



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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NEWSLETTER

29th February 2024

From the Principal's Desk

In 2023, it was estimated by the Australian Government to cost \$548,500 to raise a child to 18 years old.

Many social researchers believe this is a gross under-estimation and that the cost is closer to \$1 million.

In addition to the government's predictions, researchers say you need to add the cost of electronics, loss of parental income due to leave taken, private tutoring, sports and dance classes and considering the average child now stays at home until they are nearly 30 years old, the real cost to the Australian parent of raising children is over \$1,000,000.

"Generation Z and Alpha, born since 2000, are the most financially endowed generations of children ever. Every child has their own set of everything. We are not in the era of shared toys or hand me downs. The average family has 2.7 children and with 30% of primary school students and 40% of secondary school students in non-government education, parents are more prepared than ever to invest in their kids."

With this in mind, the following reflection crossed my desk recently in response to the financial cost of raising a child.

"You might think the best financial advice is 'Don't have children if you want to be rich'. Actually, it is the opposite. So what do you get for your money?"

Naming rights: First, middle and last.
Glimpses of God everyday.
Giggles under the covers every night.
More love than your heart can hold.
Endless wonders over rocks, ants, clouds, dinosaurs and warm biscuits.
A hand to hold, usually covered in mud or chocolate.

For \$1 million, you never have to grow up. You get to:
Finger paint.
Play hide and seek.
Never stop believing in Santa, the Easter Bunny and the tooth fairy.

You have an excuse to:
Keep watching cartoons.
Go to Disney movies. (We love Moana.)
Keep reading the adventures of Piglet and Winnie the Pooh.
Frame rainbows, hearts and flowers under fridge magnets.
Collect spray painted noodle wreaths for Christmas, hand prints set in clay for Mother's Day and cards with backwards letters for Father's Day.

You get a front row seat to history to witness the:
First step.
First word.
First bra.
First date.
First time behind the wheel.

You get to be immortal. You get another branch to your family tree, and if you are lucky, a long list of limbs in your obituary called grandchildren and great grandchildren. You get an education in psychology, nursing, criminal justice, communications and human sexuality that no college can match.

In the eyes of a child, you rank right up there under God. You have all the power to heal a scratch, scare away the monsters under the bed, patch a broken heart, police a sleepover party, ground them forever and love them without limits.”

This week, my wife, Marie and I welcomed a second grandchild into our lives: Georgie Marie Collins.

We dearly love our three adult children: Nelly, Max and Joseph, however the love we have for our three day old granddaughter is overwhelming and already worth the \$1,000,000.

Take care

Max Martin



From Our APRE

In our lives, "remembering" holds deep significance. It's about more than just recalling past events. It's about letting memories shape and brighten our journey forward. Just as the disciples held onto the memory of Jesus' Transfiguration, where his light shone through and the disciples saw Jesus from a different lens, we too can find strength and inspiration in our own moments of clarity and insight.

The Transfiguration story, experienced by Peter, James, and John, offers us a timeless lesson: the importance of finding the divine in our everyday experiences. Whether it's finding peace in the waves while surfing or moments of revelation in the simplicity of being in the midst of family, we all have our encounters with the profound, often in the most ordinary of moments.

These experiences aren't fleeting. They're meant to be treasured and nurtured. Like seeds planted in fertile soil, they have the power to continually shape and enrich our lives, broadening our perspectives on love and life.

As families, let's embrace this invitation to remember.

Let's share stories of our own moments of clarity and insight, holding them close to our hearts and allowing them to light our way. Through these shared experiences, may we find fresh perspectives, deeper understanding, and an abundance of grace, enriching not only our own lives but also the lives of those around us.

The story of Jesus' Transfiguration isn't just a tale from the past, it's an ongoing invitation to transform our lives in the present moment.

Let's embrace this call, allowing the light of inspiration to illuminate our homes and hearts.

Have a great weekend



Melissa Collins

From Our APC

This week, Mrs Du Plooy (Prep teacher), Mrs Shammall (Year 3 teacher) and Mrs Goltz (Year 5 teacher) participated in a Leading Mathematics Education Project, led by John Campbell from the Catholic Education office.

