



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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**NEWSLETTER**

9th May 2024

### From the Principal's Desk

Uninvited some arrive, others are well planned and on time, either way, the birth of a baby is an emotional and generally joyous occasion, plunging many of us into parenthood.

The plump cheeks, cooing smiles and rosy faces of the television babies, all are quickly proved a fiction, as sleepless nights, overflowing baskets and stubborn stains and smells creep into every crevice of the household.

The joy at hearing the first 'Mum' and 'Dad,' is eventually replaced with a wistful wonderment on 'why did I ever tell them my name'...how many questions can a child need to know the answer to? Why do they think mothers/fathers know the intricacies of astronomy, physics, volcanoes and the history of dog breeding?

A parent's presence is the centre of a child's young universe.

On Monday, we went to People's Day for Beef Week. With our granddaughter in tow, Dorothy, the Dinosaur Show was our top priority. The energy on the dance floor with over one hundred young ones 'grooving' to Do The Propellor, Wheels On The Bus, Fruit Salad was just delightful.

We were soon joined by a group of young mums, all of whom we had taught. There was an eclectic mix who we knew as wonderfully energetic and beautiful people; now all grown up, successful, well travelled and having started their own families.

They had flown their family nest.

As parents, we crave the once persistent voice with the 'mum, mum' 'dad, dad.'

A missed call or a brief text may be all you get in the future. Before you know it, 'someone else' will be the all encompassing centre to their world.

So cherish the moments, the good and the bad, you have with your children. A home with children in it is a great blessing.

In saying this, Happy Mother's Day to all our Sacred Heart Mums and Mother figures who are our greatest blessing.

Hope you have a wonderful Sunday.

Finally, some of our Year 2 children shared what they love about their mums / mother figures.

- |   |         |
|---|---------|
| She helps me with my homework and with doing lots of puzzles.                   | Axel    |
| She is a good cook and bakes for us, especially cookies.                        | Ruby    |
| She is the best mum ever, because she takes me to football and watches me play. | Finn    |
| She is really funny and says stuff that makes me laugh.                         | Charlie |
| She cares and looks after me. She is very special.                              | Peyton  |
| My mum gives me the best hugs.  | Boyd    |



She cuddles me before bedtime and it helps me get to sleep. Kayla  
She plays cricket and handball with me. My mum is very good at sports. Fletcher

My mum helps me when I am feeling sad and cheers me up. Stella

When I am sick, she looks after me and makes me better. Jesse

My mum works very hard. She is the best cook. Kevin

Everyone is invited to our Mother's Day morning tea immediately after assembly in the multi-purpose area tomorrow, Friday. Hoping to see lots of families there.

Take care

Max Martin

### From Our APRE

Being a mother is the hardest, yet most rewardable job in the world. It comes with many emotions that are often difficult to describe. I first realised how hard it would be when I was having my first child. After a long labour, we were told that the baby's heart rate had dropped and an emergency caesarian was necessary. Truth be told, I was excited that this was finally over. My mother came in and put her cool hands on my cheeks and kissed me on the forehead. My life could not have been better..... until I saw the expression on her face when she looked at the doctor, who was organising the operation. It was then that I realised, it does not matter how old you are, your baby will always be your baby and you will love and care for them for the rest of your life. The expression on my mother's face has been etched in my brain ever since.

As my husband and I walked to the car, with our first born child to take her home, I looked at him and said, "What have we done? We are going to worry about her for the rest of our lives!" It is true, we will always worry about them. I often think of Jesus' mother, Mary and how she felt at the different stages of His life: when she first said, "Yes" to God; when she delivered her child in a stable; when she lost Jesus and found Him in the temple; when He performed His first miracle of turning water into wine at a wedding and when her son was sentenced to His death and crucified on the cross. One thing for sure is that she always loved Him.

Throughout a child's life, many emotions are felt by mothers but one thing that is undeniable is the profound, everlasting love for every one of our children.

Happy Mother's Day to all of the mothers in our Sacred Heart community. Have a great day and enjoy your babies.

Have a great weekend

Melissa Collins

### From Our APC

On Tuesday, Mrs Deb Foster, Teaching and Learning consultant from the Catholic Education Office worked with teachers to unpack requirements and ideas around the differentiation of learning activities and curriculum content in the classroom.

Differentiation gives children the opportunity to be active learners with an opportunity to gain success in classroom activities.

