



# Newsletter

Enriching Spirits - Educating Minds



## Sacred Heart Catholic Primary School

14 Barracuda Cres  
Yeppoon QLD 4703

Ph: (07) 4933 6288  
Fax: (07) 4933 6470

shy@rok.catholic.edu.au  
www.shyrok.catholic.edu.au

14th February 2019

Week 3

Term 1

### From The Principal's Desk

Undoubtedly you would all be aware of the, Prince Harry initiated, Invictus Games which are held annually and last October, in Sydney. (Have just finished watching a great documentary on it.) The aim of the competition is to support veterans in their recovery after conflict, in Harry's words "to demonstrate the power of sport to inspire recovery, support rehabilitation and demonstrate life beyond disability."

You are probably thinking the Games were named after the 2009 movie about South African rugby or maybe you know that *invictus* is Latin for *unconquered* but there is a more interesting story behind it.

William Ernest Henley was an influential British poet and journalist who died early last century. He was struck down with tuberculosis at the age of 12. Consequently, the TB 'went to the bone' when he was 19 and he became severely incapacitated and the same year, his father died. His ill health continued and, in later life, he spent 3 years in hospital, where he wrote his most notable poem, '*Invictus*'.

William was, according to colleagues at the time, a 'great, glowing fellow', a red head who, in spite of his disability and ill health, was 'jovial, astoundingly clever...with unimaginable fire and vitality'. His positive force of nature was so notable; Robert Louis Stevenson used his character as a model for Long John Silver in *Treasure Island*.

William married in 1878 and fathered only one child, the fragile Margaret. James Matthew Barrie, the famous author, was a close family friend and wrote his children's book *Peter Pan* for her. Margaret called Barrie 'fwendy-wendy' and that is how the name Wendy was invented. Sadly she died, at age five, before the book was published.

So William was a man who endured much angst in his life; a life of constant pain, terrible ill health and the loss of his only child. His poem *Invictus* is a testament to his strength of will and endurance. We cannot guarantee long and happy lives for our children – bad things happen to good people and good things happen to bad people.

But, our job as teachers and parents, is to ensure whatever mountains lay ahead, our young charges : Prep to Year 6, are prepared to climb them, to see the positives and to be captains of their souls - to be unconquered by the whims of this earthly life.

#### Invictus

Out of the night that covers me,  
Black as the pit from pole to pole,  
I thank whatever gods may be  
For my unconquerable soul.

In the fell clutch of circumstance  
I have not winced nor cried aloud.  
Under the bludgeonings of chance  
My head is bloody, but unbowed.

Beyond this place of wrath and tears  
Looms but the Horror of the shade,  
And yet the menace of the years  
Finds and shall find me unafraid.

It matters not how strait the gate,  
How charged with punishments the scroll,  
I am the master of my fate,  
I am the captain of my soul.

All the best

Max Martin

## Important Dates

### February

Tuesday 19th – AGM of our P. and F. association at 5.30pm.

Friday 22nd – Bishop's inservice day in Rockhampton. Pupil free day.

Tuesday 26th – School board meeting 7pm.

Thursday 28th - Interschool Chess competition at TCC in Rockhampton.

### March

Friday 1st and Saturday 2nd – Diocesan P. and F. conference

Tuesday 5th – Shrove Tuesday. Pancake breakfast at school from 7.45am.

Wednesday 6th – Ash Wednesday. First day of Lent.

Thursday 14th - St Brendan's College discovery day 9am - 2.30pm

Friday 15th – School disco 6pm – 7.30pm in our MPA.

Tuesday 19th – Sacred Heart cross country Prep to Year 6 at school.

Friday 29th – Keppel Coast District cross country

### April

Monday 1st – Sacred Heart Years 4 to 6 800 metre races at St Benedict's School from 9.15am.

Tuesday 2nd – Years 4 to 6 athletics carnival at school from 9.15am.

Thursday 4th – Easter assembly 8.40am.

Friday 5th – Final day for Term 1

Sunday 14th – Palm Sunday

Friday 19th – Good Friday

Sunday 21st – Easter Sunday

Monday 22nd – Easter Monday. Public holiday.

