

Sacred Heart School Newsletter



Phone: 6331 1011

227 York Street, Launceston Tasmania. 7250

Email: shsl@catholic.tas.edu.au

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

www.sacredheartl.tas.edu.au

OUR P.B.S. VALUES ARE:

Respect for Ourselves

Respect for Others

Respect for our Learning

From the Principal:

*"10% of conflicts are due to difference of opinion and
90% of conflicts are due to tone of voice and body language"*

Unknown.

"Soft words soften the hearts harder than rock and harsh words harden hearts that are softer than silk."

Unknown

Across a week, in any school at different levels from staff to parents to students, I would be extremely confident that what occupies the most thought and anxiety is not what has to be done but how to go about it. Narrowing this even further it would be mostly about; how to go about conversations, questions or giving feedback about a concern. In my experience points of tension or anxiety or even anger come down to either one of two things:

How well we deliver the message?

How well we receive the message?

Rarely do these conversations go 'pear shaped' because we have differing opinions. It is purely around how well we listen and respond. If we are really, truly and honestly keen to make any situation better we will swallow our pride, calm our emotions and make a real effort to deliver the message as well as we can.

Why? Because we know this is more likely to get a better outcome than the one we have at the moment.

Just as often in receiving the message we do no listening at all, just preparation in what we are going to say back in defense or response! This is hard stuff for students and what I have noticed even harder for us as adults. Doing it well though, does make a difference to our wellbeing and just as importantly the wellbeing of others. Because of this alone it is surely worth the effort?

How was School today?

This question I am sure is echoed out in cars and homes across Launceston each and every day. Sometimes it is the question we ask that determines what answer we get! If we ask how was school today we may get the one moment that didn't go well and never hear about the many other moments of celebration and success. Here are some alternatives or additional questions you could ask:

Tell me one fun thing, one useful thing and one extraordinary thing you learned?

How else could you have learned what the teacher taught?

What would you like to know more about?

What great questions did you ask today?

What did you discover?

Why are you learning that?

How do you know you are learning?

What did you improve today?

What challenged your thinking?

How did you contribute to other student's learning?

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From the Principal:

Before and After School Expectations

As parents know we have reviewed our policy in relation to students arriving and leaving school each day. It is important that all parents are clear on the following:

- ✓ The welfare and safety of students is paramount in our decision.
- ✓ Our School's opening hours 8:30-3:30 p.m. where parents should expect best quality supervision of their children.
- ✓ Students are not to be at school before 8:20 am unless supervised or accompanied by a parent/guardian.
- ✓ When there are unusual or unexpected moments where a child may need to be at school earlier they are to go to the new Presentation Gym. **This is not for students who regularly are arriving before 8:20am.**
- ✓ If some students are regularly arriving or remaining after school parents will be contacted to either make alternate arrangements or access before or after school with Centacare.
- ✓ As a matter of supporting your child's safety and as a matter of courtesy parents contact school if there is a need to arrive at school early or remain after school longer than normal.

We know that for some families before school is a challenging time. Our school is extremely supportive in a myriad of ways however it is not reasonable or realistic for the school to take over the supervision of all students before the start of the school day when staff have not even arrived on site.

Before School Care

With the number of students arriving this week at 8am or earlier there appears to be enough interest for us to have a before school service for our families!! I will again be speaking with Centacare to see if we can at least trial before school care for a period of weeks to support those families who may need to drop off their children earlier to school.

Student Free Day- Monday 20th April

Monday 20th April the first day of Term 2 is a student free day. It is a student free day for all Catholic Primary Schools in Launceston. Staff attend on the day for professional development however the first day for students in Term 2 is Tuesday 21st April.

Structure of the School Day: Why Change?

Time	Session
8:45am	Mon- Wed Daily Fitness –run in House teams.
9- 10:50am	1 st session – primarily literacy focus during this time
10:50am	Eating time 1 st Lunch
11:30-1:20	2 nd session – primarily numeracy focus along with specialist classes on some days
1:20pm	Eating time 2nd lunch
2pm	3 rd session of the day – specialist lessons and other learning areas primarily during this time.

I want to further explain our reasoning behind changing the times in our day for parents to see our reasoning in terms of the concentration and learning needs of our students.

