



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**

7th March 2024

### From the Principal's Desk

The first thing she noticed was the swelling of the fontanel; the soft spot on her baby's head was bulging unnaturally. The nurses seemed to brush it off but Pam knew something was wrong. As a mother of a 14-month-old son, she knew the physical signs of her second child were not normal. Eventually flagging down a doctor, tests were run and hydrocephalus was diagnosed. In the 1960s, the ominous 'water on the brain' was not only life threatening but, if survived, meant a life of significant impairments.

'Put him in a home', became the mantra of the medical staff. Sadly, a phrase members of her own family recommended. The prognosis was a floppy child who would unlikely walk or talk. A shunt in the base of the neck heralded the baby's survival but fortnightly visits to the doctor in Brisbane were required to continue treatment, stave off infection and possibly improve his quality of life.

And so it began. My mother, with undaunting dedication, bundled myself and my infant brother, Mitch on the train for the regular jaunts from Bundaberg to Brisbane. In those days, there was no financial or social support for a young mum living kilometres from her family based in NSW. There certainly was no comfortable, speedy tilt train and let's just say, I was not an easy child to corral.

For years, Mum was the general and the front-line soldier on the medical battlefield. Her tough stance that she would get the best for my brother, no matter what, was her dedicated purpose – extra difficult when, before she knew it, she had three children under 3, as my little sister arrived. Compacted on this, was her own ill health.

So what happened to Mitch, my younger brother? Can he walk? Did he complete school?

Mitch is an electrical engineer and now a lecturer, a father of 2 sons living in Tasmania. He plays a number of musical instruments in two orchestras. He is fit and healthy.

My mum was fortunate she had a husband to support her and a single mindedness of purpose. Not all little men, born in the 60s made it through. I can think of so many stories whereby the family/the child survived and thrived due to the determination of a mother.

My mum, my wife, my daughter, my granddaughters. The teachers of Sacred Heart.

I am blessed to have in my family, in my friendship group and as my work colleagues, extraordinary women with gifts of generosity and purpose that they share with our world.

Tomorrow, Friday 8th is International Women's Day and, yes, many of the barriers of the past from inequitable pay rates, to not being allowed to vote have disappeared. However, there are still many cultural and behavioural barriers that women are confronting 115 years after the first International Women's Day was observed in the USA (1909).

At Sacred Heart, I hope the young girls in our care gain the confidence to take on the world, inspired by the women and supported by the men in their lives.

Take care

Max Martin



## From Our APRE

Compared to people from the past, we find ourselves constantly under scrutiny, both by ourselves and by others. Nowadays, we rely on gadgets like 'Smart watches' to monitor our sleep quality, and every food package seems to boost health. Lately, I've been asked to review my new car, which makes me wonder: amidst all this incessant evaluation, how do we maintain our sanity? What toll does this constant assessment take on our minds and spirits? Are we constantly striving to measure up and do we judge others by the same yardstick? And perhaps, most importantly, what truly matters in enhancing our lives?

The season of Lent has prompted me to reconsider what holds real significance in my life. Playing with a child might not yield any tangible feedback, except for the joy reflected in their eyes. Watching clouds drift by offers no assessment but it brings a profound sense of peace. These moments are about simply letting go and embracing life. Similarly, prayer may offer no visible, measurable outcomes, only the comforting assurance of being heard by a loving God.

When it comes to our children, there are occasions when we must assess their behaviour and offer guidance. However, what they truly need from us is our presence, our undivided attention.

Spending 'wasted' time with them is invaluable, similarly to communing with God in prayer. As we journey through Lent, I urge you to reflect on the standards you impose on yourself and consider easing up a bit. Take time to smell the roses, enjoy life and cherish the presence of your children.



Loving God, help me rest in your boundless love and share that love with my children. I pray this in Jesus' name, trusting that you will hear me. Amen

Have a great weekend

Melissa Collins

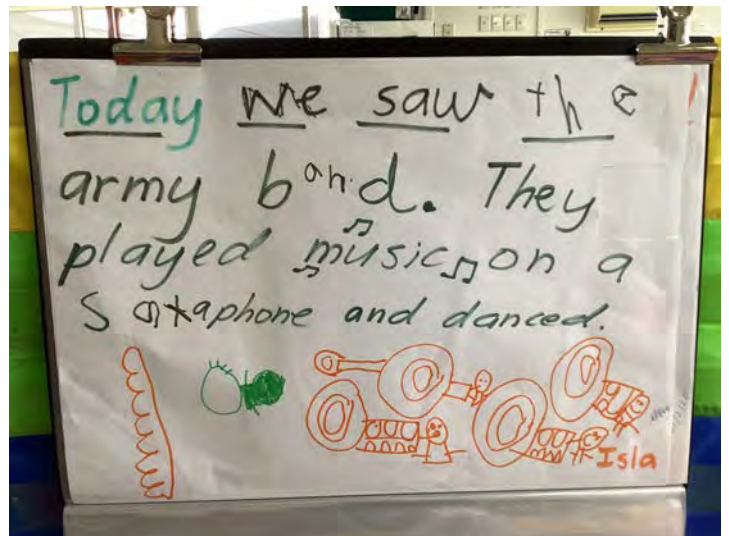
## From Our APC

On Tuesday, Sacred Heart was fortunate to have Townsville's 1st Battalion, Royal Australian Regiment band visit our school.

