



**SACRED HEART CATHOLIC PRIMARY SCHOOL**

**Enriching Spirits ~ Educating Minds**

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**NEWSLETTER**

2nd May 2024

### From the Principal's Desk

One of the highlights of my week is when I teach our Preps their PE lesson. In preparation for their cross country race on Monday week 5, we have been running a short course on the oval; practising how to start, keeping outside the markers and crossing the finish line strongly. Yesterday, one of my young athletes as we were about to do our second run, informed me that she was 'over' cross country and thought we should go into the air conditioning and sing. I almost agreed with her.

To some of you this next anecdote may be well known but it still has an important message as we enter week 4 of Term 2, wondering where the first four months of 2024 have gone, knowing that we still have 'a lot on our plates' over the next seven weeks of this term. Speaking with several past Sacred Heart students, now in Year 12, they are counting down to their graduation in days already.

Once upon a time, there lived a strong, young man named Joe who lived on the edge of a great forest. At the edge of the forest was a timber mill where men brought trees they had cut down to be sawn and shaped into timber suitable to make houses and furniture.

Joe knew this was a profitable job, so when he turned 17, he went to see the timber merchant. The merchant, Mr Hurley, was very impressed with Joe: he was young, strong, motivated and obviously committed to doing his best. Mr Hurley handed Joe an axe and said, "You begin work tomorrow morning at dawn."

Joe was so excited.

The next day with his new axe in hand, he worked tremendously hard and with pride returned to the timber mill at sunset with his horse dragging 18 fine logs. "Congratulations," said Mr Hurley, "you have worked very well."

Joe was puffed up with pride and was determined to do even better the next day. But to his surprise at sunset the next day, he had only managed to cut down 15 trees. "Don't worry," said Mr Hurley, "I know you are doing your best."

However on the third day, despite his best efforts, Joe only carted 10 logs to the timber mill. Day after day, Joe chopped trees down and each day the number of logs he brought in decreased.

By the 8<sup>th</sup> day, Joe was really disheartened, only 3 trees to tow to the mill. "I'm so sorry Mr Hurley, I am trying harder every day, I don't rest, I chop through lunch and yet I still can't seem to chop down 18 trees. I must be getting weaker."

Mr Hurley leant down and picked up Joe's axe.

"Son," he said, "the problem is simply solved. You need to sit down more, take a rest, eat your lunch and while you do it sharpen that axe."

So what's the message? The message is that successful people have balance in their lives.

They don't just work and work, they make time to have pauses in their lives, to sharpen their axes. Maybe we can liken the sharpening of the axe to someone who prioritises what is important in their lives.

As busy parents and carers, I bet you wonder where the weeks and months and years disappear to?

Where have my Saturdays gone, as we taxi children to play dates, sport and part-time jobs?

How can that chubby baby now be heading for high school?

We are encouraged to learn from Joe after he learnt to sharpen his axe – to be organised, determined to do your best

but also to weigh up the priorities in your life, not over-spending too much time on any one endeavour.

To take time to pause every now and then on the meaning of your life – a time for rest, a time for meditation, a time for prayer. Much easier said than done but well worth giving a try.

Take care

Max Martin

### From Our APRE

A priest was well known for doing extraordinary things for his community. The story goes that each morning he started his day with 5:30am mass, which was followed by his working day with his community. After dinner each night, as the rest of us retired to bed, he got in his car and drove the streets getting troubled youth off the streets before they got into strife with the police. He normally returned home after midnight when his day ended, with little sleep until the celebration of mass the next morning.

When asked by a colleague how he kept going each day, his reply was that he used a prayerful reflection known as 'The Examen', whereby you reflect on the events of the day in order to find God's presence.

He asked himself four questions.

What am I grateful for today?  
Was I the best version of myself?  
What challenged me?  
Where did you see God?

This thoughtful reflection reminded him that everyday, good things do happen, we are always challenged in some way and that God is at work in our lives and if we are the best version of ourselves, then God is working through us.

It gave him more incentive to go out again each night and walk in Jesus' footsteps.

The Holy Spirit is moving in each moment of our daily lives, and we need to pay attention to the seemingly ordinary, to encounter God.

As you face the week ahead, stop and challenge yourself by asking four questions.

Have a great weekend

Melissa Collins

### From Our APC

The role parents and carers play in their children's reading journey should never be underestimated. Research tells us that parents' perceptions, values, attitudes and expectations play an important role in influencing their children's attitudes towards reading, and literacy development.