- ✓ Previously when we have had recess and a lunch often students – particularly boys, would eat 'snacks' (or only eat a little) that quickly metabolises but also is used up as energy more quickly. Students could then come back to class 30 minutes later having burnt up the energy from the foods, directly impacting concentration and hunger which impacts learning.
- ✓ By having Two lunch breaks and asking students to have half their lunch in each break (i.e. sandwich or lunch and a snack at both lunch times) we are hoping that energy levels remain higher and concentration remains.
- ✓ Reducing the last session of the day from 90 minutes to 60 minutes makes sense to us as well. At the end of the day concentration levels are going to be lower. We then structure the parts of the day that concentration is highest which is the first two sessions.
- ✓ By increasing the middle session from 90 minutes to 120 minutes this supports our teaching of mathematics also. It is important we devote similar time to maths as we do for literacy already.

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From the Principal:

SHS Community Facebook

We already have over 152 parents and families accessing the Sacred Heart Catholic School Facebook Page as a newsfeed for information and happenings within the school. You need to search Sacred Heart Catholic School Launceston to get the official Facebook page of the school. The core purpose of the page is to provide information to parents as well as what is happening in our school and classrooms day to day. It is not a mechanism for comments, feedback or questions. This can be done through more conventional means. We have Twitter, our webpage and Pinterest for parent access also.



Birth - 4 Program

Our first session began this week. It was great to see familiar and new faces coming along. The program is Birth - 4yrs and we really encourage families to come along with any children in this age range. The sessions are not just for 3 year olds but all children pre Kinder age.

Co-Teachers 2015

Please we encourage any feedback or questions around our Co-teacher pilot program this year. We hope that all students are receiving enhanced learning through greater interaction with the teacher and more focused.

Health Curriculum Specialist Lessons

As you will be aware the learning area of Health is this year a specific area of learning in the Australian Curriculum and Mr. John Anderson is going into classrooms teaching this to all classes on a weekly basis.

Listed below are the topics that will be covered during the year in following the Australian Curriculum Standards:

- ❖ Safe use of Medicine/Alcohol and Drugs
- ❖ Food and Nutrition
- ❖ Health Benefits for Physical Activity
- ❖ Active Play and Minor Games
- ❖ Games and Sport



While these units need to be taught as part of the Australian Curriculum there is a large area of scope within each topic as to what specifically should be taught in different grades. We are learning as we go from the experience of teaching each unit for the first time; e.g. what to teach what to change.

Mr. Anderson and Mrs. Illingworth meet regularly to reflect and act on this learning to better target the learning experiences for different grades.

We hope that knowing about these units will provide some means of communication and conversation between parents and children. If you require further information please feel free to contact Mrs Liz Illingworth or Mr John Anderson.

Crossing Traffic



It is concerning to the school to see parents trying to cross the road near the Margaret Street entrance with traffic coming left and right as well as from Frederick Street after school each day. After school makes this even more dangerous with the level of traffic. I also ask parents not to walk out or in the driveway entry from Margaret Street. Cars turn into the school from here and will not see people or expect to see people walking out.

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From the Principal:

Assistant Principal: Long Service Leave

Mrs. Liz Illingworth is taking long service leave for 6 weeks. It will be the last three weeks of this term and several weeks into Term 2. In looking at filling Liz's role during this time we were very conscious to minimise any impact on classes and try to avoid having a teacher leave their classroom for 6 weeks. With this in mind we will have the following in place while Liz is on long service leave.

- ✓ Mrs. Mel Beety will work an additional 2 days apart from her 3 days in the role of Specific Learning Needs Teacher.
- ✓ Mrs. Jane Hills will be released each Friday to help support leadership with a particular view of K-2 team.
- ✓ Mrs. Karen Cettolin Executive Assistant to Leadership Team will work an additional day to help with administrative demands.

Loose Parts Play



ITC Agreements

Annual I.C.T. agreements have been sent home for students and parents to sign. It is a recommitment to be safe, responsible and respectful users of Information Technology on school grounds and with school I.C.T. equipment. It is one way we help support students to make safe decisions in this area.



