



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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NEWSLETTER

22nd February 2024

From the Principal's Desk

Chancing Your Arm.

You may have heard of the Irish expression to 'chance your arm'. It means to put yourself at risk for the benefit of a cause, to have a go, even though you may fail.

Many years ago now, I had the good fortune of visiting St Patrick's Cathedral in Dublin where the phrase originated.

The story begins in 1492, when two rival Irish families, the Butlers of Ormonde and the FitzGeralds of Kildare, were involved in a bitter feud. This disagreement centred on the position of Lord Deputy. Both families wanted one of their own to hold the position. Eventually outright warfare broke out, culminating in a skirmish outside the Dublin city walls.

The Butlers went into retreat and barricaded themselves into the chapter house of the cathedral. The Fitzgeralds followed them in and kept them under siege. Eventually, the Fitzgeralds called for peace and invited the Butlers to come out into the open.

However, the family, fortified and safe within the bowels of the cathedral, believed there would be a wholesale slaughter, if they left their sanctuary.

As a gesture of good faith, the head of the Kildare family, Gerald Fitzgerald, ordered that a hole be cut in the door. He then thrust his arm through the hole and offered his hand in peace to those on the other side.

Upon seeing that Fitzgerald was willing to risk or 'chance' his arm, by putting it through the door, the Butlers reasoned that he was serious in his intention. They shook hands through the door, the Butlers emerged from the chapter house and the two families made peace.

The door is still proudly on display in St Patrick's cathedral today. It is now called the 'Door of Reconciliation'.

This story and the door are wonderful analogies for what reconciliation is all about.

A true reconciliation involves risk, putting yourself in danger and seeking true peace. It takes humility and courage to truly resolve a major dispute. Putting your hand forward and seeking or saying an apology, may be rebuffed; it involves a chance. It is difficult, if a genuine attempt at apology is not accepted. In fact it is an insult.

In families and in schools, things do not always go perfectly. People make mistakes.

As a parent and as a teacher, I have made many errors. How these mistakes are resolved make a significant difference to how a community, how a household, runs. Our children, no matter how old, can be very good at pushing buttons.

Being patient, firm and calm can be difficult. Screaming fits, irrational responses, can be the 'go to' response in some families. These can be 'one off' events or they can plummet into reactive 'behaviour ruts' that families (dare we say marriages) fall into.

Seeking 'right relationship' and creating a restorative family and school environment are key to creating confidence and happiness in our children.

If you feel your relationships are falling into regular, negative patterns, is it time to chance your arm?

Take care

Max Martin



From Our APRE

"Christianity is not about ideas but about deeds inspired by love." Frederic Ozanam (St Vincent De Paul founder)

Frederic Ozanam, was a devout Catholic who faced challenges to his faith and dedication to service, yet he responded with unwavering determination and action. He reminds us of the power of compassion and service in our lives, particularly towards those in need. Frederic was the founder of St Vincent de Paul, a group who continue to show dedication to helping the poor.

At Sacred Heart, we are proud to continue Frederic's legacy through our Mini Vinnies program. The St Vincent de Paul Society works tirelessly to assist those in need, and our own group of dedicated children, Mini Vinnies, follows suit.

Mini Vinnies empowers our primary students to advocate for social justice within our school and community. Through volunteering, advocacy, and fundraising, they embody the values of compassion and service.

This year, we have over 40 enthusiastic children participating in Mini Vinnies. They meet weekly to plan projects and set goals to make a difference in the lives of others. By following the Mini Vinnies' model of "See, Think, Do," our students engage with their spirituality and connect their faith with real-world issues affecting our community.

Last week, our Mini Vinnies group voted for their executive leaders for 2024. Congratulations to the following children who are fulfilling these roles:

President - Josie Prince

Vice president - Lucy Thomas

Secretary - Aria Mahoney

Treasurer - Amelia Crick

Events coordinator - Sarah Van Eyke

There will be a presentation of badges and commissioning for Mini Vinnies at our whole school assembly tomorrow, 8.40am.

Together, may they honour Frederic Ozanam's legacy by continuing to serve others with love and compassion.

Have a great weekend

Melissa Collins

From Our APC

Next week, students in Year 3 and 5 will participate in an online Omnibus test. The Omnibus test is a practice test enabling students to familiarise themselves with the testing platform and the types of questions that will be presented to them during NAPLAN.

Listed is important information pertaining to the NAPLAN timetable for Weeks 8 and 9:

Wednesday 13th March	9am - Year 3 and 5 Writing
Thursday 14th March	9am - Year 3 and 5 Reading, 11.30am Year 5 Conventions of Language
Friday 15th March	9.20am - Year 3 Conventions of Language, Year 5 Numeracy, 11.30am - catch-up writing
Monday 18th March	9am - Year 3 Numeracy

Tuesday 19th - Friday 22nd March there will be the opportunity for students who have missed tests to catch these up.

The public demonstration site link is also available. Visiting this site enables you to view videos, look at NAPLAN style questions and gain further insight into Naplan. <https://nap.edu.au/online-assessment/public-demonstration-site>

This [link](#) will take you to a parent information document that may answer questions you have about NAPLAN.

