

# Sacred Heart School Newsletter



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Keep up to date with what is happening in the school, reminders of events and any news as it happens through the school Twitter feed at: **@shslton** (108 families following)

Please visit our website for more detailed information, video and photo galleries of our school:  
[www.sacredheartl.tas.edu.au](http://www.sacredheartl.tas.edu.au)

## From the Principal:

### OUR P.B.S. VALUES ARE:

Respect for Ourselves  
 Respect for Others  
 Respect for our Learning

**MARKET ON THE GREEN SUNDAY 9<sup>TH</sup> NOVEMBER 9:30 – 1:30 PM  
 ON OUR SCHOOL OVAL  
 FOOD, DRINKS, WALKATHON FOR STUDENTS AND STALLS SELLING THEIR  
 WARES.**

*"Life is not measured by the number of breaths we take, but by the moments that take our breath away" – Vicki Corona*

*"If you cannot do great things, do small things in a great way" – Napoleon Hill*

Who do you think of when you read the word hero? Hero is defined as 'a person, who is admired for their courage, outstanding achievements, or noble qualities.' I think at times we overexpose heroic acts on the sporting field or in popular society ahead of everyday heroes. Everyday heroes do, act and respond to ordinary things in extraordinary ways, often unnoticed or under appreciated. Everyday heroes breathe life into others through their attitude, approach and positivity.

Last week Launceston said farewell to a young woman who died after battling cancer for numerous years. I only knew her by way of a smile and hello for a brief period of time, really only through good friends. The outpouring of positive comments through social media alone was testament to not just the impact she had on others but the 'creed' on how she lived her life. She was an everyday hero!

To focus on others, to affirm, celebrate and recognise what was good and great in life when she was entitled to feel cheated, angry, betrayed and dumped on made this person a hero. The hero who right to the very end continued to see the positives, celebrations and gratitude in their life when most of us would just see the crap!

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## From the Principal:

A family in our school are about to embark on their third major event having done 'Kayak Jack', 'Running Jack' and now 'Overland Jack'. The story was in the newspaper during the holidays. The Examiner article highlighted how Jack has brought perspective into the family's life; to reprioritise what is important and fostered a 'can do' attitude in them. The attitude, seeing the good in each day and finding the positive make them everyday heroes.

These are just two examples of everyday heroes and there are no doubt many, many others. As a society and community we need to celebrate people who remind us that:

- ✓ Your attitude helps determine your altitude
- ✓ We have much to be grateful for
- ✓ There are 86,400 seconds in every day and try to suck the life out of each day. Don't waste the seconds of each day on being critical of the actions of others, ridiculing, judging or gossiping how others live out their lives
- ✓ We can either be spectators or players in our own lives. The choice is ours and we cannot blame others for choosing to spectate on our own lives and expect the game to come to us

There are 50 school days left in our school year. 300 school hours left in our school year. As Napoleon Hill states ***"If you cannot do great things, do small things in a great way"***. *Be an everyday hero for your children and for our school community. It doesn't require you to climb mountains or take on amazing feats. In fact it doesn't require much action, rather continue to focus your attitude, positivity and gratitude with others as a default way of thinking. It will make a difference to your day to day life, as well as the mental, social, academic and emotional development of your children.*

***'Attitudes are contagious is yours worth catching!'***

## World Teachers day

I want to acknowledge some 'everyday heroes' in our school – the teachers (and all staff) with World Teacher's Day being held yesterday. We are far from perfect however I am very parochial and proud of our staff. I get to see what all parents only get a snippet of – depending what their children tell them each night – staff committed to students, their well being, their development.

Reminder high expectations happen when people care enough about students to not settle for 'just being ok' rather striving for students to reach what we know their potential can enable them to achieve.

Thanks to all staff at SHS !!!!!

## iPad 1:1 2015 Onwards

A letter outlining S.H.S. plan going forward from 2015 with our 1:1 iPad program was emailed out to families on Monday of this week. Please if any queries or questions do not hesitate to contact me.

## Summer Uniform

From the beginning of Term 4 all students are to be in summer uniform. A reminder that this includes wearing hats as part of our school being a Sun Smart School. For boys it also means wearing the summer socks not winter socks with the school uniform.

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## From the Principal:

### St. John's Ambulance First Aid

In week one of this term all P - 6 classes will have a brief first aid session run by St. John's Ambulance. We think it is important and potentially critical that our students have some basic understanding of first aid in the hope of knowing what to do, if placed in a situation where first aid is required. Obviously a 40 minute session can only provide a brief overview, however, having St. John's Ambulance run the sessions will provide a beneficial experience for our students.