Tuesday 23rd – School resumes for Term 2.

## Congratulations To Our Elected School Captains

Our elected captains are:

Semester 1 School Captains:

Sophie Lewis, Cass Smallwood

Semester 1 Vice School Captains

Zsa Zsa Hart, Haylen Luckel-Dent

Tabor House:

Jessica Gleeson, Josh Russell

Cana House:

Tileah Ramke, Jye Svensen

Galilee House:

Bria Goldman, Mason Dendle

Jordan House:

Eliza Green, Murphy Catt

Well done to all these children.



### Frankie Award

This award is presented to a class or child/ren who have been environmentally friendly in some way around our school.

Congratulations to:

Nicholas Goltz Year 2 and Zuri Kimlin Year 3 for looking after the birds outside the Year 3 classrooms by ensuring the bird bath always has plenty of water.



### MJR Award

This award is presented to those in our school who show the virtues and qualities inspired by our MJR program.

Well done to the following recipients for this week:

Ruby Spyve Year 6 for being so welcoming of new children to our school.

Toby Janes Year 3 for always being very helpful towards your classmates.

Makayla Pianta Year 6 for displaying great determination and resilience.

Oliver Poole Prep M for being so friendly to others at eating time.

Zali Dooley Year 2 for your wonderful good mornings and great handshakes. Thank you.

Ben Miller Year 5 for always being so cheerful and willing to help others.



### MJR Retreat Days

This year, we are continuing our focus on Making Jesus Real (MJR). MJR has a wonderful message that Jesus is part of our lives and can change the way we live; that we can make Jesus real through our daily actions and words.

Our retreat days provide an important time of reflection on how we live our lives every day. Over the coming weeks, year levels will participate in an MJR retreat. Further information will be emailed home, by your child's class teacher.

### Car Park Reminders

Thank you to our parents who are following the correct procedures for picking up and dropping off children. There does continue to be concern for children's safety, particularly in relation to the Barracuda car park.

Allowing children to leave the car before parking and encouraging children to walk unaccompanied to this area in the afternoon for pick up is placing the children's safety at risk. We ask that you follow the following guidelines.

Parents who pick up their children in the **Barracuda car park** need to walk in and collect them. This car park is best suited for parents of our Prep children.

Parents who use the **Bottlebrush car park** do not need to leave their vehicle. This has a flow through area and a crossing supervisor. Parents are encouraged to stagger their arrival time in the Bottlebrush car park to alleviate congestion at 3pm.

Parents are not to park in the teacher parking area next to the Bottlebrush car park behind Blocks D and C (Yrs 3 and 4 classrooms) or along the road behind the bus area.

Thanking you for your anticipated following for these rules to ensure the safety of our children.

## Assemblies

Whole school assemblies are held on Thursday in our Multi-Purpose Area (MPA). A prayer assembly is held and this is led by different classes.

At year level assemblies, birthdays are celebrated and class awards are presented. Parents/carers are invited to attend our assemblies throughout the week.

Year level assemblies:

Prep, Year 1 and 2	Tuesday	MPA	8.40am
Year 3 and 4	Monday	MPA	8.40am
Year 5 and 6	Wednesday	MPA	8.40am

## P. and F. AGM and General Meeting

Our P. and F. will be having their AGM followed by their General Meeting this coming Tuesday 19th February at 5:30pm in the school's staffroom. At this meeting, our 2019 executive will be elected.

If you have any items you wish to add to our meeting agenda please email these to [maxwell\\_martin@rok.catholic.edu.au](mailto:maxwell_martin@rok.catholic.edu.au)  
Only agenda items forwarded before a meeting will be discussed at that meeting. Thank you.

## Daniel Morcombe Child Safety Curriculum

The Daniel Morcombe Child Safety Curriculum will be taught in all classes in Term 1. The link to the website is (<http://www.danielmorcombe.com.au/dm-child-safety-curriculum.html>)

The Curriculum is based around three key messages: **Recognise**, **React** and **Report**.

