



NEWSLETTER

SACRED HEART
CATHOLIC PRIMARY
SCHOOL



Online Content:

Website:

www.sacredheartl.tas.edu.au

Facebook:

facebook.com/sacredheartl

Pinterest:

pinterest.com.au/sacredheartl

P & F email

shsl.pnf@catholic.tas.edu.au

Our P.B.S. Values are:

Respect for Ourselves
Respect for Others
Respect for our Learning

**Kinder
Enrolments
for 2021
Close May 29th**

Live Streams of Mass

Live streams are available via the Catholic Parish of Launceston Facebook site each weekend at ten o'clock in the morning.

<https://www.facebook.com/CatholicParishLaunceston/>



**SUNDAY
MASS**

LIVE STREAM

EVERY SUNDAY @ 10AM

[f @CatholicParishLaunceston](https://www.facebook.com/CatholicParishLaunceston/)

From the Principal:

Learning@Home

One of the positive things about being Principal at Sacred Heart Catholic Primary School is having conversations and being in contact with a broad range of our community. The Sunday before school started this term would have presented a range of emotions for students, parents and staff as we were about to commence Learning@Home proper, after a trial in Term 1.

Most of us would have been anxious, some excited, perhaps some scared and all of us 'not quite sure'. Would the technology work? Will we miss seeing one another in person? Have teachers explained tasks with enough detail? Will my child cope? Will I cope? Many of these questions and more would have been going through the minds of members of our community, and no doubt millions of people worldwide.

A few observations....

- The children at school have missed their friends who are at home, but have adapted and are doing an amazing job.
- Speaking to some children at home, they too are missing the contact with friends and teachers.
- Our staff are missing having all of our children with us at school.
- Our children are incredible. Like all of us, their worlds have been turned upside down. They are restricted in what they can do. Music, dancing and sport are all gone as we know it. They are adapting to the circumstances they are now faced with.
- Our parent community is unbelievable. You are doing things so differently now.

Staff are 'uplifted' by your feedback. The consistent message I hear via staff and directly is the significant number of parents who are expressing their gratitude to staff for what they are doing. These small acts of thanks are deeply appreciated by all of us. We encourage you to continue to acknowledge our staff.

- Our staff are remarkable. In a very short period of time they have had to completely change the way they teach. Teachers are responding to a huge number of emails, phone calls and messages to support children and parents. They have adapted and are thriving. Teachers are working even more as a team than ever before.

A few reminders

- Students at school will be supervised doing Learning @ Home by a team of staff, teachers from your child's grade, Team Teachers, Specialist Teachers, Leadership Team and Teacher Assistants.
- Teachers will email 'Learning@Home packs' to parents after 4pm Sunday. Please note this is earlier than the Week 1 Monday morning email. Parents can expect the next 'package' on Sunday 10th May.
- **School fees** are as per normal however, we have a remission process in place for all families with financial hardship. At the moment it is a one-page application, please contact the office if you need a copy of the form. Every child is welcome at our school, regardless of financial circumstances.
- Children are able to wear Winter or Sports Uniforms in the interim.
- Our canteen and play equipment are closed.
- Parents should drop children off and collect children from outside the gates. If you need to contact the office or teachers please email or phone.
- All gates are locked between 9.15am - 2.45pm (approximately). If you arrive during these times and need to collect or drop children please ring the Office.

Finally as a community we give thanks to our essential workers for what you are doing.

Whether you are working in health, education, law enforcement, retail or working to keep our economy moving, each one of you is important to our broader community.

Thanks to every member of our community for your contributions.

"Today I close the door to the past... open the door to the future, take a deep breath and step on through to start the next chapter in my life..." (Anonymous)



Brent Wilson
PRINCIPAL

Feedback Survey

We emailed a survey to all families yesterday seeking feedback about the first two weeks of Learning@Home. Please complete the survey by Monday 11th May @ 9am.

Attendance Survey

Yesterday we also emailed an attendance survey to all families to gain an indication of how many students were attending for the next two weeks. Families who need to send children to SHS should return the survey by Friday 8th May 9am

A PRAYER FOR MOTHERS

All-loving God,
we give you thanks and
praise for mothers young and old.

