



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

SHS Pupil Free Day

Monday 20/7/20

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/SHS>



SUNDAY MASS

LIVE STREAM

EVERY SUNDAY @ 10AM

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

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

From the Principal:

What is the virus doing for us?

"Learn from yesterday, live for today and hope for tomorrow." (Anonymous)

Bill Gates recently shared a few insights about COVID-19. Bill's spin on the virus is not so much about what the virus is doing to us but what it is doing for us.

He suggests:

- It has taught us we are all equal and all just as vulnerable
- It reminds us that we are all connected and what affects one affects another
- It reminds us how precious our health is
- It reminds us how short life is and what is truly important
- It challenges our materialistic tendencies and how little is really essential
- It reminds us that family comes first and our true work is to look after and protect one another
- It reminds us that the power of free will is in our hands - the power to choose to share, to support and to help to co-operate

These are lessons that cannot be packaged in a compact, well-resourced and approved curriculum. They are lessons learnt through life's experiences. Each one of us has learnt a great deal in this last period of time. Last week Tasmanian Catholic Principals were asked to consider that there are unintended benefits emerging from the pandemic for our schools. What do you want to Reduce, Reframe, Remove at your school community?

We were asked to consider

- **REDUCE:** the clutter, what has become important, core work? Review current initiatives with a view to reducing or clustering them
- **REFRAME:** strengthen new connections between what was, what is and what is to come?
- **REMOVE:** distractors, (possibly what we once deemed essential)

The conversations with my colleagues stretched my thinking to what I have reduced, reframed and removed both personally and professionally. I wondered what each member of the Sacred Heart community has reduced, reframed and removed? I wondered what the virus has done for us?

“Hope is being able to see that there is light despite all the darkness.” (Desmond Tutu)



**Brent Wilson
PRINCIPAL**

York St Gate

Please be aware that we have recently installed a security camera on the York St gate to assist office staff as the gate is now locked throughout the day.

Please phone the office for student late arrivals or early departures.



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

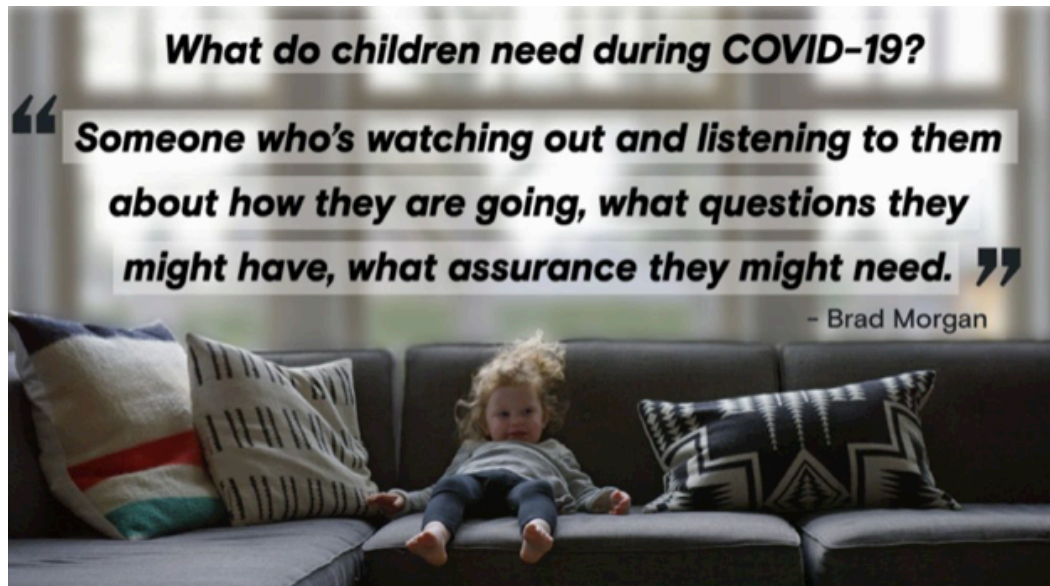
All school families who have a child who is 4 years of age as of the 1st January 2021, please email the office ASAP and they will send you an enrolment form to complete.

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

Supporting children during the Coronavirus (COVID-19) pandemic



Your children have been wonderful at being able to change and adapt to learning from home so quickly. Watching them transition from the classroom to the home environment and work out what is expected of them has been amazing.

Now our next challenge has come and that is transitioning back into the classroom. For most children, this will be filled with excitement, but for others, they may be feeling a little trepidation.

Anxiety in children is sometimes obvious like:

- *Saying they feel scared or frightened.
- *Crying.
- *Nightmares or bedwetting.
- *Being scared of the dark.
- *Having trouble getting to sleep.
- *Sudden angry outburst/irritability.
- *Being extremely clingy.

Sometimes anxiety is a lot more subtle such as:

- *Complaining of an upset stomach.
- *Biting nails.
- *Needing to go to the toilet more often.
- *Being fussy with food.

If you can, take some time over the coming week to speak with your child regarding how they are feeling and try and alleviate any fears they may have about returning to school.

Students in Grades 3-6 will be learning about difficult emotions during health lessons this term and will be given some strategies to help deal with their feelings.

Below are a video and a podcast about supporting children and looking after children's mental health during the COVID-19 pandemic.

[Video - Supporting children during the COVID-19 pandemic](#)

[Podcast - Children's mental health during COVID-19](#)

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

SHS Pupil Free Day

Monday 20/7/20

2020 Term Dates Sacred Heart School**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 Tuesday 21.7.20 to Friday 25.9.20****Term 4 Monday 12.10.20 to Thursday 17.12.20****2021 Term Dates Sacred Heart School****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)



Well done to one of our students, Wilfred Mckibben (Grade 2), he is doing an amazing job raising money for sleeping pods for the homeless.

There is a link below if you would like to make a donation.

You're a champion Wilfred!

My name is Wilfred and I am 7
I am raising money for the
homeless people.
my goal was to raise \$1500
and I have now raised
\$3320
and my target is \$4000 now
I am going to ride my bike
in the month of May
and I am riding 150km
and I have already rode 127.85

PEDAL 4 PODS

Strike It Out Launceston



PEDAL 4 PODS FUNDRAISER

Wilfred is a keen 7yr old Scooter & BMX rider on a mission to raise money for the homeless in Launceston. With No access to his local Skateparks and BMX track during the current global health crisis, Wilfred is riding round the local area (with me, his mum) to stay happy and active.

His goal is to ride 150km on his bike during the month of May to raise \$1,500 (\$10 per km) to donate to the local charity Strike It Out Inc. At the present they are trying to raise funds to fit out 2x 40 ft containers with kitchenette, toilet and shower to set up the 10 already purchased sleep pods.

"I want the homeless to be safe, warm and dry" is the reason why he wants to see these pods available for our local homeless community.

Please support Wilfred and his mission by making a donation.

Thank you for your support.

Jackie Mckibben

GOFUNDME.COM

PEDAL 4 PODS



Sleep Pods



Follow his journey on
FACEBOOK

PEDAL 4 PODS

Strike It Out Inc. Launceston
Feeding The Homeless

Donation Link:

https://www.gofundme.com/f/pedal-4-pods?utm_medium=copy_link&utm_source=customer&utm_campaign=p_na+share-sheet&rcid=a598b38f14f44db0835053c8b90374cc



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