

Sacred Heart School Newsletter



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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:

When a new day begins, dare to smile gratefully.
When there is injustice, dare to be the first to condemn it.

When something seems difficult, dare to do it anyway.
When life seems to beat you down, dare to fight back.
When there seems to be no hope, dare to find some.

When you're feeling tired, dare to keep going.
When times are tough, dare to be tougher.
When someone is hurting, dare to help them heal.
When a friend falls, dare to be the first to extend a hand.

When you cross paths with another, dare to make them smile.
When you feel great, dare to help someone else feel great too.
When the day has ended, dare to feel as you've done your best.

Dare to be the best you can –
At all times, Dare to be!"

Steve Maraboli, Life, the Truth, and Being Free

This week I attended an M.J.R. Show and Tell Day at Larmenier. Teachers present different strategies and approaches for how they use M.J.R. in their classrooms. One Principal presented how they have linked their Camp Program to having students reflect on themselves as leaders, learners and just trying to be out best self. He had 6 leaders share their answers to the following three questions:

1. *What has the school given you that you are especially grateful for? why?.*
2. *What have you learnt about yourself that you are especially proud of?*
3. *What steps do you need to take now to be a better person?*

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From the Principal:

The answers from students were very genuine, at times bluntly honest and specific to them. The Principal also shared the key areas that they are challenging students in their school to be better people with. These included:

- *Accept the umpire's decision*
- *Be a humble winner and a good loser*
- *Realise I'm sometimes wrong and admit it*
- *Say sorry for mistakes I make*
- *Not complain about little things*
- *Notice the good things in life*

It is a simple list but one that in many regards is a creed on how to live your life! If you cannot find at least one thing from this list that is an ongoing challenge for you, then you are not being honest with yourself ! (There are two for me - I will leave you to guess which two?)

Imagine if I now asked you to rate yourself with the items on the list just in interactions with people you don't like or people that annoy you? Does it make it any more justified to not accept the umpire's decision in life, be a poor winner, never admit mistakes or constantly complain just because the people involved we don't like?

As Principals, teachers, staff and parents we can at times be the biggest hypocrites in a school community. We demand our children to be kind, tolerant and get along with others, not gossip or put others down when they are not around and while not expecting them to be friends with everyone still show respect to all. Yet at times we as the 'adults' in the community can appear to have little motivation to apply the same expectations to our behaviours and actions.

It doesn't take skill to be our best self, it doesn't require additional training to be our best self, it requires self discipline and effort. That is why it is so damn hard at times! It is hard and challenging to be your best self when others around you are not, or when someone is responding emotionally with you. It is damn hard to be your best self with people that are never going to be on your 'Christmas card list'!

A friend of mine has the phrase 'wear the daddy pants!' When he sees someone carrying on, not being reasonable, going about things the wrong way and generally acting like a young child he 'encourages them to put on their 'daddy pants' ! As the adults in our households, as the adults in the school community and the adults spectating or coaching at sporting events, we are the ones that need to 'wear the daddy pants' . It shouldn't be the children modelling the better example than the adults are !

If every adult in a school community genuinely tried to be their best self and 'wear the daddy pants' (or mummy pants) we wouldn't need grievance policies, rules and protocols and policies. Our children would be forming into more capable young people from being exposed to all the right behaviours from the significant adults in their lives.

'Expect of ourselves what we expect of our children.' If we all did this more often how great would our teaching of our children (through example) be!

Key Events this Term

NAPLAN Testing Year 3 and 5 in May	School and Interschool Cross Country Carnivals.	2016 Kinder Interviews/Enrolments
First Reconciliation	Launceston Speech and Drama Competitions	Cyber Awareness Week
House Team Reflection Days	Mid Year Reports	5/6 Winter Sport Roster

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From the Principal:

Director of Tasmanian Catholic Education Visit

Mr. John Mula, Director of Catholic Education in Tasmania, will be visiting our school on Thursday the 7th May for around 90 minutes. John has made the commitment to visit every school as soon as possible to meet Principals and staff.

House Team Reflection Days

Thursday 7th May our P-6 students will be involved in a House Reflection Day. The aims of the day are to :

- Have students get to know people in their House more.
- To be more aware of the background of the founder of their House (Nano Nagle, Edmund Rice, Mary McKillop and Archbishop Guilford Young)
- To create Artwork to display in our Presentation Gym that represents their House.

These opportunities are also reinforcing our positive culture with older students being buddies to younger students, getting to know each other more as a positive anti bullying approach.

Friday Sport

Grade 5 /6 students will be involved in Friday Winter Sport starting tomorrow. Thanks to parents who have offered to help coach and manage sides.

