



## Online Content:

### Website:

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

### School Email

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

The Canteen Orders  
Are Back!  
March 21st

See Page 11

Gala Day  
March 31st  
Grades 5&6

## Empathy

Last week our Grade 6 class travelled south to Dodges Ferry and the Tasman Peninsula to enjoy 3 days on their final camp at Sacred Heart. All camps present different sorts of challenges to children, and adults. Depending on the child this might range from

- Sleeping away from home
- Trying different meals
- Engaging in challenging activities
- Being patient amongst a group of 50 plus children
- Overcoming tiredness

Our Grade 6 leaders were challenged to rise to the occasion by reflecting empathy.

As a Catholic school we will always celebrate in prayer, and camp is no exception. Our liturgy on camp was from Matthew 5:16. The scripture reads

*'You are the light that gives light to the world. A city that is built on a hill cannot be hidden. And people don't light a lamp to hide it under a bowl. They put the light on a lampstand. Then the light shines for all the people in the house. In the same way, you should be a light for other people. Live so that they will see the good things you do.'*

We were asked to reflect on this passage with the following questions in mind

- What does this gospel story mean for you?
- How do you let your light shine?
- How can you make your light shine brighter?
- How can you help others let their lights shine?

Reflecting back over the camp there were hundreds of examples when children and adults let their lights shine. One of the enormous privileges of being Principal of Sacred Heart is observing the many daily examples of our community demonstrating empathy towards others.

Living in our diverse community there are times that really challenge us. Perhaps we are confronted with someone else's opinions or actions. Maybe they have done something to us or someone we hold close that upsets us. Life will sometimes present us with circumstances that aren't desirable. Regardless of the situation we are called to truly let our lights shine. Each one of us is special and unique, called to help others and enable their lights to shine and burn brightly.

As we continue our Lenten journey, consider this week how each one of us can be the best person we can be by shining our lights.

## Maree Mills

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Maree Mills, one of our wonderful Office Administrators has been successful in her application at Our Lady of Mercy Deloraine as Finance Officer. Maree starts in the next two weeks. We give thanks to Maree for her exceptional service to SHS, attention to detail and delightful manner.

We have advertised for Maree's replacement.

## Canteen

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Our school canteen service will recommence on Tuesday 21st March and Thursday 23rd March. Families are reminded to sign up to the Flexischools app. Remember to change your child's class from last year. All orders must be made by 9am on the day of the canteen.

## School Fair

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The SHS Parents and Friends are planning on organising a Fair for March 2024. For families who have been familiar with our past fairs you would be aware we rely on each family supporting the fair by assisting with stalls. Without this support we would not be able to facilitate a fair. Please email [pnf@sacredheartl.tas.edu.au](mailto:pnf@sacredheartl.tas.edu.au) with your details if you are able to assist in the 2024 fair.

**Brent Wilson**  
Principal



| March 2023 |        |  |           |   |   |      |
|------------|--------|--|-----------|---|---|------|
|            | Monday | Tuesday                                | Wednesday | Thursday  | Friday                                      |      |
| 12th       | 13th   | 14th                                   | 15th      | 16th<br>Instrumental Band<br>8:30am-9:30am<br>Instrumental Strings<br>11:30am-1pm                   | 17th<br>Whole School<br>Assembly<br>2pm-3pm | 18th |
| 19th       | 20th   | 21st<br>Board Meeting<br>5:45pm-8:15pm | 22nd      | 23rd<br>Instrumental Band<br>8:30am-9:30am<br>Instrumental Strings<br>11:30am-1pm                   | 24th<br>Whole School<br>Assembly<br>2pm-3pm | 25th |
| 26th       | 27th   | 28th                                   | 29th      | 30th<br>Instrumental Band<br>8:30am-9:30am<br>Instrumental Strings<br>11:30am-1pm                   | 31st<br>Gala Day                            | 1st  |
| April 2023 |        |  |           |   |   |      |
| 2nd        | 3rd    | 4th                                    | 5th       | 6th<br>Instrumental Band<br>8:30am-9:30am<br>Instrumental Strings<br>11:30am-1pm<br>Last Day Term 1 | 7th<br>Good Friday                          | 8th  |

