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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

Food for Thought

Children that read for 1min per day are exposed to 8000 words per year.

5minutes per day they are exposed to 282,000 words per year

20 minutes per day -1,800,000words

Just after Mothers' Day, falls the Feast day of Our Lady of Fatima and International Day of Families. These three celebratory occasions recognize the gift of motherhood, the special relationship that we have with Mary, mother of Jesus and, the fundamental importance of the family as the basic unit of community.

In the northern hemisphere, May is the final month of Spring. It is time for maypoles, May balls and May Days. The common themes are nurturing and growth – both physical and spiritual.

Having homes and families, however they may be constituted, which provide love and care for children are the building blocks of society. We do this in so many ways and it is so, so important that we, as parents and carers, model what we want for our children. If we want our children to be generous, patient, kind, resilient, self-aware, compassionate, courageous, curious, disciplined, faithful, honest, affectionate, respectful, then they have to be taught – by us. The values we want for them are learned from infancy.

There is more than enough dysfunction in our world. Our world needs peacemakers, thinkers and workers who care so much for humanity that their selflessness will change our world one bit at a time. The gift of Gratitude continues to present itself, if we are able to be open to see it. This week I am Grateful for:

- ✓ Gavin, the family friend of Jett and Amber, who helped organised the fantastic opportunity with the Hawks that was so prominent in the Examiner yesterday.
- ✓ Grateful for our students who responded so positively and with genuine excitement when this was announced at a special Assembly yesterday.
- ✓ Our great staff, who knowing this was happening for several days were also genuinely excited for Jett and Amber.
- ✓ The country and state that we live in is free from the Civil War and torment that is currently being experienced in many parts of the world, with particular thought to the school girls in Nigeria that are abducted based on fundamental religious beliefs.

You and I, as parents, have this potential in our grip if we live and breathe the values we assert are so important. The Feast day of Our Lady of Fatima reminds us of our children's preciousness and that they too may be privileged recipients of grace and revelation

Sacred Heart School Newsletter

Winter Uniform

To clarify expectations for wearing of the new Boys shirt with the winter uniform. The long sleeved winter shirt is designed to be worn tucked in. The short sleeve summer shirt is designed to be sitting out.

School expectations for the wearing of the uniform will be as follows:

- ✓ When wearing the Winter Uniform boys need to have their shirt tucked in during class time, arriving to school and leaving at the end of the day. This applies when wearing shorts or trousers.
- ✓ The expectations for summer uniform will remain the same as they were in Term 1.

The reality is having the shirts tucked out with wearing trousers, shorts and a tie in appearance does not reflect the expectations we have of wearing the uniform with pride and the community at large seeing this.

Uniform Shop News-Winter Stock available

Girls Lemon Long Sleeve Shirts

Boys Long Sleeve Shirts

Girls Bottle Green Winter Trousers available in sizes 8,10 & 12.

Polar Fleece Bottle Green Scarves \$7.00 each and gloves \$6.00 each

Fleecy Lined Bottle Green Raincoats, great value at \$38.00 each

Orders can be sent to shs.clothingpool@catholic.tas.edu.au



Cross Country: Training for Gr 3-6

We invite any students from Grade 3-6 who are interested in training for the School Cross Country to meet at Brickfields at 8am on Mondays and Wednesdays. 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 Monday 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

This year we are going to trial a new venue for the P-2 Cross Country Carnival. The main reason we want to trial a new venue is to give parents the chance to be able to watch their children run for the majority of the race rather than just the small part that you currently see with holding the Cross Country at School.

More information will come out next week however some general information about the carnival:

- ✓ Parents can walk with the grades from school or meet us at Royal Park.
- ✓ Parents can take children home from Royal Park after the last race (Grade 2 boys). Please alert the class teacher on the day if you will be taking your child home.
- ✓ This year we will have House Points (The top 5 runners will be awarded points: 10, 8, 6, 4, 2).
- ✓ Students can wear their house colours (coloured polo tops if they have them).
- ✓ A letter with information about the carnival will go home to parents late this week or early next week.

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Launceston Competitions:

It is a credit to our teachers and students for the willingness to take part in the Launceston Competitions. Each class from grade 1-6 will be part of the competitions. As well as this some students have organised themselves into groups and in other instances individual students are competing. Thank you to all our teachers in particular Mr. John Hood and Mrs. Linda Sydes who have put significant time in organising our classes and School to be part of this annual event. Good luck to all classes.

Kindergarten Enrolments 2015 – Existing families:

Kinder interviews will begin in the next fortnight so please if you have not placed an enrolment form in for your child or you know families outside of S.H.S. who were considering enrolment, to make sure their forms are completed and sent in as soon as possible.

All Schools Cross Country:

All Schools Cross Country: This event is on Wednesday 25th June @ Symmons Plains. If your child is interested in participating please email: john.anderson@catholic.tas.edu.au

The school will organise the on-line registrations and cover the cost of the \$10 entry fee.



