

# 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

### From the Principal:

*Failure is only the opportunity to begin again more intelligently. - Henry Ford*

*Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections." - Author Unknown*

### **Catholic Education Week: 12<sup>th</sup> - 16<sup>th</sup> August**

This coming week we are celebrating Catholic Education Week across Tasmania.

Our Grade 6 students along with other Gr 6 students from Catholic Schools in Launceston are celebrating a Mass on Wednesday 14th.

Staff across Tasmania who have made significant contributions to education are recognised.

As a school we will be spending this week and the following week writing in Gratitude Journals each day.

These Gratitude Journals will provide 5 - 10 minutes a day for students to write personal responses for what they are grateful for.

### **Can Drive:**

The can drive finishes this Friday. Thanks to families and students who have donated non perishable food items to those in need.

### **Science Week:**

Grade 3 - 6 classes are attending workshops and activities at Queen Victoria Museum and Art Gallery next week as part of National Science Week.

### **Communication Feedback Survey:**

A reminder to parents to please return the survey that was sent home on Monday. It is important that we get this feedback so we know how better to improve communication and enhance home and school relationships.



## CALENDAR

Term 3: 23/07/13 - 27/09/13

### AUGUST

#### Friday 9th

9.00am Assembly

#### Monday 12th

- Catholic Education Week
- National Science Week
- Gr 3 Science excursion to Museum
- 1.30pm Birth - 4 playgroup in Kinder Nas
- Matt in Hobart

#### Wednesday 14th

- 11.00am Gr 6 Catholic Education Week Mass
- Gr 5 Science excursion to Museum

#### Thursday 15th

- Gr 3 Science excursion to Museum
- Gr 4 Science excursion to Museum

#### Friday 16th

- 10.00am Mass for the Assumption of Mary
- 2.00pm Assembly

**From the Principal: (cont.)****RESILIENCE:**

If you believe that the promotion of and development of resilience is in the best interests of children and their formation into young adults please read the latest Michael Grose parent newsletter ([facebook.com/Parentingideas.com.au](https://facebook.com/Parentingideas.com.au))

<b><i>Robber of Resilience</i></b>	<b><i>Builder of Resilience</i></b>	<b><i>Key message</i></b>
Fight all their battles for them	Give your children the opportunity to develop their own resourcefulness	Nothing wrong in going into to bat for our kids but make sure this is the last not first strategy
Make their problem your problem	Make their problem their problem	Sometimes we can take too much responsibility for issue that are really up to children to work out
Give kids too much voice	Make decisions for kids and expect them to adjust and cope	Important to give kids a voice but not to go overboard. Kids often can take easy option to avoid tough situations
Place unrealistic pressure on kids to perform	Keep expectations in line with children's abilities	Expectations about success and achievement are important –too low and kids will meet them, too high and kids can give up, too much and kids can expect anxiety
Let kids give in too easily	Encourage kids to complete what they have started and have committed to until it is finished	Resilient learners link success with effort. They don't give up because they don't like a teacher or there are several steps in solving the problem. They don't bail out on a sporting team half way through the season because they don't like it or not winning
Neglect to develop independence	Don't routinely do for kids what they can do for themselves	Don't wait until they are teenagers to develop skills of independent living
Rescue kids from challenging or stretching situations	Overcoming challenges enables kids to grow and improve	Sometimes the manageable hardships that children experience like a friend moving away, not being invited to a party, of completing a difficult piece of work are learning opportunities for us to grow

I don't think that parenting is as simple as just following a checklist or guide like what is written above. However, there are some points worth reading and reflecting on.

In schools one of the challenges we face is a change in attitude from 'this is how I teach,' to 'how do my students need me to teach?'

Maybe for us, as parents, a similar shift is needed. If we know the qualities and attitudes and values that we want our children to develop and form, then we need to parent in a way that increases the chances of this taking place. Doing this consistently day in day out, for me, is certainly the biggest challenge!

**Lost Property:**

- ✓ There are a large number of lunchboxes and uniform items in the lost property area in front of our main office.
- ✓ Many items have been there for significant time.
- ✓ We will be going through the items to see if name tags are attached and returning those we can. The remaining items will be removed by the end of this week.
- ✓ I encourage parents and students to go through the lost property (again if they have already done so) to make sure anything that belongs to you is not removed by the end of the week.

**Building Update :**

Demolition work will be starting this coming fortnight with safety fencing being put up this next week.

