



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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NEWSLETTER

30th August 2024

From the Principal's Desk

My Dad was a wonderful man. It has been almost 18 months since he passed away and I miss our weekly phone calls where we would chat about his golf game, his Friday afternoons with his mates having a few drinks at the Brothers Club, the weather, of course, an update on the passing of his and my mum's growing list of friends and he always shared a joke.

I have many fond memories of my Dad as a child: trips all over Queensland with the Bargara nippers, coaching my primary school footy side: St Patrick's and Christian Brothers, Bundaberg, yabbing and chasing soldier crabs at Elliot Heads, brewing ginger beer (and listening to them explode) and travelling with him on our school holidays to a myriad of butcher shops and slaughter houses as part of his job as a meat inspector.

With Father's Day this Sunday, I found this great article from parenting 'expert', Michael Grose.

Every father's parenting journey is different. Father's Day is a great time for some tried and trusted parenting tips to help you be the best dad you can be.

1. Play to your strengths: Fathers often parent in a more active or action-oriented way than mums, so games, play time and physical activity become important parts of a man's parenting repertoire.
2. Lighten up – don't take yourself too seriously: It's easy to get caught up in your own importance, taking yourself and your work too seriously. For many men a bad day at work translates into poor or, at best, distracted experiences when they're with their families. Be present in mind as well as in body when you're with your kids.
3. Find something in common with your child: It would be wonderful to say that you can always connect with your kids, but family life is never that straightforward. There'll always be a child who we struggle to connect with, or a developmental stage during which the child feels alien to you. In these times it helps if you share a common interest (such as a love of sport or music) with them, so that you always have something that will bring you together, even though you may not always see eye to eye.
4. Go easy on your son sometimes: Many dads are tough on their boys and have expectations that go way beyond their son's interest and abilities. Remember, it takes boys a little longer to mature. Resist the temptation to turn every game and every father-son activity into a lesson and avoid giving advice when all your son wants is to be understood.
5. Enjoy the outdoors with your daughter; The nature of fatherhood causes most men to be very protective of their daughters. Play with her and get her outdoors as it will do wonders for her confidence and independence.
6. Be ready for kids to knock you off your pedestal: Most children in Prep and middle-to-late-primary school years look up to their dads. Young children soon turn into adolescents, expect them to stop laughing at your jokes, roll their eyes at your well-intentioned advice and even give you the cold shoulder in public.
7. Give your kids a compass and a map: One day your children will become truly independent individuals. You won't be irrelevant, you'll just be taking a backseat in a more practical and managerial sense. There are two things you can do to help your kids safely navigate the world when you're not around. First, help them develop a set of positive values including integrity, honesty and respect that will act as their moral compass when they have difficult decisions to make. Second, reveal your personal story over time, as this narrative will become ingrained like a personal map that will guide them when life gets tough.

Today, we celebrated Father's Day at school with a sausage sizzle breakfast, then an assembly with Year 1L doing a wonderful job.

And finally, no Father's Day front page would be complete without a few Dad jokes for which my Dad was renowned.



I gave my handyman a to-do list, but he only did jobs 1, 3, and 5. Turns out he only does odd jobs.

Two windmills were sitting on a hill. One asks the other, "Do you have a favourite song?"
The other replies, "Well... all my life I have been a heavy metal fan."

I bought a thesaurus, but when I got home and opened it, all the pages were blank. I had no words to describe how angry I was.

Take care

Mr Max Martin

From Our APRE

Father's Day is a wonderful opportunity to reflect on the profound impact that fathers can have on their children. In our community, we see the powerful ways in which Dads and father figures shape and influence the lives of their families.

This can be seen in the remarkable story of Edward Glowrey, who, despite facing significant personal challenges, chose to invest deeply in his daughters' futures. His encouragement and support played a pivotal role in shaping the life of his daughter, Mary who went on to make a lasting difference in the world. Her story beautifully illustrates how a father's guidance and love can extend far beyond the immediate family, impacting lives and communities in ways we might not always see.

