

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** (103 families following)

Please visit our website for more detailed information, video and photo galleries of our school:

www.sacredheartl.tas.edu.au

From the Principal:

OUR P.B.S. VALUES ARE:

Respect for Ourselves

Respect for Others

Respect for our Learning

A Father is a man who expects his son to be as good a man as he meant to be – Frank A. Clark

I attended a funeral this week where the following poem was read out. With Father's Day this coming Sunday (and for mum's too) I thought it reflected the many hopes and wisdom we aspire our children to have:

'Desiderata'

Go placidly amid the noise and haste, and remember what peace there may be in silence.

As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even the dull and ignorant; they have a story.

Avoid loud and aggressive persons, they are vexations of the spirit.

If you compare yourself to others, you may become vain and bitter, for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble; It is a real possession in the changing futures of time.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; You have the right to be here.

Therefore be at peace with God, whatever you conceive Him to be. And whatever your labours and aspirations, in the noise confusion of life, keep peace with your soul.

With all its sham, drudgery and broken dreams, it is still a beautiful world.

Be cheerful. Strive to be happy.

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From the Principal:

Primary Schools Dance Event

Our primary classes have been practising different dances in class and as part of P.E. **On Friday 19th September** many students from primary schools across Launceston (including SHS) will converge on the Silverdome and participate in the dance event.

In 2015 we have booked Dance Fever. This group provides high quality teaching of Dances for students from Prep to Grade 6. Each week for an entire term each class has a 30 or 40 minute lesson. This will take place in Term 4. As part of the deal we have reached with Dance Fever, they will also provide a program for Skipping. This will take place in Term 1 with a weekly lesson for each class, provided by a World Champion Skipper! More information to come later in the year!



Grade 3-6 Athletics Carnival

With the Carnival cancelled last Monday due to rain, the back up day is this coming Monday the 8th September. Thanks to the parents who were able to make changes to still be able to help out with the Carnival. We hope the weather is kinder to us this coming Monday.



Staff Leave

Mr. Tony Claessens begins long service leave for the last three weeks of this term, starting this Monday. Mrs. Sydes will cover Tony during this period with Miss Lauren Thompson continuing to teach on the class each Friday.

Mr. Wood is on leave for the rest of this term recovering from illness. Miss Jessica Grieg will be teaching on Grade 4 Wood during this time.

Classes 2015

As has been the case in previous years, if parents have valid reasons around their child being allocated to a particular class or teacher for 2015 you need to write to the school.

This must be written to the Principal (email is ok if preferred) not the classroom teacher. By writing to the Principal there is a level of discretion and confidentiality that can be put in place rather than having to go into detail with the class teacher of your child.

Parents I hope understand that while every effort will be made with valid situations, we cannot give a 100% guarantee that all requests can be accommodated.

If parents know that they will not be continuing enrolment of their child/children at SHS in 2015 please let me or our school office know as soon as possible. The realities around budgets in schools rely heavily on maintaining the right numbers of students. It helps our school out immensely with maintaining staffing, allocating resources and balancing classes to know exactly (and as soon as possible) whether any students will be moving schools.

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From the Principal:

ATWTP

Thursday 28th August

Congratulations to all the Givers not takers who celebrated ATWTP

Thankyou to Mrs.Northeast for making yummy and healthier food



Prep Hills HEIDI BREWER ALEC JEONG	Prep Best AVA BOYLE ARIA SPENCER
1 Underlin ERIN HUGHES LEO BAILEY	1 Crawford ISABELLA SPENCER MOLLY ROSS
2 van Ryn BRODIE DOBSON ALICE MATHERS	2 Reid LUCAS POWELL WILL SAUNDERS
3 Hood FLETCHER HARPER MAIYA DOWDE	3 Symons ALEXANDER LUTTRELL ABIGAIL VAN NIEKERK
4 Wood MAUREEN BAWDEN MITCHELL NICHOLAS	4 Smith AVA DOWDE SOPHIE ILLINGWORTH
5 Viney/Sydes HARRY TSAKIRELLIS ALLY BROWN	5 McLeod/Illingworth JONTE ADAMS MATTHEW CARINS
6 Claessens PATRICK DONALD ELLA MALONEY	6 Davie MEG JONES TIBBIE DOWLING

Primary Schools Basketball Tournament

Thanks to parents who have volunteered to coach and be team manager for the 17 teams we have involved this year.



