

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** (106 families following)

Please visit our website for more detailed information, video and photo galleries of our school:

www.sacredheartl.tas.edu.au

From the Principal:

OUR P.B.S. VALUES ARE:

- Respect for Ourselves
- Respect for Others
- Respect for our Learning

Calling for any parents to get a table booked for the Market on the Green-time running out to finalise booking a table for the event.

"Please if you have 3 minutes have a look at the 'Fill your Bucket' iMovie our Grade 6 students created linked to M.J.R. – it can be accessed through video gallery on our webpage"

As we finish Term 3 there are many celebrations, big and small, that can be taken from this term just finishing:

Celebrations this term

- ✓ Participation of our students in Sporting Carnivals.
- ✓ NAPLAN results for our school continuing to, on average, be very positive.
- ✓ 17 teams in Primary Schools Basketball Tournament with parents and staff coaching teams.
- ✓ S.H.S. team in Schools Trout Fishing Competition.
- ✓ Visit by children's author Lian Tanner
- ✓ Excursions and visits enhancing our learning opportunities for students.

Looking ahead to Term 4:

- ✓ Loose parts mobile trailer finishing being built and arriving at S.H.S.
- ✓ Loose parts pine bark/tyre play areas in our school finished and in use.
- ✓ Primary Basketball Tournament end of week 1 of Term 4.
- ✓ Athletics Carnival for younger grades and NIJSSA Carnival for selected students Grade 3-6.
- ✓ Market on the Green
- ✓ Carols on the Oval
- ✓ Swimming Program for Grade 2-5 and P-1 classes.
- ✓ Orientation morning for 2015 classes

Sacred Heart School Newsletter

From the Principal:

Teaching Positions 2015

You may have read a host of positions vacant in regional newspapers last Saturday. For all schools across the North and North West of Tasmania the system requires all schools to re-advertise all contract or limited tenure positions (ie not ongoing) on an annual basis. Obviously staff with ongoing status do not need to reapply. Staffing for 2015 will be finalised this term and announced with the parent community when this process is completed as a system.

St. John's Ambulance First Aid

In week one of next term all P-6 classes will have a brief first aid session run by St. John's Ambulance. We think it is important and potentially critical that our students have some basic understanding of first aid in the hope of knowing what to do, if placed in situation where first aid is required. Obviously a 40 minute session can only provide a brief overview, however, having St. John's Ambulance run the sessions will provide a beneficial experience for our students.



Summer Uniform

From the beginning of Term 4 all students are to be in full Summer Uniform.

Collecting Students

Please continue to make safe and respectful decisions around parking, collecting and driving around our school site, particularly at the end of the school day.

Please Note: Assembly this Friday 26/9 will start at 2pm

Classes 2015

As mentioned in last week's newsletter, if parents have valid reasons around their child being allocated to a particular class or teacher for 2015 you need to write **to the Principal (email is ok if preferred) not the classroom teacher**. By writing to the Principal there is a level of discretion and confidentiality that can be put in place rather than having to go into detail with the class teacher of your child. Parents will have until **Friday 31st October** to make any requests before teachers start draft lists for 2015 classes.

On behalf of our school community I wish everyone a positive, well rested and family orientated term 3 holiday. I look forward to seeing everyone back to begin Term 4 in two weeks.

Sacred Heart School Newsletter

HEALTH ADVICE CHICKEN POX

CHICKEN POX (VARICELLA)

Description: An infection starting with a cold, headache and temperature. Small red pimples appear on the body first then on the limbs changing to yellow blisters that then scab and drop off after about 12 days.

INCUBATION PERIOD:

2 to 3 weeks, commonly 13 to 17 days. This is the time between exposure to an infection and appearance of the first symptoms.

INFECTIOUS PERIOD:

The child will need to be at home until at least 5 days after the last spot appears or later if child is still unwell. (Some scabs may still be present when the child returns to school).

NOTIFICATION OF SPREAD:

Highly advisable. The school needs to be aware of contagious illnesses in the community.

TREATMENT:

Calamine or soothing solution to relieve itching. See your doctor if concerned.



Metro would like to know any expression of interest for a morning pick up down through Chris St / Mace St, Prospect - Please let the office know.

