

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

BeAttitudes: **Be Honest**

Funeral this Friday:

This Friday there is a funeral which will have a large congregation. The funeral starts at 1:30pm.

**The Margaret Street car park will be closed Friday afternoon.
Children will need to be collected from either York or Burke Streets.**



Sacred Heart School - Family BBQ & Movie Night

Come along and welcome in the New School Year for 2016

All school families are invited to attend our Annual Family BBQ & Movie Night

There will be a BBQ, outdoor games for the children and a movie to enjoy on the big screen the Australian new release

Oddball



G rated

Friday 19th February

BBQ from 6.00pm on the oval

BBQ meal & popcorn provided

Movie showing from approx. 6.30pm

BYO Drinks, picnic blanket and chairs

Proudly Supported by SHS Parents & Friends Assoc

Tomorrow Night

Sacred Heart School Newsletter

From the Principal:

"Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way."

Viktor Frankl

<http://MyTerncity.com.au>



The parent response to come and hear from Dr. Jane Foster around her program MyTern was well above expectations. Over 150 parents attended and I know there were many more who wanted to but genuinely could not make the sessions.

What Jane has flagged from the start in talking with our staff initially, parents and students, is that *MyTern* is for the day to day stresses of life and how we manage them, not just in the now but over time. It is not about the serious behaviours, but the more serious challenges we hopefully never, but may face. We can still respond using some of the 'tools and strategies' of *MyTern* however we will still continue to use existing structures and protocols, external supports with the more serious situations.

Jane speaks about how we need both roads. We need the red road to build resilience and we need the green road to build and sustain our health. It is ok to be on the red road, as long as you are in control and aware of it. At the same time, if we stay too long on the red road, this is not good for our health. Without the red road we would not appreciate the green. We cannot know happiness unless we have experienced sadness.

Each road we drive down is an emotion, it is always your choice which road of emotion you drive down and how long you decide to stay on that road.

Jane uses the prop of the steering wheel in talking to students. 'Can anyone make you go on the Red or Green Road?' It is interesting how often students, (and us as adults) answer 'Yes!' The answer is of course No! We are driving our car, we steer ourselves on which road we want to be on and how long we stay on that road.

It is when we are on the Red Road that we learn to be better drivers and future deciders of which roads we drive on. We don't learn about our choices when on the green road. The Red Road builds resilience and the Green Road builds health and balance.

TEP (Take Extreme Precaution) is something or someone that influences you to lose control of your steering wheel. When TEP appears, you need to Take Extreme Precaution. TEP can suddenly make you feel really angry, sad or frustrated.

PET (Personal Emotional Tool) helps you steer from the red road to the green road, by distracting your thoughts and feelings that have influenced you to steer down that road to begin with. PET's help you to think about something that makes you feel good, despite circumstances, allowing you to regain control of your steering wheel.

I am guessing that for many parents and teachers, coming to listen to Jane was for our children and our students. What I noticed for many leaving the conversation, it was in the end firstly and most importantly more for us.

- Recognising how we respond to our children when they are on the Red Road, often joining them.
- Recognising how quickly as a parent we try to get them off the red road, to try to take over their steering wheel and drive for them. We don't help them become better drivers by doing this.

This Monday Jane is back to do a follow up at staff meeting and discuss in more detail the resources, lessons, strategies and approaches we can use with our students when teaching and talking about MyTern. We will also look to then map out a plan going forward, including the chance for Jane to come back and do further follow ups in the future.

Sacred Heart School Newsletter

From the Principal:

KINDER 2017: IMPORTANT INFORMATION

Catholic Schools in Launceston will have a slightly adjusted process for enrolment of Kinder students for 2017. All schools will hold Parent Information Evenings for prospective parents. Our school will also have an Open Day for any parents interested in seeing how our school operates and functions, in helping them decide whether our school will suit the learning needs of their child. We will still hold the kinder enrolment interviews however these won't go as long as previous years as the Information evening and Open Day will provide many of the questions and answers that parents have.

Please let any friends or family know of the dates below, we will be advertising these dates in parish newsletters and in The Examiner across 2-3 weekends.

