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 (122 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

‘The goal is not to turn kids into your kind of adult, but rather better adults than you have been.’

Unknown

Prayer from Ash Wednesday Liturgy yesterday:

During Lent we want to grow more like Jesus
We want to share God’s gift of love in our school and our homes.
We want to look and see how we can help others,
We want to use gentle hands,
We want to speak with kind and caring words and
We want to show love in actions and words.
Today we will think about how we can do that

Lent is a religious observance in the liturgical calendar of many Christian denominations that begins on Ash Wednesday and covers a period of approximately six weeks before Easter Sunday. The traditional purpose of Lent is the preparation through prayer, penance, repentance of sins, almsgiving and atonement. This event is observed by Christians in the Anglican, Calvinist, Lutheran, Methodist, and Roman Catholic traditions. There are traditionally forty days in Lent, often marked by fasting, both from foods and festivities, and by other acts of penance. The three traditional practices to be taken up during Lent are prayer (justice towards God), fasting (justice towards self), and almsgiving (justice towards neighbour).

In more modern times, the act of ‘giving up’ something considered to be a vice (chocolate and lollies popular choices) was considered to be able to bring those of faith closer to God.

In the last decade the experience in primary schools has been more on positive actions, using Lent to sharpen our focus on self improvement. Like the concept of a New Year’s Resolution it is a calendarised time to stop, reflect and look in on how we are travelling as people.

It appears to have almost become a 21st Century habit to obsessively view, gossip, critique, ridicule and openly judge the actions and behaviours of others. Just see the rise in reality television as evidence of this. As we place the ‘blow torch’ on others and their actions we appear as a society comfortable to ignore the same scrutiny on ourselves.

Lent could be a great time, perhaps for all of us (metaphorically) to stop peering over the ‘Neighbours fence and worry about our own backyard’ for a little while. To have a holiday of the usual fodder and see what this ‘space’ creates and leads to for the quality of life we have day to day.

Personally, I am going to try to stop being as frustrated about some actions of others and just try and focus on doing a better job with these specific things myself. As teachers and parents we need to be the change we want in our children. During Lent we could all focus on being the change that we often critique in others but not as rigorously in ourselves.
Sacred Heart School Newsletter

From the Principal:

**B-4 Program**
Our Birth to 4 year old program will continue this year. This year the program will run on a Tuesday. It will begin in week 4, Tuesday 24th February. There is a B-4 flyer attached as part of this newsletter.

**Parent / Student / Teacher Goal Setting**
Thank you to nearly all parents/guardians who found the time to meet with their child’s teacher. This conversation is valuable for all in meeting the teacher and the teacher getting to know more about your child from you.

**Before and After School Expectations**
A letter has been emailed out today around the School’s reviewed approach to before and after school supervision.

The key point in the letter is the School being genuinely concerned of not being aware –as parents have not informed us – of students staying on grounds outside the 8:30-3:30 p.m. opening hours. There is no formal supervision of students outside of these times. I would be devastated if a child was hurt or injured or something worse even though the school was not aware the child was on grounds.

It is important that all parents read this and contact the school if there is anything that you want to discuss further.

**Co-Teachers 2015**
Our Co-teachers pilot program has begun and I hope students have been sharing with parents some of their experiences. Please speak with your child’s teacher if you have queries or questions. I am also happy to discuss anything around this with parents. The letter we sent out last week provides specific detail around the program. We will be reviewing the program all through the year. The key message is having additional teachers working with students on these days supports all students to have enhanced time with teachers helping their learning.

**Welcome Mass**
This coming Thursday 26/2 our school will celebrate the beginning of the school year with our Welcome Mass at 10am in the Church of the Apostles. All are welcome to attend.

**Parents & Friends Meeting**
This Tuesday 24/2 at 7pm we have our first Parents and Friends meeting. It would be great to see as many parents as possible attend. We can promise that attendance does not mean being given a ‘job’ or role for the ‘term of your natural life’ rather a chance to give feedback, ideas and support to the school in the forum of parents and friends.

