



Online Content:

Website:

www.sacredheartl.tas.edu.au

School Email

shsl@catholic.tas.edu.au

Facebook:

facebook.com/sacredheartl

Pinterest:

pinterest.com.au/sacredheartl

P & F email

pnf@sacredheartl.tas.edu.au

Our P.B.S. Values are:

Respect for Ourselves
Respect for Others
Respect for our Learning

NIJSSA Athletics
Carnival
November 4th

Date Changed
Prep-Gr2
Athletics Carnival
November 18th

SETUP
for
SUCCESS

Birth to Five Program

Thursdays

9:30am - 11:00am

or

1:00pm - 2:30pm

[View our Facebook Page](#)

See Page 8

Welcome to Term 4

“Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen.” (Winston Churchill)

Displaying courage.....

To me, having courage used to mean overcoming extraordinary challenges, like climbing Mount Everest or running with the bulls. It never dawned on me that I demonstrate bravery every day, in fact we all do. Even though we aren't necessarily facing tough physical challenges like climbing a mountain, we deal with a variety of obstacles and a multitude of fears as a part of our daily lives. And for the most part, we dismiss our ability to overcome these as not worthy of acknowledgement.

What I've learned is that recognising your bravery, no matter how insignificant the situation may seem to you, is empowering. It fuels your self-confidence and personal and professional power. And the continued dismissal of how you demonstrate courage, keeps you small.

The dictionary definition of courage is “the quality of mind or spirit that enables a person to face difficulty, danger, pain, etc., without fear.” I would suggest that it isn't necessary to NOT have fear when facing these situations. In fact, we demonstrate more courage when we are fearful and then proceed despite our fear. That shows the most courage of all!

Mitch, founder of our Tasmanian Catholic MJR values program, shares

- So many of us ‘moan and groan’ about trivial things that happen to annoy us each day. Be very thankful for the health and limbs we take for granted.
- The mental toughness and self discipline that people draw upon. In the old MJR a definition of ‘Self Discipline’, the ability to make yourself do what you want to do. A good lesson for all of us.
- The SPIRIT of Support and Encouragement that we can all give to each other, no matter who you are, shows “The Spirit of Jesus” being lived and the lesson of acceptance and inclusion.
- Belief in Yourself. So many people overcome obstacles and pain to have a go and participate in new activities they never had tried before. They have made life happen for themselves.

Each one of us is challenged to treat others as they would like to be treated. Look around our school community this week and recognise that there are vast numbers of children, parents and staff all challenging themselves to be courageous. Maybe all they need is the support and encouragement from one of us to achieve their goal.

“To dream that you want to dream, that’s the beauty of the human mind. To do anything that you want to do, that is the strength of the human will. To trust yourself to test your limits, that is the courage to succeed.” (Anonymous)

“Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow. (Melody Beattie)

Intentions for 2023

At Sacred Heart, whilst our focus is on 2022, we are planning for 2023 in regards to enrolments. If you are not planning on continuing at Sacred Heart in 2023 can you please let us know via email brent.wilson@catholic.tas.edu.au to ensure we have the correct numbers moving forward.

Thanks

In Term 3 Adele Murphy was Acting Principal whilst I was on Long Service and Renewal Leave. Sacred Heart is grateful for Adele’s excellent leadership and in particular her focus on considering what is best for our school and the children of SHS.

Grade 5/6 Northern Basketball Championships

We wish our 8 Teams the best for a wonderful basketball tournament this weekend. More than 60 SHS children will compete against northern schools. We look forward to our children excelling in the way they play the games, playing with positive attitudes and displaying outstanding sportsmanship.

Thanks to the many parents and staff who have committed to coaching and managing teams this weekend.

Early Childhood Athletics

The date for the Early Childhood Athletics Carnival has been changed to November 18th.

