



**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**

24th April 2024

### From the Principal's Desk

Several classes at Sacred Heart have been keenly involved in a Queensland RSL initiative, 'Postcards of Honour'. Their task was to decorate and write on a postcard which will in turn be given to someone who has served.

Above are several examples from our children. The thought and care which went into each of them displayed a genuine awareness and appreciation of our children for 'service persons' both past and present.

Many years ago now, I had the opportunity to walk the Kokoda Track with students from Marist College, Emerald. At the conclusion of our trek, we visited Bomana War Cemetery, just outside Port Moresby. This area is the largest war cemetery in the Pacific, containing nearly 4000 graves of which 3069 are known and 237 unknown Australians who fought in Papua New Guinea.



Bomana Cemetery

I still vividly see the headstones of young men, the same age as my two sons who ventured from their homes to protect our country, never to return, never to see their mothers, fathers, families again, buried in a foreign place.

Several of the older students noticed that I was a little emotional. Beside a grave whose inscription read, "Known Only To God", we came together, hugged and cried. A moment I will always remember.

I'm sure you will pause sometime tomorrow to consider our ANZACs, reflect on the sacrifice of others and remember that you too have a responsibility to continue telling the story to our children. We need to recognise courage and to ensure the true horrors of conflict will never be forgotten.

Everyone is encouraged to attend the ANZAC march tomorrow which commences at 9.30am, leaving from the Old Railway Station across from the Railway Hotel. We will assemble at 9am and children marching are asked to be in their normal school uniforms with their school hats. Many of our teachers and staff will also be marching with our children.

Our attendance at this march last year was overwhelming. Water bottles are encouraged. Families are then asked to collect their children after the ceremony at the cenotaph.

Our dawn service will be held at 5.30am on the Yeppoon beachfront.

Many thanks to our Year 5M children as they solemnly and maturely presented our ANZAC Day assembly on Monday. Also to Mrs Sheryl O'Connor from our local RSL for her address and the St Brendan's students, Mr Jack Ingram, Mr Corey Owens and Mrs Rawiri for their singing and musical accompaniment. They were all superb.



Poppies from Prep  
Max Martin

Take care

## From Our APRE

ANZAC Day isn't just about remembering one event from history. It's a day to honour all Australians who have served and sacrificed in wars, conflicts and peacekeeping missions, as well as those who continue to protect our country.

The spirit of ANZAC teaches us important values like courage, friendship and selflessness, which are very relevant today and help shape our national identity.

As followers of Jesus. We are called to spread love and peace, even in the face of suffering and adversity around the world.

The Peace Prayer of St Francis of Assisi is a beautiful reminder of this mission.

*Lord, make me an instrument of Your peace.*

*Where there is hatred, let me sow love;*

*Where there is injury, pardon;*

*Where there is doubt, faith;*

*Where there is despair, hope;*

*Where there is darkness, light;*

*Where there is sadness, joy.*

*O, God, grant that I may not so much seek to be consoled as to console;*

*To be understood as to understand;*

*To be loved as to love;*

*For it is in giving that we receive;*

*It is in pardoning that we are pardoned;*

*It is in dying that we are born again to eternal life.*

May we always strive to be agents of peace.

Melissa Collins

## From Our APC

If you grew up in a household similar to the one I did, then you probably heard your parents tell you that breakfast is the most important meal of the day.

As a parent, it is easy to grab the boxes of sugary breakfast treats knowing that children will devour them before heading off to school, which may seem great at the time because we know that children can concentrate better in class if they have had breakfast.

However, new research from the Australian Research Council project, looking at the impact breakfast has on students' motivation to learn and their academic performance, shares some startling statistics that may shock you.



The research found students who ate a healthy breakfast demonstrated higher levels of motivation and achievement, this is not so surprising.

The worrying fact researchers found was that students who ate unhealthy breakfasts had the same low levels of motivation, achievements and disruptive behaviours as those who ate no breakfast at all.

This is quite a shocking fact to be faced with and most likely because eating the wrong kinds of foods does not properly fuel the mind or body for what is needed to optimally "switch on" academically.

The Kids Health Organisation tells us, that eating a healthy breakfast can:

- help kids get more fibre, calcium, and other important nutrients,
- can help kids do better in school.
- improves memory and attention, which kids need to learn, and
- students who eat breakfast score better on standardised tests.

If your child is not hungry first thing in the morning, pack a breakfast that they can eat a little later, on the bus or on the way to school. Fresh fruit, cereal, nuts, or half a peanut butter and banana sandwich are nutritious, easy to make, and easy for kids to eat on the go. *Breakfast Basics*, medically reviewed by Dr. Mary L. Gavin.

