



Online Content:

Website:

www.sacredheartl.tas.edu.au

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shsl@catholic.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

Green Day
Thursday
September 14th

Athletics Carnival
Friday Sept 15th

Book Club
Catalogue 6
School Orders Due by
Friday Sept 15

Instrumental Strings
Soiree Sept 28th
5pm St Pats

Last Day of Term
Sept 29

Colour Run
Friday, October 27th

Save the Date
Grandparent's Day
Wed, November 1st

Master Planning.....

'Sincerity and truth are the basis of every truth' (Confucius)

In the ancient Roman Empire one way people displayed their status was by the number of carved statues of the gods they erected round their courtyards.

As a result, the statue industry grew. Of course, there were good and bad sculptors and good and bad shopkeepers. As people demanded more and more statues to show off their wealth and importance, sculptors began to take shortcuts. They saved money by using poor quality marble. This was often flawed so they used wax to hide the cracks and chips. Most people couldn't tell the difference.

But there were two problems. Italy has very hot summer weather and the ancient Romans were very good at heating their houses in cold weather. Statues began to melt in the heat. If you wanted to buy a good quality statue that didn't melt, you had to go to the best shops and ask for statues that were labelled sine cera, which translates in English to without wax.

Today, we too look for the real thing not only in the things we buy but especially in friends, our heroes and our leaders. We look for people who are sincere, the word we now use from the old phrase sine cera. Sincere people usually have integrity. You know you can believe them and trust them. They do what is right, not what is fashionable. They live lives based on their values. They don't say one thing and do another.

Learning to see beneath the surface is one of the most important lessons in life. Sadly, some people are taken in by big talk and media popularity, Instagram looks and expensive possessions. They forget that often the people who try hardest to impress are often the least impressive. We all know what is good and what is bad, what is right and what is wrong. We see it in others and, if we are honest, in ourselves.

All of us can name people who we admire for their sincerity. I wonder would we be named for our sincerity? I wonder would you be able to name yourself? After all at the end of each day it is only us that can change our behaviour.

You can't fake sincerity!

Appreciate the good people in your life. Connect with them and go create something special.

'Speak with honesty, think with sincerity, act with integrity.' (Anonymous)

Road Safety

In recent days we have noticed a small number of illegal and dangerous actions in and around the roads near Sacred Heart. The following actions have been identified

- Children crossing the road without adult supervision
- Children running across the road
- Children not using traffic lights when they are available
- Adults double parking
- Adults parking in bus zones and no parking zones

We are very concerned that a child or an adult may be harmed by these actions. None of us want to imagine the impact an accident would have on our community.

It seems to me these illegal actions happen because of carelessness and impatience.

Please take a moment to reflect on the importance on following road safety rules and putting the safety of every child and adult before any need to 'get some where quickly'.



Social Media

What Happens When You Use Your Phone Around Your Kids?

When it comes to parenting in the digital age, it's crucial for parents to be aware of their smartphone usage around their kids. Studies have shown that the more often parents are engrossed in their smartphones in front of their children, the lower their children's emotional intelligence can be.

Emotional intelligence refers to the ability to recognise, understand, and manage one's own emotions. It is an important skill that can be developed and varies from person to person. Research conducted by Robin Nabi, a professor of communication at UC Santa Barbara, focused on how different forms of media use impact children's emotional intelligence.

The study involved 400 parents of children aged five to twelve. Parents were asked to assess their children's emotional awareness, control, and concern for others. They also reported their own media use, including television, computers, game consoles, tablets, and smartphones. Additionally, parents recorded the frequency of their children's engagement in activities such as reading, listening to music, and outdoor and indoor play.

The findings revealed that the only factor associated with lower child emotional intelligence was parental use of cell phones in the presence of their children. This means that when parents were absorbed in their smartphones while their children sought their attention, it had a negative impact on their children's emotional intelligence.

The key takeaway for parents is to be more mindful of their smartphone usage when around their children. The message conveyed to children by where parents' eyes are focused is significant and shapes what children perceive as important. Being present and engaged with your children is crucial for their emotional development.

On a positive note, the study reinforced the timeless advice for parents to stay involved with their children. In the digital age, this involves monitoring and guiding their social media content, ensuring a healthy and balanced digital experience.

