year 4s will be embarking on their overnight camp to the Capricorn Caves.

Children in 4H (Mrs Hansell) will depart from school on **Monday 22<sup>nd</sup> May 2023** and return to school on **Tuesday 23<sup>rd</sup> May, 2023**.

Children in 4J (Mrs Jenkinson) will depart from school on **Tuesday 23<sup>rd</sup> May 2023** and return to school on **Wednesday 24<sup>th</sup> May, 2023**.

Children in 4M (Mrs McPherson) will depart from school on **Monday 29<sup>th</sup> May 2023** and return to school on **Tuesday 30<sup>th</sup> May 2023**.

Our children will be involved in the following activities: group initiatives, adventure caving, environmental studies, rock wall climbing, night tour of Cathedral Cave, campfire, all with qualified instructors. We wish them all the best.

## Year 5 and 6 Interschool Sport Cancelled

Tomorrow's Gala Day has been cancelled due to the condition of all fields in Yeppoon after the recent rain.

Unfortunately, alternative venues could not be arranged.

Our students will participate in sport at school.

Boys will need to bring their footy/soccer boots and girls to bring their netball shoes.

## Sacred Heart Year 4 to 6 Athletics Carnival

Our Year 4 to 6 athletics carnival will be held on Thursday 1<sup>st</sup> June on our school oval.

Following is an overview of the carnival day and the pre carnival events. All will hopefully be held on our Sacred Heart oval.

Children have nominated to compete in the following events: 200 metres, 800 metres, high jump, long jump and shot put.

### Pre carnival events

9/10 years high jump	Friday 26 <sup>th</sup> May	Girls 9.10am	Boys 10am
11 years long jump	Friday 26 <sup>th</sup> May	Girls 9.10am	Boys 10am
12 years shot put	Thursday 25 <sup>th</sup> May	Girls 9am	Boys 9.50am

200 and 800 metres Wednesday 31st May from 9am at St. Benedict's.

### Carnival day field events:

9 years	Shot put, long jump
10 years	Shot put, long jump
11 years	Shot put, high jump
12 years	Long jump, high jump

An approximate timetable for our athletics carnival on Thursday 1st June

9am	War cries
9.10am	100 metre races
10am	First round of field events
10.50am	Break
11.10am	Second round of field events
12pm	Relays
12.50pm	Presentations in our multi-purpose area
1.20pm	Second break

### Eisteddfod

Congratulations to our three Eisteddfod groups (Junior, Intermediate and Senior) who performed at the Rockhampton competition last week.

They gained a second place and two highly recommended awards. Well done.

Thank you to Mrs Boyd and Mrs Seymour for preparing our children so well.



### Footsteps Sessions

What a wonderful week of dancing.

Many thanks to Annie, our instructor for the week and we look forward to having her back next year.

Following are thoughts from our students about these lessons:

**Molly 3HD:** It was good. I liked how even after the concert there were more lessons on Friday.

**Will 5L:** Some of the moves were really hard and some were really funny.

**Mackenzie 6B:** It was good to be active during the lessons everyday and I learned lots of new moves.

**Airlie Prep M:** I really liked being a Chicken Nugget and the Superhero dance.





**Hudson 1GT:** Playing the air guitar in our dance was fun.

**Summer 2W:** I liked the Disco Monkey move we did.

**Bailey 4H:** During 'The Business' song, we worked really hard for the whole of year 4 to do the rainbow move together.

### Year One Fire Education Talk

On Tuesday our Year 1s were visited by the local Fire and Rescue service, who gave a fire education talk.

This is what we learnt:

1. Make sure all of your fire alarms are working.
2. Know your address.
3. Learn your family's home exit plan in case of an emergency.

They will be returning next Tuesday to finish their talk, and to let the students interact with some of the equipment.



### Mothers Day Assembly and Morning Tea

Well done to Year 2D on their Mother's Day assembly last week. Our mothers were celebrated in song, with poetry, a slide presentation and through prayer.

After assembly, our Parent Connect group provided morning tea which was well attended.





### Pre Loved School Uniforms - Parent Connect Pop Up Shop

Our Parents Connect group is organising a pre loved uniform pop-up shop.

Anyone who has Sacred Heart uniforms (shirts, skorts, jackets) they wish to donate, can drop them off at our school office.

A date and time will be set each term for the pop-up shop to operate.

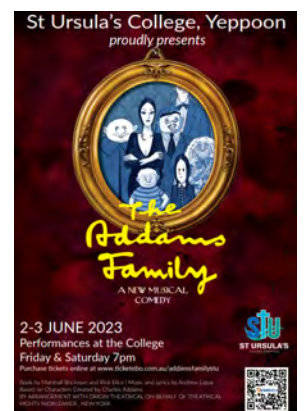
Updates will be on the Parents Connect Facebook page and in the school newsletter.

### St Ursula's College Musical Performance

On Friday 2nd June (Week 7), our Year 6s have been invited to attend a matinee performance of the St Ursula's College musical: The Addams Family.

Our children will be transported by bus to St Ursula's for a 10am start and return to school after the performance.


There will be no cost for the event.



### Community News

Rockhampton March For Life is inviting interested people to listen to speakers and march on Saturday 27th May.

The event will commence at 1.30pm with speakers at 2pm and the march to follow. The venue is the Rockhampton Riverside Precinct – Amphitheatre on Quay Street. Details at [marchforliferockhampton@gmail.com](mailto:marchforliferockhampton@gmail.com)



### Student Travel Rebates

Semester 1

#### Bus Fare Assistance

- Does your child attend a **non-state school outside the Brisbane City Council** boundary?
- Does your **family** spend more than **\$35/week\*** on bus/ferry fares to and from school (\*\$25/week if you hold a concession card)?
- Does your child travel on a **publicly available service** not owned or associated with the school?

#### Students With Disability


- Does your child have a **verified disability** that requires **transport assistance** to and from school?
- Has your school's learning support teacher assessed your child's **travel capability rating** as 'semi-independent' or more dependent?

Visit our website to see if you qualify for our financial assistance to help with the cost of transport and **apply at [SchoolTransport.com.au](http://SchoolTransport.com.au) during May.**




**Late applications cannot be accepted after 31<sup>st</sup> May.**

# COMMUNITIES OF FAITH HOPE LOVE

## Catholic Education Week 23-29 July 2023



catholiceducationweek.com.au  
#cewqld2023



### Do you have concerns about your child's Development?

Join us for a **FREE** information session delivered by CQU University Rockhampton Health Clinic occupational therapy services.

Occupational therapists are skilled in assessment, goal achievement, promoting positive change, and enhancing a client's ability to engage in all aspects of everyday life. All services are provided by 3rd or 4<sup>th</sup>-year occupational therapy students under the supervision of a fully qualified occupational therapist.

They can offer support in a wide range of areas, including:

- Sensory processing difficulties
- Self-regulation and challenging behaviours
- Handwriting and fine motor skills
- Attention and concentration skills
- Play and social skill development
- School readiness
- Increasing independence with activities of daily living
- Any other task or activity that your child has difficulty completing.

**When:**

Friday 5<sup>th</sup> of May 2023, 9:30am-11 am

**Where:**

Rockhampton Play Matters Hub 1 Denham Street  
(Children are welcome to come along)

Register by emailing:

[rockvhub@playmatters.org.au](mailto:rockvhub@playmatters.org.au)



Capricorn Communities for Children Facilitating Partner is funded by the Australian Government and facilitated by The Smith Family



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