



# NEWSLETTER

SACRED HEART  
CATHOLIC PRIMARY  
SCHOOL



## Online Content:

### Website:

[www.sacredheartl.tas.edu.au](http://www.sacredheartl.tas.edu.au)

### Facebook:

[facebook.com/sacredheartl](https://facebook.com/sacredheartl)

### Pinterest:

[pinterest.com.au/sacredheartl](https://pinterest.com.au/sacredheartl)

### P & F email

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

**Kinder Enrolments  
for 2020  
Due Tomorrow**

## School Photos

All Photo Envelopes  
Due by  
Tomorrow

**School Photo Days  
June 4 & 5**

## Our P.B.S. Values are:

Respect for Ourselves

Respect for Others

Respect for our Learning

<http://MyTerncity.com.au>

## From the Principal:

### *Raising resilient children...*

Want to help your children deal with stress and adversity? It's easier than you think and can help our children navigate the stresses of daily life. While we may not be able to remove all their challenges, we can help them build resilience - the ability to overcome difficult experiences and be shaped positively by them. Our brains respond to the information around us, so resilience can be taught, modelled and nurtured at any age.

#### **Have one-on-one time with each child, without distractions.**

Resilience comes from relationships; children need nurturing. It's not a magical inner strength that helps kids through tough times; instead, it's the reliable presence of one, supportive relationship, be it parent, teacher, relative or family friend. It's quality, not quantity that counts. Ten minutes of fully focused attention is better than an hour when your mind is on other things. If you're on your phone at the dinner table, you're teaching them it's OK to always be distracted. And that they are not important enough for your sole attention. Make bath-time, car journeys, meals, queues count. Chat, listen, talk about your feelings and encourage them to express theirs. Once these one-to-ones become regular, your children will know they always have a safe space to open up.

#### **Give sleep a chance.**

Lack of good-quality sleep is a huge driver for stress: it has a negative effect on memory, concentration, cognitive function, and decision-making.

One of the fastest ways to improve sleep is to limit screen time before bed. Issue a household ban on devices at least an hour before bedtime. Turn off the wifi, if need be. Earlier in the evening, insist everyone uses night-time mode on their devices, which swaps the blue light for a warmer glow. It's also worth switching your children's night lights to red ones as red has the least impact on melatonin production.

#### **Get out and exercise.**

As well as keeping them physically fit, exercise will increase children's resilience. It actually strengthens the brain. Regular physical activity teaches our stress-response system to recover more efficiently. Put on the radio before dinner and dance around in the kitchen. Join your kids doing squats, star jumps or frog hops. Walk the dog together or go for a family bicycle ride.

## ***Raising resilient children... continued***

### **Teach delayed gratification.**

Resilience means understanding you can't always have what you want as soon as you want it. It's an important concept to pass on in the age of Spotify, Netflix and Uber. Psychology teaches us that people who can accept delayed gratification lead happier, healthier lives. Without the ability to defer pleasure and reward, our kids are losing an important skill for their wellbeing.

One of the best ways to teach it? Playing board games. These require impulse control, turn-taking, and mental flexibility. They exercise the prefrontal cortex, the rational part of the brain involved in decision-making, emotional regulation and, yes, resilience. Board games are also a good way for you to model resilience by being a good loser.

But there are no shortage of other ways to encourage delayed gratification: learning a musical instrument; listening to whole albums instead of skipping from track to track online; mastering a new sport; even watching a TV series together week by week, instead of bingeing in a couple of sittings.

### **Eat the alphabet**

Nutrition has a significant impact on mental health. Good-quality food changes the composition of our gut bugs, which helps send calm signals to the brain. Poor-quality, highly processed food sends stress signals instead. A diverse diet, rich in fibre, will lead to greater diversity in our gut bugs, which in turn will help make us more resilient, and anxiety and depression less likely. Persuading kids to eat more healthily can feel like an uphill battle, though, especially if they're fussy, so this is not about becoming a top chef – just trying a few tricks that can really benefit them emotionally.

I like to challenge the whole family to "eat the alphabet" over 30 days. I think it's a realistic goal to consume 26 different plant foods in a month: A for asparagus, B for banana, C for chickpeas, and so on. It turns healthy eating into a game, and encourages children to try new foods. Turn it into a competition and see who can tick off all the letters first.

### **Model gratitude**

Instead of pestering your children with questions such as, "How was school?" and, "What did you do today?", teach them to reframe their day.

The following is a game I learned from a friend, who played it with his daughter over dinner. Everyone must answer three questions:

- 1) What did someone do today to make you happy?
- 2) What did you do to make someone else happy?
- 3) What have you learned today?

