



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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**NEWSLETTER**

3rd August 2023

### From the Principal's Desk

Upon hearing calls for help from our children or witnessing their struggles, our immediate reaction might be to rush in and save them, acting like superheroes. However, before donning our capes, it's essential to question the impact of sparing them from difficulties. Does shielding children from struggles truly benefit them in the long term?

Struggling brings discomfort and challenges. Yet, growth is intrinsically tied to it. By constantly "saving" children from struggle, we hinder their ability to realise their full potential. It is through facing challenges that they learn to step out of their comfort zone, develop resilience, sharpen problem-solving skills, and ultimately expand their capabilities to achieve goals and make meaningful contributions to society.

The story below shines a light on why the challenges our children encounter are precisely what they need to thrive and soar.

*A man found a cocoon of an Emperor Moth. He took it home so that he could watch the moth come out of the cocoon. On the day a small opening appeared, he sat and watched the moth for several hours as the moth struggled to force the body through that little hole.*

*Soon the moth seemed to stop making any progress and was stuck. It appeared as if it had gotten as far as it could and it could go no farther. Then the man, in his kindness, decided to help the moth, so he took a pair of scissors and snipped off the remaining bit of the cocoon. The moth then emerged easily.*

*However, the moth soon had a swollen body and small, shrivelled wings. The man continued to watch the moth because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time.*

*Neither happened! In fact, the little moth spent the rest of its life crawling around with a swollen body and small wings. It never was able to fly!*

*What the man in his kindness and haste did not understand was that the restricting cocoon and the struggle required for the moth to get through the tiny opening was the way of forcing fluid from the body of the moth into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.*

*Freedom and flight would only come after the struggle. By depriving the moth of a struggle, he deprived the moth of health. Sometimes the struggles that our children experience are what is needed at that time to really make them flourish and 'fly'. (Author unknown)*

Take care

Melissa Collins

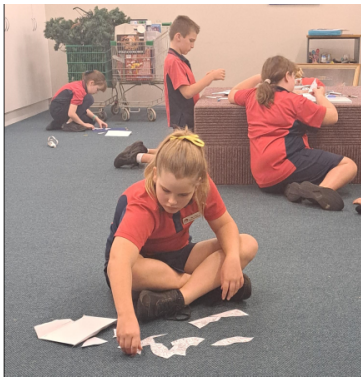
### From Our APRE - Mini Vinnies Retreat Day

On Tuesday, sixteen compassionate, courageous and just students from Mini Vinnies attended a Retreat Day in Rockhampton, facilitated by Samara Thompson, Youth Engagement & Development Coordinator for Rockhampton Diocese.

The students engaged in activities that revolved around the needs of the community and how they, young as they are, have a vital part to play in making the world a better place for the less fortunate and that all agencies working for the common good need to be proactively interdependent in order to achieve.



The vigour with which the students embarked on a Treasure Hunt for 'logs of wood for Frederic Ozanam's fire' was contagious with all adults present joining in 'firing up' the 'Good works' that the St Vincent de Paul organisation is so renowned for.



On the bus the students shared why they are part of this humble but active group. It's no surprise that all of their responses had a common thread. Here are some of their reflections:

Payton Size and Vienna Jackson, members since 2020, said they liked to help people and organise the Winter Appeal.

Kirby Kenny, Josie Prince and Harper Mephram said they enjoyed working as a team in helping the less fortunate.

Halle Smith said she loved sharing her pocket money during fundraising activities.

Tiarna Vann nailed it when she said she loved being a good role model and inspiring others to join Mini Vinnies.

New members, Sarah Van Eyk, Billie

Kirkwood and Billie Luxmoore said that initially they were just curious but now they love it!

It is wonderful that these young children grasp and respond to what St Teresa of Avila states in her prayer:

*Christ has no body but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which He looks  
Compassion on this world,  
Yours are the feet with which He walks to do good,  
Yours are the hands, with which He blesses all the world.*

God bless us all in fulfilling Jesus' Mission.

Mrs Angela Acharya



## From Our APC

At this week's staff meeting, our teachers participated in a Monitoring Learning Growth (MLG) classroom walk, sharing classroom practices and observations on student writing.