This [link](#) will take you to 8 Tips on 'What Parents Can Do' to promote breakfast eating by Evangeline Mantzioris, Director of Nutrition and Food Sciences, University of South Australia.

### Premier's Reading Challenge

Date	Activity
22 April 2024	Online database registrations open
7 May 2024	Reading period commences for Prep to Year 9 students*
12 to 23 August 2024	Early childhood participation period
23 August 2024	Reading period finishes for Prep to Year 9 students*
6 September 2024	All reading data must be finalised in the database
Early October 2024	Certificates of Achievement issued
October 2024	Premier's Reading Challenge celebration weeks

The Premier's Reading Challenge is an annual statewide initiative for all Queensland students up to Year 9. The challenge aims to improve literacy skills and encourage children to read widely for pleasure.

I encourage all students at Sacred Heart to participate in this year's challenge.

Forms are available from Mrs Kirkman in our office.

Have a wonderful week

Mrs Lisa List

### Important Dates Term Two

#### April

Thursday 25th ANZAC Day public holiday

#### May

Monday 6th Public holiday  
 Tuesday 7th Rockhampton district cross country  
 Friday 10th Mother's Day assembly 8.40am with 2D presenting  
 Sunday 12th Mother's Day  
 Monday 13th Life Education van at Sacred Heart  
 Monday 13th Prep to Year 3 cross country carnival on our oval  
 Tuesday 14th Mini Vinnies pizza day  
 Wednesday 15th 200 and 800 metre races at St Benedict's school  
 Friday 17th Year 5 and 6 interschool sports day (Rugby league, netball, flag footy)  
 Friday 17th Parent Connect family movie night  
 Monday 20th Year 4 camp to the Capricorn Caves commence  
 Thursday 23rd Interschool chess competition in Rockhampton.  
 Friday 24th Prep excursion to Cooberrie Park  
 Monday 27th Year 4 to 6 athletics carnival held on our oval  
 Friday 31st Year 5 and 6 interschool sports day (Rugby league, netball and flag footy)

#### June

Monday 3rd Footsteps dance lessons commence at school  
 Friday 7th Footsteps dance concert  
 Wednesday 12th KCD athletics carnival at Farnborough SS  
 Thursday 13th Sacred Heart Day celebrations  
 Friday 14th Yeppoon show holiday  
 Friday 21st Final day of Term 2

### Capricorn Coast Catholic Parish

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

## Sacramental Program

The 2024 Sacramental program information letter and registration form was sent home with students last week.

If your child did not receive this, see links below or enquire at the parish office.

There will be an information night on Wednesday, 8th May at 6pm at Sacred Heart Church. Bring along the following on the night or email to [capcoast@rok.catholic.net.au](mailto:capcoast@rok.catholic.net.au) prior:

- Registration form
- Baptismal certificate
- \$50 payment - can be paid online (details on registration form) or cash on the information night.
- Passport size photo.

[Sacramental Information Letter 2024](#)

[2024 Sacramental Registration Form](#)

## Lantern Awards



Finn McIvor, Rocco Renshaw, Wyatt Forbes and Fletcher Thompson Year 3

Compassion - For giving up their play time to help teach younger students how to play handball.

Isla Rae Kani Year 1

Compassion - For always offering to help your teacher during PE and showing kindness towards others.



## Class Awards

Congratulations to the following children.

<b>Prep</b>	Hailey Allen, Aurora Sykes, Paige Veliscek,
<b>Year 1</b>	Clara Ohl, Noa Johnston, Felix Gagliardi, Chris Palmer, Harry Philips, Harvey Bergman, Olivia Drinkwater, Logan Trevor, Connor Ohl, Evie Peters, Ivy Stumer.
<b>Year 2</b>	Porsha Mundy, Sophia Small, Finnlay Beecheno, Sapphire Johnson
<b>Year 3</b>	Olivia McElhenny, Frankie Lack, Page Sawyer, Blake Kirby, Maddison Nixon, Oliver Kingston, Chase Dawson, Madeline Ohl, Paisley Nicholls
<b>Year 4</b>	Toby Apps, Shanelle O'Meara, Eva Gleeson, Loreta Edwards, Emilia Coker
<b>Year 5</b>	Michael Bartlett, Willem Shackleton, Sophia Rafter, Emmie Bowden, Emma Hall, Isla Eades, Alexander Bernard, Nixon Johnston, Charlotte Grobb
<b>Year 6</b>	Bertie Harvey, Jai Ray, Maycie Clarke, Miller Keegan, James Eyles.