| 2023 Dates  |
|---|
| <p><b>March</b><br/>Gala Day<br/>Friday 31st</p> <p><b>April</b><br/>Anzac Day March<br/>Tuesday 25th</p> |

| 2023 Term Dates   |
|---|
| <p><b>Term One:</b><br/>3 February - 6 April</p> <p><b>Term Two:</b><br/>26 April - 7 July</p> <p><b>Term Three:</b><br/>25 July - 29 September</p> <p><b>Term Four:</b><br/>17 October - 13 December</p> |



## ANZAC Day March

Tuesday 25th April 2023

On ANZAC Day students are invited to participate in the ANZAC Day March.

- Meet S.H.C.S. Staff and the School Captains at Princes Square at 9.15 am. The Sacred Heart school banner will be at the Frederick and St John Street entrance. The students will need to wear their full school winter uniform.
- The March form up commences at 09:45 am.
- The Civic Service will start at 10:30am and finish at approximately 11:30 am.
- Parents must collect their child from the teachers, as we cannot let students leave without seeing their parent or guardian.

**The service will start at 11.00 am and finish at approximately 11.45 am**

**The students will need to wear their full school winter uniform.**

**ANZAC Day March 2022**

## Gastroenteritis Outbreak

Public Health Service are aware of gastroenteritis (gastro) outbreaks in the community, including the education sector, and would like to remind parents to please remain vigilant for gastroenteritis and to put in place appropriate measures.

Infectious gastroenteritis ('gastro') is a short-term illness caused by infection and inflammation of the digestive system. Symptoms may include diarrhoea (frequent or loose stools), vomiting and abdominal pain. There are many causes of gastroenteritis, with the most common being a viral infection.

Infectious gastroenteritis is spread very easily. It may be spread via vomit and faeces (poo) of an infected person or contaminated objects, food or water.

Infection control recommendations:

- Children or staff who become unwell with vomiting and/or diarrhoea while at childcare or school should go home.
- Children and staff should not return to childcare or school until at least 48 hours after symptoms have resolved.
- Wash hands thoroughly with soap and water after any contact with a sick person
- Staff should supervise/ remind children to wash their hands before eating and after using the toilet.

<https://www.health.tas.gov.au/publications/viral-gastro-fact-sheet>



Our SETUP for Success program 'Happy Hearts' has made a great start to 2023.

We have a huge group of families connected to our Facebook group (176!) and each week we are welcoming over 40 children.

Our families are supporting their children's development through a wide range of play experiences.

All families with children aged 0-5 are welcome to join us on Thursdays.

See our regular newsletter post for details.



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'. Children aged Birth - 5 years old, including Kindergarten children, are welcome to join us in the Kinder Green room.

We have a choice of two sessions each Thursday:

**10:00 - 11:30 or 12:30 - 2:00**

Bring along a hat, water bottle and own individual fruit.

Weekly updates can be found at our

['2023 Happy Hearts SETUP for Success @ Sacred Heart Launceston'](#) 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

## 2023 NIJSSA Swimming Carnival

Last Thursday 36 students represented Sacred Heart at the NIJSSA Swimming Carnival. It was great to be back at the Riverside Pool for this event and have parents back supporting our team. All members of the team are to be congratulated for the fantastic effort and sportsmanship displayed. Thank you to June Ramirez and Lauren Innes who volunteered on the day. Sacred Heart finished third overall out of the nine participating schools. Congratulations to the following DIV 1 winners:

66m Freestyle Gr 4 Girls - Arlie Reeve

33m Breaststroke Gr 6 Girls - Addison Frerk

33m Backstroke Gr 3 Boys - Carter Medwin

4 x 33m Freestyle Relay Gr 3 Boys - Nate Reeve, Carter Medwin, Jackson Hayes & Miller Pendrey



## SACRAMENTAL DATES for RECONCILIATION

### *Information Parent Meeting*

Tuesday 21st February @ Launceston Catholic Pastoral Centre

44 Margaret St, Launceston

### *Welcome and Commitment Masses*

Candidates wishing to receive the Sacrament of Reconciliation need to attend one Mass on any of the dates below.