### Looking ahead to Term 4

- ✓ Loose parts mobile trailer finishing being built and arriving at S.H.S.
- ✓ Loose parts pine bark / tyre play areas in our school finished and in use.
- ✓ Primary Basketball Tournament end of week 1 of Term 4.
- ✓ Athletics Carnival for younger grades and NIJSSA Carnival for selected students Grade 3 - 6.
- ✓ Market on the Green
- ✓ Carols on the Oval
- ✓ Swimming Program for Grade 2 - 5 and P - 1 classes.
- ✓ Orientation morning for 2015 classes.
- ✓ Finalising Budgets, staffing and planning for 2015.

### Classes 2015

As mentioned in previous newsletters, if parents have valid reasons around their child being allocated to a particular class or teacher for 2015 you need to write to the ***to the Principal (email is ok if preferred) not the classroom teacher.*** By writing to the Principal there is a level of discretion and confidentiality that can be put in place rather than having to go into detail with the class teacher of your child. Parents will have until **Friday 31<sup>st</sup> October** to make any requests before teachers start draft lists for 2015 classes.

### Primary Schools Basketball Tournament 18th and 19th October (this weekend)

Thanks to all the coaches, managers and parents who have volunteered to help enable 17 SHS teams and over 100 of our students compete in the tournament this coming weekend. A note and roster of games was sent home Monday with information pertaining to the tournament.

**A reminder that we ask students to wear their school polo and rugby top as part of the 'uniform' for the tournament.**

**Please note:** that this year there is an entry fee for spectators that was implemented by Basketball Tasmania, the amount was written on the form. Please be assured that Sacred Heart School has no control over the entry fee.

**Please be polite to the people on the door, they are all volunteers.**



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## ATWTP

**Thursday 25th September**

**Thank you to Mrs.Northeast for making yummy and healthier food**

Prep Hills MILLER PAGE EMILY NORTON	Prep Best MEG SOLEY EMILY MCMULLEN
1 Underlin ABBEY BERLESE LILIA COLGRAVE	1 Crawford CAMERON STEVEN LAYLA BROWN
2 van Ryn MAX SYMONS XAVIER RAWLINGS	2 Reid CLAUDIA KIRK JESSE PAGE
3 Hood LILIANA ERCOLE LACHLAN REILLY	3 Symons LOUISA ZUPAN HARRY ROSS
4 Wood LUCIE SLEVEC LIAM JONES	4 Smith LAURA ELMER ISAAC HYATT
5 Viney/Sydes BLADE SULZBERGER NICHOLAS COLLINS	5 McLeod/Illingworth MATTHEW SAUNDERS GIANNE DONOVAN
6 Claessens JACK BEATTY NATHAN FENTON	6 Davie LACHLAN MUDGE ALESSIA KIRK

## Congratulations to the Following Students who Completed the UNSW English Exam

### Participation

Bethany Vidler  
Amy Pereira  
Sophie Illingworth

### Merit

Ella Maloney  
Elizabeth Hannah

### Credit

Antonina Visentin  
Eleanor March  
Abby Donald  
William Cowley

### Distinction

Eboni Sydes  
Isabella Tys  
Hannah Sydes  
Kate McLeod  
Emma Madden  
William Symons  
Maureen Bawden



**Grade 6 Leavers T-Shirts**



# Sacred Heart School Newsletter

## New Sports Polo's



**Rice**



**MacKillop**



**Young**



**Nagle**

### Follow us on Pinterest.

<http://www.pinterest.com/sacredheart/>

(our Pinner name is sacredheart!)

### Sacred Heart now has its own Pinterest page.

We are in the early stages of using Pinterest to build a great resource for our school community. If you are already a Pinterest user then please check out these boards:

- Birth – 4 years
- Parents
- Play
- MJR
- Move Well Eat Well
- Well-being – Social and Emotional

If you are unaware of Pinterest it is basically a way to share information online. There is a lot of great information available to us that we would love to share with the wider school community. Our Pinterest boards are created and contributed to by a number of our staff.

Just click on something that interests you and you will find a link to the original source/website.

### THE CARMEL SHOP

The Carmel Shop at the Carmelite Monastery, 7 Cambridge Street West Launceston has a wide range of religious items and books suitable for gifts for First Eucharist candidates.

The shop is open each Wednesday from 11am - 4pm. For assistance out of these hours please ring Joan 6331 3463

### Reminder

**School banking is every Wednesday, please hand bankbooks to your class teacher.**



# Sacred Heart School Newsletter

~ October 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
19th	20th	21st	22nd	23rd	24th	25th
		• 3pm Gr 5/6 Bookclub	• 7pm Reconciliation day - Candidates @ Church of Apostles • 7.15pm Gr.6 Students sharing iMovies	• Foundation Band/Strings workshop at St.Ailbes	• 9.30am Strings Program • 2.20pm Assembly • Prep - Gr.1 Swimming	
26th	27th	28th	29th	30th	31st	1/11
		• Prep excursion to the Circus School • 7.30pm P & F Meeting AGM		• 11.30am Band Program • Prep - Gr.2 Athletics Carnival 1.30-3pm	• 9.30am Strings Program • 2.20pm Assembly • Prep - Gr.1 Swimming	