The group thrilled students and teachers playing a variety of well known songs, including Taylor Swift's 'Shake it Off', Imagine Dragons' 'Believer' and the theme from Bluey.

Throughout the entire performance, our children were engaged and encouraged to sing or clap along.

Prep CR, co-constructed a recount of the event, which was then illustrated by Isla. This piece of writing is amazing, showcasing what students have learnt and can demonstrate in an interactive writing lesson after just six weeks at school.





NAPLAN is scheduled to start next week, the following information outlines the days and times of assessments.

Wednesday 13th March	9am - Year 3 and 5 Writing
Thursday 14th March	9am - Year 3 and 5 Reading, 11.30am Year 5 Conventions of Language
Friday 15th March	9.20am - Year 3 Conventions of Language, Year 5 Numeracy 11.30am - Catch-up writing
Monday 18th March	9am - Year 3 Numeracy

Tuesday 19th - Friday 22nd March, there will be the opportunity for students who have missed tests to catch these up.

We wish our Year 3 and 5 children all the very best for these assessments.

Have a wonderful week

Mrs Lisa List

### Important Dates Term One

#### March

Friday 8th	Year 4 to 6 swimming carnival
Wednesday 13th	NAPLAN for Years 3 and 5 commences
Friday 22nd	Whole school assembly at 8.40am
Monday 25th	Cross country carnival for Years 4 to 6 at school
Thursday 28th	Holy Thursday and last day of term
Friday 29th	Good Friday

### Capricorn Coast Catholic Parish

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

Stations of the Cross will be held at 5pm each Wednesday of the Lenten Season.

[Correspondence from Bishop Michael regarding Ash Wednesday and Lent](#)



## Week 6 Student Awards

Congratulations to the following children.

<b>Prep</b>	Huey Stumer, Rian Siddins, Leah Park, Hailey Allen, Ivie Aupori, Riley Ball, Charlie Willson, Kaide Richardson, Thea Collins, Sofia Cisternino
<b>Year 1</b>	Remy Sullivan, Summer Taylor, Henry Hamilton, Amelia Foley, Harrison McPhail, Sebastian Suttle, Summer Hawkes
<b>Year 2</b>	Matilda Flower, Finn Fleming, Boston Richardson, Claire Martin, Scarlett Seamark, Charlie Veliscek, Jackson Seaby, Lachlan Robertson, Willow Johnston
<b>Year 3</b>	Chelsea Smith, Jett Graham, Jedd Gordon, Maddison Nixon, Wyatt Forbes, Ruby Willetts, Blake Kirby, Summer McCoombes, Leilani Du Plooy, Carter Morris, Kai Schwennesen, Hugo Way, Aurora Johnson, Leilani Du Plooy, Jackson Stewart, Jack McCartney, Olivia McElhenny, Ayla Toohey, Miles Hatte
<b>Year 4</b>	Angus Mitchell, Milla Sykes
<b>Year 5</b>	Ivy Carswell, Aria Mahoney, Nixon Johnston, Connor Dixon, Sophie Wilczek, Austin Jackson, Dakotah Size, Harper Gill
<b>Year 6</b>	Paige Kinsey, Cruz Hill, Saige Nielsen, Isla Kirby, Felix Rayner, Sasha Dadson, Noah Todd, Archie Thomas, Oliver Mathias Watt, Bertie Havey, Braydon Smith, Isla Kleinhans, Bodhi Lewis

## Lantern Awards

Sapphire Johnson      Year 2      Compassion      For being a loyal and caring friend and looking after others at lunch time play.

Emily O'Brien      Year 2      Compassion      For always sharing your cheerfulness with others and caring for a friend who was upset this week.

Hugo Way      Year 3      Being Just      The way in which you always play so fairly and inclusively with others is greatly appreciated.

Taye Warner      Year 4      Being Just      For always including others in your lunch time games and for displaying wonderful sportsmanship.



Logan Lowry      Year 5      Courage  
For supporting a friend who was not being treated respectfully during a lunch time game. Thank you.

