

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** (106 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

MUST WATCH:

Please find 5 minutes to watch the following 2 youtube clips - you will feel happy just from watching
<https://www.youtube.com/watch?v=4z7gDsSKUmU> How to change the world

<https://www.youtube.com/watch?v=m5yCOSHeYn4> 20 things we should say more often.

Many of us as parents would have fond memories of a childhood spent outdoors. Climbing trees, roaming the neighbourhood until time for dinner, and often only being allowed inside as a last resort. In the space of one generation this has changed significantly.

Most Australian children have lost the freedom of childhood and the outdoors for a more sedentary indoor existence dominated by electronic screens. Our children's roaming range has been reduced to near zero as we as parents grow more fearful, protective and risk adverse than our own parents were with us.

It is difficult to overcome protective instincts and let children explore by themselves and take risks. I have the same protective instincts and worries. Strangers, heavy traffic, loss of community, negative news stories warning parents to take care of all the 'dangers' in our society that are out there. At the same time we risk a generation of children who are lacking confidence to take risks, unable to assess risk and increasingly prone to being physically unhealthy along with associated health risks.

Unstructured play is more than just idyllic memories rather part of our human development. A growing body of evidence shows that outdoor play leads to better physical and mental health, positive effects on cognitive functions and learning as well as reducing behavioural problems.

Australian children now spend less time outside than a maximum security prisoner (2 hours)

Almost 9 out of 10 children spend more time playing inside than outside.

5% never play outside.

There are some genuine concerns that we as parents want to protect our children from. Interestingly some of these things we see on the news are often no more prevalent now than when we were children just more exposed through news and social media and parent blog sites.

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From the Principal:

I read in a Principal Magazine this week '51 things to do before you're 12!' Some of the things include:

✓ Climb a tree	✓ Build a sandcastle city	✓ Catch a crab
✓ Fall off a bike	✓ Visit an island	✓ Catch a fish
✓ Learn to swim	✓ Play under a sprinkler	✓ Jump in puddles
✓ Build a cubby or tree house	✓ Play in the bush	✓ Play beach cricket
✓ Cook damper	✓ Meet kids in a park and invent a game	✓ Skim a stone
✓ Make something with things you find.	✓ Do something you're scared of	✓ Plant something and watch it grow

These along with many other things should be compulsory parts of everyone's childhood.

Over the coming weeks we hope to have our 'Loose Parts Play' Trailer built and arrive at school. As well as this we will hopefully have a space at the bottom of our Grade 6 area involving pine bark, large tyres and other materials, leaving the creative play to the students to sort out.

This Monday our B-4 program will have our young children access a fire pit inside the Kindergarten playground. Thanks to Mr. Bennett for purchasing the item and Simon Natoli from Catholic Education Tasmania making sure that all risk assessments are signed off, we are good to go starting this week.



We even have a small S.H.S. Fishing Team competing soon in a fishing event! Encouraging our children to get outdoors more and as a school creating spaces in our playground to support this, is an investment in our children's happiness and prosperity. The best part can be it is also just fun to do!

Summer Uniform

Students are able to transition into summer uniform from the start of next week. From the beginning of Term 4 all students are to be in summer uniform.

Primary Schools Dance Event

This Friday our students will be participating in the Primary Schools Dance Event at the Silverdome. The times are below:

Gr. 3 - 6	10:30 Leave School 11am Dance Event 12:10pm Return to school
P-2	12pm Leave school 12:30 Dance Event 1:10pm Return to school

Parents are most welcome to come along if they like.

TUCKSHOP ARRANGEMENTS for Dance Event – Friday September 19

The Tuckshop will be open at Recess for Prep – Grade 2.

Prep – Grade 2 students WILL NOT be able to have a lunch order.

Grade 3 – 6 students WILL be able to have a lunch order.

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From the Principal:

Primary Schools Basketball Tournament

A reminder that the basketball fee of \$35 per child must be paid to the office by the end of Term 3

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.

Classes 2015

As mentioned in last week's newsletter, 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, in-particular the Principal. ***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 will have until early in Term 4 to make any requests before teachers start draft lists for 2015 classes.

