



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

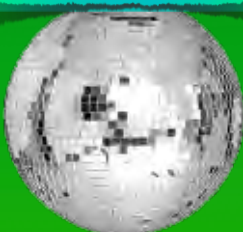
Parent/Student/Teacher
Conversations
July 3rd & 4th

Photo Catch-Up Day
Thursday 4th July
10:30am

Last Day of Term
Friday July 5th

Student Free Day
July 22nd

School Disco
Friday August 16th
5-6pm & 6:30-7:30pm



Nurturing a Growth Mindset

How our children think about intelligence - whether they believe they are smart through nature or nurture - has a big impact on their ability to learn, how they respond to challenges and perceived failures, and ultimately their success! It comes down to the fact that: believing we can learn and grow helps us learn and grow! And believing that our intelligence and abilities are inborn, or 'fixed', can actually prevent us from learning and growing to our full potential.

Psychologist Dr Carol Dweck has spent her career studying what makes children successful, both inside and outside the classroom, and has found that a primary determinant of childrens' success is their mindset. Specifically whether their mindset can be characterised as 'fixed' or 'growth'.

- A 'fixed' mindset: Views intelligence, talent, and ability as innate - you're either born with it, or you're not. Challenges are scary because failure is a reflection of self-worth.
- A 'growth' mindset: Views intelligence and ability as things that are acquired with a great deal of effort and consistent practice. Understanding that effort and practice change the brain in ways that make it easier to learn and grow - they actually make us smarter!

In a 2014 TED talk, Dr Carol Dweck said that 'the more we learn that basic human abilities can be grown, the more it becomes a basic human right for all kids, and all adults, to live in environments that can create growth.'



Dweck suggests there are many simple and effective ways for parents and teachers to nurture a growth mindset in young people of all ages.

- 1. Talk about the brain.** You don't need to be a neuroscientist to learn how effort and practice change the brain. Share with your children, at an age appropriate level, how we can increase intelligence and ability when we train our brain like a muscle - with dedicated effort, practice, and consistency over time.
- 2. Embrace mistakes as opportunities to learn.** When we try and fail, we not only learn how NOT to achieve our goal (which is valuable learning in itself), but we also gain valuable insight into how to refine our strategies, stay persistent, and handle failure with self-compassion and grace. Try to catch your child making mistakes, and support them through the humbling process of trying again, and again, framing each mistake as a successful learning opportunity.
- 3. Understand how emotions affect learning.** Has your child ever frozen on stage before a performance or not known the answer to a question? Chances are, intelligence and ability are not to blame - the stress response is. Talk with your child how the stress response - which is sometimes referred to as 'fight-flight-freeze' can get in the way of doing their best. Then brainstorm strategies together to help them stay calm and cool in order to learn and perform better.
- 4. Harness the power of 'yet'.** Studies have shown that using the words 'yet' and 'not yet'. When a child encounters a setback, increases their confidence and persistence. The power of 'not yet' is that it transforms difficulty and failure into future success that just hasn't happened yet - but will.
- 5. Praise wisely.** Focus your praise on effort, persistence, and focus, rather than talent or intelligence. This type of praise is called 'process praise,' and is linked to a healthier mindset and greater success than 'intelligence praise', which focuses on children's innate abilities.
- 6. Seek out challenges.** Encouraging children to try really, really hard to gain a new skill is an effective way of boosting their growth mindset - especially when we teach them that challenging our brains in this way is what allows them to get stronger and smarter. Even though children may feel more 'successful' when they achieve an easy goal with little effort, doing so does not provide adequate stimulus for their brains to adapt to challenges in ways that actually boost intelligence and ability.

Our children look to us for cues as to how they respond in life. Our role as parents and educators is to support children to develop a 'growth mindset' to enable them to flourish. I wonder how we will nurture that in our children this week?

'The only way to grow is to challenge yourself.' (Ashley Tisdale)

Reporting to Parents

Parents are reminded that Prep - Grade 6 Mid Year Reports will be distributed by COMPASS on Friday 28th June from 3.30pm onwards. Please be patient as this process takes time to download.

Parent Student Teacher Conversations

Next Wednesday 3rd July and Thursday 4th July parents are able to meet with teachers about your child's progress for the first half of 2024. Please check COMPASS to see instructions for booking interviews.

NIJSSA Cross Country

Sacred Heart competed at the Northern Independent Junior School Sports Association Cross Country Championships at Windsor Park on Wednesday.

