



NEWSLETTER

SACRED HEART
CATHOLIC PRIMARY
SCHOOL



Our P.B.S. Values are:

Respect for Ourselves
Respect for Others
Respect for our Learning
<http://MyTerncity.com.au>

Online Content:

Website:

www.sacredheartl.tas.edu.au

Twitter:

@shslton

Facebook:

facebook.com/sacredheartl

Pinterest:

pinterest.com.au/sacredheartl

P & F email

shsl.pnf@catholic.tas.edu.au

Please Note:

Launceston Cup Day

Wednesday 27th Feb

**is a normal school day
at Sacred Heart**

**SCHOOL
IS
OPEN**

From the Principal:

“Habits of Remarkably Joyful People”

One of the things I enjoy most about holidays is the opportunity to spend more time reading. According to the amazing Amanda Gore’s *“Wired For Joy”* program, there are 12 habits that remarkably joyful people exhibit. *How many of these behaviours are evident in your day to day interactions?*

- They are grateful for everything.
- They are reverent and honour others.
- They are full of hope and optimism.
- They have compassion and choose to be kind.
- They forgive themselves and others.
- They are generous with their spirit and can receive graciously.
- They laugh lots – especially at themselves.
- They listen for the feelings behind the words.
- They feel good about themselves and can give and receive love.
- They choose to be cheerfully enthusiastic, no matter what.
- They are full of energy and vitality.
- And most importantly – they feel deep inner peace inside.

Positive and joyful people ‘rub’ off on others. Happiness is definitely contagious.

Last week I received an email from a parent that read, “We went to the “Meet the Hawks” on Thursday last week and the boys were in their school uniform. One of the players who had visited the school last week came over when he saw the boys in their uniform and said how very impressed he was with the school facilities, how tidy it was but above all how well behaved the kids were and what great manners they had. I don’t know many of the players so don’t know who he was but it was great to hear that from a high achieving sportsman!”

The email certainly gave me great pride in our Grade 3 and 4 children who had spent time with Hawthorn and clearly had left an impression in the way they conducted themselves. Equally it is reassuring that parents pass on the positive messages that happen each and every day around our school.

“Habits of Remarkably Joyful People”

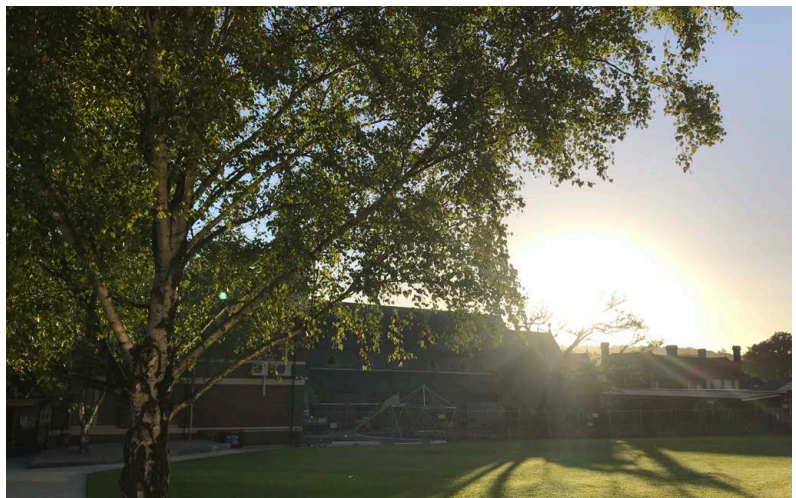
Looking around on Monday at our Swimming Carnival I was immensely proud of our community. Parents and Grandparents spending time watching and supporting, dozens of parents assisting as officials, staff supporting and encouraging children and children giving their all for their house both in attitude and in application.

This week there will be hundreds of positive experiences in your week, remember to acknowledge those that make them happen and give thanks for the wonderful world we all live in.

