



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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NEWSLETTER

8th February 2024

From the Principal's Desk

As a young man in the 1980s, the phrase, 'We are on a Mission from God' was often bandied about.

A quote from the cult classic movie, 'The Blues Brothers', the phrase had a warped sense of irony as Elwood and Jake Blues, small-time criminals, hustled throughout the film to raise money to save the orphanage that raised them.

Who can forget the early scene when they meet Sr Mary Stigmata?

Knowing the boys are good at heart but unreliable, she sends them on their way with a twitch of corporal punishment for their trouble. The Blues boys vow to raise the \$5000 in property taxes and save 'the penguin'. Whenever the pair commit any illegal hijinks, they convince themselves that their actions are fine because of that mission from God.

We can now laugh at the irreverent humour and tongue in cheek poke at the Catholic church. However, *the mission from God* is a very pertinent phrase with deeper meanings for us.

Every Catholic school is expected to have a sincere and active articulation of its aims and beliefs, known as a Mission Statement. This statement is the lived experience of what is important in that school community.

Our school Mission Statement which is not only for our children but for us as adults as well, reads:

*We at Sacred Heart:
Keep Jesus in our hearts
Have a love of learning
Respect and care for each other
Celebrate our gifts and
Connect with our environment.*

I love being a teacher. I have the responsibility, in collaboration with parents and carers, to help mould the behaviour and learning of children. Every day I get the joy of watching youngsters develop and giggle, say the craziest of things, overcome learning challenges, be thoughtful, learn to negotiate the ups and downs of relationships, hop, skip, run, read and sing. All of these are wonderful and happen in every school in this country; State, Independent and Catholic.

I could very happily be an educator in our well-regarded State system but I've chosen to accept an additional responsibility. Just like all of the staff at Sacred Heart, we are invited to consider the deeper meaning of why we are here.

To keep Jesus in our hearts is our spiritual challenge. To nurture the spiritual dimension in our students is part of our 'core business'.

So without reticence we say, we really are on a Mission from God.

Take care

Max Martin



From Our APRE

Next week marks Ash Wednesday, which is the start of Lent.

On Ash Wednesday, Christians receive ashes on their foreheads in the shape of a cross. This reminds us of our need to be sorry and turn away from things that are not good for us.

It's a special day when we start our Lenten journey and focus on becoming better people.

Some people decide to give up something they enjoy during Lent, just like how people make New Year's resolutions.

The Catholic Church observes it as a time to make a fresh start and get ready for Easter by focusing on prayer, fasting, and helping others. Helping those in need has been important for a long time, even before Jesus' time.

During Lent, we are reminded to care for others by giving our time and resources. We can also spend time with people who need company, help with chores at home, and offer a listening ear.

On Wednesday, 14th February, our Year 3, 4, 5 and 6s will be attending the Ash Wednesday parish Mass at 9am at Sacred Heart Church and our Preps, Year 1, and Year 2 classes will have a liturgy at school in our library.

We will hear a story from Matthew's Gospel which reminds us that when we do good things, God sees and appreciates it.

Lent is a great time for families to talk about its meaning and discuss how you can care for others. I hope this Lenten season is one of personal renewal for you and your family.

Have a great weekend

Melissa Collins



From Our APC

In Weeks 8 and 9 of this term, students in Years 3 and 5 will participate in NAPLAN Online. The National Assessment Program – Literacy and Numeracy is an annual national assessment for all students in Years 3, 5, 7, and 9.

It's a measure to see how well our children are developing their literacy and numeracy skills.

There are four assessments that students undertake:

- Writing
- Reading
- Conventions of Language, and
- Numeracy

If a student is away on the day that an assessment takes place, they will have the opportunity to do a catch-up session during Week 9. More information regarding assessment dates will be provided in coming weeks.

In preparation for NAPLAN, our students will participate in online practice tests in Week 6.

This [link](#) will take you to a parent/carer information document to help answer questions you may have regarding your child's participation in NAPLAN 2024.

Visiting the following site enables you to view videos and look at NAPLAN style questions.

<https://nap.edu.au/online-assessment/public-demonstration-site>

Have a wonderful week,

Mrs Lisa List

Important Dates Term One

February

Friday 9th	First whole school assembly at 8.40am.
Monday 12th	Bishop Michael McCarthy and our Director, Leesa Jeffcoat visiting Sacred Heart School
Tuesday 13th	Shrove Tuesday (Pancake Tuesday). Breakfast at school from 7.45am.
Wednesday 14th	Ash Wednesday - First day of Lent
Friday 16th	Pupil free day
Friday 23rd	Whole school assembly at 8.40am

March

Friday 1st	Parent Connect trivia evening at school from 6pm
Thursday 7th	St Ursula's College and St Brendan's College Discovery days for Year 6s
Friday 8th	Year 4 to 6 swimming carnival
Wednesday 13th	NAPLAN for Years 3 and 5 commences
Friday 22nd	Whole school assembly at 8.40am
Monday 25th	Cross country carnival for Years 4 to 6 at school
Thursday 28th	Holy Thursday and last day of term
Friday 29th	Good Friday

Capricorn Coast Catholic Parish

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

Stations of the Cross will be held at 5pm each Wednesday of the Lenten Season.



