

SACRED HEART SCHOOL

NEWSLETTER



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Keep up to date with what is happening in the school, reminders of events and any news as it happens through the school Twitter feed at: [@shslton](#)

From the Principal:

*"If your happiness depends on what somebody else does, I guess you do have a problem."
- Richard Bach*

Irony is the use of words (or a situation) that conveys a meaning that is opposite to the literal meaning.

For example, it is ironic in an age of Internet, Social Media, Email, Fax, Mobile Phone, Facetime and Texting that, for many of us, our personal communication skills are no further advanced than what they were for people prior to the invention of these tools.

The ability to initiate, hold and maintain a conversation with another person is a skill that needs to be practiced and explicitly taught where once it was modeled and learnt from adults by default.

Eye contact, the ability to listen carefully to what is being said (not just think of what you are going to say yourself), the use of non verbal cues and facial expressions to show the other person you are listening all require, when done well, high end skills.

In an age where communication is so immediate and easily accessible interpersonal skills now are essential criteria employers seek in new employees. Relationships succeed or fail on the ability of individuals to communicate openly and honestly with each other.

In an age where it is easy, and unaccountable, to send a confrontational email with the quick press of your finger on 'Send'; if we were faced with the person in front of us, we would more than likely not comment or say anything. More than ever we need to develop the ability in young people to regulate their thoughts and feelings to communicate in ways that do not erode or break friendships and relationships both personal and professional.

CALENDAR

Term 3: 23/07/13 - 27/09/13

SEPTEMBER

Friday 13th

9.00am Assembly

Monday 16th

1.30pm Birth - 4 playgroup

Tuesday 17th

- 5.30pm String Soiree - Larmenier
- 7.00pm Andrew Chinn Parish Concert - St Ailbes

Wednesday 18th

- 10.30am Class Liturgy Gr 1
- 12.00pm Buddy Mass Gr 3S & Prep Hills
- 1.45pm Andrew Chinn concert - Presentation Hall

Friday 20th

9.00am Assembly

Monday 23rd

Transition to summer uniform

From the Principal: (cont.)

More than any other time in history, it is now critical that our students experience some conflict, disagreement, arguments and different points of view. That we as our first, second and third strategy talk with our students in what they can 'say and do' to solve these problems themselves.

I know this approach is difficult but what do we want to achieve from our child's educational experience at primary school and how committed are we to do our part as adults to make it happen?

- ✚ Do we want them to be able to laugh at themselves, accept some disappointment, solve most of their problems themselves and bounce back from disappointment?
- ✚ Or do we want them to be protected and avoid these scenarios in the hope that, somehow, when they experience them in High School they will know what to do and how to say it, having had no experience or practice?