**Rock and Roll Night 23<sup>rd</sup> August:**

Our Annual Rock and Roll Night is on 23<sup>rd</sup> August. Please take the opportunity to be part of the evening, which is great fun for adults and children alike.

## R E NEWS

### Catholic Education Week – August 12<sup>th</sup> – 16<sup>th</sup>

Next week we celebrate CEW. The theme this year is 'A time to give thanks'. I love this theme! The value of gratitude is not often high on a person's list of values and yet is one that many people testify is ultimately life giving to their lives, no matter what their lives involve. It has been proven time and time again that the act of simple gratitude simply brings greater happiness.

There was a quote I read many moons ago that goes like this ... "If the only prayer you ever say in your entire life is Thank You, it will be enough." Meister Eckhart.

As we travel through CEW next week, we will be inviting the children to keep a Gratitude Journal writing down at least five things each day that they are grateful for (the early years may do less or may draw these things). This Gratitude Journal includes things they are grateful for (not reflections on the day as such). Even if the child writes the same thing each day, or the simplest of things each day, eventually the child will start to look for things throughout the day for which to write down. The Gratitude Journals are personal records but children may share with you or their friends or their teachers. We aim to maintain this daily Gratitude Journal time on school days throughout the next three weeks at least. As the Gratitude Journals will be kept at school for this time, you may like to have a Gratitude time at home. One way might be to say what each of you are grateful for around the dinner table. Or have a little sharing time when you tuck your child into bed. This way the idea of Gratitude could continue on for the entire time at school and home, especially on weekends.

After a time, the children will be taking their Gratitude Journals home. They may ask you to buy a nice notebook so they can keep a new Gratitude Journal always. I have kept my own Gratitude Journals over 16 years now, and I have given note books to my own children, and even my husband, to keep as their Gratitude Journals. This may be something you wish to do in your homes.

We will have a gathering at assembly this week to launch these ideas with the children. We will also continue at next week's assembly with this theme.

Please find two interesting and encouraging articles around the idea of Gratitude on the next two pages of this newsletter.

### Assumption of Mary

Next week on Friday 16<sup>th</sup> August we celebrate the Assumption of Mary by way of a whole school mass on Friday at 10.00. At mass we will be celebrating the life of Mary as we remember her grateful heart. Please feel welcome to come and celebrate with us.



*Helen Halley APRE*



## RE NEWS

## INSIGHTS

by Michael Grose - No. 1 parenting educator



## An attitude of gratitude

*Cultivating gratefulness in our children enhances family life and will reap long-term emotional rewards for them throughout their lives, writes Karen Fontaine*

## Article contributed by Karen Fontaine

In the materialistic age in which our children are growing up, it's common for them to expect plasma TVs, overseas holidays and marshmallow-strewn babycinos as givens.

But rising levels of affluence seem to have had an inverse effect on our kids' levels of gratefulness. For example – when was the last time any child you know wrote a thank-you note for a gift, or said (without prompting) a heart-felt 'thank you' for dropping them at the train station when it was raining?

As adults age, our feelings of gratitude – for health, for family, for good food and even something as simple as a sunny day – generally tend to increase. Gratitude allows us to celebrate the present. It magnifies positive emotions.

But for kids, whose sense of entitlement can be epic, the power of gratitude is not only in magnifying the positive but in also blocking the toxic and negative emotions such as envy, resentment and regret.

"We know that grateful kids are happier [and] more satisfied with their lives," says Jeffrey Froh, an assistant professor of psychology at Hofstra University near New York who focuses on the topic.

"They report better relationships with friends and family, better academic achievements, less materialism, less envy and less depression, along with a desire to connect to their community and to want to give back."

The good news is, it is possible to teach gratitude. One of Froh's studies found that early adolescents who simply counted their blessings in a journal every day for a fortnight were more appreciative than those who didn't, as well as more optimistic and more satisfied with their lives.

Froh and his co-authors also found that schoolchildren exposed to a specific "gratitude curriculum" reported more appreciation and happiness than those who didn't get the lessons, even up to five months later. They were also much more likely to act on their feelings, writing 80 per cent more thank-you notes for a school event than the control group.

Froh acknowledges that gratitude comes more naturally to some kids than others, although he's not suggesting there's a "gratitude gene".

