



# NEWSLETTER

SACRED HEART  
CATHOLIC PRIMARY  
SCHOOL



## Online Content:

### Website:

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

### Facebook:

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

### Pinterest:

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

### P & F email

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

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

Respect for Ourselves

Respect for Others

Respect for our Learning

<http://MyTerncity.com.au>

**Sacred Heart's Pupil Free  
Day for 2020 is Monday  
20th July**

**Friday  
28th February  
Gr 3-6 Swimming  
Carnival**

**No Canteen  
Tues-Wed  
3rd and 4th March  
No Sushi  
Wed 4th March**

## From the Principal:

### *"Setting goals..."*

*"Individually we are but one drop. Together we are an ocean."* (Ryunosuke Saturo)

With the ending of one year and the beginning of another, it is certain that you've noticed the avalanche of the year's "best" and "worst" lists. They are everywhere, from newspapers and magazines to television shows – even the financial pages. While it's fun to look back and reminisce, let's talk a little bit about a more productive way of looking at where we are.

Our school, staff and students, purposefully set goals for ourselves, in order to unlock the energy and creativity inside each of us. When we set a goal, we cause a "gap" for ourselves – between the way things are and the way we want them to be. It is in our nature to want to close that gap. A primary job of our creative subconscious mind is to keep us like we know we are. Setting a goal changes how we "know we are." We must close the gap to maintain our sanity.

In order to close that gap, to make the outside picture match the inside picture of who we know we are, our creative subconscious turns on enough energy and creativity to make it happen. We either get drive and ideas to move toward what we want in the future, or ideas and drive to stay where we are. Herein lies the danger of spending too much time looking back at the past.

You see, human beings are picture oriented and we move toward the strongest picture. Our natural tendency is to maintain our current idea (picture) of who we are. In order to change, we need to make that future picture (goal) stronger and more attractive than the one that shows us staying put. By constantly reminding ourselves of our past, we lock onto the old picture and lose the drive to move forward.

Give a little thought to this today and this evening, and we will take another step tomorrow.

Earlier this week Northern Principals were presented with a short passage about Roger Federer, Swiss tennis legend.

Roger Federer focuses his whole world on 3 words - *humility, gratitude and humour*. Listen to any interview with him and the first thing he does is praise his opponent (*humility*). Second thing 'so lucky to be here' (*gratitude*), third thing self-deprecating humour the swiss giggle. 3 words have nothing to do with tennis but everything to do with his perspective on life.

One of the greatest pleasures in my role is interviewing new families along with prospective new students. When we ask the question what do you want for your children when they leave SHS, more often than not parents respond with a happy child who is a global citizen that makes positive contributions to society.

We were challenged, at our meeting, as leaders to consider what 3 words would define us, how we want to lead in our schools and what we want to be known for. I'm taking some time this week to reflect on this. What drew me in at the meeting was the chance to spend some time and wondering what would each child, parent and staff member define themselves by. I wonder what your three words would be?

"If you want to lift yourself up, lift up someone else." (Booker T Washington)

### Board nominations

Sacred Heart Catholic School Board assists the Principal in providing the best possible strategic direction in Catholic Education. We especially ensure our facilities are well looked after, WHS matters are monitored and plan for the future. If you are interested in adding your skills to our Board collect an 'Expression of Interest for' from the office. Two of our Board members have completed their term of office to create these vacancies. Please speak to Brent if you require any additional information. Nominations close February 21st.

#### **2020 Term Dates Catholic Schools**

**Term 1 Thursday 6.2.20 to Thursday 9.4.20**

**Easter 10.4.20 to Tuesday 14.4.20**

**Term 2 Monday 27.4.20 to Friday 3.7.20**

**Term 3 Monday 20.7.20 to Friday 25.9.20**

**Term 4 Monday 12.10.20 to Thursday 17.12.20**

**Brent Wilson  
PRINCIPAL**

PHYSICAL EDUCATION PROGRAMS FOR SCHOOLS

**DANCE FEVER**  
**MultiSport**

**Dance Fever starts Thursday 13<sup>th</sup> Feb until Thursday 9<sup>th</sup> April**

**All students in Prep - Gr 6 wear sports uniform every Thursday**

## February 2020

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
9th	10th	11th	12th	13th Dance Fever Sports Uniform	14th Gr 5/6 Swimming Trials 2.10pm Assembly	15th
16th	17th	18th	19th School Banking	20th Dance Fever 11.30am Band/ Strings program	21st 2.10pm Assembly	22nd
23rd	24th	25th 7.30pm P & F Meeting	26th School Banking Parent / Student / Teacher goal setting meetings	27th Dance Fever 11.30am Band/ Strings program	28th Gr 3-6 Swimming Carnival 2.10pm Assembly	29th

## Important Uniform Shop News you need to know

- Sports uniform is worn twice during the school week, every Friday and on your child's nominated PE day
- **Sports uniform is to be worn on the first two days of the new 2020 school year**
- Girls winter tunics and skirts are available by pre order ONLY. Order forms and further details will be included in the newsletter early next year. Tunic and skirt orders will be due by approximately the end of February 2020.
- There will be no changes to the current school uniform for 2020.
- School hats (\$12), swimming caps (\$4) and jumper badges (\$6) can be purchased from the school office.
- Please direct any uniform enquires to [shs.clothingpool@catholic.tas.edu](mailto:shs.clothingpool@catholic.tas.edu) over the holiday period. Rebecca and Kelly will be available for enquires from the 29<sup>th</sup> January.
- Thank you for your custom during 2019 and we look forward to seeing you in the New Year.

