



# NEWSLETTER

SACRED HEART  
CATHOLIC PRIMARY  
SCHOOL



## Online Content:

### Website:

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

### Facebook:

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

### Pinterest:

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

### 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

**Athletics Carnival  
Sept 11th**

## School Photos

Wednesday 9th  
&  
Thursday 10th

September

**FULL SCHOOL  
UNIFORM**

## **Urgent**

**All photo orders  
must ordered  
online by 4pm  
Tuesday 8th**

## SHS Feast Day

*"Celebrate your life with love and gratitude by giving thanks for this very precious moment, as well as all the wonderful blessings that surround you everyday." (Anonymous)*

Sacred Heart has a wonderful tradition of identifying 'God Moments'. These are moments in our day where we are able to isolate times where we can see the good around us either in other people or the environment in which we live. Last week was full of such memories on our re scheduled Sacred Heart Feast Day.

This year our school Mass was relocated to our Presentation Gym. Fr Chatura led us in prayer, he reminded us that 'we are loved' regardless of who we are. Fr Chatty challenged us to see the good in others.

Between First and Second Lunch children worked with buddies in service activities that included writing letters and poems to the elderly and essential workers, making gifts for cancer patients and developing an awareness for the needy. Our afternoon was a celebration of the dramatic arts via SHS's Got Talent.

Our Staff are to be congratulated for organising another memorable day for the children of SHS. Our children of SHS are to be commended for the manner in which they participated and celebrated.

### The day included a myriad of God Moments. Just to name a few:

- Listening to our choir and in particular children singing solos in Mass
- Mr Nas shared publicly, for the first time, the new school song composed by children and himself.
- Watching buddy classes work collaboratively to create a memory for the elderly and essential workers.
- Watching the talented children of SHS perform before more than 500 children and staff at SHS's Got Talent.
- Knowing the day had been very carefully planned by the incredibly talented staff of SHS.
- Sharing in a school celebration that was clearly "All for the Sacred Heart"

Close friends of mine will sometimes ask me about my role as Principal. What is it about being a Principal that gives you joy? Without hesitation I share, spending time with our community and especially the children of SHS developing and expressing their talents.

*"Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens." (Khalil Gibran)*

**Brent Wilson** Page 1  
**PRINCIPAL**

## Rock and Roll Night becomes Dance From the Heart - Friday 25th Sept

After careful consideration and advice from Catholic Education Tasmania we have decided to make changes to this year's Rock and Roll Night. This night would normally attract in excess of 300 adults and an additional 400 children. COVID restrictions preclude us from allowing this many people in any venue.

We understand and appreciate that Rock and Roll Night has been a long standing tradition and feature of our school.

This year we have decided to hold our Rock and Roll Night during the day and will be held at school for children and staff. Parents will not be able to attend.

"Dance from the Heart" will be held on Friday 25th September. Barry Nas will lead our classes, in buddy groups, in the traditional favourites. More details will follow in upcoming newsletters.

## Grade 3-6 Athletics Carnival

**Friday 11th September Grade 3-6 children will participate in the annual Athletics Carnival. The prime purpose of this carnival is always:**

*Have fun*

*Enjoy the spirit of competition*

*Try new events*

*Support classmates and house teams*

*Challenge yourself to perform at your best*



*On these days there will always be children who finish first and last. Regardless of each child's placing our school believes that to participate is to win.*

**The school expectations for the carnival are:**

*No canteen on the day. Bring your own lunch and lots of water.*

*No running across the track when races are on.*

*Be aware of your surroundings.*

*Do not walk across the middle of the oval (there could be a discus / javelin flying through the air or a swooping plover).*