‘Be compassionate as your Father is compassionate. Do not judge, and you will not be judged yourselves; do not condemn, and you will not be condemned yourselves; grant pardon, and you will be pardoned. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and running over, will be poured into your lap; because the amount you measure out is the amount you will be given back.’ (Luke 6:36 - 38)



Brent Wilson
PRINCIPAL



“Welcome BBQ”

Thanks to our hard working P and F for facilitating the Welcome BBQ last Friday night. It was wonderful to see around 30 families spending time mingling with new and old friends.

“P & F Meeting”

Monday 25th February @ 7.30pm Staffroom

Our first P and F Meeting for 2019 will now be held on MONDAY 25th February at 7.30pm. Please note the date change.

We warmly welcome all parents to join us for an opportunity to meet with parents, listen to the things happening in and around our school and to support projects.

“York St and Margaret St Pick up”

Parents, Grandparents are reminded that our school has significant challenges with parking and pickup after school. If you need to speak with a member of staff please park in the designated areas. If you are in a pick up zone after school please remain in your car and teachers will arrange for your child to be sent to your car.

Parents who arrive after 3.15pm will find pickup a far easier process.

“SHS Swimming Carnival”

Thanks to the many parents and grandparents that came to support our children compete on Monday. Thanks to our officials for giving up their time to enable a highly successful carnival. Thanks to the SHS staff for your roles in providing for a smoothly run carnival. Congratulations to the children of SHS for your exceptional sportsmanship and attitude.

A very, very big thanks to John Anderson for overseeing another wonderful carnival.

Results

Nagle 1st

Rice 2nd

MacKillop 3rd

Young 4th





“2019 Sacred Heart Swimming Carnival”

On Monday our students in Grades 3 - 6 participated in the SHS Swimming Carnival at the Riverside Pool. It was a great day with lots of PB's and strong performances in the pool. A huge thank you to the following parents who helped out on the day: Peta Pyke, Chantal McMullen, Tracey Matthews, Jo Marsden, Rebecca Millwood, Elisha Muller, Lisa van Zetten, Stacey Howard, Gina Campbell, Matt Shea, Jacqui Cameron, Lynelle Freeman, Tahnee Hodgetts, Alex Clear, Susie Cramp, Agnes Kostecka, Simone Lee, Shaun Smith, Angela Hartley, Natasha Millar, Nicholas Cettolin and Shontelle Reeve.

It was also fantastic to see so many families come down and watch the action. We are extremely fortunate to have so many people willing to give up their time to support and encourage our children. Congratulations to Nagle House for winning the carnival for the first time in a number of years. Congratulations to the students below who will now represent Sacred Heart at the NIJSSA Swimming Carnival on Thursday 14th March. Finally, a big thank you to our wonderful staff who do a brilliant job to ensure the day runs smoothly.

By John Anderson, P.E / Health Teacher

SHS NIJSSA Swimming Team

| Grade | Boys | Girls |
|-------|--|--|
| 3 | Seb Hardinge Tim Innes Ethan Chapple Solomon Boyle Phoenix Howard | Georgia Freeman Phoebe Shea Emmerson Lowry Ebony Harper |
| 4 | Daniel Wojcik Ben Berlese Colby Crawford Oliver Hodgetts | Ruby Jones Lily Matthews Amelie Millar Jasmine Hartley Ivy McCullagh Francesca Page |
| 5 | Max Matthews Mitchell Campbell Cooper van Emmerik Oisin McCormack | Elouise Frerk Jasmine Graham Alice Fox Orla Kelly Ava Boyle |
| 6 | Jack Cramp Tyler Alexander Mason Clark Henri Bergamin Harry Costello | Elyse Campbell Abbey Berlese Millie Geale Jorja Thomas |

Sacred Heart Catholic Primary School

Uniform Shop

GIRLS WINTER TUNIC/SKIRT ORDER FORM - 2019

Parent's Name: _____

Child's Name: _____

Grade: _____

Contact Mob Number: _____

**Important... please read
if your daughter will need
a winter tunic this year**

Sample tunics/skirts are no longer available in the uniform shop so please use the waist measurements below to guide you when placing your order.