**DATE :** 4<sup>th</sup> or 5<sup>th</sup> March

Candidates may attend any Mass. These are listed below

Sacred Heart Church, Newstead – Saturday Vigil 6pm

St Finn Barr's Church, Invermay – Sunday 9am

St Patrick's College Chapel, Prospect – Sunday 10am

Church of the Apostles, L'ton – Sunday 10:30 am or 6:30pm

### ***FAITH SHARING @ Church of Apostles***

Candidates wishing to receive the Sacrament of Reconciliation need to attend these three faith sharing sessions. Each session may take approximately 30 minutes, but the Church is open for the times listed below.

WHEN: Session ONE: 6th or 7th March 3:30pm – 7pm

Session TWO: 3rd or 4th April 3:30pm – 7pm

Session THREE: 1st or 2nd May 3:30pm – 7pm

### ***SACRAMENT of RECONCILIATION***

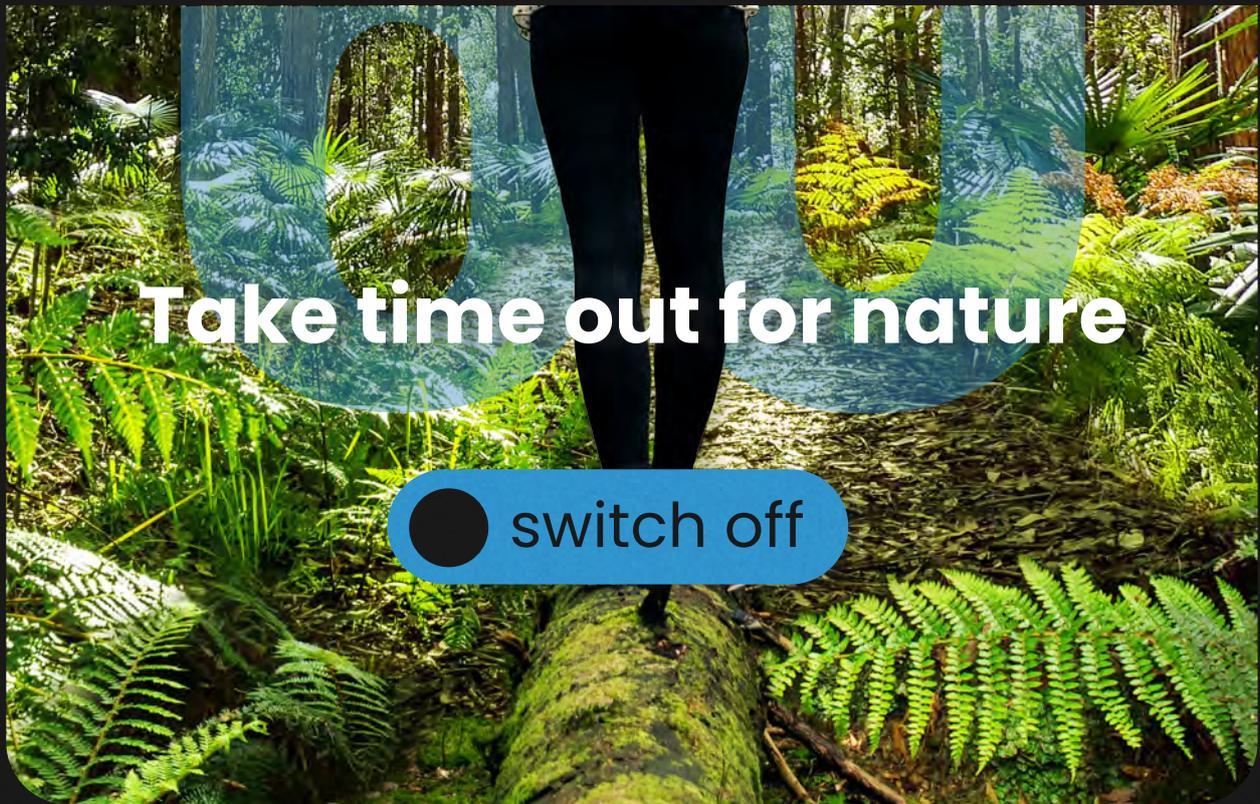
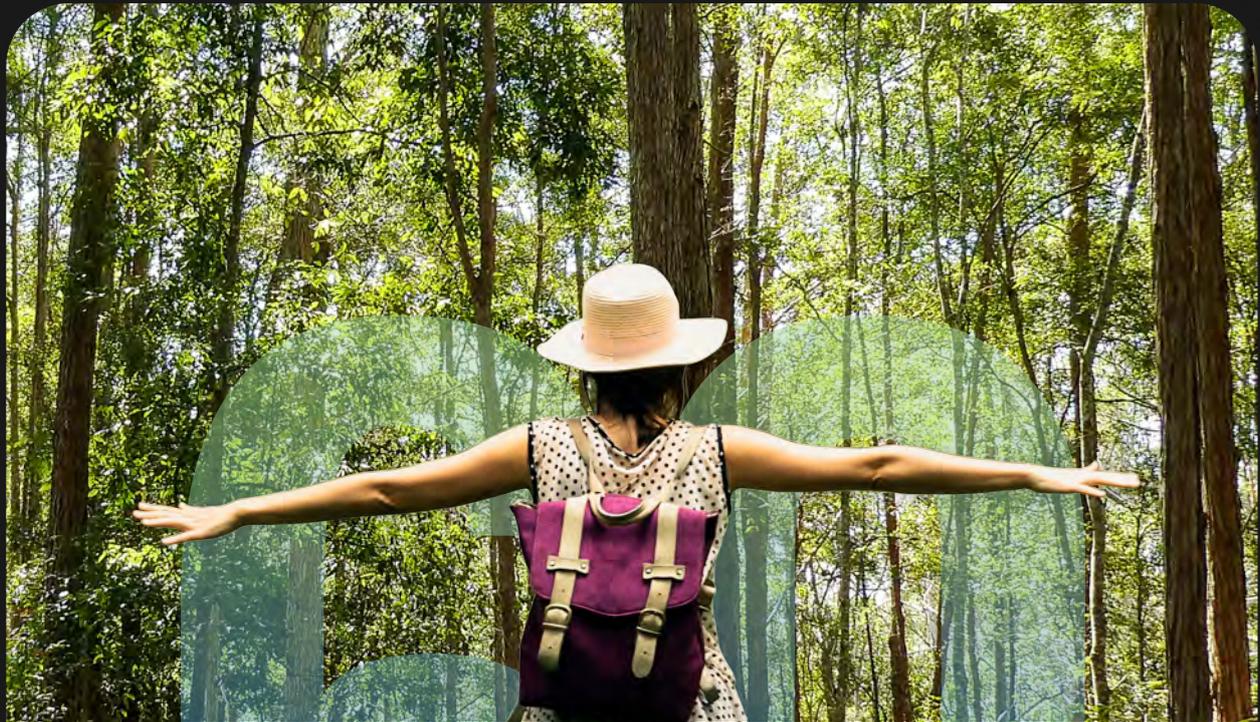
Sacred Heart Church, Newstead 16th May

For further information please contact

Rosie Caelli

[pltn-sacraments@AOHTAS.ORG.AU](mailto:pltn-sacraments@AOHTAS.ORG.AU)