"But I do think environment can play a major role," he said. "I always point out to my kids, James, six, and Julianne, two and a half, instances when they could – and should! – be grateful. The other day, James said to me, 'Daddy, today was such a great day. We went to the beach in the morning, then we went to a park in the afternoon, then we went to the beach again at night, and for dinner you made my favorite chocolate chip waffles. I'm the luckiest boy in the world'. For a five-year-old to understand how 'lucky' – that is, grateful – they are is something very special. Had my wife and I not encouraged gratitude in him, I wonder if he would have drawn the same conclusion. Maybe, maybe not. But I'd like to think we played some role."

At our dinner table, everyone takes turn in answering the question 'What made you happy today?'. The responses, from 'having a wrestle with Dad' to 'the picnic lunch we had in the backyard', are great ways that our three children – aged 12, five and three – inadvertently verbalise their appreciation of something simple.

And so, with our eldest on the cusp of turning into a teenager – an age when gratefulness generally comes as naturally as a rambling conversation style – I ask Froh: is it expecting too much for teens to show gratitude at a time when they are expressing a fundamental desire to individuate from their family? Is pushing parents away, and exhibiting total ignorance of all you've done for them, all behaviours that conjure independence?

"I know people say this, but I disagree," he says. "Yes, teens want independence. But who said they can't acknowledge, let's say, how much their efforts played into getting them into their dream school while simultaneously acknowledging the efforts of the many others who helped get them there? Sure, it's a balancing act. But it can be done."



Jeffrey Froh shares his top five tips on how parents can help cultivate in children an attitude of gratitude.

1. "Learn to limit kid's commercial consumption and commercial activity and to maintain experiential activities that engage them in topics that they are curious about or interested in."
2. "Encourage children and teens to write simple yet effective thank you notes or letters that acknowledge the efforts of teachers and coaches in their lives. Or adults could also remind teens to text 'thank you's' to friends who have been there for them, stood up for them, or helped them in important ways. This strategy shows how we can promote gratitude as a life skill in teens, too."
3. "Some general but necessary habits that adults can practice and which are especially helpful early on (say with children as young as three) is to model gratitude and thankfulness regularly as well as encouraging and reinforcing such behaviours in children."
4. "Help kids to process benefits with 'grateful lenses'. That is, help them understand the importance of intent, cost, and benefit when someone does something kind for them. For example, our eight-year-old cousin, Olivia, helped James with his homework. To help increase his gratitude for this, I said, 'How nice was it that Olivia went out of her to help you with your homework (intent)? She even gave up going on the trampoline to do so, and we know how much she loves that (cost)! And because she did, you were able to finish your homework before it got dark so you had more time to play outside (benefit)'."
5. "Tune into your child's interests and strengths. Nurturing this in them will give them even more to be grateful for."

Karen Fontaine is a Sydney-based journalist.

parentingideas.com.au parentingideas.co.uk parentingideas.co.nz

Michael Grose Presentations

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## R E NEWS

## LIFEGUIDE

with family life counsellor Trafford Fischer



## GIVE THANKS

**Q.** I met with a friend the other day for a meal and she thanked God for the lovely day, the waiter for being so quick with the food, the taxi-driver for being on time and me for taking time to be with her—she thanked just about everybody she met! What do you make of this?

**A.** Recent research has revealed the importance of gratitude and the difference giving thanks can make to our physical and emotional health.

Results from a joint project by researchers from the University of California and Miami revealed that participants who kept gratitude journals on a weekly basis:

- ▀ exercised more regularly;
- ▀ reported fewer physical symptoms;
- ▀ felt better about their lives as a whole;
- ▀ were more likely to report having helped someone with a personal problem or offered emotional support to another;
- ▀ were more optimistic about the upcoming week;
- ▀ were more likely to have made progress toward important personal goals; over a two-month period, compared to those who recorded hassles or neutral life events.

The researchers also found that grateful people reported higher levels of positive emotions, life satisfaction, vitality, optimism and lower levels of depression and stress. They were also

rated as more generous and more helpful by people in their social networks. They placed less importance on material goods; they were less likely to judge their own and other's successes in terms of possessions accumulated; they were less envious of wealthy people; and were more likely to share their possessions with others.

Author Linda Marsa says, "Every year, prestigious medical journals are filled with studies showing a connection between your outlook on life and your health. People with positive outlooks recover from surgery faster, have less heart disease, suffer less pain when they are ill, catch colds less frequently and live as much as 10 years longer. Even those who come from potentially negative environments, such as growing up in poverty or with an alcoholic parent, thrive when they choose positive responses and work toward positive outcomes."