October 2022						
	Monday	Tuesday	Wednesday	Thursday	Friday	
16th	17th First Day Term Four	18th Board Meeting and Dinner 6:30-8:30pm	19th Instrumental Strings	20th Instrumental Band	21st Whole School Assembly 2pm	22nd
23rd	24th First Nations Camp	25th First Nations Camp PandF AGM 7:30pm	26th Instrumental Strings	27th Instrumental Band	28th Whole School Assembly 2pm	29th
November 2022						
30th	31st	1st	2nd Instrumental Strings Grandparent's Day	3rd Instrumental Band	4th NIJSSA Athletics Carnival	5th
6th	7th	8th	9th Instrumental Strings	10th Dev Band & Dev Strings Workshop St Ailbes	11th Whole School Assembly 2pm	12th

2022 Dates

November
 Fri 4th - NIJSSA Athletics Carnival
 Fri 18th Prep-Gr2 Athletics Carnival

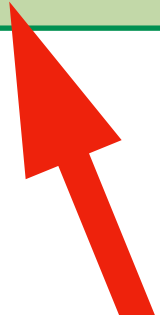
2022 Term Dates

Term Four:
 17 October 2022 - 14 December

2023 Term Dates

Term One:
 3 February - 6 April
Term Two:
 26 April - 7 July
Term Three:
 24 July - 29 September
Term Four:
 16 October - 13 December

Date Changed



The Spirit of Jesus is Alive in:

Prep Red	Sunny Powell - for a fantastic term of learning	Phoenix Jago - for a fantastic term of learning
Prep Green	Lucy Neighbour - For your positive attitude towards all that you do.	Hudson Price - For your positive attitude towards your learning.
Grade 1 Red	Will Pendergast for his effort and application in English! Well done!	Amelia Reid for her consistent efforts with learning! Oliver Reynolds for stepping up and being a leader!
Grade 1 Green	Lucy Neighbour - For your positive attitude towards all that you do.	Hudson Price - For your positive attitude towards your learning.
Grade 2 Red	Joby Redman for excellent reading	Grace Woodgate for terrific contributions in class.
Grade 2 Green	Charlotte Walsh : for her careful presentation of her information report on echidnas	Nate Reeve : for thinking and caring for others
Grade 3 Red	Buddy Gonzy - For his work on developing complex sentences, and creative poetry writing.	Tahlia Knight - For always looking out for others, showing kindness, compassion and love.
Grade 3 Green	Shaylee Hendavithrana - Her application and efforts in our multiplication and division units. Fantastic work, Shaylee!	Mia Adams - Her WEST attitude and thoughtful nature shown to her classmates. Amazing work, Mia!
Grade 4 Red	For the whole class for their hard work during Term 3 and their focused preparation for leading assembly.	
Grade 4 Green	Stuart Innes - for a wonderful term in Grade 4.	Lexi Johnston - for quality work in Maths and English this term.
Grade 5 Red	Thomas Hartley - outstanding effort in Term 3	Georgiana Hagen - outstanding effort in Term 3
Grade 5 Green	Harry Oliver for the genuine kindness that you show every single one of your peers. You are a great leader Harry!	Ava Woolley for the fantastic effort you have put into your assignments at the end of this term. Well done!
Grade 6 Red	Tristan Hawley - For his Bravery: For being courageous when faced with challenges and taking it in his stride.	Shae Anderson - For her Modesty and Humility: Letting accomplishments speak for themselves.

NTNA PRIMARY SCHOOL NETBALL ROSTER

The dates for the 6 week roster is:

Thursday 20th October 2022 to Thursday 24th November 2022

Where: Tasmanian Netball Centre,
29-31 Hoblers Bridge Road, Newstead

Game Times: 4.30pm and 5.30pm

Age Groups: Grades 3/4 Mixed and Grades 5/6 Mixed

Cost: \$20 per player

Team Nominations Close: 30th September 2022

Each team must have a responsible adult who has a current WWVP card.

To nominate your teams, fill in the form below.



TERM 4 AFTER SCHOOL NETBALL



After the success of last year's Primary School roster, the NTNA are holding the roster again this year.