Take time out for nature

switch off



Friday March 24  
We're an Earth Hour school

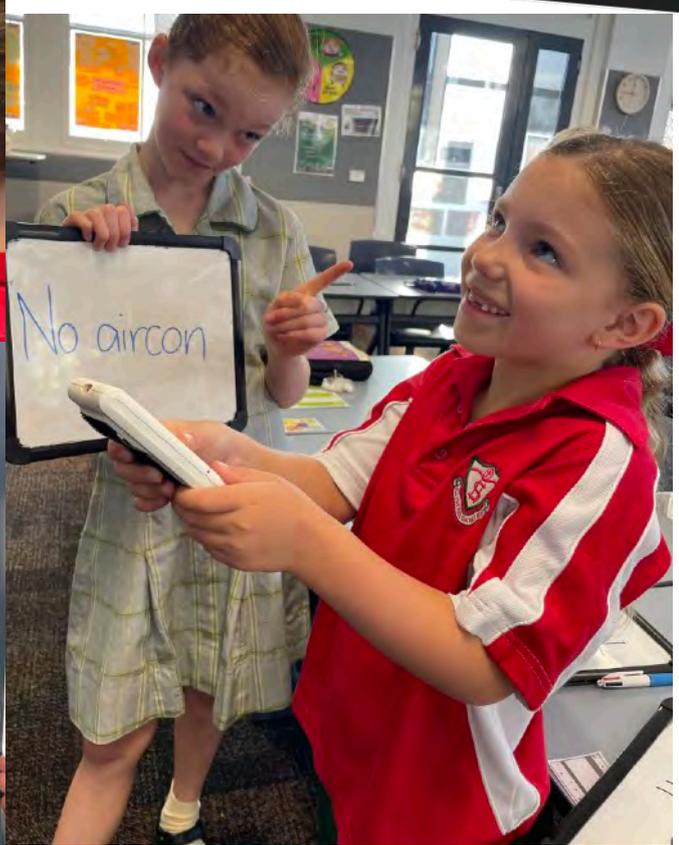
[earthhour.org.au](http://earthhour.org.au)





Friday March 24  
We're an Earth Hour school

earthhour.org.au





earthhour.org.au

Friday March 24

We're an Earth Hour school



# REGISTER



**1** Go to [www.flexischools.com.au](http://www.flexischools.com.au) and select the **REGISTER** option and enter your email address.



**2** You will be sent a registration email. Click on the link in the email to complete the registration.



**3** Fill in your details on the Registration Form and click "submit".



**4** Add your students, select their school and class.

# ORDER

[flexischools.com.au](http://flexischools.com.au)



**1** Go to [www.flexischools.com.au](http://www.flexischools.com.au) and select the **LOGIN** option. Click on "Start an order" for your student.



**2** Select the service you wish to purchase from. You can also set up orders in advance.



**3** Add each of your items. Extras and options will appear where relevant to the item.



**4** Select your payment option. Pay for the one order or "top up" your account. Complete payment to place order.



## HOW TO PLACE A CANTEEN ORDER



WITH *flexischools*

- 1** Click "Order food" at the top of the home page on your app.
- 2** Select the child you want to order for, then the date you wish to receive your order on.
- 3** Choose the food items you wish to purchase, then select "Confirm Order".
- 4** Choose your desired payment option.
- 5** Press "Place Order" to confirm your purchase.

