

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** (we currently have **83 families following**)

From the Principal:

Our P.B.S. Values are:
Respect for Ourselves
Respect for Others
Respect for our Learning

‘Those who look for the bad in people will surely find it.’ - Abraham Lincoln

Can you really teach character at school? One of the core concepts of positive psychology is understanding and using character strengths. Leading researchers in the field, Martin Seligman and the late Chris Peterson established 24 character strengths that they say are valued regardless of culture, ethnicity or religion. They argue that each strength is present in our character to a more or lesser degree. The strengths that are the most prominent are called our signature strengths. Furthermore they suggest that if we engage our signature strengths on a **regular basis in the service of something greater than ourselves, that is the key to living a meaningful life and having a greater sense of wellbeing.**

Such findings raise questions about whether we should value character strengths as much as academic strengths, and if so, then how do we teach them? Some schools teach positive education and character strengths explicitly, in specific classes with their own curriculum and space on the timetable. Other schools introduce it by embedding the concepts into the existing curriculum, for example examining the character strengths of a book's main protagonist. Others combine the two approaches.

At Sacred Heart through Circle Time, P.B.S. (Positive Behaviour Schools) and through Mr. Davie's visits to classrooms talking about Making Jesus Real (M.J.R.) as a school we are explicitly teaching and allocating part of each's timetable towards character, values and increasing our emotional intelligence (self and others) albeit at an appropriate level for 4 -12 year old children.

Wellbeing is no longer the sole domain of the home nor is in isolation from the school. The most innovative schools are not only looking at how to embed I.C.T. into their teaching, but also how to ensure students are engaging their signature strengths on a regular basis to achieve educational and personal wellbeing outcomes. If you still need to be convinced read the following research findings:

- ❖ Employees who used four or more of their signature strengths had more positive work experiences and work-as-a-calling than those who expressed less than four (Harzer & Ruch, 2012a).
- ❖ Across occupations, curiosity, zest, hope, gratitude, and spirituality are the Big 5 strengths associated with work satisfaction (Peterson et al., 2010).
- ❖ Character strengths of the mind (e.g., self-regulation, perseverance, love of learning) were predictive of school success (Weber & Ruch, 2012b).

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- ❖ The most prevalent character strengths in human beings in descending order are kindness, fairness, honesty, gratitude, judgement (Park, Peterson, & Seligman, 2006).
- ❖ Effective teachers (judged by the gains of their students on standardized tests) are those who are high in social intelligence, zest, and humour in a longitudinal study (reported in Park & Peterson, 2009a).
- ❖ Character strengths buffer people from vulnerabilities that can lead to depression and anxiety, such as the need for approval and perfectionism (Huta & Hawley, 2010).
- ❖ Hope, kindness, social intelligence, self-regulation, and perspective buffer against the negative effects of stress and trauma (Park & Peterson, 2006c; Park & Peterson, 2009a).
- ❖ Grateful individuals report higher positive mood, optimism, life satisfaction, vitality, religiousness and spirituality, and less depression and envy than less grateful individuals (McCullough, Emmons, & Tsang, 2002).

When we focus on people not students as part of our educational approach as shown above we at the same time support their academic learning, increase the likelihood of our young people living more happy and purposeful lives whatever their occupation. To me this is what education is and should be.

Key Events this term:

Some of the key events this term are highlighted below. **A reminder that a hard copy calendar for Term 2 was sent home at the end of last term.**

- ❖ NAPLAN Assessments for Year 3 and 5 students next week
- ❖ Launceston Competitions –poetry and speaking recitals
- ❖ School and Inter-School Cross Country training and carnivals
- ❖ 2015 Kinder interview and enrolment conversations
- ❖ Feast of the Sacred Heart.
- ❖ SPC students volunteering in some classrooms and Student teachers doing practicum experiences in some classrooms
- ❖ Mid year reports given out in the last week of this term.



Cross Country: Training for Gr 3-6

Beginning this Monday we invite any students from Grade 3-6 who are interested in training for the School Cross Country to meet at Brickfields at 8am. Once our School Carnival has been completed, students selected for our 3-6 Inter-school Team will be invited and encouraged to attend training.

