



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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**NEWSLETTER**

25th May 2023

### From the Principal's Desk

Several lesser known fears:

Omphalophobia: Fear of belly buttons

Nomophobia: Fear of not having a mobile phone

Arachibutyrophobia: Fear of peanut butter sticking to the roof of your mouth

Hippopotomonstrosesquippedaliophobia: Fear of long words

And then there is speluncaphobia: A fear of caves.

This week saw two of our Year 4 classes attend their annual camp to the Capricorn Caves as part of their Science and Geography studies. This was my sixth adventure to the Caves and once again it left me invigorated and amazed by the determination and application of our 4s.

Along with our intrepid Year 4s, their teachers and I tackled the caves aptly named Zig Zag, the Blow Hole, the Whale's Belly, Fat Man's Misery, the Dungeon, climbed up several 12 metre walls (harnessed, of course), searched for fossils and animal bones, tested our group work skills with several team challenges and unbelievably were very punctual for all activities and meal times and kept our sleeping quarters incredibly tidy.

I marvel at the grit of our children. Many had never experienced The Caves before and some never been away from home without their parents. Their display of resilience and confidence was very pleasing.

Some needed a genuine push to attempt some of the activities ie the climbing wall and with some gentle persuasion and a little shove, the sheer delight in their faces on reaching the top was priceless.

Now, they are still learning how to fold a sleeping bag and return it to its case successfully, how to move with a bowl of cereal from A to B without spilling any milk and how leaving a shower with dry hair and an even drier towel is a certain give away that you have not cleaned yourself at all.

Important life lessons.

Michael Grose, parenting 'guru' has several some practical strategies that you might use to build real confidence in children. Hope they help.

**1. Model confident thinking** Parents and carers play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let children hear positive self-talk when you tackle something new. They should hear something like, "I'll have a go at this. If I don't do so well then I can try again tomorrow." This is far more effective than "I'm no good at this. I'll probably stuff it up." Show them how to reframe their negative self-talk by showing them how to find a positive in difficult situations.

**2. Focus on effort and improvement** People who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work and life over time. One way to develop this is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort, you are teaching them success comes from something other than their purely ability, talents or smarts.

**3. Praise strategy** Children need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches, not just sheer effort, to learn and improve. It helps too to focus language on better and smarter ways on improving. Comments such as "That was a smart idea to tackle the hardest task while you were fresh" is a descriptive statement that has significant value for children.



**4. Let them spend more time in environments where they feel confident** Some children thrive on the sporting field but struggle in the classroom. They may be confident risk-takers outdoors but are held back by self-doubt in social settings. While confidence tends to be situational, it is also transferrable. Often when you feel brave in one area then these feelings tend to merge into other areas. Confidence has a snowball effect so increase the time your child spends in areas where they shine to give their self-esteem a boost.

Most importantly, 'good' parents and carers have a knack of communicating confidence to children. They find ways to let them know that they believe in them without 'gushing', that they know their kids will perform and succeed, that they have faith that they can deal with life's challenges and know that they can become more independent.

An aside, my self esteem was severely dented on Tuesday when after completing our caving, two boys said to me that the Year 4s had been saying that I was too 'fat' to get through the 'Whale's Belly'. They did soften the blow by adding that 'I was now the best old man caver they had seen'. (Obviously they do not know too many older cavers.)



Many thanks to Mrs Hansell, Mrs Goltz, Mrs List, Mr O'Brien and Mr Hay for making the camps a success.

Still have one more with our Year 4M children and Mrs McPherson next week, hopefully I can trim down over the weekend.

Take care

Max Martin

### From Our APRE

When we think of volunteers, our thoughts often gravitate towards adults selflessly dedicating their time to support others. However, it is crucial not to overlook the remarkable contributions of young volunteers within our school community.

It would be remiss of me to underestimate the invaluable efforts of these individuals who willingly offer their free time to assist others.

This week, our Mini Vinnies children exemplified this spirit by giving up their lunch times to pack lolly bags, which they will sell at the school disco on Friday night.

Next Sunday, the Church remembers the Feast of Pentecost, an occasion marking the arrival of the Holy Spirit upon Jesus' disciples and the birth of the Church. The Holy Spirit's arrival and continued presence serve to strengthen, guide, and sustain us in leading good lives and becoming individuals capable of loving wisely and deeply.

