



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

How do we help children build resilience?

'There will always be rocks in the road ahead of us. They will be stumbling blocks or stepping stones; it all depends on how we use them.' (Anonymous)

Late last week we advised Grade 5 children and families that we made the decision to postpone the Grade 5 Camp for health reasons. Sharing with the children on Friday afternoon that they wouldn't be attending the camp, that most children had thought about for a long time, evoked mixed feelings. Clearly many of the children were disappointed, some of the children were quick to come up with how they could still make it happen and some children may have been thinking that 'life wasn't fair'.

We all know life is like that, challenges and change happens.

Our role as the key adults in the lives of children is to support them in building resilience. To do this we need to;

- Let children experience disappointment so they learn sadness doesn't last forever
- Validate children's fears and help them to make plans even if they are scared
- Let children take (reasonable) risks and experience natural consequences
- Encourage children to try new things, make mistakes and learn from their mistakes
- Give children opportunities to make their own decisions and help them problem solve
- Tell stories of people who faced hard times, persisted and grew stronger as a result
- Reframe challenges as short-term problems and opportunities for learning
- Remind children that although we can't control everything that happens to us, we can control how we respond.

We all know this year each one of us will be faced with a challenge and most likely more than one. Our children will also be faced with moments that require them to draw upon the qualities listed. The mindset we utilise in these occasions is more likely to eventuate in a positive outcome if we focus on utilising a growth mindset and a 'glass half-full' attitude.

At Sacred Heart we often ask the children of our school to remember how lucky we are. If we turn on the world news each night we see so many regions of the world engaged in life threatening circumstances. Look around our school this week and notice the goodness.

'It's your reaction to adversity, not adversity itself that determines how your life's story will develop.'
(Dieter Echtdorf)

Uniform

Thanks to families for ensuring children are appropriately dressed as we commence the 2024 school year. Families are reminded that a copy of our school uniform policy can be located on our website.

Grade 6 Camp

We wish our Grade 6 children and staff the best for a memorable three days next week. Grade 6 are heading south to Blue Lagoon, at Dodges Ferry. The children have an action packed camp planned with a focus on developing class spirit, enhancing leadership skills and challenging the children to engage in new activities.

Principal Meetings

I am away for the remainder of this week at Tasmanian Catholic School Principal meetings. Next week I will be on the Grade 6 camp, returning Thursday. Please contact Adele Murphy, Deputy Principal if you have any questions.

NIJSSA Swimming Carnival

Tomorrow 37 swimmers will head to Riverside Pool to swim for Sacred Heart at the Northern Independent Junior Schools Sports Association Swimming Carnival. The carnival consists of nine schools competing in freestyle, breaststroke, backstroke and relay events. We wish our swimmers the very best for the carnival.



Brent Wilson
Principal



2024 NIJSSA SHS Swimming Team

Boys	Girls
Grade 3	Grade 3
Riley Boutcher Lucas Barrett Hudson Price Finn Price	Maggie Innes Layla Betts Evie Schipper Florence Aram
Grade 4	Grade 4
Carter Medwin Jackson Hayes Miller Pendrey Nate Reeve Beau Schulz	Charlotte Walsh Sophie Turner Addison Russell Zoe Lynch Nicola McNeil Alexis Gelston Georgia Frost
Grade 5	Grade 5
Travis Liddell Jack Jordan Lucas Chapple Sonny Millwood	Hunter Howard Phoebe Roberts Phoebe Spencer Raphaella Rossilli Molly Illingworth
Grade 6	Grade 6
Stuart Innes Tyler Barrett Will Schipper Harry Gamble	Maddi Smith Molly Jordan Ella Jones Sophia Cackett



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



The Emotional Freedom Technique (EFT) of Tapping is an excellent tool to support children in self managing their emotions. It is a form of meditation that involves tapping energy points on the face and body.

Primary classes have had some visits to the Wellbeing Room this term, to be introduced to this technique. Students use their fingers to gently tap their face, hands and upper body while saying positive affirmations like 'I am loved, I am brave, I am safe.'

Scientific studies have shown that tapping allows the brain and body to release stress and negative emotions, as well as calm and regulate the central nervous system.

Ask your primary person to show you this technique, it's a great one for bedtime!