Congratulations to our team for their exceptional performances and wonderful team spirit under cold but fine conditions.. Led by our Cross Country captains Harper Smith and Charlie Bennett, SHS children performed many personal bests. Thanks to the families who came to support, our teachers for their encouragement and support and to super coach John Anderson for his coaching and guidance throughout training and the carnivals last week.

SHS was placed second amongst the nine competing schools.



Arthur Durkin, Olivia Marriner, Laura Sauerwald, Vinuli Herath, Lacey Webb, Max Clyne, Clara Birch, Hudson de Jong, Lewis Hills, Inuki Parana Hewage, Claudia Medwin, Edmund Williams, Stan Roszczyk, Paige Illingworth, Riley Boutcher, Scarlett Woodward, Eva Miller, Lachlan Brown, Savannah Webb, Daisy Cooper, Hunter Howard, Fletcher Fogarty, Arlie Reeve, Travis Calabro, Bayani Beeton, Annie French, Tari Goebel, Campbell Woodgate

Brent Wilson
Principal

Sacred Heart Catholic School		God is always with us.			2024 Newsletter	
June 2024						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
23rd	24th	25th	26th	27th Instrumental Band & Strings Workshop @ St. Ailbe's	28th Assembly 2:05pm-2:50pm	29th
July 2024						
30th	1st	2nd Grade 2 Excursion	3rd Grade 2 Excursion PST Conversations 3:30-7:15pm	4th Photo CatchUp Day Instrumental Band & Strings 10am-1pm PST Conversations 3:30-7:15pm	5th Assembly 2:05pm-2:50pm Last Day Term 2 Free Clothes Day	6th
7th	8th	9th	10th	11th	12th	13th
School Holidays						
14th	15th	16th	17th	18th	19th	20th
School Holidays						
21st	22nd Student Free Day	23rd	24th	25th Instrumental Band & Strings Workshop @ St. Ailbe's	26th Assembly 2:05pm-2:50pm	7th

<u>2024 Term Dates</u>
Term Two: Mon 29 April - Fri 5 July
Term Three: Tue 23 July - Fri 27 September
Term Four: Tue 15 October - Tue 17 December

<u>2024 Term Dates</u>
June NIJSSA Cross Country - Wed 19th Gala Day Gr5-6 - Friday 14th Tas AllSchools Cross Country - Tues 18th Strings Soiree - Thur 20th 6pm School Photos - Tue-Wed 25-26th
July PST Conversations - Wed-Thur 3rd & 4th Last Day Term 2 - Frid 5th Student Free Day - Mon 22nd First Day Term 3 - Tues 23rd

<u>2025 Term Dates</u>
Term 1 Friday 7.2.25 to Thursday 10.4.25
Easter - Fri 18th April - Tue 2nd April
Term 2 Monday 28.4.25 to Friday 4.7.25
Term 3 Tuesday 22.7.25 to Friday 26.9.25
Term 4 Tuesday 14.10.25 to Wed 17.12.25



CHESS TOURNAMENT



Presentation Day



CATHOLIC PARISH
LAUNCESTON

Some of our grade six students attended the Presentation Day with St Finn Barr's at Star of the Sea to learn more about Nano Nagle and the Presentation Sisters. The theme was: What can you do? Not words, but deeds.



Presentation of the Creed
Saturday 29th or Sunday 30th June
Mass of your choice

FAITH SHARING SESSION - TWO
Monday 1st or Tuesday 2nd July
Church of the Apostles 3-7 pm

UPCOMING DATES

In the face of anxiety, she chose to trust.

