

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** (112 families following)

Please visit our website for more detailed information, video and photo galleries of our school:

www.sacredheartl.tas.edu.au

From the Principal:

OUR P.B.S. VALUES ARE:

Respect for Ourselves

Respect for Others

Respect for our Learning

“The only person I have to be better than is the person I was yesterday.” – Nishan Panwar

“Be kind to people even those that don’t deserve it.” Anon

I am sure all of us, in our heart, aspire to be better people. There are very few people I have met who do not want to improve and be their best self more often. I have to be honest I certainly find it much, much easier to live out the two quotes at the top in my professional role than I do in my personal life. I find it so easy to revert to default behaviours in social situations particularly when around friends. It is so easy to make the comment, make the judgement or act in ways that I have been trying so hard to stop or avoid.

In my professional role I know that I am always trying to be my best self and living out the values of respect, kindness, empathy and tolerance. It is not the important decisions, serious incidents, staffing decisions or other responsibilities that cause me the most frustration. What is the most emotionally draining is being consistent in my interactions with all members of the community, particularly when individually they may not always show the same courtesies back.

I have to be honest, it is still hard when you hear things that have been said about you, or comments members in the community have made, that are personalised or simply inaccurate. I am more than o.k. with people being unhappy with decisions, school directions or how I handled a specific issue. That is part of my job and I accept this. I also accept that I make mistakes and I have never been precious about admitting this. What is challenging is when people, no matter what you do or don’t say, are happy to share their opinion with all and sundry, based on what some else has said or shared. Or worse simply not tell the truth about what happened! In these situations if you protest too much or too little this is interpreted as evidence of guilt. In some instances you simply cannot share all the information that would clear up the misconception quickly.

Sacred Heart School Newsletter

From the Principal:

I write this as an example that all of us are vulnerable as people no matter what level of responsibility we have in our roles. How people present themselves is often not the complete picture. I know I am far from my best self when being overly critical of others and, to be really honest, it doesn't make me feel any better about myself or enhance my life in anyway, often the opposite! Yet it is so easy to return to this habit!

We (myself included) are quick to judge a situation or a person based on one moment, one observation or one situation. For example, we may tend to believe what another parent tells us about a teacher – assuming that their opinion is firstly accurate and secondly that all other parents would share the same opinion. I know my three children are completely different and respond differently to different teachers! It is how it is! Often it is easier to see the problem as being 'out there' rather than looking inwards and being as M.J.R. states a 'Blamer not a Claimer'.

We aspire our children to live out tolerance, empathy, kindness, respect and dignity. These are extremely difficult values to try and explain and teach children. Sometimes the best teaching and explaining is to stop talking and just do! I am very proud of the values our students demonstrate and live out at school and think generally they do an outstanding job. I want to thank parents for the work you do in encouraging your children to live these values out. It is our job (principals, teachers, staff, parents) to keep supporting them to be their best self by trying to do the same ourselves. I am trying and I still have a long way to go!

Some Grade 6 Responses to the Question

"How have I grown as a person at Sacred Heart in 2014"

- * I have grown as a person by becoming a leader and that has helped me to realise that I am capable of doing more things than I thought I was capable of. My attitude and body language has also improved.
- * I say "thank you" a lot more and I am more welcoming. I have also noticed that having a positive attitude really helps me with life.
- * My confidence has grown and I am taking more opportunities that come my way and in doing this I am believing in myself more. I am more happy and joyful about simply just being me.
- * I am so grateful for the many things my parents have done for me and I realise to believe that I am much better at seeing where the spirit of Jesus is in my life
- * This year has been great and I have worked it out that life is not all about me and I try to say "Thanks 8 times a day" and 75% of the time I reflect over my day.
- * MJR has helped me to be a lot more aware of God Moments at home and school and I see them more frequently. I am much better also handling my problems.
- * During 2014 I have really tried to look on the bright side of everything I do. I try to think of others more not only myself.
- * This year I am better at being more of a team player at home because I have realised how lucky I am and my parents have given me great opportunities to have a great life.
- * MJR has helped me to be less of a "moaner and a groaner" than I was last year. I am more positive, I try to make life happen and I am a lot happier as I think I am a better person.
- * Filling peoples buckets, giving the "one percenters" being a TUP (Tolerant, Understanding and Patient) have helped me to grow as a person in Gr 6.
- * MJR has helped me to recognise that I am a walking god moment (WGM) and Jesus spirit is in my heart.
- * I try to be a W.E.S.T. person because I think they are 4 great things to live by. (Welcome, Encouraging, Sorry and Thanks)

Sacred Heart School Newsletter

From the Principal:

"THIS SUNDAY"

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

Swimming Program

Swimming for our Prep and Grade 1 classes begin this week. A note was sent out earlier this week letting parents know that our Grade 2 - 4 classes are having their Swimming focus at the Launceston Aquatic Centre this year.