Acknowledgement: Keith Hamm | Greater Good Magazine June 2, 2023
Full Article: [What Happens When You Use Your Phone Around Your Kids](#)

September 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
3rd	4th Dance Fit Gr3-6	5th Instrumental Band Soiree 5pm-6pm	6th Maths Olympiad 12:30pm-1:30pm	7th Instrumental Band 8:30am-9:30am Instrumental Strings 11:30am-1pm	8th No Assembly Gala Day	9th
10th	11th Dance Fit Gr3-6	12th P&F Meeting 7:30pm-9pm	13th	14th Instrumental Band 8:30am-9:30am Instrumental Strings 11:30am-1pm Green Day	15th No Assembly Athletics Carnival Gr3-6	16th
17th	18th Dance Fit Gr3-6	19th Board Meeting 6:30pm-8:30pm Prep Excursion Gr6 Movie Night 6-8pm	20th	21st Instrumental Band 8:30am-9:30am Instrumental Strings 11:30am-1pm	22nd Assembly 2:10pm Shorts Day	23rd
24th	25th Dance Fit Gr3-6	26th	27th	28th Instrumental Band 8:30am-9:30am Instrumental Strings 11:30am-1pm Instrumental Strings Soiree 5pm (St Pats)	29th Assembly 2:10pm Last Day of School Footy Colours Day	30th

2023 Dates

September

Gala Day
Friday 8th
Green Day
Thursday 14th
Grade 3-6 Athletics Carnival
Friday 15th
Subway Lunch
Friday 29th

October

Colour Run
Friday 27th
Term 4 Begins
Tuesday 17th

November

Grandparent's Day
Wednesday 1st

2023 Term Dates

Term Three:

25 July - 29 September

Term Four:

17 October - 13 December

2024 Term Dates

Term One:

Wed 7 February - Thur 11 April

Easter Break

Fri 29 March - Tue 2 April

Term Two:

Mon 29 April - Fri 5 July

Term Three:

Tue 23 July - Fri 27 September

Term Four:

Tue 15 October - Tue 17 December



This week we celebrated Nude Food Day at Sacred Heart, where students are encouraged to use less packaging in their lunchboxes, developing sustainable, environmentally friendly habits. Thank you to our Parents and Friends Association who supported this event by making fruit salad for our students.





INSTRUMENTAL BAND SOIREE



Wellbeing Lessons



PHYSICAL WELLNESS

This week at Sacred Heart, we have been getting active as a whole school community. We have been walking laps of the oval and trying to 'reach the top of Australia'. We have been supporting this focus on our physical health by practising Yoga in Wellbeing Lessons.

Early Childhood students have been improving their flexibility, balance and strength while having fun learning the Yoga poses that you can see here.

With each pose, we affirm; 'I am brave, I am kind, I am strong and I am friendly.'

Research suggests that Yoga is not only a relaxing activity but one that can reduce stress and anxiety. It can also support emotional regulation and boost self esteem.

In addition, classes have been exploring the habits that help us to be healthy;

- Eat plenty of fresh fruit and vegetables
- Drink lots of water
- Get plenty of exercise
- Wash your hands before eating
- Walk often
- Brush your teeth twice a day

Ask your child to lead a family Yoga session at home

Suze Chapple
Pastoral Care



The Spirit of Jesus is Alive in:

Prep Red	Flynn Johnston - for showing great improvement in his placement of letters when writing on lines	Isobel Pintarich - for showing great improvement with decoding and blending sounds
Prep Green	Ruby Douglas - for a fantastic effort with	Finneus Hart - For your fantastic participation during our Math Daily Review
Grade 1 Red	Oliver Gordijn - For your enthusiasm and curiosity displayed during our excursion to the museum.	Marlee Barnard - For your excitement during our excursion to the museum.
Grade 1 Green	Jack Shea for being a kind, caring friend	Sophie Dawson for great work in all areas this week
Grade 2 Red	Lucy Neighbour for taking her time and producing some beautiful art.	Lola Rickerby for sharing some great ideas in HaSS.
Grade 2 Green	Mason Calabro - For fantastic focus during our visit to the Planetarium.	Ivy Adams - For displaying sustained effort with independent writing and punctuation.
Grade 3 Red	Harrison Davey - for his engagement in our Daily Math Reviews.	Addison Russell - for active participation and engagement in our Daily Literacy Reviews.
Grade 3 Green	Violet Appleby - Her improved focus and perseverance in our Mathematics lessons. Well done, Violet!	Joby Redman - His focus and growing confidence in our Mathematics daily reviews. Well done, Joby!
Grade 4 Red	Ellie Broadhurst - for always concentrating on carefully presenting her work.	Mason Lionetti - for offering more of his thoughts and opinions in whole class discussions.
Grade 4 Green	Fletcher Fogarty - For an increased effort in focus this week during classroom learning.	Will Richardson - For an improvement in self management and great maths work this week.
Grade 5 Red	Adam Clark - For your willingness to read aloud in class. Lexi Johnston - For your expression and fluency when reading aloud.	Aria Palmer - For your outstanding effort in our division unit. James Lynch - For your willingness to challenge and extend yourself during Maths lessons.
Grade 5 Green	Rupert Williams for your cheerful, upbeat and positive attitude as well as your fantastic sense of humour. You make me smile every single day Rupert.	Logan Bradford for the fantastic effort you have been showing to complete work to a high standard. Keep it up!