The dates for School Cross Country Training are:

12th May

14th May

No Training 19th due to the Launceston Competitions

21st May

26th May

29th May - **Gr 3-6 Cross Country at Heritage Forest**

(Note: Students participating in the cross country training can wear their P.E clothes all day)



Prep-Gr.2 Cross Country - 23rd May : New Venue

For our younger students we are looking to trial having our Cross Country Carnival off site to allow parents better viewing of the event. More information will be sent out shortly.

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ANZAC Day: students representing the school:

We had a fantastic response from students and families to march in ANZAC Day. As in other years our students were outstanding in particular their reverence during the ANZAC Day Ceremony at the Cenotaph.

Winter Uniform:

Students are now in Winter Uniform. This is the first time we have had the new boys shirts with the winter uniform (either shorts or trousers). We will let parents know next week around expectations for boys with whether the new shirts are tucked in or left out (as happens with the Summer Uniform).

Kindergarten Enrolments 2015 - Existing families:

Kindergarten interviews for 2015 will begin in this term. For existing families who at SHS the interviews are optional but are a worthwhile opportunity for you to meet with me and discuss your child, their learning and specific needs

B-4 Program:

This will begin for Term 2 this coming Monday 12th May. Times will be the same as Term 1.

MOTHERS DAY CELEBRATIONS FRIDAY 9TH MAY

NTCSL SOCCER LEAGUEFUN! FUN! FUN!

Whether you have a girl or boy, The christian Soccer League is a great League to be involved in. With emphasis on fun, team spirit and simply "having a go" children learn ball skills, whilst having heaps of fun. Please email maree.mills@catholic.adu.au or phone Maree on 63311011 if you are interested.

Sacred Heart Under 7's Teams (Prep - Gr.1 students) - need 3 players

Sacred Heart Under 9's Teams (Gr.2 & Gr.3 students) - need 3 players

Games - Saturday mornings at Windsor park soccer grounds

Training - 3.15pm Thursdays on the School oval



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NAPLAN : This coming Week

On **Tuesday 13, Wednesday 14 and Thursday 15 May**, students in Years 3, 5, 7 and 9 will take part in the National Assessment Program – Literacy and Numeracy, or NAPLAN, as it is commonly known. Skills that will be tested include: reading, writing, spelling, grammar and punctuation, and numeracy. These tests are done here at school and are considered just another part of the curriculum.

It is important for you and your child to know that NAPLAN is not a pass/fail test. It simply looks at what level students are achieving in literacy and numeracy against National Standards and compared with student peers throughout Australia.

NAPLAN cannot be studied for and students are not expected to do so. The best way you can help your child prepare for NAPLAN is to let them know that it is just a routine part of their school program, and to urge them to do the best they can on the day. All students in Years 3, 5, 7 and 9 are expected to participate in NAPLAN testing.

Later in the year we will send parents an individual student NAPLAN report that you can use to view and monitor how your child is progressing. More information is available on the NAP website.

If you have any concerns, please contact **your child's class teacher or Liz Illingworth or Matt Jones**

National Assessment Program – Literacy and Numeracy (NAPLAN) 2014

In 2008, the National Assessment Program – Literacy and Numeracy (NAPLAN) commenced in Australian schools. The program is scheduled to continue in 2014 with all students in Years 3, 5, 7 and 9 to be assessed using common national tests in Reading, Persuasive Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy.

Years 3, 5, 7 and 9 students in Tasmania have been participating in literacy and numeracy tests for a number of years, so there is familiarity with the test formats and the types of questions.

The scheduled dates for the tests in 2014 are Tuesday 13 May, Wednesday 14 May and Thursday 15 May.

These national tests will provide information on how students are progressing against national minimum standards of literacy and numeracy skills expected for each year level, as well as performance across the whole range of student abilities. The results will support improvements in teaching and learning for students.

Parents will receive an individual report that shows their child's results and a comparison of their child's performance against all other Australian students in their year level. The report will also indicate how their child performed in comparison to the national average and the levels of achievement expected at that year level.

