

Sacred Heart School Newsletter



Phone: 6331 1011

227 York Street, Launceston Tasmania. 7250

Email: shsl@catholic.tas.edu.au

From the Principal:

Through Twitter, Facebook and also in email sent out to all parents we are trying desperately to get as many parents to attend one of the two parent sessions offered for MYTERN (TAKING EMOTIONAL RESPONSIBILITY NOW). The two parent sessions that you can choose from are:

- **Monday 15th February at 9am Staff room**
- **Tuesday 16th at 7 pm Presentation Gym**



Having had Dr Jane Foster, the creator of this program, speak with our staff, we cannot over emphasize how important we think it is, that you make the effort to attend the parent workshop. We will be embracing a whole school approach with this simple but powerful language that helps students, staff and parents cope with increasing stresses of life.

MYTERN teaches how to create health and resilience out of these everyday stressors. Using the common metaphor of driving, the powerful language is designed to cross age, cultural barriers and be used effectively both at home and at school. It teaches everyone how to be in control of their reaction to the everyday altercations, helping to stop them from building up into more serious problems. You may not be able to change the circumstances around you, but you always have the option to change the way you feel.

HAVE A LOOK YOURSELF BEFORE THE PARENT SESSIONS WE ARE OFFERING

PLEASE CONTACT OUR OFFICE BY PHONE OR EMAIL ON shsl@catholic.tas.edu.au to confirm you are attending.

<http://myterncity.com.au>



Sacred Heart School Newsletter

From the Principal:

Our P.B.S. Values are:

Respect for Ourselves
Respect for Others
Respect for our Learning

BeAttitudes: **Be Honest**



New SHS swimming caps
for the Inter-school team

ASH WEDNESDAY

With the marking of Ash Wednesday the Season of Lent within the Church begins. Our students received the 'ashes' as part of class based liturgies yesterday. Historically Lent is about sacrifice, penance and the idea of 'giving up'. More recently the idea of Lent as a time to reflect and look inwards; at who we are and how we can improve has become a more common focus. This entire year we are focusing on the concept of 'what does it mean to be part of a Catholic Community?' What does it really mean for us as employees? Parents? Students? During Lent perhaps we can sharpen our focus more on how can we come to greater awareness of what it means for each of us to be part of the Sacred Heart Catholic School Community?

DATES TO NOTE

<i>Thursday 11th February</i>	Gr. 3 ENI
<i>Friday 12th February</i>	9am Assembly 5 /6 Friday Sport begins
<i>Monday 15th</i>	9am MyTern Parent workshop - staff room MyTern student workshops across the day Gr 3-6 Swimming Carnival
<i>Tuesday 16th</i>	MyTern student workshops across the day 7pm MyTern parent workshop in Gymnasium
<i>Wednesday 17th</i>	Parent Teacher Student Interviews begin today and continue tomorrow

CO-TEACHER

Yesterday and today our co-teacher programs began. Some students for a period of time will work with the co-teacher focused on a particular area, e.g. literacy or numeracy. This year, (even though it did not happen as much in our pilot year last year), students will not necessarily be in co teacher for the entire year. This does not mean that a child has not done well during co teacher, nor does it mean that something has gone wrong. What it means is that for the next period of time, certain students with that specific area, eg writing, reading or an aspect of maths are going to be in co teacher.

EARLY NUMERACY INTERVIEWS AND PIPS TESTING

We have started our early numeracy interviews and PIPS testing in some classes. We will send home to all families a note and feedback from the Early Numeracy Interviews for your child, once all interviews have been conducted.



Sacred Heart School Newsletter

From the Principal:

HOUSE CAPTAINS

Congratulations to the following students who have been voted in as our House Captains for 2016:



RICE	MACKILLOP	YOUNG	NAGLE
Mia Baldock Mitchell Nicholas	Isabella Johnston Hamish McKenzie	Ava Dowde Parker Shea	Elizabeth Hannah Will Fox

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

Sacred Heart School Newsletter

From the Principal:

SWIMMING CARNIVAL

This coming Monday we have our Grade 3-6 Swimming Program. This week our Grade 3-6 students have competed in swimming trials to help us allocate students into different divisions. The Swimming Carnival is a fun day to celebrate our talents in the swimming pool, as well as help select a team to compete in the Inter-school Swimming Carnival. Where students place in the carnival will predominantly determine who is selected in our Inter-school team. There could be situations in any of our school carnivals, where unique circumstances arise that may mean the other factors may be considered. If this ever occurs it will be Principal discretion on a case by case basis.