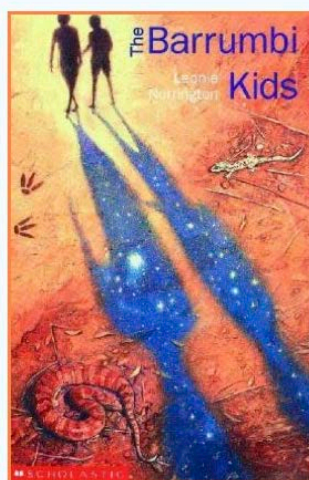
Reminder: This Friday 26/9 is Sausage Sizzle day & Footy Colours/Plain Clothes day



Tuesday Book Club

The Barrumbi Kids

by Leonie Norrington



"Dale and Tomias are best mates. They live at Long Hole community. Dale's grandfather was the first white man to settle here at Long Hole, where Tomias' ancestors have lived since the dreaming. Their Mums grew up together too.

The kids struggle with school, the trials of growing up, and parental expectations. Life itself is full of danger - from wild bushfires, crocodile-infested rivers and the thick bubbling ooze of the blood pit.

Dale and Tomias, and their friends, move between Aboriginal and white cultures - fishing, hunting, playing and going to school. They get into trouble and they learn about themselves, about each other and about the wider world.

As a back drop to the children's stories there is the land itself - a magnificent landscape of fire and floodplain, unbearable heat and towering storms"

The next meeting will be **Tuesday 21st October**

from 3.15pm - 4.30pm.

Everyone welcome from Grades 5 and 6.

Sacred Heart School Newsletter

Kinder Halley - Excursion to the Gorge



Our time at
Launceston
Gorge



Sacred Heart School Newsletter

Harrison Blyth (Grade 6) is competing in The Kodokan Judo National Championships on October 4th in Hobart at the Police Academy.

Representing Tasmania and Kuzushi Judo club where he trains, this is his 1st Competition since starting Judo just over a 18 months ago. Harrison's confidence has grown, and he is very much respected by other students in the class, since he has taken up the Martial art of Judo. Harrison will do very well in his division of Boys Under 12 years, no matter what the outcome the experience will be very beneficial, most importantly to have fun and enjoy the experience.



School Uniform Shop

Open: Thursday 2-4pm (during school terms)

Transition to summer uniform begins next Monday 22nd

Full summer uniform is worn in term 4.

Summer uniform items are in stock now: summer dresses \$80, short sleeve striped shirts \$33, grey shorts \$25, hats \$10 and all sock styles.

Girls hair accessories available, hair bows, bands and head bands.

School Hats \$10 are available at the uniform shop and the school office.

Stock Clearance Sale - (items discontinued by suppliers)

Commencing Thursday 18th of September,

available while stocks last

****Boy's Midford longer leg style grey shorts. Now \$20.00 save \$5***

****Girl's peter pan collar style, lemon blouses. Now \$20.00 save \$12***

Kinder 2015 and Prep 2015 Uniform Pre Order forms

will be available in November

Sacred Heart School Newsletter

~ October 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
12th	13th • Term 4 Begins • Full Summer Uniform	14th • 6pm Board Meeting	15th	16th • 11.30am Band Program	17th • 9.30am Strings Program • 2.20pm Assembly	18th
19th	20th	21st	22nd • 7pm Reconciliation day - Candidates @ Church of Apostles	23rd • Foundation Band/Strings workshop at St.Ailbes	24th • 9.30am Strings Program • 2.20pm Assembly • Prep - Gr.1 Swimming	25th
26th	27th	28th • 7.30pm P & F Meeting AGM	29th	30th • 11.30am Band Program • Prep - Gr.2 Athletics Carnival	31st • 9.30am Strings Program • 2.20pm Assembly • Prep - Gr.1 Swimming	1/11

S.H.S. Parents and Friends email shsl.pnf@catholic.tas.edu.au

Student absences

Please remember to call the School office on 63311011 or email shsl@catholic.tas.edu.au if your child will be absent from school.