This initiative is aimed at enriching the teaching and learning of mathematics to give every learner an outstanding Mathematics education and ongoing opportunities to become “confident, creative users and communicators of mathematics”.

Over the two days the following key ideas were unpacked:

- Mindsets and a focus on pedagogy: High leverage practices,
- Hands-on and thinking activities to support and engage all students,
- 4 Steps to the effective teaching and learning of Mathematics, and
- Resourcing and whole school planning.

This will continue throughout 2024 and 2025, giving our teachers the skills and knowledge to embed high yielding and effective strategies in the teaching and learning of mathematics.



NAPLAN News

This week, our Year 3s and 5s participated in an online Omnibus test in preparation for NAPLAN in Weeks 8 and 9. This practice test enabled students to feel confident when accessing the NAP (National Assessment Program) browser and engaged in the process of logging in using test and student codes.

It also allowed our children to experience NAPLAN style questions in numeracy, reading and language conventions. All of which are assessed.

Our students were very comfortable participating in this assessment.



Have a wonderful week

Mrs Lisa List

Important Dates Term One

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

Fergus Kenny Year 2 Compassion For always encouraging others, and showing such wonderful care and concern when helping someone who needs a friend.

Matteo Medrano Year 2 Compassion For showing kindness and support towards a friend who needed encouragement.

Madeline Gill Year 4 Compassion You always notice when someone needs a helping hand or a friend to lean on. Thank you.

Emily Boon Year 4 Compassion For displaying great kindness and care for others when they are upset or need a friend. Thank you.

Presley Phillips Year 4 Compassion For your generous spirit and always being first to offer a helping hand to others.

Connor Dickenson Year 6 Courage For the leadership you have shown in assisting with returning sport equipment. Your thoughtfulness is greatly appreciated.



Week 6 Student Awards

Congratulations to the following children.

Prep	Sarah Rosel, Emily Robertson, Edward Neve, Noah Songoro, Jaquarn Freeman, Poppie Lowrie, Jake Martin, Knox Richter, George Minto, Gus Hatte.
Year 1	Harvey Bergman, Harry Phillips, Ellie Smith, Archie Stumer, Harrison Turner, Sierra Scott, Linus Vandelanotte, Noah Eyles, Summer Hawkes, Franki Kelly, Bede Druery, Ayrлие Ferrier, Piper Mahoney, Logan Trevor, Storm Hamilton, Charlotte Thompson.
Year 2	Quinn Campaniello, Indi De Hennin, Matilda Flower, William Lowry, Sophia Small, Finn Jarrett, Stella Small, Lizzie Crick, Karla Kehoe, Kevin Zhong.

Year 3	Chelsea Smith, Jett Graham, Jedd Gordon, Maddison Nixon, Wyatt Forbes, Ruby Willetts, Blake Kirby, Summer McCoombes, Leilani Du Plooy, Carter Morris, Kai Schwennesen, Hugo Way, Aurora Johnson, Leilani Du Plooy, Jackson Stewart.
Year 4	Felix Suttle, Abby Eyles, Jack Strenzel, Ryah Manz, Eliza Nunn, Hudson Platen.
Year 5	Eibhlin Timlin, Henry Willey, Flynn McKenna, Macy Gould, Ella Jansen, Talisa Vilojen, Georgia Blackwood, Ivy Fitzgerald, Beau Hoare.
Year 6	Amelia Maiorana, Avah Schwennesen, Ethan Bell, Josie Prince, Sebastian Drew, Ruby Deasy, Eli Parfitt, Sienna Platten, Abigail Colgan, Billie Kirkwood.

Mini Vinnies' Commissioning

At last Friday's whole school assembly, we announced our Mini Vinnies' 2024 executive and commissioned all members.

It was wonderful to have Mrs Vicki McCosker who is an active member of our local St Vincent De Paul in attendance to present badges and acknowledge the work of our Mini Vinnies' group.

This social justice group is very well attended and we are looking forward to hearing about the initiatives and wonderful work they will instigate this year.



