



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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NEWSLETTER

12th October 2023

From the Principal's Desk

"Youth now love luxury; they have bad manners, contempt for authority; they show disrespect for elders and love chatter in place of exercise. They are now tyrants, not the servants of their households. They no longer rise when elders enter the room. They contradict their parents, chatter before company, gobble up dainties at the table, cross their legs, and tyrannise their teachers." (Socrates - Famous Greek philosopher died 399 BC)

Some may say that teenagers have not changed too much over the past 2000 years.

Now I am definitely no expert on parenting children growing into their teenage years and I do enjoy time that I spend with them as long as it is not all the time.

Last week, I had the opportunity to attend the Queensland Secondary All Schools' Touch Championships on the Gold Coast with three St Brendan's College sides. Over 530 high school teams competed over five days.

I am the loving father of a 27, a 30 and a 33 year old (They may say different) yet it was with some apprehension that I set out on this 'adventure' to All Schools. My 'fears' were alleviated as I got to know the boys. My wife often reminds me that I cannot deal with teenagers as I would with a child in primary school and with this in mind, I thoroughly enjoyed the two and a half days away.

Competitively, the three teams performed well. The 13s and 18s both made the finals, being defeated in the round of 16 and the quarter finals respectively. The 15s agonisingly missed the finals with a draw in their penultimate game, putting them out of contention.

All played with great sportsmanship, skill and controlled assertiveness. They improved immensely as the carnival progressed and I enjoyed watching their support of each other and their pride in their college.

Their achievements at the carnival made me especially proud as many of the students involved were past Sacred Heart children, 'all grown up'.

It was also so enjoyable watching many past Sacred Heart girls playing for St Ursula's and also doing their college proud.

Apart from on the sporting fields, these teenagers conducted themselves admirably. They were respectful, polite and fine ambassadors for their college and Yeppoon.

The week was of course not without its 'moments' like when the 15 boys were totally distracted from their warm up by the interested looks of several older girls. Instagram can be a nuisance.

Ultimately, it was a great few days and I returned home feeling better for getting to know many wonderful, young men.

It was once written that 'It's difficult to decide whether growing pains are something teenagers have or are.'

It must be said that we all have our moments and that the teenager you 'shake your head at' probably does many of the things we once did in our teens. We turned out alright.

Take care

Max Martin

From Our APRE

October is a busy month. It's the start of the final school term for the year, school is in full swing and the end of year is fast approaching.

On the Catholic calendar, October is known as the month of the Rosary. The Rosary is a form of prayer using beads. Formal prayers, such as the Lord's Prayer and the Hail Mary are repeated, while thinking about Jesus and Mary and important events in their lives.

For me, the Rosary was prayed almost daily in our home when growing up. My parents had a strong devotion to it. I have to admit, at the time, we groaned and moaned when it was mentioned as we had to turn off the television. Funnily enough, over the years it has become almost a form of meditation for me and helps to calm my thoughts. Recently when my father was dying, my mother and seven siblings sat around his bed and prayed the Rosary. Miracle or not, he came back to life and by the end of the day he was sitting up in a chair singing and chatting over the next week. Whether or not he was not ready to leave this Earth, or he was teaching us a lesson, it gave our family extra time together. Looking back, it is a time that we will cherish.

Next week, several classes will be discussing the Rosary and our devotion to Mary. Hopefully, the children will come home and share their knowledge with you. I pray that it will help at least some one day when they are challenged the most.

Let us remember the words of the Hail Mary, a prayer that encapsulates our devotion to Jesus' mother.

Hail Mary, full of grace, the Lord is with you.

Blessed are you amongst women, and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Amen.

Have a wonderful weekend

Melissa Collins

Important Dates Term 3 and 4

October

Friday 13th - Breakfast Club 7.50am - 8.20am.

Friday 13th - Whole school assembly with Year 1C presenting.

Friday 13th - Our diocesan director, Miss Leesa Jeffcoat visiting Sacred Heart.

Monday 16th - Book Fair commences.

Friday 27th - Whole school assembly with Year 2W presenting.

Friday 27th - International Teacher's Day

Friday 27th - Day for Daniel

Friday 27th - Mini Vinnies' 3 hour touch football game.