UNIFORM SHOP NEWS

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

2014 Opening Days

Thursday's 2.00pm - 4.00pm

2014 TERM DATES

TERM 1 Thursday 06.02.14 to Thursday 17.04.14

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 Wednesday 17.12.14

EASTER Good Friday 18.04.14 to Monday 21.04.14

CATHOLIC SCHOOLS 2015

TERM 1 Thursday 5.2.15 to Thursday 2.4.15

TERM 2 Monday 20.4.15 to Friday 3.7.15

TERM 3 Monday 20.7.15 to Friday 25.9.15

TERM 4 Monday 12.10.15 to Wednesday 17.12.15

Sacred Heart School Newsletter

Primary Schools Dance Event at the Silverdome

Last Friday, Prep to Grade 6 loaded onto buses to make the trip up the hill to the Silverdome to be a part of the spectacular Primary Schools Dance Event. Everyone was excited and couldn't wait for the start. The Event was fantastic and all Sacred Heart Students danced their socks off!

Thanks to Mr Anderson for teaching the dances in PE and to our classroom teachers for helping everyone polish and learn the dances. It was great to be involved in an event with so much energy, excitement and fun for all.



Sacred Heart School Newsletter



THE FIRE PIT WE HAVE ADDED TO THE KINDER PLAYGROUND THAT THE B-4 PROGRAM USED ON MONDAY OF THIS WEEK



Sacred Heart School Newsletter

Grade 3 Symons and Hood excursion to the museum.

Grade 3 Symons and Hood went to the planetarium and we saw the moon and the sun and we went to the games area and we did an iMovie and we had groups. In my group there was Alex Luttrell, Shae, Sierra, Sereya, Max, Xavier and Alex Brown. We saw heaps of guns and animals. We got to play a couple of games and we liked making the iMovie the most. We loved looking at the things in the Museum.

By Sam Cowley



Sacred Heart School Newsletter



**GET in2 FUN
GET in2 CRICKET**

SIGN UP TODAY

MILO in2CRICKET introduces girls and boys to Australia's favourite sport. It's great fun, safe and teaches basic skills to help kids learn to play just like their Australian Cricket Heroes.

PLAY MILO in2CRICKET AT A SCHOOL, LOCAL CRICKET CLUB OR COMMUNITY CENTRE NEAR YOU!
Head online to find out more about the below centres!

MOWBRAY CC FIRST SESSION 23 OCT 4-5PM	LAUNCESTON CC FIRST SESSION 23 OCT 4PM-5PM	SOUTH L'TON CC FIRST SESSION 18 OCT 8.30-9.30	RIVERSIDE CC FIRST SESSION 26 OCT 9AM-10	W'BURY/ ST PATS FIRST SESSION 19 OCT 9.30-11.00	HADSPEN CC FIRST SESSION 20 OCT 4.15-5.15	EVANDALE CC FIRST SESSION 23 OCT 4.30-5.30
SUMMERDALE PS FIRST SESSION 15 OCT 3.15-4.15	ST LEONARDS PS FIRST SESSION 21 OCT 3.15-4.15	EAST LTON PS FIRST SESSION 28 OCT 3.15-4.15				

Carswell Coaching Holiday Tennis Clinic

Monday 29th September to Wednesday 1st October, from 9am to 11 am each day at the Newstead Tennis and Squash Centre. All ages and standards are welcome.

Enrollments or Enquiries please phone Mathew on 63261020 or [0417390261](tel:0417390261) or email matcarswell@yahoo.com.au

We are also taking enrollments for all other tennis activities, from private and group sessions to our school groups. Please phone Mathew on the above numbers.



LAUNCESTON EYE INSTITUTE

MAKE-A-WISH Australia

**AURORA STADIUM
18th OCTOBER**

LAUNCESTON RUN/WALK

Run For A Wish is an exciting Fun Run/Walk in Launceston, which aims to raise money for Make-A-Wish® Australia while encouraging participation from all members of the community

www.facebook.com/Run4awish / www.runforawish.com.au

LOADS OF SPOT PRIZES

9.30am children (400m) & 10am main event 6.4k

New Choir in Launceston

Who: All young singers Grades 1 – 12. No audition. No experience necessary.

What: Choir - church music from ancient times right up to the 21st century. Learning to sing in parts, read music, participate in 1 church service per term and other performances

When: Thursdays from 4:15 – 5:30pm during school terms, commencing 16th October 2014

Where: Holy Trinity Anglican Church.