hope

passion

determination

determination

passion

passion

hope

compassion

passion

integrity

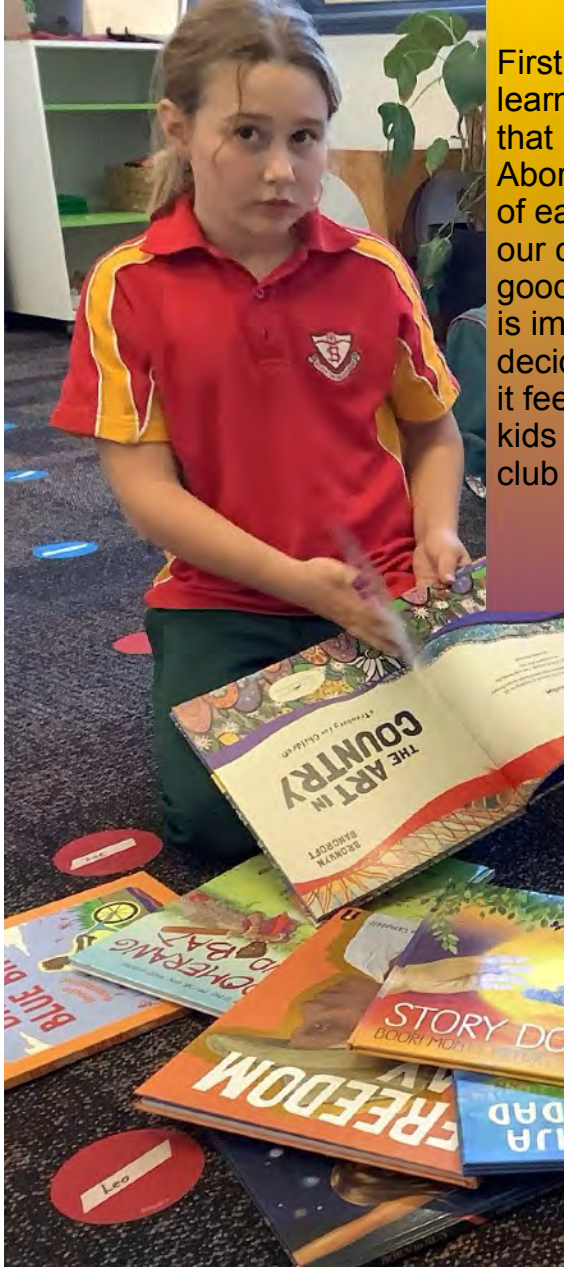
Presentation Day



First Nations Book Club

First Nations Book Club is a great opportunity for your child to learn about their culture. Despite the name it's not just a group that reads books, it is a chance to meet together. We are learning Aboriginal symbols at the moment and it is a lot of fun. At the end of each Book Club we get to take home a book to learn more about our culture with our parents. We have learnt to say hello and goodbye in palawa kani. Letting your child learn about their culture is important for your child to feel proud to be First Nations. I decided to do it so I could learn about my culture and to know what it feels like to be proud of my culture. And it's not just for the older kids - the younger ones enjoy it too. So I think First Nations book club is a great opportunity for your child.

Maddi Smith, Grade 6



The Spirit of Jesus is Alive in:

Prep Red	Ava Hodgetts - for being a self-motivated learner who always tries her best	Seth Ranawaka Arachchige - for trying hard and making steady progress in Maths
Prep Green	Beau Flynn - For wonderful participation and contributions to our IntiaLit program	Daisy Nguyen - For consistently trying her hardest and being a considerate listener whilst others are speaking
Grade 1 Red	Wally Blazely-Wrankmore : For always trying your best during our 'Daily Maths Review'.	Adelina Chapman : For working hard on your Literacy tasks.
Grade 1 Green	Emma Aras : for taking pride with the presentation of her poster	Emily Franks : for completing all her tasks enthusiastically
Grade 2 Red	Lucian Tynan for his attention to detail in art, especially his shading and blending.	Piper Russell for her positive attitude towards maths.
Grade 2 Green	Joseph Hateley for his positive attitude changes	Francis Upston for his work in Maths!
Grade 3 Red	Evelyn Schipper - for utilising a wide vocabulary to expand her sentences in our Daily Literacy reviews.	Lewis Baker - for excellent engagement and participation in our explicit Maths lessons this week.
Grade 3 Green	Ciara Kelly - Applying classroom techniques to enhance her writing. Well done, Ciara. Keep up the great work!	Lola Rickerby - Her determination and effort in classroom activities. Keep up the great work, Lola!
Grade 4 Green	Alexis Gelston for improved sentence writing, and always putting your best foot forward.	Miller Pendrey for improved sentence writing, and always putting your best foot forward.
Grade 5 Red	Grace Polley - For your amazing information report on a washing machine. Great work!	Phoebe Roberts - For being a humble and kind member of our class.
Grade 5 Green	Presley Burrows for consistent engagement with all learning and continuously supporting others.	Mason Lionetti for his application to learning and tidy bookwork.
Grade 6 Red	Charlie Hall - For her fantastic efforts in all maths tasks.	Charlie Laidlaw - For challenging himself in our maths tasks.
Grade 6 Green	Tyler Barrett for the incredible effort you have put into your Religion artwork and your SHS advertisement. Keep it up! Harry Gamble for working hard and completing all of your tasks this week. Keep it up!	Ryan Kelly for your consistent resilience and happiness. Roman Calabro for your fantastic explanations and passion within our Maths lessons this week.