The **Recognise** message encourages students to be aware of their surroundings and to recognise warning clues.

The **React** message helps students to consider choices that may keep them safe or help make them safe again as quickly as possible.

The **Report** message encourages students to report unsafe incidents to an adult.

Teachers use a variety of materials, including interactive whiteboard activities, worksheets and safety books, to deliver the **Recognise**, **React** and **Report** messages. Developmentally appropriate scenarios are also used to explore and discuss safety situations that children may encounter in the home, at school or in their environment.

Students are encouraged to share the resources they complete in class with their families to help keep parents informed about the content being discussed and to promote discussion about safety in the home.

## In Our Prayers

Please continue to keep Andrew and Kate Harris: Eden in Year 3 and Charlee in Year 4, in our thoughts and prayers as Andrew continues with his treatment in hospital.

## In Our Family

Congratulations to the Grob family (mother, Kate, father, Ryan and Charlotte in Prep M) on the birth of Imogen, last week.

## Sacred Heart Cross Country Training

Sacred Heart Prep to Year 6 cross country carnival will be held on Tuesday 19th March. More information regarding the carnival will be sent home closer to the day. It will also be a selection trial for our Sacred Heart cross country team (10, 11, 12 year olds).

Leading up to this event, we are having morning training sessions. These training sessions begin this Tuesday 19th February and will continue every Tuesday for the rest of the term, starting at 7.15am to 7.45am. Children from Prep, Years 1, 2 and 3 are welcome to attend under parental supervision. Children from Years 4 through to 6 will not require a parent to attend.

As part of the morning training sessions, the school will offer breakfast to everyone attending training from 7.45am – 8.15am. Breakfast will include cereal, fruit and juice and cost \$2 per person (money will be collected before breakfast). If you are able to assist with breakfast preparation and serving, could you please contact me as soon as possible.



Parents are most welcome to attend and be actively involved in the sessions. If you have any queries about the training contact Mr Martin at school.

### Development and Challenge Cup Rugby League Training

All children in Years 5 and 6 interested in training for Sacred Heart in preparation for Development Cup which is being held in Term 1 and Challenge Cup in Term 3, a session will be held at St Brendan's College from 5pm to 6pm next Sunday 24th February. Looking forward to it.

### Rockhampton District Netball

Trials were held last weekend for 10, 11 and 12 year old Rockhampton District Schools' netball. Sacred heart had several girls taking part.

Well done to Jessica Gleeson from Year 6 who was selected in the 11 years team.

### Pupil Free Day

Next Friday, 22nd February is a pupil free day at Sacred Heart School with all our teachers involved in the Bishop's Inservice Day in Rockhampton.

Our children are not required to come to school on this day.

Our school office will still be operating with Mrs Kershaw and Mrs Jeffries. Thank you.

### What Have We been Doing In Prep?

I like being really kind to everyone. **Tiarna**  
I like to go on the swings. I am really good on them. **Hudson**  
I like when I come to the office and drop the office bag off. **Logan**  
I like playing with my friend, Taia. **Micah**  
I like to play on the slide with Sophie. **Molly**  
I like to play inside games with Sophie. **Charlee**  
I like stacking blocks from one to seven. **Emmett**  
I like to play on the playground with Noah and Charlotte. **Felicity**  
I play the games inside like putting the little balls into a mouth. **Lola**  
I like to play in the sandpit with Hayden. **Flynn**