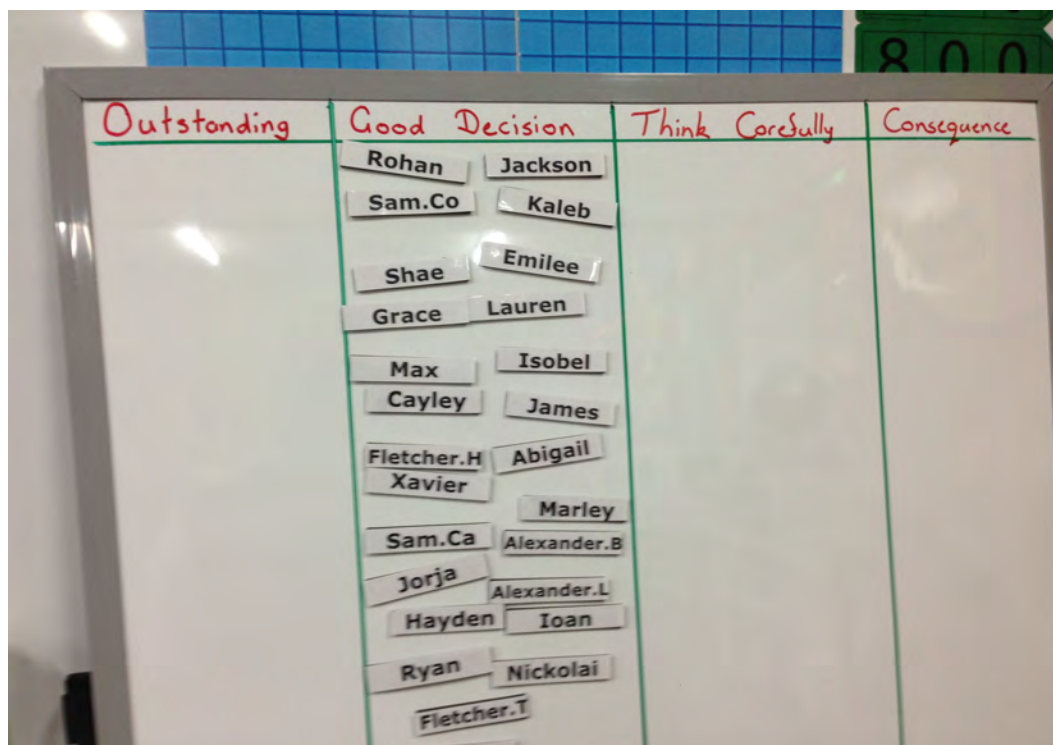
Like any other skill we need to practice them in real life situations to really embed them into our personality and character. There are many opportunities to do this in the school and home setting. Again, it is hard work to build the capacity of young people to solve their own problems but as parents the hard work will pay off as they get older.

As a school we support the development of resilience and as such we see mistakes and failures and poor decisions as opportunities to learn and respond. We continue to encourage parents to embrace and take this same approach in hopefully helping create young people with social and interpersonal skills that will enable them to succeed in the world they will live in, not the world we grew up in.

GOOD DECISION BOARDS:

All of our classes are starting to use Good Decision Boards. This is another step towards a whole school approach to Positive Behaviours. It builds on the use of Good decision cards and raffle tickets that are already being used in classes. It compliments the Afternoon Tea with the Principal, House Team competition and the M.J.R. program that Mr. Davie is leading throughout S.H.S.

It reinforces our key platform that ***'we need to recognise the majority of students that make good decisions the majority of the time'***



From the Principal: (cont.)

Key Points of the Good Decision Boards:

- The focus is on supporting students to take responsibility for their actions and recognise their choices for low level behaviours e.g. calling out, developing independent work habits, increasing organisation.
- It takes a positive approach with each student starting on Good Decision to begin each day (or in some younger classes, after each break).
- Students, over time, from P - 6 will have a consistent approach to positive behaviours across each year as they progress through grades. This makes it easier for students knowing that no matter what class or teacher they have this approach will be used in a similar way.
- Each class has 1 - 2 key areas of focus for the Boards at any one time. These are written on the back of the Boards to help specialist teachers when the Board is taken with the class to their lesson.
- If a child either does something outstanding or does a series of behaviours over time that warrant outstanding, they will move their name to Outstanding and will have a choice of ways to celebrate.
- If a child moves their name to Think Carefully and chooses not to think carefully about changing the behaviour they move to Consequence.
- The boards are taken to specialist lessons and relief teachers will be expected to use and follow the focus on that class. This is an improvement as there was nothing in place to communicate effectively and easily between specialist teachers and class teachers on maintaining clear expectations about behaviour.

We will be sending home a flyer with greater detail around this approach to all families next week.

RAFFLE TICKETS:



Students at the moment receive raffle tickets for good choices in class that go into their House team boxes in each class and a winning House is chosen each week. The House with the most weekly wins at the end of the term goes on an excursion.

We are now changing the look of the raffle tickets. There will now be 3 coloured laminated cards that will replace the raffle tickets. These cards can be reused at the end of each week rather than using up raffle ticket booklets each week that are not recycled. A different coloured card has a different focus:

1. RESPECT OURSELVES
2. RESPECT OUR LEARNING
3. RESPECT OTHERS

The 3 key messages above about RESPECT will form the key approach we will increasingly use across the school as part of our Positive Behaviour Schools Program which we have started this year. We are in the first year of a three year program.

