



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

14 Barracuda Crescent, Yeppoon QLD 4703

Email: shy@rok.catholic.edu.au

Phone: 07 4994 8215

Website: www.shyrok.catholic.edu.au

**NEWSLETTER**

15th February 2024

### From the Principal's Desk

Wednesday this week heralded the beginning of Lent, the season of reflection and renewal before Easter.

The ashes your child received as a cross are a symbol of our imperfection. We spend the next 6 weeks, reminding ourselves of all the areas of our lives, behaviour and character, that we need to 'work on'.

It is a time, Christians famously 'gave something up' or, in more recent times 'took something up'.

Years ago, I gave up sugar in my tea during Lent; no mean feat, when you considered my tea was sweeter than soft drink – 4 (heaped) teaspoons. I now drink sugarless tea, an improvement for my long-term health hopefully. The money saved was then re-routed to the Caritas social justice charity.

Lent is a time to give something up and take something up for others.

During a World War 2 bombing raid, a French village lost a beloved statue of Christ. The villagers painstakingly sifted through the rubble and managed to rebuild the statue, except for its hands. They searched and searched, but the pieces were never found. Finally, the villagers placed a plaque around the neck of the statue simply saying

*I have no hands but yours.*

The villagers were echoing the words of St Theresa of Avila (a 16<sup>th</sup> century Spanish saint).

*Christ has no body now on Earth but yours;*

*no hands, but yours;*

*no feet, but yours.*

*It is your eyes through which Christ's compassion looks out on the world.*

And so it is today.

Lent can be a great time as a family to recognise the needs of others.

What can you do for others?

Help the elderly lady down the road carry her groceries after shopping?

Give up dessert one night a week and donate the money to charity?

Sit down with your little ones to discover the beautiful generosity and sense of care of your children. You are helping to build their character, to make them aware of the needs of others, encouraging them to be future adults who become world-change-makers.

Now is a time to recognise it is our job to be Christ on Earth. We are his hands.

Take care

Max Martin



## From Our APRE

This year Ash Wednesday coincides with St Valentine's Day, a rare occurrence.

St Valentine's Day is often filled with joy, especially for florists and restaurants. Some may even go as far as proposing marriage in hot air balloons or by beautiful waterfalls, which is all in good fun. Witnessing people deeply in love is truly heartwarming.

Yet, we understand that true love goes beyond just the exciting moments. It involves a commitment to grow together and support each other through thick and thin. While there are various legends surrounding St Valentine, it's likely that he was a martyr who understood that love entails sacrifice. Love, ultimately, is about selflessly giving for the well-being of others.

Ash Wednesday provides a fitting opportunity to contemplate love. Unlike the usual sight of flowers in church, today we are called to modesty in our actions. It marks the beginning of our journey towards Easter, a time to reflect on the profound love of God shown through Jesus' death and resurrection.

During Lent, we are encouraged to reflect on how we can express God's love to others. St Paul's words remind us that we are representatives of Christ, urging us to step out of our comfort zones to share His message of love and compassion with a world that may not always be receptive.

Through initiatives like Project Compassion by Caritas Australia, we are given a significant opportunity to embody Christ's love.

Today's Psalm serves as a reminder that God works through us:

"Give me again the joy of your help,  
With a spirit of fervour sustain me,  
O Lord, open my lips,  
And my mouth shall declare your praise."

We pray for all who are trying to rise from the ashes in their lives. May our support for Project Compassion remind us that now is the time to turn to the Lord with all our hearts and embrace the needs of God's family.

Amen

Have a great weekend

Melissa Collins

## From Our APC

Throughout the year, data is collected in classrooms for all children. This information is used to direct learning and teaching. Research tells us that using collected data enables more effective evaluation of programs, resources, and interventions to facilitate success.

This week, teachers in their year level, looked at student results from spelling and mathematics data collected, to identify strengths and areas for improvement at individual, class and year level requirements. This information will support and drive the next short cycles of planning in classrooms.

Our Prep, Year 1 and 2 children are in the process of undertaking an Oral Language Assessment (OLA). This is a system-wide tool to support teachers as they assess and monitor the development of students' oral language skills. It is vital that the development of listening, speaking and interacting is monitored in ways that enable our learners to receive the support they need.

Currently, students in Years 1 to 6 are completing DRAs (Diagnostic Reading Assessments). Once completed, these are then analysed by the classroom teacher to inform and support the planning and teaching of reading strategies for individual and class learning needs.

## Decodables Australia

On Tuesday, Sacred Heart hosted a Decodable Readers Australia workshop, with a total of 72 teachers from across all sectors of education attending.

Our Prep teachers were amongst those immersed in a myriad of research-based approaches to support the teaching of phonics and reading using decoding strategies.

