

Sacred Heart School Newsletter



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From the Principal:

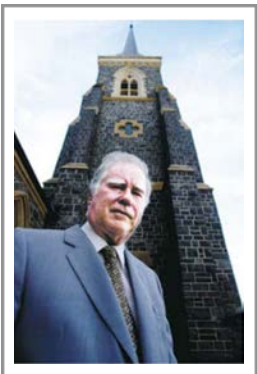
<http://MyTerncity.com.au>

Our P.B.S. Values are:

Respect for Ourselves
Respect for Others
Respect for our Learning

BeAttitudes: **Be Honest**

Vale Fr. Terry Southerwood



Fr Terry died peacefully on Saturday 23 April at Mt Esk Aged Care Facility, St Leonards. Terry was born on 11 August 1938 to Eileen and Berg Southerwood and was a priest of the Archdiocese of Hobart for 54 years. Fr. Terry had a long association with Parish of Launceston and with our School particularly. For many of our families Fr. Terry baptised their children, supported their children through other Sacraments and was our parish priest. Fr Terry was the author of a number of books on the history of the church in Tasmania. In 2009 he published his autobiography *The child won't live: A joyous priest's life story*. Fr Terry received the Medal of the Order of Australia in 2014. He will be greatly missed. Fr. Terry's funeral is this coming Monday 2nd May.

'Character is like a tree, reputation a shadow.

The shadow is what we think of it; the tree is the real thing.'

Abraham Lincoln

Martin Luther King, Jr., wrote 'the function of education is to teach one to think intensively, to think critically. Intelligence plus character- that is the goal of true education.' What is character? How can we teach it and to what extent?

KIPP School in New York County, believes in the importance of explicitly teaching character. The school offers an explicit and planned approach to teaching character. They place equal importance on the teaching of character as academic skills. The approach is based on the research of Dr. Martin Seligman and Dr. Chris Peterson that identifies character strengths as leading to engaged, meaningful, and purposeful lives.

They focus on seven highly predictive character strengths: **zest, grit, self-control, optimism, gratitude, social intelligence, and curiosity.**



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From the Principal:

<u>Gratitude:</u>	We recognise what others do for them, express gratitude by saying thank you or doing some positive for that person
<u>Social Intelligence</u>	We are aware of motivations of others feelings and their own feelings including the ability to reason with and listen to others in small and large groups. They are able to find solutions to conflicts, demonstrate respect for different feelings and know how to include others.
<u>Optimism:</u>	We expect the best in the future and work towards achieving this, they get over frustrations and setbacks quickly, believing genuine effort will help them achieve this future.
<u>Self Control:</u>	We regulate what they feel and do as well as being self disciplined. They come to school (parents, teachers and students) ready to learn, pay attention and resist distraction, remember and follow instructions, get to work straight away. They stay calm when criticised or overly provoked, allow others to speak without interruption, are polite to all others and keep their emotions under control.
<u>Zest:</u>	We approach school life with energy and excitement. They actively participate, show enthusiasm and actively invigorate others
<u>Curiosity:</u>	We are active in their roles and show an eagerness for new things and asking questions that help them deepen their understanding of ideas to then have informed opinions rather than an opinion
<u>Grit:</u>	We finish what they start, completing tasks despite obstacles. They show a combination of perseverance and resilience. They try very hard even after failure and work independently with focus

If my children develop and live out these character traits, the majority of the time in most of their interactions, have them front and centre in their thinking and influence their attitudes, I would be a very proud parent. If they did not succeed academically but had these character traits I would still be exceptionally proud.

The challenge of raising and educating children is as difficult as it has ever been. At the same time, it can be made more complex than it needs to be. Often as teachers and parents we feel helpless, unsupported or not sure how to go about the best strategies and approaches to support our young people.

Perhaps rather than trying to find the 'quick fix, perfect Facebook motto or approach' we just focus on being better people focused on character. Stop trying to be clever in how we parent and teach and just be a better person, better model and best version of ourselves.

If our young people see optimism from their parents, teachers and principal, if they see them live out social intelligence, social control and gratitude, this is as good a teaching as we can offer. St. Francis of Assisi is attributed with the quote *'preach the Gospel at all times. When necessary use words!'*

Words are cheap, actions speak louder than any words no matter how much we shout them. Over the recent holiday period, it became clear that I need to recalibrate my leadership, my parenting back towards being a better model and example, rather than being so focused on what I want others around me (including my children) to live out and do. Personally I will be focusing on the character traits of: self control, zest and optimism.