GRADE 3 – 6 SWIMMING CARNIVAL

The grade 3 – 6 Swimming Carnival will be held on Monday February 15th at Riverside Pool commencing at 9:30 and concluding at 2:30.

Parental support is encouraged and we need you. Please if you can assist on the day of the Carnival (between 9.00am – 2.30pm) I would love to hear from you.

You can email me (john.anderson@catholic.tas.edu.au) if you are available.

You must have a current "Working With Vulnerable People" card to be able to help at the carnival

SWIMMING CARNIVAL TIMETABLE

- 9.30am - Gr 4-6 66m freestyle
- 10.15am - Gr 3-6 33m freestyle
- 11.15am - Gr 3-6 33m backstroke
- 12.00pm - Gr 3-6 33m breaststroke
- 1.00pm - House relays
- 1.30pm - Staff v Parents v students relay
- Across the pool races

Please note the carnival may at times run a little behind or ahead of schedule

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

We welcome all of our students and their families back to school this term. We hope that you all had a restful and peaceful break. We also welcome all of the new teaching staff and students to our school this year.

The Three Aspects of Lent

Prayer:

During Lent, we are asked to try and find time in our busy lives to stop, reflect and pray.

Fasting:

In the past, Catholics were expected to abstain or give up meat every Friday during Lent. Now, there are only two days when this is required for people 18 to 59 years of age: Ash Wednesday and Good Friday. The whole idea of fasting and making sacrifices or "giving things up" is a way to try to simplify our lives a little and to discover what truly matters.

Almsgiving:

During Lent we "give alms" or donate money to those in need. One way schools do this is through Project Compassion. Each classroom has a Project Compassion box where students can support children in other countries, perhaps by giving up some of their own coins. Families also have a Project Compassion box at home to remind them of their commitment to those less fortunate.



Project Compassion

Families have received a Project Compassion box. This year we are challenging our students to go without a special treat here and there and instead put the money into their Project Compassion box. All donations go towards work that Caritas does in marginalised communities all over the world.



Carolyn Symons
Faith/Spirituality Co ordinator

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
14th	15th 9am MYTERN parent workshop Gr 3-6 SHS Swimming Carnival @ Riverside Pool	16th 3.15pm Art Club 7pm MYTERN parent workshop	17th 3.15pm - 7pm Parent/Student/Teacher night School banking starts	18th 3.15pm - 7pm Parent/Student/Teacher night	19th 9am Assembly Gr 5/6 Summer Friday Sport 5.30pm P & F Welcome BBQ & Movie Night	20th
21st	22nd	23rd 7.30pm P & F Meeting	24th Launceston Cup Day - Normal school day for SHS students	25th 10am Welcome Mass 1.30pm Band/Strings instrument allocation	26th 9am Assembly Gr 5/6 Summer Friday Sport	27th
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 1.30pm Band/Strings Program	4th March 9am Assembly Gr 5/6 Summer Friday Sport	5th



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



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

SCHOOL BANKING FOR 2016 WILL START NEXT **WEDNESDAY 17TH FEBRUARY**



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

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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SHS School Fair

Friday 18th March at 5.00pm

Food Stall Convenor Update - Fair Friday 18th March 2016

5 weeks to go - the countdown is on!!

We are still after someone to co-ordinate the Calamari and Chips stall - we have someone organised to cook all of the chips and calamari; all we need is a volunteer to be the contact point for the stall and co-ordinate volunteers to serve. Please let Nic or Jo know ASAP if you can assist.

All food stallholders have been sent out some information to assist with planning - once this is returned, we will identify what they need and then start sending out details of what donations are required, as well as start organising volunteers to assist our stallholders on the night. If you or someone you know could assist us with anything relating to the fair, please contact one of us to discuss - it could be food packaging, non perishable or perishable food, cleaning/food hygiene equipment, ice/esky/refrigeration needs.

Your support to make this a great fair is appreciated.

Nic Duffy
0419 115 372

Jo Marsden
0428 263 949

Students Climbing Trees

Dear Parents/Guardians,

At present this is only for students up to & including Grade 1. We DON'T yet have suitable trees for older students.