Suze Chapple
Pastoral Care



Sacred Heart Catholic School		God is always with us.			2024 Newsletter	
March 2024						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
3rd	4th	5th	6th	7th	8th NIJSSA Swimming Carnival	9th
10th	11th Public Holiday	12th P&F Meeting 7:30-9pm	13th	14th Instrumental Band & Strings Begins 10am-1pm	15th SCHOOL FAIR	16th
		Grade 6 Camp				
17th	18th	19th Board Meeting 6:30-8:30pm	20th	21st Instrumental Band & Strings 10am-1pm	22nd Assembly 2:05pm-2:50pm Gala Day Gr5/6	23rd
24th	25th	26th	27th	28th Instrumental Band & Strings 10am-1pm	29th Good Friday	30th

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**

NIJSSA Swimming Carnival - Friday 8th

P&F Meeting - Tuesday 12th

Grade 6 Camp Tues-Thur 12th-14th

Instrumental Band & Strings Begins - Thursday 14th

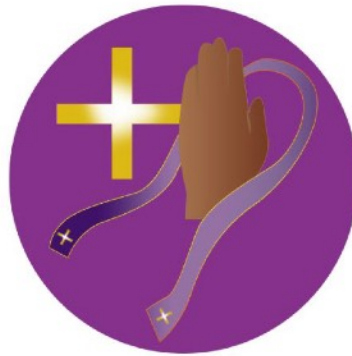
School Fair - Friday 15th

Board Meeting - Tuesday 19th

Gala Day Gr5-6 - Friday 22nd

April

Student Free Day - Friday 12th



UPCOMING DATES

Welcome Rite and Commitment Mass

Saturday 16th or Sunday 17th March
Mass of your choice

FAITH SHARING SESSION - ONE

Monday 18th or Tuesday 19th March
Church of the Apostles 3-7 pm





KINDER ENROLMENTS 2025 Now Open

Enrolments close 31st May 2024.



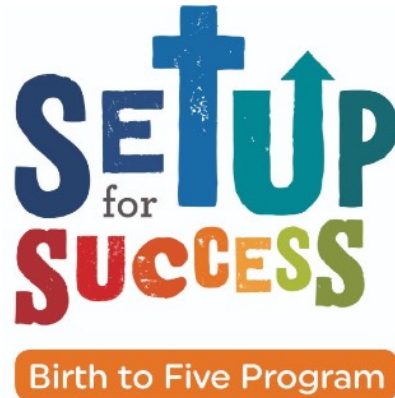
Brixhibition Kids Comp 2024

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.****

The Spirit of Jesus is Alive in:

Grade 1 Red	Jack Adams - For always having a go and trying his best.	Elvie Russell - For making a big effort to stay on task and complete her work.
Grade 1 Green	Macy Throw : for writing great sentences this week	Halle Richards: for being a kind and caring class member
Grade 2 Green	Torah Seagar for her determination with regard to challenging her learning.	Claudia Medwin for being passionate in all areas of her learning and always giving 100%.
Grade 3 Red	Cooper Stocks - for his commitment to his learning this week. Keep up the good work Cooper.	Eden Mansell - for being a Go-Kart in our Readers theatre activity.
Grade 3 Green	Zachary Calabro - Amazing focus and engagement in our Maths lessons. Impressive work, Zac!	Mason Calabro - A fantastic week of learning and engagement. Well done, Mason!
Grade 4 Red	Phoebe Heathorn - for her clear and comprehensive explanations this week.	Carter Medwin - for enthusiastically embracing new learning experiences and relishing in challenges.
Grade 5 Green	Levi Warren - excellent application to all learning areas, including Spirit of Jesus moments.	Eddie Leake - fantastic application towards his persuasive writing and taking on feedback.
Grade 6 Red	Jacob Smith - For always being willing to offer help to others. Bayani Beeton - For his thoughtful contributions to class discussions.	Ella Jones - For giving fantastic feedback during fluency pairs. Harper Smith - For a fantastic start to the year in all learning areas.
Grade 6 Green	Dane Furlonge for your persistence and hard work in Maths this term! Keep it up.	James Lynch for your amazing positive attitude and the genuine kindness and thought that you show each of your peers.



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. The Treasure Chest keys are sold out.



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/2017/0958/6303/Fair_Newsletter-MAR_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

New SHS Jackets have arrived and ready to purchase

Size 4-8 \$75.00

Size 10-16 \$80.00

This is a soft shell style jacket containing the SHS logo.

The current green raincoat style jacket is still available to purchase.

Both jackets are an optional item and will not replace the current woollen and rugby jumpers

Please see the Uniform Policy for further information.



- 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.

SOUTH LAUNCESTON JUNIOR FOOTBALL CLUB

***CURRENTLY HAVE SPACES
AVAILABLE IN THE BELOW
TEAMS:***

**Under 16 Boys
Under 12 Boys
Under 11 Girls**

**Please contact as soon as possible if
you would like to join us this season!**

**sljfc@hotmail.com/
0408 449714**



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

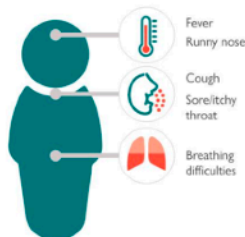
PROTECTING YOURSELF AND OTHERS FROM CORONAVIRUS

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.