In 1896, Edward Glowrey, father of a large and growing family, faced financial disaster and failing health. One of his responses to these difficult circumstances was to encourage his daughters to pursue their education, so that they would be able to support themselves. One became a teacher. Another, Mary Glowrey, with his advice and encouragement, went on to become one of the first women medical graduates of Melbourne University. She learnt her lessons well from this father. For the rest of her life, when she faced a difficult or challenging situation, she did not back off but rather developed her own gifts and talents and worked to help others do the same. Seeing the needs of the poor in Melbourne during WWI, she helped found the Catholic Women's Social Guild.

Feeling a call to help the women and children of India, she did a Doctorate in Medicine to be better skilled in helping them. After running a busy practice, she sailed to India, in 1920 and joined a religious congregation serving the poor. After turning a small dispensary into a large hospital, she founded a nursing school, the Catholic Medical Association of India and when she died was planning a medical college to train doctors, which is now one of the premier medical schools of India. Not bad for a girl from a little country town.

All her life, she regarded her father as an instrumental force. His encouragement of her education was just the beginning. He taught her to face problems, clearly and creatively, and to work with others to bring them to completion. He was also known for his kindness to all – another feature of Mary's life. He did not know what she was to become, but in the midst of his own challenges, he ensured that he took the time to clearly and gently teach his children the values that would form a rich and fulfilling life. (Sr Kym Harris osb)

Loving Father never let me underestimate the influence I can have on my child/ren. Even when I am caught up in the many challenges of life, may my words and example reveal your love and wisdom. I ask this in Jesus' name, confident that you will hear me.

Happy Father's Day to all of the dads out there and those who cannot be with us.

Have a great week

Melissa Collins

From Our APC

As teachers, parents and carers, our number one priority is keeping children safe. We do this by eliminating dangers around the home and at school, ensuring safety gear is used for sporting activities, ensuring we only swim in patrolled areas of the beach, and keeping a vigilant eye on them when playing.

Do you stop to think about the dangers that may be online? Have you ever set boundaries or rules for when your child uses a device online?

In an ever-changing world of technology, our children are at risk of being exposed to harmful content, especially when gaming.

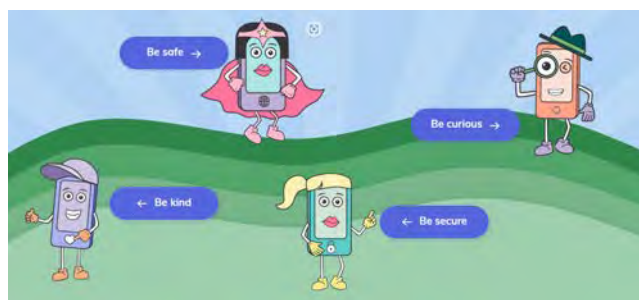
Below are some general tips for supporting your child/ren online:

- Support your child's friendships online and off by talking with them about their friends and activities.
- Ask your child to demonstrate the games and apps they use to better understand what they play, why it's fun and possible pitfalls they may encounter.
- Help build confidence by encouraging children to share their knowledge of the online world.
- Encourage routines that promote health and balance. For example, create device-free times and places in your home.
- Model behaviours, by demonstrating that you can put your phone down and concentrate on spending time with your child, without the distractions of being online.
- Talk to your child about who could be their 'askable adult', and when they would speak with them.

[The hard-to-have conversations | eSafety Commissioner](#)

This [link](#) will allow you to explore eSafety kids pages with your child/ren to discuss topics around online safety, including:

- Being safe,
- Being curious,
- Being kind, and
- Being secure.



On Tuesday 3rd September, there is a free webinar for parents on supporting your child/ren with online gaming. It will cover:

- Selecting quality games,
- Understanding how to reduce the risks of gaming, and
- How to create better gaming habits.