I wonder in finishing reading this (if reading it at all), you go on with your day to day life and bemoan the frustrations around you?

To continue to expect others to fix what you can address yourself?

Or maybe take a step, make an effort to 'lead from within' and teach character to your children through model and example?

See a short video of the NYC School and the 'Teaching of Character' at:

www.youtube.com/watch?v=GkMLF0WYYP4

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From the Principal:

S.H.C.S CARE TEAM

I am hoping we can get parent interest in being part of a S.H.C.S. Care Team. I was made aware of a School in Melbourne that does this impressively. A roster is set up, with the more people we have, reducing the times parents are called on to help. Some examples of things the Care Team supports are:

- Dropping off meals for parents for a week or two when they have a new baby
- Collecting or taking students home, when parents are in hospital for whatever reason
- Gift hampers for parents when they have a new baby.
- Providing a lunch for children each day the weeks that parent has chemotherapy treatment.

In essence it is a roster for parents to help other parents when needed. Sadly there are ongoing needs for families due to illness or the passing of loved ones, at the same time, moments of joy or excitement that still place a strain on the day to day organisation or coordination of our lives. I will include this in the next few newsletters to hopefully galvanize some interest from parents.

- Please if interested in either being part of the roster or coordinating this contact Karen Cettolin through karen.cettolin@catholic.tas.edu.au

S.H.C.S SWIMMING POOL

We are confident that after a prolonged break, our school swimming pool will be operational again at the start of Term 2. We are confident we will have a tenant to use and maintain the pool. We will offer our students the chance to have a swim (supervised) on a Friday linked to the Good Decision Board across the week. The school will detail more information once we are ready to go.

CANTEEN - MONDAY 2/5

Monday due to a large funeral at 1pm,

Morning break will be 10.15 - 10.45am

Second break will be at 12.15 - 12.45pm.

Due to these times we will serve lunch orders at the second break



Term Dates 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

Friday 20th May 2016 Student Free day

2017

Term 1 Thursday 9.2.17 to Thursday 13.4.17

Term 2 Monday 1.5.17 to Friday 7.7.17

Term 3 Monday 24.7.17 to Friday 29.9.17

Term 4 Monday 16.10.17 to Thursday 21.12.17

2018

Term 1 Thursday 8.2.18 to Friday 13.4.18

Term 2 Monday 30.4.18 to Friday 6.7.18

Term 3 Monday 23.7.18 to Friday 28.9.18

Term 4 Monday 15.10.18 to Thursday 20.12.18

SCHOOL SPORTS UNIFORM

BIKE SHORTS

We need to clarify to parents that Bike Shorts in place of shorts are not part of the School Sports Uniform. There are increasing number of students just wearing bike shorts and requests at the Uniform Shop are increasing too.

There has been no change in policy to just wear bike shorts, the school has not addressed the matter until now, and as a result may have inadvertently given the impression that they could be worn.

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From the Principal:

<i>Thurs 28th April</i>	Grade 4 Camp - Hagley Farm School
<i>Fri 29th April</i>	Grade 4 Camp - Hagley Farm School 9am Assembly
<i>Mon 2nd May</i>	Interviews Finance Officer position 3:30-6:30 Staff Protective Behaviours Workshop
<i>Tues 3rd May</i>	Marty Ogle here working with Grade 6 MJR 3:30-6:30 Staff Protective Behaviours Workshop
<i>Wed 4th May</i>	Marty Ogle here working with Grade 6 MJR

CROSS COUNTRY TRAINING

This coming Monday 2nd May and each Monday and Wednesday after this (last training Wednesday 18th May) we begin Cross Country Training for any students in Grade 3-6 who would like to do some early morning training for our upcoming School Cross Country. Each Monday and Wednesday morning from 8am students can gather at the Brickfields for a 20 minute training with Mr. Anderson and other staff.

Students can wear their sports uniform on these days if training for Cross Country.



ANZAC DAY MARCH

Again, our school lead through example, with so many students attending and participating in the ANZAC Day Parade. Our leaders lay a wreath on behalf of our entire school community at the Cenotaph. This day continues to be a renewed national day of pride and gratitude. I am proud that our school continues to see the importance of recognising this.



