



**SACRED HEART CATHOLIC PRIMARY SCHOOL**  
**Enriching Spirits ~ Educating Minds**

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## **NEWSLETTER**

31th August 2023

### **From the Principal's Desk**

Driving from Biloela to Rockhampton, the day before the scheduled caesarian, the two eager-eyed 25 year olds flipped through a baby name book. *Bridie* got the flick because it was her cousin's dog and *Emma/Emily/Amelia* were out because friends had already 'taken' those names. If it was a girl, *Alana* became the top option, according to 'the book' it was Gaelic for beautiful, fair one.

So, *Alana* arrived, screaming and insistent on being known to the world. An incredible joy over-whelmed us. How could we have created this fragile, precious bundle, our love for something could never be surpassed. How we were wrong. Within 5 years, we had two boys and we learnt one of the foundational meanings of Life, love is truly bottomless. Your first child is the beginning of parental love, if you have anymore, that deep and unfathomable love continues.

Is she an *Alana* anymore - no, she is known far and wide as *Nelly*. A young mother herself now, juggling a professional career and the tensions of motherhood; we are proud of the person our *Nelly* has become. Our boys are now fine young men and gainfully employed.

Is our parenting over? Absolutely not.

Are our children perfect? Absolutely not.

Were we always the best of parents? Absolutely not.

Have we had parenting times where we felt debilitatingly hopeless with no answers? Absolutely.

However, these are some of the things I've learnt:

- Life is messy, parenting is hard but no family is perfect and generally it works out 'okay'.
- Have boundaries. You are not your child's friend, you are the adult.
- Letting a young person choose their own life path and fail at times is what a parent must do.
- The cute, irascible toddler will eventually morph into an adult. Our reactions as parents to behaviour, when our children are cute, creates a tumbling ball of behaviour patterns that rumble well into the teen years. If you don't have a firm no at times, you will create a monster.
- a tantrum generally finishes when the audience leaves or doesn't react, don't reinforce behaviours.
- if your partnership is rocky with the other parent, try as best as possible not to let pride get in the way of consistent, mature parenting as a team – your kids deserve it.

To the Dads out there, get ready for some hand drawn pictures, possibly a stubby holder and breakfast in bed.

Enjoy your Father's Day this Sunday. You are a key and important presence in a young person's life, take that role seriously. Before you know it, your nest is empty, and you need to make sure your children are still a part of your life.

It was wonderful to have so many of our dads and father figures joining us for our Father's Day sausage sizzle breakfast and then staying on for assembly with Year 2H presenting.

Finally, no Father's Day front page would be complete without a few Dad jokes for which my Dad was adept.

As soon as you find someone who has 10000 bees, marry them. That's when you know that they are a keeper.

My friend asked me to round up his 36 sheep. I said, "40."

My dad was washing his car with a friend. When someone said, "Can't you just use a cloth."

All the very best

Mr Max Martin

## From Our APRE

Father's Day is a special occasion that gives us the opportunity to celebrate and honour the remarkable men in our lives who have played a pivotal role in shaping our character and values and in their own way, mirror the unconditional love and guidance that God bestows upon us. Among these influential figures, our fathers stand out as our moral compasses, helping us navigate life with their wisdom, love, and unwavering support.

Throughout my childhood, my father was not just a provider or protector; he was our moral beacon, illuminating the path of righteousness through his actions and words. Like a lighthouse guiding ships safely to harbour, my father steered our family through the storms of life with his unwavering principles. What made my father's guidance truly special was that it extended far beyond the spoken word. He didn't just preach values; he lived them. His actions were a testament to his integrity, kindness, empathy and his unwavering commitment to his faith. He showed me the true meaning of compassion and the importance of treating others with respect. Life is filled with highs and lows, joys and sorrows. In those times, my father provided us with a sense of direction and purpose. He taught me the value of perseverance, reminding me that even in the hardest moments, there is a path forward.