~ November 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
2nd	3rd	4th	5th	6th	7th	8th
	• Public Holiday			• 11.30am Band Program	• 9.30am Strings Program • 2.20pm Assembly • Prep - Gr.1 Swimming • NIJSSA Athletics Carnival	

S.H.S. Parents and Friends email [shsl.pnf@catholic.tas.edu.au](mailto:shsl.pnf@catholic.tas.edu.au)

## 2014 TERM DATES

**TERM 1** Thursday 06.02.14 to Thursday 17.04.14

**TERM 2** Monday 05.05.14 to Friday 04.07.14

**TERM 3** Monday 21.07.14 to Friday 26.09.14

**TERM 4** Monday 13.10.14 to Wednesday 17.12.14

**EASTER** Good Friday 18.04.14 to Monday 21.04.14

## Student absences

Please remember to call the School office on 63311011 or email [shsl@catholic.tas.edu.au](mailto:shsl@catholic.tas.edu.au) if your child will be absent from school.

## CATHOLIC SCHOOLS 2015

**TERM 1** Thursday 5.2.15 to Thursday 2.4.15

**TERM 2** Monday 20.4.15 to Friday 3.7.15

**TERM 3** Monday 20.7.15 to Friday 25.9.15

**TERM 4** Monday 12.10.15 to Wednesday 17.12.15

## UNIFORM SHOP NEWS

[shs.clothingpool@catholic.tas.edu.au](mailto:shs.clothingpool@catholic.tas.edu.au)

## 2014 Opening Days

Thursday's 2.00pm - 4.00pm

# Sacred Heart School Newsletter

## *Recent students of the week*

<b>Prep Best</b>	<b>Oscar Marsden</b> For a very settled and focussed term. Great Decision making!	<b>Aria Spencer</b> For a continued improvement in her understanding and use of sounds in her work
<b>Prep Hills</b>	<b>Elizabeth Hoyland</b> For perseverance in solving maths problems	<b>Luke Hardy</b> For great work in writing
<b>Grade 1 Crawford</b>	<b>Lily Tyson</b> For a fantastic Term 3	<b>Madison Leonard</b> For being very resilient this week
<b>Grade 1 Underlin</b>	<b>Elyse Campbell</b> For her excellent listening	<b>Oliver Viney</b> For being a claimer
<b>Grade 2 van Ryn</b>	<b>Lily Robinson</b> For being one of the top scientists this week - great science report	<b>Oliver Baldock</b> For displaying great thinking and understanding in his science report
<b>Grade 2 Reid</b>	<b>Ruby Dawkins</b> For remembering to use good punctuation and editing her writing this week	<b>Jesse Page</b> For being inclusive with all his peers. A real WEST person
<b>Grade 3 Hood</b>	<b>Leah Ellings</b> For your positive approach to your school work	<b>Fletcher Harper</b> For your consistently accurate spelling each week
<b>Grade 3 Symons</b>	<b>Grace Campbell</b> For great work in writing	<b>Alexander Luttrell</b> For demonstrating mastery of all facts in Xtra Maths
<b>Grade 4 Smith</b>	<b>Sophie Illingworth</b> For participation in the dance program	<b>Cooper Warren</b> For participation in the dance program
<b>Grade 4 Wood</b>	<b>Aspen Chugg</b> For being a positive, thoughtful and respectful class member	<b>Ewen Cooper</b> For making a noticeable improvement in his attitude and effort this week
<b>Grade 5 McLeod/Illingworth</b>	<b>Georgia Lovell</b> For being a giver in our classroom	<b>Ella Millwood</b> For preparing wonderfully and reading so beautifully at our class mass
<b>Grade 5 Viney/Sydes</b>	<b>Abby Donald</b> For being an excellent example to others in her dedication to her work	<b>Issy Tys</b> For the outstanding effort she puts into all literacy tasks
<b>Grade 6 Davie</b>	<b>Ryan Conway</b> For the effort he is making with his spelling work. Well done!	<b>Lia McCarron</b> For the effort she is making with his spelling work. Well done!

# Sacred Heart School Newsletter

## Traffic & students safety

The school urges all parents to support road safety by obeying signage displayed and also ask you remind your child/ren to be very aware of potential traffic related dangers around the school.

Sometimes for example, motorists do not abide by road laws, and if students are crossing inappropriately (with or without you), or just not aware of their surrounds by always looking either way, we could have an accident.

The education and care of our students is a partnership between the staff and parents and we all need to do our bit by acting appropriately and not showing a disregard for road laws, even if only to demonstrate your support to children watching of appropriate behaviour.



