

# Sacred Heart School Newsletter



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## From the Principal:

### Our P.B.S. Values are:

Respect for Ourselves

Respect for Others

Respect for our Learning

<http://MyTerncity.com.au>

Change the  
changeable,  
accept the  
unchangeable,  
and remove  
yourself from  
the unacceptable.

WWW.VERYBESTQUOTES.COM

*"It helps now and then to step back and take a long view. The Kingdom is not only beyond our efforts, it is beyond our vision. We accomplish in our lifetime only a fraction of the magnificent enterprise that is God's work. Nothing we do is complete, which is another way of saying that the kingdom always lies beyond us.."*  
*"We cannot do everything, and there is a sense of liberation in realizing this. This enables us to do something. It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord's grace to enter and do the rest."*

*We may never see the end results, but that is the difference between the master builder and the worker. We are workers, not master builders, ministers, not messiahs. We are prophets of a future not our own."*

**Oscar Romero**

As announced yesterday, Liz Illingworth will be the new Principal of St. Finn Barr's School, Invermay from the start of 2017. Liz has been our Assistant Principal now for nearly three years. Liz will provide energy, commitment, integrity and example as a leader to SFB community. For us the emotions are naturally mixed.

Mr. Tony Claessens will also be retiring from full time teaching at the end of 2016. Tony will continue to work at SHCS in a part time role in 2017, yet to be finalised. Tony has been an outstanding servant of Catholic Education as Principal and classroom educator across a variety of schools. He is a man who models the values we aspire our students to have and develop.

We will celebrate and thank them in time, we also must turn our focus towards the needs of our community going forward. If we have an attitude of entitlement then we place ourselves above the community. We should not have a monopoly on our role just because we have done it for a period of time or demand special privileges due to our current or former status. We are part of SHCS community first and foremost. We need to try to move beyond 'self interest' and focus on the greater need and good. We are only custodians for a period of time and as a result should expect more of ourselves in preparing the way for those that will follow us; students, teachers, staff and parents. This is not easy, no question, at the same time this is what we are called to do as part of the catholic mission of our school.

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## From the Principal:

As Oscar Romero beautifully writes “..We cannot do everything, and there is a sense of liberation in realizing this. This enables us to do something..” The ‘something’ has to be about what the community needs and is the right thing to do through the lens of our tradition, lived in the current reality while moving towards the future.

We have to be ok that life will go on once we leave and that we are not getting in the way of what that direction is. We are all only here for a short time and as Romero writes “..It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord's grace to enter and do the rest.”

We will be sad and miss people who have been a major part of our story, however the story continues and the next chapter introduces new characters who may also play a significant or profound part in our narrative.

### Uniform Shop Closed

As we shared in a letter to parents today, our Uniform Shop will be closed in the short term future. We will be identifying how we can support families around their uniform needs and share this shortly.

### Working with Vulnerable People

We have over a prolonged period tried to communicate as clearly as we can around the expectations around the Working with Vulnerable People registration. To be clear

- You need to register online
- Pay at Service Tasmania
- Receive WWVP card confirming registration and show your card at the school office.

There are challenges around the implementing of this and the realities of what schools are like day to day. We share the frustrations while also being obliged to implement and support the expectation asked of all schools through legislation.

### What's Happening This Term

Key events across the coming term are below. It is also a reminder of how active and diverse the opportunities are within SHCS.

Sept	4th	Wk 8	Jane Hills begins long service leave for remainder of the term
	5th		SHS ATHLETICS CARNIVAL Grade 3-6
	Begins 12th	Wk 9	School Fire Education - 2 week program
	19th	Wk 10	Matt away last week term /first week holidays - Edmund Rice Pilgrimage - Geneva and Ireland

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## From the Principal:

### School Athletics Carnival

This coming Monday our Grade 3-6 students will be participating in our School Athletics Carnival at St Leonards Athletic Centre. Thanks in advance to Mr. Anderson for his organisation of the event. Without wanting to be over confident, the weather looks ok for the day!!!!

