



Newsletter

Enriching Spirits - Educating Minds



Sacred Heart Catholic Primary School

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21st March 2019

Week 8

Term 1

From The Principal's Desk

Watching our children compete to the best of their ability on Tuesday at our cross country made me so proud. I was especially impressed with the number of children who raced. Most obviously not gaining a place however still running to test themselves (three kilometres for the older children is a long way) and gaining valuable points for their sporting house.

One young man came to me in our undercover area on Tuesday morning to say that he was feeling really good, had been training with his dad and was expecting to get at least second in his race. I saw him finish in the middle of the field, ending with a sprint and having recovered, he came to me and said he had done his best but his fellow competitors were too quick.

I shook his hand and thought many of us can learn a lot from his attitude.

As a parent, one of the hardest issues to deal with is, when, one of my children misses out on something they pined for in their lives. As I have mentioned before in a newsletter, I remember an inconsolable 11 year old who missed out on a Capricornia sports position for Under 12s. He had been in the team the year before. The other boys had grown and become more skillful. That's life.

This year, we are gently reassuring another, now adult, child who has missed out on jobs. He'd get to the interview round and into the last few applicants and then miss out. There were better applicants. That's life.

As a mum or dad, you pain with them but I try not to go on the defensive, unless of course, there genuinely is an unfairness.

I can remember when Wayne Bennett, the renowned rugby league coach, came to Clermont several years ago now and during his address, gave his perspective on modern footballers. He said the big difference in the last 30 years is the way young men are supported by their parents.

Unlike the past, today some mothers and fathers now ring to complain about their adult son's game time or their illness or any form of perceived unfairness. Even as an adult, these young people are receiving 'protection' from their parents and gaining, by default, a sense of entitlement.

You are probably well aware of the elite sports people who never have had failure. At the end of their stellar careers, they are bereft. They cannot handle retirement or their twilight years when they begin to lose races. Mental health issues, substance abuse, unhappy relationships, you have read the stories.

There is also a myth that failure will eventually lead to success. That missing out on something will ignite a fervour that will make you a winner eventually.

Well that's rubbish. It's a tagline for advertising sand shoes or energy drinks. Some will learn from failure and eventually 'make it' but others, no matter the training or the zeal, actually won't be the winner.

That is why as parents, it is very important to support your child in developing resilience. Failure happens and it makes you a stronger person. Failure happens but there are other opportunities. It is okay to be second or last, if you tried your best. The concept of 'personal best' is a great peg to hang your hat on.

Learning to weather the ups and downs as a child, prepares them for the unpredictable real world, where there may be better athletes/applicants/suitors.

That's life.

All the best

Max Martin

Important Dates

March

Tuesday 26th to Thursday 28th - Diocesan Leadership conference in Rockhampton.

Friday 29th – Keppel Coast District cross country from 9am.

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.

Diocesan Leadership Conference

Next week from Tuesday 26th to Thursday 28th, Mrs Collins, Mrs Suthers and Mr Martin will be away from school at a leadership conference in Rockhampton.

Project Compassion - Week 3

Peter – Solomon Islands

Peter is thrilled to have clean water on tap at his boarding school. Long walks to unsafe water were tiring for Peter, who is living with a disability. With more free time and fewer illnesses caused by dirty water, Peter can fulfil his hope of focusing on his studies, providing him with brighter future. You can learn more about Peter and his story, click on the link

https://www.youtube.com/watch?time_continue=6&v=RaAlSbeuaJk



Sacrament of Reconciliation

Congratulations to the many children from Sacred Heart who have prepared for the Sacrament of Reconciliation. It was great to see so many participants from Sacred Heart. The children will make their Sacrament of Reconciliation either Saturday 23rd or 30th March. Please keep them in your prayers.

Chess Club

Last week, our Sacred Heart Chess Club began online tutoring sessions with Andrew Fitzpatrick from Gardiner Chess. We learnt a few new moves and we also learnt how to block those moves (links provided below). Mr Fitzpatrick also informed us that there is a free access to Chesskid.com which will help us with the moves. Our aim is to achieve a higher ranking for our teams at the Interschool Tournament next term. Our chess children will have an online lesson each Friday.

- <https://www.chesskid.com/videos/endgames/king-and-queen-mate>
- <https://www.youtube.com/watch?v=iwM6V2SgfYw>



Robotics Club

This year, the Sacred Heart Robotics Club has increased dramatically to approximately 20 students from Years 5 and 6. They have been eagerly learning the basics to code the EV3 robots and have been working in groups to explore their capabilities.