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

The team representing Sacred Heart this coming Monday will be:

- Reed Hodgetts
- Ella Maloney
- Issy Tys
- Thomas Geale
- Ava Dowde (reserve)



Thanks for everyone who applied and hopefully we'll have even more teams next year.

Remember you can still enter the 2014 Tasmanian Trout Expo all weekend:

Come along and catch the \$10,000 Tagged Trout or maybe one of the other tagged rainbow trout and win fantastic prizes. Also you may win some of the other great prizes up for grabs.

Location: Cressy Tasmania – Brumby's Creek between weirs 2 and 3 – The gates open at 7:00 am each day of the fishing competition and the event starts at 8:00 am.

Fishing Competition Entry Fees

Adults – \$10 per day / \$15 full weekend

Junior – (u14) \$5 per day/\$8 full weekend

Onlookers – Free entry

Tight Lines Guys!

Phill van Ryn

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MESSAGE IN A BOTTLE

Each year the Grade 6's write a Message in Bottle and drop somewhere in the ocean, this year Remi Gardner dropped hers near an island in Fiji and received the following response:

Hi Remi

Ash, Maria and Tom here. Recently we were in Fiji when we came across your letter in a bottle. We found it floating in the ocean just off the western tip of Malolo Lailai Island on the 13 August. We were on holiday visiting Ashs father who lives on the island.

At the time we found the bottle we were out spear fishing, It was Ashs first time doing this and after only 15mins he speared a 20kg Giant Trevally (beginners luck) after a 20min struggle getting the fish in our small 12ft boat we noticed your bottle drifting close by.

At present we all live in Margaret River W.A but work on the mines in the Pilbara. We love living close to the beach, and spend as much time there as possible, surfing, diving, fishing, and soaking up the sun.

This has been a great story to tell all our friends, currently the letter and the bottle lives in our lounge were every one can see it.

One thing we are very curious about is were you dropped the bottle in the ocean?

I've added some pics as well

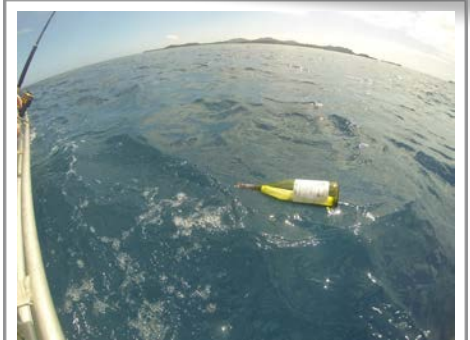
1. Your bottle floating along before we picked it up
2. Left to right; Tom Billington, Maria Firmin, Ash Henderson. Reading your letter for the fist time at the Island Bar on Musket Cove.
3. Ashs first fish spearfishing. Feed 12 people with it at a big BBQ that night

Looking forward to your response

Kind Regards

Ash, Maria, & Tom

p.s. sorry its taken so long to write, we have been very busy working and holidaying



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School Uniform Shop

Open: Thursday 2-4pm (during school terms)

Transition to summer uniform begins next Monday 22nd

Full summer uniform is worn in term 4.

Summer uniform items are in stock now: summer dresses \$80, short sleeve striped shirts \$33, grey shorts \$25, hats \$10 and all sock styles.

Girls hair accessories available, hair bows, bands and head bands.

School Hats \$10 are available at the uniform shop and the school office.

Stock Clearance Sale - *(items discontinued by suppliers)*

Commencing Thursday 18th of September,

available while stocks last

****Boy's Midford longer leg style grey shorts. Now \$20.00 save \$5***

****Girl's peter pan collar style, lemon blouses. Now \$20.00 save \$12***

Kinder 2015 and Prep 2015 Uniform Pre Order forms

will be available in November

Parents and Friends News

Come along to the September meeting, Tuesday 23rd 7.30pm in the staff room. Agenda items up for discussion will be Parent Survey, Purchase of Portable Shade for school events, Market on the Green, coming events: volunteers for Community BBQ, sacrament morning tea and 2015 Twilight Fair. For any enquires email shsl.pnf@catholic.tas.edu.au or contact Rebecca on 0418 721 952.

