



Online Content:

Website:

www.sacredheartl.tas.edu.au

School Email

shsl@catholic.tas.edu.au

Facebook:

facebook.com/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

NIJSSA Swimming
Carnival
Friday March 8th

Public Holiday
Monday March 11th

School Fair
Friday Mar 15th

Gala Day
Friday
March 22nd

Good Friday
March 29th

Nurturing Self Advocacy in Your Child

Empowering your child with the skills of self-advocacy from a young age lays the groundwork for their future success and resilience. Here's a guide to help you foster these essential abilities in your child:

- **Cultivate Identity and Values:** Encourage open discussions with your child about their interests, strengths, and needs. Simple questions like, 'What do you enjoy doing?' or 'Do you need help with that?' foster self-awareness and confidence.
- **Build Confidence:** Role-playing scenarios, such as approaching a teacher about a concern, can boost your child's confidence. Start with small steps and offer positive feedback to reinforce their progress.
- **Enhance Problem-Solving Skills:** Encourage your child to tackle real-life situations and conflicts. Role-play different solutions and discuss the outcomes to develop their problem-solving abilities.
- **Foster Decision-Making:** Allow your child to make simple decisions and gradually increase complexity as they grow. Discussing the pros and cons of choices helps them learn to advocate for their preferences.
- **Encourage Goal setting:** Help your child identify their goals and brainstorm strategies to achieve them. Whether it's fundraising for a cause or mastering a new skill, setting, and pursuing goals builds determination and self-advocacy.
- **Establish Personal Boundaries:** Teach your child to assert their boundaries in a respectful manner. Activities like the 'circle of friends' can help them understand and communicate their comfort levels.
- **Manage Emotions:** Support your child in understanding and regulating their emotions. By learning to stay calm and composed, they can effectively express themselves when advocating for their needs.
- **Understand Rights and Responsibilities:** Introduce your child to their rights and responsibilities using child-friendly resources. Emphasize the importance of respecting others while asserting their own rights.

Empower your child to become a confident self-advocate, equipped to navigate life's challenges with resilience and integrity. By nurturing these skills, you're preparing them for a future where they can confidently advocate for themselves and others.

Principal Meetings

Tasmanian Catholic School Principals gather as a collective 4 times a year. Our first statewide meeting will be next week in Hobart.

I will be away from school for the week, supporting the Grade 5 Camp Monday - Tuesday and at Principal meetings for the remainder of the week.

Adele Murphy, Deputy Principal is available to answer any questions.

Grade 5 Camp

Next week Grade 5 heads to Camp Clayton on the North West Coast of Tasmania. The camp consists of many outdoor activities that are designed to

- Build class spirit
- Develop confidence in children
- Experience different opportunities
- Encourage leadership skills in one of our senior grades
- Develop an increased understanding of children and the adults they work closely with.

We wish all of our Grade 5 campers and adults the very best for a truly memorable and enjoyable three days.

SHS Swimming Carnival

Last Friday the 2024 SHS Swimming Carnival was held at Riverside Pool. Congratulations to the children of SHS for their exceptional performances, attitude and team spirit. Thanks to the families who supported the carnival, the parents and staff who assisted as officials. A big thanks to Mr Anderson for organising another wonderful day for our school.

Congratulations to the all conquering staff relay team who won the Staff/Parents/Students relay. Our team of Hannah Williams, Cam Illingworth, Dom Lovatt and John Anderson broke a 27 year drought.

Congratulations to YOUNG House for winning the carnival.



Brent Wilson
Principal



Sacred Heart

CATHOLIC PRIMARY SCHOOL LAUNCESTON

Strategic Priorities 2024

Catholic Identity

Making disciples of all - To continue enhancing our Catholic Identity with the whole school community and strive to give witness through all our words and actions.

Curriculum - Implement a knowledge-rich, systematic RE curriculum, teacher professional development, and resources based on the Science of Learning for every school actions.

Learning - Insight

Consistently apply the principles of the Science of Reading (SoR), Literacy Project (Literate Learners for Life - every student, every subject, every year), and Science of Learning (SoL) to improve the achievement of all students

Principles of evidence-based high-impact teaching will be visible in every class, every day.

