



Newsletter

Enriching Spirits - Educating Minds



Sacred Heart Catholic Primary School

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Week 6

Term 2

Reflection

British comedian Barry Marder once said "I went on a diet...It was so bad I ended up going on two, 'cause one diet wasn't giving me enough food."

Food is not only what sustains us, it is also one of people's greatest sources of pleasure. How often do you go to a wedding and describe the bride's dress and then the meal or gather a hurriedly scribbled recipe from the host after a dinner party?

Hadrien was right when he said an army 'travels on its stomach'. If the food is unhealthy or unpopular, it becomes one of the first causes of dissatisfaction. Boy, do we know it on a school camp if the food isn't up to scratch.

We are lucky at Sacred Heart to have hard working ladies running our Tuckshop particularly Mrs Meg Stehbins, supported by wonderful volunteers. Thank you. It is also good to see some healthy lunch choices in students' lunch boxes, as I wander around the school. The occasional treat is fine but a constant diet of sugar and fats creates possible lifelong habits and is dangerous for future health.

It was great in Yeppoon Central shopping centre the other day to see 'a triumph of a mother'.

With great wails and screams beside her, she stoically ignored her daughter's tantrum for a chocolate bar. Was she embarrassed? I'm not sure. But I do know her daughter was eventually going to learn two lessons; firstly, that a chocolate bar is only an occasional treat to be given when mum chooses.

Secondly, that yelling or sulking will not be rewarded by mum 'giving in'. I'm not sure if it was one of 'our' mums but I do know there were mutterings of support and admiration from older mums at the other checkouts.

So keep up the good work, mums and dads. As teachers, we appreciate your support of your child by those pieces of fruit and healthy snacks. A nutritiously fed child is well prepared for learning.

As you would be aware, at Sacred Heart, all year levels have a brain break at 10am. At this time, children and their teacher leave their room to have a small, healthy snack and have a break from their work. Studies have shown that this event, has wonderful benefits for children's wellbeing and concentration.

Now just to follow our foodie theme, a silly jingle.

*Please give this lot a good chew,
Said the camp cook from Burrabadoo
To his shearing-shed mates
As he filled up their plates,
'Cos I've just dropped me teeth in the stew.*

All the best

Mr Martin

Important Dates For This Term

May

Monday 28th - Under 8s activities at Sacred Heart during middle session
29th / 30th - Little Athletics coaches at Sacred Heart for class PE lessons.
31st - Whole school assembly at 8.40am. Year 3H presenting.

June

Tuesday 5th - Sacred Heart Feast Day. Whole school mass at 9am at Sacred Heart Church.
Friday 8th - Grand finals of interschool sport
Saturday 9th/Sunday 10th - Yeppoon Show
Saturday 9th/Sunday 10th - P. and F. conference in Townsville.
Monday 11th - Years 4 to 6 800m races at St Benedict's School.
Thursday 14th - Sacred Heart athletics carnival for our Yr 4 to Yr 6s
Friday 15th - Show holiday
Tuesday 19th June - Sacred Heart athletics carnival for our Prep to Yr 3s
Thursday 21st - Whole school assembly at 8.40am. Year 4G presenting.
Friday 22nd - 10 years Development Cup rugby league shield day
Friday 22nd - Confirmation at 6pm with Bishop Michael McCarthy
Saturday 23rd/Sunday 24th - First Eucharist
Monday 25th - Sacred Heart 2019 Prep open afternoon 3.30pm - 5pm at school.
Wednesday 27th - Children's report cards go home.
Thursday 28th - Whole school assembly at 8.40am. Year 1R presenting.
Friday 29th - Final day of Term 2.

Important Athletics Dates For Sacred Heart

Monday 11th June at St Benedict's is the running of our 800 metre races for our Year 4s, 5s and 6s. Our children have nominated for this event. All competitors will be bussed to and from St Benedict's with the first race commencing at 9.30am.

Tuesday 12th at Sacred Heart School, one round of field events will be held for our Year 4s, 5s and 6s. Children nominate for field events.

Thursday 14th - Our Years 4 to 6 athletics carnival will be held at Sacred Heart School commencing at 9am.

Tuesday 19th - Our Prep to Year 3 carnival will be held at Sacred Heart commencing at 9am. This involves sprints, relays, field events, ball games.

More details about the above will be in next week's newsletter, on our website and on Facebook.

