



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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**NEWSLETTER**

6th October 2023

### From the Principal's Desk

Welcome back everyone to our final term for 2023.

It is always great to return to school, our children are full of enthusiasm with many stories to tell of their holidays, they are well presented and all appear ready to tackle what is always a hectic and very exciting nine weeks. The talk in the staffroom from teachers and teacher assistants is vibrant and we too share the same enthusiasm.

On Wednesday, during my PE lesson with our Preps, one of my little chargers came up to me, after having done some Drills with a tennis ball and racquet, finishing the lesson with an activity where they had to try and hit a tennis ball into an open wheelie bin and said, "Mr Martin, this has been the longest lesson and biggest day of my life, today. Really this has been the longest year of my whole life."

Wise words from an 'older man' in a very, very young man's body.

The final term of the school year is a crazy time not only in schools but in all aspects of our lives.

End of year reporting, concerts, budgets, farewells and planning for the impending holidays and Christmas, swamp us at a time when our energies may be low and many of us feel we are running on empty.

By the end of the year, we are more likely to be sensitive, 'thin skinned' and emotional because we are run down and in need of that well-earned break. We shouldn't be surprised. The same thing happens at this time every year. The important thing is how we respond to this challenge.

Monitoring our talk and our sensitivity are particularly important at this time of the year. We are far more susceptible to allowing irritations that would not normally have an affect on us to get to us. Our resistance is low and we are vulnerable to both attack from outside and poor decisions within. Now is the time to watch our words, resist the temptation to 'shoot from the hip' and make decisions on the run.

It is when times are tough that reputations are truly made. A harsh or insensitive word to someone can undermine our good work in building relationships throughout the year. It is important to be aware of our moods and on guard that we think before we act.

Remember back to the start of the year. Most of us start the year with energy, vim and vigour. We were rejuvenated by the break and were ready to put all of our energies into being as effective as we possibly could.

The old adage 'beginners are many, finishers are few' is worth remembering.

It is important to finish strong, just like we started the year. Whilst our reserves may be running low, it is vital to remain focused and finish the year well. Our credibility in the eyes of others is based on results. Our ability to complete our projects, meet deadlines and follow tasks through to completion.

Stephen Covey, the author of the book, "Seven Habits of Highly Effective People" talks about when world-class marathon runners 'hit the wall' and they feel like they can't go on, instead of focusing on their exhaustion and how tired they are feeling and going into the 'survival shuffle', they lift up their head and pick up the pace.

This is a vital mind set for everyone at this time of the year. By picking up the pace, you are really saying to yourself that you're not just going to finish, you're going to finish strongly. (By Steve Francis MScM, Bed, DipT)

As we head into this last term, with all the busyness that it brings, let us be even more mindful of how we can be a positive influence for anyone in our school community.

Take care

Max Martin

## From Our APRE

Vincent de Paul's incredible humanitarian work continues to be a source of inspiration for people worldwide, earning him the esteemed title of the "Father of Modern Charity." His enduring legacy reminds us of the profound impact one individual can have on the world. This legacy resonates deeply with Catholics, motivating them to contribute to a better world.

The founder of the St Vincent de Paul organisation, Frederic Ozanam, was a man who firmly believed in the immeasurable worth of every person.

During his academic years at the University of Sorbonne in Paris, Frederic Ozanam fearlessly defended Catholic teachings when they were ridiculed by some professors. He even organised a university discussion club where individuals from diverse backgrounds, including Catholics, atheists, and agnostics, engaged in spirited debates on contemporary issues. One memorable incident challenged Frederic to prove his faith through action, not just words.

He stands as an exemplary model of translating faith into tangible deeds, particularly in the service of the less fortunate.. At the heart of the St Vincent de Paul Society's mission lies the unwavering belief in the inherent value of every person. Inspired by the compassion of Jesus Christ, Vincentians strive to extend kindness, compassion, and profound reverence to all those they assist.

At Sacred Heart, we take great pride in our Mini Vinnies group, where students are wholeheartedly dedicated to serving and helping others.

In the upcoming week, they will take the lead in organising three meaningful initiatives: "Soctober," a 3 Hour continuous touch game, and our Christmas appeal in support of our local St Vincent de Paul.

For "Soctober", we invite all members of the Sacred Heart community to participate by wearing "crazy socks" for the day and contributing a gold coin donation. This gesture not only prompts everyone to contemplate how they can make a positive impact but also underscores the vital "why" behind their actions.

Our students will host a 3 hour continuous touch game. All funds raised (\$5 per competitor) will also be donated to our local Vinnies.

Our Christmas Appeal will commence in Week 5 and this is always well supported by generous donating from our families.

Have a wonderful weekend

Melissa Collins

## Important Dates Term 3 and 4

### October

Monday 9th - Parent teacher interviews commence.

Friday 13th - Breakfast Club 7.50am - 8.20am.