The bond between a father and a child is one of profound significance. It's a bond forged through shared experiences, late night conversations, and the simple act of being there when needed most. One of the most precious gifts a father can give is his time. In a world that often seems to move at breakneck speed, take the time to be present, to listen, and to offer guidance. The most valuable gift you can give someone is your undivided attention.

On this special day, let us celebrate our fathers and also reflect on the invaluable role they play in shaping our character and values. They are the guiding lights that help us navigate the complex journey of life, and for that, they deserve our deepest gratitude. As we celebrate Father's Day, we recognise the deep significance of this relationship and the blessings of both our earthly fathers and our Heavenly Father.

Happy Father's Day to all the fathers and father figures who light up our lives with their love and guidance.

Mrs Melissa Collins

## From Our APC

As teachers and parents/carers, our number one priority is to keep children safe. We do this by eliminating dangers around the home and at school, ensuring safety gear is used for sporting activities, provide swimming lessons or ensure we only swim in patrolled areas of the beach, and keeping a vigilant eye on them when playing.

Have you ever set boundaries or do you have rules for when your child uses a device online?

In an ever changing world of technology, our children are at risk of being exposed to harmful content when on devices.

Below are general tips in this regard:

- Support your child's friendships online and off by talking with them about their friends and activities.
- Ask your child to demonstrate the games and apps they use to better understand what they play, why it's fun and possible pitfalls they may encounter.
- Help build confidence by encouraging children to share their knowledge of the online world.
- Encourage routines that promote health and balance. For example, create device-free times and places in your home.
- Model your behaviour, by demonstrating that you can put your phone down and concentrate on spending time with your child.
- Talk to your child about who could be their 'askable adult', and when they would speak with them.

[The hard-to-have conversations | eSafety Commissioner](#)

This [link](#) will allow you to explore eSafety kids pages with your child/ren to discuss topics around online safety.

On Thursday 7th September, there is a free webinar for parents/carers around online boundaries and consent. It will cover:

- why the consent conversation is so important to have with primary school aged children,
- easy ways to explain online boundaries and consent, and
- opportunities to discuss and model consent through discussions, scenarios and practising helpful phrases for saying 'no'. Online registration [link](#)



Have a wonderful week

Mrs Lisa List

## Important Dates Term 3

### September

Friday 1st - Pupil free day. No school for our children.

Monday 4th - Year 5 excursion to Mt Hay

Monday 4th - Parent Connect meeting 3.30pm at school

Friday 8th - Breakfast Club 7.50am - 8.20am

Friday 8th - Companion Cup netball game against St Benedict's at St Ursula's College 10am-12pm.

Wednesday 13th - Catholic Interschool Year 6 touch football carnival in Rockhampton

Thursday 14th - Interschool Super 8s cricket carnival at Barmaryee sports complex for Years 6 and 5.

Friday 15th - Final day of Term 3.

Friday 15th - Whole school assembly 8.40am. Year 4J is presenting.

## Capricorn Coast Catholic Parish

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

## Welcome

We welcome Levi (Year 3) and Adah (Year 5) and their parents, Mellanie and Nathan into our school family.

## Lantern Awards

Charlotte Thompson Year Prep

Compassion - The care you show your classmates when they are upset. You are a beautiful friend.



Indie Oram Year 6                      Compassion - For the care you showed a fellow student during lunch break when they were upset. Thank you.

Henry Zarkovick Year 4                      Courage - For displaying great resilience at playtimes. Well done.