I love this simple exercise for how it helps us all find the positive in every day. It teaches gratitude, nurtures optimism, and recognises kindness. It doesn't matter what may have happened at work or school, or how stressed any of us may have felt when we sat down at the table; the whole mood seems to lift once we've played this game. I learn things about my kids that they'd probably never have thought to tell me otherwise. Try it. It might just become the highlight of your day.

Acknowledgement: Dr Rangan Chatterjee, author of the Stress Solution



**Brent Wilson**  
**PRINCIPAL**

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**Mr Wilson next week**

Next week I am committed to a number of meetings. Adele Murphy and Anita Mercer will be available to support and should be as your first point of contact.

The days I will be absent from school are as follows

Thursday 30th May - Cluster Principal Meeting

Tuesday 4th June - Friday 7th June - Principal Meetings and Principal's Spirituality Retreat

**Term 3 Pupil Free Day**

All Tasmanian Catholic Schools spend a day with staff nourishing our spirituality. As a Catholic school we are called to support and grow the faith of all of our community. Our staff will be spending time working with Edmund Rice Australia working to gain a greater understand how the values and mission of Eddie Rice, as one of our founders, still impact and are of absolute relevance to our school today. As a school we look to all of staff sharing our responses, questions and learnings with the wider community.

As previously advised there will be **NO school on Monday 22nd July** as our staff will be off site involved in our Spirituality Day.



## School Families - Kinder 2020

All school families who have a child who is 4 years of age as of the 1<sup>st</sup> January 2020, please complete an enrolment form from our school office ASAP. I would also encourage you to make contact with families and friends who you know are looking at enrolling their children at S.H.S. to also make contact with the school as soon as possible.

**Enrolments close on Friday 31st May 2019**

## Sacred Heart B-4 2019

### Tuesday

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](mailto:Rebecca.millwood@catholic.tas.edu.au) for more information.

## School Photo's Tuesday 4th & Wednesday 5th June



### URGENT

Please return your School Photo envelopes by Friday 31st May

#### Tuesday 4th July

8.30 Family Photos  
9.00 Kinder Halley  
9.15 Prep Hills  
9.30 5 Thompson / Heathorn  
9.45 Prep Best  
10.00 4 van Ryn  
10.15 4 Davie  
10.30 6 Viney/Izard  
10.45 2 Reid  
11.00 Morning Tea / Family Photos  
11.30 2 Crawford  
11.45 6 Steven

#### Wednesday 5th July

8.30 Family Photos  
9.00 1 Underlin  
9.15 Kinder Rickerby  
9.30 1 Foster  
9.45 5 Hood  
10.00 3 Wood  
10.15  
10.30  
10.45 3 Symons / Crombie  
11.00 MorningTea / Family Photos

Family Photo envelopes  
available from the office

**All students to be in full winter uniform, please make sure students have their school jumper on.**

May 2019						
26th	27th	28th	29th	30th 10am Band Program 11.30am Strings Program	31st 2pm Assembly <b>Kinder Applications 2020 last day.</b>	1st June
June 2019						
2nd	3rd Band Soiree SHS - 5pm	4th School Photos Information Evening Confirmation & First Eucharist 7-8pm 3pm Art Club	5th School Photos	6th 10am Band Program 11.30am Strings Program Strings Soiree 5-6pm at STM	7th 2pm Assembly	8th
9th	10th <b>Public Holiday</b> Queen's Birthday	11th 3pm Art Club	12th NIJSSA Cross Country	13th 10am Band Program 11.30am Strings Program	14th 2pm Assembly	15th
16th	17th Faith Sharing Sessions	18th 3pm Art Club Faith Sharing Sessions	19th	20th 10am Band Program 11.30am Strings Program Gr3 Excursion QVMAG	21st <b>No Assembly</b> <b>Sacred Heart Feast Day</b>	22nd

## 2019 Carnivals

**Monday 9th September**

SHS Gr 3-6 Athletics

**Thursday 14th November**

SHS Prep-2 Athletics

## All Schools Cross Country

This event is on Tuesday 25th June @ Symmons Plains. If your child is interested in participating please email: [john.anderson@catholic.tas.edu.au](mailto:john.anderson@catholic.tas.edu.au) The school will organise the on-line registrations and cover the cost of the \$16 entry fee. Your child must be born in 2007, 2008, 2009 or 2010 to enter.