#### SACRED HEART SCHOOL ATHLETICS PROGRAM OF EVENTS – MONDAY 5<sup>th</sup> SEPTEMBER 2016

EVENT	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2.00
Shot Put	6G		6B		5G			5B		
Discus	6B		6G		5B			5G		
Javelin	5G		5B		6G		6B			
Vortex		4B		4G		3B		3G		
Long Jump	5B	4G	5G	4B	6B	3G	6G	3B		
Sack Relay		3B		3G		4B		4G		
Egg & Spoon		3G		3B		4G		4B		
70m			3G/B 4G/B							
100m					3G/B 4G/B					
						5G/B 6G/B				
200m							5G/B	6G/B		
400m	3G/B 4G/B									
800m		5G/B 6G/B								
6x70m									3G/B 4G/B	
4x100m										5G/B 6G/B

### WORKING WITH VULNERABLE PEOPLE REGISTRATION

Government legislation now requires all people working or volunteering with vulnerable people to be registered. It is an expectation placed on our schools that any person who is on an excursion, helping in the classroom, helping out with students getting changed after swimming, attending camps etc must have this registration.

**If parents do not have registration or registration is pending you will not be able to volunteer and attend the excursion or school event.** This is something that we do not want to have to do but as legislation and system policy we need to adhere to.

#### How to apply for a WWVP and Number

1. Complete the online application form [www.justice.tas.gov.au/working\\_with\\_children](http://www.justice.tas.gov.au/working_with_children)
2. Print the "Application Receipt" which is generated when the application has been completed in full
3. Take the "Application Receipt" to a Service Tasmania shop, pay the fee (\$17.60) and have your 100 point check to confirm identity

**Once your registration has been approved and you receive your WWVP card, please bring it to the school office so your name, registration number and expiry date can be recorded and verified.**

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~ September 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>4th</b>	<b>5th</b> Gr 3-6 Athletics Carnival  5pm for a 5.30pm start - Band Soiree @SHS  Jane Hills LSL for the remainder of the term	<b>6th</b>	<b>7th</b>  Gr 3/4 Excursion to the Library	<b>8th</b>  11.30am Strings Program  12.45pm Band Program  <b>UNIFORM SHOP CLOSED</b>  7pm Sacrament of Reconciliation & Confirmation @ Church of Apostles	<b>9th</b>  2.10 Assembly	<b>10th</b>
<b>11th</b>	<b>12th</b>  School Fire Education Program all week	<b>13th</b>  5pm for a 5.30pm start - Strings Soiree  6.30pm Board Meeting	<b>14th</b>	<b>15th</b>  11.30am Strings Program  12.45pm Band Program  7pm Confirmation @ Church of Apostles	<b>16th</b>  2.10 Assembly	<b>17th</b>
<b>18th</b>	<b>19th</b>  Transition to Summer Uniform	<b>20th</b>	<b>21st</b>  Gr 3/4 to Peter Pan @ Princess Theatre	<b>22nd</b>  11.30am Strings Program  12.45pm Band Program	<b>23rd</b>  <b>End of Term 3, BBQ &amp; Plain Colthes Day</b>  2.10 Assembly	<b>24th</b>

## End of Term 3 Sausage Sizzle

Friday 23rd September

Sausage/Hamburger orders along with payment need to be given to the class teachers by Friday 16th September



Hamburgers \$2.50

Sausages \$2.00

Webpage: [www.sacredheartl.tas.edu.au](http://www.sacredheartl.tas.edu.au)

Twitter: @shslton

Facebook: [www.facebook.com/sacredheartl](http://www.facebook.com/sacredheartl)

Pinterest: Sacred Heart Catholic Primary School

S.H.S. Parents and Friends email

[shsl.pnf@catholic.tas.edu.au](mailto:shsl.pnf@catholic.tas.edu.au)



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## Infectious Notifiable Diseases in the School Setting

Public Health Services have provided information on best practice in responding to infectious notifiable diseases in the school setting.