## Student Awards

<b>Prep</b>	Ryan Scoleri, Ayla Hamery, Sophie Winter, Addison Kinsey, Olivia Drinkwater, Bede Druery, Lara Fry, Toby Toohey
<b>Year 1</b>	Molly Chenoweth, Torah Pearce, Charlie Robinson, Banjo Odewahn, Hannah Flanders, Indi DeHennin, Lani Goody, Boston Richardson, Tulip Allen, Porsha Mundy, Finn Bridges, Mikayla Palmer, James Thompson, Charlie Veliscek, Elkie Milner
<b>Year 2</b>	Tyler Gilbert, Summer McCoombes, Astara Spry, Macey Winter, Leilani Du Plooy, Clay Ferrier, Jackson Stewart, Lelani Webster, Brock Bishop, Indianna Solis
<b>Year 3</b>	Jack Milner, William Finch, Evelyn Donald, Ava Poole, Hudson Platen
<b>Year 4</b>	Liya Hamilton
<b>Year 5</b>	Billie Kirkwood, Felix Shammall, Harley Neagle, Sebastian Drew, Billie Luxmoore, Olive Allen
<b>Year 6</b>	Payton Size, Alana Geering

## Pupil Free Day

Tomorrow, Friday 1st September is a pupil free day for all Queensland schools.

Our staff will be involved in professional development sessions on this day.

Children are not required to be at school on Friday 1st. Thank you.

## Parent Connect Meeting

Our next Parent Connect meeting will be held this coming Monday 4th September, commencing at 3.30pm at school.

All parents and carers are most welcome to attend.

## School Review - NSIT

This week (Tuesday to Thursday), our school underwent a school review know as the NSIT (National School Improvement Tool).

External reviewers: Mr Trevor Gordon, Mrs Carmel Kris and Mr Mike Kelso conducted interviews, visited classes and examined school documenting pertaining to curriculum, learning support, our overall management in order to compile a report which will be used to guide our school over the next five years.

Thank you to our parents and carers who made the time to be interviewed during the week.

An overview of our finalised NSIT report will be presented to our school community in Term 4.

## Library News - Book Fair

Scholastic Book Fairs is the nation's leader in quality Book Fairs, with an exciting range of recently published children's books and educational products. Book Fair at Sacred Heart will be held next term 16<sup>th</sup>- 20<sup>th</sup> October.



## Caritas Visit

On Wednesday, our Year 5 and Year 6 students were fortunate to have a session with Mr Andrew Knife and Mrs Angela Wilczec from Caritas Australia.

The session was an opportunity to raise awareness about important issues, and a chance to find out how the funds we raised went to help support the thousands of children, women and men around the world who have to go through extraordinary lengths each day to access basic necessities like food, water, education or health care.

## Interschool Sport

Last Friday our Year 5 and 6 students competed in the second Gala Day. The students are to be commended for their sportsmanship and skill level.

Congratulations to the following teams on winning their respective finals:

- Year 5 girls touch defeating Farnborough 2-1.
- Year 6 boys touch defeating St Benedict's 6-5.
- B Division soccer defeating St Benedict's.



Emerson

Scared Claira Tomson

Written by Emerson Crane

Hello, my name is Claira Tomson and when I was 9 years old I was living on the dirty old streets of London. My mother died when I was young, leaving me as an orphan on the streets. My stomach rumbled everyday with hunger. Thinking of her, helped me to survive as I was looking for meals everywhere.



Suddenly, I found a cottage by the woods. I looked inside and saw a fresh loaf of bread. I quickly snuck inside and stole the bread. When I looked behind me I saw an Officer and he saw me. He roughly grabbed me by the arm and I suddenly felt a sore pain rush to my shoulder.

He questioned me, "What's your name young girl?"

"Claria Tomson" I replied as he dragged me to the Old Bailey for trial.

I felt dark cold tears running down my face as the Judge yelled at me and sent me to transportation for seven years. We were pushed into the HMS Chartotte and thrown into dungeons. I smelt a disgusting rotten breez in the air, it was the River Thames as we left England.

I was missing my mother and wished she was still with me. As I was sitting there crying I asked people around me,



"Where are we?" no one replied.

A few months went by and we still hadn't landed at Botany Bay. I was feeling so sick and still having to sleep on the hard wooden floor.

The Surgeon came in to check what was wrong with me and said,

"You have scurvy but it might go away".

As the weeks went by I was getting better. Suddenly, there was a loud THUMP! I looked out a little hole in the ship.

"We've landed" someone screamed.