*Encourage everyone, even children not in your house.*

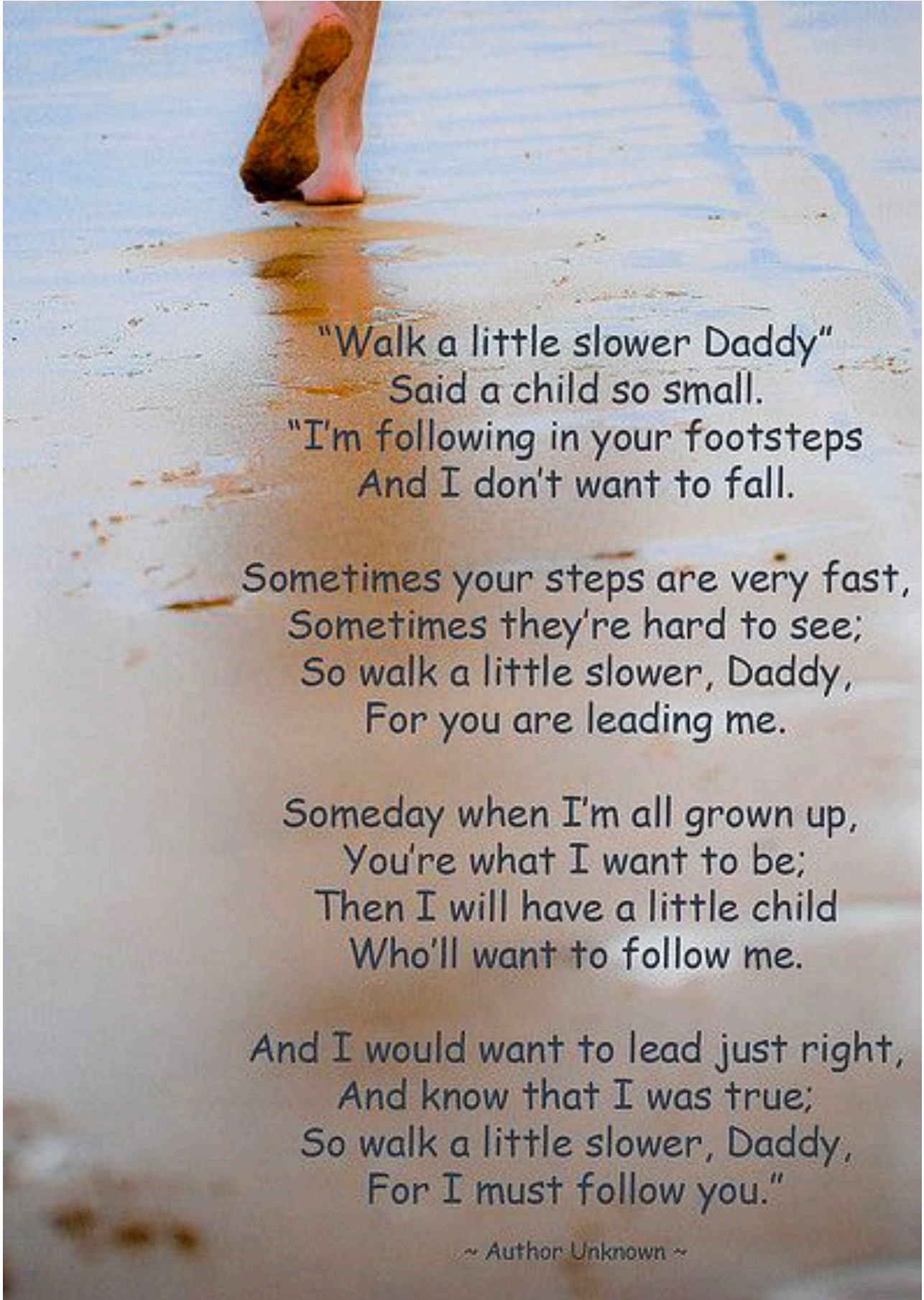
*Lots of bucket filling and no put-downs. The day is all about doing your personal best and having fun!*



• Remember Covid restrictions means no adults may attend as spectators



# HAPPY FATHERS DAY FOR SUNDAY



"Walk a little slower Daddy"  
Said a child so small.  
"I'm following in your footsteps  
And I don't want to fall.

Sometimes your steps are very fast,  
Sometimes they're hard to see;  
So walk a little slower, Daddy,  
For you are leading me.

Someday when I'm all grown up,  
You're what I want to be;  
Then I will have a little child  
Who'll want to follow me.

And I would want to lead just right,  
And know that I was true;  
So walk a little slower, Daddy,  
For I must follow you."