Kinder 2016

We are finalising places for Kindergarten classes for 2016 this term. We will begin Kindergarten Interviews in the next few weeks and from these and families already at SHS with children of Kindergarten age offer first round places in our Kindergarten classes.

ENROLMENTS CLOSE FRIDAY 29TH MAY

A.T.W.T.P. : Go Carts and Billy Carts

The focus of the Afternoon Tea with the Principal for the month of May is Go-carts and Billy-carts. Billy-carts only move (do things) when they are pushed (or told to) and Go-carts you just turn on the key and off they go. Areas we are challenging our students to think about are for this month

- *Are you motivated to learn?*
- *Do you take responsibility for your own learning?*
- *Do you work hard when your teacher is not watching you?*
- *Do you contribute positively when working in a group?*

Shadowing Principal Visit

On Monday and Tuesday 4th and 5th May (week 3) Mr. Marcus Donnelly, Principal of St John's in Richmond (Tasmania), will be visiting our school. Marcus will, for the two days, shadow me as I go about my day to day role. This will include (with permission of individual people) being part of as many meetings, conversations and interactions as possible. I have presented to our Principal Association the value of these experiences and our Principal group is in discussions with Tasmanian Catholic Education Office to include this as part of our leadership formation and ongoing professional development. Mr. Peter Douglas, Head of School Services in the North, shadowed three Principals as part of his renewal leave. The feedback from the Principals involved validated to me that this was worth exploring.

Once in a leadership position, experiences and opportunities to develop our learning around how we lead are few and far between. I will be seeking out similar shadowing experiences this year with colleagues also. It is professionally arrogant to think that your approach is the only and best way! We need as parents, teachers and Principals to be open to the ideas and approaches of others to improve what we do! We expect it of our students and they deserve and should expect it of us!

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From the Principal:

Mothers Day S.H.S. Celebrations

Wednesday 6th May, 2015 from 9:00am - 11:00am

YOU are invited to celebrate Mother's Day at Sacred Heart. The following activities will be available between 9-11, with a Morning Tea being provided in the Gym from 10.15am onwards. These activities will be ongoing, so feel free to move between them at your own pace.

Hand massages, Making a necklace or bracelet, iPad's (using Pic Collage), Chalk Drawings, Morning Tea and Cooking, Sport Activities, Music/Ukulele, Reading Time and Board Games, Church (Prayer and candle), Hair and Nail Salon, Messages to Mum...

~ May 2015						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
3rd	4th	5th	6th	7th	8th	9th
			9-11am Mothers Day Celebrations	10am Strings program 1.30pm Band program House Team Spirituality Day	9am Assembly 12.30 Gr 5/6 Winter Sport Grade 2 Agfest	
10th	11th	12th	13th	14th	15th	16th
		6pm Board Meeting	12pm Grade 6 Mass	10am Strings program 1.30pm Band program	9am Assembly 12.30 Gr 5/6 Winter Sport	

Webpage: www.sacredheartl.tas.edu.au

Twitter: @shslton

Facebook: www.facebook.com/sacredheartl

Pinterest: Sacred Heart Catholic Primary School

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

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 16.12.15

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Sacred Heart Students representing our school in the Anzac day march on Saturday

Grade 3 - 6 Cross Country Training

Grades 3 - 6 Cross Country training will be held at Brickfields Park on

Monday 4th May at 8:00am
Wednesday 6th May at 8:00am
Monday 11th May at 8:00am
Wednesday 13th May at 8:00am
Monday 18th May at 8:00am
Wednesday 20th May at 8:00am



These sessions will go for approximately 20 minutes and are optional for ALL students in grades 3 - 6. Please bring a drink bottle and wear full SHS PE uniform - students can wear this all day.

SHS Grade 3-6 Cross Country Thursday 28th May



St Patrick's College
Applications for Enrolment for Yr 7 2016

Applications for enrolment closed on April 24th, 2015

A reminder to please submit your application forms or contact:

Mrs Denise Costello
Enrolment Registrar
Ph: 6341 9988
Email: registrar@stpatricks.tas.edu.au

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The Spirit of Jesus is Alive in:

Prep Hills	Harry Shelton For showing a great attitude to his learning	Fletcher Luttrell For being an encouraging class member
Prep Best	Beau Furlonge For a fantastic start to Term2	Emily Davern For an outstanding
Grade 1 Crawford	Stella Tyson For showing excellent commitment towards reading	Hugh Rickerby For being a great friend
Grade 1 Underlin	Jayda O'Keefe For her excellent work in English	Lily Humphreys For her excellent start at Sacred Heart
Grade 2 Reid	Cameron Steven For his enthusiastic contributions about Anzac Day	Molly Ross For a conscientious approach to all tasks
Grade 3 Hood	Asha Lowe For your portrayal of Mary Magdalene at our Easter Liturgy Samuel Phillips For your portrayal of Simon Peter at our Easter Liturgy	George Worsley For your portrayal of the Angel at our Easter Liturgy Alice Mathers For your excellent knowledge of analogue and digital time
Grade 3 Symons	James Humphreys Welcome to our school!	Sebastian Stone For a great start to Term 2
Grade 5 McLeod	Nicky Ralph For being super organised	Mia Baldock For a super start to Term 2
Grade 5 Viney/Sydes	Aiden Krushka For his self motivated and hard working attitude so far this term	Charli Stone For approaching all tasks in a positive and dedicated manner
Grade 6 Davie	Joe Robinson For thinking of others and being a team player	Zane Fagan For thinking of others and being a team player
Grade 6 Claessens	Gabriella Brohier For thinking of others first during Friday sport Jack Ross For working hard and being a "giver" in and around class	William Reilly For thinking of others first during Friday sport

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Mother's Day Invitation



Date: 6th May, 2015

Time: 9-11am

Location: Sacred Heart



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The Commonwealth Bank School Banking program is coming!

The School Banking program includes an exciting Rewards Program designed to encourage children to get into the habit of making regular saving. Every time your child makes a deposit at school they receive a silver coloured Dollarmites token. The first token will be received upon the first deposit at school. Once your child has individually saved 10 tokens they can redeem them for an exclusive Dollarmites reward item. Students will have lots of fun saving their tokens for these cool rewards items.

School Banking is also a great fundraiser for our school. The school receives \$5 when children make their first deposit at school and a commission on every deposit made through the School Banking program.

Taking part in School Banking is easy.

- If your child has an existing Commonwealth Bank Youthsaver account they can start banking straight away. They just need to bring their deposit in every week using their Dollarmites deposit wallet. If your child has misplaced their Dollarmites deposit book or deposit wallet, they can request a new one from either the local branch or contact the School Banking Co-ordinator.

- If your child does not have a Youthsaver account, you can open one at any Commonwealth Bank branch, no forms to fill in! Alternatively, if you are an existing Commonwealth Bank customer with access to NetBank you can apply online. Another option is to download a paper-based application form from commbank.com.au/schoolbanking, or attend an account opening session at the school.

National Assessment Program – Literacy and Numeracy (NAPLAN) 2015

NAPLAN (National Assessment Program – Literacy and Numeracy) commenced in Australian schools in 2008. Each year, all students in Years 3, 5, 7 and 9 participate in common national tests which assess:

- Reading
- Writing
- Language Conventions (spelling, grammar and punctuation)
- Numeracy.

The scheduled dates for the tests in 2015 are Tuesday 12 May, Wednesday 13 May and Thursday 14 May.

The benefits of participating in NAPLAN testing:

- NAPLAN tests the skills that are essential for every child to progress through school and life such as reading, writing, spelling, grammar and numeracy.
- NAPLAN results provide valuable information on how your child is progressing against national minimum standards of literacy and numeracy skills expected for each year level.
- The NAPLAN tests provide you as parents with an individual report that shows your child's results and a comparison of your child's performance against all other Australian students in their year level.
- Teachers use the NAPLAN results to determine your child's areas of strength and where future focus is required and how best to provide support or extension activities.
- School teachers use the online NAPLAN Toolkit to analyse your child's results. The Toolkit provides detailed information right down to the individual question with links to teaching strategies.
- Principals, senior staff and others use NAPLAN results to inform school planning and to allocate resources and support including informing decisions around targeted programs and initiatives for individuals and groups.

The best way you can assist your child is by helping them to 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, please visit the national NAPLAN website at: <http://www.nap.edu.au/naplan/naplan.html>

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Family Mass

6pm Saturday
Newstead Church

21 March
25 April
16 May
27 June
25 July
22 August
19 September
17 October
21 November

If you or your child/ren would like to help with our family Masses please contact your school's APRE or Jacquie Wood 6344 5714 or wood1991@bigpond.net.au

FROM SELFIES TO Six Packs

UNDERSTANDING ADOLESCENCE TODAY



Dannielle Miller
Maggie Dent

Two of Australia's leading adolescent authors and educators — Dannielle Miller and Maggie Dent — have created an inspiring seminar that explores the dynamic, confusing time of adolescence in today's modern context. Maggie will explore the unique changes that occur during adolescence, which explain why bedrooms go off, things get lost and communication can become a challenge. As a boy champion she will cover the 'six packs' aspect of the evening. Dannielle is recognised as a passionate girl champion and she will explore this time of transition with information that will help you guide your adolescent girl towards adulthood with self-respect, assertiveness and self-esteem. This seminar is excellent for parents, educators, youth workers, allied health professionals, doctors and anyone who gets to live with or work with adolescents.