Your friend is onto something! Why not follow her example and see what happens as you find new ways to say thanks to others!

Questions to Trafford should be addressed to  
Lifeguide, Signs of the Times, PO Box 1115, Wahroonga NSW 2076, Australia

# RECENT STUDENTS OF THE WEEK

<b>Prep Reid</b>	<b>Connor Davis</b> For good listening and following instructions	<b>Averyl Quinn</b> For fantastic Art work
<b>Prep Hills</b>	<b>Lennox Wood</b> For great work in Maths time	<b>Layla Brown</b> For great illustrations in her journal work
<b>Grade 1 Crawford</b>	<b>Sienna Drew</b> For excellent Maths work	<b>Thomas Page</b> For avoiding distractions and getting his work done
<b>Grade 1 Best</b>	<b>Claudia Kirk</b> For making an extra effort to learn her sight words	<b>Asha Lowe</b> For her amazing attitude to all areas of school. She has a genuine enthusiasm to learn
<b>Grade 2 Sydes/Weir</b>	<b>Liliana Ercole</b> For always doing whatever is asked of her to the very best of her ability	<b>Kyrin Ellery</b> For his enthusiasm and persistence with extension Maths activities
<b>Grade 2 van Ryn</b>	<b>Nickolai Miller</b> For fantastic writing skills	<b>Fletcher Tyson</b> For settling in so well at Sacred Heart
<b>Grade 3 Hood</b>	<b>Sophie Illingworth</b> For consistently providing work of a high standard on a daily basis	<b>Mitchell Nicholas</b> For consistently providing work of a high standard on a daily basis
<b>Grade 3 Symons</b>	<b>Kalani Ciantar</b> For outstanding Art work	<b>William Cowley</b> For great effort in extension work
<b>Grade 4 Smith</b>	<b>Jonte Adams</b> For dedicated application	<b>Abby Donald</b> For storywriting
<b>Grade 4 Underlin</b>	<b>Tom Boric</b> For his exceptional work in Maths	<b>Zane Fagan</b> For his awesome narrative writing
<b>Grade 5 McLeod/Viney</b>	<b>Lachlan Judge</b> For efforts in Auslan	<b>Bethany Vidler</b> For interest and success in multiplying large numbers
<b>Grade 5 Illingworth</b>	<b>Lia McCarron</b> For taking up the challenge and raising the bar in Literacy	<b>Remi Gardner</b> For always giving 100% effort
<b>Grade 6 Claessens</b>	<b>Maly Westbrook</b> For being a positive person and being true to herself in the way she treats others	<b>Tynelle Wright</b> For showing an enormous improvement in application and attitude towards learning
<b>Grade 6 Davie</b>	<b>Sascha Newman</b> For the application she is displaying towards her work	<b>Jordan McMurray</b> For the effort and dedication he is showing towards his studies



100TH DAY OF SCHOOL





# MATHS RELAY

On Sunday the 4<sup>th</sup> of August, at East Launceston Primary School 4 grade 5's Ava, Patrick, Heath and Bethany and 4 grade 6's Sascha, Joshua, Matthew and Olivia competed in the Tasmanian Maths Association to do a maths relay against other schools. We had to do a series of questions to do with maths. Mrs Illingworth, Mrs McLeod and our parents came to help and watch us.

We had forty-five minutes to try and complete 20 questions. The questions started at easy and progressed to extremely hard. Question 1 was: 1 metre + 1 centimetre + 1 millimetre = ? millimetre. It was really really easy. Question 20 was: Students are allowed to bring dogs, cats, birds and guinea pigs to a pet parade.

$\frac{1}{2}$  the pet's were dogs

$\frac{1}{4}$  of the remaining pets were cats

$\frac{1}{3}$  of the rest were birds

What fraction of the pets were guinea pigs?

We had the most amazing time!

Written by Ava, Bethany, Heath and Patrick





## OUR WEEK IN PHOTOS



School Captains comparing notes



Storytime at Birth - 4 year old playgroup



Hawthorn visit



Ella McKenzie from grade 6 and Sophie Petrack from grade 5 competed in the State short course swimming championships over the weekend at the Aquatic centre representing South Esk swim club and both won medals.

Ella won gold in the 11 and under 50m breaststroke.