Collecting Students

Please continue to make safe and respectful decisions around parking, collecting and driving around our school site, particularly at the end of the school day.

Congratulations to the following students who completed the University of New South Wales Writing Exam

Participation
Hannah Sydes

Merit
Elizabeth Hannah

Credit
Ella Maloney
Ava Drew
Emma Madden

Distinction
Isabella Tys
Eboni Sydes

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FATHERS DAY CELEBRATIONS



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VINNIE'S WALK IN MY SHOES DAY

Vinnie's are conducting an activity to encourage children to better appreciate the things they are lucky enough to have in life, things they probably take for granted, things like a pair of shoes. Parents may have noticed a poster in some of the classes depicting a poor African man wearing a pair of sandals made out of used plastic cordial containers. We are inviting children to make some shoes/sandals/thongs or coverings for feet out of rubbish they may find lying around the house. They could even modify or fix an old pair of shoes using tape etc. Prizes will be awarded for imagination, ingenuity and effort. Children will parade their efforts early next term. This may provide children with a fun holiday activity and an activity from which they may gain some valuable experiences. So please get behind this fun activity and help provide the children with an opportunity to appreciate what they have and what others less fortunate don't have.

Mr Tony Claessens and the Mini Vinnie's Team

Guess What?
Exciting News!

Did you know that Sacred Heart Parents and Friends are having a



**MARKET
On the Green
SACRED HEART**

Sunday 9th November 2014
9.30am to 1.30pm
On the School Oval

Markets are fun! You can always grab a bargain and is a great way to sell all your preloved, unwanted items.

You may have new products to promote and sell? Come to the Market and show off your wares.

Trestle table sites are selling for \$20 (discounts if own table supplied)

Don't miss out. Book your table today!

For enquires and table bookings email shsl.pnf@catholic.tas.edu.au

Another Sacred Heart Parents and Friends event, supporting our school and promoting community spirit.

Move Well Eat Well



How to pack a rubbish-free lunch

Focus on fresh 'everyday' foods

- many types of fruit and vegetables don't need packaging, the scraps can then be added to the compost

Don't buy single serve packaged items

- reduce waste and save money

Use reusable containers

- (don't forget to name them!!)



Get your kids involved

- this can save you time and children enjoy taking responsibility

For more rubbish-free lunchbox ideas visit:
www.movewelleatwell.tas.gov.au/families

2014

Department of Health and Human Services
Population Health Services

Design © State of Victoria, Australia.



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~ September 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
7th	8th • Grade 3-6 Athletics Carnival	9th • 6pm Board Meeting	10th • 5.30pm Band Soiree	11th • 11.30am Band Program	12th • 9.30am Strings Program • 2.20pm Assembly	13th
14th	15th	16th • 5pm Strings Soiree @ Larmenier	17th	18th • 11.30am Band Program • Grade 5 Excursion to the Museum	19th • 9.30am Strings Program • 2.20pm Assembly • Northern Primary Schools dance Event @ Silverdome	20th
21st	22nd • Transition to summer uniform	23rd • Gr.3 Hood & Symons excursion to Museum & Planetarium • 7.30pm P&F Meeting	24th	25th • 11.30am Band Program	26th • 9.30am Strings Program • 2.20pm Assembly • Term 3 Ends Sausage sizzle/plain clothes day	27th

S.H.S. Parents and Friends email shsl.pnf@catholic.tas.edu.au

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

Student absences

Please remember to call the School office on 63311011 or email shsl@catholic.tas.edu.au if your child will be absent from school.

CATHOLIC SCHOOLS 2015

TERM 1 Thursday 5.2.15 to Thursday 2.4.15

TERM 2 Monday 20.4.15 to Friday 3.7.15

TERM 3 Monday 20.7.15 to Friday 25.9.15

TERM 4 Monday 12.10.15 to Wednesday 17.12.15

UNIFORM SHOP NEWS

shs.clothingpool@catholic.tas.edu.au

2014 Opening Days

Thursday's 2.00pm - 4.00pm

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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 2014/2015 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 **soon** where you can come along, register, pay, ask questions and purchase club uniforms.

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 18th from 5-6pm (venue to be advised). 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

Australian Schools Trout Fishing Championships Monday 22nd September, Brumby's Creek, Cressy Tasmania.

Do you like fishing? Have you got the skills to represent your school at the **Australian Schools Trout Fishing Championships**?

Mr van Ryn will be taking a team along and we need four students from grades 3-6 in our team.