We pray for young mothers,
who give life and count toes
and tend to our every need;
May they be blessed
with patience and tenderness
to care for their
families and themselves
with great joy.

We pray for our own mothers
who have nurtured and care for us;
May they continue to guide
in strong and gentle ways.

We remember mothers
who are separated
from their children because of
war, poverty or conflict;
May they feel the loving embrace of
our God who wipes every tear away.

We pray for women who are not mothers
but still love and shape us
with motherly care and compassion.

We remember mothers, grandmothers
and great grandmothers
who are no longer with us
but who live forever in our memory
and nourish us with their love.

Amen



May 2020						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
3rd	4th	5th	6th	7th	8th	9th
10th	11th	12th	13th	14th	15th	16th
17th	18th	19th	20th	21st	22nd	23rd



School families Kinder 2021 enrolments - closing Friday 29th May 2020

All school families who have a child who is 4 years of age as of the 1st January 2021, please email the office ASAP and they will send you an enrolment form to complete.

The **original** form needs to be returned to the office, either by post or with your child if they are attending school. Please also confirm with the office that they have received your enrolment form when it is returned.

I would encourage you to inform any families and friends, who you know are looking at enrolling their children at S.H.S., to also make contact with the school ASAP, to organise an expression of interest form and an interview.

Enrolments close on Friday 29th May

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

2021 Term Dates Catholic Schools

Term 1 Monday 1.2.21 to Thursday 1.4.21

(Term 1 holidays includes easter break)

Term 2 Monday 26.4.21 to Friday 2.7.21

Term 3 Monday 19.7.21 to Friday 24.9.21

Term 4 Monday 11.10.21 to Wednesday 15.12.21

Please note changes for 2021:

- Term 1 will commence on the Monday
- Term 1 Holidays/Easter break is for 3 weeks

UNIFORM SHOP

Until further notice the Uniform shop will be closed to families.

Please see Midford trading hours below.

Winter tunics and skirts: families will be notified once orders are ready for collection.

Sport Track Pants: stock have arrived at school. If you wish to have a pair put on hold for when school returns please email shs.clothingpool@catholic.tas.edu.au

For further information please contact Rebecca or Kelly via email shs.clothingpool@catholic.tas.edu.au

MIDFORD COVID-19 TRADING HOURS

Midford Schoolwear will be re-opening for Term 2 uniform changeover, please see below revised opening hours until further notice.

Our regular opening hours from Monday 27th until further notice are:

Monday	10.00 am – 4.00 pm
Tuesday	10.00 am – 4.00 pm
Friday	10.00 am – 4.00 pm
Saturday	9.00 am – 2.00 pm

Please contact Mel if you have any questions or wish to place an order:

Phone: 6331 4622
email: launceston@midford.com.au

Primary Instrumental Music Program - Band and Strings

A reminder, from St Patrick's College, for all Music Families to please access the website to allow young musicians to continue their learning by following the lessons and viewing the content from their Music Tutors.

If there are any issues or queries please contact:



fmowat@stpatricks.tas.edu.au

(Band coordinator)

Kimberley.Brown@stpatricks.tas.edu.au

(Strings coordinator)



SEVEN TIPS FOR A HEALTHY HEADSPACE

Life has suddenly become quite different. We can't do all the things we love or see all our favourite people, but we can stay on top of our mental health. Here are some tools that everyone in your family can use to build and maintain a healthy headspace.