## Volunteer Induction

A volunteer induction will be held in our staffroom Wednesday 1st May from 3:10pm for any parents, grandparents or carers who are wanting to assist at Sacred Heart this year.

The induction needs to be completed each year, even if you attended a session last year.

This training is a mandatory requirement before any volunteers are permitted to assist. This includes helpers in the tuckshop, which will begin next week.

Thank you for your anticipated support.

## Sacred Heart Breakfast club



Friday 3rd May (Week 3) will see the return of Breakfast Club at Sacred Heart. This is an initiative of our Parents Connect group.

It will commence at 8am until 8.20am in our multi-purpose area. There is no cost involved.

The following will be available for breakfast: toast, butter, Vegemite, honey, jam and fruit.

There will be gluten free toast etc available.

All preparation and serving will be done by adults, out of our tuckshop.

There is an invitation extended to all our children.

## Prep to Year 3 Cross Country

Our Prep to Year 3 / 4 cross country races will now be held on Monday 13th May on our school oval.

Races times are:

Year 2	9.10am
Year 1	9.30am
Prep	9.55am
Year 3	10.15am

Parents and carers are most welcome to attend.

## ANZAC Day School Assembly and March

Thank you to 5M who led our ANZAC Day prayer assembly on Monday.

Sacred Heart was fortunate to have Mr Jack Ingram, Mrs Corey Owens (teachers from St Brendan's) and twenty two St Brendan's students attend the assembly and provide instrumental support.

Thank you to our guest speaker, Ms Sheryl O'Connor, an Air Force veteran and member of the Yeppoon RSL sub branch and Mrs Eryca Rawiri who sang the New Zealand national anthem.

Tomorrow, our school will participate in the Anzac Day March commencing at 9:30am.

All students are invited to participate in the march and are asked to gather at 9am opposite the Railway Hotel, and are asked to wear their school uniform and school hat.





Show don't tell Writing

Students in Year 4H were tasked with writing a description based on their holidays. Classmates had to guess where they went or what they did based on their recount.

# Amelia SHOW, DON'T tell

about your adventures these holidays!

Your classmates will try to guess what you did based on your description!

## SEE

Describe something you saw!

On the Spectacular Holiday when I was near Vinnie's I saw costumes and a stage. When I got inside it was very big there were two rooms and they were connected but had a sliding door and there were a lot of bags. There were 55 kids there.



## HEAR

Describe something you heard!

On the Spectacular Holiday when I was next to Vinnie's I heard kids screaming and laughing while playing games before the lesson started.



## FEEL

Describe something you felt!

On the Spectacular holiday I felt nervous because I was going on stage soon.



## TASTE

Describe something you tasted!

On the Spectacular holiday I tasted dust when I was backstage and on stage.



## SMELL

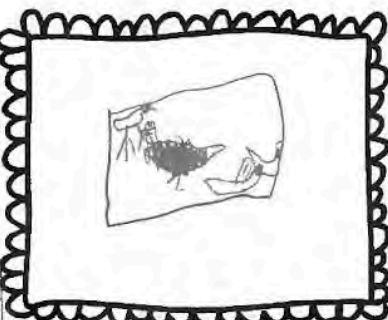
Describe something you smelled!

On the spectacular holiday I smelled dust that also made me sneeze.

# SHOW, DON'T tell

about your adventures these holidays!

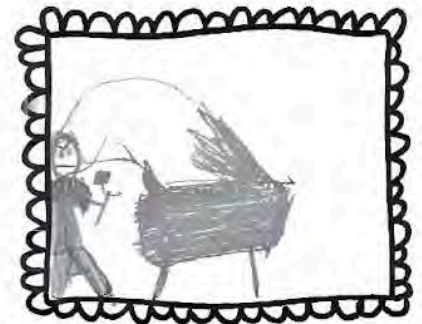
Your classmates will try to guess what you did based on your description!



-cubby howestand into a camp



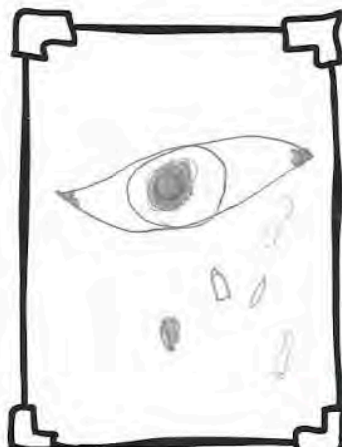
FEEL  
Describe something you felt!  
All I could feel was something small and from wood being cut.



## TASTE

Describe something you tasted!

All I could taste was after when we had a fire. It starts with marsh



## SMELL

Describe something you smell!

