

# Sacred Heart School Newsletter



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## From the Principal:

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

Respect for Ourselves

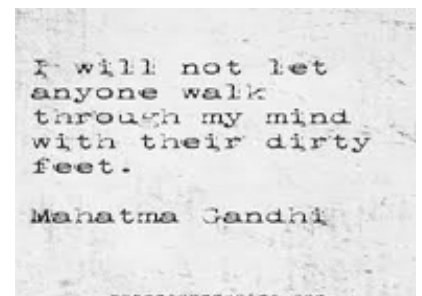
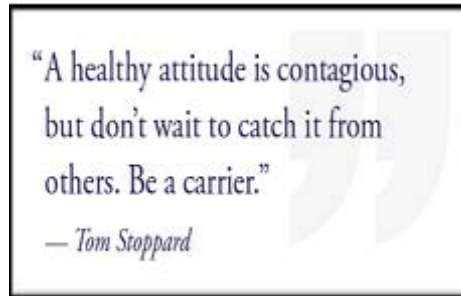
Respect for Others

Respect for our Learning

BeAttitudes: *Be Honest*

Welcome back to Term 4 - encouraging parents to watch this 3 minute video - sometimes it is easy to opt out of an 'attitude of gratitude' and this video is a positive reminder of being grateful for small things!

<http://www.godtube.com/watch/?v=F9FMFJNU>



How lucky are we that we live in a current age where mental health is recognised and promoted rather than ridiculed and judged. Last week was national Mental Health Week. We still don't know all that we need to know and should know around mental and emotional wellbeing. In primary schools over the last decade, the rise in awareness, need and importance of social and emotional learning (S.E.L.) has grown dramatically. To be honest it was an area that schools did not do enough with, understand enough about and engage students explicitly with.

I am proud that our staff support and understand why S.E.L. has to be on the same pedestal as other more traditional and formal learning. We continue to foster a positive climate, continue to challenge ourselves and each other to have an attitude of gratitude, to be W.E.S.T. people, allow our 450 students to learn to navigate socially with different people as part of attending S.H.C.S.

I am proud that we place S.E.L. at the forefront through our Positive Behaviour Schools approach (P.B.S.), Circle Time sessions on a weekly basis and a focus on three core values of Respect Ourselves, Respect Others and Respect Learning.

I am proud that as a Catholic School, the M.J.R. program and language focuses on S.E.L. through the lens of our spirituality; actions and behaviours that we need to live out as Gospel people. An 'attitude of gratitude', using the 'Big T' word - *thankyou*, and 'God Moments' - finding the positive moments in each day. The M.J.R. program challenges us to "focus to connect with the Jesus within us as well as the Jesus who dwells in people around us. This is done through the events in our daily lives." (Mitch)

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## From the Principal:

We are one of very few catholic schools that offer counselling through staffing. This year it has been the equivalent of one day a week. Our staff understand the importance of this role and are supporting increasing this to two days a week next year.

Despite all of this we are still challenged by how best to support the mental wellness of our students, staff and parents. Schools are often placed in situations to 'fix' things but given little ongoing resource or support in ways needed to more likely succeed. We are learning as we go and at times feel like we are not doing all we can to help in this area, simply because we 'don't know what we don't know'. Through experience there are some common things that do improve our social, emotional and mental wellbeing. These include:

- Resilience - will this matter in 5 minutes? 1 hour ? 1 day? If not, don't let it matter now? We need disappointment, setback and short term failure to understand, appreciate and celebrate happiness and wellness.
- Small genuine acts of kindness. Take 10 seconds to do a small gesture that makes a big difference to others. Acts of kindness lift the spirits and have the boomerang effect of enhancing your own feelings of well-being and positivity.
- Regular exercise is proven to help reduce stress, provide health benefits and a physiological response of endorphins. It was interesting having taken part in September -10,000 steps a day, how much better I slept, more energy I had during the day and my ability to deal with conflict improved. This is a practical strategy to develop practical optimism.

My attitude of gratitude has to go to Mrs. Liz Illingworth for a variety of things during the holidays, including re-setting up the staffroom once the refurbishment of the kitchen area was completed. To Mr. Andrew Williams for his help with Phil Illingworth during the holidays with a couple of things. Thanks to Mr. Phil Illingworth for his work during the holidays particularly around the 1 /2 play area, Grade 6 astro turf and many other little jobs.

Welcome back to our last term for 2015! I hope we can maintain and cultivate a positive climate as we approach the end of the year. I hope we all can have an attitude of gratitude, find a few seconds to do a kind act or say a kind word to each other.

## WELCOME

Welcome Mrs. Megan Badcock, working on Grade 5 Viney/Badcock this term, each Monday and Tuesday.  
Welcome back to Miss Joanna Nas, working as co-teacher on Grade 1 this term.

