The word bullying is an emotive word and concept particularly within education. I do not diminish the seriousness of bullying as an issue, however, I do know from anecdotal experience that in some situations we are too quick to use the word or call a student ‘a bully’ when that may not exactly be the case.

For example our own children can often have a ‘love/hate’ relationship with their brothers and sisters. There may be moments on a weekly basis where there are arguments, tears or one sibling annoying the other. I doubt that many of us would label our children as bullying of their brother or sister because of this! Yet we can be very quick to do exactly that when there is one moment or one child involved in a shared conflict with our child/ren within the school setting.

There are some people that we find it easier to get along with than others, whether that be in the workplace, relatives, people we know or within a school. There could be situations where there are arguments or disagreements however the situation is not one where bullying is taking place.

The NSW Department of Education defines bullying in schools as “repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more person.”

But just as importantly they also identify what bullying isn’t. “Conflict or fights between equals and single incidents are not defined as bullying. Bullying behaviour is not: children not getting along well, a situation of mutual conflict, single episodes of nastiness or random acts of aggression or intimidation.”

Schools need to have proactive and reactive strategies and programs in place to support all people involved in bullying situations. Just as importantly, though, is the entire community having a shared and clear understanding of what bullying is and isn’t. Having students, parents or teachers throwing the word ‘bully’ or ‘bullying’ around loosely can be just as detrimental in helping the individuals involved as other factors already at play!

Our school focus on a strong Buddy program, Circle Time, Positive Behaviour Schools, the 3 Respect’s – Respect Others, Respect Ourselves and Respect Learning, the Good Decision Boards and the focus of MJR, lead by Mr. Davie, are all proactive strategies that build a strong climate and culture to minimise the realities and harm of bullying.
In terms of conflicts or fights that are not bullying the importance of resilience cannot be overstated. Resilience is not just leaving students to ‘toughen up’ or just ‘build a bridge’ rather developing strategies, interpersonal skills and regulation of emotions to work through issues.

Resilience is “the capacity to rise above difficult circumstances allowing our children to exist in a less than perfect world, while moving forward with optimism and confidence.”

The support of parents and teachers and significant others is crucial in developing this capacity in our students. What is critical to remember and try to support is allowing students to develop a capacity to be resilient by not doing the solving for them, not intervening the moment there is a situation or involving other parents or students in an escalation of the conflict.

Our community should be extremely proud of the fact that by and large our place is a positive, supportive and extremely welcoming place. We will continue to thrive and grow the better we work together, with the same approaches and understandings about the important elements of helping our children grow into functional and healthy young men and women.

Last Friday was a fantastic day that embraces all that is great, positive and affirming in our school. The celebration of our Feast Day through a whole school Mass, followed by the Sacred Heart Cup with students taking on fun challenges in teams made up of P - 6 students.

In the afternoon we celebrated Sacred Heart’s Got Talent. For any parents that were there I am sure you agree of the positive and encouraging atmosphere our students created for the brave people who took to the stage and performed.

Reports were sent home yesterday. I hope parents take some time to read and talk with their child about their reports. Identifying the many successes, areas of improvement and levels of effort that you children have made across the first two terms of this year. I also really encourage parents to then come to Parent/Student/Teacher conversations early in Term 3 with areas of focus to discuss and work with the teacher.

Thanks to everyone within our school community who has helped make this first half of the year a positive experience. From helping your children with reading, to organising their lunches, to planning and teaching their classrooms, for discussing issues in open and positive dialogue to having fun and not taking ourselves too seriously.

I would like to again thank Sarah Northeast (mum of Jackson) who continues to cook and present healthy foods for our ATWTP. Not only does Sarah create healthier options she also produces foods that are gluten, nut and egg free allowing all students who are chosen to be able to have something to eat. Sarah presents cards with each plate that includes the ingredients that are in the treats. On behalf of the school I wanted to thank Sarah for her support and cooking.

