



### 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**

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

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

Respect for Ourselves

Respect for Others

Respect for our Learning

**Pupil Free Day**  
June 27th

**NIJSSA Cross Country**  
June 8th



Thursdays

9:30am - 11:00am

or

1:00pm - 2:30pm

[View our Facebook Page](#)

### Just being 'enough' and humble...

*'You are enough. You have always been enough. You will always be enough.'* (Etta Arlene)

Many of us feel like we need to work hard and give of ourselves extensively in order to make a difference. We feel like we have to accomplish BIG and IMPORTANT things – sometimes over and over again – to justify our existence and self-worth. We see others making change or influencing people and we feel obliged to, and responsible for doing the same in our own work. You might believe your life is incomplete, empty or doesn't make sense in this mindset.

But this approach is not only unhealthy, it is also counter-productive. Just being here, being yourself, IS enough. To matter, you don't need to make headlines or save the world singlehandedly. When you are true to yourself, your energy influences others, then they touch more people again with that energy and positivity and vitality abound. Staying true to you is enough.

Cultivating a sense of being enough is a key component of many happy people, in many different cultures, across the world. According to adventurer Christina Mittermeier, people with "enoughness" are happy despite lacking material wealth – they take only what they need and use everything they take, knowing it will allow others to have enough.

Staying in tune with your values and living in alignment with your vision is all that you need to fulfill your 'worth' - you will feel your existence is valid when your energy and spirit are aligned with your heart. For many, this can sound quite daunting, especially if you've never put much thought into it before. There are two things you can do to cultivate a self-belief that you ARE enough:

1. Do what excites you and is meaningful to you. This IS the accomplishment (and of course, IS enough).
2. Learn about humility and how to embody a humble mindset.

Often humility is perceived as occurring when someone is struggling whilst downplaying their strengths. It is also sometimes believed that someone whose insecurities compel them to judge themselves unfavourably is humble. But neither of these definitions truly encompass what humility is. It is not passivity – it is an utter lack of self-importance.

When you actively appreciate that each human occupies a unique place on an infinite spectrum of development, you can take pride in your accomplishments whilst understanding that each person you interact with is just as valuable and offers just as much to the world as you do yourself. Develop humility by:

- Accepting that there will always be individuals more and less advanced than yourself and being open to all that their insights offer you to further your own personal evolution.
- Being open to other people thinking and feeling differently to you.
- Appreciating that others' life experiences have shaped them differently.
- Acknowledging that while you may have a greater understanding sometimes, others can always teach you more.
- Cultivating a genuine yearning to know others' skills and talents.
- Resisting envy that prevents you from growing, makes you inflexible in interactions and limits your connections – remain open to growth.

Look around Sacred Heart this week and notice the 465 unique children. Each one of the children has the potential for infinite growth. One of the great pleasures of being Principal of SHS is watching children grow.

I wonder what lies ahead for them all? I wonder what I can do to nurture their growth into the person God intended them to be?

**Brent Wilson**





# Sacred Heart

## CATHOLIC PRIMARY SCHOOL LAUNCESTON

### Learning and Teaching

#### CET Literacy Project

#### Literate Learners for Life

#### Every student ... every subject ... every year

Catholic Education Tasmania has initiated a Literacy Project to improve system wide growth in reading achievement for all students. The project will identify best practice in reading instruction across Prep to Year 12. Phase one will focus on the Early Years, whilst Phase Two will encompass interventions in reading for students who are underachieving in Years 2-10.

Goals of the project:

1. Improve students' reading outcomes (Prep to Year 12) -
2. Improve all teacher's knowledge of reading instruction and comprehension

Strategy:

- Five-year commitment (2022 - 2026)
- System wide approach to reading (reading instruction P – 2 and intervention)
- Evidence based Science of Reading practices + intervention strategies
- Ongoing professional learning for all teachers
- System-approved evidenced based pedagogy, programs, resources and training
- A shared commitment by every teacher to achievement in reading for every student

At Sacred Heart School our School Literacy Practice Leader (Carolyn Symons) is responsible for leading the Literacy Project, and works with the SHS Leadership Team to implement this project.