MOTHERS DAY PHOTOS



Sacred Heart School Newsletter

Parents and Friends News

Next Meeting

Tuesday 20th May is the next P&F meeting, 7.30pm in the staff room. Come along to hear about current school developments and information. Everyone is always welcome.

Agenda items up for discussion will be

- Planning of the new event for 2014-Market on the Green
- Revising the P&F constitution
- New Sports Tops for students.

Entertainment Books---Books available NOW

Have you purchased an Entertainment Book yet? It will save you many dollars on restaurants, hotels, travel, shopping, cafes, attractions and activities for the children.

Memberships are available in book or digital form and sell for \$65.00 each. \$13.00 from every membership sold goes to our school.

Purchases can be made securely online or by cash from the office.

Visit www.entertainmentbook.com.au/orderbooks/24037x7

Thank you to the 13 families who have already purchased an Entertainment Book Membership, your support is much appreciated.

Contact Rebecca on 0418721952 or email randmmillwood@bigpond.com for more information.

S.H.S. Board Meeting: Key Points:

- Discussion of Capital Development - Stage 2 Planning for the 3 /4 Building work to start in 2015.
- Discussion of Lockdown Procedure being finalised with a whole school practice during this term
- Discussion of possibility of new Polo Top Design and expectations around the wearing of winter uniform for boys -shirts tucked in or out.
- Car Parking - challenges and inappropriate use of parking in the area in front of the Church.
- Summary of the feedback -commendations and recommendations from the Validation of our School in Term 4 last year.
- B-4 program feedback.
- Kinder enrolments for 2015
- Camp Policy -volunteers and staff.

Sacred Heart School Newsletter

~ May 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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 • 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

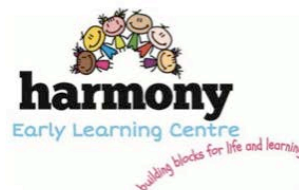
Reminder

School banking is every Wednesday, please hand bankbooks to your class teacher.



Reminder that Gr. 5 and Gr. 6 students need to be at school by 8.30 am on Monday the 19th May as they are walking to the Princess Theatre for the Launceston Competitions

For sale
Music stands - \$5.00 each
Cash only, Correct money please
Available at the school office



SPACES AVAILABLE FOR ALL AGES

Harmony Early Learning Centre offers high quality early learning in a nurturing, fun, multicultural environment



We offer high quality **Long Day Care** from 7am to 6pm weekdays for children aged 6 weeks to 5 years

WE also offer an action packed and educational **Vacation Care** Program for children aged 5-12 years during school holidays.

For bookings:

(03) 6326 0300
 21 Haig Street, Mowbray TAS 7248
www.harmonyearlylearning.com.au

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THERE HAVE BEEN SOME CASES OF CONJUNCTIVITIS WITHIN THE SCHOOL

What Conjunctivitis?

Conjunctivitis is an infection of the eye - eye is red and weepy and often has a discharge. Usually forms dry yellowish crust on eyelashes after sleep. Highly contagious

What are the symptoms?

The main symptom is the red and weepy eye and often has a discharge. Usually forms dry yellowish crust on eyelashes after sleep.

Who will get them?

Children commonly get infected with this condition. They catch them from friends at school. They can then pass the infection to other people in the family.

Are they harmful?

Conjunctivitis is harmless but highly contagious.

What is the treatment?

Drops or ointment prescribed by your doctor.

When can your child return to school?

The child will need to be at home until your doctor treats the eye and the discharge from eyes has ceased.

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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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.movewelleaseatwell.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.

Tasmania
Explore the possibilities

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.movewelleaseatwell.tas.gov.au

Department of Health and Human Services Last reviewed 2012

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Tasmania
Explore the possibilities



St Vincent de Paul Society
(TASMANIA) INC
good works

Volunteers needed

York Place is a Special Work of the St Vincent de Paul Society in the Launceston Region. It is a social club, aimed at people with physical or intellectual disabilities, a safe, unstructured environment, where attendees can socialize, and enjoy playing games, watching movies etc, away from home, on their own terms whilst being supported by a team of carers.

We are looking for volunteers to assist with the preparation of a midday meal for the attendees at York Place.

What is involved?

- One Saturday per month: 10:00am – 2:00pm
- Preparing and serving a midday meal in accordance with the York Place rotating menu. All recipes and ingredients are provided.
- Assisting with serving morning and afternoon tea.
- Cleaning up the kitchen after lunch is completed.
- Checking the food and cleaning supplies stores, and placing an order for anything that is needed.
- Before starting, you would be required to undertake a short online food handling course. (we can assist you with this)
- You would need to provide a National Police Check, which we can arrange

If you are interested in becoming involved, please contact Jane Forrest on 6326 5551 or jane.forrest@vinniesnorth.org.au by 9th May 2014.

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For More Information

University Department of Rural Health
Melissa Terry
Phone: (03) 6324 4060
mmterry@postoffice.utas.edu.au

Dr Heather Bridgman
Phone: (03) 6324 4048
Heather.Bridgman@utas.edu.au

Music, Medicine and Motherhood: Uncovering the Experiences of Women with Postnatal Depression in Rural Tasmania

Postnatal depression (PND) is a depressive condition experienced by a mother after the birth of a baby. PND is experienced by 10%-25% of women who have given birth.

