



1st August 2024

From the Principal's Desk

One day a traveller was walking along a road on his journey from one village to another. As he walked he noticed a monk tending the ground in the fields beside the road.

The monk said, "Good day" and the traveller nodded.

The traveller then turned to the monk and said, "Excuse me, do you mind if I ask you a question?"

"Not at all," replied the monk.

"I am travelling from the village in the mountains to the village in the valley and I was wondering if you knew what it is like?"

"Tell me," said the monk, "what was your experience of the village in the mountains?"

"Dreadful," replied the traveller, "to be honest, I am glad to be away from there. I found the people most unwelcoming. When I first arrived I was greeted coldly. I was never made to feel part of the village no matter how hard I tried. The villagers keep very much to themselves, they don't take kindly to strangers. So tell me, what can I expect in the village in the valley?"

"I am sorry to tell you," said the monk, "but I think your experience will be much the same there."

The traveller hung his head despondently and walked on.

A while later another traveller was journeying down the same road and he also came upon the monk.

"I'm going to the village in the valley," said the second traveller, "do you know what it is like?"

"I do," replied the monk "but first tell me, where have you come from?"

"I've come from the village in the mountains."

"And how was that?", asked the monk.

"It was a wonderful experience. I would have stayed if I could but I am committed to travelling on. I felt as though I was a member of the family in the village. The adults gave me much advice, the children laughed and joked with me and people were kind and generous. I am sad to have left there. It will always hold special memories for me. And what of the village in the valley?", he asked again.

"I think you will find it much the same", replied the monk, "good day to you".

"Good day and thank you," the traveller replied, smiled, and journeyed on.

How odd - two people coming from the same place but with two totally different experiences. Of course, it is all about openness and attitude.

The first traveller was a glass half empty sort of person whose glum look and superior attitude makes, wherever they go a misery.

Then there are the optimists, the second traveller, the half glass full person who has a smile on their face, a skip in their step and an approach to life that, even when things go wrong, they are going to see problems as a situation that can be resolved.

If you listen to the media, you would hear the voice of that first traveller - the world is going backwards, we are worse off than the past. In fact, statistics and history show differently, we have never been so tolerant as a society, more law abiding and as safe.

We, adults, teenagers and children, need to be grateful for our opportunities and use them well. Do not squander our gift of being an Australian in a free and supportive country.

Remember the words of Jesus from Luke's Gospel, "To those that much is given, much is expected."

So choose kindness.

Choose to smile, not a frown.

Choose to see the best in others.

Don't be cynical or reactive. Be positive in your relationships.

Take care

Max Martin

From Our APRE

Year 6 students have been examining ways in which faith can grow and mature in the complexity of life's experiences. As part of this journey, they conducted interviews with various community members, including myself, to gain insight into personal faith.

Two particular questions arose:

- Is it easy to have faith or are there periods of time when people struggle or question faith?
- Can faith be passed on?

Reflecting on these questions, I was reminded of the moments when my own faith was tested. Sharing these personal experiences with the students, though it made me feel vulnerable, actually strengthened my faith. I realised that faith is something that is passed down through our families, teachers, and community. For me, the unwavering faith of my father was especially influential. He demonstrated his faith daily through his actions and his love for Jesus. He lived his faith. His guiding words were: "In life, we encounter many situations and people. Remember, you never know, the next person you meet might be Jesus."

Faith is less effective if it isn't put into practice. The following story, aptly titled 'Faith Must Be Lived' is taken from 'Stories' Vinnies Reflection Resource 2008.

A rabbi and a soap maker went for a walk together. The soap maker said, "What good is religion? Look at all the trouble and misery of the world after thousands of years of teaching about goodness, truth and peace – after all the prayers, sermons and teachings. If religion is good and true, why should this be?"

The rabbi said nothing. They continued walking until he noticed a child playing in the gutter. Then the rabbi said, "Look at that child. You say that soap makes people clean, but see the dirt on that youngster. What good is soap? With all the soap in the world, the child is still filthy. I wonder how effective soap is after all."

The soap maker protested and said, "But rabbi, soap can't do any good unless it is used."

"Exactly," replied the rabbi. "So it is with religion. It is ineffective unless it is used."