Fundraise for your chance to WIN some fantastic prizes!



DEVONPORT 2023

DEVONPORT BLUFF

Enter & Pay
via Compass
Closes Friday
15th September

Grades 3-6
Fri 24th November 2023

FUNDRAISING
schoolstriathlonchallenge.tasmania.gofundraise.com.au

- FURTHER EVENT INFO**
- » www.schoolstriathlonchallenge.com
 - » Tim Smith - 0417 552 181
 - » timsmithevents@gmail.com
 - » Your P.E. Teacher



SWIM BIKE RUN

SCHOOLS TRIATHLON CHALLENGE

thanks to our sponsors



thanks to our supporters



SACRAMENTAL DATES for CONFIRMATION

And FIRST EUCHARIST

Welcome Rites

All mass centres

Saturday 3rd and Sunday 4th June

FAITH SHARING @ Church of Apostles

Session 4

WHEN: 11th and 12th September 3.30pm - 7pm

****Celebration of Confirmation
(Church of Apostles - 24th August)***

****Faith and Fun Day
(St Ailbe's Hall - 25th August)***

****Warm up Reflection
(Pastoral Centre - 7.30pm 5th September)***

****Presentation of the Lord's Prayer
(All Masses 9th and 10th September)***

****Sacrament of the First Eucharist
(all Masses - 23rd and 24th September)***



Sacred Heart will be supplying a morning tea celebration for our First Eucharist recipients after the 10.30am Mass on the 24th of September, in the Presentation Gym.

********Please could all our candidates receiving their First Eucharist provide a plate - and deliver to the Presentation Gym prior to Mass********

For further information please contact Rosie Caelli
pltn-sacraments@AOHTAS.ORG.AU

NANO'S CORNER

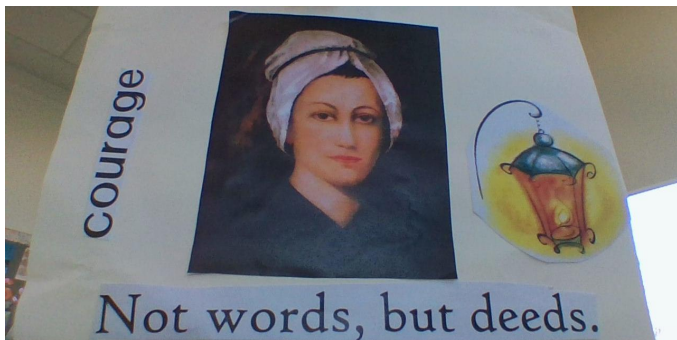


Nano Nagle: "If I could be of service in serving souls in any part of the world, I would gladly do all in my power"

This week's recipients i

Imogen Lee: Imogen showed great positivity and showed many actions that Nano would do.

Harrison Polly: Harrison showed great responsibility and showed many actions that Nano would do.



Halo Schulz and
Cooper Bassett



ST PATRICK'S SHAMROCKS JUNIOR CRICKET CLUB

2023-24 SEASON REGISTRATIONS NOW OPEN



St Patrick's Shamrocks are looking forward to building a strong junior program this year and would like to welcome old and new players to fill Under 12s, 14s and 16s as well as Girls Under 14s and 17s. Further details about training dates and times to be advised.

Cricket Blast will continue again Tuesday nights at St Patrick's College. For more information on the program visit <https://play.cricket.com.au/play/woolworths-cricket-blast>

Registrations now open for Cricket Blast and junior teams

<https://www.playhq.com/cricket-australia/org/westbury-shamrocks-cricket-club/d5fcda6e/register>

Any enquiries please contact Nick Spencer (St Pat's Shamrocks Junior Co-Ordinator) on 0407 097 011 or email: nick@jbb.com.au

U14 BOYS NORTH

CAR WASH

SATURDAY 9TH SEPTEMBER
12PM - 3PM

SACRED HEART CAR PARK
MARGARET STREET



Come and meet the boys as they wash your car for a donation. All funds raised will support the costs of their upcoming trip to Victoria for the Club Nationals.



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

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

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


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



HELP STOP THE SPREAD AND STAY HEALTHY



Clothing Pool Info

Orders can be emailed to

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 , 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 Monday 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.

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

2023 Term Dates

Term 3 Tuesday 25.7.23 to Friday 29.9.23

Term 4 Tuesday 17.10.23 to Wed 13.12.23

2024 Term Dates

Term 1 Wednesday 7.2.24 to Thursday 11.4.24

Easter - Fri 29th March - Tue 2nd April

Term 2 Monday 29.4.24 to Friday 5.7.24

Term 3 Tuesday 23.7.24 to Friday 27.9.24

Term 4 Tuesday 15.10.24 to Tuesday 17.12.24

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.