Classes 2015

Teachers have started drafting classes for next year. Unless you have experienced this process you really cannot appreciate the time and challenge to balance classes. We make every effort to accommodate parent requests.

N.I.J.S.S.A Carnival

We wish all the Grade 3 - 6 students selected to represent S.H.S. in Independent and Catholic Primary School Athletics Carnival being held tomorrow. Mr. Davie and Mr. Anderson will be attending and supervising the students.

Loose Parts Play

The loose parts playground was completed earlier this week. I want to thank Mr. Josh Drew, Mr. Richard Rawlings and Mr. Nick Roney for their help, time and skills in getting the job done in a short space of time.

Our loose parts trailer is very close to arriving at school to be used by our students. I am so interested in seeing how our children respond and use the trailer in their play. We will be giving the students little direction allowing them to be creative in how it is used. Thanks to Mr. Bennett for getting our shed located near the loose parts playground to put our milk crates and interesting loose parts stored for students to use at recess and lunch times.



PLEASE HELP WITH DONATIONS FOR LOOSE PARTS PLAYGROUND:

We have milk crates ready to store lots of different loose parts for our students to use in creative ways. What we need is more loose parts to put into the crates - ropes, construction materials, plastic piping, tubing, any objects that students could use in creative ways in their play.

Sacred Heart School Newsletter

**Help wanted in the Canteen of a Friday from 11am - 1pm until the End of Term.
Please let the office know if you are able to help.**

Mini Vinnie's News

'DAY ON THE GREEN'

On Sunday November the 9th, 'A Day on the Green' is being held at school. Mini Vinnie's would like to have a stall and are asking families for any donations of good second hand books, toys, non-perishable foods and items suitable for resale. Donations can be brought to class and will be collected by the Vinnie's team members. Any donations would be gratefully accepted. All profits will go towards the Christmas Hamper Appeal to be held later in the term.

Thank you to all from our Vinnie's team.

Reminder

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



Family Planning Tasmania
www.fpt.asn.au

Preparing for Puberty

Barbara McMullen from Family Planning Tasmania will be conducting a workshop at Sacred Heart on Thursday 20th November at 3:30-5:30pm regarding preparing students with disabilities for puberty. This workshop is open to parents, teachers and teacher assistants of children with disabilities of all ages.

During the session Barbara will address:

- Ages & stages of development
- Puberty, changes and hormones
- Communicating with children
- Personal hygiene
- Concepts and language around 'safe & unsafe', 'public & private', 'Ok & not Ok'
- Resources, tools and strategies

This is a wonderful opportunity and you are most welcome to attend. Please the school office by Thursday 13th November if you wish to attend.

Alternatively, please contact Mel Beety on 6331 1011 or email melanie.beety@catholic.tas.edu.au if you would like further information.

Sacred Heart School Newsletter

~ November 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
9th	10th	11th	12th	13th	14th	15th
		• 6.00pm Board Meeting		• Development Band Workshop @ St.Ailbes	• 9.30am Strings Program • 2.20pm Assembly • Prep - Gr.1 Swimming	
16th	17th	18th	19th	20th	21st	22nd
		• 7pm -2015 Band Information Evening @ SPC	• 1.30-3pm Grandparents day	• 11.30am Band Program	• 9.30am Strings Program • 2.20pm Assembly • Prep - Gr.1 Swimming	
Intensive Swimming Program Gr 2-4 Launceston Aquatic Centre						
23rd	24th	25th	26th	27th	28th	29th
		• 7.30pm P & F Meeting	• Band/Strings rehearsal day @SPC	• Band/Strings Annual Concert & Awards Evening @ SPC	• Advent Pageant • 2.20pm Assembly • Prep - Gr.1 Swimming	

S.H.S. Parents and Friends email

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

TIME CHANGE

Grandparents Day advertised in newsletter for Wednesday 19th November 9am - 11am , however it will now be on **Wednesday 19th November from 1:30 - 3pm**

Student absences

Please remember to call the School office on 63311011 or email 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