Halle Smith      Year 5      Compassion  
For being a wonderful friend and including others in your lunch time activities.

## Library News

We have hit the ground running this year in the library with students very eager to borrow new books.

With the term well advanced, our students have borrowed almost 6500 titles with an even spread between fiction and non-fiction. If you wish to peruse the new titles have been added to our library, you can access our Oliver library system here:

[News - 206 - Sacred Heart Primary School Yeppoon - Oliver \(rok.catholic.edu.au\)](http://rok.catholic.edu.au)



To complement the shelving we purchased last year and in order to make books easier to find, the library has recently purchased colourful shelf markers.

Also, don't forget that Book Club is back up and running for 2024 with issue 2 now available to order from via the Loop App – orders closing on 14<sup>th</sup> March.

Follow the link to order: [LOGIN \(scholastic.com.au\)](http://login.scholastic.com.au) or visit the APP store and look for the LOOP app.



## School Cross Country Training

Our Year 4, 5 and 6 cross country carnival will be held Monday 25th March on our oval.

To help our children prepare for this event, we will be having cross country training on our school oval for our Year 4s to 6s every Monday and Thursday 3.30pm - 4.15pm commencing next week.

Interested children will need to bring their running gear to change into after school.

Mrs Kenny and Mr Martin will be supervising this training.

## Years 4 to 6 Swimming Carnival

Our Years 4-6 swimming carnival will take place tomorrow Friday 8th March at the Cooee Bay Aquatic Centre.

All children will come to school as normal on the carnival day. Classes will be bussed to the pool with their class teacher. The events will commence at 9:15am.

Children may wear a sun safe shirt in the colour of their sporting house. Normal school shoes must be worn to and from school. Children may bring thongs or sandals to wear at the pool.

Ensure your child has their hat, water bottle and lunch packed to bring to the carnival. Our children will not be accessing the canteen at the pool.

At the conclusion of our carnival, all our Years 4, 5 and 6 children will be returning to school by bus.

If you have any queries regarding our swimming carnival contact our school office.

Following is a timetable with approximate times for events:

8.50am            Year 4 to 6 children leave school by bus.

9.15am	100m freestyle 9-12 years
9.40am	25m freestyle 9-12 years
10.05am	50m freestyle 9-12 years
10.30am	25m breaststroke 9-12 years
10.55am	50m breaststroke 9-12 years
11.25am	25m backstroke 9-12 years
11.50am	50m backstroke 9-12 years
12.15pm	25m butterfly 9-12 years
12.40pm	50 butterfly 9-12 years
1pm	All children bussed back to school.
1.10pm	Presentation of age champions and winning house in our multi-purpose area.

[Complete the online Swimming Carnival Permission Form here.](#)

### Rockhampton District Sports Representation



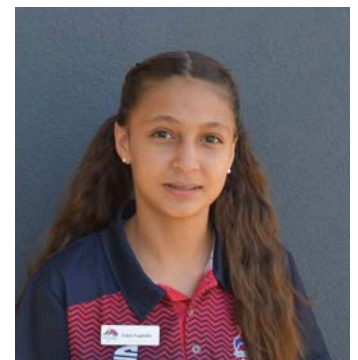
Congratulations to Beau Hoare (Touch football), Year 5, on his recent selection to represent Capricornia District.

Well done and we wish him all the best.

### Capricornia Sports Representation

Congratulations to Chelsea Bunt, Year 6, on her selection in the Capricornia Primary Schools netball team, following trials in Sarina yesterday.

Well done and we wish her all the best at the state titles.



### Sacred Heart Cross Country Carnival

Our school Year 4 to 6 cross country races will be held Monday 25th March on our oval.

Following are the times for events:

9am – Boys and girls 12 years (3 kms)

9.25am – Boys and girls 11 years (3 kms)

9.50am – Boys and girls 10 years (2 kms)

The boys will head off firstly in the timed races, followed by the girls. Our children will nominate for these races.

Parents and carers are most welcome to attend this carnival.

Place ribbons will be presented for each age group.

The first 4 or 5 runners finishing in each age group will be eligible to compete at the KCD trials.

## Dental Van at Sacred Heart

Dental treatment for students currently enrolled at your school will commence at Sacred Heart on 18<sup>th</sup> March 2024. This service will be provided by the Mobile Dental Clinic 74.

The [Medical History/Consent Form](#) has been attached, and will be sent directly to parents via email.

Paper copies will be made available in the school office.

Alternatively, parents can scan the [QR code](#) below for access to an electronic form.

Parents and carers are responsible for ensuring their child/children attend at the agreed appointment times.

## Parent Connect Trivia Night

Thank you to our Parent Connect group, especially Mrs Steph McCartney for organising our first family trivia evening.