~ March 2015						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1st	2nd	3rd	4th	5th 10am Strings program 1.30pm Band program	6th 9am Assembly 12.30pm Gr 5/6 Summer Sport	7th
8th	9th <i>Public Holiday</i>	10th 6pm Board Meeting	11th	12th 10am Strings program 1.30pm Band program	13th 9am Assembly 12.30pm Gr 5/6 Summer Sport	14th
15th	16th Gr 5 Camp Gr 6D Camp	17th Gr 5 Camp Gr 6D Camp	18th Gr 5 Camp Gr 6D Camp	19th NIJSSA Swimming Carnival 10am Strings program 1.30pm Band program	20th 9am Assembly 12.30pm Gr 5/6 Summer Sport SHS School Fair	21st

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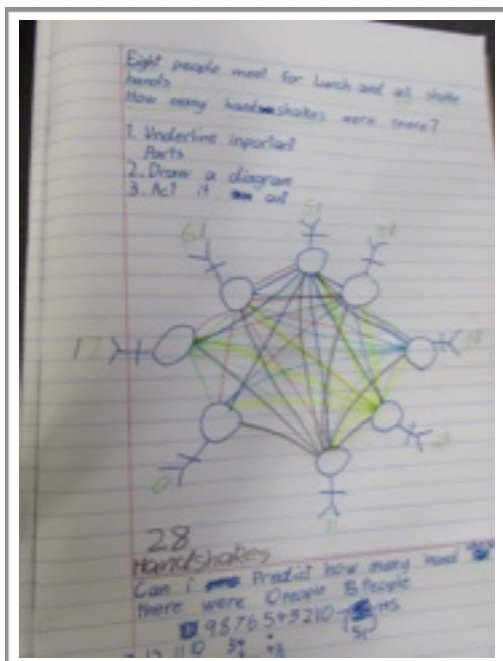
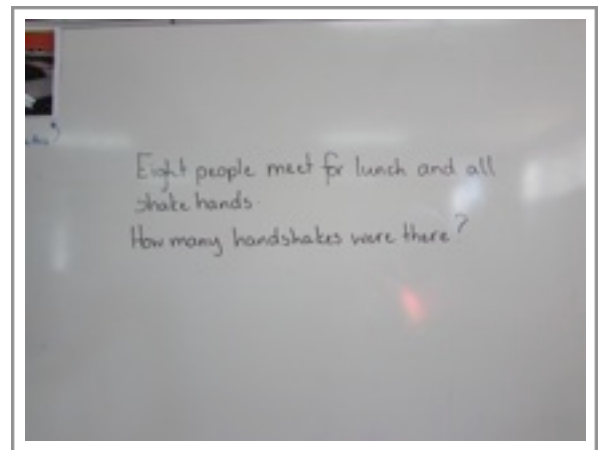
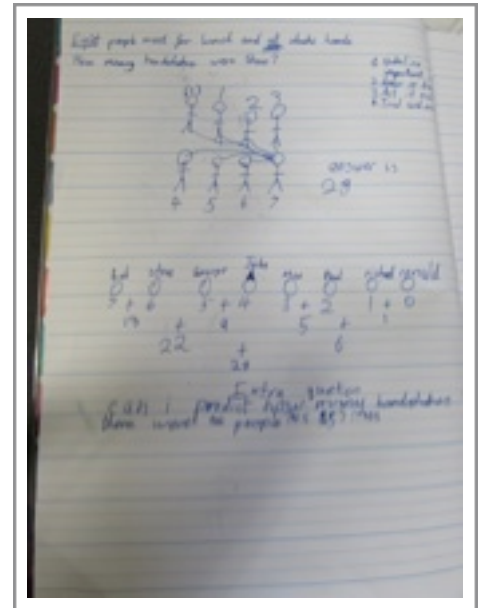
MATHS THIS WEEK

'Good Mathematicians' are good problem solvers.

Problem solving is the ability to make choices, interpret, formulate, model and investigate problem situations, and communicate solutions effectively. (The Australian Curriculum).

In Ms Thompson's Grade 5 Math class this week, students were working on using Problem Solving techniques to solve a problem.

The group spent 40 minutes on working out what the problem was asking, what techniques to use and then doing the problem.