Paralleling the role of volunteers, the Spirit's influence often goes unacknowledged. One compelling analogy to describe the Spirit is that of electricity—an unseen force recognised through its transformative effects. We tend to appreciate its power only when the electricity is unavailable.

It is important to stop and reflect on the good things about our life and society. Let us consider the efforts of those who selflessly work to improve our wellbeing, and let us recognise the times when we have allowed the Spirit to guide us with wisdom and resilience, helping us to achieve the goals for which God created us.

It's time to acknowledge the wealth of goodness all around us and to think about how we may contribute.

*Father, Send me your guiding Spirit to lead and empower me in doing good, especially in being a parent who reflects your love to my children. Let me also express my gratitude to those in our community who so freely give of their time and talents. Amen*

God bless.

Melissa Collins

Over the next weeks, teachers at Sacred Heart will be writing student report cards. These will be available via Parent Lounge on Tuesday 20th June.

Starting this semester, all schools in the Rockhampton Catholic Diocese will follow revised guidelines relating to reporting to parents and carers.

This will see schools reporting on an A-E standard for Years One to Six, and a three-point scale for effort and attitude marks across all year levels and Learning Areas.

The three-point scale is:

- Commendable,
- Satisfactory (expected level), and
- Needs Improvement.

As part of the revised changes, reporting for Technology will be split into Digital Technology and Design Technology, and the Arts will be reported in Music, Dance, Drama, Visual Art and Media Art for the subjects studied in a particular semester.

Teachers take into account the Achievement Standards and Elaborations outlined by The Australian Curriculum, Assessment and Reporting Authority (ACARA) which provide a clear description of student learning. They enable teachers to:

- Clarify learning intentions,
- Monitor student learning against success criteria,
- Align curriculum, assessment and reporting, and
- Develop consistency of assessment and reporting.

The Queensland Curriculum and Assessment Authority (QCAA) also provide specific Achievement Standards and elaborations as a tool for making consistent judgements about how well, on a five-point scale, students have demonstrated what they know, understand and can demonstrate for the purpose of reporting to parents. (Reporting to parents and carers on student achievement in Prep- year 6, *Guidelines to inform practice*, V1, 2023)

The table provided outlines reporting scales for achievement that will be used for student report cards.

**Prep**

<b>Applying (AP)</b>	The student applies the curriculum content and demonstrates a thorough understanding of the required knowledge. The student demonstrates a high level of skill that can be transferred to new situations.
<b>Making Connections (MC)</b>	The student makes connections using the curriculum content and demonstrates a clear understanding of the required knowledge. The student applies a high level of skill in situations familiar to them and is beginning to transfer skills to new situations.
<b>Working With (WW)</b>	The student can work with the curriculum content and demonstrates an understanding of the required knowledge. The student applies skills in situations familiar to them.
<b>Exploring (EX)</b>	The student is exploring the curriculum content and demonstrates a basic understanding of some aspects of the required knowledge. The student can apply some skills in situations that are familiar to them.
<b>Becoming Aware (BA)</b>	The student is becoming aware of the curriculum content and demonstrates a limited understanding of some aspects of the required knowledge. The student is beginning to use some skills in situations that are familiar to them.

**Years 1-6**

<b>A</b>	Evidence in a student's work typically demonstrates a very high level of knowledge and understanding of the content (facts, concepts and procedures) and application of skills
<b>B</b>	Evidence in a student's work typically demonstrates a high level of knowledge and understanding of the content (facts, concepts and procedures) and application of skills
<b>C</b>	Evidence in a student's work typically demonstrates a sound level of knowledge and understanding of the content (facts, concepts and procedures) and application of skills
<b>D</b>	Evidence in a student's work typically demonstrates a limited level of knowledge and understanding of the content (facts, concepts and procedures) and application of skills
<b>E</b>	Evidence in a student's work typically demonstrates a very limited level of knowledge and understanding of the content (facts, concepts and procedures) and application of skills

## Lantern Awards

**Charlie McKeown Year 5 Courage** - During the recent Gala Sports Day, your effort, leadership and chivalrous attitude shone brighter than any score possibly could. Well done.