Cnr George & (34) Cameron Street Launceston

Bring: drink bottle, blue display folder & pencil

For more details please contact:

The Choir Director,
Mrs Rosie Stapleton B.Ed, Ass.Dip.Mus
Phone: 0364261031hm, or 0438261031mob
Email: rosie_stapleton@yahoo.com.au

Sacred Heart School Newsletter

Sacred Heart Little Athletics



Do you like having fun, spending time as a family and getting fit at the same time? Little Athletics might be the perfect match for you!

The 2014/2015 season is fast approaching and we at the **Sacred Heart Little Athletics Club** would love to welcome any new members/families.

Registrations:

Please note the change of date for the registration session at St-Leonards

We have two registration days coming up where you can come along, register, pay, ask questions and purchase club uniforms.

Thurs 25th Sept – Sacred Heart Catholic School (Grade 6 Davie) 3.15 – 4.30

Monday 29th Sept – St Leonards Athletics Centre 3.30-6.30pm

Proof of age (birth certificate or blue Child Health book) needs to be sighted before children can be registered and payment needs to be made by the second meet of the season. Athlete groupings are organised by each athlete's age by Sept 30. Tiny tots need to be 3 or 4 by this date to participate.

Training:

Will begin on Sept 25th from 5-6pm at the South Launceston Football Ground. You're welcome to come along and see what you think.

Find us on Facebook - <https://www.facebook.com/SacredHeartAthletics>

For more information please email us on: sacredheart@slac.org.au

Move Well Eat Well

Don't forget breakfast!

Eating breakfast can help your child:

- to learn and concentrate at school
- to get all the goodness they need for their growing bodies
- resist snacking on less healthy foods

Try these breakfast ideas:

- Weetbix™, Vitabrits™ with tinned or fresh fruit and reduced fat milk (no need to add sugar!)
- Crumpets, toast or raisin toast with your favourite topping (e.g. peanut butter & banana, tomato & cheese)
- A tub of reduced fat yoghurt and a piece of fresh fruit
- Baked beans on wholemeal toast

For more information and for family ideas on healthy eating visit:
www.movewelleatwell.tas.gov.au

Department of Health and Human Services
The Tasmanian Move Well Eat Well Award Program is funded under the National Partnership Agreement on Preventive Health, a joint Australian and State Government initiative.
Design © State of Victoria
Last reviewed June 2013

Tasmania
Explore the possibilities

Move Well Eat Well

Healthy food *FAST!*

Healthy, quick meals for your family:

- Pizza with less meat and more vegetables
- Pasta with tomato based sauce
- BBQ chicken and vegetables
- Grilled fish and salad
- Lean meat or vegetable burger with salad
- Jacket potato with vegetables in the topping

If different meal sizes are an option pick the small size.
Always enjoy a cold glass of water with meals.

For more information and for family ideas on healthy eating and physical activity visit:
www.movewelleatwell.tas.gov.au

Department of Health and Human Services
The Tasmanian Move Well Eat Well Award Program is adapted from the Kids - 'Go for your life' Program.
© State of Victoria, Australia. It is a joint Australian and State Government initiative under the National Partnership Agreement on Preventive Health.
Last reviewed 2012

Tasmania
Explore the possibilities

Sacred Heart School Newsletter

Puffing twice? Seek advice.

If you're using your reliever **two times a week or more**, it means you have out-of-control asthma.



Turn over to learn how to take control.

 **Asthma**
Foundation of Tasmania

Controlling asthma flare ups can be free and easy

Hundreds of Tasmanians gain control of their asthma each year

Every year the Asthma Foundation of Tasmania gives advice to hundreds of people who have either lost control of their asthma or never had it under control in the first place.

Most people tell us, that after they follow our advice, their asthma is a lot better.

Magic ingredient

We don't offer any miracle. We offer something that is almost rarer than a miracle nowadays. We offer you a magic ingredient: time.

We offer time to explain the steps you need to take to help you feel better and tease out the issues you've discussed with your GP. We give you tips on how to make your medication work better and how to avoid some of the situations that cause your asthma to flare up.

Free and easy

It's advice that's easy to follow and easy to put into action.

And it won't cost you a cent.

So, talk to us – either over the phone or make an appointment to chat in person – and we'll give you all the time you need to help control your asthma.

Call 1800 278 462

asthmatas.org.au

 **Asthma**
Foundation of Tasmania