~ Author Unknown ~



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

On Friday we celebrated our Sacred Heart Feast day. Here are my opening words from our Mass.

*Today we celebrate the Feast of the Sacred Heart. If you look behind the altar you will see many paintings of Jesus' Sacred Heart.*

*Jesus' Heart is so Sacred because his love for us is never ending.*

*Jesus Heart is Sacred because he loves us unconditionally.*

*Jesus Heart is Sacred because he endured so much pain for us.*

*Jesus Heart is Sacred because he sacrificed his life for us.*

*How fortunate are we to all be able to say that we go to Sacred Heart School? A school where we come each day to learn, grow and play with our friends. A school where we always try to live out Jesus commandment - Love One Another as I Have Loved you.*

*Today we thank God for our school, for one another and for sending us his Son, Jesus Christ. Jesus showed us what it is to love.*

*We show our gratitude in our Mass by prayerfully participating, singing and reflecting.*

It is difficult to paint a picture of how beautiful, prayerful and engaged our children were.

\*Our choir led by Mr Nas and Mr Crawford were angelic.

\*Our artists brought creativity and beauty to our Altar.

\*Our readers, candle bearers, Alleluia wavers all displayed enthusiasm and effort.

\*Our Gospel bringer, Altar servers and offertory participants carried the gifts with reverence.

\*Every child shared their beautiful singing voices and listened with intent.

\*Father Chathura engaged us all in his meaningful homily.

Our Mass truly was a wonderful celebration. Hopefully next year our whole community will be able to celebrate with us.

In Peace, love and happiness,

Anna Davie

REC

## September 2020

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
30th	31st August	1st	2nd	3rd 11.30 am Band & Strings program	4th <b>2.10pm Assembly</b> 5pm Strings Soiree @St Patricks College	5th
6th	7th	8th Basketball tryouts + All photo orders must ordered online by 4pm TODAY	9th <b>SCHOOL PHOTOS</b> Full winter uniform.	10th 9am - 2.30pm Foundation Band Workshop	11th Athletics Carnival Gr3-6	12th
13th	14th	15th 6.30pm Board Dinner & Meeting	16th	17th 11.30 am Band & Strings program	18th <b>2.10pm Assembly</b>	19th
20th	21st	22nd 7.30pm P&F Meeting  7pm Maggie Dent webinar	23rd	24th 11.30 am Band & Strings program	25th <b>Last Day Term 3</b>	26th

## Sports Uniform returns to normal days

Prep - Thursday and Friday  
 Grade 1 - Thursday and Friday  
 Grade 2 - Thursday and Friday  
 Grade 3 - Wednesday and Friday  
 Grade 4 - Monday and Friday  
 Grade 5 - Monday, and Friday  
 Grade 6 - Wednesday and Friday

## 2020 Term Dates Sacred Heart School

**Term 3 Wednesday 22.7.20 to Friday 25.9.20**  
**Term 4 Monday 12.10.20 to Thursday 17.12.20**

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

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

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

## 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 Thursday 16.12.21**

## UNIFORM SHOP

The Uniform Shop will be closed to families until further notice. Apologies for this inconvenience.

Specific Sacred Heart uniform items (not available at Midford) are:

**ties, boys winter socks, sport wear, rugby jumpers, polo's, logo items, stockings**

These items can be ordered via the uniform shop email-[shs.clothingpool@catholic.tas.edu.au](mailto:shs.clothingpool@catholic.tas.edu.au)

or

Any enquiries please phone Kelly 0400128200

Collection and eftpos payment of uniform orders are done by appointment (between 2-4pm Thursday) and will be arranged by Kelly and Rebecca.