MLG is a system-wide process supporting teachers to embed the practice of inquiry as an ongoing process for monitoring growth in all learners.

Supporting continuous improvement in the quality of teaching and learning across all schools is a key priority of the Catholic Education Office..

MLG supports the goal to clarify, articulate, communicate, embed and evaluate system-wide approaches through:

- formative assessment,
- high-leverage, differentiated instructional approaches, and
- data analysis and use.

Over the past 18 months, writing has been a focus of professional development at Sacred Heart.

Agreed practices for writing have been designed to ensure similar teaching and learning opportunities take place in all classrooms across our school.





### Premier's Reading Challenge

A reminder that Premier's Reading Challenge is still continuing. It is not too late for your child to participate as the challenge does not finish until 25th August.

Premier's Reading Challenge Record sheets can be collected from the office or printed from the provided [link](#).

Have a wonderful week,

Mrs Lisa List.

### Important Dates Term 3

#### August

Friday 4th - Capras Cup

Friday 4th - Year 3 attending parish Mass

Monday 7th - The Ned Show

Wednesday 9th - Qld Touch sessions

Thursday 10th - Qld Touch sessions

Friday 11th - Gala sports day for all year 5 and 6 students

Monday 14th - Science Week Theme is 'Innovation: Powering Future Industries.'

Tuesday 15th - Assumption mass 9:30 am at Sacred Heart Church.

Friday 18th - Parent Connect movie night at school

Monday 21st - Book Week. Theme is 'Read. Grow. Inspire'.

Thursday 24th - Book Week dress up assembly 8.40am.

Friday 25th - Year 5 and 6 Gala sports day and final day for Premier's Reading Challenge.

Tuesday 29th to Thursday 31st - Sacred Heart School external review

Thursday 31st - Father's Day breakfast at school.

#### September

Friday 1st - Pupil free day.

Thursday 14th - Interschool Super 8s cricket carnival.

Friday 15th - Final day of Term 3.

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

**Lantern and Frankie Awards**

**Summer Taylor** - Compassion - for always showing kindness towards others. Summer is always offering to help others in the classroom, playground and even during heart groups. Thank you Summer.

**Matteo Medrano** - Compassion - For the kindness you show each day towards others. I was so proud of the way you helped a classmate during playtime.

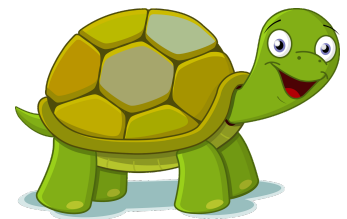
**Angus Mitchell** - Compassion - For your consideration and thoughtful care and support during P.E helping a friend to succeed at the skills we are learning. Your patience and guidance is wonderful.

**Lachlan Sparks** - Compassion - For doing the little things to help younger students. Lachlan helps the younger students sort footballs at lunch.



**Sophie Winter** - Frankie Award - For always looking after our prep area and picking up rubbish on the ground.

**Nicholas Goltz** - Frankie Award - Through your thoughtfulness and care of our school environment you shine and display our lantern values. Thank you.



**Student Awards**

<b>Prep</b>	Grayson Edwards, Ellie Smith, Baxter Barbeler, James Kirby, Charlotte Thompson, Cooper Weston, Christopher Palmer, Storm Hamilton, Felix Gagliardi, Olivia Forbes, Koral Fleming
<b>Year 1</b>	Finn Fleming, Kai Elliot, Sophia Small, Karla Kehoe, Hannah Flanders, Scarlett Seamark, Indi De Hennin, Jerome Gil-Meja, Molly Chenoweth, Eva Watson, Matilda Kirby, Charlie Veliscek, Tulip Allen, Jaxon Condon, Ruby Moger, Archie Macpherson, Raiden Dawson, Annabelle Kleinhans, Clairra Nunn, Vincent Neve, Chloe Tseleipsis
<b>Year 2</b>	Paisley Nicholls, Miles Hatte, Maddison Edwards, Zoe Vann, Silas Hall, Jordan Ohi, Olivia McElhenny
<b>Year 3</b>	Noah Hartley, Presley Phillips, Lincoln Fooks, Sophie Howard, Oscar Jarrett, Hunter Hare, Peyton Mitchell, Jack Strenzel, Marleigh Drew, Oscar Jarrett, Sienna Mattingly
<b>Year 4</b>	Darcie Skelton, Bailey Goodland
<b>Year 5</b>	Annabel Sykes, Jett Hawkes, Beckett Catt, Oscar Gleeson, Romey Wyattte, Jai Ray, Emma Scanlan
<b>Year 6</b>	Ethan Dixon, Darcy Bergman, Sebastian Edwards, Cooper O'Rourke, Marni Keegan, Josie Rainey, Milla McPherson, Thomas Murray