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~ May 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1st	2nd	3rd 3.15pm Gr 5/6 Bookclub	4th Mothers day Celebration 1.30pm Lunch with Children 2pm Mothers day Activities 	5th 11.30am Strings Program 12.45pm Band Program 4.30pm Gr 3 City Park Radio	6th 9am Assembly 12.30pm Gr 5/6 Winter Sport	7th
8th	9th 8am Gr 3-6 Cross Country Training 3.30pm Faith Sharing Session @ Church of Apostles	10th 3.15pm Art Club 6.30pm Board Meeting 3.30pm Faith Sharing Session @ Church of Apostles	11th 8am Gr 3-6 Cross Country Training	12th 11.30am Strings Program 12.45pm Band Program	13th 9am Assembly 12.30pm Gr 5/6 Winter Sport 1pm Prep - Gr 2 Cross Country @ Royal Park	14th
15th	16th 8am Gr 3-6 Cross Country Training	17th 7pm First Reconciliation @ Newstead	18th 8am Gr 3-6 Cross Country Training	19th 11.30am Strings Program 12.45pm Band Program	20th STUDENT FREE DAY	21st

Key Dates for Term 2

May

- 13th - Prep - Gr 2 Cross Country
- 17th - First Reconciliation @ Newstead
- 20th - **STUDENT FREE DAY**
- 23rd - 5pm Band Soiree
- 24th - P & F Meeting
- 26th - SHS Gr 3-6 Cross Country
- 31st - 5pm Strings Soiree

June

- 13th - Public Holiday
- 14th - NIJSSA Cross Country
- 22nd - Tasmanian Primary All Schools Cross Country
- 28th & 29th - School Photos
- 30th - Foundation Band and all Strings Workshop

July

- 1st - Last Day Term 2, BBQ & Plain Clothes Day

**SCHOOL BANKING FOR 2016
IS EVERY WEDNESDAY**



Uniform Shop News

Open every Thursday 2pm-4pm

shs.clothingpool@catholic.tas.edu.au

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



Happy Mother's Day

MOTHERS hold their child's hand for a moment
and their heart for a LIFETIME...



**JOIN US TO CELEBRATE OUR
WONDERFUL MOTHERS**

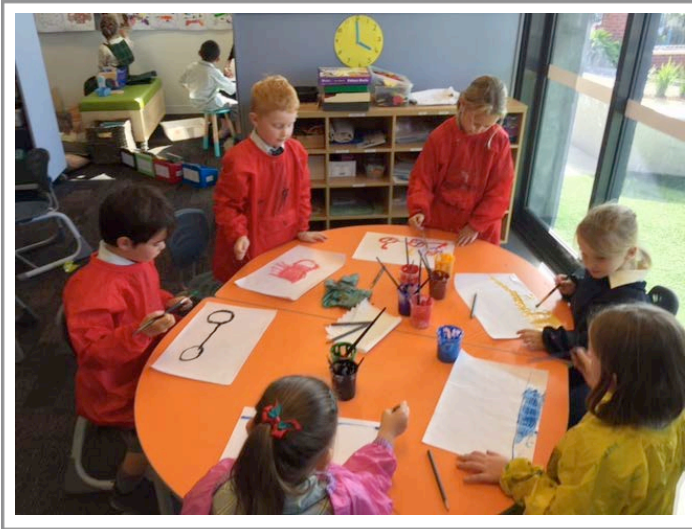
DATE: Wednesday, 4 May 2016

WHERE: Sacred Heart School,

TIME: Join us for lunch at 1.30pm or come at
2.00pm for activities including:

craft, board games, dancing, hand massage,
drawing, reading

Sacred Heart School Newsletter



Please join us for our

Family Mass

6pm Saturday
Newstead Church

19th March
14th May
18th June
20th August
17th September
22nd October
12th November

If you or your child/ren would like to help with the Mass please contact Jacqui Wood 6344 5714 or jacqui.wood@catholic.tas.edu.au

The parish now has a blog spot which has links to our weekly bulletin and other information.

blog spot: launcestoncatholicparish.wordpress.com

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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Post 6 of MYTERN

Unpacking the daily MYTERN Message: Redefining perfection

Don't be too quick to judge a rough road, as it can often present you with a totally new perspective. Learn to see imperfection as part of being perfect.



Begin by discussing the yin/yang symbol and how it represents a balance of black and white, good and bad, red roads and green roads.

Does our present society still define perfection as a balance, or are we expecting people to be pure white? If so, is this attainable?

Family Activity: Discuss areas of each family member's life where they may have unrealistic expectations of themselves and others. Stress the value of travelling the red roads, for without rough roads, how can you appreciate the smooth ones?

That's why there will always be moments when you are sad, because if you were never sad, how could you possibly know what being happy is?