**Structure of the School Day**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>8:45am</td>
<td>Mon- Wed Daily Fitness -run In House teams.</td>
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<tr>
<td>9-10:50am</td>
<td>1st session – primarily literacy focus during this time</td>
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<td>10:50am</td>
<td>Eating time 1st lunch</td>
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<tr>
<td>11:30-1:20</td>
<td>2nd session – primarily numeracy focus along with specialist classes on some days</td>
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<tr>
<td>1:20pm</td>
<td>Eating time 2nd lunch</td>
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<tr>
<td>2pm</td>
<td>3rd session of the day – specialist lessons and other learning areas primarily during this time</td>
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</table>
Lunch orders will be eaten at first lunch 11am starting next week. If students are ordering their lunch they will need to either bring a snack for 2nd lunch or purchase a snack from the canteen at 2nd lunch.

Please Note:
Help will now be required in the canteen on a Friday from 9-11.30am instead of the traditional 11am-1.15pm. Please let the office know if you are able to assist.
House Captains for 2015

Mackillop
Harry Tsakirellis
Evie Dawkins

Rice
Ella Millwood
Blade Sulzberger

Young
Jade Nichols
Stefan Tantari

Nagle
Kate McLeod
Harrison Mills

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.
Sacred Heart Family BBQ & Movie Night

Come along and welcome in the New School Year for 2015

Please come & join all school families to enjoy a BBQ tea
and a children’s Movie session featuring

The SMURFS 2

on

Friday 20th February 2015

BBQ from 6.00pm on the oval

Sausage Sizzle Tea provided

Movie showing from approx. 6.30pm in the Presentation
Hall

BYO Drinks, picnic blanket or chairs

Proudly Supported by your Parents & Friends Assoc.
We mark ourselves with ashes, which reminds us that we believe Jesus is the source of all life; that just as a bush burns and ash falls to the ground and in time seeds of new life are sown, so too does our new life come from God.

Yesterday was Ash Wednesday marking the beginning of the church’s season of Lent. We mark our foreheads with the sign of the cross showing our commitment to engaging again on the Lenten journey in becoming more loving towards others.

It is a time when we prepare for the greatest feast of the church’s year, Easter, by sharing God’s gift of love with others to make our world a better place. Lent is a time of renewal: to begin again; to make new again.

This Lent we again have the opportunity to support the work of Caritas in their Project Compassion appeal. Their focus this year is Food for life. You will be receiving a Project Compassion box, which you may like to donate to by making a financial contribution. These can be returned to your classroom teacher or office just before Easter time. Project Compassion boxes are also in the classrooms.

More details at the office or by visiting caritas.org.au/projectcompassion

Loving God, in Jesus you show us the way to live. During this time of Lent, help us to open our hearts to Jesus’ way, so that we may grow to be more loving, living life to the full and helping others to live life to the full. Amen

Helen Halley – Faith, Mission and Wellbeing
Sacred Heart School Newsletter

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<tr>
<th>Sun</th>
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<th>~ February 2015</th>
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<tr>
<td>22nd</td>
<td>23rd</td>
<td>24th</td>
<td>3.15pm Gr 5/6 Bookclub</td>
<td>25th</td>
<td>26th</td>
<td>27th</td>
<td>28th</td>
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<td></td>
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<td>7pm P &amp; F Meeting</td>
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<td>• 10am Welcome mass</td>
<td>• 9am Assembly</td>
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<td>• 10am Strings program</td>
<td>• 12.30pm Gr 5/6 Summer Sport</td>
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<td>• 1.30pm Band Program</td>
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<td>• 9am Assembly</td>
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<td>• PUBLIC HOLIDAY</td>
<td>• 6pm Board Meeting</td>
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<td>• 10am Strings program</td>
<td>• 9am Assembly</td>
<td>• 12.30pm Gr 5/6 Summer Sport</td>
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School banking is every Wednesday, please hand bankbooks to your class teacher.

Application forms are available at the office.

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

SHS School Fair - Friday 20th March

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.
### Sacred Heart School Newsletter