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~ September 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
21st	22nd	23rd	24th	25th	26th	27th
	<ul style="list-style-type: none"> • Transition to summer uniform 	<ul style="list-style-type: none"> • Gr.3 Hood & Symons excursion to Museum & Planetarium • 7.30pm P&F Meeting 		<ul style="list-style-type: none"> • 11.30am Band Program 	<ul style="list-style-type: none"> • 9.30am Strings Program • 2.20pm Assembly • Term 3 Ends Sausage sizzle/ Footy Colours day 	

~ October 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
12th	13th	14th	15th	16th	17th	18th
	<ul style="list-style-type: none"> • Term 4 Begins • Full Summer Uniform 	<ul style="list-style-type: none"> • 6pm Board Meeting 		<ul style="list-style-type: none"> • 11.30am Band Program 	<ul style="list-style-type: none"> • 9.30am Strings Program • 2.20pm Assembly 	

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

End of Term 3 Sausage Sizzle/ Footy Colours day

Friday 26th September

Sausage/Hamburger orders along with payment need to be given to the class teachers by Friday 18/9

Hamburgers \$2.00

Sausages \$1.50



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.

UNIFORM SHOP NEWS

shs.clothingpool@catholic.tas.edu.au

2014 Opening Days

Thursday's 2.00pm - 4.00pm

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

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

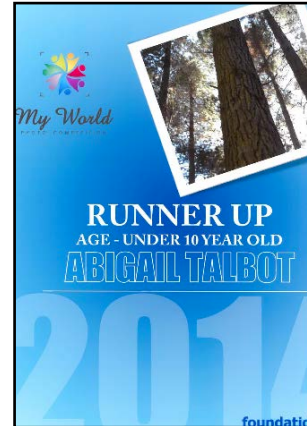
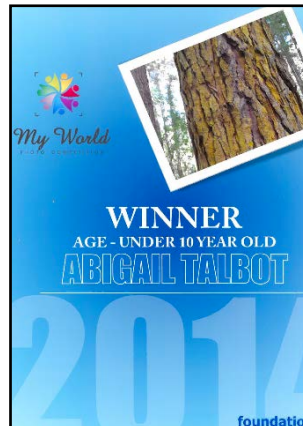
TERM 3 Monday 20.7.15 to Friday 25.9.15

TERM 4 Monday 12.10.15 to Wednesday 17.12.15

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Congratulations to Abi Talbot (Grade 3).

Abi entered and won the Under 10 Year Old section of the 'My World Photo Competition' with nature photos taken on her class excursion from earlier in the year.



SOME SNAP SHOTS OF OUR LEARNING



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Recent students of the week

Prep Hills	Oliver Woolley For contributing thoughtful ideas to class discussions	Hamish Gardner For great work in Maths
Prep Best	Lucas Mineall For always being a thoughtful and caring boy to his peers	Maya Chapple For always giving her very best to all learning areas
Grade 1 Crawford	Brodie Gardner For using excellent finger spaces this week	Averyl Quinn For showing excellent resilience this week
Grade 1 Underlin	Patrick McDonald For making new friends	Lennox Wood For his awesome work in Maths
Grade 2 van Ryn	Seth Clarke For showing great respect for our school by always picking up after others	Alice Mathers For great effort in Chance and Probability
Grade 2 Reid	Asha Lowe For consistently producing great work this week	Montana Di-Maio For being a WEST person - always cheerful and helpful
Grade 3 Hood	Ryan Leonard For always being a great helper in the classroom	Alice Jones For your positive attitude to everyone in our class
Grade 3 Symons	Xavier Barker For excellent participation in Maths activities	Paige Warren For for her happy smile at school
Grade 4 Smith	Emmanuel Lockley For his improved bookwork presentation	Laura Elmer For her positive attitude to learning and excellent social skills
Grade 4 Wood	Elizabeth Hannah For always giving 100% in everything she does	William Cowley For always having a positive attitude
Grade 5 McLeod/Illingworth	Piaf George For becoming more of a risk taker in Maths and her outstanding prepared speech	Lachlan Norton For endeavouring to complete all tasks and meet deadlines this week
Grade 5 Viney/Sydes	Stefan Tantari For outstanding effort, improvement and success in Maths	Oscar Mansell For writing a fantastic procedure this week and showing improvement in his effort in all areas
Grade 6 Claessens/Thompson	Cody Smith For his continued enthusiasm to improve and submit work on time	Amelia Hoyland For being a walking God moment
Grade 6 Davie	Edwina Jones For her outstanding work habits and giving 100%	Eboni Sydes For her consistently high standard of work and exceptional application