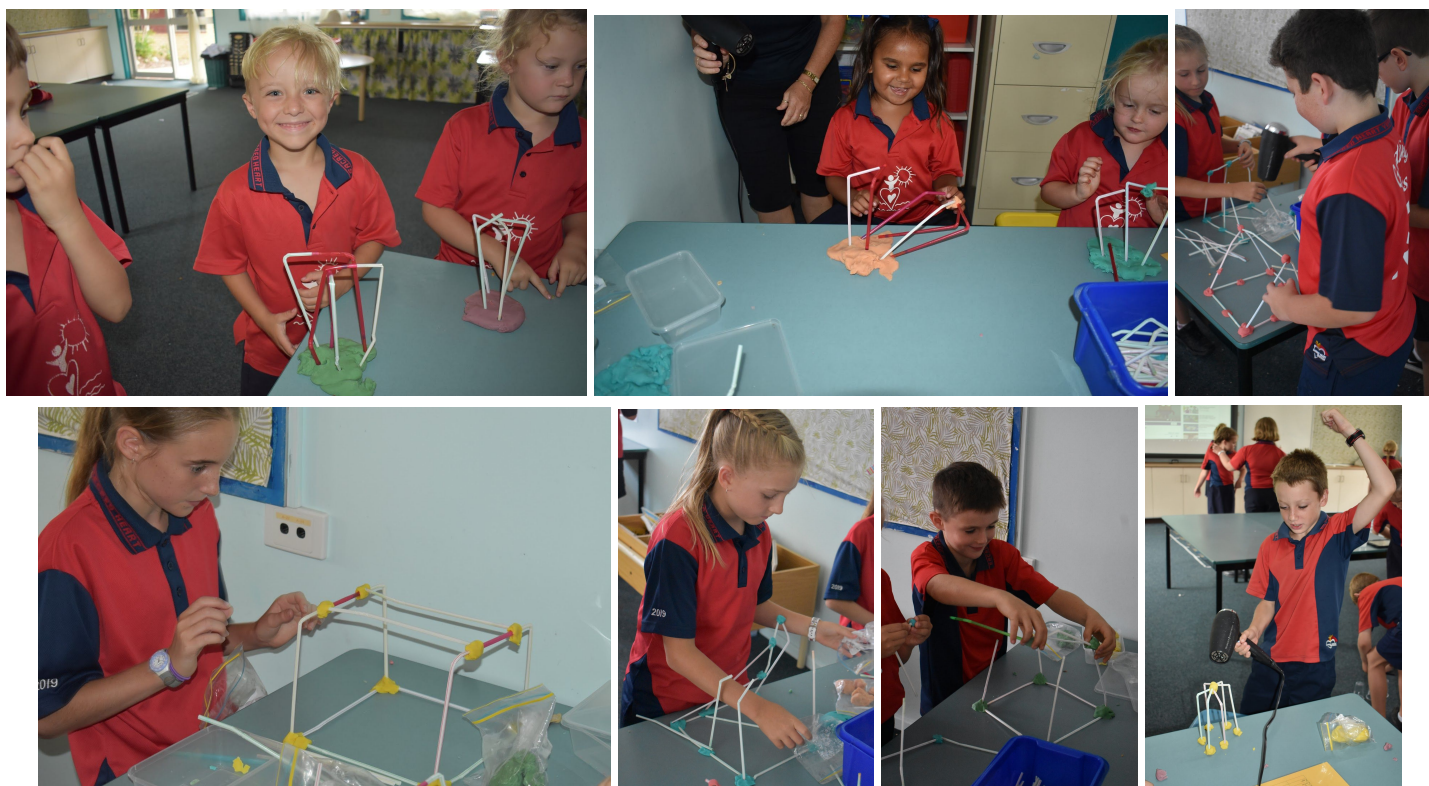
### STEAM lessons

In STEAM, students have been learning to question like a scientist, design like a technologist, build like an engineer, create like an artist and problem solve like a mathematician.

The students were given the challenge to build a house out of playdough and straws that could withstand the big bad wolf in Prep to Year 2 or a cyclone in Years 3 to 6. The students tested their designs using a hairdryer.

Many students went back and modified their original designs to ensure that it could withstand the final test. Well done.