Leadership

Staff - Empower staff to develop skills and knowledge to lead.

Students - Supporting students to build skills and knowledge to lead.

Mission

Continue to show unconditional positive regard for all community members, especially those who are marginalized or suffering trauma.



All for the Sacred Heart

Wellbeing Lessons



Our Sacred Heart students have done an amazing job of settling into the routines of a new school year. Our classrooms and playgrounds are buzzing with happy and excited children.

We do acknowledge though, that saying goodbye in the mornings can be tricky for many of us. Often a weekend, an illness or a break in routine can exacerbate this. I would love to share some useful strategies for making mornings smoother.

Expect emotion - feeling nervous or worried about leaving a parent in the morning is normal, so expect that your child may experience these emotions, even if they haven't before. In these situations, keeping your emotions in check is critical as your child is aware of your feelings and sensitive to non-verbal cues. Children watch the adults in their lives and read faces to determine how they should feel. If you can manage a smile, it will help them know they are safe in their school environment.

Acknowledge how your child is feeling - It is important to accept and respect a child's temporary unhappiness as it is very real and very normal. Ensure you have enough time in the mornings and speak calmly and positively. You could say things like "I know you feel sad when Mummy leaves, but you will have fun and I will be back very soon." Learning to cope with sadness is an important learning process for your child.

Create a goodbye ritual - children love consistency and a goodbye ritual can be calming. You could consider a specific song to play in the car, giving your child a kiss to "hold" in their hand while you're away, singing a special "see you later" song together, or giving an extra big bear hug. A quick goodbye, a kiss, a cuddle and telling your child that you will be back will also help them feel safe, relaxed, and comfortable.

Trust your child's teacher - While you are creating a new relationship with the teacher in your child's classroom, keep in mind that your child's teacher is trained to help your child develop social and emotional strategies, offering appropriate redirection. Most often a child will stop crying as soon as you are a few steps away. You will always be contacted if this is not the case.

Separating from a family member can be tricky, but I hope these ideas are a reminder that allowing enough time, staying positive and trusting the process is critical at this time. This phase is one of many steps forward in the growth and independence of your child. While it might feel strange taking a small step back, the staff at Sacred Heart are here to support you.



Sacred Heart Catholic School			God is always with us.		2024 Newsletter	
March 2024						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1st Assembly 2:05pm-2:50pm	2nd
3rd	4th Clean Up Australia Day	5th	6th	7th	8th NIJSSA Swimming Carnival Assembly 2:05pm-2:50pm	9th
	Grade 5 Camp					
10th	11th Public Holiday	12th P&F Meeting 7:30-9pm	13th	14th Instrumental Band & Strings Begins 10am-1pm	15th Assembly 2:05pm-2:50pm SCHOOL FAIR	16th
	Grade 6 Camp					
17th	18th	19th Board Meeting 6:30-8:30pm	20th	21st Instrumental Band & Strings Begins 10am-1pm	22nd Assembly 2:05pm-2:50pm Gala Day Gr5/6	23rd

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

2024 Term Dates**March**

Grade 5 Camp Mon-Wed 4th-6th

NIJSSA Swimming Carnival - Friday 8th

P&F Meeting - Tuesday 12th

Grade 6 Camp Tues-Thur 12th-14th

Instrumental Band & Strings Begins - Thursday 14th

School Fair - Friday 15th

Board Meeting - Tuesday 19th

Gala Day Gr5-6 - Friday 22nd

April

Student Free Day - Friday 12th

2024 SHS SWIMMING CARNIVAL

Last Friday our students in Grades 3-6 participated at the annual SHS Swimming Carnival at the Riverside Swimming Pool. All of our students are to be congratulated for the wonderful sportsmanship and determination displayed. A big thank you to the following volunteers: Brent Pendrey, Stacey Pendrey, Lauren Innes, Megan Brown, Anne Jordan, Alison Johnson, Lauren Liddell, Kimberley Brown, Jackie McKibben, Stacey Howard, Linda Hailey, Jess Foley, Tarnya Frost, Danielle Baker, Mandy Jones, Lincoln Richardson, Lucinda McNeil, Justin Goebel, Kim Barrett and Luci Wilson. Congratulations to Young house for winning the carnival for the second year in a row. We now look forward to the NIJSSA Swimming Carnival next week.