STEAM lessons

Over the past two weeks, students have been continuing to question like a scientist, design like a technologist, build like an engineer, create like an artist, and problem solve like a mathematician through exploring a number of activities. It has been amazing to watch the children grow in confidence in their own skills and abilities.



State School Swimming Championships

We wish Neassa O'Reilly all the best at the Queensland School Swimming Championships which commence in Brisbane this weekend. Neassa has been selected to compete as a member of the Capricornia team and will be competing in both individual and team events.

Important Athletics Dates for Sacred Heart

Monday 25th March at Sacred Heart School, one round of field events will be held for our Year 4s, 5s and 6s. Children have nominated for field events.

12 years Boys' and Girls' high jump commencing at 9am.

11 years Boys' and Girls' long jump commencing at 10am.

9/10 years Boys' and Girls' shot put commencing at 12pm.

Monday 1st April at St Benedict's is the running of our 800 metre races for our Year 4s, 5s and 6s. Our children will nominate for this event. All competitors will be bussed to and from St Benedict's with the first race commencing at 9.30am.

Tuesday 2nd Our Years 4 to 6 athletics carnival will be held at Sacred Heart School commencing at 9am. The day's timetable will be as follows: 100 metre races, second round of field events (high jump, long jump, shot put), 200 metre races, third round of field events, relays, presentation of age champions and points trophies.

Sacred Heart 800 Metre Races

Our 800 metre races which will be held on Monday 1st April at St Benedict's School oval.

The children and their supervising teachers will be travelling to St Benedict's by bus, leaving school at 9am and returning after the final race, arriving back by 10.45am. There is no cost involved.

Our children are to wear their normal school uniform to school and can bring a change of running shorts in which to change.

They can run in shoes (no spikes) or bare feet.

Below is an approximate timetable for our races. Parents/carers are most welcome to come along to support.

| | |
|----------|-----------------|
| 9.30am | Girls born 2010 |
| 9.37am | Boys born 2010 |
| 9.44am | Girls born 2009 |
| 9.51am | Boys born 2009 |
| 9.58am | Girls born 2008 |
| 10. 05am | Boys born 2008 |
| 10.12am | Girls born 2007 |
| 10.19am | Boys born 2007 |

Year 4 to 6 Athletics Carnival

This carnival will be held on Tuesday 2nd April on our oval. Below is an approximate timetable for the day.

| | |
|---------|------------------------------|
| 9am | War cries |
| 9.10am | 100 metre races |
| 10am | Second round of field events |
| 10.50am | 200 metre races |
| 11.40am | Third round of field events |
| 12.30pm | Lunch break |
| 12.50pm | Relays |

Sacred Heart Cross Country Carnival

Well done once again to all our children who competed at our cross country carnival on Tuesday. Thank you also to all our parents / carers who came along to support. It was a great day. Following are results from our carnival.

Overall Results:

1st Tabor

2nd Galilee and Jordan (Tied on points)

3rd Cana

| | | | |
|-------------|--------------------------------------|---------------------|---------------------|
| 2007 Girls: | 1st Zsa Zsa Hart | 2nd Miah Shackleton | 3rd Riley Robertson |
| 2007 Boys: | 1st Jake Murphy | 2nd Josh Russell | 3rd Charlie Kidd |
| 2008 Girls: | 1st Bria Goldman | 2nd Neassa O'Reilly | 3rd Leah Wex |
| 2008 Boys: | 1st Ryan Hendrie | 2nd Hunter Ballard | 3rd Mason Dendle |
| 2009 Girls: | 1st Blayze Murphy | 2nd Mikuni Park | 3rd Aryriana Pianta |
| 2009 Boys: | 1st Isaac Thomas | 2nd Cooper Sweeney | 3rd Aedan Ryan |
| 2010 Girls: | 1st Nevaeh Ford and Clodhna O'Reilly | 2nd Aria Dooley | 3rd Isla Shackleton |
| 2010 Boys: | 1st Lucas McLean | 2nd Zeke Dendle | 3rd Grayson Catt |

Twenty four children from our 12, 11 and 10 years will now compete at the KCD cross country next Friday 29th March. We wish them all the best.



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:

Willem Shackleton from Prep for making sure children are putting their poppers in the recycling bin. Well done.

Boston Czislawski from Year 4 for ensuring the Year 4 eating area is tidy.



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:

Lucinda Warrick from Prep for the kindness you showed everyone at our cross country, making sure they crossed the finish line.

Ivy Carswell from Prep for noticing your friend needed help and looking after them.