## 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](mailto:shy_finance@rok.catholic.edu.au).

## School Fees

Term 3 school fees have been emailed to families this week and are payable by 8 August 2023.

If you did not receive your statement, 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, contact Mrs Stacey Todman on 49948215.

## Chess Club

The final interschool chess competition for this year was held today at the Rockhampton Grammar school in Rockhampton. This term, the record was broken for the number of players participating from each of the schools, and certainly proved some tough competition.

Well done to the following children who represented the school:

Preeah Titmarsh, Kiana Wheoki, Mason Lewis, Eden Kalie, Amelia McCaul, Alex Todd, Noah Todd, Lucy Thomas, Quinn Du Plooy and Austen Carige.

Congratulations to Austen Carige who received an individual Merit Award.



## Year 5 and 6 Interschool Sport Gala Days

Interschool sport gala days will take place Friday 11th and Friday 25th August (Weeks 5 and 7) for Year 5 and 6 children. Sports being played are touch football, soccer and tee ball.

Buses will transport students to their specific destination and will depart school at 9am and return by 2:30pm. Soccer and touch are at the Barmaryee Fields and tee ball will be played at Yeppoon State Primary School. Students with touch and soccer boots may wear them, however joggers can also be worn. Students playing soccer require their own shin pads. Please see Mrs List if you do not have any.

School uniforms will be worn to school. Morning tea, lunch and a water bottle are required. A canteen will be open for those playing at Barmaryee, to purchase ice-blocks, fruit slushies, pretzels or popcorn.

All Year 5 and 6 teachers, Mrs List, Mr O'Brien, Mr Pacey and Mr Martin (week 7) will be supervising our children.

## Our Sacramental Journey - Mrs Acharya

This week our year 5 students met with Mrs Acharya to nurture an understanding of the sacraments in support of their Religious Education studies this term. The key message was, Confirmation is a juncture in our sacramental journey and the Holy Spirit is constantly at work in our lives. Thank you Mrs Acharya.



## Touch Sessions this week with Jayden Benbow QLD Touch

This week Sacred Heart was fortunate again to have Jayden Benbow from Queensland Touch hold Touch Football Sessions for our Year 4, 5 and 6 students. These sessions will continue for weeks 4 and 5.

## Capra's Cup

On Friday 4th August, schools on the Capricorn Coast will be involved in the annual 10 years rugby league Capra's Cup to be played at the Barmaryee Fields. Students will play a number of games over the course of the day, with the first game starting at 10am. Expected arrival back at school is 2pm.

Sacred Heart will have one team taking part. Parents are welcome to support the team at the fields on the day.

[Capra's Cup Draw](#)

## Ned's Mindset Assembly

We are excited to welcome a school-wide assembly called **NED's Mindset Mission**.

The show will be on **Monday 7th August from 12- 12.45pm.**

NED's Mindset Mission is a positive behaviour programme. A world-class performer takes our students on an interactive educational journey filled with storytelling, illusions, yo-yo tricks and humour.

NED's message and memorable friends inspire students, promote academic achievement, and support our school goals.

The main message to students is:

- Never give up,
- Encourage others, and
- Do your best.

There is no cost involved for families, as this is run on a 'Pay it forward' approach.