Many new readers and resources have been purchased for use in Prep, including access to the online library and learning lounge resources to be used in the classroom and home.

In coming weeks, parents of Prep students will have information sent home regarding accessing the online resources and the sequence of phonemes and graphemes (what a letter looks like and the sound it makes) that children are learning in class.



Have a wonderful week

Mrs Lisa List

## Important Dates Term One

### February

Friday 16th Pupil free day. No school today. Our office is closed.  
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.

[Correspondence from Bishop Michael regarding Ash Wednesday and Lent](#)



## Lantern Awards



Matilda Seymour Year 4 Compassion  
For noticing when a classmate needed extra support and stepping in to help them.

Amelia Crick Year 4 Compassion  
For being such a beautiful friend to so many and looking after others who are feeling sad.

Freddy Barbeler Year 3 Being just  
For ensuring others enjoy playing cricket at lunch times by displaying good sportsmanship.



## Student Awards

Congratulations to the following children.

<b>Prep</b>	Lincoln De Hennin, Lou- Lou Docking, Evie Seaby, Harper Russell, Ava Coulahan, Sami Hodgkinson, Oliver Hartley, Tai Rukuwai, Poppy Renshaw
<b>Year 1</b>	Felix Gagliardi, Isla Kani, Sophie Winter, Evie Peters, Toby Toohey, Harrison Turner, Noah Eyles, Clara Ohl, Lotte Perera
<b>Year 2</b>	Jett Spears, Taya Klein, Hudson Rafter, Kai Elliot, Lucia Sturgess, Molly Chenoweth, Jaxon Condon, Matilda Kirby, Sophie Donald, Belle McDougall, Axel Sutton
<b>Year 3</b>	Zara Carpenter, Eden Prince
<b>Year 4</b>	Nicholas Van Eyk, James Muller, Skyla Kirkman, Lincoln Fooks
<b>Year 5</b>	Sienna Foley, Ari Carpenter, Quinn DuPlooy, Vin Renshaw, Sophia Rafter, Josie Malt, Tiarna Vann, Isla Goltz, Blake McQuillen
<b>Year 6</b>	Ava Spencer, Levi Bone, Kirby Kenny, James Eyles, Will White, Adah Stapleton, Miller Keegan, Brendan Gilbride, Sophie Tselepis

## Shrove / Pancake Tuesday

Pancake Day on Tuesday was a huge success.

All money raised goes to Caritas which is an International Catholic Aid organisation that helps support people experiencing extreme hardships at this time.

To all our families, your support was greatly appreciated.





## School Visit from Bishop Michael and our Director, Leesa Jeffcoat



## Pupil Free Day

Tomorrow, 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.



## Pets At School

Due to safety and health regulations, we ask that pets are not on our grounds during or after school hours.

We have a number of students enrolled who have an allergy to animals, typically fur or saliva (or both) because of this, we are discouraging pet show and tell to minimise any risk.

This is extended to pets on grounds at any time, including school drop off and pick up, and weekends even when students are not on site, as fur and saliva can be left behind.

Thank you for your understanding and your support in keeping our community safe.

## Nut Products at School

Families are asked to refrain from packing any nut products especially using peanut butter as part of children's lunches for school.

A number of children enrolled at our school are highly allergic to nuts.

Thank you for your support in this regard.

## 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, 6pm-7:30pm 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.



## Finance - School Fees

Term 1 Fees were issued Friday last week. These are due for payment by Thursday 22<sup>nd</sup> February.

If you are unable to pay by the due date and wish to commence a payment plan, contact Mrs Stacey Todman at the office.

## Year 4 Writers

In our Writer's Workshop we have been exploring simple and compound sentences. This week we touched on topic sentences.

After unpacking the mentor text "Courage" written by Bernard Waber, we identified sentence structure in the text, with a focus on compound sentences and coordinating conjunctions used. We then created our own sentences answering the question 'What is courage?'

We spoke about the courage it takes for a firefighter to rescue someone trapped in a burning building, but there are many other kinds of courage too. Everyday kinds that ordinary people experience all the time, like "being the first to say sorry after an argument," or "going to bed without a nightlight." The story explores the many varied kinds of courage and celebrates the moments, big and small.

Here are some of our works from our 'Share the Pen' today.