**Uniform Shop**

*Thank you to our school families for your support and understanding in these challenging times and thank you for placing uniform orders with us.*

***We are pleased to say that we can now help you with the following:***

- If your child needs to try on an uniform item one family at a time is now welcome to come into the uniform shop. Please sanitise upon entering.
- Uniform orders can be left at the school office for payment and collection.
- EFTPOS payments are encouraged
- Uniform shop hours are 2pm-4pm, every Thursday during school term
- Continue to place your uniform order via the email: [shs.clothingpool@catholic.tas.edu.au](mailto:shs.clothingpool@catholic.tas.edu.au)

***Please note that transition to summer uniform can occur from the last week of term 3.***

Any enquiries please contact

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

**School photos**

**Wednesday 9th & Thursday 10th September**

**Urgent**

**All photo orders must be ordered online by 4pm Tuesday 8th September**

**Wednesday 9th September**

8.30 Family Photos  
 9.00 Kinder Green  
 9.15 Prep Red  
 9.30 Prep Green  
 9.45 4 Green  
 10.00 4 Red  
 10.15 5 Green  
 10.30 5 Red  
 10.45 6 Red  
 11.00 Morning Tea  
 11.30 3 Green  
 11.45 6 Red  
 12.00 6 Green  
 12.15 All Grade 6  
 12.30 School captains/Sports captains

**Thursday 10th September**

8.30 Family Photos  
 9.00 Choir  
 9.15 Mini Vinnies  
 9.30 Kinder Green  
 10.00 1 Red  
 10.15 1 Green  
 10.30 2 Red  
 10.45 2 Green

**Prep - Grade 6 children should be dressed in full winter uniform for both of these days.**

**Please make sure children have their school jumpers on.**

**Children who normally have PE lessons on Wed & Thur may bring sports shoes to change into.**



**School Photos = Wednesday 9th & Thursday 10th September**

**Orders can ONLY be placed online.  
SHS unique order key is: NB9MCR3G**

## ONLINE BOOKING



Your school has decided that school photos will only be available to order online this year

### THE BENEFITS OF BEING ONLINE

- No need for envelopes to be returned to the school office.
- No cash on school grounds or children's bags.
- Easy order tracking and record keeping

Sacred Heart Catholic School Launceston - 2020

Contact: [info.tas@leadingimage.com.au](mailto:info.tas@leadingimage.com.au) or call 03 6228 9966

INDIVIDUAL & FAMILY PHOTOS CAN BE ORDERED WITH THE SAME ACCESS KEY



To order your school photos you need to log onto  
**[www.leadingimage.com.au](http://www.leadingimage.com.au)**  
and enter your school access key.

**Access Key: NB9MCR3G**

Packages are available to order with this access key.

Family photographs must be ordered by 4:30pm the night before photo day.

**IF YOU DO NOT ORDER BEFORE THIS TIME YOU WILL NOT BE ABLE TO HAVE A FAMILY PHOTO TAKEN.**



**Sacred Heart**  
Catholic Primary School

## INSTRUCTIONS:

**Log onto - [www.leadingimage.com.au](http://www.leadingimage.com.au)**

**Choose- Order School Photos**

**Choose - Tasmania**

**Enter access key - NB9MCR3G**

**Enter your email address**

**Enter student details**

**Order photo pack of your choice**



**Can we just bring our child in for a quick photo?**

Please note that whilst the government has advised sick children and staff should stay away from schools, we are unfortunately seeing sick children coming in just for a 'quick' photo.

For our photographers own safety and to ensure our business is not effected please note we reserve the right to refuse to photograph any child if they present to school sick.

Again this is luckily not common but to ensure we aren't forced to address a difficult situation on the day we request that you stress to families that they can not bring their child in for a quick photo: no exceptions.

**Should you have any queries please don't hesitate to contact us immediately.  
Look forward to seeing lots of smiling healthy faces on your upcoming photo day!**



Call: (03) 6228 9966  
email: [info.tas@leadingimage.com.au](mailto:info.tas@leadingimage.com.au)  
[www.leadingimage.com.au](http://www.leadingimage.com.au)





# FEAST DAY







# FEAST DAY







## Teaching Our Children the 'Skills' for Building Healthy Friendships

The reality is that none of us are born automatically knowing how to be a good friend or how to respond when we are faced with conflict or find ourselves on the receiving end of mean-on-purpose behaviour. Conflict is a natural part of the 'friend-o-cycle'. We are bound to have misunderstandings and disagreements, even with the people who we are closest to, however it is how we respond to conflict that counts. (We prefer to use the term 'mean-on-purpose' rather than 'bullying' because the word 'bullying' is often misunderstood, overused, misused and is disempowering. Whereas, using the term mean-on-purpose, enables us to take action to stop mean-on-purpose behaviour in its tracks and is far more empowering!)