For students in Years 5, 7 and 9, the results from the 2014 tests will provide parents and schools with important information on progress made since they last participated in NAPLAN testing in 2012.

The best way you can assist your child is by making them feel comfortable about the nature and purpose of the tests, and assure them that the tests will give them an opportunity to show what they have learned in class.

For more information about the national tests, including test samples, frequently asked questions, the test schedule and a parent information brochure, please visit the national NAPLAN website at: <http://www.nap.edu.au>

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~ May 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
4th	5th • Term 2 begins • Full Winter uniform	6th • Kinder Halley - Mothers day celebrations	7th • 2.30pm Easter Liturgy	8th • 11.30am Band Program	9th • 9am Assembly • 9.30am Strings Program • 9.30-11 Mothers day celebrations	10th
11th	12th • 8am Gr3-6 Cross Country training @ Brickfields (optional)	13th • NAPLAN Testing • 6pm Board Meeting	14th • NAPLAN Testing • 8am Gr3-6 Cross Country training @ Brickfields (optional) • 10.30am Gr.6C class liturgy • Gr 6 Excursion Skate Park	15th • NAPLAN Testing • 11.30am Band Program	16th • 9am Assembly • 9.30am Strings Program • 12.30pm Gr 5/6 Friday Sport	17th
18th	19th • Launceston Competitions all week	20th • 7.30pm P & F meeting	21st • 8am Gr3-6 Cross Country training @ Brickfields (optional) • 10.30am Gr.6D class liturgy	22nd • 11.30am Band Program	23rd • 9am Assembly • 9.30am Strings Program • 12.30pm Gr 5/6 Friday Sport • Prep -Gr. 2 Cross Country	24th
25th	26th • 8am Gr3-6 Cross Country training @ Brickfields (optional)	27th • SHS practice day for Cross Country • 7pm First Reconciliation	28th • 8am Gr3-6 Cross Country training @ Brickfields (optional) • 10.30am Gr 5 V/S Class Liturgy	29th • 11.30am Band Program • SHS Cross Country at Heritage Forest	30th • 9am Assembly • 9.30am Strings Program • 12.30pm Gr 5/6 Friday Sport • Kinder Enrolments for 2015 due	31st

PREP HILLS THOUGHTS ON MOTHERS DAY

In the lead up to Mother's Day the Preps were asked to share some thoughts on their mothers. You might be interested to learn that our youngest Mum is about 20 and our oldest Mum about 78! Most Mums favourite food is vegetables and many Mums favourite thing to do is hang out the washing, cook or watch TV. What the children love best about their Mums are hugs and kisses, that Mums love and care for them, cook them lovely meals, and play with them. When asked to share something about their Mum one child's response was - "My Mum is beautiful".

So wishing all our beautiful Mums a wonderful Mother's Day on Sunday.



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Move Well Eat Well

Healthy lunchbox ideas



Help our school to make healthy eating part of every student's day by sending a lunchbox that supports the Move Well Eat Well messages:

- **Tap into water** - water is the best way to beat thirst, so include a water bottle with your child's lunch.
- **Plant fruit and veg in your child's lunchbox** - include fresh fruit or veggie sticks or a salad roll or salad wrap.

- **Limit 'occasional' foods in the lunch box** (like chocolate, chips or muesli bars - keep these for special occasions at home). Replace these 'occasional' snacks with 'everyday' snacks like:

- fresh fruit
- air-popped popcorn
- fruit bun
- wholemeal crackers
- pikelets
- fruit tubs with cheese

If you have a cooler pack in the lunchbox include snacks like:

- veggie sticks and dip
- yoghurt
- custard

For more healthy lunchbox ideas visit:
www.movewelleatwell.tas.gov.au/families

Department of Health and Human Services

Last reviewed 2012



The Tasmanian Move Well Eat Well Award Program is adapted from the Kids - 'Go for your life' Program. © State of Victoria, Australia. It is a joint Australian and State Government initiative under the National Partnership Agreement on Preventive Health.