## PRIMARY SCHOOLS BASKETBALL TOURNAMENT

This weekend a huge number of our Grade 3-6 students will compete in the Launceston Primary Schools Basketball Tournament. From more serious competition, to Division 2 and Division 3, all students will hopefully be challenged and engaged in some fun at their skill level.

I would like to thank (attitude of gratitude) to our coaches and managers as well as parents who will help out during the tournament. In-particular to teachers and staff who will coach teams, even though they may not have children of their own playing, or due to their coaching not be able to see all of their own child's games!

## CYBERSAFETY: SUPPORT FOR PARENTS AND STUDENTS

Below is a fantastic website that provides fact sheets, resources, information to two groups: one for parents and one for students. I would strongly encourage everyone to spend 10-15 minutes navigating the site and seeing if there is anything that can help you as the parent, in parenting your children around being cybersafe.

[www.thinkuknow.org.au](http://www.thinkuknow.org.au)

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## From the Principal:

### HOLIDAY WORK:

During the holidays Phil helped organise or address:

- The football goals being taken down, our oval has been given some tender loving care during the holidays.

- The Grade 6 area where students sit and eat lunch has been given astro turf where the grass was not growing. Improves the appearance of the area also.



- Steel work put in for the Kinder awning, with more work to come

- The Gr 1/2 loose parts area having a fence erected and cement blocks raising the area, so pine bark can be maintained in the area and play contained in this space, as well as making sure the safety of students is not compromised with the drop from the play area to the walkway.



### ENROLMENT VACANCIES IN 2016

If you know any families or friends who were looking for enrolments on the following grades please ask them to contact the school as soon as possible. We have vacancies at this stage in **Kinder and Grade 4**

### CORK TREE

We have continued to be given advice that the Cork Tree adjacent to our Grade 6 block is in decline and looking increasingly likely that it will need to be removed. This current Spring is critical in whether the tree can sustain itself into next year.

If the reality of the Cork Tree being removed happens, we will be thinking how we can create something of note and worthy of recognition with the tree branches, trunk that will be a permanent visual reminder of the history of the tree within the school.

### KINDER 2016 ORIENTATION SESSIONS

On Tuesday 10th and 17th November the B-4 sessions from 12:45-2:45 pm will be for our 2016 Kinder students only. The Kinder team, along with Beth, will be in attendance at these sessions to meet and talk with parents and our new Kinder students. The B-4 afternoon sessions on these two days will not be open to other children apart from those attending our Kinder in 2016.

### TERM 4 FOCUS

There are a variety of areas that will make up the core focus for Term 4 these include:

- Finalising staffing for 2016
- Planning and preparation of Stage 2 building program beginning in 2016.
- End of Year Report Writing
- Allocation of classes for 2016 based on clear and explicit criteria
- Preparation of Annual Plan for 2016.

# Sacred Heart School Newsletter

## THE FOLLOWING THANK YOU WAS RECEIVED FROM ANNIE LEE WHO IS INVOLVED IN THE CARE FOR AFRICA FOUNDATION

On Behalf of the Care For Africa Foundation and myself please pass on a very sincere and very very big thank you to all the house colours for their fabulous job in raising the funds for various charities. I greatly appreciate the efforts of the Young House students and especially Grade six students and School Captains of Young . Please pass on to students Thank you!  
Annie Lee

## STUDENT MEDICAL CHANGES

For your child, please consider if since your last advice to the school, any medical information has changed and the new information hasn't yet been advised to the school office?

Or perhaps any medication; epi-pen, or similar was previously supplied to the school but have since expired, so a replacement is required for the school??

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

## SACRED HEART NOW HAS AN APP AVAILABLE FOR DOWNLOAD

If you search for "Sacred Heart Launceston" in the App Store (or Android Store) you will find it. Make sure you choose the **Skoolbag** version.

We will be using this app to send timely reminders to parents so when you start it up for the first time please choose "Allow" or "OK" for notifications.

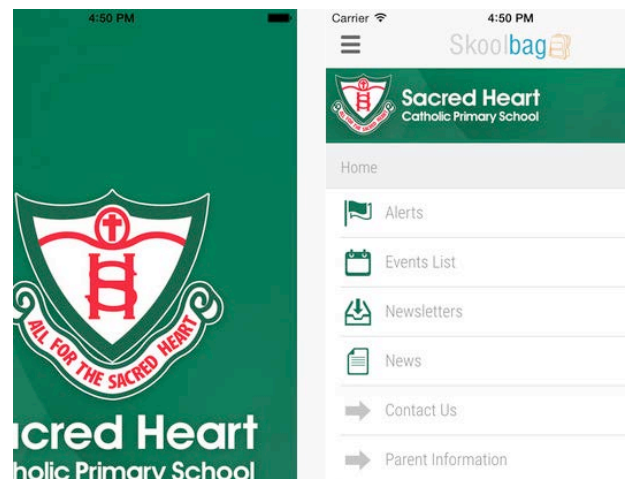
**It is important** that you go to the "More" or "Alerts" section and **choose "Setup Push Notifications"**. In this area you can select the year levels that your children are currently in.