## 2019 Term Dates Catholic Schools

**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](http://www.sacredheartl.tas.edu.au)

**Facebook:** [www.facebook.com/sacredheartl/](https://www.facebook.com/sacredheartl/)

**Pinterest:** [www.pinterest.com.au/sacredheartl/](https://www.pinterest.com.au/sacredheartl/)

**S.H.S. Parents and Friends email**

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

**S.H.S. Clothing Pool email**

[shs.clothingpool@catholic.tas.edu.au](mailto:shs.clothingpool@catholic.tas.edu.au)

## The Spirit of Jesus is Alive in:

<b>Prep Hills</b>	<b>Patrick Neighbour</b> for being a welcoming and encouraging member of our class	<b>Lucas Chapple</b> for amazing attention to detail in both his art work and block constructions
<b>Prep Best</b>	<b>Lachlan Jeffrey</b> for some great work and enthusiasm in learning his first two sets of sounds	<b>Phoebe Green</b> for awesome listening and enthusiasm in her phonics group
<b>Grade 1 Underlin</b>	<b>Dane Furlonge</b> for his engagement in all learning tasks! Thanks!! <b>Zara Cearley</b> for her amazing work in Drama!	<b>Jonathan Radin</b> for his excellent work in Maths this week! <b>Poppy Ebbelaar</b> for her amazing extension in English! Well done!
<b>Grade 2 Reid</b>	<b>Clancy Richmond</b> for his positive attitude and enthusiasm	<b>Koby Broadhurst</b> for being a super friend - kind, caring and inclusive
<b>Grade 2 Crawford</b>	<b>Kye Robinson</b> for working extremely hard at school this week. <b>Oliver Bishop</b> for sharing his excellent knowledge of Science with the class.	<b>Macie Roberts</b> for showing determination to improve her spelling.
<b>Grade 3 Symons/Crombie</b>	<b>Phoebe Shea</b> for competing in the cross country race	<b>Ethan Chapple</b> for a successful cross country run
<b>Grade 4 Davie</b>	<b>Phoebe Green</b> for awesome listening and enthusiasm in her phonics group	<b>Oliver Austen</b> for being a helpful member of 4 Davie.
<b>Grade 5 Thompson/Heathorn</b>	<b>Jayda O'Keefe</b> for showing the rest of us how to maintain a positive attitude and zest for life.	<b>Laura Stephens</b> for impressive determination and illustrating to us what not giving up looks like.
<b>Grade 5 Hood</b>	<b>Ava Boyle</b> for sharing God's Goodness to others	<b>Hamish Gardner</b> for demonstrating perseverance and resilience
<b>Grade 6 Steven</b>	<b>Matthew Williams</b> For his sportsmanship and encouragement to others.	<b>Oliver Viney</b> For his sportsmanship and versatility
<b>Grade 6 Viney/Izard</b>	<b>Tyler Alexander</b> For being self-motivated and extending himself in our fractions unit.	<b>Charlotte Conway</b> The enthusiasm she shows towards her learning

## 2019 SHS Grade 3-6 Cross Country

Last Thursday over 200 students participated at the Sacred Heart Cross Country Carnival at Royal Park. All of the children are to be congratulated for the sportsmanship, determination and grit displayed. The “spirit of Jesus” was alive and well with many examples of kindness and camaraderie shown throughout the day. In particular, it was great to see how our students encourage and cheer every runner when they finish. Thank you to the following parents who volunteered on the day: Alex Clear, Linda Hailey, Graham Maddy, Matt Zegveld, Nat Zegveld and Lynelle Freeman. Congratulations to MacKillop House for winning the carnival in 2019. We now look forward to the NIJSSA Cross Country on June 12th and the All Schools Cross Country on June 25th.

Girls G3	Boys G3
Georgia Freeman	Hamish William
Stella Hogarth	Ethan Chapple
Shae Anderson	Phoenix Howard
Bella-Rose Marquis-Lopez	Cato Kotynia
Fiadh McCormack	Seb Hardinge
Ally Agelopoulos	Solomon Boyle
Stephanie Gardner (reserve)	Jackson Quill (reserve)

Girls G4	Boys G4
Ruby Jones	Xavier Davie
Lily Matthews	Ben Bernese
Payton Heyward	Daniel Wojcik
Amelie Millar	Tahj Jones
Jasmine Hartley	Miles Gale
Daisy Johnston	Harrison Millwood
Amelia Lowe (reserve)	Cameron Nicholas (reserve)

Girls G5	Boys G5
Jasmine Graham	Oscar Marsden
Annabelle Pyke	Max Matthews
Maggie Dick	Emmett Gale
Emily McMullen	Sam Lindsay
Elouise Frerk	Alex Woolley
Lily Smith	Cooper van Emmerik
Maya Chapple (reserve)	Bailey Marquis-Lopes (res)