Mrs Carolyn Symons  
School Literacy Practice Leader  
Writing Focus

This year at Sacred Heart our school priority focus is writing. This year we will be participating in professional learning around best practice in writing through teacher participation in Inquiry Cycles and research. Our aim is to adopt current pedagogies aimed at improving student writing outcomes in the following areas;

- Generating Ideas
- Organising the structure of the text and how it is presented
- The vocabulary a writer chooses to convey meaning
- Author's voice or tone
- Sentence fluency - rhythm and flow of the language
- Editing - spelling, punctuation, capitalisation, grammar, paragraphing
- Presentation

### Response to Intervention

Response to Intervention is, as the name suggests, the way teachers choose to intervene and support in response to the level of the students knowledge, skills and understanding. At Sacred Heart we are very fortunate to have extra teacher support for our students which gives us flexibility in how we respond to students when they haven't quite grasped a concept or when they have grasped the core content and need to be extended. Intervention may be provided in a variety of ways, such as individual or group work from the same class or a mixture of students across the grades for varying lengths of times. The important thing is it is based around what the students needs. Our team teacher structure, and the support being offered for 2022 is as follows;

Kinder/Prep - Jane Hills - literacy and numeracy support

Grade 1/2 Kerri Best - literacy and numeracy support

Grade 3-6

- Megan Booth - Mathletes, Literacy groups
- Dan Crawford - Extending Mathematical Understanding groups
- Bronwyn Lang - Mathletes, Literacy Groups and 1:1 writing conferences, First Nations Support

Students are monitored carefully throughout all their learning experiences to ensure they are progressing and reaching their potential.

Adele Murphy  
Deputy Principal

May 2022						
	Monday	Tuesday	Wednesday	Thursday	Friday	
29th	30th CC Training 8am	31st School Photos 5pm Instrumental Band Soiree	1st School Photos Instrumental Strings CC Training 8am	2nd Instrumental Band	3rd Assembly 2:10pm	4th
June 2022						
5th	6th CC Training 8am	7th	8th Instrumental Strings NIJSSA Cross Country	9th Instrumental Band	10th Assembly 2:10pm	11th
12th	13th Public Holiday	14th 6:30 Board Meeting	15th Instrumental Strings	16th Instrumental Band	17th Assembly 2:10pm	18th
19th	20th	21st	22nd Instrumental Strings	23rd Instrumental Band	24th Assembly 2:10pm	25th

2022 Dates
<p><b>May</b> Fri 27th - Gr 3-6 Cross Country</p> <p><b>June</b> Wed 8th NIJSSA Cross Country Monday 27th - Student Free Day</p> <p><b>September</b> Fri 9th - Athletics Carnival</p> <p><b>November</b> Fri 4th - NIJSSA Athletics Carnival Fri 25th Prep-Gr2 Cross Country</p>

2022 Term Dates
<p><b>Term One:</b> 3 February - 14 April</p> <p><b>Term Two:</b> 2 May - 8 July</p> <p><b>Term Three:</b> 25 July - 30 September</p> <p><b>Term Four:</b> 17 October 2022 - 14 December</p>

2023 Term Dates
<p><b>Term One:</b> 2 February - 6 April</p> <p><b>Term Two:</b> 26 April - 7 July</p> <p><b>Term Three:</b> 24 July - 29 September</p> <p><b>Term Four:</b> 16 October - 14 December</p>

## Winter Coats

Winter is here and the Uniform Shop has Winter Coats available. These warm, showerproof, fleecy lined coats come with pockets, a hood and at \$40.00 each are very good value. Sizes are available from 4 to 12.