2024 All Schools Cross Country

Last Tuesday 46 Sacred Heart students went down to Symmons Plains for the annual Tasmanian All Schools Cross Country. All of our participating students are to be congratulated for their efforts. It was a memorable day with some terrific results. Congratulations in particular to the following students for finishing in the top 50:

3rd place - Rupert Williams (12 year boys)
5th place - Carter Medwin (10 year boys)
7th place - Jack Jordan (11 year boys)
12th place - Molly Illingworth (11 year girls)
13th place - Travis Liddell (11 year boys)
15th place - Hunter Howard (11 year girls)
20th place - Eddie Leake (11 year boys)
23rd place - Riley Boutcher (9 year boys)
30th place - Oliver Reynolds (9 year boys)
32nd place - Zoe Gamble (10 year girls)
32nd place - Lucas Chapple (11 year boys)
36th place - Phoebe Roberts (11 year girls)

2nd placed team in the state: 11 year boys
(Jack Jordan, Travis Liddell & Eddie Leake)

3rd placed team in the state: 11 year girls
(Molly Illingworth, Hunter Howard & Phoebe Roberts)

Well done Rupert Williams and Carter Medwin who are eligible to run for Tasmania in the National Cross Country Championships held later this year.



NIJSSA CROSS COUNTRY

2024 NIJSSA Cross Country Carnival

Last Friday 48 students represented Sacred Heart at the annual NIJSSA Cross Country Carnival at Windsor Park. It was a perfect day for running with lots of sunshine and very little wind. Every single runner did an amazing job and gave it everything they had. Sacred Heart finished second overall out of the nine participating schools. Below are some of the team and individual highlights of the day:

Congratulations to the following students who finished in the top 10:

Grade 3 girls: 4th Paige Illingworth & 9th Natasha Goh

Grade 3 boys: **2nd Riley Boutcher**, 4th Oliver Reynolds & 8th Willem de Jong

Grade 4 girls: 5th Zoe Gamble & 6th Violet Saunders

Grade 4 boys: **1st Carter Medwin**

Grade 5 girls: **1st Molly Illingworth**, 4th Hunter Howard & 6th Phoebe Roberts

Grade 5 boys: 4th Travis Liddell, 7th Jack Jordan & 10th Eddie Leake

Grade 6 girls: 8th Ella Jones

Grade 6 boys: **1st Rupert Williams**, 3rd Campbell Woodgate, 8th Stuart Innes & 9th Will Schipper

1st placed team: Grade 4 boys

Carter Medwin, Nate Reeve, Beau Schultz, Harrison Davey, Lachie Brown & Noah Spencer

1st placed team: Grade 5 boys

Eddie Leake, Travis Liddell, Bentley Sulzberger, Jack Jordan, Sonny Millwood & Lincoln Hailey

1st placed team: Grade 6 boys

Rupert Williams, Campbell Woodgate, Stuart Innes, Will Schipper, James Lynch & Charlie Bennett

2nd placed team: Grade 3 boys

Riley Boutcher, Willem de Jong, Oliver Reynolds, Axel Carswell, Lincoln Hodgetts & Leo Fleming

2nd placed team: Grade 3 girls

Paige Illingworth, Layla Betts, Natasha Goh, April Adams, Evvie Schipper & Maggie Innes

2nd placed team: Grade 4 girls

Zoe Gamble, Violet Saunders, Georgia Frost, Zoe Christie-Johnston, Addison Russell

2nd placed team: Grade 5 girls

Hunter Howard, Molly Illingworth, Phoebe Roberts, Presley Burrows, Maddie Macri & Arlie Reeve

5th placed team: Grade 6 girls

Zara Cearley, Ella Jones, Maddison Smith, Harper Smith, Annie French & Charlie Hal







Last Day of Term Subway Orders

On our last day of term, Friday July 5, we will be offering Subway orders for first lunch.

A few important details:

All orders need to be completed online - the website address is app.canteenhub.com.au

**Please make sure you have updated
your child's class for 2024.**

It causes a lot of confusion when distributing several hundred orders if the classes aren't correct.

The ordering process is quite easy, just follow the instructions on the next page.

Online orders can be completed up until
11pm on Thursday July 4

If you have any trouble ordering, please email emma@canteenhub.com

Please do not contact our school office staff with Subway issues and enquiries.