If this is something you might be interested in then please submit your application to Mr van Ryn by

Monday September 8th 2014.

Your written application will need to address:

- Why you want to, or deserve to be on the Sacred Heart Team.
- Your fishing experience.
- Anything else you think will help us make our selection.

If you need anymore information please see Mr van Ryn or ask your parents to email phil.vanryn@catholic.tas.edu.au

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Recent students of the week

Prep Hills	Emily Norton For fantastic progress with her reading	Isabelle Crerar For showing great thinking in her goal setting
Prep Best	Laura Stephens For an outstanding effort with her reading	Jonah Webb For great work about spiders
Grade 1 Crawford	Harry Costello For excellent improvements in reading	Lachlan Davern For a great effort in narrative writing
Grade 1 Underlin	Gidhil George For being a wonderful learner	Sebastion Johnston For his excellent thinking in Maths
Grade 2 van Ryn	Charlotte Cox For great work in science this week	Alex Zegfeld For a super effort in his Gorge excursion recount
Grade 3 Hood	Kaleb Watts For being a giver, not a taker	Isobel Steven For having a go in class discussions
Grade 3 Symons	Elina McCormack For great improvement in reading comprehension	Evan Pereira For working hard to remember "Right Time, Right Place"
Grade 4 Smith	Grace Wesley For an excellent volcano model	Amelia Lewis For an excellent volcano model
Grade 4 Wood	Jayden Jones For keen interest shown commencing science unit	Haylie Lehner For keen interest shown commencing science unit
Grade 5 McLeod/ Illingworth	Evie Dawkins For always completing tasks and producing her best work Jonte Adams For taking feedback and using it effectively	Kate McLeod & Hannah Sydes For fantastic work in helping to set up and run the Great Book swap. Well done and thank you
Grade 5 Viney/Sydes	Ava Connelly For always putting her absolute best effort in to improve and succeed	Harry Tsakirellis For always knowing "Right Time, Right Place"
Grade 6 Claessens/ Thompson	Amy Periera For winning the Tables Challenge and her fine application to her work Ebonie Milner For being very well organised and always eager to help	Tayla Griffin For showing a much more concerted effort and application to her work
Grade 6 Davie	Sophie Petrack For the leadership she has shown in her history group work assignment	Caitlin Stewart For a consistent effort in all areas of your school work

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KINDER HALLEY - HAGLEY FARM EXCURSION



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Riverside Cricket Club Registration Day

To all future cricketeers.....

Season 2014-15 has come around fast and the club is busy preparing. We have new coaches, new facilities, a new logo – and now we need the players!

We will be holding a junior registration afternoon on Tuesday 9 September from 4-6pm. This will be held at the Community Hall, Windsor Park Precinct (the main building next to the doctors surgery).

Training for Under 15 will start the last week in September, with other teams to follow shortly after that. Rosters commence mid October for U15 and early November for U13 div 1, 2 & 3.

Intraclub U11, T20 Blast and Milo registrations will also be available, however no specific dates/costs have been set for these programs as yet. Please contact us on the email below for more information.

We are also looking for interested girls/ladies to take part in our Inaugural RCC Women's Team. Rostered T20 matches will take place on Sunday evenings from 4:30pm at Riverside or the NTCA complex. These games are due to start mid-November. Please contact us on the email below for more information.

Junior Committee

Riverside Cricket Club

theriversidecricketclub@gmail.com

*Opening our doors on the
1st September 2014*

Nutrition for life!

Diabetes & Health Research Centre

Please join us for a BYO
'Picnic in the Park'
to help celebrate
Our Opening



St George's Square
Saturday 6th September 11.30am - 1.30pm

Balloons for Kids, Free Sausage Sizzle, Meet the Team



Food Sculpturing Competition

Hey kids, bring a creative plate of healthy food. Every entry gets a prize!



Take back your health with our personalised nutritional dietary care
Dr Gary Fettke

Phone 6301 9096
www.DiabetesHealthCentre.com.au

Move Well Eat Well



Beware of food advertising

Many TV ads promote 'occasional' food and drinks that are high in salt, fat and sugar.

What families can do:

- Limit your child's TV viewing to less than 2 hours each day.
- Talk to your child about why food advertisements are made.
- Discuss why you are choosing not to buy the foods or drinks advertised.
- Discuss some 'everyday' foods that are better choices than the 'occasional' foods seen on TV.



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

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