



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

14 Barracuda Crescent, Yeppoon QLD 4703

Email: shy@rok.catholic.edu.au

Phone: 07 4994 8215

Website: www.shyrok.catholic.edu.au

NEWSLETTER

10th October 2024

From the Principal's Desk

"Few things in the world are more powerful than a positive push. A smile. A world of optimism and hope. A 'you can do it' when things get tough."

Over the weekend, my wife and I were reminiscing about our three children when they were in secondary school.

For some reason, I remembered when my eldest son, made a speech on ANZAC Day at the town's commemoration ceremony as the high school captain. He is a very meticulous, young man and spent many hours writing and rewriting his speech. He spoke from the heart as he recalled his time walking the Kokoda Track and his friendship with a World War II veteran, Mr Ron Barber.

Both his mother and I were very proud.

I still remember, despite my pride, my first comment to him after the speech, "A bit too long, mate." It is amazing that as part of our makeup, we are more prone to focussing on the negatives than celebrating the positives.

Boys In Education consultant, Ian Lillico has this advice for us in this regard.

Boys often react negatively or awkwardly to praise unless it is done carefully. The best type of praise for males especially young ones is called descriptive praise. This means you describe with appreciation what you feel and what you see. For example: "I see you have made your bed, tidied your bookcase and cleared the floor. It is a pleasure to walk into your room".

This type of praise is lasting as phrases like "well done" or "good boy/girl" are not lasting and can easily be taken away on the next occurrence. We tend to give many throw away phrases to our children that are not lasting and have little impact.

When you comment on good work completed and describe what they have done with appreciation, the skills become stored in their bank of skills and attributes and build up their confidence. Furthermore private praise is far more effective rather than public praise which often embarrasses children.

The same applies when visiting colleagues or adults with whom you work. When, for example, you walk into a fellow teacher's class; ask about what they are doing, look at the work and show interest in the topic. This is a very great compliment, but phrases like "great work – keep it up" are often trite and meaningless. Similarly when your son brings home an essay for which he has received a good mark, read it and ask questions, show an interest in the topic. This again is far better than – "Great result, Joseph."

We are all busy people and sometimes summing up praiseworthy behaviour in a word is another way to give descriptive praise and add to the set of qualities your son or daughter knows about themselves.

For example: "You said you'd be home at five o'clock and it is exactly five, that's what I call being punctual." "You noticed the pot plants were dry and watered them. That's initiative". These words: punctuality and initiative become part of your son or daughter's inbuilt CV which adds to their confidence for the future.

We are quick to criticise and slow to praise.

The world will tell our kids what's wrong with them, it is our job as parents, carers and teachers to tell them what's right about them and spending a little more time describing what we see, is a very effective way of making the praise stick.

Start today.

Speaking of praise, I had the opportunity of attending the Queensland All School touch football championships on the Gold Coast, last week, with the St Brendan's College under 15s side.

There is a famous quote, "It's difficult to decide whether growing pains are something teenagers have or are."

The young men (many of whom had attended Sacred Heart), we took away, were further from this 'truth'. Their respectfulness, sportsmanship, pride in themselves and their school and controlled competitiveness was to be admired. Perhaps I need to tell them this.

Take care

Max Martin



From Our APRE

This term in Religion, our Year 5s are exploring the significance of the Eucharist. As part of this process, they held interview sessions where they posed insightful questions about this sacrament.

A personal story was shared with the students when asked how I felt after receiving the Eucharist. My cousin was killed in a 'hit and run' when he was 22. My aunty invited us all to visit him with her one last time at the morgue. This was not something that I wished to do, however my aunt's need for us all to be with her at this time took precedence. At the time, this experience made me sick in the stomach and kept me awake for several nights. The feeling was so intense that I did not want to participate in the funeral and I spent the majority of time at the Mass distracting myself by looking out of the window and walking outside with my second child who was a baby. When it was time to receive communion, I felt anxious, however the minute the bread touched my tongue, it felt like a wave of calm came over me and I instantly felt relieved..... and my only thought was that my cousin was okay. It was a surreal experience and one can only assume that the Eucharist brought with it the Holy Spirit that day.

This illustrated how the Eucharist can be a source of comfort and strength, allowing us to reflect on our lives and strive to be better individuals.

Our discussions highlighted how the Eucharist for Catholics nurture their relationship with God and that many people partake in this sacred ritual as a way to remember Jesus and deepen their bond with God. Just as the first followers of Jesus gathered around a table in the first century to break bread, we continue this every Sunday in our parish churches, celebrating the life, death and Resurrection of Jesus Christ.

Teaching children about the Eucharist is a beautiful opportunity to rekindle our childlike faith and joy. As we journey together in this learning experience, we hope to inspire a deep appreciation for this sacred gift.

Have an amazing weekend ahead

Melissa Collins

From Our APC

Did you know that there is a correlation between students who eat breakfast and academic performance?

Breakfast gives your child the energy they need to start the day. Eating a healthy breakfast enhances concentration in learning and playing, memory retention, and problem-solving. In short, a healthy breakfast and diet can help your child perform better at school.