The dates for the 6 week roster are:

Thursday 20th October 2022 to Thursday 24th November 2022

Where: Tasmanian Netball Centre, 29-31 Hoblers Bridge Road, Newstead

Game Times: 4.30pm and 5.30pm

Age Groups: Grades 3/4 Mixed and Grades 5/6 Mixed

Cost: \$20 per player (to be paid in cash at the courts during the first game)

Team Nominations Close: 30th September 2022

Please email John Anderson if your child would like to participate (john.anderson@catholic.tas.edu.au). Sacred Heart will select teams once we are aware of how many students are interested. Each team must have a responsible adult coaching who has a current WWVP card. If you would like to coach a team, please let Mr Anderson know.



St Patrick's Shamrocks Cricket Club Woolworths Blasters

2022/23 Registrations Now Open

Woolworths Junior Blasters

5-7 Year Olds

4:30pm-5:30pm Tuesday nights
commencing Oct 25th @ St
Patrick's College

Woolworths Master Blasters

8-10 Year Olds

St Patricks based teams playing
in Launceston on Saturday
Mornings Commencing
November 11th from 8am



Head to playhq.com.au and search "Westbury Shamrocks Cricket Club" to register

More enquiries, contact Junior Co-Ordinator Kieren Hume on 0459523989 or email kieren.hume@education.tas.gov.au



**REGISTRATIONS
NOW OPEN!**

Come and have some fun
at your local waterway



Cataract Gorge Reserve, Launceston

Between 18 January - 20 January 2023

Beginner | Intermediate | Advanced

Any questions? Email lifesavers@royalnsw.com.au or call
02 9634 3700

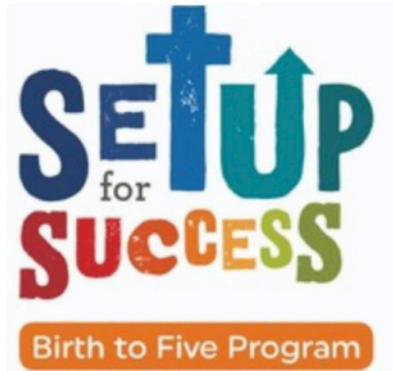


ROYAL LIFE SAVING
NSW | ACT | TAS

Outback
Lifesavers



DrowningPrevention.org.au



Happy Hearts 2022

SETUP FOR SUCCESS

IS CATHOLIC EDUCATION TASMANIA'S EARLY YEARS PROGRAM
PROMOTING LEARNING FOR LIFE FOR BOTH YOUNG CHILDREN
(BIRTH -5) AND THEIR FAMILIES.

OUR PROGRAM AT SACRED HEART IS NAMED 'HAPPY HEARTS'.
ALL CHILDREN AGED BIRTH - 5 YEARS OLD,
INCLUDING KINDERGARTEN CHILDREN,
ARE WELCOME TO JOIN US.

WE HAVE A CHOICE OF TWO SESSIONS ON THURSDAYS.... EITHER
9:30 - 11:00 OR 1:00 - 2:30,
HELD IN THE KINDER GREEN ROOM.

BRING ALONG A HAT, WATER BOTTLE AND OWN INDIVIDUAL FRUIT.

WEEKLY UPDATES CAN BE FOUND AT OUR 2022

['HAPPY HEARTS AT SACRED HEART LAUNCESTON \(SETUP BIRTH -5\)'](#)

FACEBOOK GROUP. IT IS A GREAT WAY TO STAY CONNECTED TO
'HAPPY HEARTS' AND WITH EACH OTHER.

PLEASE FEEL FREE TO EMAIL US TOO

BETH.RICKERBY@CATHOLIC.TAS.EDU.AU

We look forward to seeing you at Happy Hearts!

Beth & Rebecca

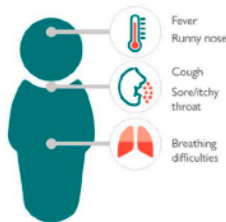
PROTECTING YOURSELF AND OTHERS FROM CORONAVIRUS

COVID-19 testing for all Tasmanian residents

Do you have any cold or flu-like symptoms?