Have a great week

Melissa Collins

From Our APC

Recently, I read an article by Dr Jarrod Spencer, a performance psychologist on the effects of positive thinking in elite athletes.

One of the studies undertaken was to look at the top five tennis players in the world against the top 25, unpacking what sets them apart and enables them to reach greater success. In short, it is the athlete's ability to stay positive under pressure.

This made me think about the ways in which we as educators, parents and carers nurture young minds and foster a positive outlook, supporting children to approach life with optimism and confidence and also being adaptable and resilient.

There are wonderful benefits of teaching positivity. These include but are not limited to the following:

- Improved psychological and physical well-being,
- Reduced rates of depression,
- Reduced levels of pain and distress,
- Better resistance to illnesses,
- Improved cardiovascular health,
- Better coping skills during times of hardship or stress,
- Longer life span, and
- Reduced risk of infections, cancers, and respiratory conditions (mentalhealthcnetekids.com).

There are numerous sites and blogs that offer support and positive activities for children, this [link](#) will take you to the Mental Health Centre for Kids blog, sharing 15 positive activities for kids, as well as links to other articles.

For those of you who may wish to hear more on the research project regarding the world's top tennis players, this link will take you to an engaging youtube video 'Mind of the Athlete'. <https://www.youtube.com/watch?v=4nBCRKsPfw4>

Have a wonderful week

Mrs Lisa List

Important Dates Term Three

August

Friday 2nd	Prep to Year 3 athletics carnival
Tuesday 6th	Year 6 camp to Brisbane commences.
Wednesday 7th	Cap Coast 10 years Capras' Cup carnival at Emu Park
Monday 12th	Parent Connect meeting 3:30pm.
Thursday 15th	Assumption mass at Sacred Heart Church with St Benedict's at 9:30pm.
Friday 16th	Interschool Sports Day - Soccer, touch football, t-ball (Year 5 and 6 Students)
Friday 16th	Confirmation at Sacred Heart Church commencing at 6pm.
Sunday 18th	First Eucharist celebrated at 9am mass at Sacred Heart Church.
Thursday 22nd	Whole school Dress Up assembly for Book Week at 8.40am.
Friday 23rd	Interschool Sports Day (Year 5 and 6 students)
Friday 23rd	School disco (Prep - Year 3) 5:30pm - 6:30pm and (Year 4 - Year 6) 6:30pm - 7:30pm
Monday 26th	Prep excursion to Pilbeam Theatre to see Grug.
Friday 30th	Student Free Day

September

Tuesday 3rd	Mabo Day
Tuesday 3rd	Daniel Morcombe Day
Monday 9th	Student Protection Gathering - CEO Rockhampton
Thursday 12th	Capricorn Coast Cricket Day Barmaryee for Years 5 and 6
Friday 13th	Final day of term 3

Capricorn Coast Catholic Parish

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

Sacramental Program

The children in our Sacramental program took part in their first Sacrament of Reconciliation on Wednesday night. We continue to keep them in our prayers on their faith journey.

Important dates for our Sacramental program.

Session Ten 7th August

Confirmation 16th August

First Eucharist 18th August

Lantern Award



Chase Gribble Year 5 Being Just
For the positive attitude you display daily and for being so inclusive of others. Thank you.

Abby Eyles Year 4 Compassion
You always offer to help others and do so with a smile on your face.



Class Awards

Congratulations to the following children.

Prep	Poppy Renshaw, Riley Flanagan, Tommy Hughes, Jackson Gill, Harper Russell, Imogen Grob, Paige Veliscek, Tahlia Edwards, Noah Songoro.
Year 1	Thomas Gould, Noa Johnston, Frankie Mouglin, Ryder Moloney, Kelsey Jones, William Gleeson, Henry Hamilton, Ashton Keeley, Addison Kinsey, Kelsey Jones, Jack Guinane, Storm Hamilton, Linus Vandelanotte, Logan Trevor.
Year 2	Sophia Small, Stella Seymour, Scarlett Seemark, Matilda Kirby, Indi De Hennin, Zara Thomas, Liam Watson, Eva Watson, Andie Valler, Jett Spears, Karla Kehoe, Finn Jarrett, Lachlan Robertson, Elkie Milner
Year 3	Fletcher Thompson, Harmony Crystal
Year 4	Millicent Campbell, Shanelle O'Meara, Felix Suttle, Zaliah Bender
Year 5	Ivy Carswell, Henry Willey, Halle Smith, Charlee Lamkin, Taj Rich, Denzel Wolff, Jordyn Parfitt, Josie Malt, Banjo Coker, Jaxon Shanks, Liya Hamilton, Sophie McElhenny, Bailey Goodland, Alexander Bernard
Year 6	Josie Prince, Amira Mitchell, Amelia Maiorana, Charlotte Solis, Aria Richards, Ollie Palairt, Jaxton Healey, Annabel Sykes, Sienna Platen, Chelsea Allen, Charles Campbell