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SHS School Fair

Friday the 20th of March, 2015 - 5pm – 8pm

Fair Ride Wristbands

The **Gee Whizzer** is back at the 2015 Fair by popular demand. Other rides include **two Jumping Castles**, a large castle for the children and adults alike to explore and a smaller castle exclusively for younger children (under 5's). A children's **Merry go Round** will also be present. Rides can be purchased on the night individually (prices range from \$4 to \$7 a ride) or a ride wristband can be purchased. A Ride Wristband gives unlimited access to ALL fair rides from 5pm to 8pm. Wristbands can be pre-purchased at a discounted cost from the school office up until 4pm Thursday the 19th of March. Pre-purchased wristbands cost \$25, Wristbands can be purchased at the fair cost \$30.

Wristbands can be purchased now at the school office (correct change preferred)



White Elephant Stall

We want your Trash!!! Now is a great time to clear out your cupboards and empty your sheds. The White Elephant Stall will sell most things that you no longer want. Suggested items are books, games, toys, kitchen items, CD's, DVD's, computer games, sports equipment etc, anything that someone else may like to use. **No clothing items please.** Please start thinking about what you can clean out and donate to the stall. For further information see Maree at the School office (W/Th/F) or Natasha Brewer 0427958038

Donations can be left in the foyer of the Presentation Hall

Chocolate Wheel

Mr. Barry Nas will be spinning the chocolate wheel again in 2015. We would like to give away some great prizes. **If you know of a business that may be able to donate goods and/or a voucher for services please ask them.** The prizes do not have to be elaborate and all donations will be greatly appreciated. Donations can be left at the school office. Enquiries please contact Kelly on 0400 128200

Fair Night Volunteer Rosters

We need everyone's help to make the fair a fun and enjoyable night for all to enjoy. We kindly ask that parents who will be attending the fair commit to help for 45mins with their child's class stall. Rosters will be going up in the classrooms soon and a preference sheet to nominate your favored times will be coming home to assist parents who are unable to come into school and sign up on the classroom rosters.

Please sign up or return your preference sheet ASAP.

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SHS School Fair

Friday the 20th of March, 2015 - 5pm – 8pm

Fair Donation Suggestions

Donations of the following items would be greatly appreciated. Items can be left at the School Office or with class Teachers.

-
- Soy Sauce
- Minced garlic (jars)
- Bottled lemon juice
- Small wraps Mission or Woolworth's home brand preferred
- Full egg mayonnaise
- Mild American mustard
- Tomato sauce (squirty bottles)
- BBQ sauce (squirty bottles)
- White sugar for fairy floss
- Icing sugar for pancakes
- Honey
- Brown onions
-

Fair Advertising

If you can display a Fair poster in your business, front yard or community notice board, please help us Advertise our School Fair. Signs are available in a variety of sizes.

If you can assist please txt/phone Kelly on 0400128200 or email coxk13@gmail.com

2015 FAIR SPONSORS & DONORS

ALLAN'S GARDEN CENTRE
BENNETT CLEANING COMPANY
BRENT WRANKMORE SWIM SCHOOL
COCK N BULL
CRIPPS
CREATIVE DIGITAL PRINTING
HADSPEN IGA
JAILHOUSE GRILL
JENNA'S HAIR DESIGN
JUST SWIM
LEVEE FOOD COMPANY
PAUL MCKENZIE BUILDING
PIXEL PLUS HD PHOTOBOOTH
PLATYPUS HOUSE
RAPID CLEAN
STATEWIDE EMBROIDERY
THE EXAMINER
VEOLIA ENVIRONMENTAL SERVICES
VICTORIA'S FLOWERS
ZONE 3 LASER TAG

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

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 16.12.15

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.

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The Spirit of Jesus is Alive in:

Prep Hills	Oliver Hodgetts For being a very creative student	Francesca Page For showing great listening skills
Prep Best	Colby Crawford For outstanding listening in class	Aiden Illingworth For taking great care and pride with his work
Grade 1 Crawford	Maggie Dick For excellent work in Drama	Maya Chapple For fantastic presentation of her written work
Grade 1 Underlin	Oliver Woolley For his excellent skipping	William Zhu For his contributions to class discussions
Grade 2 Reid	Breeanna Harper For great listening and a wonderful effort in all subjects this week	Leo Bailey For neat artwork and great listening this week
Grade 2 van Ryn	Mason Clark Welcome to Sacred Heart!	Tanishka Shulka Welcome to Sacred Heart!
Grade 3 Hood	Kane Russell For excellent attitude during reading groups	Alex Zegveld For a great attitude towards learning
Grade 3 Symons	Charlotte Cox For wearing her uniform with pride	William Saltmarsh For great work in Literacy and Numeracy
Grade 4 Hegarty	Hugh Wines For a confident start to the school year	Xavier Duffy For always respecting your learning
Grade 4 Wood	Isobel Steven For being a Homework Hero	
Grade 5 McLeod	Will Fox For an outstanding approach to all activities	Isabella Johnston For always doing her best
Grade 5 Viney/Sydes	Josh Gillow For an outstanding start to Grade 5 in both attitude and effort	Jacob Woolley For starting Grade 5 with enthusiasm, dedication and a great attitude
Grade 6 Davie	Esmae Morrow For presenting a great comic, with excellent attention to detail. Well Done!	Bradley Morgan For already demonstrating his outstanding mental math abilities
Grade 6 Claessens	Amelia Cox For working hard and asking questions	Kaitlyn Rice For her application and the fine start she has made