2014 Opening Days

Thursday's 2.00pm - 4.00pm

Sacred Heart School Newsletter

Recent students of the week

Prep Hills	William Zhu For amazing progress with his oral language development	Issy Crerar For making great progress with her reading
Prep Best	Meg Kotynia For outstanding participation in the sports carnival	Alex Woolley For including more information in his journal writing
Grade 1 Crawford	Harry Costello For always giving his best effort	Averl Quinn For excellent work on number lines
Grade 1 Underlin	Archie Cooper For being an amazing friend	Chinalle Miller For simply being awesome
Grade 2 van Ryn	Kane Russell For discovering new talents and having the courage to try new things	Anaiya Madden For conquering her fears and putting in a big effort at the Athletics Carnival
Grade 2 Reid	Annaliese Leeftang For the effort she put into her letter writing	Claudia Kirk For a great effort in Maths this week
Grade 3 Hood	Cayley Quill For participation and concentration during our rehearsals	Jackson Northeast For excellent skills in all areas of Maths
Grade 3 Symons	Harry Ross For creative artwork	Elna McCormack For great participation in T20 cricket this week
Grade 4 Smith	Lilian Snare For respect and caring for others	Cameron Spencer For respect and caring for others
Grade 4 Wood	Liam Ford For his great work in subtraction and counting back	Lucy Petrack For her outstanding progress with her reading
Grade 5 McLeod/Illingworth	Georgia Lovell For an outstanding letter to the P & F requesting funds for Book Club	Amelia Cox For an impressive effort and interest in all areas
Grade 5 Viney/Sydes	James Culpeper For making a genuine effort to be organised and complete all tasks	Kaitlyn Rice For putting her absolute best effort into all tasks
Grade 6 Davie	Cheyenne Whitchurch For being an active listener and achieving our weekly goal	Daniel Nicholas For being an active listener and achieving our weekly goal
Grade 6 Claessens/Thompson	Tepa Faletoes For a wonderful week with us at SHS	Mason Gardner For greeting each day with a smile and a determination to do his best

Sacred Heart School Newsletter



MOVIE NIGHT

Grade 6 Davie



A premier event for Sacred Heart was held early this term. Grade 6 Davie held 'Movie Night', which gave parents and siblings an opportunity to view quality films our class have produced and directed throughout the year. We had a terrific turn out, with more the seventy people in attendance. Students introduced their films and we all enjoyed them. Show cases of the evening were not only book trailers but, silent short films. Look out for familiar SHS names in the future, as those in attendance were witness to some great talents!



Sacred Heart School Newsletter

Move Well Eat Well

Make time for play after school

Children need at least 1 hour of active play throughout every day.

Help your child get their 1 hour by providing active options after school.

These could be planned activities like:



- sport
- swimming lessons
- a bike ride or walk

Or unplanned activities like:



- dancing to music
- backyard play
- chasings or imaginary games with friends

For more information and for family ideas on healthy eating and physical activity visit:

www.movewelleanwell.tas.gov.au

Department of Health and Human Services

Last reviewed 2012

The Tasmanian Move Well Eat Well Award Program is adapted from the Kids - 'Go for your life' Program. © State of Victoria, Australia. It is a joint Australian and State Government initiative under the National Partnership Agreement on Preventive Health.



Sport

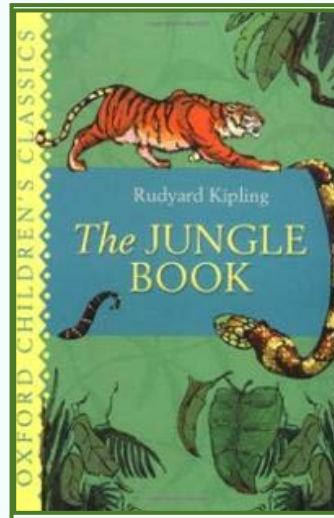
Dancing

Chasings

Tuesday Book Club

The JUNGLE BOOK

by Rudyard Kipling



"Led by the lone wolf Akela and the wisdom of respected bear Balloo, the pack stumbles across a baby human. Raised by the pack and by the Law of the Jungle, Mowgli learns to live and fight using cunning and determination. Now with his friends Bagheera and Balloo, Mowgli must confront Sher Khan, the tyrannical lord of the jungle, for the safety of the pack and to uphold the Law. Other stories include: the heroic adventures of Rikki-tikki-tavi a mongoose against the deadly Cobra, a tale of a search by Kotick the White Seal for a safe haven for his kind and the overheard conversation of camp animals by a British soldier conversant with 'beast-talk'.

The next meeting will be **Tuesday 18th November**
from 3.15pm - 4.30pm.

Everyone welcome from Grades 5 and 6.

QUILTS IN THE GARDEN

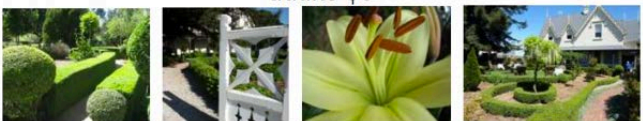
HAWTHORN VILLA CARRICK

Beautifully made Quilts displayed in the Historic 1870's Hawthorn Villa Estate Gardens with National Trust Trees, Hedges, Topiaries, Rustic features. Plant sales & outdoor cafe.