Samuel Stanley-Hunt from Year 4 for playing fairly and including everyone in your lunch time games.

Felicity Suthers from Prep for showing wonderful patience and for being a good friend.

Jesse Ramm from Year 2 for displaying great skills and determination during PE lessons.

William Mayberry from Year 5 for showing great resilience and good getting along skills. Thank you.

Oliver Dadson from Year 6 for applying yourself diligently and conscientiously during your studies this week. Working through some difficult concepts.



Mini Vinnies' Executive for 2019

Today at assembly, our elected Mini Vinnies' executive for 2019 was inducted. Well done to:

President: Charlotte Richards

Vice President: Neassa O'Reilly

Co-ordinator: Katelyn Kleinhans

Secretary: Hannah Hovey

Treasurer: Maggie Shepherd

We wish them all the best in their ventures this year.





Student Awards

| | |
|---------------|--|
| Year 1 | Therese Anish, Charlie Campbell |
| Year 2 | Vera Cook, Sahara Cameron |
| Year 3 | Emmie Sharp, Cash Warner, India Hawkes, Harry Wilczek, Bronagh Symonds |
| Year 4 | Ruby Evenson, Mikuni Park, Alarnii Lyon, Byron Mitchell |
| Year 5 | Maggie Shepherd, Blayze Murphy, Chloe Hawkes, Giulio Somerville |
| Year 6 | Miah Shackleton, Jye Svenson, Jake Murphy, Jessica Gleeson |

St Ursula's Visits

Next Tuesday, a group of students from St Ursula's College who are learning Japanese will be coming to Sacred Heart to work with our Preps.

On Friday 29th, our Preps will be travelling to St Ursula's to watch a performance by the drama students there.

We thank the College for being involved with our school and look forward to hearing from our Preps about their 'Adventures'.

Writing From Year 3

Dear Prime Minister

I am writing to tell you about my robot called Joshua.

Joshua is tremendously better than humans because you don't have to pay or feed him.

He is programmed to drive machinery like trucks, bobcats and cranes and this will help to build beautiful places.

So, I really, really think you should buy Joshua so you can keep Australia beautiful.

Yours sincerely

Cash Warner

Spiritual Connections

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

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

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

Surf Lifesaving News

Congratulations to Charlie Kidd, Hannah Hovey and Neassa O'Reilly (Year Six) who recently competed in the Surf Lifesaving State titles at Burleigh Heads.

They competed in board rescue, board relay, board race, cameron, iron woman flags, sprints, 1km run and surf race.

Hannah and Nessa represented Yeppoon and Charlie, Emu Park. Well done.



Sacred Heart Disco

Many thanks to everyone who was able to make it along to our disco last Friday night. It was very well attended and it was great to see so many dressed up.

We are looking forward to our next one which will be held on Friday 31st May.

Congratulations to the following children who today received prizes for being the best dressed:

Amy Campbell and Holly Stack from Year 6 who were the Siamese cats from the Lady and the Tramp.

Harper Mepham from Prep who was Wonder Woman.

Ben Miller from Year 5 who was Gekko from PJ Masks.

Lucas McLean from Year 4 who was Super Lucas.

Micah Hawkes from Prep who was a pirate.





Community News



 Wildlife Qld

 Preservation Society of

 Since 1962

Ross Creek Discovery Day

Merv Anderson Park

Join Us and learn more about this fascinating Ecosystem and all the Wildlife that rely on it for survival

Activities include:

- Flying Fox Presentation
- Kids activity with Capricorn Coast Landcare
- Guided Mangrove Walks
- Cast net throwing competition with the Inlet Association
 - CROC WISE info
 - Basket Weaving Workshop (Bookings required)

What to Bring: Closed in shoes, sunsafe clothing, waterbottle, sunscreen, gloves

Where: Merv Anderson Park

When: Sunday March 31st, 2019

Times: 8am - 12pm

Walks Commence: 8:15am and 10am

RSVP: E: smcardle@capcatchments.org.au
P: 0428123244

Morning Tea Provided

This project is supported by Livingstone Shire Council and Fitzroy Basin Association Inc. through funding from the Australian Government's National Landcare Program








★ SIGN ON FOR NETBALL ★

STILL available

Net Set Go PROGRAM

Players AGES - 5 - 6 yrs

(2014 & 2015)



DONT MISS OUT

Monday afternoon

NO weekly game fee

Just registration \$95 - go to

CCNA - www.capcoast.qld.netball.com.au

E- capcoast.netball@bigpond.com

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PIC+COLLAGE