Research tells us, that children who eat breakfast also tend to:

- have better school attendance than those who regularly skip breakfast,
- have better mental health than non-breakfast eaters, and
- stay at a healthy weight, because they're less likely to snack on unhealthy foods.



Below are ideas to encourage healthy eating habits in the morning:

- Try to make breakfast a time to sit and eat with your child.
- If your child says they're not hungry in the morning, try making a healthy smoothie, with milk, yoghurt and a piece of fruit like a banana.
- Give your child a small meal at home, like a small bowl of oats, porridge or a piece of fruit. Then give your child a healthy snack to eat before school starts – for example, some yoghurt with fruit, or boiled eggs.
- If your child is a fussy eater at breakfast, think about ways to make it more interesting.

The nutritional benefits of eating breakfast are that it will give your child energy and start their metabolism. It will help your child's body use the food they eat more efficiently throughout the day.



Sacred Heart Parent Connect group run 'Breakfast Club' every Friday morning in our multi-purpose area, with toast, spreads and fresh fruit on offer for all our children.

The links below may be of interest, sharing great information on the food groups and children's diets.

[Dietary Guidelines 4-8 Years](#)

[Dietary Guidelines 9-11 Years](#)

Have a wonderful week

Mrs Lisa List.

Important Dates Term Four

October

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. Whole school assembly at 8.40am.
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

Capricorn Coast Catholic Parish

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

Lantern Award

Kiara Phillips	Year 2	Courage	For being brave and chasing away the pesky magpie at the fort when Mrs Bell panicked.
Milla Sykes	Year 4	Being Just	For being extremely thoughtful towards your friends, supporting them all equally.
Kahn Wilson	Year 4	Compassion	For inviting someone to come and play your game when they couldn't find their friends.



Class Awards

Congratulations to the following children.

Prep	Mason McLennan, Jaquarn Freeman, Paige Veliceck, Ivie Aupouri, Sarah Rosel, Emily Robertson, Isla Apps, Imogen Grob, Isla Jessop, Knox Richter, Jackson Gill
Year 1	Henry Hamilton, Cali Gay, Felix Gagliardi, Ellie Smith, Sebastian Suttle, Storm Hamilton, Leila LOve, Baxter Barbeler, Remy Sullivan, Franke Mouglin, Ivy Callow, Linus Vandelanotte, Lotte Perera, Harrison McPhail, Bede Druery, Ivy Callow, Beckett Crosby, Arylie Ferrier
Year 2	Torah Pearce, Kevin Zhong, Paeyton Flanagan, Kiana Phillips, Harlyn Seaman, Charles Robinson, Kevin Zhong, Fletcher Phillips, Nicholas Rendell, Banjo Odewahn, Lachlan Robertson, Annabelle McDougall, McKenzie Edwards
Year 3	Leilani Du Plooy, Corbyn Pearson, Florence McElholum, Frankie Lack, Sienna Boak
Year 4	Jacob Flanders, Sophie Howard, Brooklyn Waters
Year 5	Charlotte Grob, Hayden Pont, Aria Mahoney, Chase Gribble, Sienna Miller, Ashton Virzintas, Taia Dooley, Boston McAllister, Willem Shackleton, Harper Mephram, Vin Renshaw
Year 6	Ethan Bell, Amira Mitchell, Amelia Maiorana, Josie Prince, Paige Kinsey, Adeline McDonald

Sacred Heart Art Exhibition

We are excited to invite you to a Sacred Heart Art Exhibition, showcasing our children's work and creativity.

The exhibition will take place next week from Monday, October 14th to Thursday, October 17th. The art room will be open for viewing each day from 8am to 9am and 2:30pm to 5pm.

This is a wonderful opportunity to celebrate our students' artistic achievements.

We hope to see you there.





Book Fair



Our Book Fair is being held at Sacred Heart next week (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.

Straight after school can be quite busy, so there may be some waiting time.

The library will not be open before school for purchasing.

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

[Book Fair Timetable](#)

Socktober



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

Each class has been given a sock to fill with coin donations for this great cause.

Tomorrow, 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.

New Indigenous Education Liaison Officer

Dear Sacred Heart families

I am the new Indigenous Education Liaison Officer for Sacred Heart Catholic Primary School, visiting on Wednesdays.

This is a regional position, so I visit five primary schools in the Rockhampton Region.

I aim to support students and families culturally, academically, and pastorally, as well as share Aboriginal and Torres Strait Islander histories, cultures, and spiritualities with the whole school community.

I am a proud Torres Strait and South Sea Islander descendant, originally from Townsville and have lived in Rockhampton for 15 years.

I am looking forward to connecting with students and families as this term progresses.

I am happy to assist in all areas of your child's education, don't hesitate to contact me if you wish to have a yarn.