We need to learn the skills to manage relationship challenges in healthy ways and then practice these skills until they become automatic responses! The added challenge for us parents, is that most of us were never taught these skills as children. We were pretty much left to flounder and find our own way through the myriad of friendship issues and conflicts we faced. So how then can we know how to teach these skills to our children when we never actually learned them ourselves?! As parents, we can actually learn alongside our children. It is important that we are open to learning too, so that we don't unintentionally make our children's friendship fires bigger, rather than helping them to put their friendship fires out and grow healthier friendships.

At Sacred Heart School we are explicitly teaching our students URSTRONG's Friendship skills and strategies to equip them to navigate conflict (Friendship Fires) and to respond to mean-on-purpose behaviour in healthy ways. The most effective way to support your children in their friendships is to become familiar with URSTRONG's language and skills, so that when your children face challenges, you can reinforce the strategies and skills at home too. You are able to access URSTRONG's Parent Resource Centre for free [here](#) (simply use the coupon code **URSTRONG** to access membership for free)! This will enable you to do activities with your child at home, watch the 'Language of Friendship' videos series and familiarise yourself with the language and skills that your children are learning at school too. We want to be supporting children to put out their friendship fires, so that as a result of conflict their friendships grow closer and stronger. We also want students to be able to use their strategies to stand up to mean-on-purpose behaviour, teaching others how to treat them. If your child is struggling with a friendship or mean-on-purpose behaviour, it is important that you encourage them to also speak to their teacher about it, (as we can only help with things that we know about). We can work together to grow healthy friendships and relationships in our school community if we follow the steps outlined in the poster (next page).

Megan Booth  
Wellbeing Teacher  
Thurs/Fri (megan.booth@catholic.tas.edu.au)

# STANDING FOR YOURSELF

♥ You teach people how to treat you ♥



## HOW TO PUT OUT A FRIENDSHIP FIRE:

Find a good time to talk, just the two of you  
in a calm, serious voice.

1.

Retell the situation

2.

Explain how it made you feel

3.

Talk it out, being respectful & honest

This is a conversation. Aim for Forgive-and-Forget!



## HOW TO DEAL WITH MEAN-ON-PURPOSE:

In that moment, in a strong voice.

1.

Say your Quick Comeback

2.

walk away

3.

Report it to an adult

URSTRONG



This is NOT a conversation.  
Channel your inner  
#FriendshipNinja!



## Tasmania Fire Service

A firefighter from the Tasmania Fire Service (TFS) is visiting our school next week 7<sup>th</sup> to 10<sup>th</sup> September and also 21<sup>st</sup> to 24<sup>th</sup> September to present a Home Fire Safety Program to our Prep to Grade 6 students.

Kindergarten students, whilst not receiving a structured lesson, can expect a visit from the firefighter who will leave some free fun activities for the students to complete.

The age appropriate program is designed to raise fire awareness in children and includes fun in class activities, videos, activity books, website [www.tfseducation.com.au](http://www.tfseducation.com.au) and giveaways.

Parents and other family members are also encouraged to participate by reading the information and assisting your child with the after school activities.

The TFS aims to deliver appropriate fire safety education to every primary school child in Tasmania and is part of the TFS's ongoing commitment to create a fire safe Tasmania.

Key Fire Safety Messages include,

[Wake up - Install a smoke alarm in every bedroom](#)

[Plan and practice a home fire escape plan with the whole family](#)

[In a fire crawl low and go, go, go to the nearest exit](#)

[In an emergency call triple zero](#)

[Keep flammable material at least two metres from the heater](#)

[If your clothes catch fire, stop, drop, rock and roll](#)

[Keep matches and lighters away from children](#)

[Cooking - Turn it off before you turn away](#)

[Cool a burn under cold water for at least 20 minutes](#)

[Most house fires can be avoided. Make your home fire safe](#)

More information [www.tfseducation.com.au](http://www.tfseducation.com.au)

### EARLY CHILDHOOD

TFS receives regular requests from preschools and child care centres asking for firefighters to visit and teach children about home fire safety.