Friday 13th - Whole school assembly with Year 4J presenting.

Friday 13th - Our diocesan director, Miss Leesa Jeffcoat visiting Sacred Heart.

Monday 16th - Book Fair commences.

Friday 27th - Whole school assembly with Year 2W presenting.

Friday 27th - International Teacher's Day

Friday 27th - Day for Daniel

Friday 27th - Mini Vinnies' 3 hour touch football game.

### November

Friday 3rd - Grandparent's Day Assembly, morning tea and brief concert

Friday 3rd - Mass with Prep attending

Monday 6th - Year 6 Camp (returning 10 November)

Friday 10th - Whole School Assembly 5L presenting remembrance day

Monday 7th - Year 6 girls St Ursula's College Orientation day

Friday 17th - Prep - 3 swimming carnival

Tuesday 21st - Presentation Day

Tuesday 21st - Whole School Assembly Year 6 presenting

Friday 24th - Colour fun run for St Vincent de Paul Christma Appeal

Monday 27th - End of year thanksgiving mass

Monday 27th - Year 6 dinner MPA

Tuesday 28th - Christmas Concert in MPA all year levels presenting

## December

Friday 1st - Final day term 4. End of year assembly 8.40am.

### Capricorn Coast Catholic Parish

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

### Lantern Awards

Lantern Awards Week 10 Term 3



Aurelia Acharya (Year 1) Compassion - For often looking out for others and assisting them when they need help.

Peyton Mitchell (Year 3) Courage - For playing so cooperatively with others at lunch times and 'sticking up' for your friends when anything goes wrong. Thank you.

Flynn McKenna (Year 4) Courage - For being a caring and loyal friend to so many and for assisting others when they need help

Quinn Du Plooy (Year 4) Being just - For being so considerate and welcoming of others especially when they may be new to our school.

Mackenzie Smith (Year 6) Compassion - For being very encouraging of others during school activities especially when representing our school at extra curricular activities



### Welcome

Scarlett (Prep) and Summer (Year 2) and their parents, Paul and Hannah

Carter (Prep) and his parents, Joe and Heidi

Zara (Year 1) Bella (Year 3) and Archie (Year 5) and their parents, Shaun and Lela

We wish them the very best and welcome them into our school family.

### Breakfast Club

It will recommence on Friday of week 2 next term.

### Parent / Teacher Term 4 Interviews - Important Message

An important part of our assessment process at Sacred Heart is a parent-teacher interview.

Our parent teacher interviews will be held during weeks two and three of Term Four. (Monday 9th October-Friday 20th).

Having interviews in Term Four offers parents/carers and teachers an opportunity to discuss their children's progress since Term 2 interviews and Semester 1 report cards.

If you have any questions regarding these interviews, contact our school office. Thank you.

## Regional Super 8s Cricket Final

On Thursday of the last week of Term 3, the Capricorn Coast Super 8s cricket carnival was held at Barmaryee.

Sacred Heart joined schools from across the Coast for this event. It was a great day for showcasing the cricketing skills of our children.

Congratulations to one of our girl's teams and boy's teams who placed second and have been chosen to compete at the regional finals in Rockhampton.

Well done to both sides. They, along with another of our boy's sides, will be competing at the regional finals in Rockhampton on 23rd October.

## 4J Prayer Assembly

Thank you to 4J on their prayer assembly at the end of last term.

The focus was 'Courage'. Like Nano and modelled on the example of Jesus, we hope to show strength to stand up for what is right and to be resilient, brave and determined, especially when faced with difficult situations.



## Sacred Heart Mini Vinnies - 3 Hour Continuous Touch Football Game

Our Mini Vinnies' group as a fundraiser for our local St Vincent De Paul organisation, is conducting a three hour continuous game of touch football on Friday 27th October (Week 4 Term 4) from 5pm until 8pm.

This will be open to our Year 3s to 6s children, no touch football experience is required, with nominations closing on Thursday 19th October.

The cost is \$5 per child with all proceeds going to St Vincent De Paul.

Children will be placed into teams of 12 with a teacher/teacher assistant supervising each team. 6 players are on the field at any one time. We are hoping to have 8 teams taking part.

Each child participating will receive a sausage sizzle and fruit on the night.

Water bottles and suitable footwear (no bare feet) are essential.

Transport to and from the fields is each family's responsibility. Let us know if you have any difficulties in this regard.

A permission letter for this event is now available.

## Soctober



Soctober for the Missions encourages students across Australia to make a difference in the lives of needy children around the world.

Next week, each class will be given a sock to fill with coin donations.

On Thursday 12th November, we will have a crazy sock day where children can wear crazy socks and bring a gold coin donation to fill their class sock.

It's never too late to make a difference.



## Swimming Term 4

Week 2 Term 4 will see the start of swimming lessons for our Year 2 and 3 classes.

These take place at the Cooee Bay aquatic complex, with our children being bussed to and from the venue.