**ENJOY!**

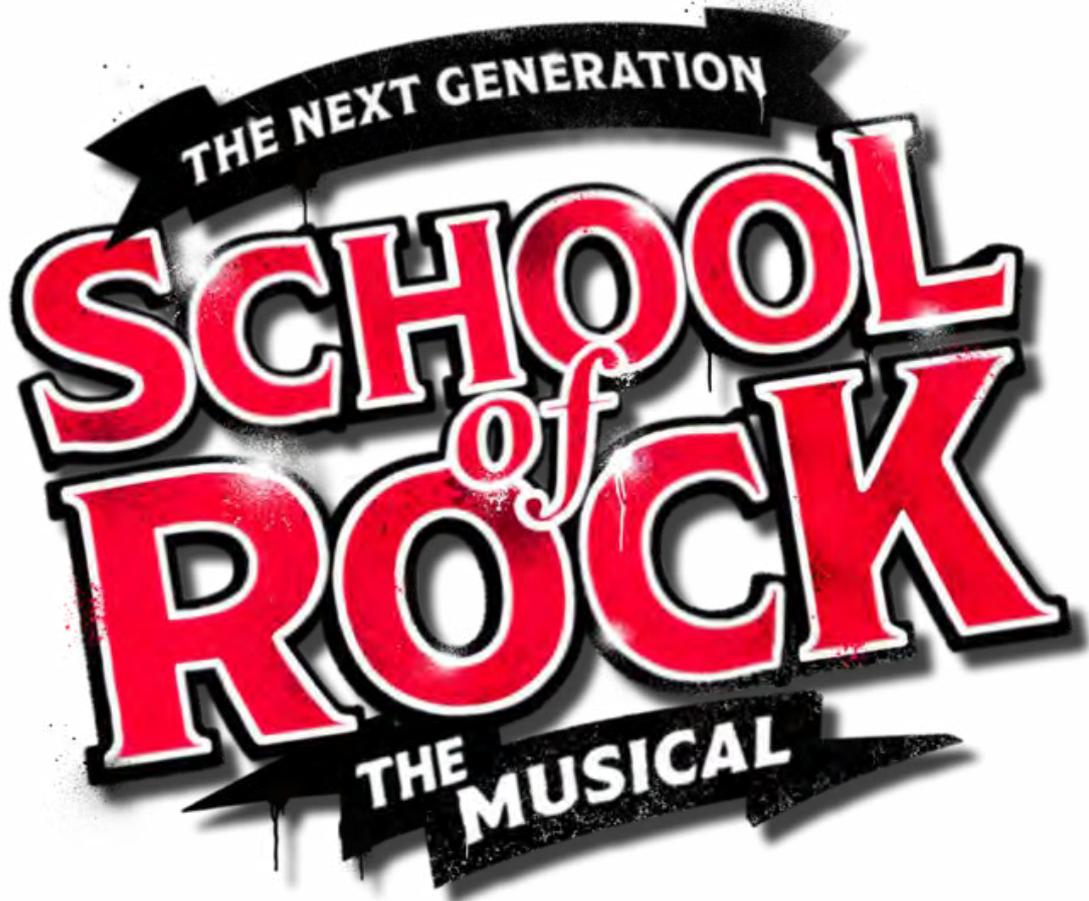


**Download Flexischools app**

## The Spirit of Jesus is Alive in:

|                      |  |   |
|----------------------|--|---|
| <b>Prep Red</b>      | <b>Sulli Lovatt</b> - for his fantastic effort and participation during mat time this week   | <b>Polly Cleaver</b> - for her consistent positive attitude towards learning  |
| <b>Prep Green</b>    | <b>Zara Hall</b> - for her positive attitude towards all aspects of school   | <b>Patrick Lynch</b> - For trying really hard to listen carefully during whole class mat time   |
| <b>Grade 1 Red</b>   | <b>Maya Harmon</b> for her exceptional resilience!<br><b>Harry Polley</b> for his focus and determination!   | <b>Hugh Beechey</b> for his awesome attitude!<br><b>Inuki Parana Hewage</b> for her extremely positive attitude to learning!  |
| <b>Grade 1 Green</b> | <b>Evie Richardson</b> : for working well on all tasks   | <b>Harvey Fletcher</b> : for being an enthusiastic learner  |
| <b>Grade 3 Red</b>   | <b>Nicola McNeil</b> - for her perseverance and positive attitude to learning.   | <b>Christian Kley</b> - for his contributions to class discussions.   |
| <b>Grade 3 Green</b> | <b>Noah Spencer</b> For His enthusiasm and hard work with his maths jobs. Awesome work, Noah!  | <b>Eva Miller</b> For Her enthusiasm with writing tasks. Eva has created very engaging and creative short stories. Great job, Eva!  |
| <b>Grade 4 Red</b>   | <b>Lincoln Hailey</b> for being a confident and independent member of our class.   | <b>Ruby Adams</b> for displaying a positive and responsible attitude to her learning.   |
| <b>Grade 4 Green</b> | <b>Travis Calabro</b> for sharing his love of science with such pride and gusto.<br><b>Raphie Rossilli-Morrison</b> for showing incredible kindness to all and always being determined to give tasks a red hot go. | <b>Phoebe Spencer</b> for showing us all that genuine kindness and a gentle can soul can take you far in life<br><b>Tom Bishop</b> for having a can-do attitude towards all and any tasks put to him. |
| <b>Grade 5 Red</b>   | <b>Wilfred McKibben</b> - For being a positive role model to his peers.  | <b>Adam Clark</b> - For your outstanding enthusiasm during our Andrew Chinn workshop.   |
