



4th October 2024

From the Principal's Desk

Welcome back, everyone. Hoping you had a good break and are looking forward to the term ahead.

The final term of the school year is a 'crazy' time not only in schools but in all aspects of our lives.

Remember back to the start of the year. Most of us start the year with energy and vigour. We were rejuvenated and were ready to put all of our energies into being as effective as we possibly could.

The old saying '*beginners are many, finishers are few*' is worth remembering.

It is important to finish strong, just like we started the year. Whilst our reserves may be running low, it is vital to remain focused and finish the year well. Our credibility in the eyes of others is based on results. Our ability to complete our projects, meet deadlines and follow tasks through to completion.

Stephen Covey, the author of the book, "Seven Habits of Highly Effective People" talks about when world-class marathon runners '*hit the wall*' and they feel like they can't go on, instead of focusing on their exhaustion and how tired they are feeling and going into the '*survival shuffle*', they lift up their head and *pick up the pace*.

This is a vital mind set for everyone at this time of the year. By picking up the pace, you are really saying to yourself that you're not just going to finish, you're going to finish strongly. (By Steve Francis MScM, Bed, DipT)

Looking forward with enthusiasm to the myriad of school events and functions including our Year 6 farewells, class excursions, 2025 prep orientation days, Presentation Day celebrations, instrumental concerts, end of year mass and concert, occurring before our year concludes and hoping you will join us for as many of these as possible.

Another event on the near horizon is our second round of parent-teacher interviews which commence next week.

These give parents and carers a great opportunity to learn more about your child/ren's academic, emotional and social development over the past 6 months since our last interviews early Term 2.

You have a massive impact on your child's educational success. Research shows supportive parental engagement with a teacher is a key to a child's academic and emotional success.

It is important to remember that after the interview to discuss the meeting with your child and really congratulate them on their strengths. If the teacher made suggestions of things you could do at home, discuss these with your child and commit to following through with them.

If you don't go to a parent-teacher interview, you're also missing out on the chance to hear the positive things about your child that they may not tell you themselves. It's just as rewarding for teachers to share good news with you. Also, the ways in which you can assist your child with their learning.

Parent teacher interviews are to be celebrated.

With interviews being 12 minutes in duration, they will adhere to the following structure to be the most informative and productive.

Parents/carers will be asked how they feel their child is going with their learning since your last meeting at the beginning of Term 2.

Your child's teacher will address the goals you set for term 2 and 3 and discuss what progress has been made with these?

If time allows, the teacher will also discuss other strengths/improvements in your child's learning shown over

the past six months.

Then look at an area of their learning in either numeracy or literacy that will be supported this last term.

Teachers will have collected data, each child's workbooks, assessment pieces on hand to illustrate these.

Thank you for your anticipated support with your parent teacher interview/s.

Take care

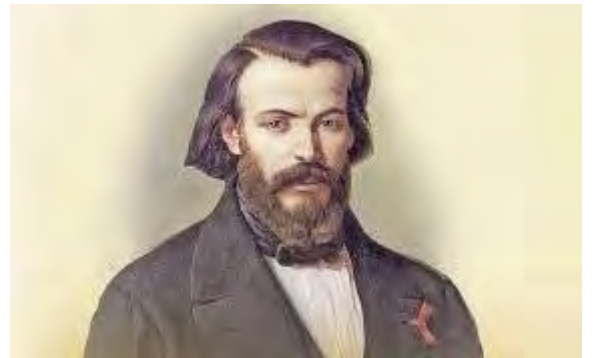
Max Martin

From Our APRE

"If we are truly called to spread the love of God, to ignite nations with His fire, then I must also burn with this passion."
St Vincent de Paul.

As we reflect on the teachings of St Vincent de Paul, we are reminded of the incredible legacy of Frederic Ozanam, the founder of St Vincent de Paul Society. His unwavering belief in the dignity of every person inspired him to serve the less fortunate in Paris, a mission that continues today.

While studying law at the University of Sorbonne, Frederic bravely defended the Catholic faith against criticism from his professors. He initiated a discussion club where Catholic, atheists and agnostics could engage in meaningful dialogue about contemporary issues. One pivotal moment came when a fellow member challenged him: "What do you do, Mr Ozanam, to prove your faith beyond mere words?" This question ignited a determination in Frederic to transform his words into action.