## Winter Beanies

School logo beanies are currently out of stock but plain green polar fleece beanies are available at \$5.00 each

## School Jumpers and Rugby Jumpers

Thank you for your patience and understanding with the very long delay of school jumpers and rugby tops. Families on the waiting lists will be notified as soon as they have arrived. The delays of these items are out of our control.

Please note plain green wool jumpers can be purchased from Midford and school badges are available for \$6.00 from the school office or uniform shop.

All other winter uniform items are in stock.

SHOP HOURS: THURSDAYS 2pm-4pm during school terms  
EMAIL ORDERS: [shs.clothingpool@catholic.tas.edu.au](mailto:shs.clothingpool@catholic.tas.edu.au)

# All Schools Cross Country



This event is on Tuesday 21st June @ Symmons Plains. If your child is interested in participating please email: [john.anderson@catholic.tas.edu.au](mailto:john.anderson@catholic.tas.edu.au) The school will organise the on-line registrations and cover the cost of the entry fee. Your child must be born in 2010, 2011, 2012 or 2013 to enter.

Entries close on Wednesday 15th June at 12:00pm.

## School Jumper and Rugby Top orders

Unfortunately we are still awaiting the arrival of our new stock. The manufacturers are delayed as they wait on imports to complete the garments and apologise for the delay. We will update parents with an expected delivery date as soon as possible.

### Winter Uniform Items

- Girls Winter Wool Skirts and Tunics are in stock in sizes 4 to 10
- Long sleeve lemon shirts - all sizes
- Winter tights in thick cotton and Lycra 60D styles - all sizes
- Boy's ties - loop and traditional styles
- Boy's striped shirts long and short sleeved
- Boy's long winter socks to wear with shorts - all sizes

**SHOP HOURS: THURSDAYS 2pm - 4pm** (during school terms)

If you have any queries please contact Rebecca or Kelly

Email orders:

[shs.clothingpool@catholic.tas.edu.au](mailto:shs.clothingpool@catholic.tas.edu.au)

<b>Prep Red</b>	<b>Bella Counsel</b> - for showing bravery and resilience in the classroom and during lunch times.	<b>Frankie Macdonald</b> - for her wonderful effort in literacy this week.
<b>Prep Green</b>	<b>Ella Storay</b> - Being a happy and polite member of our Prep Class.	<b>Olivia Harmey</b> - Always being a happy and helpful member of Prep
<b>Grade 1 Red</b>	<b>Fletcher Lowe</b> for his outstanding work in Maths.	<b>Zac Calabro</b> for his creative narrative writing.
<b>Grade 1 Green</b>	<b>Nicolaas van den Bosch</b> - For your efforts in InitialLit this week.	<b>Eloise Osborne</b> - For being an amazing helper in the classroom.
<b>Grade 2 Red</b>	<b>Zachary Davis</b> for amazing writing in imaginative text	<b>Amelia Sabu</b> for her enthusiastic participation in Bravehearts
<b>Grade 2 Green</b>	<b>Loken McGlenn</b> for excellent creative response to Bravehearts	<b>Samara Young</b> for wonderful writing in imaginative text
<b>Grade 3 Red</b>	<b>Isla Williams</b> - For her positive attitude and working on her learning goal this week.	<b>Sonny Millwood</b> - For making good choices in the playground and work ethic this week.
<b>Grade 4 Red</b>	<b>Ella Davis</b> - Always having a positive and willing attitude towards her learning.	<b>Hudson Jones</b> - His detailed annotated drawing in science this week.
<b>Grade 5 Green</b>	<b>Milla Burrows</b> for your increased motivation to complete work that is beautifully presented and to a high standard. Keep it up!	<b>Heidi Newman</b> for your enthusiasm and commitment to the Green Team. Your passion is inspiring!
<b>Grade 6 Red</b>	<b>Sienna Austin</b> - For her creativity: Thinking of new and creative ways of doing things.	<b>Tim Innes</b> - For his fairness, treating people equally and going out of his way to help others

## 2022 Grades 3-6 Cross Country Carnival

Last Friday our students in Grades 3-6 participated at the annual SHS Cross Country Carnival at Royal Park. It was a memorable day with beautiful late autumn weather, many families in attendance and lots of fast running races. However, the most pleasing aspect of the day was seeing all our students give 100% effort and encourage each other so well.