**Jacob Daniel Year 6 Courage** - For often displaying good leadership skills, when others choose not to be involved and you are called upon to use your initiative. Thank you.



## Student Awards

Congratulations to the following children.

<b>Prep</b>	Bede Drurey, Toby Toohey, Harvey Bergman, James Kirby, Piper Mahoney, Charlotte Flower, Ashton Keely, Frankie Mouglin, Thomas McCartney, Parker Holloway, Kaylene Massyn, Astrid Robinson
<b>Year 1</b>	Boston Richardson, Leilani Goody, Mila McKenna, Kai Elliot, Jett Spears, Nicholas Rendell, Mikayla Palmer, Mason Schmidt, Kobi Rich, Matilda Flower, Banjo Odewahn
<b>Year 2</b>	Charlotte Inch, Lewis Cauchi, Freddy Barbeler, Maddison Nixon
<b>Year 3</b>	Madeline Gill, Frankie Kenny, Millie Campbell
<b>Year 4</b>	Alexander Rendell, Willem Shackelton
<b>Year 5</b>	Bear Cranston, Billie Kirkwood, Harley Neagle
<b>Year 6</b>	Preeah Titmarsh, Ethan Dixon, Milla McPherson, Evie Eyles, Kai Nielson, Olivia Blackwood

## Important Dates Term 2

### May

Friday 26th - School disco 5.30pm - 7pm in our multi-purpose area.

Monday 29th - Year 4M camp to the Caves. Returning Tuesday 30th at 2.30pm.

### 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](#)

## Pizza Day

Our Mini Vinnies group will be holding a Pizza Day on Tuesday 6th June 2023.

Pizza slices are \$2 each and can be purchased online through Flexi Schools.

Orders are to be placed by 1pm Friday 2nd June 2023. Thank you.



## Winter Appeal

Our Mini Vinnies group needs your help. They are calling for donations of blankets, scarves, warm clothing and beanies.

Any of these items can be dropped to our office and they will be used by our local St Vincent De Paul to support Yeppoon families in need.



## Library News



National Simultaneous Storytime is an annual event run by the Australian Library and Information Association.

Every year a picture book, written and illustrated by an Australian, is read simultaneously in libraries and schools all over the country. This year the event was held on Wednesday 24<sup>th</sup> May at 11am.

This year's book was 'The Speedy Sloth', written by Rebecca Young, illustrated by Heath McKenzie. It is a wonderful story of running your own race, and striving for your goals no matter what others think.

Many of our classes enjoyed the library's sloth display.

Library co-ordinators,  
Rachel Holloway and Angela Wilczek



## 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



## Finance

Thank you to those families that have paid their Term 1 fees. These are now overdue.

If you are unable to make immediate payment, contact Mrs Stacey Todman at the office to organise a payment plan.

## St Ursula's College Musical Performance

On Friday 2nd June, 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.



## School Disco

Tomorrow Friday 26th May, our Parents Connect is hosting a school disco in our multi-purpose area from 5:30pm-7pm.

Entry is free, and each student will be given with a popper and a packet of chips, courtesy of Parents Connect.

Mini Vinnies will be selling lolly bags for \$1, with proceeds going to the St Vincent de Paul Winter Appeal.

Theme is Mix 'n' Match, so wear your craziest clothes from home.

## Sacred Heart Year 4 to 6 Athletics Carnival

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

Following is an overview of the carnival day and the pre carnival events.

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

200 and 800 metres Wednesday 31st May from 9am at St. Benedict's. Students will be transported to St Benedict's by bus.

### 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

### Year One Fire Education Talk

On Tuesday, our Year 1s were once again visited by our local Fire and Rescue service, who extended on their fire education talk, and showed off some of the amazing equipment they use.

Everyone was very excited to have a look at the equipment on the fire truck that is used during emergencies. Our children were even more excited to have a go at holding the fire hose, to see the water shoot up out of the truck, and to watch it drive away with lights flashing and siren blaring.

Thank you to our local Fire and Rescue.



### 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.

### Community News

Rockhampton March For Life is inviting interested people to listen to speakers and march this 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.

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