November

Friday 3rd - Grandparent's Day Assembly, morning tea and brief concert

Friday 3rd - Mass with Prep attending

Monday 6th - Year 6 Camp (returning 10 November)

Friday 10th - Whole School Assembly 5L presenting remembrance day

Monday 13th - Year 6 girls St Ursula's College Orientation day

Friday 17th - Prep - 3 swimming carnival

Tuesday 21st - Presentation Day

Tuesday 21st - Whole School Assembly Year 6 presenting

Friday 24th - Colour fun run for St Vincent de Paul Christma Appeal

Monday 27th - End of year thanksgiving mass

Monday 27th - Year 6 dinner MPA

Tuesday 28th - Christmas Concert in MPA all year levels presenting

December

Friday 1st - Final day term 4. End of year assembly 8.40am.

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

Lantern Awards



Dakota Size **Year 4**
Compassion- For your helpful and considerate nature at lunch times when putting away school equipment in the MPA. You are always there to help when other equipment is left behind.



Thomas Murray **Year 6**
Compassion - For your willingness to help others, when you can see they are struggling with a task. Thank you for helping a teacher who needed an extra set of hands with packing away equipment.

Elizabeth Crick **Year 1**
Kindness - For showing caring attitude towards your partner and helping them with challenging skills in P.E..

Miesha Singleton - Bray **Prep** **Compassion -** Always showing kindness and a caring attitude towards others, both in the classroom and in the playground.

Student Awards

Prep	Carter Pelling, Grayson Edwards, Ellie Smith, Scarlett Anderson, Christopher Palmer, Charlotte Flower, Felix Gagliardi, Lydia Hoadley-Irving, Nashua Solis
Year 1	Finn Jarrett, Lucia Sturgess, Jack McCoombes, Hannah Flanders, Karla Kehoe, Zara Thomas, Clairra Nunn, Vincent Neve, Molly Chenoweth, Fergus Kenny, Emily O'Brien, Harley Hill, Aurelia Acharya
Year 2	Myah Weston, Maddison Edwards, Corbyn Pearson, Macey Winter, Cara Sparks, Indinanna Solis, Wyatt Forbes
Year 3	Bella Thomas, Owen Harris, Levi Stapleton, Harper Hiron, Halle Moger, Frankie Kenny, Emily Boon, James Muller, Taye Warner, Nicolas Van Eyk, Shaelee O'Meara
Year 5	Max Atkins, Flynn Palarait, Miller Keegan, Connor Dickenson, Charles Campbell, Oliver Mathias-Watt, Adah Stapleton
Year 6	Nicholas Goltz, Connor Hartley, Marni Keegan, Ethan Dixon, Zali Dooley

Book Fair



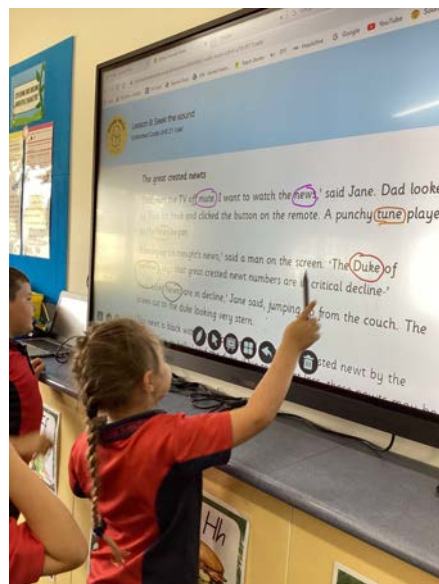
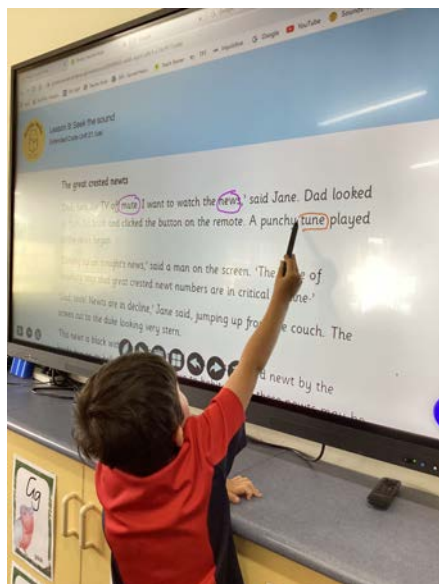
Book Fair is being held at Sacred Heart next week.