Online Webinar registration [link](#).

Have a wonderful week

Mrs Lisa List

Important Dates Term Three

August

Friday 30th Pupil Free Day. Children are not required to attend school today.

September

Monday 2nd 2025 Prep orientation 4.30pm - 5.15pm at school.

Tuesday 3rd Mabo Day.

Tuesday 3rd Daniel Morcombe - Australia's Biggest Child Safety Lesson.

Thursday 5th Sacred Heart Mini Vinnies' retreat at Yeppoon St Vincent De Paul.

Friday 6th Year 5 Gold Rush Day.

Friday 6th Companion Cup netball game Sacred Heart v St Benedict's 11am at St Ursula's College.

Friday 6th Year 1s attending our parish mass at 9am.

Monday 9th Student Protection meeting in Rockhampton.

Wednesday 11th Diocesan Year 6 inter school touch carnival in Rockhampton.

Thursday 12th Capricorn Coast Cricket Day at Barmaryee, Years 5 and 6 involved.

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](#)

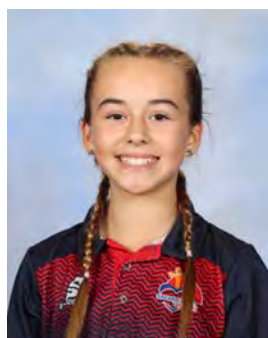
Lantern Award

Lincoln Fooks Year 4 Compassion For noticing when your friend was feeling nervous and upset, and going out of your way to include them.

Millicent Campbell Year 4 Compassion For helping your relief teacher find their way around your classroom, making their day much easier.

Elkie Milner Year 2 Compassion For the kindness you show every week towards other members of your class during your PE lesson.

Lucia Jarrett and Maycie Clarke Year 6 Courage For the good leadership qualities you display each day. Thank you.



Class Awards

Congratulations to the following children.

| | |
|---------------|---|
| Year 1 | Charlotte Thompson, Olivia Forbes, Felix Gagliardi, Isla Rae Kani, Ethan Mahoney, Ayrлие Ferrier, Ollie Small |
| Year 2 | Vincent Neve, Sophie Donaldson, Stella Small, Jett Spears, Raiden Dawson, Kai Elliot, Kiara Phillips, Lucy Goldman, Harley Hill, Torah Pearce, Karl Van Eyk |
| Year 3 | Lewis Cauchi, Zara Carpenter, Harmony Crystal, Jackson Stewart, Lilah Beatson, Macey Winter |
| Year 4 | Leni Bergman, Toby Apps |
| Year 5 | Boston McAllister, Georgia Blackwood, Millie Roper, Oliver Poole, Ashton Virzintas, Isla Bradshaw, Linkoln Eleveld, Alexa Mattingley |
| Year 6 | Isla Kleinhans, Kirby Kenny, Levi Bone, Avah Schwennesen, Mason Stark, Paige Kinsey, Isla Kirby, Billie Kirkwood, Bear Cranston, Maya Read, Chelsea Bunt, Sebastian Drew, Jacob Nix |

Pupil Free Day

Today, Friday 30th August is a pupil free day for all Queensland schools.

Our teachers will be at school involved in professional development sessions.

Children are not required to be at school. Our OSHC is not operating on Friday 30th.

Parent / Teacher Term 4 Interviews - Important Message

An important part of our assessment process at Sacred Heart is a parent-teacher interview.

Our first parent teacher interviews will be held during weeks two and three of Term Four. (Tuesday 8th October – Friday 18th October).

Having interviews in Term Four offers parents/carers and teachers an opportunity to discuss their children's progress since Term 2 interviews and Semester 1 report cards.

It is important that all our families arrange a time for a formal interview with their child/children's teacher/s.

Bookings for these interviews open to families Tuesday 10th September at 10am and close on Wednesday 2nd October at 10am.

Access for bookings is available during those dates via [Parent Lounge](#) or the Parent Orbit app.