Date: Monday 27th April 2015
Venue: The Tramsheds Function Centre, Auditorium, 4 Invermay Rd, Launceston, Tasmania 7248
Time: 7pm-9pm
Cost: \$30 per head
Bookings: www.trybooking.com/HENY
Books & resources available for purchase at the event.

The Launceston presentation of this event has been made possible through the support of the following organisations:



ABOUT THE SPEAKERS

Dannielle Miller is an author, educator and media commentator. She is the co-founder and CEO of Australia's largest provider of workshops aimed at empowering teen girls, Enlighten Education, and the founder of Goodfellas, a new initiative supporting teen boys. Her books include *The Butterfly Effect*, *The Girl with the Butterfly Tattoo* and *Loveability*.

Maggie Dent is an author, educator, and parenting and resilience specialist. She has extensive experience as a high-school teacher, and counsellor with young people and their families, in suicide prevention and palliative care. She is the mother of four adult sons. She has written seven books including *Saving Our Adolescents*.

enlighten education **Maggie Dent**
quality improving lives



Craft Club

Parent/Child Workshop Saturday 2nd May Mother's Day Mini Album

Come and make a special gift for your Mum or Grandmother. Add your own photos to this lovely little album.

10:30am-12:00pm

St Thomas More's School
(Cost is \$15 for this project)

RSVP by Thursday before to:
Sharnee Torrents
0409 865355
sharneetorrents@netspace.net.au

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Team Beautiful invite you to join us in raising money for Whitelion.

Whitelion opens doors to opportunities, relationships and community for at risk young people in Australia.



team beautiful

Team Beautiful is a collective group of Arbonne Consultants dedicated to improving the lives of those in their communities.



\$57 Per Person
www.trybooking.com/128053

The Ball Room
Country Club Casino
2-4pm Sunday, 3rd May

Guest Speakers
MC David Parry

Fashion Stylist
Courtney Walker

Motivational Speaker
Sara Redman

Whitelion Spokes Person

Raffle & Lucky door prizes.
Glass of Champagne on arrival.

Sponsors:
Neil Buckby Mercedes
The Northern Club
Parry Property

NOMINATIONS NOW OPEN.

NOMINATE AN EXCEPTIONAL TEACHER TODAY.

A Day Made Better gives you the opportunity to recognise exceptional primary and secondary school teachers who go above and beyond. If chosen as one of our 10 winners, they'll be rewarded with a surprise event, \$2,000 worth of supplies and an Apple iPad for their classroom. Nominate today to give them the recognition they deserve.

NOMINATE NOW AT ADAYMADEBETTER.COM.AU

**A DAY
MADE
BETTER**



Sacred Heart School Newsletter

Newstead Athletics

Founded 1993

Newstead Athletics Inc.
PO Box 1594
Launceston 7250

email: newsteadathletics@tiscali.com
www: www.newsteadathletics.org.au



Newstead Athletics Club Inc.
Cross Country 2015

School Series Events

1pm start

- Round 1 - April 18th Tailrace Park
- Round 2 - May 2nd Heritage Forest
- Round 3 - May 16th Clarendon house
- Round 4 - May 30th Queechy High School
- Round 5 - June 13th Inveresk (Behind Aurora stadium)
- Round 6 - June 27th Waverley Primary School (presentations on conclusion)

For more information, entry forms, and enquiries
Barbara 0408238329 elzyian@gmail.com

WEBSITE www.newsteadathletics.org.au

Run as an individual or make up a school team and earn
points towards end of series trophies and medals.



NOW AT LaFit

- Tues, 4pm - 6-7yrs
- Thurs, 4pm - 8-12 yrs
- Sat, 10.15am - 4-5 yrs

ABOUT BORN TO MOVE™ BORN TO MOVE™ is a series of movement-based classes taking young people from toddler age through to their teens and creating positive physical habits they will keep for the rest of their lives.

WHY BORN TO MOVE™ We're passionate about creating a positive change in young people's attitudes towards physical activity. We want to inspire and motivate new generations through music and movement and help them enjoy the increased self-esteem, wellbeing and health benefits of an active life.

BENEFITS OF BORN TO MOVE™ Find out how BORN TO MOVE™ can build confidence, develop physical and social skills and help hard-wire a love of movement into young people's lives.

For further information call Launceston Aquatic Centre on (03) 6323 3636