Have a wonderful week

Mrs Lisa List

Important Dates Term One

February

Friday 23rd Whole school assembly at 8.40am

March

Friday 1st Parent Connect trivia evening at school from 6pm until 7.30pm.
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

Sophie Howard Year 4 Courage
For the confidence you displayed when helping to lead our Year 3 and 4 assembly.

Mai Whiting Year 2
Compassion
For being considerate and assisting others who needed a helping hand.

Hannah Flanders Year 2
Compassion
For your generous spirit in helping and guiding a friend each day.



Olivia Drinkwater Year 1
Compassion
For noticing when your friend was feeling nervous and upset and going out of your way to make them feel safe and valued.



Frankie Award

Zeb Bowman Year 3 For picking up lunchtime rubbish that escaped the bin on a windy tuckshop day.



Student Awards

Congratulations to the following children.

Prep	Chett Rees, Ava Spears, Jackson Gill, Zarah Bishop, Ayza Bidgood, Peter Thompson, Hudson Chan, Elsie Seymour, Paige Veliscek
Year 1	Thomas Gould, Alexander Nixon, Lydia Hoadley-Irving, Kelsey Jones, Bede Druery, Harrison McPhail, Carter Pelling, Ryder Moloney, Ivy Callow, William Gleeson, Jack Guinane, Leila Love, Ashton Keely
Year 2	Hannah Flanders, Leilani Goody, Jaxon Condon, Finn Bridges, Matilda Kirby, Emily O'Brien, Noah Oates, Kobi Rich, Harlyn Seaman, Archie MacPherson, Fergus Kenny, Clairra Nunn, Daisy Den Exter, Mayah Abraham, Jack McCoombes
Year 3	Ivanna Gill, Brock Bishop, Indi Solis, Rocco Renshaw, Conor Web, Zoe Vann, Sawyer Page, Madeline Grob
Year 4	Jacob Flanders, Halle Moger, Hugo McPherson, Willow Mills
Year 5	Ben Sharp, Taia Dooley, Banjo Coker, Addison Toby, Micah Hawkes, Levi King, Marvin Phillips, Charlee Lamkin, Rejie Dickenson, Lincoln Eleveld
Year 6	Aiden Starr, Adeline McDonald, Chelsea Allen, Ava Goodger, Maycie Clarke, Connor Dickenson, Archie McPherson, Max Way, Charlotte Solis

Years 4 to 6 Swimming Carnival

Our Years 4-6 swimming carnival will take place Friday 8th March at the Cooe Bay Aquatic Centre.

All children will come to school as normal on the carnival day. Classes will be bussed to the pool with their class teacher. The events will commence at 9:15am.

Children may wear a sun safe shirt in the colour of their sporting house. Normal school shoes must be worn to and from school. Children may bring thongs or sandals to wear at the pool.

Ensure your child has their hat, water bottle and lunch packed to bring to the carnival. Our children will not be accessing the canteen at the pool.

At the conclusion of our carnival, all our Years 4, 5 and 6 children will be returning to school by bus.

If you have any queries regarding our swimming carnival contact our school office.

Following is a timetable with approximate times for events:

8.50am	Year 4 to 6 children leave school by bus.
9.15am	100m freestyle 9-12 years
9.40am	25m freestyle 9-12 years
10.05am	50m freestyle 9-12 years
10.30am	25m breaststroke 9-12 years
10.55am	50m breaststroke 9-12 years
11.25am	25m backstroke 9-12 years
11.50am	50m backstroke 9-12 years
12.15pm	25m butterfly 9-12 years
12.40pm	50 butterfly 9-12 years
1pm	All children bussed back to school.
1.10pm	Presentation of age champions and winning house in our multi-purpose area.

[Complete the online Swimming Carnival Permission Form here.](#)

Heart Parents

Parent Connect, in conjunction with the school, has assigned a Heart Parent to each class. The role of the Heart Parent is to engage with new and old parents to encourage community engagements.

Our 'Heart' Parents for 2024 are:

Christie Gill - Prep CR (Co-ordinator)	Caitlin Seymour - Prep B	Jessica Renshaw - Prep D
Michelle Guinane - 1L	Sarah Winter - 1R	Emma Poole - 1GR
Naomi Goldman - 2D	Helen Rendell - 2K	Emma Macpherson - 2H
Kerry McCoombes - 3A	Steph McCartney - 3S	Kate Grob - 3M
Inga Apps - 4W	Emma Poole - 4H	Aleicha Phillips - 4J
Kirsten McElhenny - 5TH	Angela Rafter - 5G	Tanya Vann-Smith - 5M
Hollie Neagle - 6T	Hayley Sykes - 6B	Helen Prince - 6ES

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

Thank you to those families who have paid their Term 1 fees. These are due for payment today. If you are unable to make full payment, please email Mrs Stacey Todman at shy_finance@rok.catholic.edu.au to initiate a payment plan agreement.

Chess

Members of the Sacred Heart chess team competed at an interschool chess tournament today. Congratulations to all involved. A special mention to the following students: Alex Todd who received a merit award. Noah Todd, second for Primary Division B and Sacred Heart Red Team: Alex Todd, Noah Todd, Lucy Thomas and Austen Carige who received second overall for Primary Division B. Wonderful achievement.





St Ursula's College Discovery Day



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.

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

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Our Preps At Work and Play





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

-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

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







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, scan the QR code or follow our Facebook page!





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



Family Support Group – Rockhampton South



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