I was thankful we finally made it. I felt a gentle breeze rush through the air and I was relieved we made it. All of a sudden Captain Authur Phillip yelled,

"Everyone back on the boat!"

After almost a year at sea, we had to go back up to Port Jackson. Just as I thought the punishment was going to end, there was more up ahead!

Sophie

Clara Clarkson *Written by Sophie Wilczek*

Hi, my name is Clara Clarkson and I'm a seven year old convict. I was living on the smelly streets of London when I stole a very small blanket to keep me warm on the streets. I lived with my mum and we were stealing just to survive. Every night I looked up to the stars wondering if London would ever change. I wish my dad was still here, he always made sure that we never got caught for stealing. He died from a deadly disease. Thinking about it made me cry.



When I stole the blanket an Officer ran after me and when he finally caught me I was aggressively dragged to the Old Bailey. My mother and I were trilled at the Old Bailey and were found guilty for stealing. As our punishment we were lashed fifty times!

When I was put on the Lady Penrhyn, I was all alone in leg irons. I didn't even know where mother was. When I was let out of the cell I raced around the boat searching for my mother. I finally found her and she yelled out "Clara, we are united again!". My mother, Ma Kiki and I hugged each other tightly.



Before we reached Port Jackson Ma Kiki and I came down with scurvy and I nearly died. Luckily my mother, Ma Kiki did die. I was miserable for five weeks until I heard that I was going to be transported to Friendship. So I hopped on to the HMS Friendship and this time I wasn't put in leg irons. I miss Ma Kiki.

A little girl about eight came up to me and asked cheerfully, "What's your name?" I whispered quietly, "My name is Clara Clarkson. What about you?"

"I'm Elizabeth Cruz. Nice to meet you." This was the beginning of our friendship.



Clara Clarkson *Written by Sophie Wilczek*

One morning we woke up to Lady Penrhyn crashing into our boat. I thought we were all going to die! We arrived at Port Jackson and we got straight to work. I was working by putting tents up.



While I was pitching the tents the hammer bashed my wrist and cracked the bone. I couldn't believe I had broken my wrist! The surgeons weren't skilled enough so my wrist was amputated. This made it even harder to work.

The day I got the bad news that Elizabeth had broken her arm. I was shocked. I ran over to the hospital tent and saw Elizabeth talking to the Surgeon, Mr. Scott about how her arm was going. She told me that she had broken her arm on the boat by slipping over.



When I came out from talking to Elizabeth, the Captain was waiting for me. Captain Arthur Philip said in a very deep voice "You will be moved to help the other colony." "What about Elizabeth?" I yelled.

"She'll be fine, get over it!" said Captain Arthur Phillip.

I sobbed as I said my final goodbye.

*Transportation Life!*  
Written by Maddison  
Cowan

Morning, my name is Elizabeth Carward and I am a convict. When I was nine years old, I was trying to live my life on the treacherous streets of London. Life was terrible! I was scared of dying of starvation so I decided to steal. I stole a little bit of food out of a small child's pocket. Then out of nowhere, an Officer came so I quickly ran away. I saw a market so I silently hid under the table.



I came out from under the table and started running until I heard someone yelling,  
"OI get back here, how can you run so fast!"  
After the Officer caught me at the markets he sent me to the Old Bailey for trial. The cruel Judges questioned, "Elizabeth Carward are you GUILTY for pickpocketing?"  
"Yes" I whispered with a little tear running down my face.  
One of the Judge's examined, "You will be sentenced to seven years transportation to Sydney Cove."  
I liked being nine years old because my age meant I got spared 13 lashings but still had to be put into cold leg irons.



I started to line up with all the other convicts who were going aboard the Lady Penrhyn to Sydney Cove. On the ship we got to have breakfast but we were ordered to have rations, even though the men convicts got twice as much as us girl convicts. When I was wandering around the ship deck, I saw a ship had crashed

into another ship, Captain Arthur Phillip yelled, "Everyone under deck.... Quickly."