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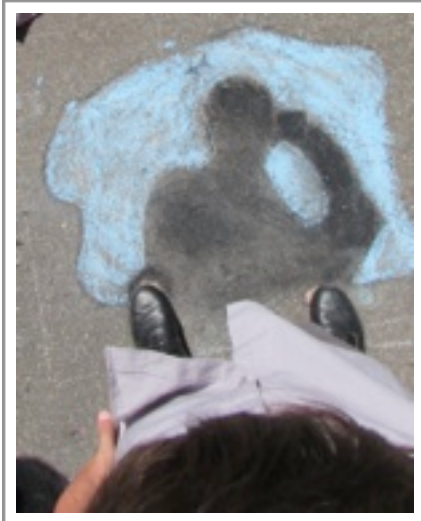


Grade 5/6 Art - "Perspective in drawing"

The brief was to:

"Represent a three-dimensional object on a two-dimensional surface to give the impression of height, width and depth."

Students worked in groups of two and three to plan and create an image that fit the brief.



Move Well Eat Well

Less screen time = more time for play!

Screen time is:

- watching TV and DVDs
- playing computer games
- playing electronic and hand held games

Too much screen time can mean less time to be active and play with friends and family.

Turn off the screen and switch to play!

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

Department of Health and Human Services
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.
Last reviewed 2012

Tasmania
Before the possibilities

GIRLS WINTER DRESSES TO BE ORDERED NOW

To ensure winter dresses are available for term 2 orders are now required. Winter dresses are only available by pre order and late orders cannot be filled.

Please leave your order at the school office or uniform shop no later than February 27th.

Tunic Size (Prep- Gr 2) \$129.00

Skirt (Gr 3-6) \$120.00

Minimum of \$50.00 deposit to be paid at time of ordering.

For enquires phone Kelly Cox 0400 128 200 or Rebecca Millwood 0418 721 952.

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Are you looking to join a Netball Club?

Heritage Islander Netball Club is the club for you!

If you are aged between 8-15 years old, and want to have some fun, or learn a new sport, come along Thursday nights to Hobblers Bridge, Centre Court 1 at 4:30 pm.

Contact:

Annette Griffin.....0458 711 993 for more information

Westside Devils Junior Soccer Club
has commenced registrations for 2015.
We welcome Boys and Girls who are turning 5 years old to 17 years old in 2015.
Training is Tuesday, Wednesday or Thursday nights at our grounds at Mitsubishi Park, 416 Westbury Rd, Prospect.
SPECIAL TWILIGHT REGISTRATION THIS WEDNESDAY 4TH MARCH 6PM TILL 8PM
OR
Register online NOW at www.myfootballclub.com.au our club is Westside Devils TAS (NT).

Want to play Soccer?
Join the NTJSA 2013 Soccer Club of the Year!
Further information can be found on our Website www.westsidedevils.com
or you can call:
Michael Hancock
Westside Devils JSC President
0448 888 648

"Your pathway to the Victory League"

NORTHERN RANGERS FC

Looking for a club next year to further your soccer development?

Northern Rangers Junior Football Club
Open Day 2015

 **Date:** Wednesday 4th March 2015
 **Where:** NTCA Grounds
 **Time:** 4pm until 6pm
 **Ages:** Boys & Girls 5-16 years

Activities:

- Take part in a match with the Victory League Players for 2015.
- Cross bar challenge.
- Meet the Junior Coaches for 2015.