| <b>Grade 5 Green</b> | <b>Sylwester Szyrka</b> for your fantastic work ethic but additionally the patience and kindness you show every single one of your peers. You are amazing!   | <b>Jaxon Baker-Law</b> for the absolute dedication you have to all aspects of your learning!  |
| <b>Grade 6 Green</b> | <b>Grace Matthews</b> - her resilience and positive outlook on camp<br><b>Nate Jeohcott</b> - for his excellent active participation on camp   | <b>Lily Champ</b> - her persistence and effort in class.  |

# ST PATRICK'S COLLEGE PRESENTS



THE NEXT GENERATION

# SCHOOL *of* ROCK

THE MUSICAL

BASED ON THE PARAMOUNT MOVIE WRITTEN BY MIKE WHITE

MUSIC BY ANDREW LLOYD WEBBER      LYRICS BY GLENN SLATER      SCRIPT BY JULIAN FELLOWES

WEDNESDAY 3 MAY TO FRIDAY 5 MAY | 7:00PM  
FRIDAY 5 MAY | MATINEE 11.00AM

GET YOUR **TICKETS** TODAY!  
[WWW.THEATRENORTH.COM.AU](http://WWW.THEATRENORTH.COM.AU)

**P: 6331 0052**

PROTECTING YOURSELF AND OTHERS FROM CORONAVIRUS

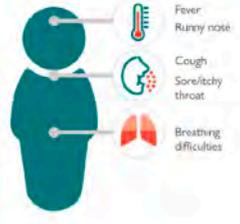


## COVID-19 testing for all Tasmanian residents

### 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)




# 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**



## Clothing Pool Info

Orders can be emailed to [shs.clothingpool@catholic.tas.edu.au](mailto:shs.clothingpool@catholic.tas.edu.au) and will be left at the school office for collection.

### A reminder of School Uniform for 2023

Kinder, Prep and Grade 1 wear sports uniform all year  
 Grade 2 to Grade 6 wear full school uniform - Summer and Winter

**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, Prep Grade 1 - Sports Uniform All Year

Grade 2 and 3 (Sports Uniform Thur and Fri )

Grades 4 (Sports Uniform Tuesday and Friday)

Grades 5 (Sports Uniform Wednesday and Friday)

Grades 6 (Sports Uniform Tuesday and Friday)

**School Times**

8.55am Classes commence

11.00am First Lunch Break

11.30am Classes recommence

1.30pm Second Lunch Break

2.00pm Classes recommence

2.55pm Classes dismissed

**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.

**2023 - Lunch Orders will not be available for at least the first 5 weeks of Term 1.**

**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)

**2023 Term Dates**

**Term 1 Friday 3.2.23 to Thursday 6.4.23**

**Term 2 Wednesday 26.4.23 to Friday 7.7.23**

**Term 3 Tuesday 25.7.23 to Friday 29.9.23**

**Term 4 Tuesday 17.10.23 to Wed 13.12.23**

**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.**