Frederic Ozanam is a shining example of living faith through service, particularly towards those in need. Being a Vincentian is not about titles or appearances, it is about compassionately serving those who are marginalised and disadvantaged. The St Vincent de Paul Society places immense value on each person. Vincentians strive to embody kindness and respect for all they serve.

At Sacred Heart, our Mini Vinnies Club is a wonderful group of students dedicated to helping others. Next week, they will be organised, 'Soctober', an initiative that encourages students to engage with their local community for a gold coin donation.

This is a great opportunity for everyone to reflect on not just how they can help, but why they choose to make a difference.

Let's come together as a community to support this meaningful cause.

Have a great week

Melissa Collins

From Our APC

On Tuesday, our Inclusive Practices NCCD (Nationally Consistent Collection of Data) team, comprising Mrs Baldwin, Mrs Mulholland, Mrs Mitchell, Mrs Ross and Mrs List participated in an evaluation and reflection day with other schools from across the Rockhampton region.

Dr Jeanine Gallagher, from the Queensland Catholic Education Commission (QCEC), facilitated the day, prompting school teams to reflect and evaluate their practices and processes and to review how procedures could be improved to begin the next phase of planning and student support services within our school.

As part of the process, our team analysed our school data, and responses from a staff survey, and completed the School Reflection and Improvement Plan.

Families play a vital role in supporting children with a disability to reach their full potential.

Below are links from the NCCD portal and Queensland Education, sharing updated information to ensure families can access support when required.

[Parent/Carer Information](#)

[Disability Resource Information](#)

Have a wonderful week

Mrs Lisa List

Important Dates Term Four

October

Friday 4th	Year 6 attending parish mass at 9am.
Monday 7th	King's Birthday public holiday
Tuesday 8th	Parent / teacher interviews commence.
Friday 11th	Whole school assembly 8.40am.
Friday 11th	Preps attending parish mass at 9am.
Saturday 12th	Sacred Heart v St Benedict's Companion Cup rugby league game
Monday 14th	Book Fair commences in our library.
Friday 25th	Whole school assembly 8.40am
Wednesday 30th	Prep Orientation afternoon 2pm -2:45pm
Thursday 31st	Prep Orientation morning 9am - 9.45am

November

Friday 1st	Grandparents Day whole school assembly
Monday 4th	Mini Vinnies' Christmas appeal commences
Monday 11th	Remembrance Day
Monday 8th	St Ursula's Year 6 orientation day
Tuesday 19th	Instrumental concert
Thursday 21st	Presentation Day
Friday 22nd	Presentation Day celebrations
Friday 22nd	Parent Connect Colour Run 2pm on oval
Tuesday 26th	Mini Vinnies' Christmas Carols at Carv

December

Monday 2nd	End of year thanksgiving mass
Monday 2nd	Year 6 graduation dinner from 5.30pm
Tuesday 3rd	End of year concert in MPA from 11:30am
Friday 6th	Whole school assembly at 8.40am
Friday 6th	Last day of school

New Families to Sacred Heart - Welcome

Miley Murphy Year 4 and her parents, Cynitta and Troy

Ezekiel Mulholland Year 2 and his parents, Shontelle and Zachariah

Makayla Year 3 and Mason McLennan Prep and their parents, Bec and Jacob.

Enzo Year 1 and Mia Hardcastle Year 3 and their mother, Olivia.

Welcome into our Sacred Heart family and we wish you all the best for your time with us.

Lantern Awards



Jake Martin Prep Courage For showing great skills and determination at PE when attempting difficult activities.

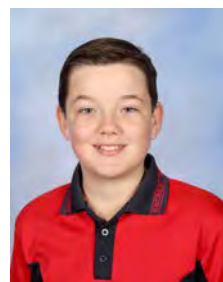
George Minto Prep Courage For showing great skills and determination at PE when attempting difficult activities.

Audrey Muller Prep Courage For showing great skills and determination at PE when attempting difficult activities.

Marleigh Drew Year 4 Compassion For displaying a wonderfully kind and caring nature towards others. Thank you.

Alexander Bernard Year 5 Compassion For displaying a wonderfully kind and caring nature towards others. Thank you.

Maycie Clarke Year 6 Courage For displaying excellent leadership skills and being a wonderful role model for others.



Capricorn Coast Catholic Parish

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

Breakfast Club

It will recommence on Friday of week 2 from 7.50am until 8.20am.