It felt like hours under that hot, dark deck where everyone was thinking it was going to happen to us. I was melting so badly but luckily someone snuck a fresh bottle of water on board and gave me some of the fresh cold water.



We became friends but she only had five years of transportation. I asked her "What's your name?"  
She told me "My name is Clair.... Clair Reed."

We finally made it to Sydney Cove. I felt relieved that we could stand on dry land after two years at sea!

*The Terrified Young Girl* Written by Georgia Blackwood

Hi, my name is Riley Copper and this is my story. When I was nine years old I was trying to survive on the streets of London. Life was hard! I had no one to look after me. Mother died and my father was caught stealing an apple.



One day, I was starving so bad my tummy was hurting. I got up and ran to a merchant selling things in the market so I quickly ran and snatched the bread and cloth out of his hands and sped up, running away.

He yelled "Oi!" very, very loudly that the whole town could hear him. After running and running down two blocks, I fell to the ground and he caught me with lots of people staring and looking. They watched me walk away with two officers. I was tried at the Old Bailey. The Judge yelled "Are you guilty?"

"Yes", I whispered.  
He said "Say it louder!"  
"Yes", I replied.

I was sent aboard the HMS Friendship the next day, on the 17th of June 1788. It was hard for a couple of days but then I got used to it. One day, I woke up and heard a big CRASH, BANG! I found out it was our boat crashing into another boat in the harbour. We had to stop at a place called Cape York for HMS Friendship to be fixed. While that was happening we had to move to a different ship for a while. It was better as it had lots of rooms.

I made friends with a girl named Iola. She was very kind and had long flowy hair. A couple of days later we went back on board the Friendship. Iola and I were friends for a while and never left each other's side until one day we got separated. She was working for the Captain's family and had to wash their clothes. I kept asking the Officers if I could see her but they never let me. I was alone for a whole month! Finally, one day she came back and I was full of excitement and was so happy!

A short time later, we stopped at a place called Australia. We got off the ship and had to do dirty work for the Captain. It went on for two long years until I was given a Ticket of Leave and got to go home back to England. My friend Iola looked after me as she was older than me.

I'm not sure where life will take me now but I will be sure not to steal bread again.



## Convict Farmer Written by Taj Rich.

Hi my name is A. Car and I'm ten years old. I stole for a living and in 1768 I had to commit a crime because someone stole all our money and we became homeless. My mother and father had died. I was caught stealing a gun worth 10 shillings and was sentenced to Newfoundland.



I was tried at the Old Bailey and told that I was going to a place called Sydney Cove. One of the officers lied and said that I stole a gun, horse, clothes and also stole 25 shillings which made things worse for me.

Two days later, we were on the way to Sydney Cove. The guards were horrible to us. The bread was disgraceful, mouldy and the most disgusting thing ever. We had to drink water that was collected from the River Thames where the toilet water goes into.

We arrived at Santa Cruise and stayed there for eight days. The convicts loved that place but we all knew it wasn't the place we were going to so we kept travelling and were on our way.

We were all whipped because we complained we didn't get good bread, especially my roommate, Ari. Ari was the only one I could trust. He was about ten too. It turns out we were tried at the Old Bailey for the same thing.

HMS Friendship arrived at Rio De Janeiro where we stayed there for about three days before sailing for a few more months until we arrived at Botany Bay.

When we got there, it wasn't suitable so Captain Arthur Phillip moved us to another place which was called Sydney Cove. There was rich soil and plenty of water supplies.

Ari and I worked on Government land and were paid five shillings a week. Work was normal for us since we were born on a farm. We started to get paid more, including extra rations.



I think we were Captain Arthur Phillip's best workers. We were so relieved that we were so good at farming.



## First Fleet

Hi, my name is Ari and this is my story. When I was only nine years old, I went to the baker to buy a loaf of bread and when I was paying I realised I had no money so I stole the bread. I couldn't believe what I just did! My face was pink as the Officer saw me and stared at me. I slipped in some mud and that's when he caught up to me. The Officer yelled at me very angry as he cuffed me. I was scared for my life as he dragged me to the Old Bailey.