So '*What does differentiation look like for my child?*'. Below are some of the ways it can look and occur in our classrooms:

- An environment that encourages and supports learning,
- Quality curriculum,
- Assessment that informs teaching and learning,
- Instruction that responds to student variance,
- Leading students and managing routines,
- How students take in and make sense of the content, and
- How students show what they know, understand, and can do. (Carol Ann Tomlinson, 2010)



## Life Education Visit

During weeks five and six, all classes will be participating in the Life Education program, empowering children to make healthy and safe choices while helping to develop resilience.

Every second year, Healthy Harold and Liz visit Sacred Heart to share important messages presented in educational lessons around key influences on a child's health and well-being.

This year, the following interactive lessons are taking place, with follow-up activities and resources being shared with teachers.

Prep and Year 1:	Harold's Friendships
Year 2:	Growing Good Friends
Year 3:	Friends and Feelings
Year 4 and 5:	bCyberwise
Year 6:	Take a Breath



This [link](#) will take you to a parent guide and more information on many topics relating to keeping kids healthy and safe.

Have a wonderful week

Mrs Lisa List

## Important Dates Term Two

### May

Friday 10th	Mother's Day assembly 8.40am with 2D presenting
Sunday 12th	Happy 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	200 and 800 metre races at St Benedict's school
Friday 17th	Whole school assembly 8.40am. 1GR presenting.
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
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 program starts Wednesday night, 15th May at 6pm at Sacred Heart Church. There will be ten sessions.

Session One	15 <sup>th</sup> May
Session Two	22 <sup>nd</sup> May
Session Three	29 <sup>th</sup> May
Session Four	5 <sup>th</sup> June
Session Five	12 <sup>th</sup> June
Session Six	19 <sup>th</sup> June
Session Seven	10 <sup>th</sup> July
Session Eight	17 <sup>th</sup> July
Session Nine	31 <sup>st</sup> July
Session Ten	7 <sup>th</sup> August
Reconciliation	24 <sup>th</sup> July
Sacrament of Confirmation	16 <sup>th</sup> August
First Eucharist	18 <sup>th</sup> August

Email the following to [capcoast@rok.catholic.net.au](mailto:capcoast@rok.catholic.net.au) if you have not provided this information:

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

[2024 Sacramental Registration Form](#)

## Lantern Awards



Lou Lou Docking Prep Compassion For always showing kindness to others, through your words and actions. You always offer to help in our class and in the playground. Showing compassion towards others when they are sad or hurt and always inviting others to play.



## Class Awards

Congratulations to the following children.

<b>Prep</b>	Gus Hatte, Carter Watson, Ava Spears, Isla Apps, Huey Stumer, Emily Robertson, Sienna Wyllie, Flynn Spencer, Ivie Aupouri.
<b>Year 1</b>	Alexander Nixon, Felix Gagliardi, Cali Gaye, Frankie Mouglin
<b>Year 2</b>	Fergus Kenny, Clairra Nunn, Hannah Flanders, Matilda Kirby, Mikayla Palmer, Quinn Campaniello, Scarlett Seamark, Boston Richardson, Peyton Flanagan
<b>Year 3</b>	Parker Prayle, Frankie Lack
<b>Year 4</b>	Madeline Gill, Matilda Seymour, Flynn O'Brien, Eliza Nunn, Jacob Flanders, Abby Eyles, Lara Elston, Phoebe Turner, Jye Farrelly
<b>Year 5</b>	Darcie Skelton, Macy Gould, Aria Mahoney, Isla Goltz, Charlotte Grobb, Eibhlin Timlin
<b>Year 6</b>	Amira Mitchell, Cruz Hill, Aiden Starr, Louis Ivers, Chelsea Allen, Felix Shammall, Ava Goodger, Sebastian Drew

## Finance

Thank you to those families that have paid their Term 2 school fees. These were issued early last week and are payable by Monday 13<sup>th</sup> May.

If you are unable to make full payment of your account by the due date, contact Mrs Stacey Todman at the office to organise a payment plan [shy\\_finance@rok.catholic.edu.au](mailto:shy_finance@rok.catholic.edu.au)

## Tuition Discount

Concession card holders are eligible for tuition discounts. Ensure you have provided a copy of your concession card to Mrs Stacey Todman to receive the discounted tuition fees. Thank you.

## Prep to Year 3 Cross Country

Our Prep to Year 3 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.

Note there will be no tuckshop available for Years 5 and 6 at school on these days.

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 Louis Ivers (Year 6, soccer) and Harper Gill (Year 5, cross country), on their selection in the Rockhampton District teams to compete at the Capricornia trials.