Finance - School Fee Discount

Families within the Catholic Education system may be eligible for school fee assistance under the Concession Card Tuition Fee Discount program.

This allows for a 70% discount on the tuition portion of school fees and is available for 'means tested' government Health Care and Pensioner Concession cards. These cards must meet eligibility criteria for this concession to apply.

If you have a concession card and wish to check its eligibility for this discount, forward a copy to Mrs Stacey Todman at shy_finance@rok.catholic.edu.au

School Fees

Term 3 school fees have been emailed to families and are payable by this Friday, 2nd August 2024.

If you did not receive your statement, contact the school office. Alternatively a copy of your most recent fee statement can be found in the "Accounts and Payments" tab on parent lounge or on the Parent Orb app.

To arrange payment or discuss payment plan options, contact Mrs Stacey Todman on 49948215.

Prep to Year 3 Athletics Carnivals

Our Prep / Year 1 and Year 2 / 3 athletics carnivals will be held tomorrow Friday 2nd August (Week 4) on the school oval.

All children will be doing a sprint, high jump, long jump and a relay. Following is an approximate timetable of the day.

8.55am	Preps and Year 1s assembling on oval
9am	Prep sprints: Girls then boys.
9.20am	Year 1 sprints: Girls then boys.
9.40am	Preps long jump. Year 1 high jump.
10am	Preps high jump. Year 1 long jump
10.20am	Relays. Preps then Year 1s.
10.40am	Finish
11.30pm	Year 2 and 3 assembling on oval.
11.35pm	Year 2 sprints: Girls then boys.
11.55pm	Year 3 sprints: Girls then boys.
12.15pm	Year 2 long jump. Year 3 high jump.
12.35pm	Year 2 high jump. Year 3 long jump.
1pm	Relays. Year 2 then Year 3.
1.20pm	Finish

Parents and carers are most welcome to join us on this day.

Term 3 Gala Days

On Friday 16th and Friday 23rd August, Sacred Heart Year 5 and 6 children will be involved in sports days with schools from the Capricorn Coast. Sports being played are touch football, soccer and tee ball.

Buses will transport students to their specific destination and will depart school at 8:50am and return by approximately 2:45pm. This may affect students catching afternoon buses.

Soccer and touch are at the Barmaryee Fields and tee ball will be played at Yeppoon State Primary School.

Students with touch and soccer boots may wear them, however joggers can also be worn. Students playing soccer require their own shin pads.

School uniforms will be worn to school. Morning tea, lunch and a water bottle are required.

No tuckshop will be available to order on either of these days.

There is no cost involved.

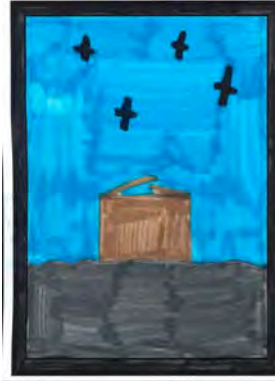
For further information, contact our school office.

SHOW don't tell!



His stomach was rumbling and roaring like a lion. He was stumbling to the fridge to find something. He opened the fridge and yelled "OH NO." What's in the fridge?
By Kush Kamran 6B.

SHOW don't tell!



She found a box on the floor, walking over slowly she stepped. Her ears were ringing from a loud scrape. She felt her heart racing and her knees trembling. Questioning she was thinking what she will do but she knew she has to open it. Then she opens the box there's nothing. Wondering what made that noise?
By Ava Goodwin

SHOW don't tell!



Yearning for water, craving an ice cold beverage. My eyes glared at the red hot sun. I felt dehydrated, my palms were sweaty already. Only 90km till the next town. Will I make it!
By Ivy Ballard

SHOW don't tell!