The following are proven benefits of reading with your child:

- Builds relationships and bonds between children and parents,
- Children's reading and academic success improve,
- Children tend to read more,
- Children's self-esteem improves, and
- Communication skills, vocabulary and general learning skills improve

(PETAA, 2024).



Parents and carers often have questions regarding reading with their child/ren. Some of these include:

- *What can I do to help my child learn to read?*
- *How are children taught to read at school?*
- *How can I avoid feeling frustrated especially when I have told my child the same word five times and he still does not know it?*
- *How do I eliminate the stress associated with reading at home?*
- *She wants me to read the same book again and again ... what can I do?*
- *He says he hates reading ... what can I do about that?*
- *The only thing I know to say is what I remember from when I was at school ... I say 'Sound it out', but it doesn't seem to work with most words. What else can I say?*

These are all valid concerns, many of which are addressed in this [link](#) on tips for reading with your child/ren.

Have a wonderful week

Mrs Lisa List

## Important Dates Term Two

### 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
Tuesday 14th	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 Sacramental information night is on Wednesday, 8th May at 6pm at Sacred Heart Church. This night is for parents, children are not expected to come. 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



Blake McQuillan Year 5 Courage  
For displaying confidence and commitment when asked to challenging educational activity.

Sloan Kelly and William Finch Year 4 Courage  
For involving yourself wholeheartedly in lunch time activities with your peers.

Marleigh Drew Year 4 Compassion  
The manner in which you show care and concern for your friends and classmates is greatly appreciated.

Axel Sutton Year 2 Compassion Thank you for being such a wonderful friend and looking after others when they are upset.

Molly Chenoweth Year 2 Compassion For playing so well with your friends at lunch times and making sure everyone is included. Thank you.



## Class Awards

Congratulations to the following children.

<b>Prep</b>	George Minto, Imogen Grob, Kaide Richardson, Caiden Macolm, Sarah Rosel, Rian Siddins, Edward Neve, Lexie Jannes, Zarah Bishop, Fred Henney, Murphy Kenny, Harper Russell, Tahlia Edwards, Mason Wright, Charlie Wilson
<b>Year 1</b>	Lotte Perera, Harrison McPhail, Jack Guinane, Carter Pelling, Lara Fry, Henry Hamilton, Ayla Hamrey, Thomas Gould, Astrid Robinson,
<b>Year 2</b>	Archie Aupouri, Zara Thomas, Daisy den Exter, Nicholas Rendell, Alivia Evans, Porsha Mundy, Raiden Dawson, Eva Watson, Finn Bridges, Van Richter, Sophie Donald, William Lowry, Charlie Veliscek
<b>Year 3</b>	Carter Morris, Ivanna Gill, Harmony Crystal
<b>Year 4</b>	Madeline Gill, Matilda Seymour, Flynn O'Brien, Eliza Nunn
<b>Year 5</b>	Nixon Johnston, Charlotte Grobb, Lincoln Eleveld, Taj Rich, Charlee Lamkin, Chase Gribble, Harrison O'Rouke, Keira Cooper, Alexa Mattingley, Austin Jackson,
<b>Year 6</b>	Josie Prince, Connor Dickenson, Adah Stapleton, Wilfred Neilson, Aria Richards

## Pizza Day



Mini Vinnies is holding a Pizza Day on Tuesday 14th May, 2024.

Slices of pizza can be purchased online through Flexi Schools.

Both regular and gluten free options are available for purchase \$2.50 per slice.

Orders are to be placed by 1pm Friday, 10th May 2024. Thank you.

The pizza will be served at first break on Tuesday 14th.

## Sacred Heart Breakfast club

Breakfast club starts tomorrow. 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.



## Parents Connect meeting

The minutes from our Parents Connect meeting held on [22 April 2024](#) are available [here](#).

The next meeting is scheduled for Monday 3rd June 2024 at school. All are welcome to attend.

## Prep to Year 3 Cross Country

Our Prep to Year 3 / 4 cross country races will 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.

## Year 5 and 6 Interschool Sports Days

On Friday 17th and 31st May, Sacred Heart Year 5 and 6 children will be involved in sports days with schools from the Capricorn Coast.

Our students will be playing netball, rugby league or Oz Tag (flag footy) at the Barmaryee Sports Complex.

Children and their teachers will be transported by Keppel Coaches to and from the venue, leaving school at 8.40am and returning by 2.45pm.

Our children need to wear their normal uniform including hat to school on these days.

Netball dresses, league shorts, socks, jerseys and flag footy shirts will be provided. Children will change into these at school.

Students will wear sport specific footwear once at the grounds.

A mouthguard is compulsory for rugby league.

Morning tea, lunch and a water bottle are necessary.

There is no cost involved.