Fourteen teams took part and a good night was had by all. The dress ups were amazing.

Congratulations to the Sacred My Hearties team who placed first.

Looking forward to our next school family function to be held next term.





## Finance - School Fees

Thank you to those families who have paid their Term 1 fees.

These fees are now overdue.

If you are unable to make full payment, email Mrs Stacey Todman at [shy\\_finance@rok.catholic.edu.au](mailto:shy_finance@rok.catholic.edu.au) to initiate a payment plan agreement. Thank you.



# SIGN ON FOR NETBALL 2024

### 2024 Seasons

- Nettas term 2
- Juniors term 2 & 3
- Senior Ladies - Term 2
- Senior Social Mixed - Term 2
- Junior & Senior Social Mixed term 4

**Fee Structure 2024**

- Nettas - 10 weeks - \$80.00
- Juniors - \$220.00
- Seniors 10 weeks- \$100.00

-CCNA accepts Qld FairPlay Sporting vouchers  
\*Team nominations are OPEN - team sheet downloadable via website  
\*Once team is nominated on NetballConnect, players will be emailed registration link  
\*Individual registrations to email CCNA to be placed in a team

### MONDAY

- Nettas Program 5 -7 yr olds 4-5pm
- Seniors - Ladies Social & Competitive

### TUESDAY

- Minis (7-8 yr olds) born 2016/2017
- Junior F (9 yr olds) born 2015
- Junior E (10 yr olds) born 2014
- Junior D (11 yr olds) born 2013
- Junior C (12 yr olds) born 2012
- Junior B/A - High school (graded) - born 2011/2006

**Come See us**  
**YEPPOON CENTRAL**  
3rd Feb 9am - 4pm

[www.capcoastnetball.com](http://www.capcoastnetball.com)  
[capcoast.netball@bigpond.com](mailto:capcoast.netball@bigpond.com)  
0438 106 068

**PLAY SOFTBALL IN 2024**



**SEASON STARTS MARCH 9TH**

- Bluebirds - [bluebirdssoftball@outlook.com](mailto:bluebirdssoftball@outlook.com)
- Frenchville Scorpions - [softball@fsports.com.au](mailto:softball@fsports.com.au)
- Outlaws - [outlawsoftballclubinc@gmail.com](mailto:outlawsoftballclubinc@gmail.com)
- Taipans - [taipans.softball@gmail.com](mailto:taipans.softball@gmail.com)

**REGISTRATION COSTS FOR THE 2024 SEASON**

- Tee-Ball (u10's) — starting at \$40
- 10-12 years — under \$100
- 13-17 years — starting at \$160
- Seniors (18+) — starting at \$250

**TRAINING NIGHTS**

- Bluebirds & Taipans—Tuesday
- Outlaws—Wednesday
- Frenchville—Thursday



## Family Support Group – Rockhampton South



**Calling all parents of children who live with disability!**  
You're invited to attend a monthly meeting of like-minded individuals in a safe environment to share ideas, give and receive support and hear from guest speakers who may help you and your family during this journey.

Join Carers Queensland for this session where we will be discussing and providing information and resources about community and mainstream supports in your area for parents and children.

**Your Partner in the Community**  
Carers Queensland is working with the National Disability Insurance Scheme (NDIS) to deliver the Local Area Coordination Partner in the Community Program, supporting Australians with disability to live fulfilling and connected lives.

- We help you:**
- find out about the NDIS
  - apply for the NDIS
  - understand your NDIS plan and how to use it
  - review your plan as your life changes
  - find other support if you can't use the NDIS, or don't want to.

We support people with disability to connect to services, supports and activities in the community if they are not eligible for the NDIS. Register now [Online](#)

Date	Time	Where
Wednesday 13 <sup>th</sup> March 2024	10.00am – 11.30am	Rockhampton Special School
Wednesday 5 <sup>th</sup> June 2024		91-115 William St Rockhampton Qld 4700

Talk with us  
1300 999 636 | [cq.enquiries@ndis.gov.au](mailto:cq.enquiries@ndis.gov.au) | [www.carersqld.com.au/ndis](http://www.carersqld.com.au/ndis)

To start your NDIS journey, connect with us today. 1300 999 636  
[cq.enquiries@ndis.gov.au](mailto:cq.enquiries@ndis.gov.au)



CatholicCare

# 1-2-3 Magic

EMOTION COACHING FOR PARENTS

**SPECIAL NEEDS**

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

Catholic Care, 5/15 James St, Yeppoon  
Thursday 7, 14, 21 March 2024 – 6.30-8.30pm

“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  
[catholiccarecq.com/123magic](http://catholiccarecq.com/123magic)



CatholicCare