This is useful to ensure you only get notifications relevant to your family.

We hope you will find our new school app to be a great place to access newsletters, policies, photos, Mr Jones' twitter feed and more. You can also use it as a handy way to notify the school of your child's absence using the "e-form".

Here is a list of current features in the app...

- Push Notifications – Get Important School News instantly
- Choose only the alerts and information relevant to you
- Read the Newsletter – All the latest newsletters are available inside the app.
- Keep up with our Twitter Feed – All Mr.Jones' Twitter Posts are located in the app.
- Report Absences – You can send an email directly to the school using a handy form built into the app. Report your child's illness using a custom made form within the app.
- Important School Information – Keep up with school policies, P&F news, Uniform and Canteen pricing, Photos
- Phone the school straight from the app.
- Keep up with important school calendar dates and events.



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## From the Principal:

~ October 2015						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>18th</b>	<b>19th</b>	<b>20th</b> 3.10pm Art Club 7.30pm P & F Meeting	<b>21st</b> Gr.6 Excursion to Trevallyn Power Station	<b>22nd</b> Foundation Band & Strings Workshop 2 @ St Ailbe's 1.30pm Science Club <b>Socktober Fundraiser</b>	<b>23rd</b> Gr.6 Excursion to AMC 2.15pm Assembly	<b>24th</b>
<b>25th</b>	<b>26th</b>	<b>27th</b> 3.15pm Gr 5/6 Bookclub	<b>28th</b>	<b>29th</b> 10am Strings program 1.30pm Band program	<b>30th</b> 2.15pm Assembly	<b>31st</b>

Please click on the link below to watch our most recent movies!!

<http://www.sacredheartl.tas.edu.au/news-events/video-gallery/>

Including .... Book Buddies reading and Keep on Moving

### Mini Vinnie's Socktober Fundraiser

This term Mini Vinnie's is going to be doing a lot of fundraising. Our first fundraiser is going to be Socktober on Thursday 22/10, on that day you are asked to wear crazy socks. these socks you could make or you might have some crazy socks at your house that you can decorate. If you participate in Socktober, please bring a gold coin donation to raise money for children in Madagascar.



### REMINDER : BEFORE SCHOOL EXPECTATIONS

- ❖ Mrs. Deb Scott will be at school from 8:00am each school day for any students arriving before 8.30am
- ❖ Students will continue to go to our Presentation Gym.
- ❖ **If a student is here before 8:20am the cost will be \$2 per child per day, which needs to be paid as the student arrives at the Presentation Gym.**
- ❖ The child's name will also be recorded on an attendance sheet on a daily basis.

### 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 16.12.15

### 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](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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## MJR MURAL



Planning is underway for the Parents and Friends Market on the Green with 5 stalls already booked. This is a great day for discovering a bargain or two from new and used stalls.



Sunday 15<sup>th</sup> November on the School Oval from 12 noon.

Stall bookings now available

\$25.00 per trestle table

\$15.00 if own trestle table supplied

To secure your stall booking contact Tracy on 0419 568 598 or email

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

If you would like to support the Market on the Green by sponsoring the BBQ, donating a raffle prize, providing refreshments/entertainment, help on Market day then contact Rebecca on 0418 721 952.

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

# 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



**Sport**

**Dancing**

**Chasings**

For more information and for family ideas on healthy eating and physical activity visit:  
[www.movewelleatwell.tas.gov.au](http://www.movewelleatwell.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.

**Move Well Eat Well**



**Cheap, creative ways to play...**



**Use:**

- Cardboard boxes
- Blankets
- Ropes
- Buckets/baskets
- Balloons

**Visit and explore:**

- Playgrounds
- Parks
- Beaches
- Reserves



**Try:**

- Balancing
- Climbing
- Jumping
- Chasing
- Hopping
- Rolling

For more information and for family ideas on healthy eating and physical activity visit:  
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**FREE ENTRY FOR ALL AGES**

a culmination of food, culture, arts & entertainment

**SATURDAY 17TH OCTOBER**  
 12pm - 9pm

**GEORGE ST & YORKTOWN SQUARE LAUNCESTON**

**fiesta on George**

COOKING & GARDENING DEMONSTRATIONS TINO CARNEVALE AMY LUTTRELL LIVE MUSIC DJ SILENT DISCO MARIO QUEEN OF THE CIRCUS ELECTRIC BOOGALOO THE EVAN CARYDAKIS TRIO KIDS ACTIVITIES ROVING PERFORMERS ALFRESCO DINING FOOD, WINE & BEER STALLS + MUCH MORE

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