Courage is something that you must do because it is important, even when you may not want to do it. **Taye**

Courage means to speak up to the people who are not kind to you, it's being brave when it's hard. **Lola**

Courage is when you have to be very brave and believe in yourself to do something new, like giving a speech to Mini Vinnies like I'm doing today. **Ava**

Courage means being brave and confident like giving away a thing that you like to someone who needs it more. **Kayden**

Courage is when you believe in yourself to do something brave. **Lincoln**

Courage is standing on a stage and doing a speech. **Jack E**

Courage is cutting my hair because I have only ever cut it twice. **Sienna**

Courage is being brave to slide down the world's biggest slide. **Caleb**



## Chess Club's First Competition

Our chess club is run by Mrs Goltz and they meet every Tuesday at first break. All children are welcome, regardless of their playing ability.

A Term 1 chess tournament will be held next Thursday 22nd February in Rockhampton.

The following children have been selected to attend this event:

Quinn Du Plooy, Alex Todd, Noah Todd, Austen Carige, Hayden Pont, Lucy Thomas, Jack Rohl and Alexander Rendell.

We wish them all the very best.

## St Ursula's College Discovery Day



**STU**  
ST URSULA'S  
COLLEGE/ROCKHAMPTON

**YEARS 7-12**  
stursulas.qld.edu.au | P. 4939 9600  
All girls Catholic Boarding & Day Secondary College

**DISCOVERY DAY 7 March 2024**

St Ursula's College is hosting its annual Discovery Day for current Year 6 students on Thursday 7 March. Discovery Day is a wonderful occasion for your daughter to connect with other students, 'discover' the opportunities that St Ursula's College provides and experience real 'Secondary School' activities.

St Ursula's College is hosting its annual Discovery Day for current Year 6 students on Thursday 7 March. Discovery Day is a wonderful occasion for your daughter to connect with other students, 'discover' the opportunities that St Ursula's College provides and experience real 'Secondary School' activities. If you would

If you wish to register your daughter to attend Discovery Day, complete our online registration form via the link below; registration closes Thursday 29th February.

<https://forms.office.com/r/6qKch4Wgmv>

For further information, contact Business Development Officer, Natalie Salisbury, via natalies@stursulas.qld.edu.au or phone 4939 9627.

St Ursula's College is hosting its annual Discovery Day for current Year 6 students on Thursday 7 March. Discovery Day is a wonderful occasion for your daughter to connect with other students, 'discover' the opportunities that St Ursula's College provides and experience real 'Secondary School' activities.

If you would like to register your daughter to attend Discovery Day, please complete our online Registration Form via the below link; registration closes Thursday 29 February.

<https://forms.office.com/r/6qKch4Wgmv>

For further information, contact Business Development Officer, Natalie Salisbury, via natalies@stursulas.qld.edu.au or phone 4939 9627.

**LIVE | LOVE | LEARN | LEAD**

## Out of School News



# SIGN ON FOR NETBALL 2024

**2024 Seasons**

- Nettas term 2
- Juniors term 2 & 3
- Senior Ladies - Term 2
- Senior Social Mixed - Term 2
- Junior & Senior Social Mixed term 4

**Fee Structure 2024**

- Nettas - 10 weeks - \$80.00
- Juniors - \$220.00
- Seniors 10 weeks- \$100.00

**MONDAY**

- Nettas Program 5 -7 yr olds 4-5pm
- Seniors - Ladies Social & Competitive

**TUESDAY**

- Minis (7-8 yr olds) born 2016/2017
- Junior F (9 yr olds) born 2015
- Junior E (10 yr olds) born 2014
- Junior D (11 yr olds) born 2013
- Junior C (12 yr olds) born 2012
- Junior B/A - High school (graded) - born 2011/2006

**Come See us**  
**YEPPON CENTRAL**  
3rd Feb 9am - 4pm

**www.capcoastnetball.com**  
**capcoast.netball@bigpond.com**  
**0438 106 068**

Yeppoon Central Netball

CCNA accepts Qld FairPlay Sporting vouchers  
\*Team nominations are OPEN - team sheet downloadable via website  
\*Once team is nominated on NetballConnect, players will be emailed registration link  
\*Individual registrations to email CCNA to be placed in a team



# COLOUR ME capricorn

ROCKHAMPTON

Presented by  
**Schwarz EXCAVATIONS**

**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](http://www.trybooking.com), scan the QR code or follow our Facebook page!

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

**RACQ CapRescue** fundraiser





## 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 <sup>th</sup> March 2024	10:00am – 11:30am	Rockhampton Special School
Wednesday 5 <sup>th</sup> June 2024		91-115 William St Rockhampton Qld 4700

#### Talk with us

1300 999 636 | [cq.enquiries@ndis.gov.au](mailto:cq.enquiries@ndis.gov.au) | [www.carersqld.com.au/ndis](http://www.carersqld.com.au/ndis)

To start your NDIS journey,  
connect with us today.

 **1300 999 636**  
 [cq.enquiries@ndis.gov.au](mailto:cq.enquiries@ndis.gov.au)