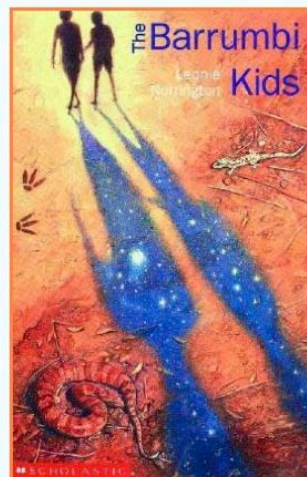
**Grade 4 working on their Mosaics**



## Tuesday Book Club

### *The Barrumbi Kids*

by Leonie Norrington



"Dale and Tomias are best mates. They live at Long Hole community. Dale's grandfather was the first white man to settle here at Long Hole, where Tomias' ancestors have lived since the dreaming. Their Mums grew up together too.

The kids struggle with school, the trials of growing up, and parental expectations. Life itself is full of danger - from wild bushfires, crocodile-infested rivers and the thick bubbling ooze of the blood pit.

Dale and Tomias, and their friends, move between Aboriginal and white cultures - fishing, hunting, playing and going to school. They get into trouble and they learn about themselves, about each other and about the wider world.

As a back drop to the children's stories there is the land itself - a magnificent landscape of fire and floodplain, unbearable heat and towering storms"

The next meeting will be **Tuesday 21st October**  
from 3.15pm - 4.30pm.

Everyone welcome from Grades 5 and 6.



There are two school triathlons coming up, one in Hobart and one in Devonport in November. The link is <http://www.schoolstriathlonchallenge.com/>

You represent your school and entries are meant to be made through the school. If interested please let our school know.



# Sacred Heart School Newsletter

Come along to the first ever



and

**Walk- A-Thon**

*(Supporting the Grade 5 Charity-Sheltabox)*

***Sunday 9<sup>th</sup> November 2014***

***9.30am to 1.30pm***

***On the School Oval***

Come and grab a bargain from these stalls: Craft, Concrete Pots, Arborne Natural Skin Care, second hand stalls & children's clothing, Herb Planting Kits and Christmas cards, Jellies, Lucky Dips

*Buskers, BBQ and Doppio's Coffee*

Walk-a-thon registration forms can be collected from the office-  
\$2.00 per registration

Trestle table sites still available for \$20-phone Tracy on 0419 568 598 or  
email [shsl.pnf@catholic.tas.edu.au](mailto:shsl.pnf@catholic.tas.edu.au)

Another Sacred Heart Parents and Friends event, supporting our school and promoting community spirit.

# Sacred Heart School Newsletter



## UNDER 12 GIRLS BASKETBALL OPEN TRAINING SESSION CLINICS

### Parents and Players

As the newly appointed Regional Under 12 Girls Coach, I would like to encourage all Under 12 girls (in the year 2015) to attend open training session clinics to be conducted as a precursor to opportunities for the upcoming Under 12 Girls Northern Regional Team 2015.

The training session clinics will be held on;

Wednesday 22 October 2014 from 4.30pm to 6.00pm at Elphin Sports Stadium (Court One)

To pre-register email [allaboutgardens@bigpond.com](mailto:allaboutgardens@bigpond.com) - Attention Rick Wyllie

When registering, please provide the following details:

- \*Parent or Guardian's Name, contact phone number and email
- \*Player's Date of Birth
- \*Name of Club you are a member of or Primary School you attend

Rick's Contact Number: 0438 342 213

All players bring water bottle, pumped up basketball size 6 (with name on it)

\$8.00 per person

I am working through the Basketball Tasmania skill development matrix, please request a copy when registering and we will forward via email.

Rick Wyllie

# Sacred Heart School Newsletter

## Puffing twice? Seek advice.

If you're using your reliever **two times a week or more**, it means you have out-of-control asthma.



*Turn over to learn how to take control.*

 **Asthma**  
Foundation of Tasmania

## Controlling asthma flare ups can be free and easy

### Hundreds of Tasmanians gain control of their asthma each year

Every year the Asthma Foundation of Tasmania gives advice to hundreds of people who have either lost control of their asthma or never had it under control in the first place.

Most people tell us, that after they follow our advice, their asthma is a lot better.

### Magic ingredient

We don't offer any miracle. We offer something that is almost rarer than a miracle nowadays. We offer you a magic ingredient: time.

We offer time to explain the steps you need to take to help you feel better and tease out the issues you've discussed with your GP. We give you tips on how to make your medication work better and how to avoid some of the situations that cause your asthma to flare up.

### Free and easy

It's advice that's easy to follow and easy to put into action.

And it won't cost you a cent.

So, talk to us – either over the phone or make an appointment to chat in person – and we'll give you all the time you need to help control your asthma.

**Call 1800 278 462**

[asthmatas.org.au](http://asthmatas.org.au)

 **Asthma**  
Foundation of Tasmania