The Judge looked very angry as he yelled "GUILTY OR NOT!". I whispered, 'Guilty' with a tear dropping down my eye. The Judge sentenced me to seven years transportation to Botany Bay in a place that is now called, Australia.

As I was boarding the ship, I saw that the ship's name was HMS Friendship. When I was in there the crew put us, the convicts, in chains and they put me in a cage with three other convicts. After a week on the ship I was tired of eating just bread with maggots in it.

After three weeks I got to know the other convicts' names. There were two boys and one girl. The two boys' names were Greg and Gregory and the girl's name was Zoe.

Two months later my skin was so white and skinny that I could nearly squeeze out of the leg irons on my legs.

Nine months later, it was Christmas but nobody celebrated because there was no food to eat.

One month later I turned ten. Just like Christmas we couldn't celebrate, however after another month at six in the morning the captain yelled, 'Land Ahoy!'

We were in Australia! Hooray!

**JOHN WALTER** *written by Quinn Du plooy*

Hi, my name is John Walter and after my family died I lived on the streets of London. I got caught one day stealing a horse. I jumped on it and rode away from the Marine but I ended up at court where I was tried at the Old Bailey. The Judge sentenced me to 7 years transportation to a far away place called New South Wales.

Luckily, because of how young I was, I was spared ten lashings but I still got five. I was chained up in leg irons and was forced on the HMS Scarborough. It was really toxic on board the Scarbrough as almost everyone was really, really sick. I feared that I was going to get sick too! There were about three or four diseases going around so I was worried about the sickness while other convicts were dying.



The worst part of the journey was the food and water. The water was filthy dirty and the food rations were getting smaller and smaller.

I remember one day, I woke up and there were rough seas. I almost fell overboard but a 9 year old boy called Jake Jeffery saved me. I was glad because I would of fell off and drowned but Jake chose to save me. I can't believe a convict would choose to do something good!

When I woke up the next morning, I heard shouting and yelling about two ships colliding. I figured out that we were colliding with the HMS Alexander, a red ship on the First Fleet. We were close to land and suddenly I heard, "LAND AHOY", someone shouted as we anchored.

Jake and I spotted brown coloured people called natives. I really wanted to get out because I got bitten by rats three 3 times. We stayed in the bay for some time, however Governor Arthur Phillip said the land was not 'good enough'.



We sailed until we saw a GIGANTIC harbour and as we did, we saw no natives. The Captain placed the flag into the sand as everyone yelled "YAY, WOO, HOO!"

Captain Arthur Phillip shot bullets into the air to celebrate.

**Fathers Day Breakfast and Assembly**





## Position Vacant - Library Assistant

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▶ **TERM-TIME (12HPW)**  
▶ **COMMENCING FROM OCTOBER 2023**

**APPLY TODAY**

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**8 SEPTEMBER 2023**

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Applications close 8th September 2023.

## Community News

**ST BRENDAN'S COLLEGE**  
**1 mile INVESTMENT RODEO**  
**SAT 2 SEPTEMBER**

**SRC SCHOOL BOYS RODEO 10:30AM**  
**SLACK RODEO STARTS AT 12:30PM**  
**MAIN RODEO AT 4:00PM**  
**BAR OPENS AT 12PM**

**FOOD VENDORS | AMUSEMENT RIDES**  
**ENTERTAINMENT FOR THE WHOLE FAMILY**  
**COURTESY BUS AFTERWARDS**  
**SORRY - NO SPIRITS OR CAMPING ALLOWED.**

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**Yeppoon Aquatic Centre**

**Assessment Day**

Get ready for Term 4  
Learn to Swim

Sat 9th of September 11am-1pm  
Tues 12th of September 3pm-5pm

No need to book in, just come along  
✔ to learn everything you need to know about our program & get your kids assessed - will only take 5 minutes!

Scan the QR code to like & follow our  
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