



Sacred Heart Catholic Primary School Newsletter

21st November 2024

From the Principal

Even though we are only mid November, you can 'smell' Christmas in the air. Last weekend, my wonderful wife assembled our Christmas tree which flies in the face of tradition as they in Australia are not supposed to go up until the first Sunday in December (The first day of Advent this year 1st December).

And already we have been bombarded on social media and television with festive season trappings.

We can lament the early 'Christmas period' inspired by consumerism but, deep down, I think most of us get excited about this true, annual family holiday. Traditionally, it is a time to gather with our loved ones, reconcile and really enjoy ourselves.

A time of waiting to have fun.

It sounds a bit like delaying what should be an everyday occurrence. Is your sense of fun and satisfaction in life, often focussed on the future – a holiday, a celebration, retirement?

Well you / we might need a lesson from the happiest country in the world, Denmark.

No wonder our Princess Mary is there, they have the World's Best Restaurant, Nona, they invented Lego and they love gourmet hot dogs and LARPing (that's *Live Action Role Playing* for example staging fake historical battles or fantasy scenarios).

What is there not to love?

Their top marks on the Happiness Index are credited to their unique cultural choice on how to live life. It is known as 'hygge' meaning 'cosiness' (Pronounced 'hooga'). It has been a buzz word that swept the world of self-improvement, promising to make your life better, happier and cosier with just a few steps.

According to Helen Russell, author of *The Year of Living Danishly: Uncovering the Secrets of the World's Happiest Country*, "hygge seems to me to be about being kind to yourself - indulging, having a nice time, not punishing or denying yourself anything. There isn't so much enforced deprivation in Denmark, instead they're kinder to themselves and to each other. Danes don't binge then purge. There's not much yo-yo dieting in Denmark. No wonder they're happier than we are in the UK."

A UK college has started teaching students the Danish concept of hygge, said to make homes more welcoming and people happier.

The Danish life philosophy is about simple pleasures, about savouring the good things in life, be it cosy sheepskin rugs, flaky pastries or cups of hot chocolate. In essence, hygge means creating a warm atmosphere and enjoying, in a simple way, the good things in life with good people.

A big part of Danish happiness is savouring the day that you are in.

Stop looking forward, waiting for a happiness moment, enjoy the time that you have now.

Helping your child focus on their wellbeing is a key to life success.

Following are eight life choices that positively affect a person's sense of happiness, according to research. Why not choose some strategies as a family to help make happiness a now thing, not a future hope.

1. Give more
2. Smile more
3. Help others
4. Send a thank you note
5. Create more love
6. Quality time with family
7. Nurture your relationships
8. Surprise someone you love

Enjoy today and 'Be the change you want to see in the world'. (Gandhi)

Take care Max Martin

From the APRE

Tomorrow, we celebrate Presentation Day. This occasion is dedicated to the Presentation of Mary in the Temple. According to history, Joachim and Anne, who were initially unable to have children, prayed fervently to God for a child. Their prayers were answered, and they were blessed with Mary. In gratitude, they dedicated Mary to God's service, bringing her to the temple at the age of three.

Presentation Day is also a time to remember the outstanding work of the Presentation Sisters who started our school. Their founder, Nano Nagle is described as 'the kind of person to win a Nobel Prize' if she were alive today. She opened seven schools for underprivileged children across Cork City in Ireland and founded a charity house to support women.

The Presentation Sisters continue her education and social inclusion work today, helping the poor and vulnerable around the world.

They arrived in Yeppoon in 1917. Their commitment to education and community service has shaped our school's mission and vision. The Sisters are still active in twenty countries around the world.

Inspired by Nano, our school embraces the charism of helping those in need. Our Mini Vinnies group is a testament to this. This social action group consists of over fifty students who volunteer their lunchtimes to organise and run charity events throughout the year.

The values that guide Mini Vinnies are:

- **Courage:** Having the strength to stand up for what is right, even when it is difficult or unpopular.
- **Being Just:** Treating everyone fairly and with respect, ensuring that all actions are guided by a sense of fairness and equality.
- **Compassion:** Showing kindness and understanding towards others, especially those who are suffering or in need.