Ella and Sophie both won gold together in the 11 and under medley relay .

Sophie won silver in the 11 and under freestyle relay.

Great achievement at State level!





A.T.W.T.P. FOR AUGUST

# A.T.W.T.P

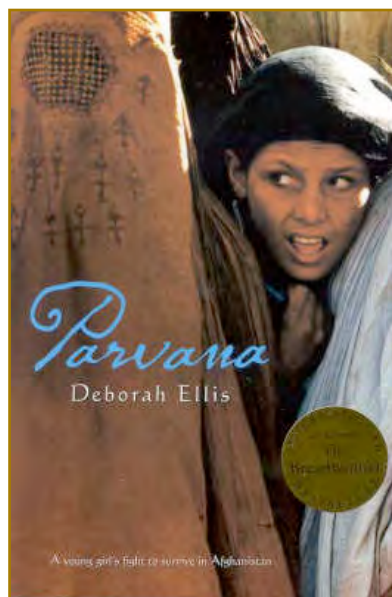
## Givers not Takers



**Givers not  
Takers**

- ✓ Do you share what you know with others in class discussions?
- ✓ Do you help others when they need it?
- ✓ Do you give positive compliments to your classmates?

# SCHOOL NOTICES



## Tuesday Book Club

### *Parvana*

by Deborah Ellis

Imagine living in a country where women and girls are not allowed to leave the house without a man. Imagine having to wear clothes that cover every part of your body, including your face, whenever you go out. This is the life of Parvana, a young girl growing up in Afghanistan under the control of an extreme religious military group.

When soldiers burst into her home and drag her father off to prison, Parvana is forced to take responsibility for her whole family, dressing as a boy to make a living in the marketplace of Kabul, risking her life in the dangerous and volatile city.

By turns exciting and touching, *Parvana* is a story of courage in the face of overwhelming fear and repression."

The next meeting will be **Tuesday 3rd September** from 3.15pm - 4.30pm.

We meet upstairs in the Grade Five area.

If you are interested in joining then see Mrs Illingworth or Mrs McLeod.

Everyone welcome from Grades 5 and 6.



## Canteen Price Increases

Raspberry Twists	20c ea
	or 3/50c
Ice Mony (icypole)	60c ea

## 2013 TERM DATES

**TERM 3** Tuesday 23.07.2013 to Friday 27.09.2013

**TERM 4** Monday 14.10.2013 to Thursday 19.12.2013

## REMINDER

**A reminder to all parents when entering the school between 9.15am and 2.45pm that they are required to sign in at the office**

## BEGINNING AND ENDING TIMES OF THE SCHOOL DAY

First bell	8.55am	Lunch begins	12.50pm
Recess begins	11.00am	Lunch ends	1.30pm
Recess ends	11.25am	School finishes	3.00pm

## SCHOOL BANKING

All interest is due on School bankbooks

## 2014 TERM DATES

**TERM 1** Thursday 06.02.14 to Friday 19.04.14

**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 Thursday 17.12.14

**EASTER** Friday 18.04.14 to Monday 21.04.14



## COMMUNITY NEWS



## Science Week Events for Schools

National Science Week is on again from 10 - 18 August 2013, with an exciting program of activities showcasing everything to do with science! Look out for more Science Week activities at [www.scienceweek.net.au](http://www.scienceweek.net.au)

Here's an update of what's on offer for schools in 2013 hosted by the Faculty of Science, Engineering & Technology at the University of Tasmania, in conjunction with the Imaginarium in Devonport, the Queen Victoria Museum and Art Gallery in Launceston, and National Science Week. All events are FREE unless otherwise stated.

### Young Tassie Scientists at the Queen Victoria Museum and Art Gallery

Come along and find out what real scientists do, meet some of the amazing young people working in science in Tasmania right now and find out about their research. Meet Rosie, a neuroscientist from Riverside, Sonita, a Parks and Wildlife employee and Esme, an analytical chemist.