Walk with Christ.

His Grace, Archbishop Porteous invites families to join with other members of the Catholic community on the Feast of Corpus Christi, Sunday 29th of May, 2016 in The Walk with Christ event.

The walk commences at St Joseph's Church (Hobart) at 1.15 pm, involves a short procession along Harrington Street to St Mary's Cathedral, where the prayer intentions of the community will be presented and veneration of the Blessed sacrament will take place. The walk will conclude by 3pm..)

Experience our rich Catholic heritage, as we join in solidarity with Catholics from all over the world, and through the ages, in this Walk with Christ.

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1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

Learn to manage behaviour in children 2-12 years old

A three-session program for parents and carers
at Door of Hope Centre
50 Glen Dhu St

Monday Course May 23, 30 and June 6- 7-9pm
OR Tuesday Course May 24, 31 and June 7 - 9.30-11.30am

Monday nights 7-9pm OR

Tuesday mornings 9.30-11.30am (Child supervision available for limited number)

It is ideal for **both** parents/carers to do the course. If child care is an issue, why not take turns, with one coming on Monday nights and the other on Tuesday mornings?

You can still register at the couples rate, and share a workbook.

ALSO: This course series is offering a separate group on the Monday nights,
specifically for parents of children with autism/ADHD.

Learn:

- ✓ How to discipline without arguing, yelling or smacking
- ✓ How to sort behaviour
- ✓ How to handle challenging and testing behaviours
- ✓ Choosing your strategy, the three choices
- ✓ Using emotion coaching to encourage good behaviour
- ✓ 7 tactics for encouraging good behaviour

Parents will receive:

- A 1-2-3 Magic & Emotion Coaching Parent Workbook

Registration Fee?

The course costs \$45 or \$55 for couples sharing a book (even if you are attending at different times)

Register for this course online at www.door-of-hope.org/upcoming-events/

What people are saying...

What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!

I realized quickly that the 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child, who later down the line, needs excessive discipline or grows out of control

Who is running it?

The presenters for this course are Dorothy Roberts and Ann Fair. Dorothy is the mother of two teenagers, a highly qualified teacher, and minister for Children and Families at Door of Hope Christian Church. Ann is also a qualified teacher, is the mother of four adult children and two grandchildren, and is the Pastor for Family Outreach at Door of Hope.

6344 8450 ann.fair@door-of-hope.org

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a ParentsShop® licensed practitioner. www.parentshop.com.au

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Miss Moo Makeover Competition



Miss Moo's paint work is starting to look a bit faded, so we have decided to give her a Makeover. So get out your pencils and paints and get ready to design Miss Moo's new look.

Your theme is:

UNBEATABLE BONES

You need to create a picture that shows healthy, strong bones.

You will need to include in your design 3 or more of the following:

- Bones / Skeleton
- Calcium rich foods
- Dairy products
- The Sun
- Exercise/Sport
- Rural farm land
- Farmers
- COWS

Size: A3 paper

Competition Closing Date: *Tuesday 31st May*

What makes our bones strong?

EXERCISE

VITAMIN D

CALCIUM



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Parents and Friends News

BACK BY POPULAR DEMAND

The 2016/2017 Entertainment Book or Digital Membership is now available.

Books/Digital Memberships are selling for \$65.00 each and our school receives \$13.00 from every membership sold.

Pre-Purchase before 26th April to receive Early Bird Bonus Offers you can use straight away.

To order your Book or your Digital Membership securely online visit: www.entbook.com.au/24037x7.

Cash payments can be made at the school office.

An information flier will come home with your child next week.

For further information contact Rebecca on 0418 721 952.



ORAL HEALTH SERVICES TASMANIA

Healthy Mouth  Healthy Body

FREE dental care

Oral Health Services welcomes **ALL** children from babies up to 18 years of age for **FREE** dental care

Oral Health Services Tasmania will:

- BULK BILL Medicare when parents present their Medicare card
- Provide almost all dental care for FREE

**Some dental care may attract a small fee and be subject to eligibility conditions*

Don't forget to bring your Medicare card



Call your local dental clinic/centre today!

NORTHERN DENTAL CENTRE
Kelham Street, LAUNCESTON
PHONE: 1300 011 013

OHST-IFS-03792 2014

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NAPLAN NATIONAL ASSESSMENT PROGRAM
Literacy and Numeracy

2016 information for parents

What is NAPLAN?

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7 and 9. All students in these year levels are expected to participate in tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. All government and non-government education authorities have contributed to the development of NAPLAN materials.