Our Years 2 to 3 classes will participate in lessons on a Tuesday in weeks 2, 3, 4 and 6.

### [Year 2/3 Swimming Timetable](#)

Our Prep and Year 1 classes will participate in a week of intensive swimming, attending lessons Monday to Thursday week 7 (13th-16th November).

### [Prep/Year 1 Swimming Timetable](#)

Our Prep / Year 1 and Year 2 / 3 swimming carnivals will take place on Friday, 17th November.

Children are required to wear a sunsafe shirt for swimming and a pair of sandals or thongs (footwear). A towel is also needed.

Year 2W need to come to school dressed in their swimwear, as they have the first lesson of the day and will be leaving the school at 8:40am.

Children will need to bring their school uniform, including underwear, shoes and socks in their bag so they can get changed on their return to school.

Swimming lessons costs will be added to Term 4 school fees. These are conducted by qualified instructors.

[Complete this online permission slip here](#) for written consent for your child/ren to participate in these swimming lessons. A separate form needs to be completed for each child in a family, if they are in Prep to Year 3.

If you have any queries regarding swimming lessons, do not hesitate to contact our school office.

### Rotary Club - Prep Book Donation

Thank you to Karen and Bob from Rotary, who delivered books to our Preps this week. We are grateful for their kind donation. Our Preps are certainly enjoying reading their new books.



### Non State Schools Transport Assistance Scheme

Applications for the Non State Schools Transport Assistance Scheme (NSSTAS) opened on Sunday 1 October and will close on Tuesday 31 October 2023. Are you eligible to apply? Visit the website to find out: <https://www.schooltransport.com.au/>



### Community News

**INTERNET Safe Education** A Cyber Safety Event for Parents and Carers

**What the event involves**

- Decades of Law Enforcement experience delivers evidence based messages
- Time effective and achievable strategies that can be actioned now
- Online threats and personal responsibilities
- Discover how essential and important your role is
- Social Networking
- The Law Online
- Online Gaming
- Cyberbullying
- Swilling

**This is an event not to be missed and will change your thinking**

Delivered by a professional speaker on the topic of digital competence and internet safety. You will be presented with engaging and powerful information in a way that will bring to life possible online dangers and responsibilities which are a part of your child's digital world. Strategies of protection and prevention will empower you to reduce online risks within your home. You will be amazed how simple this can be.

**WHERE:** St Benedict's School Library

**WHEN:** Tuesday 1<sup>st</sup> October 2023

**TIME:** 5pm

**RSPV:** Monday 9<sup>th</sup> October 2023 to [info@internetsafeeducation.com](mailto:info@internetsafeeducation.com)

1300 650 491 | [info@internetsafeeducation.com](mailto:info@internetsafeeducation.com) | [internetsafeeducation.com](http://internetsafeeducation.com)

**SpeakUP** Building skills and confidence for participation at school

Expressions of interest are open for the FREE online SpeakUP program!

Find out more at [lifestart.org.au/services/speakup](http://lifestart.org.au/services/speakup) or contact us at [speakup@lifestart.org.au](mailto:speakup@lifestart.org.au). Interested families can complete the Expression of Interest form.

SpeakUP is funded by Department of Social Services as an Informative, Lifespan, Capacity Building (IC) grant (funded until June 2024)



# 2023 Yarraman Charity Gymkhana

## Sunday 8th October

### Capricorn Equestrian Centre



291 Mt. Wheeler Road,

VIA MACKAYS RD - Boodoola

Sack race, Egg and Spoon, Bend, Boot race (lolly race for assisted riders), Key Hole, Snakes and Ladders, Flag Race, bounce pony, drum and peg, sporting figure of 8  
Ribbons to 4th place & 8th for U12

## BIG PRIZE MONEY FEATURE EVENTS

### Feature Events Prize Money

OPEN: 1st \$400 2nd \$200 3rd \$100

JUNIORS: 1st \$200 2nd \$100 3rd \$50

- Alline Roofing Open Barrels
- Reo Heavy Equipment repairs U17 Barrels
- Saddleworld U12 Barrels
- Makenzie River Farming Open Obstacles
- Civil Haulage and Mining U17 Obstacles
- Jazmine Cullen - Property agent U12 Obstacles

\$25 for games

Feature events \$20 open \$12 juniors

Time Table: Gates Open: 6am|Gear Check:

7:30am - 9am|Led Riders Start: 8am|All other

Classes Start: 9am|Feature events after lunch



**Raising Money for**  
The Rockhampton Riding for the Disabled and the Leukaemia Foundation



lead riders  
walk trot  
U12  
U17  
Adults - walk/trot group  
Open  
classes will be further divided if we have large noms



### NOMINATIONS

QR code will take you directly to our nomination form

<https://www.nominate.com.au/>

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For more information go to our website

<https://www.capricornequestrian.com.au/gymkhana>



For Nominations



SCAN ME