Available interview times will be particular for each classroom teacher.

In shared teaching arrangements, bookings can be made under the teacher on staff the larger number of days.

New parents will be sent an access username and password and continuing parents will have the same one as last year.

If you have forgotten either of these, contact Mrs Fleur Kirkman at our school office: 4994 8215.

Available times for individual teachers will appear when you log in to the booking site. Only one time slot is to be selected per child.

If you have any questions regarding these interviews, contact our school office. Thank you.

Year 5 and 6 Interschool Sports Day



Last Friday, our Year 5s and 6s participated at inter school sports (t-ball, soccer and touch football) against other Capricorn Coast schools.

All competed well and displayed good sportsmanship.

Well done to our Year 5 Timberwolves touch team who won the Year 5 division.



Year 5 Writing - Letters from the Goldfields

1-8-1851

Dear Tiana Talisa

How ya goin? I've been great. Not much has been happening over here, but many crazy people have been taking money out of people's wallets and there's been a lot of pick-pocketing round here on the goldfields. Luckily, I've found a couple of gold, but not much money. I have got a couple pounds taken off me.

I have been finding my biggest challenge is hunger. Meat is hard to come by and damper hardly keeps us on our feet. I try to get whatever I can from the cook when I have money. Hopefully, it keeps me going.

I've hardly had any sleep cause it's been bloody cold as well. It's been pouring down rain and it sounds like rocks hitting the ground. I'm finding it hard to survive during the day since it feels like you're in a desert down here. As you're walking on the gravel, you can hear the birds chirping from the trees and the horses galloping along the side. I hope you've been well.

Cheers.

Hear from ya...

From Iconic Isabella

Dusty Pine Drive, Ballarat Vic 2143135

TF

RM

SGP

Great contraction!

Great description!

Complex sentence!

Trails!!

MS 21/8

20 8 1851

Address?
Vestforce
3350
date?

Dear Mum and Dad

How have you and Dad been? I really miss you both. I am writing to tell you all about life on the Australian gold fields.

In Australia the weather is so hot and at night it's freezing. All we have to sleep in are tiny, small tents. The animals in Australia are very weird.

Most people on the goldfields are fairly friendly. Unfortunately, the troopers in charge can be very mean. Yesterday, the troopers beated me for my licence.

The amount of gold that I have found is massive. I have found 15oz by using this technique called panning. The panning technique involves having a pan and putting it in a river that has rocks in it and scooping up the rocks and peck out the gold.

Well done. I can tell you need feedback and the 'bump it up' will well!

MS 21/8

Boston

Street: Drifts
Town: Ballarat
Postcode: 3199
Date: 14/8/1851

Dear John,

How have you been back in England? I really miss you and want to tell you all about my life here in Australia.

The troopers are really mean and unfair. We have to pay licence fees and to pay that I was panning and cradling to find gold so I can pay for my licence. The weather was really hot but at night it was cold. We have to sleep in tents. There are wild animals. Also a lot of flies and dust. At night, sometimes we tell stories and sing around the fire, while we are doing this. I don't feel so lonely.

Anyway, I hope all is well with you. Please write back soon.

Hear from ya soon,

From Menacing McAllister

MS 21/8

Question!

Capital 1st, 2nd

during the day

5.6 to keep complex sentence

Great description!

Boston!

Jordyn

12 RIVER ROAD
BALLARAT 4301

Dear Happy Harper

6 May how's it goin? I've arrived at Ballarat a few weeks ago! I think I've been lucky on the goldfields in my mine. I think I've been lucky to find gold. I would like to inform you about my life on the goldfields.

Life's great over here! I've found a lot but I can't say the same for some other people. They've gotten their licences, gold and money stolen.

I've been using some techniques to find gold. The main one is panning which most people use. First, you get a pan with small holes, go to a river bank, put holes in with water and shake the pan. Soon you will find little specks of gold. Have you ever tried to find gold?