Girls G6	Boys G6
Abbey Berlese	Oliver Viney
Breeanna Harper	Zane Headland
Abbie Kingston	Oliver Wright
Chinalle Millar	Leo Bailey
Georgia Millwood	Zac Rayner
Meg Rockery	Henri Bergamin
Erin Jephcott (reserve)	Matthew Williams (res)





# GR 3-6 CROSS COUNTRY







# GR 3-6 CROSS COUNTRY



## 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](mailto: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](http://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.**

## Fire Alarm

A reminder that if in the instance a fire alarm is sounded whilst parents are on the school site, you are required to assemble on the oval. Students remain with teachers as part of the process is for the staff to ensure all students are accounted for. If parked on York when the fire engine arrives it is vital that you vacate the area to allow the fire engine access.



# COMING SOON

# SUSHI !!!!

Every Wednesday

\$3.20 per roll

Starting June 5th



**Options....  
Tuna & Avocado,  
Californian,  
Crispy Chicken,  
Teriyaki Chicken,  
Vegetarian**



**No other lunch orders will  
be available Wednesday.  
Orders will be taken Tuesday  
morning before 11:00am**

**Supplied by  
Sushi To Go Charles St**



# SUSHI WEDNESDAY ORDER FORM

\$3.20 per roll

ORDER BEFORE 11:00am TUESDAY

Name: \_\_\_\_\_

Class: \_\_\_\_\_

	Number
Tuna & Avocado	
Californian	
Crispy Chicken	
Teriyaki Chicken	
Vegetarian	

# SUSHI WEDNESDAY ORDER FORM

\$3.20 per roll

ORDER BEFORE 11:00am TUESDAY

Name: \_\_\_\_\_

Class: \_\_\_\_\_

	Number
Tuna & Avocado	
Californian	
Crispy Chicken	
Teriyaki Chicken	
Vegetarian	



St Patrick's College  
LAUNCESTON

**STRENGTH  
THROUGH  
FAITH AND  
KNOWLEDGE.**

## AUSTRALIA'S #1 MOST REQUESTED SPEAKER JONNY SHANNON

St Patrick's College Chapel  
Wednesday 5 June, 7pm

*All welcome to attend this FREE EVENT*



### ON PARENTS' NIGHT

Jonny hosts a fun and interactive discussion, focusing on what he has spoken to your young people about.

- UNDERSTANDING THIS GENERATION
- APPS TO LOOK OUT FOR
- MOBILE PHONE CONTRACTS
- KEYS TO CYBER SAFETY
- SAFE INTERNET
- SOCIAL MEDIA SAFETY
- BULLYING/CYBER BULLYING
- DIGITAL FOOTPRINT & ONLINE REPUTATION
- PHONE AND ONLINE ADDICTION
- FAMILY RULES AND HOW TO MAKE THEM WORK
- ANSWERS TO THE TOP 10 FAQs

Further information can be found at:

**[www.jonnyshannon.com](http://www.jonnyshannon.com)**

RSVP by Monday 3 June, 2019 at:  
<http://bit.ly/2WvMtCy>



[www.stpatricks.tas.edu.au](http://www.stpatricks.tas.edu.au)

[WWW.LEADINGIMAGE.COM.AU](http://WWW.LEADINGIMAGE.COM.AU) | [INFO.TAS@LEADINGIMAGE.COM.AU](mailto:INFO.TAS@LEADINGIMAGE.COM.AU)

# SCHOOL PHOTO HELP STATION



## HELPFUL PHOTO DAY INFORMATION:

1. If you are placing an order please ensure each child has their own envelope.
2. Do **not** place another child's envelope inside their siblings envelope.
3. Please collect a family envelope from the school office if you wish to have a family photo taken.
4. All children are photographed regardless if you are paying or not. This is for the schools records.
5. When the photos are returned to school, those who did not place an order on the day will be given a second chance to order via a new form distributed when photos are returned to school.  
**You won't miss out!**
6. The school does not give change nor do the photographers.  
**PLEASE** ensure the correct money is enclosed.
7. If you lose your envelope the photographers and the school carry spares.
8. Only parents who are paying on the day and requesting it will have a family photo taken.
9. Ordering online is the only way you can pay with credit cards.
10. We do not have control over the way your child's name appears in the photo - any changes or requests are strictly handled by the school.

### FOR MORE INFORMATION

**DIRECT PHONE: (03) 6228 9966**

**NEED HELP?** →