seven tips for a healthy headspace

- 1. get in to life**
 Keep doing the stuff you love to do and the things that are important to you. It can help keep the fun in your life, give you a sense of accomplishment and purpose, boost your confidence and help to connect with others. Some of these things, such as drawing, fishing or playing the guitar, might just be for fun, but other things like work or study can give you new skills and might help to give you meaning. From reading to exploring somewhere new, there are lots of activity ideas that can help you get in to life.
- 2. learn skills for tough times**
 There are a lot of different strategies that can help you to manage difficult thoughts and feelings. Things like meditation, taking a digital detox, listening to music, spending time outdoors or writing things down are just a few ways that can help you handle challenging times. You could try out some meditation with a soothing playlist, or some guided deep breathing to help.
- 3. create connections**
 Feeling connected to others is an essential part of being human. Spending time with friends, family and people in your community can really strengthen your mental health and wellbeing. Planning a catch-up with friends, joining a club or committee, or participating in a team sport or safe online community can help you feel connected and meet new people. The digital conversation cards might inspire you to connect further with friends, family or people in your community.
- 4. eat well**
 When you think of improving your mental health, you may not always consider changing the food you eat. But there is a strong link between what we eat and how we feel! A poor diet can make you feel sluggish, low and increase symptoms of depression and anxiety. But staying hydrated and having a healthy diet with a variety of fruit, veggies, nuts and wholegrains can actually improve mental health. You could try a new meal from the digital recipe cards if you need an idea or two.
- 5. stay active**
 Staying active can help you to sleep better, manage stress and boost your mood. Find a way to keep active that you enjoy and incorporate this into your regular routine. Make time to take a break from study or work to do some exercise, whether it be going to the gym, kicking a ball around with a friend or just going for a walk. Whatever it is, start small, and make sure it's something you enjoy. There are easy ways to get some extra movement in to your daily life.
- 6. get enough sleep**
 Getting enough sleep is good for your brain and body. It improves your mood, sharpens your concentration and increases resilience. Reducing things that keep you from restful sleep – like noise or light that keeps you awake, or active stuff like social media or video gaming – will help you improve your sleep. Try a calming sleep playlist to help you get some more shut-eye.
- 7. cut back on alcohol and other drugs**
 Alcohol and other drugs may feel like they help you to manage hard times in the short term but remember they can interfere with your mental health and make you feel much worse in the long run. Curbing the amount of alcohol and other drugs that you use (or avoiding alcohol and drugs altogether) will help you manage your emotions better and improve your wellbeing. Swap socialising at the pub for movies, boardgames, cooking with friends (you could try a dish from the recipe cards), or you could get out for a walk and talk and explore your local area (the conversation cards might give extra chat inspiration).

headspace
National Youth Mental Health Foundation

For more information and tips on how to keep a healthy headspace during this time go to:

headspace.org.au

Parents and children accessing Helen Halley while learning@home

With all the current changes happening, I wanted to offer some options for the support and counselling that I offer in the school. If your child is currently seeing me and would like either for yourself or your child to keep in contact with me while learning@home an email or a phone call, face time or zoom session can be arranged. Please contact me directly on my email to organise a suitable time. Times available will remain on Thursdays and Fridays (my usual days in this role). Any child who is currently seeing me and is currently attending school will still be seen as per usual, however if you feel there is a sense of urgency for me to see your child please do not hesitate to email me to let me know.

If something has come up for your yourself or your child who I have not seen before, please do not hesitate to make contact so support can be organised either through Belinda Flack (CatholicCare) or myself. Again, please email to let me know.

Wishing you all well at this time. I know these are challenging times and absolutely want you to know I am here to support you.

Kind regards, Helen Halley
Wellbeing



MYTERN

Take Emotional Responsibility Now

For those who know about MYTERN and would like a refresher for your kids or those who would like to know about MYTERN, there are 10 free lessons you can tap into at this time. The free lessons focus on different elements and language of MYTERN. These include:

1. Rough roads
2. Smooth roads
3. Using the map
4. TEPs
5. PETs
6. Matching a PET to a TEP
7. Control – introducing Moji
8. Neuroscience
9. GPS Genie
10. Summary – choosing to take responsibility

The episodes are free on You Tube and then parents can access the website to either do a parent course or to purchase activities and tools that support the learning.

The first link is here: <https://youtu.be/vjJHuptXNiU> and following links can be easily followed after that.

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
- 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
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

Facebook: www.facebook.com/sacredheartl

Pinterest: www.pinterest.com.au/sacredheartl/

S.H.S. Parents and Friends email

shsl.pnf@catholic.tas.edu.au

S.H.S. Clothing Pool email

shs.clothingpool@catholic.tas.edu.au