Shrove / Pancake Tuesday

The day before Lent commences is known as Pancake (or Shrove) Tuesday. This year, it is next Tuesday, 13th February.

A day when traditionally pancakes were made to use up all the eggs, milk and lard before the Lenten fast began when people not only cut back on food but ate very simply.

We are having breakfast commences at 7.45am in our multi-purpose area.

Pancakes and poppers are \$1 each.

Proceeds will go to the Project Compassion Appeal. Thank you for your anticipated support of this worthy cause.

Everyone is invited.

Ash Wednesday

Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes, in a cross, on the forehead. The ashes symbolise the dust from which God made us and is a reminder that we will return to God one day.

This Wednesday 14th February, students and staff will be involved in Ash Wednesday liturgies or the parish mass.

Children in Years 3, 4, 5 and 6 will attend the 9am mass at Sacred Heart Church.

They will be walking to and from church with their teachers.

Children in Prep, Year 1 and 2 will be involved in year level liturgies in our library. Times as follows:

Year 2 at 9am

Year 1 at 9:30am

Prep at 10am

All are welcome to attend any of these.

2024 Sports Trial Calendar

See the link below for trial dates and important information pertaining to School District sporting trials.

[2024 Rockhampton District Sports Trial Calendar](#)

The representative school sport permission details booklet (consent form) has all the required documentation that schools / district / regions need for students to participate in trials. The form, once completed, is to be handed in to our school to be signed by Mr Martin. The forms which need to be submitted at the trial, will be returned to the student.

[Rockhampton District Sport Permission Details Booklet](#)

We encourage you where possible to fill the form out electronically to assist with eligibility and accuracy of the documents, however handwritten copies are acceptable.

All permission booklets need to be submitted to school no later than 4 days prior to the trial to allow time for signing and associated paperwork. Students will not be permitted to trial on the day without the completed consent forms.

Student Awards

Congratulations to the following children.

Prep	Charlie Lack, Isla Apps, Mack Jarrett, Lexie Jannes, Indie Bird, Imogen Grob, Murphy Kenny, Aurora Sykes, Vahn Dohanue, Mason Wright
Year 1	Koral Fleming, Baxter Barbeler, Calisie Gay, Charlotte Thompson, Linus Vandelanotte, Miesha Singleton-Bray, Parker Holloway, Ayva Pattel
Year 2	Eva Watson, Liam Watson, Ruby Moger, Aurelia Acharya, Van Richter, Boston Richardson, Fletcher Phillips, Porsha Mundy
Year 3	Charlotte Inch, Harmony Crystal, Silas Hall, Clay Ferrier, Cara Sparks, Charlotte Neagle, Finnley McElholum, Ayla Toohey
Year 4	Peyton Mitchell, Lola Mathias-Watt, Leni Bergman, Mack Delaivuna
Year 5	Maddison Cullican, Jai Middleton, Jaxon Shanks, Willem Shackleton, Emmie Bowden, Denzel Wolff, Hayden Pont, Noah Cherry, Charlotte Grobb, Alexander Rendell, Ashton Virzintas
Year 6	Jett Hawkes, Mason Stark, Beckett Catt, Amira Mitchell, Sarah Van Eyk, Harley Neagle, Maya Read, Felix Shammall, Chelsea Bunt, Ava Spencer, Levi Bone, Kirby Kenny, James Eyles

Lantern Awards



Jackson Gill from Prep
Compassion
For using kind words and actions to support a friend who was upset.

Ari Carpenter from Year 5
Courage
For displaying confidence and a willingness to work to the best of your ability in class. Well done.

Olivia Forbes from Year 1
Compassion
For being a wonderful friend and looking after others who are feeling sad.

Kash Komsic from Year 6
Courage
For showing wonderful leadership qualities and for behaving in a thoughtful and mature manner.

2024 School and House Captains

Our School Captains



Our House Captains



Absent from School Captains' photo



Parent Connect AGM and General Meeting

This week, our Parent Connect group conducted their Annual General meeting and first general meeting for 2024.