All the miners are thinking of burning down the Eureka Hotel. The owner of the hotel killed a miner and got away with it. So tomorrow night we have some supplies ready behind the hotel to burn it. Some people disagree with us. So today we will have a miners meeting.

It was nice to talk but I've got to go and write from the troopers. Hope you reply soon.

from Jordyn Jordyn

Development Cup Rugby League Final

This Wednesday 4th September, Sacred Heart (Capricornia winner) is playing Bayside Christian College, Hervey Bay (Wide Bay winner) in the inter regional final of the Development Cup.

This game will commence at 10am at the Barmaryee Fields.

We wish our team all the best.

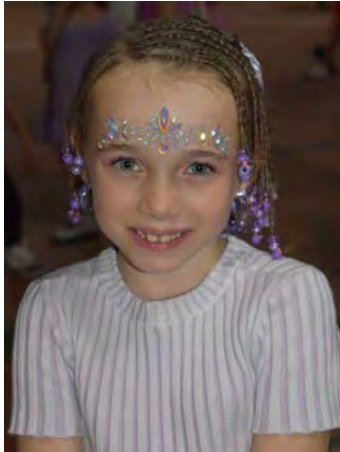
Father's Day Breakfast and Assembly





Parent Connect Disco





A MOTHER DAUGHTER PROJECT

Livingstone HEARTLINES

TERM 4!

WEDNESDAYS 5:30PM - 7PM

A SIX WEEK PROGRAM FOCUSED ON APPROACHING MENTAL HEALTH, WELLBEING AND HEALTHY RELATIONSHIPS FOR MOTHER AND DAUGHTER.

MOTHERS • DAUGHTERS AGED 8 - 13

FUNDING RECEIVED FROM INVESTING IN QUEENSLAND WOMEN GRANT PROGRAM | OFFICE FOR WOMEN



Livingstone SHIRE COUNCIL

Queensland Government





Anxiety Coaching for Parents

Thursday 3rd, 10th 17th Oct – From 6.30pm to 8.30pm
5/15 James Street, Yeppoon

Parents will learn to identify and counter anxiety in children over three, 2 hour workshop sessions, with a skilled member of our Family Relationship Team.

By having a greater understanding of the problem of increasing levels of anxiety in children parents can counter it's progress.

Our workshop is designed to specifically assist the children of separating parents who are currently engaging services from the Family Relationship Centre.

- An overview of how a well-honed theory of parenting (what you need to repeatedly do) can assist parents to manage children's worries.
- Coverage of how some misguided policies are making parents and children more anxious.
- The brain, including how the pre-frontal middle cortex and the amygdala operate, and where fear and anxiety originates.
- Commonly misused phrases and cognitive distortions used by children and their peers.
- A helicopter view of what risks we can allow and which require us to keep children safe.
- 'Traps and trip wires': what to do when a child's amygdala starts to play-up.
- Memorable strengthening sayings, questioning strategies and mindfulness exercises.

FREE WORKSHOP To book or for more information: Call 1300 783 544 or scan the QR Code



FAMILY RELATIONSHIP CENTRE



An Australian Government Initiative

Provided in Central Queensland by CatholicCare

LIVINGSTONE HEALTH & Wellness EXPO

Join us for a **FREE** family friendly expo that brings together sports, fitness, health and wellness



Saturday 14 Sept • 10am - 1pm

Beaman Park, Yeppoon

COMPS | PRIZES | KIDS ART & CRAFT | FACE PAINTING
SPORTING CLUBS & GROUPS | LOCAL HEALTH & WELLBEING SERVICES



livingstone.qld.gov.au/healthandwellessexpo



YEPPOON SURF LIFE SAVING CLUB

Nippers

• COME & TRY DAY •

SUNDAY 22ND & 29TH SEPTEMBER 9 - 11AM



Enquiries: jac@yeppoonstsc.com.au

Free fun over the school holidays!
Caregiver must remain present.