Why do students do NAPLAN tests?

NAPLAN is the measure through which governments, education authorities, schools, teachers and parents can determine whether or not young Australians are meeting important educational outcomes in literacy and numeracy. The tests provide parents and schools with an understanding of how individual students are performing at the time of the tests. They also provide schools, states and territories with information about how education programs are working and what areas need to be prioritised for improvement.

NAPLAN tests are one aspect of a school's assessment and reporting process; they do not replace the extensive ongoing assessments made by teachers about each student's performance.

What will be tested and how?

NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling, grammar and numeracy. From 2016, NAPLAN content will be aligned with the Australian Curriculum. For more information on this please see the NAP website: www.nap.edu.au. Questions are multiple-choice or require a short written response. The writing task requires students to write a text in response to a prompt.

To give you an idea of what the tests look like, sample questions and a sample writing task are available on the NAP website: www.nap.edu.au

Who will run the tests?

NAPLAN tests are conducted at schools and administered by classroom teachers, school deputies or principals. Each state and territory is responsible for marking the tests in accordance with strict guidelines and processes.

How can I help my child prepare for the tests?

NAPLAN assesses literacy and numeracy skills that students have already been learning through the school curriculum. Teachers will ensure students are familiar with the test formats and will provide appropriate support and guidance. If you have any questions about your child's preparation for NAPLAN, you should make a time to speak with their teacher.

The best way you can help your child prepare for NAPLAN is to reassure your child that NAPLAN tests are just one part of their school program, and to urge them to simply do the best they can on the day. The use of services by coaching providers is not recommended.

What additional support can schools provide for students with special needs?

All students are encouraged to participate in NAPLAN tests. Students with disability may qualify for adjustments that reflect the support normally provided in the classroom. Students who have a temporary injury may also be reasonably accommodated.

A formal exemption may be granted for a student with significant intellectual disability and/or significant coexisting conditions, or for a student who has recently arrived in Australia and has a non-English speaking background.

Your school principal and your state testing authority can give you more information on special provisions or the process required to gain a formal exemption.

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How is NAPLAN performance measured?

NAPLAN is not a pass-or-fail type test. Individual student performance is shown on a national achievement scale for each test. Each test scale has 10 bands and all year levels are reported on the same scale. Six bands are reported for each year level for each test. One of these bands represents the national minimum standard for students at each year level. A result at the national minimum standard indicates that the student demonstrated the basic literacy and numeracy skills needed to participate fully in that year level. The performance of individual students can be compared to the average performance of all students in Australia.

What happens if my child is absent from school on test days?

Where possible, schools will organise for individual students who are absent at the time of testing to complete missed tests at another time during the testing week. Individual students are not permitted to sit tests after Friday 13 May 2016.

Will I receive a report on my child's performance?

A NAPLAN report will be issued by your school later in the year. The same report format is used for every student in Australia. The school will notify you when the reports are being sent to you. If you do not receive a report, you should contact the school. Individual student results are strictly confidential.

How are NAPLAN test results used?

- Schools use results to identify strengths and weaknesses in teaching programs and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to schools.
- Students and parents may use individual results to discuss progress with teachers.
- Teachers use results to help them better identify students who require greater challenges or additional support.
- The community can see average school NAPLAN results on the My School website: www.myschool.edu.au

Where can I get more information?

For more information about NAPLAN:

- visit the NAP website www.nap.edu.au
- contact your child's school
- contact your state or territory's education authority (details available on the NAP website).

NAPLAN 2016 tests timetable

	Tuesday 10 May	Wednesday 11 May	Thursday 12 May
Year 3	language conventions 40 minutes writing 40 minutes	reading 45 minutes	numeracy 45 minutes
Year 5	language conventions 40 minutes writing 40 minutes	reading 50 minutes	numeracy 50 minutes
Year 7	language conventions 45 minutes writing 40 minutes	reading 65 minutes	numeracy <u>calculator</u> 40 minutes <u>non-calculator</u> 40 minutes
Year 9	language conventions 45 minutes writing 40 minutes	reading 65 minutes	numeracy <u>calculator</u> 40 minutes <u>non-calculator</u> 40 minutes

- Language conventions test includes spelling, grammar and punctuation.
- Numeracy test includes number; space; algebra, function and pattern; measurement, chance and data.
- Calculators are NOT permitted in the numeracy test in Years 3 and 5. In Years 7 and 9, each student sits one numeracy test where calculator use is permitted and one where it is not.