Parent Information Evening March 10th at 7pm at SHCS

SHCS Open March 16th Day 9-3pm -any time during this period

GR 5/6 FRIDAY SPORT ROSTER 19TH

| <i>Sport & Venue</i> | <i>Parent</i> | <i>Parent</i> | <i>Parent</i> | <i>Parent</i> | <i>Parent</i> | <i>Parent</i> |
|--|--|-------------------------------|--------------------------------|----------------------------------|------------------------------|---------------------------------|
| T-Ball Scotch Oakburn | Div 1 Joe Marsden/ Sarah Viney | Div 2 BYE | | | | |
| Super 10's Faulkner Park | Div 1 Team A Simone Ross | Div 1 Team B BYE | Div 2 Tony Claessens | | | |
| Super 6's NTCA | Team 1 Anna Davie | Team 2 Sam Williams | Team 3 Teresa McLeod | Team 4 Liz Illingworth | Team 5 Monica Cini | Team 6 Natasha Brewer |
| Hard Ball Cricket Scotch Oakburn | SHS1 Andrew Cowley | SHS2 Julian Davie | | | | |

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 may 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
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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Religious Education News

Welcome Mass

We will be holding our **Welcome Mass** at the **Church of the Apostles** at **10am on Thursday 25th February**. At this Mass the Year 6 School Captains will be presented and all Year 6's will be commissioned as our leaders. The theme of our Mass is "Open the Doors to Mercy." It would be lovely to see as many parents and families present at this Mass

Carolyn Symons
Faith/Spirituality Co ordinator

SHS Parents and Friends Association

First meeting for 2016, Tuesday 23rd February, 7.30pm in the staffroom

EVERYONE WELCOME

Come along and find out what our school P&F is planning for 2016. We warmly invite existing and new families to the school to attend and join our discussions. The meetings are casual, enjoy a coffee and find out what is happening in our school. For further information email shsl.pnf@catholic.tas.edu.au

or phone Kelly 0400 128200

WE HOPE TO SEE YOU THERE

GIRLS WINTER DRESSES - ORDER NOW

To ensure winter tunics and skirts are available for term 2 orders are now required. Winter tunics and skirts are **ONLY AVAILABLE** by **PRE ORDER** - our supplier cannot fill late orders.

Winter Dresses

Tunic (Prep- Gr 2) **\$130.00** green tartan skirt with detachable bib

Skirt (Gr 3-6) **\$122.00** green tartan skirt only

Order forms are available at the school office and in the uniform shop.

Prep girls will bring home an order form this week.

A minimum \$50.00 deposit to be paid at time of ordering.


Please leave your completed order form and deposit at the school office or uniform shop - **NO LATER** than the **3RD of MARCH 2016**.

Some second hand tunics and skirts are available (limited sizes) in the uniform shop for sale

Other winter uniform items e.g. shirts, tights etc will be available in the uniform shop and do not need to be pre ordered.

For enquires phone Kelly Cox 0400 128 200 or Rebecca Millwood 0418 721 952.

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| ~ February 2016 | | | | | | |
|-----------------|--------------------------|--|--|--|--|-------------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 21st | 22nd | 23rd 7.30pm P & F Meeting | 24th Launceston Cup Day - Normal school day for SHS students | 25th 10am Welcome Mass 12.45pm Band/Strings instrument allocation | 26th 9am Assembly Gr 5/6 Summer Friday Sport | 27th |
| ~ March 2016 | | | | | | |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 28th | 29th Gr 5 Camp | 1st March Gr 5 Camp 3.15pm Art Club 7.30pm Information/Registration evening for reconciliation | 2nd March Gr 5 Camp | 3rd March 12.45pm Band/Strings Program | 4th March 9am Assembly Gr 5/6 Summer Friday Sport | 5th |
| 6th | 7th Gr 6C Camp | 8th Gr 6C Camp 3.15pm Gr5/6 Book Club 6.30pm Board Meeting | 9th Gr 6C Camp | 10th 12.45pm Band/Strings Program 7pm Kinder 2017 Information Evening | 11th 9am Assembly Gr 5/6 Summer Friday Sport | 12th |
| 13th | 14th | 15th NIJSSA Swimming Carnival 3.15pm Art Club | 16th SHS Open Day for Kinder 2017 Enrolments | 17th 12.45pm Band/Strings Program | 18th 9am Assembly  | 19th |

SCHOOL BANKING FOR 2016 IS EVERY WEDNESDAY



Uniform Shop News

Open every Thursday 2pm-4pm

shs.clothingpool@catholic.tas.edu.au

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

Webpage: www.sacredheartl.tas.edu.au

Twitter: @shslton

Facebook: www.facebook.com/sacredheartl

Pinterest: Sacred Heart Catholic Primary School

S.H.S. Parents and Friends email shsl.pnf@catholic.tas.edu.au

Sacred Heart School Newsletter

My TERN

This week we have had Dr Jane Foster in our school talking about My TERN to classes and those parents who were able to make the parent information sessions. From all accounts it has been a great start for our school community in helping to build resilience and strength in our emotional health.



As a quick summary My TERN is about Taking Emotional Responsibility Now. It is likened to that we are in charge of our own driving and steering wheel as we travel life's emotional roads. And life is not always smooth and easy. Life presents itself to us with many stressors. My TERN gives us tools to assist in with the little stressors in our lives that build up over time and time when we don't empty our glass. Imagine, if you will, holding a full cup of water for many weeks, months or even years, compared to just a minute or so – it would become very uncomfortable, if not unbearable.