He needed a break, but it was too late. He was panting harder than a dog on a hot afternoon. His mouth was drying up every second by second. Was it over?
- Jacob Nix

SHOW don't tell!



Poring the room, his pupils grew. His sweaty palms slipped on the door knob. Biting his bottom lip he heard a tiny scream from the boiler's pantry. His mind full of dread, he let out a scream. He needed help. Would this be the end?
Annabel Sykes

SHOW don't tell!



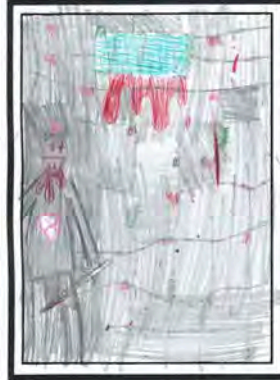
His face as red as a tomato. His acid salivary burst as he swallowed. Gargling for air he stumbled, on the spot, parched and in need of a drink, he fights.
Will He Ever Get Up?

SHOW don't tell!



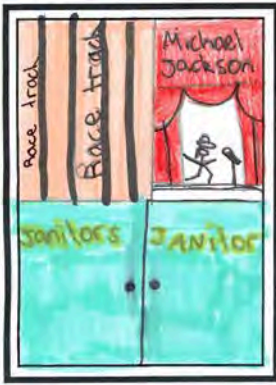
Admission tickets through his body, as he
 passed the entrance of the tunnel. He
 felt dark and determined to collect his ticket
 and small pouches into the row. Darkness surrounded
 him. He didn't care what it takes. He was
 going to get her back.
 -Maya

SHOW don't tell!



By Ruby Jasmine Deasy
 AS I raced down the hall I came
 to a dead end. I hid in the shadow
 behind a statue trying to be as quiet
 as I could. My heart started beating
 non stop. As I looked around I noticed
 a window I could never fit through that.
 I thought suddenly I heard foot steps. Soon
 things started moving through my hand but
 one thing stood out don't die!

SHOW don't tell!



Minute by minute hour by hour
 screams came from the janitor's
 closet his heart was beating
 as fast as usane bolt, knees
 shaking like michael jackson in
 1990. Breathing as heavy as
 elephants at this point he
 didn't know if he'd make
 it out alive! by Wla.H

100 per cent
 13 page
 4703
 Dear Harry
 24 July
 I was all the way in space floating
 around my space ship.

I'm having the time of my life, except for
 when we have to use the bathroom. You'll
 never believe what happened today the other
 guy who was with me on the ship
 pressed the emergency brake and then
 we had to stop for like 2 hours!

What have you done this week?
 I got to see Jupiter up close and it
 was really sick! I wish I could take
 pictures but there is no internet which really
 sucks, but I guess it's alright because
 I got to experience space.

It was pretty scary while getting launched
 up to space but if it was it was quite thrill like

Have fun on Earth
 From Alex

SHOW don't tell!



The girl rushed to get inside
 but the door was locked.
 Her teeth were chattering as her
 lips turned dark blue. Her
 foggy breath was like a misty
 day. Was she going to die?
 Chelsea
 by Chelsea Allen

Sage's Story by Zaliah Year 4

McKenzie was skipping home from school when she came across a green egg. She got really curious, so she decided to bring it home. When she got home, she instantly called her neighbour Eric to come to her house and help her to take care of the egg. He loved animals so McKenzie knew he would help.

Eric obviously said, "Yes!" and came to her house with a box. They gently laid the egg in the box and watched. "Gosh, I wonder what it is!" McKenzie announced.

"Why don't we look it up?" Eric suggested. McKenzie loved the idea, so they looked it up, but sadly found nothing.

It started to get late so Eric had to go home as both their dinners were ready. Once they had dinner, they brushed their teeth and drifted to sleep. When McKenzie got up in the morning, she texted Eric, "Get ready fast, then come to my house." Eric saw the text and gave a thumbs up. Once Eric was ready, he quickly ran to McKenzie's house and started researching again but found nothing, again. Then they had to go to school.

They went off to school but forgot to put the egg back in the box! After two hours of being at school the egg hatched and the wobbly new creature started to wander around. It fell off the desk and into McKenzie's pile of clothes.