Notifiable disease are Measles, Meningococcal disease, Mumps, Pertussis (Whooping Cough), Rubella (German Measles), Tuberculosis and Hepatitis. Except for whooping cough, most of these diseases are now uncommon.

If the school is aware of a potentially infectious illness involving a student or staff member, it is most important to ensure the student or staff member is assessed by a doctor who will manage the illness and often involves the person being excluded from school or work until they are well and no longer infectious to others.

## Animals on School Grounds

After we recently advised the below to school staff, it's timely to also share this with the rest of our community.

**Did you know...** An extract of relevant Tasmanian legislation (Dog Control Act 2000) states:

- (1) A person must not take a dog into –
  - (a) any grounds of a school, preschool, kinder, creche or other place for the reception of children without the permission of a person in charge of the place.
- (2) This section does not apply to –
  - (a) a guide dog that is accompanying a wholly or partially blind person or is in training for that purpose; [There are other exceptions besides just '2a' above.](#)

**Your duty...** If you wish to bring any animals onsite, prior approval needs to be obtained from the Principal. The Principal may give approval, & may also stipulate reasonable precautions.

The school &/or individuals can be fined up to \$650 for any infringement of the Act.



**Birth - 4 Book week**

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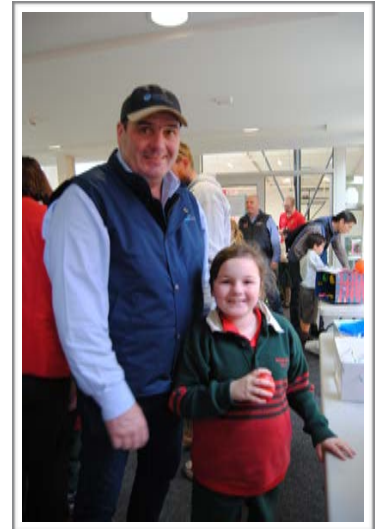
## Father's Day

Over the years  
as we grow old,  
we remember our father  
so brave and bold.  
In my house,  
showing us how,  
he would listen to me;  
I see him now.

He would give advice  
and understand;  
he was always there  
to lend a hand.  
God made fathers  
strong and firm,  
for he knew our lives  
would have great concerns.

So he gave us fathers  
to teach us to pray,  
and guide our lives,  
and show us the way.  
So on his day  
let's take the time  
to say "Thanks, dad.  
I'm glad you're mine."

By Ava Jones  
Grade 4 Wood





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## RE News

Our Candidates participated this week in Faith Sharing Sessions as part of their Sacramental Preparation Programme. Many thanks to Rosie Caelli and Jodi Campbell for their support of our candidates at the Faith Sharing times.

Welcome Rites will be held at Mass this Saturday and Sunday for all Confirmation and First Eucharist Candidates.

### Mass Times:

Saturday Vigil

6pm Sacred Heart, Newstead

Sunday

9 am St Finn Barr's, Invermay

9 am St Patrick's College Chapel, Prospect

10:30 am Church of Apostles, Launceston

Please pray for the encouragement of our candidates and their families.