Move Well Eat Well

5 ways to increase fruit and vegetable intake



- 1** Shop for fruit and vegetables that are in season, it will be cheaper and tastier.
- 2** Keep fresh, tinned or frozen fruit and vegetables at home.
- 3** Add extra fruit and vegetables to recipes and meals.
- 4** Involve kids in shopping, growing, preparing and cooking fruit and vegetables.
- 5** If buying take away food order a side salad or some vegetables.

For more information and for family ideas on healthy eating and physical activity visit: www.movewelleatwell.tas.gov.au

Department of Health and Human Services

Last reviewed 2012



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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** Good Friday 18.04.14 to Monday 21.04.14

UNIFORM SHOP NEWS

shs.clothingpool@catholic.tas.edu.au

2014 Opening Days

Thursday's 2.00pm - 4.00pm

Tuesday Book Club

The Secret Garden

by Frances Hodgson Burnett



After losing her parents, young Mary Lennox is sent from India to live in her uncle's gloomy mansion on the wild English moors. She is a spoiled and sickly child who is lonely and sad and has no one to play with.

One day, Mary learns of a secret garden that no one is allowed to enter. Then she uncovers an old key in a flowerbed - and a gust of magic leads her to the hidden door. Slowly she turns the key and enters a world she could never

The next meeting will be **Tuesday 13th May**
from 3.15pm - 4.30pm.
Everyone welcome from Grades 5 and 6.

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- **Is my child gifted?**
 - **What does it mean to be gifted?**
- **What are some of the myths and misconceptions about giftedness?**
 - **How can I talk to my child's school?**
- **Brief information about early entry to Kindergarten**


The evening will be presented on Monday May 12th , 7 - 8pm at Larmenier Catholic Primary School,
30 Station Rd, St Leonards.

Cost: TAG Current Financial Members: FREE

Non Members: \$5

Book now by clicking on: <http://www.trybooking.com/85083>

or reply to this email, or phone Allison on 0421 396 777


Basketball Tasmania
Regional Development Program

BASKETBALL SKILLS SESSIONS

Burnie - Devonport - Hobart - Launceston


Open to all juniors.
Every player must bring a ball.

Once a week in school terms for all juniors wanting to improve their game with skill development and fun.

Highly experienced BTAS regional coaches and other guest coaches in attendance.

4 x 1 hour sessions categories:

- Under 18 and Under 16 Boys
- Under 18 and Under 16 Girls
- Under 14 and Under 12 Boys & Girls
- Under 10 and Under 8 Boys & Girls



All session details, costs and registration forms can be found on the BTAS website
www.tas.basketball.net.au



Newstead Harrier Club

Cross Country 2014

Ronhill Clothing and Accessories Primary School Cross Country Series

- May 24th - Grindelwald (near Lakeside Chapel, enter off eastern side of Alpine Crescent), 1 pm
- May 31st - Waverley Primary, 1 pm (Includes Northern All Schools Championships)
- June 14th - St Patrick's College, 1 pm
- June 28th - Low Head, (Progress Association Golf Course) 1 pm
- July 12th - Heritage Forest, (Conway St) 1 pm
- August 2nd - Queechy High, 1 pm

ENTRY FEE: \$15 per child which includes your entry into the Northern All Schools Cross Country Championships (normally \$5 per child) and ALL other rounds of the series! Entering the series saves you \$5 per child as opposed to entering each round separately which would be \$20. Further discount – the maximum payable is \$30 per family. This is regardless of number of children entering, -if you enter the whole series.

Distances - 1.5k-2k for Primary School Children

(A series is only being conducted for Primary School children this year.

Please note there ARE still races for secondary and adults at all these venues in conjunction with the Primary School series, all welcome). Older children and adults may also run the shortest race by invitation if they wish.

Enter as an individual or part of a primary school team, lucky draw prizes, medals and certificates to be won and perpetual trophy for the champion school!

Full details and more entry forms from Newstead Harriers Athletics Club,
PO Box 1594, Launceston, 7250, Email info@newsteadathletics.org
Phone/text Simon on 0407319861