Parent / Teacher Term 4 Interviews - Important Message

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

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

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.

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

Year Level Assemblies

Our whole school assemblies will continue to be held from 8.40am on Fridays. Their occurrence will be posted in the weekly newsletter.

Our first whole school assembly will be next Friday, 11th October

Year level assemblies will recommence, next week.

Prep to Year 2 Thursday 8.40am
Year 3 and 4 Wednesday 8.40am
Year 5 and 6 Monday 8.40am

Parents and carers are most welcome to attend assemblies.

Book Fair



Book Fair is being held at Sacred Heart in Week 3 (14th -18th October).

Our library will be open on Tuesday 15th October from 3.15pm to 6pm for families to view and purchase Book Fair items.

Be aware, straight after school can be quite busy, so there may be some waiting time.

The library will not be open before school for purchasing that week.

Looking forward to seeing lots of our families in our library.

Socktober



Socktober for the Missions encourages students across Australia to make a difference in the lives of needy children around the world.

Next week, each class will be given a sock to fill with coin donations.

On Friday 11th October, we will have a crazy sock day where children can wear crazy socks and bring a gold coin donation to fill their class sock.

It's never too late to make a difference.

Back at School Term 4









Community News

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.

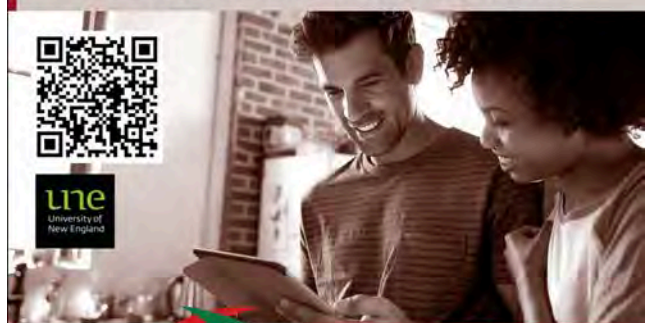
FREE WORKSHOP

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



Provided in Central Queensland by
CatholicCare

2024 NATIONAL PARENT SURVEY



HAVE YOUR SAY

Catholic School Parents Australia is listening.

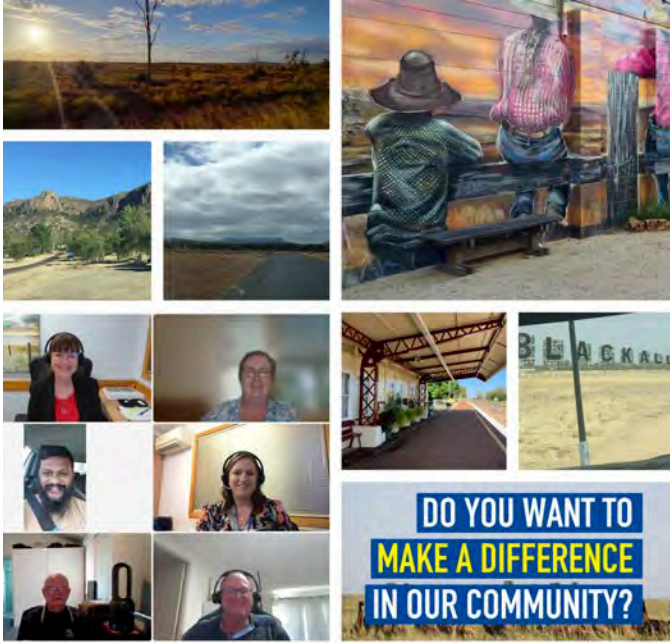
Catholic School Parents Australia (CSPA) acknowledges the funding received from the Australian Government to support this work.

The CSPA 2024 Parent Survey on Student Wellbeing and Learning is seeking your perspective as parents/ carers of children who attend a Catholic School in Australia.

You are invited to share your views on existing and emerging affirmations and/or challenges in relation to your child's wellbeing and learning. Please consider completing this anonymous, confidential, and completely voluntary online survey.

Click on the survey link or scan the QR code for more information about the study, how to participate, and how to have questions answered.

Scan QR code above for Parent Survey



Join the
St Joseph's
 Online Conference



St Vincent de Paul Society
 QUEENSLAND
good works

Anglicare
 Central Queensland

foster carers
 urgently
 needed