The focus is on expliciting teaching what these three core values look like, sound like and feel like across different situations in our school both in and outside of the classroom.

From the Principal: (cont.)**Transition to Summer Uniform:**

The last week of this term students can transition towards the summer uniform. Students can either wear the winter or summer uniform in this week. All students will need to be wearing the correct summer uniform for the first week of Term 4.

Class /Teacher Allocations 2014:

We are starting to look at class teacher allocations for next year. Whilst there is still some work to do it is important that parents, *if they have any queries or requests that they do so in writing to me.* It is also important to make sure that parents do not assume that the current teachers of a grade will be on the same grade in 2014. As stated last year just because a request is made does not guarantee that it can be accommodated. There are many elements that we spend time on in getting balanced and equitable classes.

Building Program:

Our Building Program has finally begun. The fencing is up and demolition work is beginning. There will be some changes to our organisation and movement around the school as well as before and after school. I am sure with a positive attitude we can all manage with these. The key changes are outlined below:

Access:

- ❖ Top York Street gate (vehicle and pedestrian access) will be permanently locked for the duration of the building program. This will be the entry point for builders and contractors involved in the building program only.
- ❖ Path between the library/arts building and Gr 3/4 will be painted for all students to walk up and down on the left hand side of the path. This path will be the only access to the rest of the school from Bourke Street so it will be busier than has previously been the case.

After School:

- ❖ Students will still wait for parents on York Street outside these gates but will walk out after school to this area only through the bottom York Street gates.
- ❖ Perth Bus will collect from Bourke Street gate after school for remainder of the year.
- ❖ Bourke Street bus duty will now need to wait until Perth Bus leaves

Before School:

- ❖ Students wait in the undercover area in front of Gr 3/4 before school as the usual waiting space in front of prep is being demolished as part of the building program. The 3/4 area provides shelter and cover for students before school in inclement weather.

All School's Primary Basketball Tournament:

Basketball training for the Tournament starts this weekend on Saturday 14th September. Please, as a courtesy, let your coach know if you are unable to train.

All money is due to be paid by the end of this term.

End of Term Sausage Sizzle Friday 27th September:

Please place your order with your child's teacher and pay **by Thursday 19th September.**

Sausages \$1.50 each, hamburgers \$2.00 each.

**M.J.R Podcasts:**

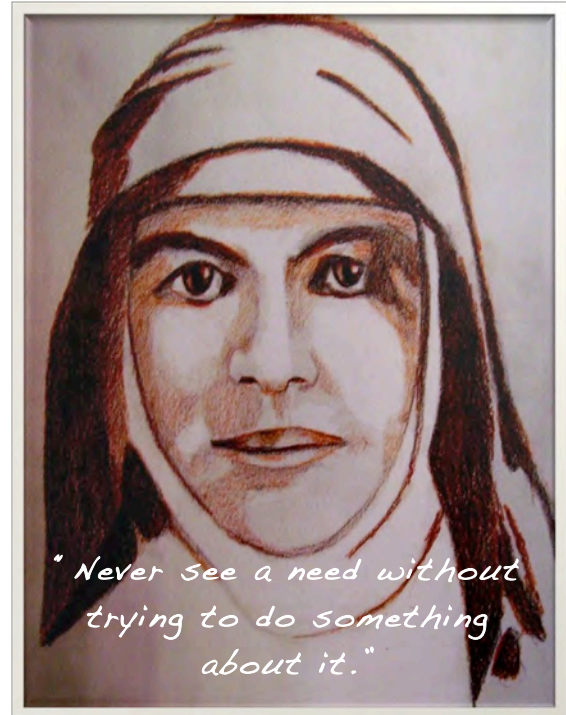
NEW on our website under News and Events there is access to SHS Podcasts.

Click on the link: <http://sacredheartl.tas.edu.au/news-events/shs-podcasts/> to listen to M.J.R Radio at home.