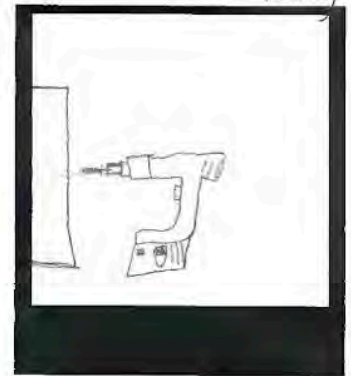
All I could smell was something grey. It comes from something red and orange and it's annoying.

That wind blowing it into me

## SEE

Describe something you saw!

On the nice holiday my mum came home and I saw my new something.



## HEAR

Describe something you heard!

I could hear something used in construction it's small.



# SHOW, DON'T tell

about your adventures these holidays!

Your classmates will try to guess what you did based on your description!

## SEE

Describe something you saw!

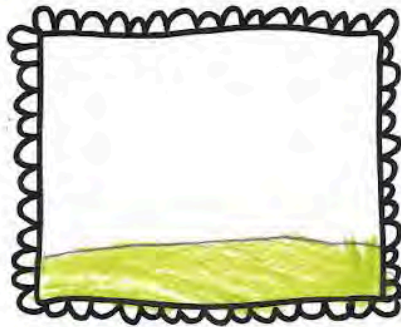
On holidays I saw  
lots of grass  
I saw fire



## HEAR

Describe something you heard!

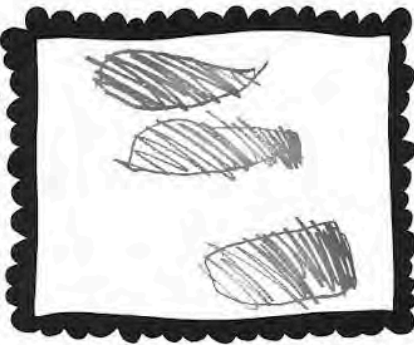
I heard a noise  
from a of <sup>animals</sup> animals  
that make a lot  
of noise.



## FEEL

Describe something you felt!

I felt excited  
when I saw something  
It was very calm.



## TASTE

Describe something you tasted!

On the Great holidays  
I tasted something  
that was chewing  
MA TASTING!



## SMELL

Describe something you smell!

On the good holidays  
I smelt smoke  
I could see fire too

# SHOW, DON'T tell

about your adventures these holidays!

Your classmates will try to guess what you did based on your description!

## SEE

Describe something you saw!

On the best holidays ever i was out of town. I was also standing in front of a cool giant key.



## HEAR

Describe something you heard!

While i was there i heard angel like barks they were so beautiful. I heard people cooking up some foods.



## FEEL

Describe something you felt!

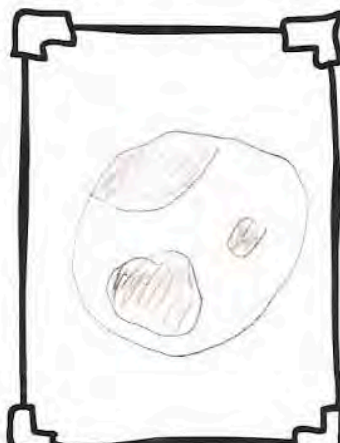
As i slowly walked in i had a beautiful sight. I fastly ran up to it and patted it softly and it felt soft, fluffy, amazing and furry.



## TASTE

Describe something you tasted!

I went to the food place after and got hot chips with tomato sauce. It was delicious!



## SMELL

Describe something you smell!

I smell lots of foods, like chips, bungsers and lots of drinks but mostly i smell pee and poo.

Enrol now for Prep 2025



SACRED HEART  
YEPPOON

SACRED HEART CATHOLIC  
PRIMARY SCHOOL, YEPPOON

# ENROL NOW FOR PREP 2025

Contact us on 4994 8215 or enrol  
online [shyrok.catholic.edu.au](http://shyrok.catholic.edu.au)



AFL - Aus Kick



# PLAY NAB AFL AUSKICK



**SACRED HEART AUSKICK CENTRE**

<b>START DATE</b>	Monday 29th April
<b>LAST SESSION</b>	Monday 17th June
<b>TIME</b>	3:15 pm till 4:15 pm
<b>VENUE</b>	Sacred Heart School Oval

Your first Session can be a 'Come & Try' Session  
(No registration required for 'Come & Try' Session)

For more information call **Scott on 0404 986 543**  
or E-mail at [capricornia.auskick@hotmail.com](mailto:capricornia.auskick@hotmail.com)



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[play.afl/auskick](http://play.afl/auskick)   