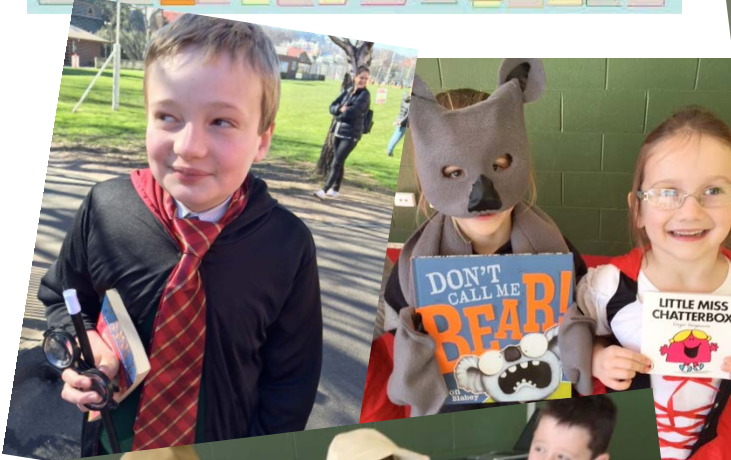
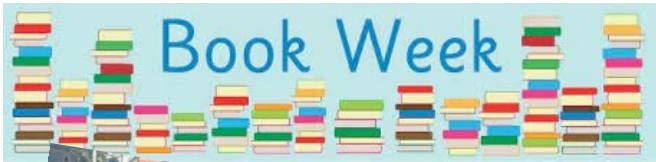
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## The Spirit of Jesus is Alive in:

Prep Hills	<b>Ryder Plunkett</b> For greet work in Maths	<b>Ella Viney</b> For fantastic improvement with reading
Prep Best	<b>Stella Hogarth</b> For demonstrating great skills of working co-operatively	<b>Cooper Reeve</b> For demonstrating great skills of working co-operatively
Grade 1 Murphy	<b>Tyler Graham</b> For outstanding handwriting	<b>Hannah Madden</b> For improved concentration
Grade 1 Crawford	<b>Kayleb Barker</b> For excellent work on subtraction	<b>Cameron Nicholas</b> For being a massive improver in all areas
Grade 2 van Ryn	<b>Geordie Kotynia</b> For great work on his Gorge brochure	<b>Meg Kotynia-Soley</b> For great work on 3D shapes
Grade 2 Reid	<b>Lily Smith</b> For her positive attitude and conscientious approach to all tasks	<b>Hamish Gardner</b> For extending his thinking in maths this week. Keep up the good work!
Grade 3 Hood	<b>Maddison Leonard</b> For always helping out in our classroom	<b>Lennox Wood</b> For very imaginative narrative writing
Grade 3 Symons	<b>Lucy Van Zetten</b> For an excellent design in "Sketch Up"	<b>Tyler Alexander</b> For thoughtful behaviour towards others
Grade 4 Hegarty	<b>Amalie De Jong</b> For improved spelling results. Well done!	<b>Nick Saunders</b> For always "having a go" during our class discussions
Grade 4 Wood	<b>Summer Alexander</b> For your wonderful participation in Book Week activities	<b>Will Andrews</b> For your wonderful participation in Book Week activities
Grade 5 McLeod	<b>Fletcher Harper</b> For accepting and achieving the "Premiers reading Challenge"	<b>Evan Periera</b> For an outstanding writing response to Little Red Riding Hood from the wolf's perspective
Grade 5 Viney/Steven	<b>Barnaby Jones</b> For excellent work in Literacy this week	<b>Marley Pederson</b> For the respectful and positive way she works with others
Grade 6 Claessens	<b>William Symons</b> For showing greater attention to detail and listening to advice	<b>William Fox</b> For his attention to detail and his fine work ethic
Grade 6 Davie	<b>Emmanuel Lockley</b> For being a friendly and hardworking member of Grade 6	



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## The Little Athletics season is commencing SOON!

Sacred Heart have an affiliated Little Athletics Club and we would love you to come and join us. Our VISION is to provide an inclusive and family orientated little athletics club that has a strong and proud reputation for being there to support, nurture and encourage all children.

- \* Registration day - Wednesday 14<sup>th</sup> Sept. from 3.30 -7pm at St Leonards Athletics Centre
- \* COME AND TRY and Regional Coaching Day will be held on the 17<sup>th</sup> Sept, from 1pm and St Leonards Athletics Centre.
- \* Sacred Heart Little Athletics Training will commence on Thursday 22<sup>nd</sup> Sept. 4.30 -5.30 (venue to be advised)
- \* First competition day is Saturday 24<sup>th</sup> Sept, 8.30 - 12.30 (approx)

Newcomers are able to compete at two meets before full payment is required. Proof of age must also be cited for newly registered athletes.