## Student Awards

<b>Prep</b>	Ella Van Zanden-Gillen, Harper Gill, Harrison O'Rourke, Halle Smith, Elka Guhr, Alexander Rendell, Lola Kronk, Willem Shackleton, Dallas Beresford
<b>Year 1</b>	Alex Todd, Maya Read, Harley Neagle, Kash Komsic, Lula Hart, Isla Kleinhans, Cooper Griffin
<b>Year 2</b>	Lennon Kelly, Spencer Toby
<b>Year 3</b>	Elliot Guhr, Clover Shammall, Kaden Davey, Pieta Pilcher
<b>Year 4</b>	Armani Kona, Ashton Jensen, Majella Sykes, Lucas McLean, Riley Timperon, Georgie Hay
<b>Year 5</b>	Ryan Hendrie, Brianna Brandish, Ben Miller, Jack Stanley-Hunt, Charlie Bone, Thomas Brown, Sienna Schick, Abbie Weise
<b>Year 6</b>	Jesse Emery, Charley Neubecker, Samuel Janes, Leah Wex

## Spiritual Connections

Each week, we provide a link to Fr Matthew Moloney's sermon and Sr Kym's column. We hope these provide some spiritual guidance.

[Link to Fr Matthew's sermon](#)

[Link to Sr Kym's column](#)

**AN INVITATION**



**ROCKHAMPTON DIOCESAN P&F  
PARENT ENGAGEMENT MINI CONFERENCE**

An invitation to all Parents, Principals & Staff  
of Catholic Schools in the Rockhampton Diocese  
to attend this free event  
(You are welcome to come to some or all of this weekend)

**FRIDAY 1ST MARCH 5.30 - 8 PM**  
BBQ & Guest Speaker: well known author **MADONNA KING**  
'Fathers and Daughters' (her new book)

**SATURDAY 2ND MARCH 9.00 AM - 4.30 PM**  
Guest Speakers: Dr Jodi Richardson,  
Leesa Jeffcoat AM, Marie Martin, Carmel Kriz,  
Neil McDonald & Carmel Nash OAM,  
and time for conversation

**SATURDAY CONFERENCE FOLLOWED BY MASS & DINNER**  
Accommodation provided at Central Park Motel for parents  
who live outside Rockhampton. All meals included.  
Transport by car unless exceptional circumstances - contact CSPQ.

GO TO OUR MINI CONFERENCE WEBSITE FOR  
MORE DETAILS, AGENDA AND TO REGISTER  
<https://cvent.me/vRarL>



EMAIL: [info@pandf.org.au](mailto:info@pandf.org.au)  
WEB: [www.cspq.catholic.edu.au](http://www.cspq.catholic.edu.au)  
PH: 07 3336 9242

If you have time over the weekend mentioned above, both Madonna King and Dr Jodi Richardson are amazing speakers and I encourage you to attend this conference for some of the time. Details of registration are on the flyer.

## St Brendan's College Discovery Day



**St Brendan's College 2019 Discovery Day**

St Brendan's College invites all 2019 Years 6 boys to  
come and experience a day in the life of a Year 7 Student

**Where:** St Brendan's College

**When:** **2019 Discovery Day**  
will be held on  
Thursday 14<sup>th</sup> March 2019  
9.00am to 2.30pm

Transport: Arranged by St Brendan's College  
For more information please contact  
Kylie Hedges on 49 399 485  
Email: [hedgesk@sbq.qld.edu.au](mailto:hedgesk@sbq.qld.edu.au)  
**R.S.V.P. : 7<sup>th</sup> March, 2019**




## Community News

### Free Community STEAM events:

Saturday, 23rd February-

- Digital Creators and Makers I- (8-11 years)
- Digital Creators and Makers- Plenary
- Digital Creators and Makers II- (12-17 years)

More information and to register: <https://www.eventbrite.com.au/o/capricorn-coast-makers-18808371396>

	SAT., 23 FEB. 9:00 AM <b>Digital Creators &amp; Makers I (8-11 years)</b> Yeppoon Town Hall, Yeppoon
FREE	#ScienceTech #Class
	SAT., 23 FEB. 12:00 PM <b>Digital Creators &amp; Makers - Plenary</b> Yeppoon Town Hall, Yeppoon
FREE	#FamilyEducation #Seminar
	SAT., 23 FEB. 1:00 PM <b>Digital Creators &amp; Makers II (12-17 years)</b> Yeppoon Town Hall, Yeppoon
FREE	#ScienceTech #Class