We wish them all the best.

### 200m and 800m Races at St Benedict's

Next Tuesday 14th May, we will be running our 200m and 800m track events at St Benedict's School for our Year 4 to 6 students.

The bus will depart Sacred Heart at 8.45am and return at the conclusion of the races. The schedule is:

9.15am start

12 years (2012 born) boys	800m
12 years (2012 born) girls	800m
11 years (2013 born) boys	800m
11 years (2013 born) girls	800m
10 years (2014 born) boys	800m
10 years (2014 born) girls	800m
9 years (2015 born) boys	800m
9 years (2015 born) girls	800m

The 200m events will be timed heats for placings.

12 years (2012 born) boys	200m
12 years (2012 born) girls	200m
11 years (2013 born) boys	200m
11 years (2013 born) girls	200m
10 years (2014 born) boys	200m
10 years (2014 born) girls	200m
9 years (2015 born) boys	200m
9 years (2015 born) girls	200m

Students have nominated for these events.

They can compete in running attire with a house-coloured shirt or their school uniform.

Morning tea, hats and a water bottle will be taken to the venue.

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.

## Year 6 Writing - Six Word Stories

Our Year 6B children were handed the task of composing a 6 word story. This prose was made famous by the American novelist, Ernest Hemingway. Following is their work.

Dreams are dreams. They aren't real.	Sophie
Trapped in a car. Save me.	Sienna
The very crazy mean old lady.	Lula
It is Friday. Time to celebrate.	Riley
Where is my mobile phone? Sister!	Maycie
Was a fish. Now a skeleton.	Amelia
Going to Singapore. No jacket required.	Flynn
Dived into the water. It's refreshing.	Chelsea.
I am excited for basketball tomorrow.	Jacob
I am wishing I went fishing.	Chelsea
Where's the dog gone? A walk.	Annabel
Books help me pass the time.	Maya
I have a hobby. It's cars.	Sebastian
I love my dad. My superhero.	Romey
My dog is an Aussie terrier.	Ivy
It is winter. Time to hibernate.	Ava
I stubbed my toe. It hurt.	Brendan
The weekend has two short days.	Felix
I cannot wait to play games.	Miller
Go to your room and imagine.	Ruby
Where is my budgie? The crows!	Max

## Year 5 Beef Week Excursion

Tuesday this week, our Year 5s attended Beef Week and were involved in a myriad of educational activities as part of their HaSS studies.

Their highlights:

Watching the cattle being judged in the centre ring.

Tiarna

We listened to an expert talk about agriculture, how they look after cows and sustainability.

Aria

We learnt about the technology used in the cattle industry. It was amazing.

Chase

We washed our hands with soap and used ultraviolet light to see the germs still on our hands.

Rejie

At the tech area, we learnt about a virtual fence which kept livestock in a confined area. They wore a collar which transmitted signals to a laptop. It was pretty incredible.

Taj

The students from James Cook University taught us how to give first aid for snake bite

Ivy

The CQU people told us about ear tags and why these are extremely important for tracking and identification.

Isla





### Dental Van at Sacred Heart

A full dental treatment for Sacred Heart students is still in service on our grounds until May 30th, 2024 for any families interested in accessing this free service.

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

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.



Queensland Cricket Visit



## Movie Night



**MOVIE NIGHT**  
"The Mitchells VS the Machines"  
Friday 17th May in our MPA  
Pizza collection 5.30pm  
Movie Start 6pm  
Pizza available to pre purchase through flexischools  
Byo chair, rug and snacks  
All children to be accompanied by an adult

## Griffith University opportunity for students aged 8-14

Does your 8-14 year old child struggle with reading?



**GRIFF LINC READING RESEARCH**



**FREE ONLINE TUTORING FOR 6 MONTHS**

Students must be available 2 -3 times per week for 30 mins

The Griff Linc Reading Research Team has developed a new tutoring method for middle years students struggling with reading. The tutors use artificial intelligence to write short texts specific to your child's interests and reading level, and use a six-step teaching method during each tutoring session. The researchers collect data on your child's reading assessments at the beginning and end of the project, as well as video recordings of the tutoring sessions. This data will be used to evaluate the impact of the project on middle years students struggling with reading.

RESEARCHERS:	TO APPLY:
Professor Beryl Exley & Dr Frances Hoyte	Email - <a href="mailto:F.hoyte@griffith.edu.au">F.hoyte@griffith.edu.au</a> GU Ethics Reference Number: 2024/201