Should children wish to purchase a yoyo as part of the Ned promotion, these will be available on Monday 7th August (3pm), Tuesday 8th (8.10 am) and Wednesday 9th (morning and afternoon), outside the school office. Cost of yoyos listed above, cash is preferred for payment.

**Hi, I'm NED!**

### Hello families!

NED's Mindset Mission is a positive behaviour assembly visiting our school!  
A world-class performer takes our students on a 45-minute journey filled with storytelling, illusions, yo-yo tricks and humour.

NED's message and memorable friends inspire students, promote academic achievement, and support our school goals. NED will become a positive role model at both school and at home.

**Never give up Encourage others Do your best**

A yo-yo is both a mindset tool and tangible reminder of NED's message. While learning to yo, children will make mistakes, try again, & improve. Read more at [www.MindsetMission.com/foyos](http://www.MindsetMission.com/foyos).

### Our school yo-yo sale

Our school received this assembly at no-cost because another school paid-it-forward to us. We want to help pay-it-forward too, and you can help by purchasing a NED-messaged yo-yo.

**SALE DATES:** Monday (PM only), Tues (AM only), Wed **TIME:** 8.15am & 3pm

**ADDITIONAL DETAILS:** Being sold outside the school office. Cash preferred.

Yo-yo designs and colors may vary.  
Make cheques payable to our school. Prices include tax (where applicable).

**STUDENT ORDER FORM:**

**CLASSIC YOS** AUS\$14  
Learn the basics of yo-yoing with assorted fixed axle yo-yos.



**SUPER SPINNERS** AUS\$16  
Great for basic and intermediate tricks. With a strong throw, these auto-return yo-yos 'sleep' at the end of the string & then come back to you automatically.



**SPECIALTY SELECTION** AUS\$22  
Assorted professional long spin yo-yos for next level tricks!



## Movie Night - Parents Connect



It's Movie night here at Sacred Heart on Friday 18 August 2023. This event will commence at 5:30pm for those who order pizzas with the movie being screened at 6pm. The screening movie for the event will be 'The Super Mario Bros', this is a PG rated movie.

This is an outside school event hosted by Parents Connect. An adult over the age of 18 must attend with your child/ren.

We hope you and your family can join us for this wonderful event.

## Community News

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**NOW ACCEPTING ENROLMENTS FOR YEAR 7, 2025**

Enrol now via the QR code or visit [stursulas.qld.edu.au](http://stursulas.qld.edu.au)  
To find out more, contact our Business Development Officer,  
Natalie Salisbury, on 4939 9600 or email [natalies@stursulas.qld.edu.au](mailto:natalies@stursulas.qld.edu.au)



### CAP COAST TOUCH FOOTBALL ASSOCIATION JUNIOR COMPETITION 2023

TEAM REGISTRATION CLOSING 17TH AUGUST

COMPETITIONS IN ALL AGE DIVISIONS:

YEAR 1/2 GIRLS, YEAR 1/2 BOYS

YEAR 3/4 GIRLS, YEAR 3/4 BOYS

YEAR 5/6 GIRLS & YEAR 5/6 BOYS

AS WELL OUR OUR NEW PREP DEVELOPMENT PROGRAMME!

GAMES ARE PLAYED ON THURSDAYS. SEASON STARTS 31ST AUGUST AND RUNS FOR 10 WEEKS (EXCLUDING SCHOOL HOLIDAYS)

HEAD OVER TO THE FACEBOOK PAGE FOR FURTHER DETAILS

A poster for "The Wizard of Oz" by the Yeppoon Choral Society. The background is yellow with a brick pattern. The title "THE WIZARD OF OZ" is written in large, bold, black letters. Below the title, it says "YEPPOON TOWN HALL". The performance times are listed as "7:30PM Friday 25 Aug", "2:00PM Saturday 26 Aug", and "2:00PM Sunday 27 Aug". There are logos for the Yeppoon Choral Society, Yeppoon, Betta, capricornian, DC Motors Rockhampton, and Livingstone Shire Council. Ticket prices are listed as "ADULTS: \$30" and "KIDS/CONC: \$25". Social media icons for Facebook and Instagram are also present.