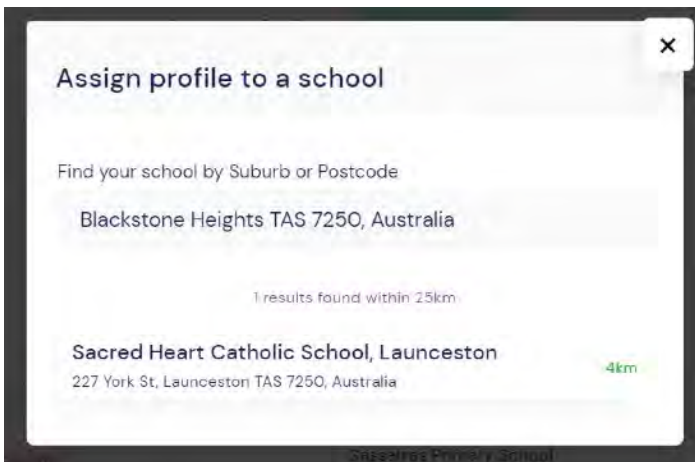
HOW TO ORDER:

Go to: app.canteenhub.com.au and create a new account or login to your existing account.

To order you will need to create a profile for each child and assign the profile to our school as per below:

You will need to search by postcode - 7250 - rather than 'Launceston' for Sacred Heart to show up.

Click on Blackstone Heights then Sacred Heart will show up as a nearby



Kinder	CLASSROOM
Prep Red (Prosser)	CLASSROOM
Prep Green (Wells)	CLASSROOM
Grade 1 Red (McHarg)	CLASSROOM
Grade 1 Green (Reid)	CLASSROOM
Grade 2 Red (Luttrell/Gregg)	CLASSROOM
Grade 2 Green (Underlin/Gofton)	CLASSROOM
Grade 3 Red (Reid)	CLASSROOM
Grade 3 Green (Bailey)	CLASSROOM
Grade 4 Green (Lovatt)	CLASSROOM
Grade 4 Red (Mason/Steven)	CLASSROOM
Grade 5 Red (Cramer)	CLASSROOM
Grade 5 Green (Cini)	CLASSROOM
Grade 6 Red (Illingworth)	CLASSROOM
Grade 6 Green (Williams)	CLASSROOM

Parents & Guardians are invited to attend...

POSITIVE PSYCHOLOGY for Productive Parenting Practices

Sue Langley - global expert on the practical application of emotional intelligence, positive psychology and neuroscience. An opportunity to explore positive parenting practices to be the best parent you can be to help your children be happy, resilient and succeed in life.



WHEN: Tuesday 27 August
 Session 1: 6:00 pm
 Session 2: 7:30 pm

WHERE: Guilford Theatre - St Patrick's College

BOOK: <https://stpatricks.co/PositiveParenting>



SETUP for SUCCESS

Birth to Five Program

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.

[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

JOIN A MINIROOS HOLIDAY CLINIC

MINIROOS FOOTBALL AUSTRALIA

- Sacred Heart Catholic Primary School
- 227 York St, Launceston TAS 7250
- 10th & 17th July
- 9:00am to 12:00pm
- 4-12 year olds
- \$70

MINIROOS.COM.AU/PLAYERS

[Sign up online](https://www.miniroos.com.au/players)

IT'S PLAY TIME!

There's an AFL Holiday Program in Launceston!

nab AFL Auskick
4-8 year olds

AFL Superkick
8-12 year olds

UTAS Stadium Launceston,
16 July,
\$50 per person

SCAN HERE

OR VISIT- play.afl/play/school-holiday-programs

nab AFL Auskick

midseason entry

Experience 4 weeks for only \$55!

Register for one of the following centres:
 East Launceston (Friday Nights),
 Evandale (Thursday Nights),
 Launceston (Tuesday Nights),
 University Newnham (Thursday Nights).

PLUS you'll receive an Auskick pack AND an exclusive Tasmania Devils Auskick T-shirt.

REGISTER NOW AT PLAY.AFL



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

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

Tasmanian Government

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

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



Orders can be emailed or left at the school office.

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

For further enquiries please contact

Kelly Cox 0400 128 200 or Rebecca Millwood 0418 721 952

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

2024 Term Dates

Term 1 Wednesday 7.2.24 to Thursday 11.4.24

Easter - Fri 29th March - Tue 22nd 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

Webpage:

www.sacredheartl.tas.edu.au

Facebook:

www.facebook.com/sacredheartl

S.H.S. Parents and Friends email

shsl.pnf@catholic.tas.edu.au

2025 Term Dates

Term 1 Friday 7.2.25 to Thursday 10.4.25

Easter - Fri 18th April - Tue 2nd April

Term 2 Monday 28.4.25 to Friday 4.7.25

Term 3 Tuesday 22.7.25 to Friday 26.9.25

Term 4 Tuesday 14.10.25 to Wed 17.12.25

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.

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.