Esso (signing off in my family language)

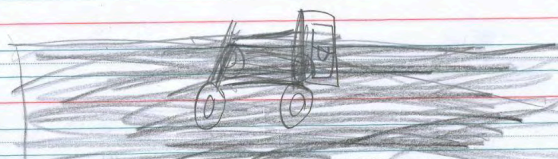
Kind regards,

Mariah Oth
Regional Indigenous Education Liaison Officer (Rockhampton)



On the weekend
 I was in the ^{parade} and I
 was on ^{the Scout's} van. Firstly
^{the man was} driving.
 After that the ^{parade} was noisy.
 Finally at the end of the
^{parade} we got ^{lollies} and ^{then} we
 went back home.

Writing Checklist
 Capital letters ABC Sound out words
 Full stops Sight words
 Finger spaces *miss*
 DATE: 8/10 TEACHER ASSISTED INDEPENDENT


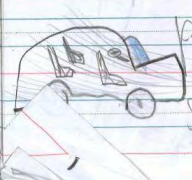


On the weekend I went
 to Time Zone. Firstly I drove
 there. When I got there
 I ^{started} playin' games.
 When all the ^{credit} was
 gone, I ^{went} to find my prize.
 After that I ^{went} home.
 Finally I had ^{some} dinner.

Writing Checklist
 Capital letters ABC Sound out words
 Full stops Sight words
 Finger spaces *miss*
 DATE: 8/10 TEACHER ASSISTED INDEPENDENT

Writing Checklist
 Capital letters ABC Sound out words
 Full stops Sight words
 Finger spaces *miss*
 DATE: 8/10 TEACHER ASSISTED INDEPENDENT

On the weekend we went to Brisbane.
 Firstly we got in the car.
 Then we drove in the car for
 7 ^{hours} ^{aways}. We ^{listened} to
 stories and we ^{drew} pictures
 and played games. Then
 we finally got there.
 We ^{stayed} at the hotel.
 When she was at the
 party, Miss ^{Akera} ^{babysat}
 sited us. I was ^{really}
 tired! ^{tired}.

On the holidays we
 went to the beach.
 Firstly we ^{asked} if
 Mava ^{could} go to the
 Beach with us. She
 said "Yes" ^{when} we got
 back from the beach
 we had ^{breakfast} ^{breakfast}.
 Then we ^{high} ^{high}
 the ^{house} for the
 night over...

Writing Checklist
 Capital letters ABC Sound out words
 Full stops Sight words
 Finger spaces *miss*
 DATE: 8/10 TEACHER ASSISTED INDEPENDENT

Noticed with (CT)

Writing Checklist

On the weekend I went to ^{mini} golf at ^{Cooberry} Park. Firstly my family drove in the car to ^{Cooberry} Park. After that we got our golf balls and put's and went to the golf ^{course}. Finally we did all of them and went home. I felt ^{tired}.

Capital letters ABC Sound out words Full stops Finger spaces Slight words

On the weekend I went to the Pineapple Festival. Firstly I went in the car. After that I have got an ^{ice cream}. Finally I ^{saw} the ^{fireworks}. I had ^{lots} of ^{fun}.


Writing Checklist

Capital letters ABC Sound out words Full stops Finger spaces Slight words

DATE: 8/10 TEACHER: ASHLEY GIBSON

On the weekend I went to Keppel. Firstly we drove to the ^{harbour} and there were lots of boats and we went ^{spirit} of Keppel. After that I sat up top and it was ^{bumpy} but it was okay. And then we got to Keppel and me and Chelsea ^{built} a ^{restaurant} so we ^{served}.

Capital letters ABC Sound out words Full stops Finger spaces Slight words

Non State Schools 

Transport Assistance Scheme

**Student Travel Rebates
Semester 2**

Bus Fare Assistance

- Does your child attend a **non-state school outside the Brisbane City Council** boundary?
- Does your **family** spend more than **\$25/week*** on bus/ferry fares to and from school (*\$15/week if you, the parent, hold a concession card)?
- Does your child travel on a **publicly available service** not owned or chartered by the school?

Students With Disability

- Was your child **included on the latest Commonwealth Census** as a student with a disability requiring **supplementary, substantial or extensive adjustments**?
- Does your child's **Personalised Learning Plan** confirm their transport needs are demonstrably different to those of their same aged peers by reason of their disability?
- Has your school's learning support teacher assessed your child's **Travel Capability Rating** as 'semi-independent' or more dependent?

Visit our website to see if you qualify for our financial assistance to help with the cost of transport and apply at SchoolTransport.com.au during October.

Late applications cannot be accepted after 31st October.



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.
- Commonly misused phrases and cognitive distortions used by children and their peers.
- Coverage of how some misguided policies are making parents and children more anxious.
- A helicopter view of what risks we can allow and which require us to keep children safe.
- The brain, including how the pre-frontal middle cortex and the amygdala operate, and where fear and anxiety originates.
- '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



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CatholicCare



ST BRENDAN'S COLLEGE PRESENTS

Contemporary Music Night

Join us for an evening of **live music & talent!**

Date | 6 November 2024
Time | 6:00pm
Venue | CPAC (Chapel & Performing Arts Centre)
139 Adelaide Park Road, Yeppoon

Come support our talented students as they showcase a range of contemporary music performances.

For more details, contact **07 4939 9300**.

Open to the Public
This is a **FREE** event | **No RSVP** required