Tuesday 13 August

3:30 – 4:30pm

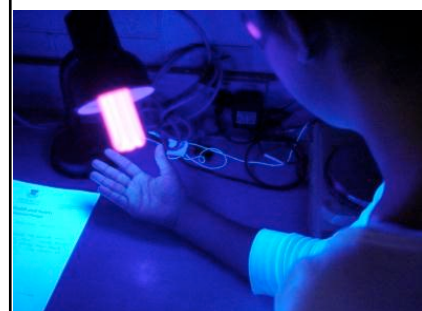
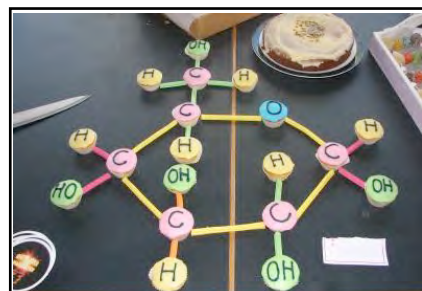
QVMAG, Inveresk, 2 Invermay Rd, Launceston

RSVP by 8 August on 6323 3798 or email

[bookings@qvmag.tas.gov.au](mailto:bookings@qvmag.tas.gov.au) Or email

[Sarah.Bayne@utas.edu.au](mailto:Sarah.Bayne@utas.edu.au) for more information.

[www.youngtassiescientists.com](http://www.youngtassiescientists.com)



# COMMUNITY NEWS

**Three or more is very poor.**

**Get control.**

**National Asthma Week 1<sup>st</sup> – 7<sup>th</sup> September**

If you're using your blue reliever puffer three times or more a week, your Asthma is out of control. Most people with out-of-control asthma don't have to put up with it. Gone are the days when people with asthma had to rely on reliever medication all the time. Now we have medication that will prevent asthma flaring up in the first place.

Contact the Asthma Foundation of Tasmania on **1800 278 462** to have a free chat about controlling your asthma and also receive your FREE brochure:

*'Ten things to ask and tell your doctor'.*

**asthma**  
FOUNDATION OF TASMANIA



*The Tasmanian Association for the Gifted* will hold an information evening about Early entry to Kindergarten, for parents in the Launceston region, on **Wednesday August 7th from 7pm - 8pm.**

The evening will be held at Larmenier Catholic Primary School, 38 Station Road, St Leonards

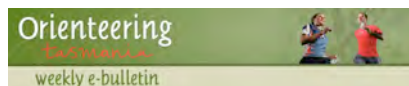
TAG members; Free. Others \$5 (for family/couple or individual)

The evening will cover aspects of early entry including

- \* State legislation
- \* Is my child eligible for early entry?
- \* Pro's and con's of early entry
- \* How to apply for early entry
- \* When to apply

and will provide an opportunity to discuss your own child's needs and ask questions at the end.

RSVP essential. RSVP to [tasgifted.north@gmail.com](mailto:tasgifted.north@gmail.com) or phone Allison on 0421396 777



## ESK VALLEY ORIENTEERING CLUB PRESENTS

### WINTER SUNDAY SERIES ORIENTEERING

This is the fifth and final event in EVOC's local Sunday Series. Four courses to suit all existing and new members.

There is the opportunity to ride a Segway or Flying Fox afterwards (contact Treetop Adventure (03) 6395 1390 to book). BBQ's available for BYO.

At Hollybank (near Lilydale) on Sunday 18th August 2013 (moved from 25 August)

For additional information contact the organizer, Ken Saunders, (03) 6396 6096, 0427595131, [kpsaunders@activ8.net.au](mailto:kpsaunders@activ8.net.au)

### SATURDAY ORIENTEERING TRAINING

Training most weeks will be at 2.30pm on a Saturday. We will mostly meet at the usual spot, ie the corner of Reatta Rd and Duck Reach Rd [1 km before Trevallyn Dam].

Beginners to the more experienced are all welcome!!

Debbie Gale Email [jadgale@dodo.com.au](mailto:jadgale@dodo.com.au)  
Christine Brown Mobile: 0439 443367  
Ph: 6344 5333 Email [christine.brown@education.tas.gov.au](mailto:christine.brown@education.tas.gov.au)

### NORTHERN SPRING TWILIGHT SERIES

The 2013 Northern Twilight Series kicks off on Wednesday October the 16<sup>th</sup> at Punchbowl Park from 4pm. The series will run for 6 weeks in various parks and reserves around Launceston. Start from 4pm to 6pm. Finish by 7pm

For additional information contact the President, Ken Saunders, (03) 6396 6096, 0427595131, [kpsaunders@activ8.net.au](mailto:kpsaunders@activ8.net.au) or the Orienteering Tasmania website [tasorienteeing.asn.au/](http://tasorienteeing.asn.au/) and go to the events page