Our library will be open on Tuesday 17th October from 3.15pm to 6pm for families to view and purchase Book Fair items.

Additional purchasing times will be Wednesday 18th October and Thursday 19th October from 8.15am to 3:30pm.

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

New Interactive Whiteboards



Our Year 1C, 1R and 2D classrooms have just had new interactive screens installed.

These new additions allow for our children and their teachers to interact more actively with a variety of apps and teaching opportunities.

Thank you to Mr Michael Gould, our IT consultant and Mr Gavin Bennett, our groundsman for their purchase and installation.

Companion Cup

Last Saturday, Sacred Heart played St Benedict's for the Companion Cup as a curtain raiser to the St Brendan's Old Boy's v First XIII rugby league game.

Both teams played extremely well considering it has been some time since their last school game. Lots of attacking football was on display however it was the defence of both sides that was the highlight.

Sacred Heart ran out winners 16-14. Well done to all boys who took the field in particular our player of the match: Jacob Daniel.

Special thanks to all our supporters and team trainers: Mr O'Brien, Mr Nielsen and Mr Pacey.



Soctober - Mini Vinnies' Initiative

Today, we had our Soctober event raising funds for Missions Australia.

Each class filled a sock with coin donations and wore crazy socks to school.

Many thanks everyone, we raised \$1,245.



Sacred Heart Mini Vinnies - 3 Hour Continuous Touch Football Game

Our Mini Vinnies' group as a fundraiser for our local St Vincent De Paul organisation, is conducting a three hour continuous game of touch football on Friday 27nd October from 5pm until 8pm at the Touch Association fields.

This is open to our Year 3s to 6s children, no touch football experience is required, with nominations closing on Thursday 19th October.

The cost is \$5 per child with all proceeds going to St Vincent De Paul.

We are hoping to have 8 teams with children placed into teams of 12 with a teacher/adult supervising each team. 6 players are on the field at any one time.

Each child participating will receive a sausage sizzle and fruit on the night. Water bottles and suitable footwear (no bare feet) are essential.

The response to date has been amazing and we are still looking for children to register for this event.

A permission form is available from our office.

Swimming Term 4

Our swimming lessons commenced this week for our Year 2 and 3 classes.

These take place at the Cooe Bay aquatic complex, with our children being bussed to and from the venue.

Our Years 2 to 3 classes will participate in lessons on a Tuesday in weeks 2, 3, 4 and 6.

[Year 2/3 Swimming Timetable](#)

Our Prep and Year 1 classes will participate in a week of intensive swimming, attending lessons Monday to Thursday week 7 (13th-16th November).

[Prep/Year 1 Swimming Timetable](#)

Our Prep / Year 1 and Year 2 / 3 swimming carnivals will take place on Friday, 17th November.

Children are required to wear a sunsafe shirt for swimming and a pair of sandals or thongs (footwear). A towel is also needed.

Year 2W need to come to school dressed in their swimwear, as they have the first lesson of the day and will be leaving the school at 8:40am.

Children will need to bring their school uniform, including underwear, shoes and socks in their bag so they can get changed on their return to school.

Swimming lessons costs will be added to Term 4 school fees. These are conducted by qualified instructors.

If you have any queries regarding swimming lessons, do not hesitate to contact our school office.

Writing Samples

If I Was Prime Minister

If I was Prime Minister
There would be places for all
Where trees can grow nice and tall.
If I was Prime Minister
There is no reason to smuggle
Because I will help with every struggle.
If I was Prime Minister
I would be promising
Everything we do will be inspiring.
I will help, trust and share
To make everything fair.