Premier's Reading Challenge

At tomorrow's assembly, Friday 25th May, we will see the launch of the annual Premier's Reading Challenge. Thank you to our Parents and Friends' Association who will be supporting the event. Each class will receive a donation of a book if over 10 students in the class complete the Challenge. Each class will be given a book to raffle amongst all those students who successfully complete the Challenge. This is a wonderful way to support our children's interest in reading and help them build a lifelong skill.

The reading period for Prep to Year 9 students starts on Monday, 14th May 2018 and finishes Friday, 24th August 2018. For a student to successfully complete the Premier's Reading Challenge they must read or experience the number of books indicated in the table below. Experiencing a book can include classroom or at home activities such as shared reading, listening and reading along with a book, or being read to.

Prep to Year 2 Read or experience 20 books. Years 3 and 4 20 books. Years 5 to 9 15 books

The requirement for Year 5 through to Year 9 students to read 15 books rather than 20 books acknowledges that older students are likely to select longer, more complex books that may take them longer to read.

Students are encouraged to select a range of fiction and non-fiction books suited to their reading ability. While there is no compulsory reading list for the challenge, [booklists](#) are available to select appropriate reading material. If your child wishes to participate please [download the form](#) and return it to school at the end of the challenge. Or your child can access a hard copy from the school office.

All The Very Best, Mrs O'Donnell

Today is Mrs Mary O'Donnell's final day for this term as she heads off overseas on study leave in her role as APRE. We wish Mrs O'Donnell all the very best and look forward to hearing of her adventures on her return in week 2 of Term Three.

Mrs Catherine Simmonds will be acting APRE in Mrs O'Donnell's absence.

NAPLAN

Well done to our children in Years 3 and 5 who have completed their last NAPLAN assessments this week and last week. Thank you to all of the teachers and learning support staff who supported the children, not only over the testing period, but for their ongoing support in all our students' education. Thank you to Mrs Robyn Finch and Mr John Campbell (CEO), who visited and observed our NAPLAN Online testing.

2019 Prep Open Afternoon

All prospective prep families for 2019 are invited to an open afternoon from 3.30pm - 5pm on Monday 25th June at school. (Please note the change of date.)

Several of our Prep teachers and leadership will be on hand to show you what Sacred Heart School has to offer in Prep. Afternoon tea is being provided. So please feel free to 'pop' in for a visit on that Monday.



Daniel Morcombe Child Safety Curriculum

It is important for students to understand that personal information should not be given out online without the permission of a parent or teacher. They need to understand how revealing information online can lead them to being identified. It is important for students to understand why they should obtain permission from an adult before participating in an online environment and understand that they should seek help if they encounter anything worrying or feel unsafe online.

It has come to our attention that many young children are communicating online with strangers. Do you know who your children are talking to? Please visit <http://www.cybersmart.gov.au/> to get more information on how to keep your family safe online.

Child Friendly Internet Search Engine

Sometimes when searching the internet at home, children can access inappropriate materials by innocently typing in search engines like Google or Yahoo. Kiddle is a child friendly search engine which filters the content given so that it is family friendly. If you would like to try this search engine at home please click here: <http://www.kiddle.co/>

National Reconciliation Week

Reconciliation week is being celebrated from 27th May to 3rd June with the theme this year being 'Don't Keep History A Mystery: Learn. Share. Grow'. Each year National Reconciliation Week celebrates and builds on the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians.

This year during National Reconciliation Week, Reconciliation Australia invites all Australians to learn more about Aboriginal and Torres

Strait Islander cultures and histories, to share that knowledge and help us grow as a nation.

At Sacred Heart, we promote a community that is built on building respectful relationships between all people. For more information on this important week please visit <http://www.reconciliation.org.au/nrw/>

2019 Prep Enrolments

Enrolments at Sacred Heart are being taken for the 2019 Prep year (children born 1/7/2013 – 30/6/2014). Please register at our school office if you have a child who will be attending Sacred Heart Prep next year or if you know of any families who are intending to send their children to Sacred Heart. Thank you.

National Stimulus Storytime - Hickory Dickory Dash

Yesterday, Sacred Heart joined over 3000 schools across Australia to take part in the National Simultaneous Storytime. This is an annual campaign that aims to encourage more children to read and enjoy books. Now in its 18th successful year, it is a colourful, vibrant, fun event that aims to promote the value of reading and literacy using an Australian children's book. This year, the Simultaneous Storytime book was 'Hickory Dickory Dash'.