If you require further information please phone Jamie Cogger 0448 008 606

Looking forward to seeing you at Rangerland

Discover Your
PASSION
Register now with the Northern Rangers

ORAL HEALTH SERVICES TASMANIA

Healthy Mouth  Healthy Body

FREE dental care

Oral Health Services welcomes ALL children from babies up to 18 years of age for FREE dental care

Oral Health Services Tasmania will:

- BULK BILL Medicare when parents present their Medicare card
- Provide almost all dental care for FREE

*Some dental care may attract a small fee and be subject to eligibility conditions

Don't forget to bring your Medicare card

Call your local dental clinic/centre today!

NORTHERN DENTAL CENTRE
Kelham Street, LAUNCESTON
PHONE: 1300 011 013




www.dhhs.tas.gov.au/oralhealth
Tasmanian Health Organisations

PCYC THE CLIMB
ROCK CLIMBING WALL

Meet Hawthorn Foot Ball Club
...and beat 'em on the PCYC Climbing Wall

WHEN: SUNDAY 1st March, 2014
TIME: 1pm-3pm
WHERE: PCYC, cnr Wentworth & Abbott St

COST: Gold Coin Donation to Climb

Sacred Heart School Newsletter

What is the Tuning In To Kids program?

Tuning in to Kids™ is a parenting program that helps children learn to understand and regulate their emotions. Previous research has found that parenting styles can influence a child's emotional intelligence. Emotional intelligence is the ability to understand and control your emotions, as well as being able to communicate to others about how you feel. Children with good emotional intelligence often have better emotional, social, and physical functioning, as well as fewer behavioural difficulties.

Tuning in to Kids™ is a parenting program that aims to give you helpful ways of teaching your child the skills of emotional intelligence. The program teaches you about how you, as a parent, can help your child develop good emotional skills. It teaches parents:

- awareness and regulation of their own emotions
- awareness of their children's emotions
- to use children's emotional experiences as an opportunity for closeness and teaching
- skills in assisting children to verbally label and manage their emotions
- skills in assisting children in problem solving
- to guide children's behaviour with appropriate limits

Tuning in to Kids™ involves watching video material, group discussions and exercises, role plays, reading information, and home activities where you try out different ways of responding to your child's emotions. Parents are encouraged to share experiences and ideas within the group and group leaders may use these as examples to explain and teach the skills of emotion coaching.

The Tuning In Program is here at Sacred Heart!

Who : Parents of Kinder's to Grade 3

When : Wednesdays the 11th, 18th, 25th March and 1st April *

Time : 9am – 11 am.

Where : School Library (tbc)

Lead by : Fiona Labuschagne from the CEO

* Please note : you need to attend all sessions.

RSVP or further information : helen.halley@catholic.tas.edu.au

by 6th March

Sacred Heart School Newsletter



The Northern Tasmanian Junior Soccer Association, would like to invite boys and girls 5-16 years of age, to join the largest participation sport in the world. Season 2015 kicks off in April at Churchill Park, Invermay.

The Association is made up of the following clubs;

Westside Devils - Mitsubishi Park, Westbury Road, Prospect Ph. 0448 888 648
e-mail Kath Fleming rob.fleming1@bigpond.com.au

Launceston United - Birch Avenue, Newstead Ph.0408 441 836 (Club Sec)
e-mail morrisrhys@hotmail.com

Riverside Olympic - Windsor Park, Riverside Ph. 0475 769 043
e-mail riversideolympicjuniortas@gmail.com

Southern Raiders - Prospect Park, Harley Parade, Prospect Ph. 0427 560 117
e-mail southernraiders@gmail.com

North Launceston Eagles - Churchill Park, Invermay Ph. 0423 972 164
e-mail jethrob76@gmail.com

Georgetown JSC - BlueGum Park, Georgetown Ph. 0438 039 286
e-mail lanaharris82@bigpond.com

Deloraine JSC - Deloraine Ph. 0459 032 169
e-mail adunn350@yahoo.com.au

Northern Rangers - NTCA Ground Ph. 0448 008 606
e-mail rangers.juniors@gmail.com

To register to play, or for more information please contact one of the above clubs, or the NTJSA on 03 6331 911 or e-mail admin@ntjsa.org.

Maybe you can be the next Asian Cup Champion!!