R E NEWS

Inspired by St Mary MacKillop

Recently, I was fortunate to be able to attend a reflection retreat centred around the life of St Mary MacKillop. Her life has always been an inspiration to me, long before she became Australia's first saint. One of her mottos was "never see a need without trying to do something about it". At our Catholic schools we endeavour to live out, as Mary did, to work towards making our place a better place. We do this not only in words but in action. Many of our students, staff and parents have worked and continue to strive to live this out in their daily activities - both in big and in small ways. I thank God for each of you, and ask through intercession of St Mary MacKillop, that our school community continue to be blessed with goodness and kindness, compassion and love. Our school vision and mission are founded on the authentic practice of Gospel values to be lived out in all we do at and for Sacred Heart School.



Mary MacKillop 1909

Families Courses

Please find information on Family Courses coming up soon. These are run by Fusion, a Christian group based in Western Sydney by a good friend of mine, Sallie Hammond. This is a great opportunity if you are seeking something like this for your family. If you would like any further information please do not hesitate to contact me or see contact details on the flyer.

Reminders ...

♦ Family Mass this Saturday, 14th September @ 6.00 pm. Sacred Heart Church, **Newstead**. All very welcome. ☺ If your child would like to read at the Mass, please contact Jacquie Wood wood1991@bigpond.net.au. The Carmel Shop will be present after Mass with religious items for sale suitable for Confirmation and First Eucharist gifts.

♦ Andrew Chinn Parish Concert this Tuesday, 17th September @ 7.00 pm. St Ailbes Hall, Launceston. Come and join in the joy. ☺

Helen Halley APRE

R E NEWS

Families Course

The **Families Course** covers eight key areas of family relationships and forms a framework to build a healthy, strong and loving family life.

Sessions include presentations by trained Families Course educators, discussion and sharing of ideas to equip families at all stages.

Session One: Foundations

Who was significant to you when you were growing up? Often it was someone who listened and cared but also had clear boundaries. Every family needs a firm foundation, values that last and reasons for the rules.

Session Two: Building Nurturing Skills

Research shows that children who have a warm loving relationship with the adults in their lives will be more resilient and better equipped for hard times. This session presents practical ways to help children feel loved, heard, valued and reach their potential.

Session Three: Understanding Ages and Stages

When we know what is "normal" at a particular age and stage, it can lower our stress levels. This understanding enables us to better care for children and draw appropriate boundaries.

Session Five: Building Honest Relationships

Honesty can really improve our family life! When it is safe to be real with each other, relationships grow. We want home to be a place where kids love to be, with people they can trust.

Session Six: Independence

Every child is on a journey to independence and it's not always smooth! We can help by watching and listening carefully. Is their behaviour a testing of boundaries or a cry for help and support?

Session Seven: Dealing with Conflict

Unfortunately, quarrels and fights are a normal part of family life. There are ways to deal with conflict that will lessen the hurt and stress and give kids tools for life.

Session Eight: Discipline

Can we maintain clear consistent boundaries? Is it possible to carry out consequences yet still communicate our love and support? It may take some work but the benefits to family life are worth the effort!

THE FAMILIES COURSE ENROLMENT INFORMATION

\$60 per person

\$80 per couple

\$30 per person concession

\$40 per person concession

Morning tea included

Child-minding during sessions by arrangement (no extra cost)

Please contact Helen Halley if you would like any further information, booklet or enrolment form. helen.halley@catholic.tas.edu.au Or see contact details on the flyer.

RE NEWS

FUSION AUSTRALIA

FAMILIES

SHORT COURSE

NURTURE · CONNECTION · GROWTH

A 12 hour course that builds family relationships

Longford Uniting Church

3 High St, Longford

Course Dates and Times:

Tuesday & Wednesday mornings -

September 17th & 18th;

October 15th & 16th, 2013

Start 9.15am – end 12.30pm

Contact Details: Katherine Abetz:

PH: (03) 6397 8386

EMAIL: wkabetz2@bigpond.com

Or Sallie Hammond Email:

sallie.hammond@fusion.org.au

Fusion Western Sydney: PH: (02) 8805 5900

EMAIL: sydneywest@fusion.org.au

RECENT STUDENTS OF THE WEEK

Prep Reid	Tyler Alexander For good choices inside our classroom	Breeanna Harper For taking pride with all her written work
Prep Hills	Fletcher Crosswell For showing a good improvement with his written work	Layla Brown For adding details to her journal writing
Grade 1 Crawford	Nicholas Saunders For always being a giver	George Worsley For producing excellent written work this term
Grade 1 Best	Jackson Radley For concentrating and working hard on problem solving tasks in mathematics	Samuel Phillips For improved concentration and listening skills
Grade 2 Sydes/Weir	Sereya Millwood-Mackenzie For always trying hard with the presentation of your work	Lachlan Reilly For detailed and imaginative writing
Grade 2 van Ryn	Kaleb Watts For better effort with his written work	Fletcher Tyson For improved effort in literacy
Grade 3 Hood	Ava Dowde For her hard work and dedication this week when making puppets	Lily Heather For trying her hardest at the athletics carnival
Grade 3 Symons	Ebonie Agostini For beautiful work in Religion	Gabriel Kirk For excellent participation in the Arts Trail excursion
Grade 4 Smith	William Reilly For excellent work presentation	Shelby Tubb For Care for Africa assistance
Grade 4 Underlin	Lachlan Norton For always being a Giver	Gianne Donovan For doing excellent work in English
Grade 5 McLeod/Viney	Ela Iezzi For an outstanding effort on her author study	Patrick Donald For being a WEST person
Grade 5 Illingworth	Reed Hodgetts For an outstanding job on his Children's book	Lia McCarron For working hard to produce an outstanding Children's book
Grade 6 Claessens	Manoa Cianta For always inspiring others to be as diligent, trustworthy and friendly as he is	Sophie de la Motte For giving more of herself during class discussions and sharing her valued ideas and opinions with us
Grade 6 Davie	Abbie Johnson For presenting her work beautifully and applying herself	Chelsea Hughes For excellent contributions to class discussions. Well done!

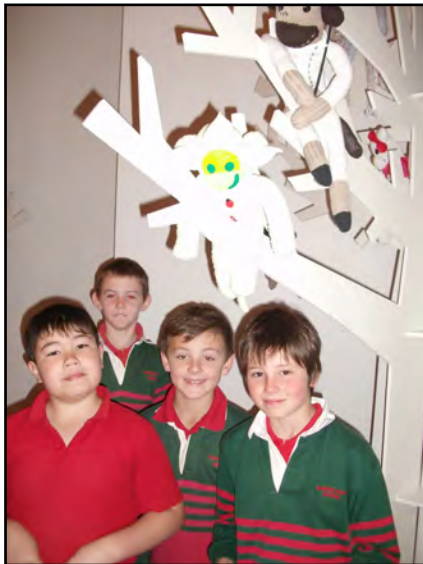
OUR WEEK IN PHOTOS



Lunch time in the gym



Playing on the oval



Gr 3 Arts Trail Excursion



Sequencing in Prep



Gr 3 Arts Trail Excursion



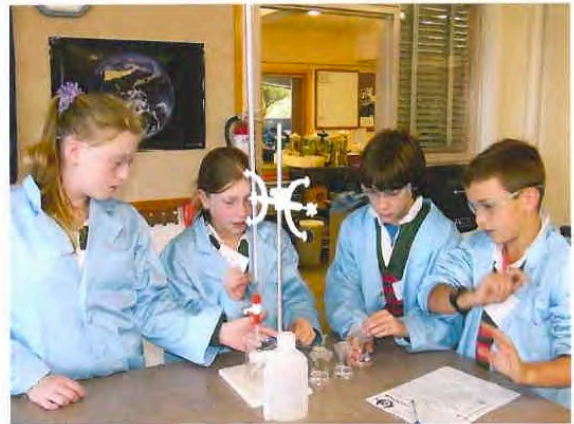
Band Soiree

A.T.W.T.P. FOR SEPTEMBER

A.T.W.T.P

Claimers not Blamers

- * *Do you take responsibility for your own behaviour?*
- * *Do you recognise and accept when you are wrong?*
- * *How do you respond when a teacher speaks to you about your behaviour?*