The University Department of Rural Health at the University of Tasmania is conducting research in the North and North-West regions of Tasmania in order to find out:

- * what services are available, known and used by women with PND;
- * how women view PND; and
- * what role does music have in easing PND symptoms.

If you are a woman, 18 years or older, who has experienced, or are currently suffering with PND and would like the opportunity to share your experiences in a one-to-one interview or for more information please contact us.

Participants will be included in a lucky draw. The winner will receive a \$100 gift card.

Sacred Heart School Newsletter



SCSEEC

Standing Council of School Education and Early Childhood

Nationally Consistent Collection of Data School Students with Disability

Information for Parents/Carers

All Australian governments have agreed to work together to implement a new annual national data collection on school students with disability. This data collection process is being phased in over a three year period in 2013-2015.

The first two years will be a transition period. This means that all schools will begin preparing for participating in the collection from 2013.

In 2015, the first full national collection of data on school students with disability will take place in all Australian schools. From then on, this data collection will occur in every school every year, along with other school data collections.

WHY INTRODUCE A NATIONAL COLLECTION OF DATA ON SCHOOL STUDENTS WITH DISABILITY?

All Australian governments agree that every child in an Australian school, regardless of his or her circumstances, has the right to a high quality and inclusive education that meets his or her needs.

Better information about school students with disability will assist teachers, principals and education authorities to support their participation in schooling on the same basis as students without disability.

HOW WILL IT BENEFIT MY CHILD?

There are students with disability in every school in Australia at some point. This means that every school needs to be ready and able to support students with disability to ensure that any obstacles to participation and achievement in their school education are identified and minimised.

This new national data collection will reinforce the actions required of schools under the national *Disability Discrimination Act 1992* and the *Disability Standards for Education 2005*. These laws mean that schools and education systems are required to make, where needed, reasonable adjustments for students with disability.

An adjustment is a measure or action taken to assist a student with disability to participate in education on the same basis as other students. Adjustments can be made across the whole school setting, in the classroom and at the individual level.

Determining the level and type of support needed for an individual student is not a new activity for Australian schools.

Currently there is only limited and inconsistent information available at a national level about school students with disability, their educational needs and the support provided to them.

The information provided by this new national data collection will enable all Australian governments to better target support and resources. That will assist students with disability in government and non-government schools across Australia to complete school and go on to further education or find employment.



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WHAT INFORMATION WILL BE COLLECTED?

The following information will be collected annually at the school level:

- the level of adjustment provided;
- the number of students receiving each level of adjustment to enable them to participate in education on the same basis as other students; and
- where known, the student's type of disability.

WHO WILL COLLECT MY CHILD'S INFORMATION AND HOW WILL THEY DO IT?

School teams will collect evidence based on:

- consultation with parents/carers;
- their observations and professional judgements; and
- any medical diagnosis.

The evidence will be collected over at least a 10 week period. This evidence will help the school teams to determine:

- which students to include in the data collection;
- the levels of adjustment that are provided, both within and outside the classroom; and
- the broad category of disability.

In line with good teaching practice and the requirements of the Disability Standards for Education 2005, you will continue to be provided with opportunities to discuss ways to assist your child overcome barriers and the adjustments that could be made to support your child.

Principals and school teams will be supported with training to assist them to make accurate judgements.

School principals will assure the accuracy of information collected about each student.

WHICH SCHOOLS AND STUDENTS WILL BE INCLUDED?

Your child's school principal will be advised about their school's involvement and when the school will be participating in recording information for the data collection.

A student will only be included in the data collection if he/she meets the definition of disability under the *Disability Discrimination Act 1992* and the school has evidence of this.

CAN I WITHDRAW MY CHILD'S INFORMATION FROM BEING INCLUDED IN THE NATIONAL REPORTING ACTIVITY?

You decide whether you want your child's information to be included or not in the national reporting activity. Your school principal will forward information to you once they are participating so you can make an informed choice.

HOW WILL MY CHILD'S PRIVACY BE PROTECTED?

Protecting the privacy and confidentiality of all children and their families is a key priority.

Authorised staff in each school will manage the information to ensure that personal or confidential information is not disclosed.

Transmission of data by the school will be done in such a way that the privacy and confidentiality of all students is protected.

When data are reported it will be at the school level only and no individual student will be able to be identified in the data collection.

WHAT WILL THE INFORMATION BE USED FOR?

It is intended that the data collected about students with disability will be published on the My School website and in other national reports on schooling from 2016 onwards.

Public reporting of these data will mean more is known about how all Australian schools and education authorities support students with disability.

Australian schools and education authorities will use these data as evidence to improve their support for students with disability.

FURTHER INFORMATION

For further information about the national collection of data on Australian school students with disability and how you can support it, please visit www.deewr.gov.au/students-disability.