These measurements are provided by the supplier.

Size 4 - 25" 63.5cm
 Size 6 - 26" 66cm
 Size 8 - 27" 68.5cm
 Size 10- 28" 71cm
 Size 12- 30" 76cm
 Size 14 - 31" 78.5cm
 Size 16 - 32" 81cm
 Size 18 - 33" 83.5cm

Quantity: _____

Wool Tunic Size (P-2) \$130.00 - _____

Wool Skirt (grade 3-6) \$122.00 - _____

Deposit (minimum \$50.00 per item)-paid/receipt _____

Please return order form and deposit (min \$50.00 per item) to school office or uniform shop no later than Friday February 22nd

Important Note: winter tunic/skirts are only available by pre order and late orders cannot be filled.

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

February 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------|--|---|------------------------|---|------------------------------|------|
| 17th | 18th SHS Swimming Carnival Riverside Pool | 19th | 20th School Banking | 21st 10am Welcome Mass | 22nd 2.10pm Assembly | 23rd |
| 24th | 25th 7.30pm P & F Meeting | 26th Birth - 4 starts for 2019 3pm Gr 5/6 Book Club | 27th School Banking | 28th 10am Band Program 11.30am Strings Program | 1st March 2.10pm Assembly | 2nd |

March 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------|------------------------|------------------------------|------------------------|--|-------------------------|------|
| 3rd | 4th | 5th | 6th School Banking | 7th 10am Band Program 11.30am Strings Program | 8th 2.10pm Assembly | 9th |
| | | Grade 5 Camp - Dodges Ferry | | Grade 4 Camp - Hagley | | |
| | | Grade 6 Camp - Dodges Ferry | | | | |
| 10th | 11th Public Holiday | 12th 6.30pm Board Meeting | 13th School Banking | 14th 10am Band Program 11.30am Strings Program NIJSSA Swimming Carnival | 15th 2.10pm Assembly | 16th |

2019 Carnivals

Thursday 14th March

NIJSSA Swimming Carnival

Friday 17th May

SHS Prep - 2 Cross Country

Thursday 23rd May

SHS Gr 3-6 Cross Country

Monday 9th September

SHS Gr 3-6 Athletics

Thursday 14th November

SHS Prep-2 Athletics

2019 Camps

Monday 4th- Wednesday 6th March

Gr 5 Camp to Camp Clayton

Monday 4th- Wednesday 6th March

Gr 6 Camp to Dodges Ferry

Thursday 7th- Friday 8th March

Gr 4 Camp to Hagley Farm School

2019 Term Dates Catholic Schools

Term 1 Thursday 7.2.19 to Friday 12.4.19

Term 2 Monday 29.4.19 to Friday 5.7.19

Term 3 Tuesday 23.7.19 to Friday 27.9.19

Term 4 Monday 14.10.19 to Tues 17.12.19

22nd July 2018 - Pupil Free Day

Webpage: www.sacredheartl.tas.edu.au

Twitter: @shslton

Facebook: www.facebook.com/sacredheartlPinterest: www.pinterest.com.au/sacredheartl/

S.H.S. Parents and Friends email

shsl.pnf@catholic.tas.edu.au

S.H.S. Clothing Pool email

shs.clothingpool@catholic.tas.edu.au

The Spirit of Jesus is Alive in:

| | | |
|---------------------------|---|---|
| Prep Hills | Emerson Holmes For fantastic listening this week in Prep | Buddy Gonzy For fantastic writing in Prep |
| Prep Best | Lillian Greenwood For showing great enthusiasm and engagement in learning her sounds | |
| Grade 1 Foster | Eli Heathorn For fantastic remembering of our classroom rule | Maddison Smith For a wonderful start to Grade 1 and thank you for your great listening |
| Grade 1 Underlin | Isaac Hodge For his great reading | Zara Cearley For her efforts when writing |
| Grade 2 Crawford | Milla Burrows For trying her best at everything she does Toby Blyth For setting a good example to his classmates by always using the 5 Ls | Sarah McMullen For the amazing detail that she adds to her work |
| Grade 2 Reid | Imogen Lee For great listening | Kye Jago For his enthusiastic approach to all classroom tasks |
| Grade 3 Symons/Crombie | Jackson Quill For working well | Ally Alegopolous For her keen interest in learning |
| Grade 3 Wood | Logan McHenry For being a great helper in the classroom Stella Hogarth For the extra effort you make to ensure classmates are safe and happy | Georgia Freeman For completing all your work at a very high standard William Allison For the extra efforts you've made this week |
| Grade 4 van Ryn | Lucinda Stone For the kindness and care she shows toward everyone at Sacred Heart | Chase Jago For a super effort to begin 2019 |
| Grade 4 Davie | Gus Pederson For wonderful start to Grade 4. Keep up the good work Gus | Amelia Lowe For being a kind and caring friend |
| Grade 5 Hood | Isabella Perry For showing all the qualities of friendship and kindness | Ethan Ercole For being welcoming and helpful in class |
| Grade 5 T/H | Oliver Woolley For his "Have A Go" attitude this week | Harry Cibik For being a hardworking member of our class |
| Grade 6 Steven | Erin Hughes For her ability to grasp a new concept in mathematics this week | Lennox Wood For his positive and happy attitude |
| Grade 6 Viney/Izard | Abbie Kingston For already being a role model in stepping up to Grade 6 responsibilities and expectations | Fletcher Crosswell For being an outstanding example to all of us in how he approaches life and treats people |



White Elephant Stall

Have you been hit with Marie Kondo fever or recently cleaned out your house?

The white elephant stall would love to have your unwanted goods! Donations are being accepted now and can be delivered to the foyer area near the canteen.

Please remember no electricate items, clothing or shoes.

Food Donations

To help run our super successful and delicious festival foods we are calling for donations for any of the following items:

- Corn Chips
- Mild Salsa
- Onions
- Tomato Sauce
- BBQ Sauce
- Hot Dog Mustard (Mild)
- Sugar
- Tartare Sauce

These can be delivered to the foyer area near the canteen, as always your support is invaluable!

Treasure Chest

Everyone loves treasure!!!! Once again the Treasure Chest will be at the Twilight Fair and we are seeking a prize to hide away in the Treasure Chest. If you know a business that would like to donate a suitable prize to suit ages 5-12 years then let Rebecca know on 0418 721 952!

Garden Produce

This is one of our most popular stalls and a great place to grab something special for the garden or some delicious homemade produce. If you've been busy making jams, sauces and/or relish and have some to spare, your donations would be greatly appreciated.

Garden succulents, cuttings and plants are always popular too

Chocolate Wheel

Chocolate Wheel prize donations would be greatly appreciated for this fun and popular event. Prize ideas include vouchers, gift cards, hampers, movie tickets, toys/games just to name a few! For more information please contact stall convenor Shontelle Reeve on 0419 324 278 or leave donations at the school office.

Stall Convenor WANTED

Our Festival Foods stall is still searching for a convenor to manage operations over the course of the night!

If you are interested or would like some more information, please contact Sarah on 0408 059 466.

Wellbeing Support

At Sacred Heart School we offer different types of Wellbeing support for the students and families. My role at SHS is one of support - for your child to know that I am someone they can chat to and be supported by in working towards their own wellbeing goals. Sessions are held in my office, in a confidential environment on a regular or semi-regular basis depending on the needs and goals of your child.

I feel very fortunate to have SHS designate two days a week for me to offer this in my capacity as an experienced teacher as well as my recent studies in Counselling, play and sand play therapy, creative therapies, Peaceful Kids, Mindfulness, Tuning In, supporting anxious children, grief and loss, trauma and My Tern training.