This year, our Mini Vinnies group has supported many organisations like St Vincent de Paul, Missions Australia, Caritas and the residents of the Capricorn Adventist Retirement Village.

We are grateful to our Sacred Heart families for their continued support of our Mini Vinnies and for helping to make a positive impact in our community.

Melissa Collins

From the APC

Over the past weeks, we have enjoyed having our 2025 prep students attend orientation days in readiness for the start of their schooling at Sacred Heart.

Our current prep students have also had the opportunity to transition to Year One and become familiar with the classroom environments. This was greatly received by students, with the following being what they liked about their visit to Year One:

Oliver: Sitting at the desks.

Charlie: Drawing Christmas trees at the desk.

Van: Colouring in with Mrs Rook.

Hallie: Sitting on the bench seats.

Ryan: Sitting at my own desk.

Paige: Reading Little Red Riding Hood on the carpet.

Sarah: The tidy trays and being able to sit at a desk.

Poppy: Meeting the Year 1 teachers.

Huey: Being able to show our Prep manners and sit up in the chairs.

Booklists

Below are links to our 2025 book lists.

The following local businesses offer a 5% discount on book lists being filled for Sacred Heart families.

- Keppel Bay Plaza News
- Office National Xpress Yeppoon
- Emu Park Newsagency
- Capricorn Educational Resources Allenstown

[Prep](#)

[Year 1](#)

[Year 2](#)

[Year 3](#)

[Year 4](#)

[Year 5](#)

[Year 6](#)

Have a wonderful week,

Mrs Lisa List









Important Dates

November

- Friday 22nd Presentation Day celebrations at school
- Friday 22nd Parent Connect Colour Run 1.45pm on oval
- Tuesday 26th Instrumental concert as follows:
- * Prep to Year 3 commencing 8.45am until 9.35am
 - * Year 4 to 6 commencing 9.40am until 10.35am

December

- Monday 2nd End of year thanksgiving mass 9.15am at Sacred Heart Church.
All welcome.
- Monday 2nd Year 6 graduation dinner from 5.30pm
- Tuesday 3rd End of year concert from 11:30am.
Commencing with Prep and finishing with Year 6.
- Friday 6th Final whole school assembly at 8.40am
- Friday 6th Last day of school

Capricorn Coast Catholic Parish

Here is the Sacred Heart Church bulletin for this week. Stay connected and enjoy.

[Link to Bulletin](#)

Father Matthew's New Role

It is with a sad heart that our Sacred Heart School family was made aware last week that Father Matthew will be leaving us this year to take up a position at the seminary in Brisbane.

We are very excited for him as he starts this new 'adventure'.

His final day on the Capricorn Coast will be Christmas Day and we will be farewelling him at our final school assembly on Friday 6th December.

Lantern Awards





Zaliah Bender Year 4 Being Just

- For standing up for your friends. Supporting them with your caring nature and good humour. Thank you.

Charlie McKeown Year 6 Being Just

- For putting your words into actions and assisting a person in need.

Class Awards

Prep

Hailey Allen, Hallie Cranston, Mason Wright, Vahn Donohue, Lincoln DeHennin, Piper Eyre, Gus Hatte, George Minto, Fred Henney, Tommy Hughes, Cooper Prayle, Peter Thompson, Ayza Bidgood

Year 1

Astrid Robinson, Miesha Singleton-Bray, Chris Palmer, Lydia Hoadley-Irving, Baxter Barbeler, Summer Hawkes, Storm Hamilton, Harrison McPhail, Toby Toohey, Archie Stumer, Sierra Scott.

Year 2

Indi De Hennin, Lucia Sturgess, Raiden Dawson, Matilda Kirby, Quinn Campaniello, Andie Valler, Peyton Flanagan, Emily O'Brien, Willow Johnston, Clairra Nunn, McKenzie Edwards, Torah Pearce

Year 3

Olivia McElhenny, Eden Prince,

Year 5

Flynn McKenna, Nixon Johnston, Chase Gribble, Ella Jansen, Lydia Gill, Michael Bartlett, Jaxon Shanks, Sophie Wilczek, George Miller, Dakotah Size.

Year 6

Levi Bone, Jaxton Healey, Harley Neagle

2025 Capricornia Swimming Nominations

Follow the link below for information in regard to Capricornia Swimming selection and nomination forms.