After school, Eric came over to her house but once they went into the bedroom, they only saw the empty eggshell. They started to panic and looked everywhere, even the backyard. The only place they didn't look was in the pile of clothes.

While they were looking, Eric's dad called out to him. He needed to go home. While McKenzie was walking him home, Eric said, "I hope you know whoever finds it, keeps it."

"What? No, we will share it," McKenzie complained, and then she ran home.

As she walked through the door, her mum asked, "Hey McKenzie, can you put your clothes away?"

McKenzie nodded, as she didn't want to argue with anyone else. As she was putting away her shirt, she saw something off in the pattern, so she took a closer look. It took her a minute to figure it out, but then she saw a tiny green bird!

She got worried that it would die so she ran to her mum and made her drive to the vets. They easily got in because no one else was there. When they got in, the vet did an x-ray and fortunately nothing was wrong with the little bird. They also did a DNA test to see what kind of bird it was, and it was a... Green Egg bird, one of the rarest on Earth.

Mum and McKenzie bought a bird cage and some supplies and quickly went home.

Although she was mad at Eric, McKenzie still decided to call him and tell him the egg she'd found had hatched, and that it was a really rare bird. Eric was amazed. They agreed on a name over the phone. They named the bird... Sage.

Sage loves her new home. She also likes to mimic people and eat seeds.

Year 6 Camp

Our year 6 students are all looking forward to their school camp in Brisbane next week. We wish them all the best.

Mr Martin is attending camp and in his absence Mrs Melissa Collins will be acting principal. Thank you.

Vacant Position - Groundperson

Working With  CATHOLIC EDUCATION
DIOCESE OF ROCKHAMPTON

WE ARE HIRING
GROUNDSPERSON
SACRED HEART CATHOLIC
PRIMARY SCHOOL, YEPPOON

▶ PART-TIME (27HPW)
▶ FOR AN IMMEDIATE COMMENCEMENT

APPLY TODAY
APPLICATIONS CLOSE
11 AUGUST 2024

www.rok.catholic.edu.au  #bethedifference

Catholic Education is committed to best practice in student protection policies and procedures and is an equal opportunity employer. Aboriginal and/or Torres Strait Islander people are encouraged to apply.

Catholic Education Week Assembly

Well done to our Year 3A children for presenting our Catholic Education Week assembly in such a reverent and well prepared manner.

Their theme was 'Faith, Hope and Love' and this was especially epitomised in the wonderful song they chose for the assembly, "Love God, Love People".



A Note From Our School Photographer

A NOTE FROM OUR SCHOOL PHOTOGRAPHER

THAT'S A WRAP

Photo day is now complete and finished.

The school can no longer accept order envelopes or monies related to school photos.

If you have any school photo enquiries, please contact MSP Photography directly.

ABSENTEES

If your child was absent on photo day and you would like to arrange a catch-up photo, please contact our office **AS SOON AS POSSIBLE** to see if we are able to assist.

PHOTO DELIVERY

School photo packages will be delivered to the school in **approximately 28 days**.

The class teacher will hand your child(ren)'s photo pack to them in class for them to bring home to you.

If your child does not bring home their photo pack, please first check with the class teacher then the school's front office. If the class teacher or school cannot help, please phone our office directly.

LATE ORDERS

If you wish to place an order after photo day, please visit **www.mspqld.com.au**

Please note that an archive fee will apply to late orders.

Late orders are normally delivered 21-28 days after placing your order.

NEED HELP?

Please direct your questions and comments directly to **MSP Photography**.

 schoolphotos.cq@msp.com.au

 07 4921 3355



Thanks for all your help in making photo day a success. If there is anything else that you need, don't hesitate to contact us. MSP is here to help and very happy to do so.

Community News



Calling out to all the amazing individuals doing great things within our community.

\$20,000 Total Grant Pool

APPLICATIONS NOW OPEN
MON 15th JULY - FRI 23rd AUGUST 2024

From artists, musicians and dancers to sporting superstars and our future leaders; needing support to turn your dream into a reality? We want to hear from you!

Apply Now:
www.kbsc.com.au/community



YEPPOON FALCONS

MONDAY 12TH AUGUST
FROM 3:30PM

COME AND TRY

 **BARMARVEE SPORT PRECINCT**