TFS does not deliver structured fire safety programs to children below primary school age. This decision was made based on research carried out by the Mental Health Services of the Royal Children's Hospital and the Metropolitan Fire Brigade in Melbourne. This research indicated that:

- Children under the age of five had low retention of the information they had learned; and
- In some children, the information had actually stimulated their curiosity about fire and they had begun to play with fire.

TFS believes that parents and caregivers are the best people to make sure that very young children are safe from fire. To help with this, TFS has a [fire safety website](#) for parents, carers, teachers and students

TFS has also developed resources for young children that introduce them to the friendly firefighter characters that they will meet when they receive the School Fire Education Program including a colouring book, a money box shaped like a fire truck, and stickers with home fire safety messages for the whole family.

Free giveaways for your preschool or child care centre are available [here](#).





## STICKER AND TEXTA DRIVE!

Please bring a packet of **STICKERS** or **TEXTAS** on the last day of Term 3 (25/09/20) to donate to **Inside Out 4 Kids**

♥The IO4K team thank you for your kindness and support♥



### *Happy Hearts*

Setup for Success is Catholic Education Tasmania's early years program promoting learning for life for both young children (Birth -5) and their families.

Sacred Heart's Setup program is named 'Happy Hearts!' We meet in the Kindergarten space every Tuesday with the option of two sessions:

9:30 - 11:00 OR 1:00 - 2:30

Further information can be found at  
['Happy Hearts at Sacred Heart Launceston \(SETUP Birth -5\)'](#)  
Facebook group.

Please feel free to email us too [beth.rickerby@catholic.tas.edu.au](mailto:beth.rickerby@catholic.tas.edu.au)

Beth & Rebecca





**DEFUSE, DON'T  
ESCALATE**

**By Jasper, Molly,  
Daniel, Harrison  
and Roma**

**PIC•COLLAGE**



# Defuse, don't Escalate



**PBS**

**By Jasper,  
Harrison,  
Molly, Roma  
and Daniel**





## ***Maggie Dent Webinar***

‘9 things: A back to basics guide to calm, common sense, connected parenting Birth-8’

***TUESDAY 22nd September, 7.00pm***

***This is a Zoom webinar presentation***

Be sure not to miss this unique opportunity to hear from the “queen of common sense”. Maggie Dent is one of Australia’s favourite parenting authors and educators, who has a particular interest in the early years, adolescence and resilience.

Maggie’s experience includes teaching, counselling, and working in palliative care/funeral services and suicide prevention. Maggie is an advocate for the healthy, common-sense raising of children in order to strengthen families and communities. She is a passionate, positive voice for children of all ages. Maggie is the author of six major books with her best seller being, “Mothering Our Boys - A Guide for Mums of Sons (2018)

It is essential to register for this event by the 14th September.

Please click on the link below to register your interest:

<https://forms.gle/F9WjgaP8kMTgTEz67>

For further enquiries please contact

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

This event has been kindly sponsored by:  
*Tasmanian Catholic Schools Parent Council And  
Sacred Heart School Parents and Friend’s Association*





## New Canteen Ordering System

Sacred Heart will be utilising St Patrick's College canteen for lunches for Prep to Grade 6, two days a week.

Our school will have lunches delivered for second lunch only (1:30pm) on Tuesdays and Thursdays. If ordering lunch (on these days) parents need to consider this lunchtime will be later than the students are used to, so additional food for 11:00am first lunch may be required.

The school canteen will not be available any other days.

- The menus operate on a fortnightly rotation and we will be starting on WEEK A.
- Pantry List - items always available  
Week A - lunch specials  
Week B - lunch specials
- The App will only allow orders to be placed for the correct week. Orders cut off at 9:00am on Tuesday and Thursday mornings.
- **IMPORTANT - When entering your details, make sure you scroll down and click on Sacred Heart Catholic Primary School 227 York Street Launceston TAS.**

Price lists are available on our website... <https://sacredheartl.tas.edu.au/parents/price-lists/>

Please see details below to order lunches via the Flexischools online App:

- Go to the App store or Google play and download the Flexischools App.  
Follow the prompts.

<https://vimeo.com/388149878/8de421ed83>

[Flexi School App for IOS](#)

### **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.**