If this is something you want for your child, I am very happy to meet with you if you wish to touch base with me about your child or your current situation - just email me to make an appointment. Alternatively, we can communicate via phone by calling the school or you can email me at helen.halley@catholic.tas.edu.au

Kind regards, Helen Halley



PARENTING ADOLESCENTS (8-18) WITH UNDERSTANDING, SENSITIVITY AND ENGAGEMENT

PAUSE PARENTING PROGRAM

Join PAUSE to discover more about you child's brain development, communication, social media, gaming, internet safety, problem solving and how to have difficult conversations.

WHERE: CATHOLICCARE LAUNCESTON, 201 YORK STREET

WHEN: STARTING WEDNESDAY 27TH FEB (4 WEEKS; 6/3, 13/3 AND 20/3) AT 10AM OR 5:30PM

This is a free course and to register please call 03 6332 0600 or email catholiccare.launceston@ahtas.org.au



Student absences

If your child will be absent from school please remember to either:

- call the School office on 63311011
- email shsl@catholic.tas.edu.au
- use the Skoolbag app, fill out an eForm
- advise their teacher

If you arrive at school after 9am your child must be walked into the office via the York Street gate and report to the school office to update our records and avoid unnecessary absentee text messages.

It is a legal requirement that parents are expected to advise the school as to why their child is absent.

Signing students out during the day

- You must sign your child out if you need to pick them up from school for an appointment or for your child to leave early.
- Please pre-arrange this with your child's class teacher and the teacher will send your child to the office at the required time so you can collect them from the office and sign them out.

WORKING WITH VULNERABLE PEOPLE REGISTRATION

If parents do not have registration or registration is pending you will 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.

Reminder - Before School expectations

Even though it is a parent responsibility to make arrangements for the supervision of your children before 8:30 a.m., S.H.S. offer an arrangement for families who need their children to be arriving at school earlier.

- ❖ Mrs. Deb Scott will be at school from **8:00am** each school day for any students.
- ❖ **Students are not to arrive before 8am**
- ❖ If a student is here before 8:30 a.m. they need to go to the Gym. **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.

Reminder that dogs are not permitted on the school grounds without prior permission from the Principal

TOILET ACCESS AFTER HOURS

Student toilets are locked daily at approximately 3:15pm-3:30pm. There is a toilet located in the administration building, which is opened until 4:00pm daily.



Sacred Heart B-4 Program returns for 2019

Tuesday 26th February



Come along to enjoy a variety of play based, indoor/outdoor experiences and explore the age/stage appropriate activities such as music/movement, fine/gross motor play, creative, dramatic, literacy and sensory activities

Morning session- 9.00am-11.00am

Afternoon session-12.30-2.30pm

Bring along a hat, water bottle and a piece of fruit to share for Morning/
afternoon tea.

Please email Rebecca.millwood@catholic.tas.edu.au for more information.



St Patrick's College
LAUNCESTON

ST PATRICK'S COLLEGE
**YEAR 7, 2020
ENROLMENT
INFORMATION
EVENING**

WEDNESDAY,
20 March 2019
7:00PM
St Patrick's College Chapel
282 Westbury Road, Prospect

Applications for enrolment are now being accepted and close on Friday, 26 April 2019

For further information, please contact the Enrolment Registrar at
registrar@stpatricks.tas.edu.au or
03 6341 9988

www.stpatricks.tas.edu.au





**CATHOLIC SCHOOLS INSTRUMENTAL
MUSIC PROGRAM LAUNCESTON**

LAST CHANCE TO JOIN IN 2019

An opportunity not to be missed. You'll receive an instrument, weekly lessons, a music book, group lessons, soirées, an End of Year Concert, group rehearsals and workshop days for the whole year!