Rockhampton Eisteddfod Achievements

This week, many Sacred Heart children participated at the annual Rockhampton Eisteddfod. Congratulations to all involved and to Mrs Kate Ellis, Mrs Tink Boyd and our class teachers for preparing them as well.

Following are our results to date:

2nd - String Ensemble Primary

2nd - String Orchestra Primary

3rd - String Ensemble primary

Highly Commended - String Ensemble primary

2nd - Year 1 novelty choir

(Thank you to the mums who painted the fish and the shark.)

3rd - Years 2 and 3 choir

2nd - Years 4-6 choir

2nd - Years 4-6 folk group

Sacrament of Eucharist Preparations Begin

The second of four Eucharist preparation sessions will be held this Saturday, 26th May.

First Eucharist: To be celebrated Saturday 23rd June at 6pm Mass.

Parent/Child sessions: To be eligible to receive the Sacrament of Eucharist all four Parent Child Preparation sessions need to be attended on the following Saturday evenings: Saturday, May 26th, Saturday June 2nd, Saturday June 9th. These begin at 5pm at Sacred Heart Church.

If you have any queries with regards to the Sacramental Program please contact the Parish Office on 4933 6171 or Mrs Catherine Simmonds at school.

Reminder that this Saturday 26th May, there is a parish youth mass being held at Sacred Heart Church commencing at 6pm. Everyone is invited to attend.

Dental Van

The dental van is currently at Sacred Heart School. If you have not received a dental form or have not returned it please contact the school office. A reminder that parents/carers will need to attend the dental van with their children. The dental van will be operating over the school holidays. Contact number is 0408 771129. Thank you.

School Netball and Rugby League Training

Our Challenge Cup netball teams under the guidance of Mrs Jen Kenny train at school each Monday from 3.30pm.

Our Challenge / Development Cup rugby league boys also train at school on a Monday from 3.30pm until 4.30pm.

Challenge Cup is being held once again at St Brendan's College on 18th/19th/20th July.

Term Two Fee Reminders

Reminder letters for outstanding fees and levies for Term 2 and previous were mailed out this week. Prompt payment would be appreciated.

Student Awards

Prep	Isla Kleinhans, Cooper Griffin, Lucy Thomas, Felix Shammall, Paige Kinsey, Will White
Year 1	Ashton Finch, Riley Hildebrandt, Dayna Cook
Year 3	Niamh Goldman, Bridie Finning, Sonny Eyles, Thomas Morris, Ashton Jensen, Caleb Todman, Patrick Morris
Year 4	Mikayla Broom, Ben Miller, Isaac Thomas
Year 5	Demi Sandilands, Joshua Russell
Year 6	Jane Power, Dan Rees, Amy Fallis, Sienna Prieto

Spiritual Connections

Each week, we provide a link to Sr Kym's reflection of the week. We hope this will provide some spiritual guidance. Link to [Sr Kym's column](#)

St Brendan's Sunset Tour

SBC SUNSET
TOUR &
YEAR 7 2019
INFO NIGHT
THURSDAY 7 JUNE

Come and discover St Brendan's College and hear in detail about the opportunities for your son entering SBC in Year 7 2019.

FINANCIAL SUPPORT available for families.

- ☑ **EDMUND RICE BURSARIES** to support families in financial need. Apply within.
- ☑ **WEEKLY BOARDING OFFER** – Monday am to Friday pm. \$2060 per term.*
- ☑ **50% BOARDING DISCOUNT** for first 20 new Year 7 & 10 Boarders for 2019*.
- ☑ **LIVING AWAY FROM HOME ASSISTANCE** for Isolated Children & other support.

*Contact us for full details & terms and conditions.

DISCOVER ST BRENDAN'S COLLEGE

stbrendans.qld.edu.au
☎ (07) 4939 9300
✉ enrolments@sbcc.qld.edu.au

Signs and Wonders Concert

Watoto

Signs & Wonders

FREE CONCERT

A VIBRANT WORSHIP EXPERIENCE
THE SOUND OF A TRANSFORMED GENERATION
BY A FAMILY OF ORPHANS
FROM UGANDA

WHEN
Sunday 10th June @ 4pm

WHERE
St Ursulas Hall
Queen Street, Yeppoon

WATOTO CHURCH AT WORK
WATOTO.COM

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