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AUTHOR "LIAN TANNER" VISIT TO OUR SCHOOL

On Friday the 5th of September an author named Lian Tanner came to our school to talk about her new book "Ice Breaker." She talked about how she came up with it and how her imagination helped a lot. We learnt a lot about how to write a book and came out inspired with all the things Lian Tanner talked about. Lian Tanner also talked about her childhood and what inspired her to become an author. After the talk the girls in Book Club had lunch and talked to Lian Tanner about her other book series call "The Keepers." We talked about the series and how we read her first Keepers book "The Museum of Thieves." We got to have a look at her journal and papers on which she had her ideas for The Keepers series. Lian Tanner also showed us The Keepers series in other languages and countries and what the cover pages looked like. We had a lot of fun and wish we can have more authors and people like Lian Tanner at our school.

- Georgia Lovell

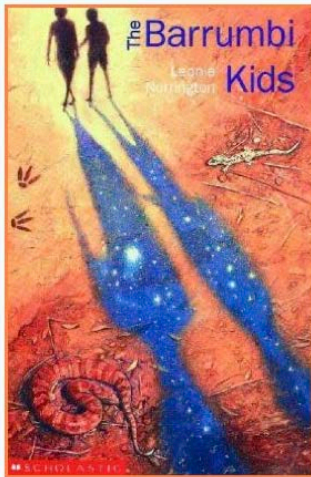


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Tuesday Book Club

The Barrumbi Kids

by Leonie Norrington



"Dale and Tomias are best mates. They live at Long Hole community. Dale's grandfather was the first white man to settle here at Long Hole, where Tomias' ancestors have lived since the dreaming. Their Mums grew up together too.

The kids struggle with school, the trials of growing up, and parental expectations. Life itself is full of danger - from wild bushfires, crocodile-infested rivers and the thick bubbling ooze of the blood pit.

Dale and Tomias, and their friends, move between Aboriginal and white cultures - fishing, hunting, playing and going to school. They get into trouble and they learn about themselves, about each other and about the wider world.

As a back drop to the children's stories there is the land itself - a magnificent landscape of fire and floodplain, unbearable heat and towering storms"

The next meeting will be **Tuesday 21st October**
from 3.15pm - 4.30pm.

Everyone welcome from Grades 5 and 6.

SUPER SATURDAY



CELEBRATE THE ARRIVAL OF SPRING AND EXPLORE LAUNCESTON CENTRAL CITY ON SUPER SATURDAY

SATURDAY 20TH SEPTEMBER

- Bargains all day from over 20 participating stores
- Fashion Parades 11.30am & 1.30pm, Brisbane St Mall
- Your chance to WIN 1 of 3 x \$250 Myer gift cards
- Great range of in-store product demonstrations
- Kids activities include Bounce Castle, Face Painting, Chalk Drawing, Colouring & Loom Band Competitions
- Visit participating eateries and restaurants for specials of the day!

Proudly sponsored by:

MYER



Get into Touch



GIRLS AND BOYS JUNIOR ROSTERS - EACH WEDNESDAY - STARTING OCTOBER 15TH



- Touch Football is a fun game providing a great social environment for both boys and girls.
- Minimal contact sport
- Make new friends
- For all ages and skill levels
- Catering for individuals or as a team



PLAYNRL.COM

For further details please contact Emma Anderson 0488 366 833 or manager@launcestontouch.asn.au

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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.

Registrations:

Please note the change of date for the registration session at St-Leonards

We have two registration days coming up where you can come along, register, pay, ask questions and purchase club uniforms.

Thurs 25th Sept – Sacred Heart Catholic School (Grade 6 Davie) 3.15 – 4.30

Monday 29th Sept – St Leonards Athletics Centre 3.30-6.30pm

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 25th from 5-6pm at the South Launceston Football Ground. 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

Move Well Eat Well

LIMIT OCCASIONAL FOODS

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

Department of Health and Human Services
Population Health Services

Tasmanian Government

Move Well Eat Well

LIMIT OCCASIONAL FOODS

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