The red roads are unfortunately inevitable. They are bumpy and tricky to navigate, but they are part of life's journey. Jane says that BUSTA is in charge of the red roads and these roads "Make me strong when things go wrong". It's okay, and sometimes very necessary, to travel the red roads to help build resilience – to make us stronger.



But it's hard to travel on that road for a long time so we think of PETs (Personal Emotional Tools) to help us move off the red roads eventually. There are all kinds of PETs and each person will find what works well for them. Some include: music, images, prayer, crystals, scents, strength cards, quotes, running, meditation, relaxation, breathing ... The sharing of the PETs is a great discussion and learning experience that we will be having at school, but hopefully at your homes too.

The green roads are looked after by REAPO who says green roads "Make me thrive and feel alive!" This is the ideal place to be. As parents and teachers we want to help the children come to this place more easily and more independently so it becomes something they can get to by themselves. Of course we are there to help but it's not always in the best interest of the child to pick up our child from the red road and automatically try and place them back on a green road. We want to help empower our children to do this for now and for the future when we will not necessarily be always around but life's stressors will still be there.



The other element of My TERN is an element of choice. It's okay to be on a red road and we do not judge that. Sometimes, life is a bit of a 'red road time'. But we don't really want to get stuck there without some movement. Time like this may need some additional support.

However, if someone else is on a red road, it's our choice to be on that road with them or to steer away from it onto the green road. A good example of this is if a child is upset about getting out in a game of cricket. We have a choice of how to respond. Or in the adult world, when a driver is clearly having a bit of road rage moment, we have a choice of how to respond.

If you would like any further information or just wanted to be refreshed by what you heard at the parent information session or via your child, Jane's web site on My TERN is the best place to head. Jane also had some magnetic road and car sets for sale for \$10 and can be used at home for placing different members of a family on the board as a basis for awareness (no judgement remember) and/or discussion, and are available at the school office if you want one.

We are just beginning this exciting My TERN journey and will add snippets in the school newsletters as well as supporting children in the classrooms and playground and school community activities. We hope that you find it a useful tool in your family life for now and into the future of our children, your families and our community.

Please don't hesitate to contact me if you would like to know any further about My TERN at the school level.

Helen Halley - Wellbeing



Sacred Heart School Newsletter

SHS School Fair

Friday 18th March at 5.00pm

Plans for our 2016 School Fair are well under way, with many people working to make our fair an exciting and fun event for our school and the wider community. There will be many opportunities to "get onboard" and be a part of our school fair over the coming weeks, listed below are some of the ways you can assist now.

White Elephant Stall – Donations Needed

We want your Trash!!! Now is a great time to clear out your cupboards and empty your sheds. The White Elephant Stall will sell most things that you no longer want. Suggested items are books, games, toys, kitchen items, CD's, DVD's, computer games, sports equipment etc, anything that someone else may like to use. *No clothing items please.* **Donations can be left in the Presentation Hall Foyer.**

For further information contact Natasha Brewer on 0427 958 038 E: njbrewer25@gmail.com

Chocolate Wheel

Mr. Barry Nas will be spinning the chocolate wheel again in 2016. We would like to give away some great prizes. **If you know of a business that may be able to donate goods and/or a voucher for services please ask them.** The prizes do not have to be elaborate and all donations will be greatly appreciated. Thank you to the school families that have already offered their support and donated prizes for the chocolate wheel and the raffle. Donations can be left at the school office.

For further information please contact Maree Wright mob 0428 338 482

Treasure chest - sponsorship opportunity

The treasure chest is a popular attraction at our fair especially for the children who buy keys in the hope of being the lucky person who picks the key that opens the Treasure Chest. We are seeking a new sponsoring business or person for 2016 to provide the **Treasure** for the chest.

If you can assist or know of someone who may be able to help please contact Michael Quill mob 0409 557 260 E: inveresk.tavern@bigpond.com

Food stall enquiries Nic Duffy 0419 115 372 & Jo Marsden 0428 263 949

Non-Food stall enquiries Rebecca Millwood 0418 721 952

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SACRED HEART LEGO CLUB 2016

Please if you have any old or spare Lego to donate to our Lego club that would be fantastic. At the moment we have lots of children wanting to join but not enough Lego for everyone!



PLEASE HELP US IF YOU CAN

SHS School Fair

School Fair Cake Stall

As in previous years, there will be a cake stall at the 2016 school fair. One week before the fair a cake plate will be sent home with each child, and we are asking you to please make a cake, cupcakes, biscuits, slice, muffins, or anything else that you think would sell at a cake stall. The plate will also have a note attached detailing when and where to drop off your goodies, and how to package and label them. When preparing your goodies, please keep in mind that on the day of the fair we have no provision to refrigerate cake stall items.