Welcome to New Staff

This week, we welcomed Mrs Skye Gonzelas onto our staff and into our school family as she fulfils the role of educational school officer in Prep B with Miss Baker.

All the very best for your time at Sacred Heart.



Years 4 to 6 Swimming Carnival

Our Years 4-6 swimming carnival will take place next Friday 8th March at the Cooee 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.](#)

School Cross Country Training

Our Year 4, 5 and 6 cross country carnival will be held Monday 25th March on our oval.

To help our children prepare for this event, we will be having cross country training on our school oval for our Year 4s to 6s every Monday and Wednesday 3.30pm - 4.15pm commencing next week.

Interested children will need to bring their running gear to change into after school.

Mrs Kenny and Mr Martin will be supervising this training.

Rockhampton District Sports Representation

Congratulations to Chelsea Bunt (netball) and Jacob Nix (basketball), both Year 6, on their recent selection to compete at the upcoming Capricornia trials to be held within the next few weeks.

Well done and we wish them all the best.



Challenge Cup Netball

All students in Year 6 interested in representing Sacred Heart in netball for Challenge Cup this year, are invited to attend trials over the coming Fridays during the last session of the school day (Friday 1st, 8th and 15th March). These will be held at school.

Challenge Cup training sessions will be weekly on Mondays from 3:15pm – 4:15pm, on our school oval, commencing Term 2.

Dental Van at Sacred Heart

A full dental treatment to the students currently enrolled at your school will commence at Sacred Heart on 18th March 2024. This service will be provided by the Mobile Dental Clinic 74.

The [Medical History/Consent Form](#) has been attached, and will be sent directly to parents via email.

Paper copies will be made available in the school office.

Alternatively, parents can scan the [QR code](#) below for access to an electronic form.

Parents and carers are responsible for ensuring their child/children attend at the agreed appointment times.

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, email Mrs Stacey Todman at shy_finance@rok.catholic.edu.au to initiate a payment plan agreement. Thank you.

St Ursula's and St Brendan's Colleges Discovery Days



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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Year 6 boys are invited to an introduction to secondary school, where they will participate in exciting and informative activities. Registration is essential.

See information on the St Brendan's College Discovery Day. Parents and carers need to register for this event through the following link [Discovery Day Registration 2024 \(office.com\)](#) no later than 29 February 2024.

As in previous years, St Brendan's College will be offering a bus transfer for our boys to and from Sacred Heart.

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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
YEPPOON CENTRAL
3rd Feb 9am - 4pm

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

PLAY SOFTBALL IN 2024



SEASON STARTS MARCH 9TH

- Bluebirds - bluebirdssoftball@outlook.com
- Frenchville Scorpions - softball@fsports.com.au
- Outlaws - outlawsoftballclubinc@gmail.com
- Taipans - taipans.softball@gmail.com

REGISTRATION COSTS FOR THE 2024 SEASON

- Tee-Ball (u10's) — starting at \$40
- 10-12 years — under \$100
- 13-17 years — starting at \$160
- Seniors (18+) — starting at \$250

TRAINING NIGHTS

- Bluebirds & Taipans—Tuesday
- Outlaw—Wednesday
- Frenchville—Thursday

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

CatholicCare

Magic

CHILDREN LEARNING TO MANAGE

SPECIAL NEEDS

Learn to manage difficult behaviour in children 2-12 years old
 Three session program for parents and carers provided by **CatholicCare**

Catholic Care, 5/15 James St, Yeppoon
 Thursday 7, 14, 21 March 2024 – 6.30-8.30pm

“1-2-3 Magic® can be a magnificent preventative measure that any parent can use to avoid raising a child, who later down the line, needs excessive discipline or grows out of control

Specifically tailored to parents of kids with special needs, you will learn:

- How to discipline without arguing, yelling or smacking
- How to sort behaviour
- How to handle challenging and testing behaviours
- Choosing your strategy, the three choices
- Using emotion coaching to encourage good behaviour
- Seven tactics for encouraging good behaviour

Parents will receive:

- 1-2-3 Magic® & Emotion Coaching Parent Workbook

FREE

REGISTER NOW

Call 1300 783 544 or visit catholiccarecq.com/123magic