**JUST \$550.00 INC. INSTRUMENT HIRE
\$320.00 WITHOUT INSTRUMENT HIRE**

Choose from: **FLUTE, ALTO SAXOPHONE, TRUMPET,
PERCUSSION, VIOLIN, TROMBONE, 'CELLO OR
CLARINET**

ENROLMENTS CLOSE FEBRUARY 26th
To enrol go to:
<https://www.stpatricks.tas.edu.au/our-community/catholic-primary-school-music-program>

Canteen News

Help required in the canteen this year every Friday from 9am to 11.30am



Weekly
Fortnightly
Monthly



Send name and contact phone number to the school office if you available to help



Sacred Heart
Catholic Primary School

Clothing Pool Pricelist 2019*

**prices subject to change*

Email: shs.clothingpool@catholic.tas.edu.au

GIRLS

| | | | |
|-----------------------------|---------|--------------------------|----------|
| Summer dress size 4 to 10 | \$84.00 | Winter tartan wool skirt | \$122.00 |
| Summer dress size 12 to 16 | \$89.00 | Winter tartan wool tunic | \$130.00 |
| Boy leg sports briefs green | \$10.00 | Winter lemon blouse | \$34.00 |

BOYS

| | | | |
|---------------------------|---------|----------------------------|---------|
| Grey shorts | \$26.00 | Winter grey trousers | \$39.00 |
| Stripe shirt short sleeve | \$34.00 | Stripe shirt long sleeve | \$36.00 |
| | | Ties (winter uniform only) | \$21.00 |

SOCKS/TIGHTS

| | | | |
|-------------------------|---------|-----------------------------|---------|
| Girls lemon socks pair | \$8.00 | Boys grey ankle socks 3pk | \$15.00 |
| Lycra tights | \$10.00 | Boys winter long socks pair | \$13.00 |
| Cotton tights (Midford) | \$15.00 | Unisex sport socks 3pk | \$15.00 |

SPORTS

| | | | |
|------------------------------|---------|--------------------------------------|---------|
| Polo tops - house colours | \$35.00 | Green microfiber sport shorts | \$18.00 |
| Green microfiber track pants | \$40.00 | Girls skort (junior sizes) | \$25.00 |
| Rugby top size 4 to 8 | \$80.00 | <i>(available in Cotton or Wool)</i> | |
| Rugby top size 10 to 16 | \$89.00 | <i>(available in Cotton or Wool)</i> | |

JUMPERS

| | | | |
|--------------------------|---------|---------------------------|---------|
| Jumper green size 4-8 | \$68.00 | Jumper with badge sewn on | \$80.00 |
| Jumper green size 10-14 | \$74.00 | Jumper with badge sewn on | \$86.00 |
| Embroidered school badge | \$6.00 | Vest green | \$60.00 |

BAGS

| | | | |
|---------------------|---------|---------------------|---------|
| Small SHS back pack | \$48.00 | Large SHS back pack | \$66.00 |
| SHS library bags | \$16.00 | SHS swimming bags | \$16.00 |

MISCELLANEOUS

| | | | |
|------------------------------|---------|-------------------------------|---------|
| Hats red bucket style | \$12.00 | Polar fleece gloves & scarves | \$8.00 |
| Raincoats fleece lined green | \$40.00 | Winter hats with logo | \$15.00 |
| Art Smocks assorted colours | \$19.00 | | |

OPENING HOURS: THURSDAYS 2pm to 4pm

ENQUIRIES PLEASE CONTACT KELLY ON 0400128200 OR REBECCA ON 0418721952



Esk Valley Orienteering Club invites you to our Fun Maze Orienteering Event on Thursday 21 February 2019!

It is going to be a combination of a short park orienteering and a fun maze orienteering. Several courses for all levels.

Everyone of all ages are welcome!
Come to have fun with us!

See you at Royal Park. Find us next to the BBQ place.
Start any time from 16.00 till 18.00.

IT IS A FREE EVENT!



We had nine Hawks players visit the school on our first day of the term.