For further information please contact Katrina Spencer on [0438572714](tel:0438572714).



Catholic Primary Schools of Launceston invite prospective parents of 2017 Kindergarten students to Parent Information Evenings.

We encourage parents to attend any information session of potential schools for their child.

Listed below are dates and times for each school. If any further queries please contact individual schools during office hours on numbers provided:

| | | | |
|----------------------------------|----------------------|--------|-----------|
| St Thomas More's Catholic School | Wednesday 9th March | 7:00pm | 6337 7200 |
| Sacred Heart Catholic School | Thursday 10th March | 7:00pm | 6331 1011 |
| Larmenier Catholic School | Tuesday 15th March | 7:00pm | 6339 1910 |
| St Finn Barr's Catholic School | Wednesday 16th March | 7:00pm | 6326 3082 |
| St Anthony's Catholic School | Tuesday 22nd March | 7:00pm | 6327 3618 |

Sacred Heart School Newsletter

The Spirit of Jesus is Alive in:

| | | |
|------------------------|---|---|
| Prep Best | Layla Wines For a big "Welcome" to Sacred Heart Prep! | Riley Bradford For showing some great listening skills |
| Grade 1 Crawford | Tamsyn Brock For having a positive attitude towards school | Lincoln Hodgetts For excellent listening this week |
| Grade 2 Reid | Monika Butler For a fantastic beginning in your new school | Cooper van Emmerik For a great first week back at Sacred Heart |
| Grade 2 van Ryn | Meg Kotynia-Soley For being super helpful | Ethan Ercole For a great attitude to learning |
| Grade 3 Hood | Charles Snare For your positive attitude towards others | Lily Tyson For your excellent example of persuasive writing |
| Grade 3 Symons | Tanishka Shulka For a great start to 2016 | Mason Clark For being a quiet worker in class |
| Grade 4 Hegarty | Alex Wojcik For a fantastic first week at Sacred Heart | Annaliese McNeair For being a polite and friendly member of the class |
| Grade 4 Wood | Piper van Emmerik For settling back in to Sacred Heart so beautifully | Mackenzie Bowman For the excellent presentation of your written work |
| Grade 5 McLeod | Sam Barrett For a super start to grade 5 and having a positive attitude to all activities | Dean Madden For outstanding start at Sacred Heart School. Welcome!! |
| Grade 5 Viney/Sydes | Ioan Hardy For a fantastic attitude to his learning this week | Emilee Faulkner For her hardworking attitude and fantastic start to the year |
| Grade 6 Davie | Nicky Ralph For being a kind and caring friend | 6 Davie Welcome to Grade 6! We are looking forward to a happy and rewarding year together |
| Grade 6 Claessens | Lachlan Griffiths For making a fine start in Grade 6 at Sacred Heart | Ben Adams For making a fine start in Grade 6 at Sacred Heart |

Sacred Heart School Newsletter

CATHOLIC SCHOOLS INSTRUMENTAL MUSIC PROGRAM LAUNCESTON

THIS MUSIC PROGRAM IS AVAILABLE
AT YOUR SCHOOL!

Why join another program when you can learn to
PLAY WITH YOUR SCHOOL FRIENDS?



Would you like more information?
Would you like an enrolment form?

See your Front Office now or
visit: tinyurl.com/nsyd3f3

JOIN TODAY!



Sacred Heart Catholic Primary School

Birth to 4 Program 2016

Come along to discover, learn and investigate with your
child each **Tuesday** during school term.

Sessions will be held in our Kindergarten room from:

9:15am - 11:15am

or

12:45pm - 2:45pm

Sessions will commence on **Tuesday 23rd February**.

Please bring along a hat, a water bottle, a spare set of
clothes (so we can have lots of fun) and a piece of fruit
to share at snack time.



Invitation
to play in
THE MUD!

YMCA

of Launceston

2016 Activities

- Junior Basketball
- Mini Basketball
- Ready, Set, GO!
- Netball Skills and Drills
- Gymnastics
- Trampolining
- Karate
- Aikido
- Taekwondo
- Bubble Bash
- Climbing Wall
- Futsal
- Nerf Boot Camp



Contact us today!

PH: 6344 3844

Email: ymcalaunceston@bigpond.com

Website: www.ymcalaunceston.org

Like us on Facebook: YMCA-Launceston



Life Centre
Music
School

MUSIC FOR KIDS

GENERAL MUSIC

KEYBOARD

VIOLIN

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and instil a lifelong love of music.



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Ph: (03) 6344 9753 or 0448 517 719

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