We formally support younger children extending their development via those who wish to, being able to climb selected **Kinder play area** trees, when staff or your adult supervision is offered.

We advise: Trees with our YELLOW PAINT markings on their limbs, indicate that this is an approved tree, and those markings show the maximum height for a child's feet. i.e. The rest of their body can be higher.

Know we have a periodic process to inspect tree condition; reapply paint; and remind of expectations.

If your child wishes to participate, please discuss with them the below. Feedback is welcome to the Principal.

- Limit the number of kids climbing a tree together to 3 at any time;
- Students in trees are to 'climb down', not jump out; and
- To assist kids get into trees, DON'T put items underneath (to stand on). If needing help, kids have another give a 'hand grasp' boost.

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On Saturday 9th January I went to Albury NSW for 9 days to represent Tasmania in the U14 Country Cup basketball tournament. There were two teams of U14 boys, with 11 boys in each team (22 in total). There were also U16 and U18 boys and girls teams playing for Tasmania. In total there were about 100 players and 30 coaches and helpers.

I was very excited but nervous about playing in such a big tournament.

We played a total of 7 games and won 3. We lost our 4 games by about 10 to 20 point and the 3 games we won, we won by about 15 to 20 points. This was a very good team effort as none of us had played in the competition before. We played against teams from NSW, Victoria, South Australia and New Zealand. NSW ended up winning the U14 boys competition. The New Zealand boys were very big and very tall! We played at the Lauren Jackson Stadium, which was awesome!

I was happy with my performance and had some really good games. One of the things I will remember was in one game against NSW we were trailing and I got 3 steals in about 1 minute and scored 6 points. This really got us back in the game, but we didn't win it. I was pretty happy with how I played though and got selected to be captain for the next game which was amazing!

Each morning we had to weigh in and make sure we were staying hydrated and healthy. After games we had pool recovery and ice baths. We also had pre-game and post-game snacks to help our bodies prepare and recover. It was very professional and I learnt so much about basketball and how to prepare as best I can for games both physically and mentally. My coach taught me so much about court plays and court positions and how to work together as a team.

I made some great friendships and had the best time ever!!!

To everyone that wants to achieve the best they can in life, whether it be in sport or in anything, just follow your dreams, believe in yourself and the hard work will pay off.

Thomas Feely

Grade 6 Leaver 2015



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.



Sacred Heart School Newsletter

Back to
**SCHOOL
SPECIAL**
VALID TERM 1
2016



Ice Cold
**MILK
SHAKES**
\$2.50

*Café on
Elizabeth*

The Salvation Army, 111 Elizabeth Street LAUNCESTON

Westside Devils Junior Soccer Club
has commenced registrations for 2016.

We welcome Boys and Girls who are turning 5 years old to 17 years old in 2016.

Training is Tuesday, Wednesday or Thursday nights at our grounds at Mitsubishi Park, 416 Westbury Rd, Prospect.

Club Registration days are **Saturday 13th Feb 10am - 2pm & Tuesday 23rd Feb 6 - 7.30pm** in our clubrooms.

Register online NOW at www.myfootballclub.com.au our club



Want to play Soccer?

Join the NTJSA 2013 Soccer Club of the Year!

Further information can be found on our Website www.westsidedevils.com

or you can call:
Michael Hancox
Westside Devils JSC President
0448 888 648



"Your pathway to the Victory League"



like us on facebook

GET ACTIVE!!! HAVE SOME FUN!!!

Heritage Islanders Netball Club will be commencing pre-season training on Thursday 11th February at Hoblers Bridge Netball Centre – centre court 1.

Come along and enjoy being part of an amazing team:

- 10, 11, 12, 13, 14 & 15 & Under 4.30 – 5.30
- 17/19&U & Seniors 5.30 – 6.30

If you are unable to make selections, or would like more information, please contact Annette Griffin 0458 711 993 or Ali Gumley 0437 351 647 or go to our Facebook page – Heritage Islanders Netball Club.



Gee Tees Netball Club is currently registering players for the 2016 season for ages 8 years (by 31 Dec 2016) to 17 years. For further details please contact Hayley Steel ph: 0428 448 840 or email: steelhayley@hotmail.com