SCHOOL NOTICES

CANTEEN HELP WANTED

FOR

TERM 4

11.00AM - 1.00PM

PLEASE CONTACT THE OFFICE

IF YOU ARE ABLE TO HELP

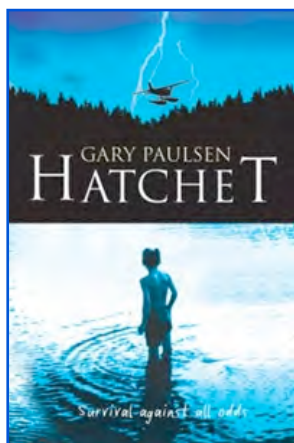


END OF TERM SAUSAGE
SIZZLE AND PLAIN
CLOTHES DAY
FRIDAY 27th SEPTEMBER

Please place your orders with your
child's class teacher and pay BY
Thursday 19th September

Sausages - \$1.50 each

Hamburgers - \$2.00 each



Tuesday Book Club

Hatchet

by Gary Paulsen

"Thirteen-year-old Brian Robeson is on his way to visit his father when the single engine plane in which he is flying crashes. Suddenly, Brian finds himself alone in the Canadian wilderness with nothing but his clothing, a tattered windbreaker, and the hatchet his mother has given him as a present — and the dreadful secret that has been tearing him apart ever since his parents' divorce. But now Brian has no time for anger, self-pity, or despair — it will take all his know-how and determination, and more courage than he knew he possessed, to survive."

The next meeting will be **Tuesday 15th October** from 3.15pm - 4.30pm.

Everyone welcome from Grades 5 and 6.

REMINDER

A reminder to all parents when entering the school
between 9.15am and 2.45pm that they are required to
sign in at the office

BEGINNING AND ENDING TIMES OF THE SCHOOL DAY

First bell	8.55am	Lunch begins	12.50pm
Recess begins	11.00am	Lunch ends	1.30pm
Recess ends	11.25am	School finishes	3.00pm

2013 TERM DATES

TERM 3 Tuesday 23.07.2013 to Friday 27.09.13

TERM 4 Monday 14.10.2013 to Thursday 19.12.13

2014 TERM DATES

TERM 1 Thursday 06.02.14 to Thursday 17.04.14

TERM 2 Monday 05.05.14 to Friday 04.07.14

TERM 3 Monday 21.07.14 to Friday 26.09.14

TERM 4 Monday 13.10.14 to Wednesday 17.12.14

EASTER Friday 18.04.14 to Monday 21.04.14

COMMUNITY NEWS

FAMILY MASS

Our next Parish Family Mass will be at 6:00pm on Saturday 14th September at Newstead Church. All welcome. If your child would like to read at the Mass, please contact Jacquie Wood wood1991@bigpond.net.au.

The Carmel Shop will be present after Mass with religious items for sale suitable for Confirmation and First Eucharist gifts.

ANDREW CHINN FREE FAMILY CONCERT

On Tuesday 17th September, Australian religious songwriter and singer, Andrew Chinn, will be visiting our Parish to share his songs with our children. Andrew's songs, such as "These Hands", "Rainbow" and "Together As One" are used in classrooms and liturgies around Australia and New Zealand. Parents/parishioners are warmly invited to be a part of the celebration of faith and fun. This free family concert will take place in St Ailbe's Hall, Margaret St Launceston, at 7pm. It will go for approximately 1 hour. You are welcome to bring your family and friends. We look forward to seeing you there.