As this is an off-site activity, we ask that you contact Mrs Kenny at [jennifer\\_kenny@rok.catholic.edu.au](mailto:jennifer_kenny@rok.catholic.edu.au) if you do not give permission for your child to participate in either gala day.

## Rockhampton District Sports Representation

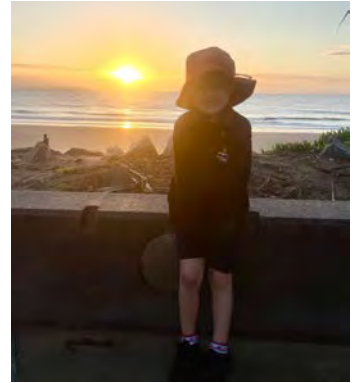


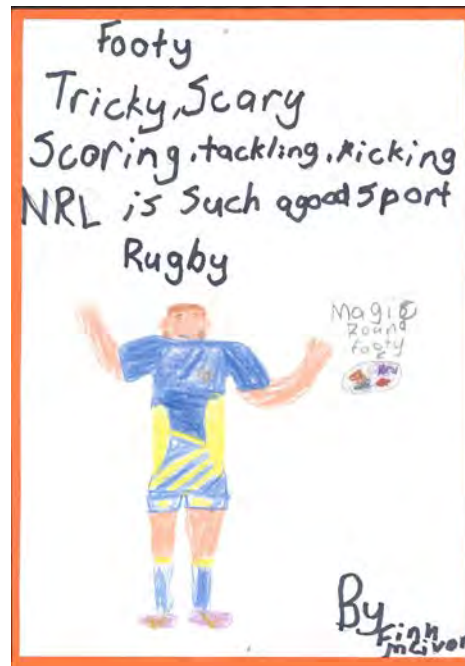
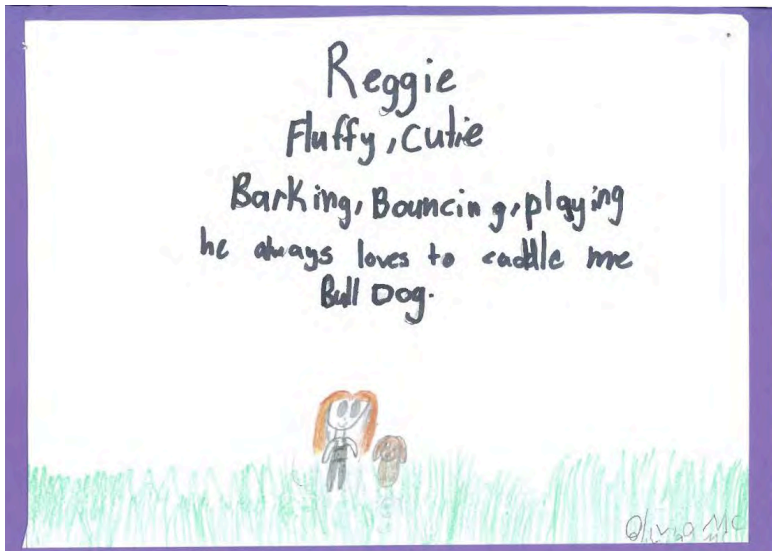
Congratulations to Beau Hoare, Henry Willey (Year 5) and Cooper Griffin (Year 6), on their selection in the Rockhampton District rugby union team to compete at the Capricornia trials.

We wish them all the best.

## ANZAC Day

Thank you to everyone who was able to attend the dawn service and march at Yeppoon and Emu Park, representing Sacred Heart. The response from our school family was overwhelming.





Library News



**Book Club** issue 3 Loop Orders will be closing Monday 6<sup>th</sup> May, if you wish to order any books for your child, follow the link below or utilise the LOOP app.

[LOGIN \(scholastic.com.au\)](https://www.scholastic.com.au)

## Year 3 Excursion

As part of their Science and Geography studies on the Great Barrier Reef, our Year 3s headed to Great Keppel this week.

Students boarded the glass-bottom boat and toured the reef, as well as explored the beach, even having time for a swim.

Playing with my friends in the water was the best.

Charlotte

We got to see lots of fish and sea creatures while on the glass bottom boat.

Cara

We had the chance to play in the sand. Some of us built a sand castle.

Chelsea

On the way over, a few people got sick. They got better when we landed on the beach.

Miles





## Enrol now for Prep 2025

Enrolment applications are now invited for Prep 2025.

Visit our website and apply today [shyrok.catholic.edu.au](http://shyrok.catholic.edu.au)



## Our Sacred Heart - Mother's Day Morning Tea