[2025 Capricornia Sport Swimming Selection Procedures](#)

[2025 Cap Swimming Nomination Form](#)

2025 Rockhampton District Sports Representative Trial Calendar

The Rockhampton District sports trial calendar is now available. See the link below for trial dates and important information pertaining to these.

[2025 Rockhampton District Sports Trial Calendar](#)

The representative school sport permission details booklet (consent form) has the required documentation that schools / district / regions need for students to participate in trials. The form, once completed, is to be handed in to our school to be signed by Mr Martin. The forms which need to be submitted at the trial, will be returned to the student.

[2025 Capricornia District Sport Permission Details Booklet](#)

We encourage you where possible to fill the form out electronically to assist with eligibility and accuracy of the documents, however handwritten copies are acceptable.

All permission booklets need to be submitted to school no later than 4 days prior to the trial to allow time for signing and associated paperwork. Students will not be permitted to trial on the day without the completed consent forms.

Colour Run

Tomorrow, 22nd November, we will be having a Colour Run on our oval as a fundraiser for the St Vincent de Paul Christmas Appeal.

All year levels will be taking part, commencing after the second break.

A timetable when year levels will be running is as follows:

Prep and Year 6	1.45pm
Year 1 and Year 5	1.55pm
Year 2 and 3	2.05pm
Year 4	2.15pm
All classes	2.25pm
Finish	2.35pm

We will then go to our multipurpose area until 3pm where the children will be dismissed.

Children are asked to wear a white or light coloured shirt and casual shorts to school that day. A towel to dry themselves after their run would be handy.

A gold coin donation is also encouraged and this can be brought to school that day.

The colour run powder paint is non-toxic, non-flammable, skin safe, environmentally friendly and biodegradable.

The [Safety Data Sheets](#) for the coloured powders are available for perusal.

Sacred Heart community members wishing to volunteer are asked to read the required risk assessment and sign before the day, to fulfill the school's legal responsibilities. This can be accessed at the school office.

This event is being organised by our Parent Connect group and we are looking forward to it.

End of Year School Concert

This will be held on Tuesday 3rd December commencing at 11.30am in our multi-purpose area.

The first performance will be from our Preps, finishing with our Year 6s.

Parents and carers are most welcome to attend.

The concert will also be videoed and this will be available via Parent Lounge. Families will be notified when this will occur.

End of Year Thanksgiving Mass

This special celebration will be held on Monday 2nd December commencing 9.15am at Sacred Heart Church and led by Year 6T. Father Matthew Moloney will be celebrating with us.

All Preps to Year 6 will be attending, walking to and from the church. To ensure the safety of all students, a teacher will be assisting with the crossing of Bottlebrush Drive. They will be supervised closely at all times.

Everyone is welcome to celebrate this mass with us.

We will be offering thanks for the 2024 school year and for our Year 6s.

When we leave the church, our Prep to Year 5 children will make a guard of honour for our Year 6s as they enter our school grounds.

Year 6 Orientation Day at St Ursula's College









This week, our Year 6 girls attended an orientation day at St Ursula's College. They were involved in a myriad of activities and had the opportunity to meet teachers and Year 11 leaders in preparation for next year.

Some of their insights from this visit:

Josie - The Science egg drop challenge was a great way to test our problem solving skills. We worked collaboratively in groups.

Saige - During Mathematics, we completed many problems and if we got them correct we received a chocolate.

Kirby - For HPE, we played several games in the assembly area. These included relays and the numbers game.

Abigail - Meeting many of our subject teachers for 2025 was exciting.

Ava - During English, we composed shape poems. You chose a particular shape and wrote a piece of free style poetry inside.

Sarah - There was a dance party at lunch time. Many of the Year 11s came to the undercover area and danced with us.

Amelia - We made paper lanterns during Religion. These will be used to decorate our house group rooms for next year.

Mini Vinnies' Visit To Capricorn Adventist Retirement Village

On Tuesday, our Mini Vinnies group visited Capricorn Adventist Retirement Village to sing Christmas carols and bring joy to the residents. The students presented handmade Christmas cards to each resident.

This time was enjoyed by everyone involved.