By Marni Year 6

Oct 9th
 In Melbourne I saw scato
 but my Mum left the
^{exhibit} exhibit to do something else.
 On Tuesday Mum couldn't
 decide ^{which} which tone she wanted
 so to paint Nash's bedroom
 she ^{just} used an ^{army} army green.
 My dad loves onions he
 makes them ^{every} every night
 in the ^{kitchen} kitchen or my dad
 can have pudding ^{instead} instead.
 Hopefully ^{fully} I get to go to
 Sea World in March but
 It also Charlotte's birthday

By Indi Year 2

Holiday Recount
 * On the holiday I went
 to Oliver's place with
 Renen, Wyatt and Eamon.
 We ^{rode} rode some karts
 down the massive
 hill and up the
 hill after that we
^{were} were ^{fired} fired
 where I ^{tried} tried so we
 all ^{had} had lunch
 together but it
^{turned} turned into a food
 fight. Then we play
 ed football. It was
 so much fun.

By Jack Year 2

Ruby Sewley
 On the school holidays my family and
 I went to Rokhampton to go to ten
 minute golf, bumper cars and lazer tag.
 We played ten minute golf. It looked
 like it was glowing. I scored three
 hits with level two. The golf course
 went up to level nine. When we finished
 all the courses then we went home. When
 we got home we played "Call of Duty,"
 two player. It was fun! We got some
 lollies at the big store. We got to
 sleep with Mum and Dad.

By Ruby Year 2

Writing Samples

On the holidays I went camping and canoeing. Firstly Mum, Dad, Toby and I set up the caravan. It was sunny we stayed there for three days and we got there at 12.00am. We had a camp fire and marshmallows. After that every one had a shower and went to bed. The next day Toby and I got up and went into Mum and Dad's bed. It was raining. Mum, Dad, Toby and I had Coco Pops and Toby had Fruit Loops. I went canoeing. It was cold. After that I had a popper and got some dry clothes on. I relaxed on

by Ayla Tooley

By Ayla Year 2

On the holidays I went to the animal ^{feeding} and I went there with my cousin. We saw a baby cow, baby goat, baby pig and a baby lizard. They were so cute and we got to pet them. They were so soft. There ^{were} a lot of people there. I was very crowded. I loved it and so did my cousin.

By Jordan Ohi

By Jordan Year 2

Non State Schools Transport Assistance Scheme



Applications for the Non State Schools Transport Assistance Scheme (NSSTAS) opened on Sunday 1 October and will close on Tuesday 31 October 2023. Are you eligible to apply? Visit the website to find out: <https://www.schooltransport.com.au/>

Community News

INTERNET Safe Education **A Cyber Safety Event for Parents and Carers**

What the event involves

- Decades of Law Enforcement experience delivers evidence based messages
- Time effective and achievable strategies that can be actioned now
- Online threats and personal responsibilities
- Discover how essential and important your role is
- Social Networking
- The Law Online
- Online Gaming
- Cyberbullying
- Sexting

This is an event not to be missed and will change your thinking

Delivered by a professional speaker on the topic of digital compliance and internet safety. You will be presented with engaging and powerful information in a way that will bring to life possible online dangers and responsibilities which are a part of your child's digital world. Strategies of protection and prevention will empower you to reduce online risks within your home. You will be amazed how simple this can be.

WHERE: St Brigid's School Library

WHEN: Tuesday 17th October 2023

TIME: 9pm

RSVP: Monday 9th October 2023 to info@ihse.com.au

1300 650 491 | info@internetsafeeducation.com | internetsafeeducation.com

CatholicCare **1-2-3 Magic** **SPECIAL NEEDS**

Learn to manage difficult behaviour in children 2-12 years old
Three session program for parents and carers provided by CatholicCare

6.30-8.30pm Wednesday 25th October, 1st 8th November
Onsite at Catholic Care Central Queensland, 5/15 James Street, Yeppoon.

“1-2-3 Magic” can be a magnificent preventative measure that any parent can use to avoid raising a child, who later down the line, needs excessive discipline or grows out of control.

Specifically tailored to parents of kids with special needs, you will learn:

- How to discipline without arguing, yelling or smacking
- How to sort behaviour
- How to handle challenging and testing behaviours
- Choosing your strategy, the three choices
- Using emotion coaching to encourage good behaviour
- Seven tactics for encouraging good behaviour

Parents will receive:

- 1-2-3 Magic® & Emotion Coaching Parent Workbook

FREE
REGISTER NOW
Call 1300 783 544 or visit catholiccare.org.au/123magic

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