Brixhibition Kids Comp 2024

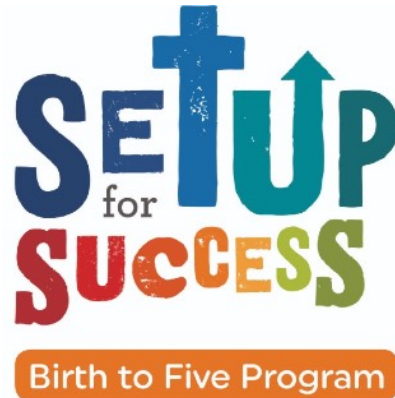
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The Tasmanian Brick Enthusiasts Inc. and Brixhibition invite all Primary School aged students in the Northern Tasmania area, to compete in an individual Lego Competition.

Students who would like to enter need to bring their Lego creation to the Gym Mezzanine on **Tuesday 19th or Wednesday 20th of March between 8.30-9.00am** with the completed entry form.

Click/Tap the link below for more information

https://www.sacredheartl.tas.edu.au/files/5017/0855/3662/Brixhibition_Newsletter_Compass.pdf



Happy Hearts 2024

We have a choice of two sessions each Thursday

10:00 - 11:30

or

12:30 - 2:00

Please join our new 2024 Facebook group to receive weekly updates.

2023 families also need to join the 2024 group, as our current page will close.

Our new link is - [2024 Happy Hearts Setup for Success. SHCS Launceston](#)

Please feel free to email us too beth.rickerby@catholic.tas.edu.au

We look forward to seeing you at Happy Hearts in 2024!
Beth & Rebecca

Music Program 2024

The below link will give you both the
Catholic Primary School Information Booklet
and Enrolment Form.

<https://www.stpatricks.tas.edu.au/our-community/catholic-primary-school-music-program>

****Please note payment for the music program will be due end of term 1
and payable through the Compass App.****



Your Parents and Friends Fair Committee have been working hard planning this event for our school community.

The SHS Twilight Fair has been a long tradition each year for our school, raising major funds for playground equipment and school resources. Of course the Covid-19 period and restrictions have delayed this event for a couple of years but now there is no stopping this enthusiastic committee who are passionate in offering an evening of fun and entertainment, building our community spirit.

Introducing your Fair Committee

Fair Coordinators- Abby Osborne and Kirstie Burnie

Food Coordinator- Abby Osborne

Non Food Stall Coordinator- Rebecca Millwood

Entertainment Coordinators- Kayla Farran and Reannah Douglas

- Parent Rosters for help on the night will be available in Feb 2024

FAIR FUN AND ENTERTAINMENT

There will be so much to see and do at the Twilight Fair. Here's what you have to look forward to:

- Face Painting, Tattoos and Hair Braiding
- Lucky Dip
- Games, Activities and Rides
- Win a prize on the Chocolate Wheel
- Stalls- Cakes, White Elephant, Plants and Produce, Fairy Floss
- Plenty of Food, Drinks, BBQ, Coffee and Ice cream and sweet treats
- SPC Band
- And sooo much more.....

SHS Fair Grade 5 Stall - Treasure Chest

It is a long standing tradition that the Grade 5's operate the Treasure Chest for our school Twilight Fair held on Friday 15th March from 5pm. Over the next two weeks, Grade 5 students will be selling Treasure Chest keys to unlock The Treasure Chest Prize. Keys are \$2 each and can be purchased by students at First Lunch outside the Grade 5 on Friday 1st March, Thursday 7th March and Friday 8th March. Good Luck!!