**COME AND JOIN US. Develop skills for life and have fun doing so.**

For further information contact - President - Anna Davie (0437237141)

Find us on Facebook - <https://www.facebook.com/SacredHeartAthletics>

Or email us at: [sacredheart@slac.org.au](mailto:sacredheart@slac.org.au)



## Australian Schools Trout Fishing Championships

Monday 19th September 2016, Brumby's Creek, Cressy Tasmania.

**Do you like fishing?  
Have you got the skills to represent your school at the Australian Schools Trout Fishing Championships?**

Mr van Ryn will be taking 2-3 teams along and we need **up to 12** students from grades 3-6 in our team.

If this is something you might be interested in then please submit your application to Mr van Ryn by **Friday September 9th 2016.**

Your written application will need to address:

- Why you want to, or deserve to be, on the Sacred Heart Team.
- Your fishing experience.
- Anything else you think will help us make our selection.

If you need anymore information please see Mr van Ryn or ask your parents to email

[phil.vanryn@catholic.tas.edu.au](mailto:phil.vanryn@catholic.tas.edu.au)



## Term Dates Catholic Schools

### 2016

Term 1 Thursday 4.2.16 to Friday 8.4.16

Term 2 Tuesday 26.4.16 to Friday 1.7.16

Term 3 Monday 18.7.16 to Friday 23.9.16

Term 4 Monday 10.10.16 to Thursday 15.12.16

**Friday 20<sup>th</sup> May 2016 Student Free day**

### 2017

Term 1 Thursday 9.2.17 to Thursday 13.4.17

Term 2 Monday 1.5.17 to Friday 7.7.17

Term 3 Monday 24.7.17 to Friday 29.9.17

Term 4 Monday 16.10.17 to Thursday 21.12.17

### 2018

Term 1 Thursday 8.2.18 to Friday 13.4.18

Term 2 Monday 30.4.18 to Friday 6.7.18

Term 3 Monday 23.7.18 to Friday 28.9.18

Term 4 Monday 15.10.18 to Thursday 20.12.18

## Please join us for our Family Mass

6pm Saturday  
Newstead Church

19<sup>th</sup> March

14<sup>th</sup> May

18<sup>th</sup> June

20<sup>th</sup> August

17<sup>th</sup> September

22<sup>nd</sup> October

12<sup>th</sup> November

If you or your child/ren would like to help with the Mass please contact Jacquie Wood 6344 5714 or [jacquie.wood@catholic.tas.edu.au](mailto:jacquie.wood@catholic.tas.edu.au)

# Sacred Heart School Newsletter



Australian Government  
National Health and Medical Research Council  
Department of Health and Ageing

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods,  
mostly wholegrain  
and/or high cereal  
fibre varieties



Vegetables and  
legumes/beans



Lean meats and  
poultry, fish, eggs,  
tofu, nuts and seeds  
and legumes/beans



Milk, yoghurt, cheese and/or  
alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts





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Tasmania Fire Service

## SCHOOL NEWSLETTER

### FIRE SAFETY INFORMATION

A Fire Fighter from the Tasmania Fire Service is visiting our school this week to present a Fire Safety Program to our students.

The program is an initiative of the Tasmania Fire Service which aims to deliver appropriate fire safety education to every primary school child in Tasmania. The program is part of the Tasmania Fire Services ongoing commitment to educate the public for a fire safe Tasmania

Activity Books will be handed out to children from grades 1 to 4. After the conclusion of the program the activity book can be taken home and we encourage other members of your family to participate in the activities to ensure your home is fire safe.