A big thank you to the following parents who volunteered at the carnival: Melissa Adams, Amanda Zeeman, Shaun Smith, Tracey Matthews, Hali Mahar, Jodi Vinar and Lynelle Freeman. Congratulations to Rice House for winning the carnival this year. Congratulations and good luck to the following students who will now represent the school next week at the NIJSSA Cross Country Carnival.



<p>Grade 3 Girls</p> <p>Phoebe Roberts Hunter Howard Molly Illingworth Presley Burrows Arlie Reeve Tahlia Knight Raphaella Rossilli (reserve)</p>	<p>Grade 3 Boys</p> <p>Jack Jordan Lucas Chapple Leo Matthews Bentley Sulzberger Riley McNeil Sonny Millwood Travis Calabro (reserve)</p>
<p>Grade 4 Girls</p> <p>Poppy Ebbelaar Zar Cearley Eliza Davie Harper Smith Ella Jones Lillian Frapple Molly Jordan (reserve)</p>	<p>Grade 4 Boys</p> <p>Rupert Williams Campbell Woodgate Stuart Innes Charlie Bennett Will Schipper Wilfred McKibben Dane Furlonge (reserve)</p>
<p>Grade 5 Girls</p> <p>Grace Matthews Poppi Reynolds Addison Frerk Halo Schulz Remi Quarrell Imogen Lee Emma Shelton (reserve)</p>	<p>Grade 5 Boys</p> <p>Thomas Hartley David Joseph Archie Matthews Cameron Franks Koby Broadhurst Jesse Maxfield William Cackett (reserve)</p>
<p>Grade 6 Girls</p> <p>Georgia Freeman Bella Rose Marquis-Lopes Emmerson Lowry Fiadh McCormack Stella Hogarth Shae Anderson Stephanie Gardner (reserve)</p>	<p>Grade 6 Boys</p> <p>Phoenix Howard Hamish Williams Ethan Chapple Tim Innes Seb Hardinge Thomas Davie Solomon Boyle (reserve)</p>



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.

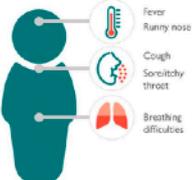
Call your GP or the Public Health Hotline 1800 671 738 to request a COVID-19 test

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](http://www.coronavirus.tas.gov.au)




Coronavirus (COVID-19)

**KEEPING YOUR DISTANCE.**

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.

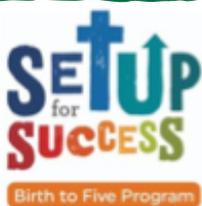
**TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.**

Advice regarding **Coronavirus (COVID-19)** will change regularly. Keep up to date. Visit [health.gov.au](http://health.gov.au)

HELP STOP THE SPREAD AND STAY HEALTHY

1.5M





## 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.

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.

We kindly ask that you continue to support us in offering Happy Hearts to our community by following our COVID safe guidelines:

\*Adults are to wear a mask

\*Please be conscious of social distancing

Weekly updates can be found at '[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](mailto:beth.rickerby@catholic.tas.edu.au)

We look forward to seeing you at Happy Hearts!  
Beth & Rebecca

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

**Facebook:**

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

**Pinterest:**

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

[sacredheartl/](http://sacredheartl/)

**S.H.S. Parents and Friends email**

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

**2022 Term Dates**

**Term 2 Monday 2.5.22 to Friday 8.7.22**

**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 Thursday 2.2.23 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 Thursday 14.12.23**

**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](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.**