How can you help??
DONATIONS, DONATIONS, DONATIONS

Our school fair relies on the much appreciated help from our families and school community. Over the next few months we will be calling for donations for the following stalls:

- Chocolate Wheel Prizes- toys, vouchers, gift cards, home wares. Sport equipment
- Plants/Produce- plants, flowers, jams, relish, garden produce
- A Treasure Chest Prize



White Elephant Stall- if you're cleaning out your cupboards over the holidays, keep your unwanted items to donate to the very popular White Elephant Stall. These items can be donated early Feb. Items such as homewares, crockery, toys and equipment, games and puzzles are great for this stall. Electrical and clothing can not be accepted.

Business Donations- If you have your own business (or know someone who does) and are in a position to donate a prize or service, it would be much appreciated. Contact Abby or Kirstie for more information.

We'll look forward to seeing you at the 2024 SHS Twilight Fair

FRIDAY 15TH MARCH

For more informations please check the [Fair Newsletter](#)

https://www.sacredheartl.tas.edu.au/files/7517/0846/4006/Fair_Newsletter-FEB_24.pdf

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 2024

Kinder to Grade 2 wear sports uniform all year

Grade 3 to Grade 6 wear full school uniform - Summer and Winter

Uniform Shop News

We thank our school families who have in recent times completed surveys and provided feedback on the uniform items. One of the outcomes from these surveys was families requesting another jacket option for their children.

We are pleased to report that in the coming weeks the Uniform Shop will have in stock a new school jacket. This will be a soft shell style jacket containing the SHS logo. The current green raincoat style jacket is still an option and will be available.

Please see the Uniform Policy for further information.

The new jackets and pricing will be advertised very soon.

- The uniform shop is fully stocked for all your uniform needs.
- Thank you for the second hand uniform donations which are passed onto families or available to purchase in the preloved section of the shop.
 - *Please note that we can only use formal uniform items from size 8 upwards.*
- The updated SHS Uniform Policy is now available to view on the schools website.
- School hats can be purchased from the office at \$12.00 each.
- Thank you for your continued support throughout 2024

UNIFORM SHOP OPENS for 2024 Thursday 8th February

Orders can be emailed or left at the school office after this date.

Email- shs.clothingpool@catholic.tas.edu.au

For further enquiries please contact

Kelly Cox 0400 128 200

Rebecca Millwood 0418 721 952

Is your contact information current?

Sacred Heart encourages all families to keep their contact details updated, which will allow us to send you important information, updates and reminders. When you update your details, it will also ensure letters or statements can be sent to the correct postal or email address.

Please email shsl@catholic.tas.edu.au if you need to update your contact information.

Outdoor Play and Learning

Dear Parents/Guardians,

Catholic Education Tasmania supports schools in offering children creative play and learning within our outdoor spaces through our Outdoor Play and Learning guidance.

It is timely to restate some purposes of this policy, being:

- Support learning and creative play with reasonable levels of risk-taking.
- Offer age appropriate activities and items to encourage development of gross motor, collaboration and risk assessment skills.
- Enable children to extend their capabilities.

Examples of potential activities with suitable risk controls include:

- Loose parts imaginative play & building.
e.g. Logs, sticks, milk crates, rocks, tyres, mud play, etc
- Limited tree climbing / play
- Approved items disassembled
- Fire pit usage & tricycles ridden without helmets

If your child(ren) are participating, you may wish to discuss how they are finding this? You are welcome to contact your Principal with feedback, or queries.



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**

**HELP
STOP
THE
SPREAD
AND STAY HEALTHY**

1.5M


Australian Government

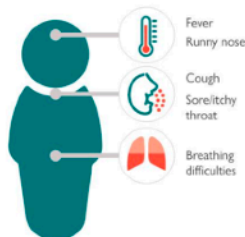
PROTECTING YOURSELF AND OTHERS FROM CORONAVIRUS

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



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 Uniform Days (2024)

Kinder to Grade 2 - Sports Uniform All Year

Grades 3&4 (Sports Uniform Thur and Fri)

Grade 5 (Sports Uniform Wednesday and Friday)

Grade 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

S.H.S. Parents and Friends email

shsl.pnf@catholic.tas.edu.au

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.