#### **INSTALL AND MAINTAIN SMOKE ALARMS (Smoke alarms save lives)**

Smoke alarms warn occupants of a fire and ensure safe evacuations. Every home should have photo-electric smoke alarms installed in each bedroom, hallway and at the head of the stairway, connecting levels, if you live in a house with more than one level. They provide an early warning of fire, giving people more time to get out potentially saving lives and thousands of dollars in property damage.

Smoke alarms should be tested weekly with flat batteries being replaced immediately. Batteries should be replaced at least every twelve (12) months; a good time is at the end of daylight savings time. Some alarms have 10 year lithium batteries that do not need replacing every year.

#### **PLAN AND PRACTICE A HOME FIRE ESCAPE PLAN**

a) With the family, plan two ways out of every room. In case of fire, one exit may be blocked by flames or smoke. Choose a safe meeting place outside where everyone will meet like the letter box

#### **b) *Enable Doors And Windows To Be Easily Unlocked***

Door deadlocks and windows locks are in many homes and can be deadly in a fire. When you are in the home leave keys in any deadlocked door and ensure windows can be easily opened in the event of a fire.

The best fire escape plan is worthless if your escape route is blocked.

#### **CRAWL LOW UNDER SMOKE (Crawl low and go, go, go)**

Everyone should know if you get caught in smoke, the cleanest air will be several centimetres off the floor. Get down on your hands and knees and crawl to the nearest safe exit. Shout Fire! Fire! Fire! To warn others.

#### **2 METRES FROM HEATER / FIRE**

Always keep clothes, newspapers, kindling and other flammable material at least 2 metres from the heater or 2 big giant steps away from it.

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## STOP, DROP AND ROCK AND ROLL

Everyone should know this rule. "If your clothes catch fire, don't run! **Stop** put your hands over your face, gently **drop** to the ground, and **rock and roll** back and forth on the ground until your clothes stop burning. This will smother the flames while protecting your face, mouth and lungs from the flames.

## A MATCH/LIGHTER IS A TOOL FOR ADULTS

Matches and lighters are extremely dangerous in the hands of a child. Store them up high where children can't reach them. Teach children that matches and lighters are tools for adults; they are not toys for children.

## COOKING (Turn it off before you turn away)

Never leave cooking unattended. Turn it off before you turn away. Be alert when cooking; keep children out of harms way. Pot handles should be turned inward so they won't be knocked over the edge of the stove.

## IF A FIRE STARTS IN YOUR HOME REMEMBER TO:

- GET OUT – CRAWL LOW UNDER SMOKE
- SHOUT FIRE! FIRE! FIRE! TO WARN OTHERS
- GO TO YOUR SAFE MEETING PLACE (e.g. Letterbox)
- CALL THE FIRE BRIGADE ON TRIPLE ZERO "000"
- GET OUT STAY OUT - NEVER GO BACK INSIDE.

**REMEMBER: Plan ahead – there's a lot you can do to prevent a fire**

## EARLY CHILDHOOD

TFS receives regular requests from kindergartens, preschools and child care centres asking for firefighters to visit and teach children about home fire safety.

TFS does not deliver structured fire safety programs to children below primary school age. This decision was made based on research carried out by the Mental Health Services of the Royal Children's Hospital and the Metropolitan Fire Brigade in Melbourne. This research indicated that:

- Children under the age of five had low retention of the information they had learned; and
- In some children, the information had actually stimulated their curiosity about fire and they had begun to play with fire.

TFS believes that parents and caregivers are the best people to make sure that very young children are safe from fire. To help with this, TFS has a fire safety website for parents, carers, teachers and students @ [www.tfseducation.com.au](http://www.tfseducation.com.au)

TFS has also developed resources for young children that introduce them to the friendly firefighter characters that they will meet when they receive the School Fire Education

Program:

- A colouring book;
- A money box shaped like a fire truck; and
- Stickers with home fire safety messages for the whole family.

To order free giveaways for your kindergarten, preschool or child care centre, go to [www.tfseducation.com.au/order](http://www.tfseducation.com.au/order)