NATIONAL BOYS CHOIR
OF AUSTRALIA
IN CONCERT

TUESDAY 24th SEPTEMBER 2013 – 7pm
VENUE: Launceston Church Grammar School,
Junior School Hall,
10 Lyttleton St, East Launceston
TICKETS: ADULTS \$10, CONCESSION \$5,
FAMILY \$25 (2 ADULTS & 2 CONCESSION)
CONTACT GEORGIA SUTTON on 6336 5912
Repertoire includes Benjamin Britten's "The Golden Vanity", works by composers
John Rutter, Bob Chilcott, Lorenzo Perosi and Jack Noble White
as well as a selection of Disney favourites
and Australian folk songs.
FEATURING LCGS CHOIRS: THE FELLAS, THE LADS AND THE TREBLE MAKERS



Raising Boys---An Evening with Steve Biddulph

Staff, parents and friends are invited to the next St Patrick's College Parents & Friends Forum – an evening with Steve Biddulph on 'Raising Boys' to be held on Tuesday September 17th from 7.30pm – 9pm in the Guilford Theatre at St Patrick's College.

For further information and bookings please access the following website,

[http://
aneveningwithstevebiddulph.yolasite.com/](http://aneveningwithstevebiddulph.yolasite.com/)

or go to the St Patrick's College website and find the link in the P & F section under the Community tag.

NIDA

National Institute of Dramatic Art

Spring Holiday Courses

Venue: Newstead College

Dates: 8 to 13 October

Courses for 8 - 11 years, 12 - 15 years and 16 years +.

For more information contact Mr Simon Wood at school.

COMMUNITY NEWS

Sacred Heart Little Athletics

Do you like having fun, spending time as a family and getting fit at the same time? Little Athletics might be the perfect match for you!



The 2013/2014 season is fast approaching and we at the **Sacred Heart Little Athletics Club** would love to welcome any new members/families.

We will be holding registration days where you can come along, register, pay, ask questions

and purchase club uniforms.

These will be held on:

Monday 23rd Sept: Sacred Heart School, Grade 6 Davie 3-4pm

Wednesday 25th Sept: St Thomas More's, main foyer 3-4pm

Proof of age (birth certificate or blue Child Health book) needs to be sighted before children can be registered and payment needs to be made by the second meet of the season.

Athlete groupings are organised by each athlete's age by Sept 30.

Tiny tots need to be 3 or 4 by this date to participate.

Training will begin on Sept 26th from 5-6pm at the South Launceston Football Ground in Youngtown. You're welcome to come along and see what you think.

Find us on Facebook - <https://www.facebook.com/SacredHeartAthletics>

For more information please email us on: sacredheart@slac.org.au

Twilight Cricket



Registration Dates:

When:

Wednesday 11 September
4:00pm—6:00pm

and

Wednesday 25 September
4:00pm—6:00pm

Or: Register Online at:

www.twilightcricket.org.au

Cost:

\$40 single

\$60 two siblings

Where:

NTCA Boardroom, Racecourse

Crescent, Launceston

Season Commences:

Wednesday 23rd October, 2013

Northern Tasmania Junior Twilight Cricket Association welcomes all boys and girls in years 3—6 to enjoy our weekly competition with a focus on fun, participation and learning new skills.

Games are played every Wednesday from 5pm to approx. 7pm.

Enjoy a BBQ whilst supporting your children

Maximum 12 players per team

More information:

www.twilightcricket.org.au



YMCA
We build strong **PEOPLE**
strong **FAMILIES**
strong **COMMUNITIES**



WANTED

BASKETBALLERS!

<p>Play Sports 5 & 6yr olds Tuesdays</p>	<p>Mini Basketball 7 & 8yr olds Thursdays</p>	<p>Junior Basketball 9 to 12yr olds Fridays</p>
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New Rosters Commencing Term 4

Join in the FUN & be part of a TEAM!

For Further Information Contact Us

PH: 6344 3844 like us on facebook
www.ymcalaunceston.org



**EVERYONE
PLAYS,
EVERYONE WINS**

Youth Sports





MONSTER GARAGE SALE

Saturday 26th October 2013

9.00am onwards
St Albie's Hall, Margaret Street, Launceston
\$15 table

Contact: Libbie on 0458 145 004 or
Giselle on 0419 560 204
To make a booking
A St Patrick's College, Friends of Music Fundraiser

Refreshments available!