Thank you to the following parents/carers for accepting the following roles:

President: Sarah Winter

Vice President: Lauren Phillips

Secretary: Alechia Phillips

Events Coordinator: Steph McCartney and Amie Smith

Heart Parent Coordinator: Christie Gill

The minutes from these meetings can be viewed with this [link](#).

Instrumental Music

Instrumental teachers will contact families prior to your child's lessons with dates, times and a list of what they will need.

Lessons will be on the following days, unless otherwise notified:

Mrs Ursula Boyd - Singing (Monday/Tuesday)
Mrs Jane Bacon - Guitar (Wednesday/Friday)
Mrs Judy Carling - Drums/percussion (Thursday)
Miss Audrey Collins - Piano (Thursday)
Mrs Kate Ellis - Singing (Friday)

Guitar lessons started this week and all other instrumental lessons next week.

If you wish for your child to be involved in our instrumental program, complete the Google form provided in the link below.

[2024 Instrumental Google form](#)

If you have any questions regarding this program, contact our school office shy@rok.catholic.edu.au or 4994 8215.

Pupil Free Day

Friday 16th February, all Catholic schools across the Rockhampton Diocese will be having a pupil free day.

Sacred Heart teachers and staff are involved in professional development sessions.

There will be no school for our children that day.

Our school office will also be closed.



Sacred Heart Family Trivia Night - 1st March 2024



Our Parents Connect group is hosting our first Family Trivia Night at Sacred Heart on Friday 1st March 2024, 6pm - 7:30 pm in our multi-purpose area.

Nominate your team and come dressed with a theme in mind.

[Nominations are essential. Complete the online form here.](#)

We need to know the number of teams attending by 26th February 2024. Thank you.

Looking forward to seeing lots of families at this event.

There is no cost involved and it is an alcohol free function.

Opening School Year Mass

Many thanks to all in our school family who attended our opening school liturgy and to Year 6B for leading us. It was wonderful to have Father Matthew celebrating with us.

It is always a great occasion when we are able to gather together to give thanks for the year ahead.





Family Support Group – Rockhampton South

ndis CarersQLD Australia
Delivering the NDIS in your community.

Calling all parents of children who live with disability!

You're invited to attend a monthly meeting of like-minded individuals in a safe environment to share ideas, give and receive support and hear from guest speakers who may help you and your family during this journey.

Join Carers Queensland for this session where we will be discussing and providing information and resources about community and mainstream supports in your area for parents and children.

Your Partner in the Community

Carers Queensland is working with the National Disability Insurance Scheme (NDIS) to deliver the Local Area Coordination Partner in the Community Program, supporting Australians with disability to live fulfilling and connected lives.

We help you:

- find out about the NDIS
- apply for the NDIS
- understand your NDIS plan and how to use it
- review your plan as your life changes
- find other support if you can't use the NDIS, or don't want to.

We support people with disability to connect to services, supports and activities in the community if they are not eligible for the NDIS. Register now [Online](#)

Date	Time	Where
Wednesday 13 th March 2024	10:00am – 11:30am	Rockhampton Special School
Wednesday 5 th June 2024		91-115 William St Rockhampton Qld 4700

Talk with us

1300 999 636 | cq.enquiries@ndis.gov.au | www.carersqld.com.au/ndis

To start your NDIS journey, connect with us today.

1300 999 636
cq.enquiries@ndis.gov.au



COLOUR ME
capricorn
ROCKHAMPTON

Presented by

Schwarz
EXCAVATIONS

Enter the code
SCHOOL24
to save \$5 on
individual tickets

Sunday 24 March 2024
Kershaw Gardens

Colour Me Capricorn is a family-friendly colourful fun run suitable for all ages & abilities with a 2.5km & 5km option & loads of colourful fun!

To purchase your tickets, head to www.trybooking.com, scan the QR code or follow our Facebook page!

RACQ
CapRescue
fundraiser



BMX COME & TRY DAY!

Sunday 11th February

3pm-5pm

FREE
SAUSAGE
SIZZLE



AGES

- 2yrs and above!

**ROCKHAMPTON
BMX CLUB,
HOLLINGSWORTH ST**

Pre-loved sale. City Centre Cycles stall.
Club bikes and helmets available for use.
Ask questions of experienced riders and club officials.

WHAT TO BRING

- Water bottle
- BMX bike (if you have one) or balance bike
- No mountain bikes

WHAT TO WEAR

- Long sleeve shirt & long pants
- Enclosed shoes
- Full face helmet (with visor) or normal helmet (balance bike)
- Gloves (full finger)

For more information:
Email rockybmxc@gmail.com
Message our FB page

Riders must sign up to a FREE four week BMX trial with AusCycling prior to riding (information provided at the track)