This includes fever, runny nose, cough, sore/itchy throat or shortness of breath.

Call your GP or the Public Health Hotline 1800 671 738 to request a COVID-19 test



You must have a referral to be tested.

If there is no testing clinic in your local area, you can travel outside your municipality to have a test.

After being tested, you must self-isolate at home until you receive your results.

For more information visit www.coronavirus.tas.gov.au



KEEPING YOUR DISTANCE.

Coronavirus (COVID-19)

Help stop the spread of coronavirus by keeping your distance. Remember, don't shake hands or exchange physical greetings. Wherever possible stay 1.5 metres apart and practise good hand hygiene, especially after being in public places.

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

Advice regarding Coronavirus (COVID-19) will change regularly. Keep up to date. Visit health.gov.au



SCHOOL HOLIDAYS

Monday 10th to Friday 14th October

5 Day Program

This is a great way for children to learn, consolidate and advance their swimming skills

- 30 min lesson daily with the same teacher
- For ages 4 to 12
- Small classes
- Book now as spaces are limited

Book Now 6344 2244

www.justswim.com.au

info@justswim.com.au

FOLLOW US ON FACEBOOK



5km Fun Run/Walk

Kids 800m Run/Walk

Or Virtual 5km option

Join us

Sunday, 2nd October

UTAS Stadium Precinct

It's time to get moving! Join us as we raise awareness for heart health, while raising funds for medical research, improved patient facilities and medical equipment at the LGH.



SCAN ME



Clifford Craig Foundation partnering with the Rotary Club of Launceston.

Made possible by the generous support of:

Gold Sponsor:

Event Supporters:



Register online at cliffordcraig.org.au

Absentees

Please use the Compass App to notify the school if your child will be absent.

If your child is arriving to school late they must report to the office when they arrive at school.

Please note: only the York St gate is unlocked after 9am

Uniform shop open Thursdays 2-4pm

Orders can be emailed to shs.clothingpool@catholic.tas.edu.au , and then collected from the school office once you are notified your order has been completed.

For enquiries please contact

Kelly Cox (0400 128 200) and Rebecca Millwood(0418 721 952)

Sports Days

Kinder - Sports Uniform Wed/Fri

Prep - Sports Uniform All Year

Grade 1 (Sports Uniform Wed and Fri)

Grade 2 (Sports Uniform Thur and Fri)

Grades 3 and 4(Sports Uniform Monday and Friday)

Grades 5 and 6 (Sports Uniform Tuesday and Friday)

Canteen

Lunch orders are available Tuesdays & Thursdays. Order through the Flexischools app.

If you have used the Flexischools app before you will need to update your child's grade.

School Times

8.45am - 2.55pm

Webpage:

www.sacredheartl.tas.edu.au

Facebook:

www.facebook.com/sacredheartl

Pinterest:

www.pinterest.com.au/sacredheartl/

S.H.S. Parents and Friends email

shsl.pnf@catholic.tas.edu.au

2022 Term Dates

Term 3 Monday 25.7.22 to Friday 30.9.22

Term 4 Monday 17.10.22 to Wed 14.12.22

2023 Term Dates

Term 1 Friday 3.2.23 to Friday 6.4.23

Term 2 Wednesday 26.4.23 to Friday 7.7.23

Term 3 Monday 24.7.23 to Friday 29.9.23

Term 4 Monday 16.10.23 to Wed 13.12.23

WORKING WITH VULNERABLE PEOPLE REGISTRATION

If parents do not have registration or registration is pending you will not be able to volunteer and attend the excursion or school event. This is something that we do not want to have to do but as legislation and system policy we need to adhere to.

How to apply for a WWVP and Number

1. Complete the online application form www.justice.tas.gov.au/working_with_children
2. Print the "Application Receipt" which is generated when the application has been completed in full
3. Take the "Application Receipt" to a Service Tasmania shop, pay the fee (\$17.60) and have your 100 point check to confirm identity

Once your registration has been approved and you receive your WWVP card, please bring it to the school office so your name, registration number and expiry date can be recorded and verified.