Sat 8th & Sun 9th November
10 AM - 4.30 PM

adults \$6



Quilts by

Devon Patchworkers & Quilters
Raffle Quilt to be drawn 4pm Sunday
Supporting MS Society

Introducing your new

Sacred Heart Parents and Friends Association

Executive Committee for 2014/2015

President: Position vacant

Vice President: Kate Leonard

Secretary: Natalie Zegveld

Treasurer: Fiona Bennetts-Menis

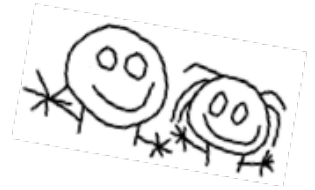
Committee Members: Rachel Roney and Louise Madden

If you would be available to fill the President role for 2015 please express your interest to one of the committee members or Matt Jones.

Sacred Heart School Newsletter



Sacred Heart Parent's and Friends Association Annual General Meeting Presidents Report 2014



The year 2014 has been a year of difference for the Sacred Heart Parents and Friends Association. The absence of the Annual Twilight Fair gave P&F an opportunity to explore other projects and has enabled the school families to provide input toward alternative events they want occur throughout the year. Review of the financial audit clearly shows the Twilight Fair is of great importance providing the essential funds to support school projects. However, the role of P&F is more than to raise monetary funds and therefore our goal of "Foster a true spirit of community" is alive and well. Examples throughout the year were:

- School families surveyed in March asking for event ideas for 2014-results being Entertainment Books, Mid-Year Raffle and Market/Walk-a-thon.
- Making Jesus Real Parent Information Session held in March
- P&F being invited to join community BBQ's
- P&F members assisting with the Library relocation and setting up for 2014
- P&F monthly meetings continually provide the platform for parent enquires and discussion
- Healthy attendance from school families at the P&F calendar events-Welcome BBQ and Movie Night and Rock and Roll Night.
- Working in partnership with the Grade 5 team to plan the Walk-a-thon
- Family Buddy Program
- Recognising World Teachers Day and First Eucharist and Confirmation Sacraments by hosting and supporting morning teas.

Funding Achievements for 2014

It was decided that the main funding commitment for P&F would be to allocate classes from K-6 \$500 and \$2,000 for the Music department. This was achieved and provided classes with important funds to support their teaching and purchase of valuable learning resources. Raising funds at past P&F events also gave the opportunity to purchase a new BBQ, equipment and portable shades for the school events.

The question is often raised about how small the meetings attendance is and how we can get people to meetings - once the current Parent Survey results are received then this may provide some answers to address these matters. In the meantime never underestimate the role and work of P&F in our school environment. P&F gives our school and staff great support, reaches out to our school families for the benefit of our children. Meetings may be small but it's how we involve and benefit families is the greatest reward.

This will be my last Presidents report and as I reflect back on the past 3 years I'm very grateful to have held this role and have achieved many great things as a Committee together. How fortunate I've been to have worked with and met many lovely people all working towards a common goal for our great school, Sacred Heart. Thank you to my family who have supported me in many ways during this time.

Kindest regards
Rebecca Millwood
SHS P&F President.

Sacred Heart School Newsletter

It's on this Sunday 9th November from 9.30am



and

Walk- A-Thon

(Supporting the Grade 5 Charity-Sheltabox)

On the Sacred Heart School Oval

Grab a bargain

There will be 10 second hand stalls-toys, children's clothing, books and house hold goods.

Arborne Natural Skin Care

Craft stalls

Concrete Pots,

Herb Planting Kits & Christmas cards,

Ollie & Ava Clothing

Jellies & Lucky Dips

Crazy Hair Do's

Cake Stall

Buskers- Cam Illingworth and Josh Rigby

BBQ, Icy poles and Doppio's Coffee

Don't forget there is still time to

Enter the Walk-a-thon

registration forms can be collected from the office or see Grade 5

\$2.00 per registration and money raised supports the Grade 5 Shelta box Charity

Trestle table sites still available for \$20.00

Contact Tracy on 0419 568 598

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

Sacred Heart School Newsletter

2014 Prep – Grade 2 Athletics Carnival

Last Thursday all of our Prep, Grade 1 and Grade 2 students participated in the annual Sacred Heart Junior Athletics Carnival. The day consisted of rotation activities, 70m running races and running relays. All students should be congratulated for their efforts on the day. The standard of competition was excellent and every students put in 100% effort. Congratulations to MacKillop house for winning the carnival in 2014. Thank you to the P-2 staff, Mr. Bennett, the parent helpers and our grade 6 students for volunteering and helping make the carnival a success. Finally, a big thank you to all the parents, grandparents and family members that came down to watch our students compete. Your support and encouragement is greatly appreciated.

John Anderson
(Health & PE Teacher)



Sacred Heart School Newsletter