Important Dates**2020 Dates****Term One 2020**

First day - Thursday 6th February

Last day - Thursday 9th April

Easter 10th April to 14th April

**February**

Thursday 6th - First day students - all students to wear sports uniform

Friday 7th - all students to wear sports uniform

Tuesday 11th - 6.30pm Board Meeting &amp; AGM

Wednesday 12th - Gr 3/4 Swimming Trials

Friday 14th - Gr 5/6 Swimming Trials

Tuesday 25th - 7.30pm P &amp; F Meeting

Friday 28th - Gr 3-6 Swimming Carnival

**March**

Thursday 12th - NIJSSA Swimming Carnival


 Changed  
DATE!
**Camps 2020**

Grade 6 2nd - 4th March

Grade 5 2nd - 4th March

Grade 4 10th -11th March

**2020 Carnivals**

Friday 28th February - Gr 3-6 Swimming Carnival

Friday 8th May - Prep - 2 Cross Country

Friday 22nd May - Gr 3-6 Cross Country

Friday 11th September - Gr 3-6 Athletics Carnival (date to be confirmed)

Friday 13th November - Prep - 2 Athletics Carnival

## 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.

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

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

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

## ***Sacred Heart B-4 Program is back for 2020***

***Tuesday 25<sup>th</sup> February***

Are you looking for a play based program that gives your child the opportunity to learn, discover, investigate and most of all have FUN!!!!

Would you like to meet new families?

Bring along a friend.

Do you want time out to sit and play with your child?

If your child is aged 0-4 then come along to the Birth to 4 program each Tuesday during school term. We will paint, sing, dance, make and create, share stories, dress up and explore the outdoors.

It's FREE!!!

Two sessions available: Morning- from 9am-11am

Afternoon-from 12.30pm-2.30pm

Bring along a hat, water bottle and a piece of fruit to share at eating time

Kinder Green room will host the B-4 program each Tuesday

For further information please email:

[rebecca.millwood@catholic.tas.edu.au](mailto:rebecca.millwood@catholic.tas.edu.au)



## INFORMATION NIGHT FOR RECONCILIATION



We invite parents and carers of children in grade 3 and above that have not received the Sacrament of Reconciliation to join us for an information evening on Tuesday, 3 March at 7:30 pm.

Your child will have been baptised and now seeking to continue on their faith journey, this step prepares them to follow on with Confirmation and First Eucharist in following years.

The meeting is essential for enrolment of your child and will be held at the  
Parish Pastoral Centre,  
44 Margaret Street, Launceston.

For enquiries please call the Launceston Parish office on 6331 4377.

Dear Sacred Heart Families,

Welcome to our school community for the 2020 year. It was wonderful to see the excited faces of your children as they adjusted to their new learning spaces, reunited with friends and met new teachers.

The theme we will share and strive to fulfill in 2020 is...



*Carry the Lantern  
with  
Dignity, Courage  
and Compassion.*

Sacred Heart Catholic School was first established in 1873 by the Presentation Sisters. Nano Nagle was the foundress of these dedicated, passionate and selfless ladies, who did God's work ensuring that Catholic children were educated. We now endeavour to 'Carry the Lantern' the Presentation Sisters did to support, love, teach and care for everyone. We ask you to also embellish this theme into your lives, as we commence our learning year.

Our Welcome Mass will be held at the Church of Apostles on Wednesday the 19th of February at 10am. You are most welcome to share this celebration with us at this time.

Peace, love and happiness,

Anna Davie

We Invite our Community to our  
**WELCOME MASS**  
Wednesday 19<sup>th</sup> February  
@10am

Sacred Heart Catholic School  
Welcome Mass  
2020

Carry the Lantern with  
Dignity,  
Courage and  
Compassion.



Nano Nagle foundress of the Presentation Sisters.  
The Presentation Sisters began our school in 1873.



## Wellbeing Support

At Sacred Heart School we offer different types of Wellbeing support for the students and families. My role at SHS is one of support - for your child to know that I am someone they can chat to and be supported by in working towards their own wellbeing goals. Sessions are held in my new space (old hall area), in a confidential environment on a regular or semi-regular basis depending on the needs and goals of your child or the needs of your family.

I feel very fortunate to have SHS designate two days a week for me to offer this in my capacity as an experienced teacher as well as my recent studies in Counselling, play and sand play therapy, creative therapies, Peaceful Kids, mindfulness, Tuning In, supporting anxious children, grief and loss, trauma and MY TERN and RULER training.

If this is something you want for your child, I am very happy to meet with you if you wish to touch base with me about your child or your current situation - just email me to make an appointment. Alternatively, we can communicate via phone by calling the school or you can email me at [helen.halley@catholic.tas.edu.au](mailto:helen.halley@catholic.tas.edu.au)

Kind regards, Helen Halley