**We live in the Spirit of Jesus @ SHS**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Class</th>
<th>Name</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Prep</td>
<td>Hills</td>
<td>Kirri Piper</td>
<td>Welcome to Sacred Heart!</td>
</tr>
<tr>
<td>Prep</td>
<td>Best</td>
<td>Sylvain deClouet-Cooper</td>
<td>For a big welcome to Sacred Heart</td>
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<tr>
<td></td>
<td></td>
<td>Benjamin Hiscox</td>
<td>For a big welcome to Sacred Heart</td>
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<tr>
<td>Grade 1</td>
<td></td>
<td>Joan Thomas</td>
<td>For a big welcome to Sacred Heart</td>
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<tr>
<td></td>
<td>Crawford</td>
<td>Abby Wines</td>
<td>For making an excellent start at her new school</td>
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<td></td>
<td></td>
<td>Ava Boyle</td>
<td>For her wonderful attitude towards school</td>
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<td></td>
<td>Underlin</td>
<td>Luwanna Beeton</td>
<td>For being an amazing friend</td>
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<tr>
<td></td>
<td></td>
<td>Jasmine Graham</td>
<td>For her honest learning reflection</td>
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<tr>
<td>Grade 2</td>
<td>Reid</td>
<td>Jackson Radley</td>
<td>For great enthusiasm and class participation</td>
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<tr>
<td></td>
<td></td>
<td>Abbey Berlese</td>
<td>For a wonderful beginning to the year - great listening</td>
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<tr>
<td>Grade 3</td>
<td>Hood</td>
<td>Alice Mathers</td>
<td>For excellent attitude towards learning</td>
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<tr>
<td></td>
<td></td>
<td>Oliver Baldock</td>
<td>For always trying your very best</td>
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<tr>
<td></td>
<td>Symons</td>
<td>Mackenzie Bowman</td>
<td>For a great WEST attitude</td>
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<td></td>
<td></td>
<td>Sam Dick</td>
<td>For a confident start to the year</td>
</tr>
<tr>
<td>Grade 4</td>
<td>Hegarty</td>
<td>Kaleb Watts</td>
<td>For being an inclusive and kind class member</td>
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<tr>
<td></td>
<td></td>
<td>Cayley Quill</td>
<td>For great contributions to all our class discussions</td>
</tr>
<tr>
<td>Grade 4</td>
<td>Wood</td>
<td>Corey Guiver</td>
<td>For his great persuasive writing</td>
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<tr>
<td></td>
<td></td>
<td>Nickolai Miller</td>
<td>For your quiet, busy work habits</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jorja Rayner</td>
<td>For being such a quiet and busy worker</td>
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<tr>
<td></td>
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<td>Liliana Ercole</td>
<td>For excellent work on 4 digit numbers</td>
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<tr>
<td>Grade 5</td>
<td>McLeod</td>
<td>Ewen Cooper</td>
<td>For a fantastic start to Grade 5</td>
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<tr>
<td></td>
<td></td>
<td>Lily Heather</td>
<td>For being a great helper in our classroom</td>
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<tr>
<td>Grade 5</td>
<td>Viney/Sydes</td>
<td>Gabriel Kirk</td>
<td>For his outstanding effort at the swimming trials</td>
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<td></td>
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<td>Holly Clark</td>
<td>For a fantastic start at our school</td>
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<td></td>
<td></td>
<td>Reece Crocket</td>
<td>For a fantastic start at our school</td>
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<tr>
<td>Grade 6</td>
<td>Davie</td>
<td>Grade 6 Davie</td>
<td>For a conscientious and hardworking start to Gr. 6</td>
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<td></td>
<td></td>
<td>Thomas Feely</td>
<td>For giving his work his best shot and making a fine start to the school year</td>
</tr>
<tr>
<td>Grade 6</td>
<td>Claessens</td>
<td>William Reilly</td>
<td>For being a team player and thinking of others</td>
</tr>
</tbody>
</table>
What are we doing at Sacred Heart at the moment?

Grade 4’s have been using MAB blocks to represent numbers up to tens of thousands.

Students worked on building an object and then naming the number of blocks used. Grade 4’s also used their iPads to take photos of their buildings and then used Pic Collage to create these photos. A great way to practice making and naming numbers.

All the Prep – Grade 2 students have started their year in math’s doing a Math’s interview with their teacher. These are great fun and a brilliant way for teachers to see how each child thinks and solves math’s problems.
On the 16th February all of the Sacred Heart grade 3 to 6 students went to the Riverside Pool for our swimming carnival. There were many individual races including the 66m freestyle, 33m freestyle, breaststroke and backstroke.

After the individual races the relays started. Everyone had fun because it was a team event and we got to earn points for our house.

At the end of the swimming carnival the points were announced. Here are the results:

4th place: Young
3rd place: MacKillop
2nd place: Nagle
1st place: Rice

Thank you to all the parents and staff who volunteered and helped make the day so much fun!

By Blade Sulzberger and Ella Millwood
(Rice House Captains)
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