Have a great break and enjoy the chance to get out of the cold and recharge the batteries!
Dear Parents,

Mini Vinnie’s are asking families that have any good quality unwanted blankets, clothes or non-perishable food items to bring them to their classes for collection by our Mini Vinnie’s team. This will go a long way to making somebody that is in need a little warmer this Winter.

All items will be very much appreciated!

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Child Health and Parenting Service’s

2013 was the last year the Child Health and Parenting Service (CHaPS) offered prep checks at schools. If your child is aged 3½ to 5 and has not had a Healthy Kids Check (including vision and hearing assessment) an appointment for this check is recommended, either with your local Child and Family Health Nurse or GP.

SCHOOL FEES / SCHOOL KID BONUS

As Parliament is yet to pass the legislation to end the School Kids Bonus, the July 2014 installment will be automatically paid to eligible families between 2 and 16 July 2014. If you have any outstanding school fees this may be a good time to arrange fee payment.

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Mini Vinnie’s Winter Woollies Appeal

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SACRED HEART’S GOT TALENT FINALIST’S

Gr.1 - Mr. Crawford / Oliver Wright / Molly Ross / Layla Brown

Gr.2 - Sebastion Stone

Gr.3 - Abigail Van Niekerk (2nd Place)

Gr.4 - Laura Elmer / Ava Dowde

Gr.5 - Wae-Mico Miller (3rd Place)

Gr.6 - Kiarna Strauss / Remi Gardner (1st Place)
## Sacred Heart School Newsletter

### ~ June 2014

<table>
<thead>
<tr>
<th>Sun</th>
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<td>29th</td>
<td>30th</td>
<td>1st July</td>
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<td>3rd July</td>
<td>4th July</td>
<td>5th</td>
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<td></td>
<td>• NO SCHOOL BANKING TODAY</td>
<td>• Foundation Band/Strings Workshop Day 1 @ St. Ailbes</td>
<td>• 9.30am Strings Program</td>
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### ~ July 2014

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<td>PUPIL FREE DAY</td>
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<td>• No Birth - 4 session today</td>
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<td>27th</td>
<td>28th</td>
<td>29th</td>
<td>30th</td>
<td>31st</td>
<td>1/8</td>
<td>2/8</td>
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<td></td>
<td></td>
<td>7.30pm P &amp; F Meeting</td>
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<td>11.30am Band Program</td>
<td>9.30am Strings Program</td>
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<td></td>
<td>• 2.20pm Assembly</td>
<td>9.30am Strings Program</td>
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### Kindergarten - Gr. 6 Fathers Day Celebrations

#### 3rd September

**FATHER’S DAY**

11am-1pm

### 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.

Children arriving late to school need to report to the school office on arrival to update our records and avoid unnecessary absentee text messages.

### School Notices

**Please note:** School notices will now be sent home with the eldest child.

### Birth - 4 sessions

Birth - 4 sessions will NOT be running on Monday 21st July due to the Pupil free day. Sessions will recommence on Monday 28th July.

Morning session 9.30–10.30am
Afternoon session 12.45–2.45pm
All welcome!

### 2014 Term Dates

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Thursday 06.02.14 to Thursday 17.04.14</th>
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</thead>
<tbody>
<tr>
<td>Term 2</td>
<td>Monday 05.05.14 to Friday 04.07.14</td>
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<tr>
<td>Term 3</td>
<td>Monday 21.07.14 to Friday 26.09.14</td>
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<tr>
<td>Term 4</td>
<td>Monday 13.10.14 to Wednesday 17.12.14</td>
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<tr>
<td>Easter</td>
<td>Good Friday 18.04.14 to Monday 21.04.14</td>
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</tbody>
</table>
Grade 5/6 Friday Sport - Round 8 - Friday 4th July

<table>
<thead>
<tr>
<th>SCOTCH</th>
<th>HOBBLEBRIDGE</th>
<th>HOCKEY Centre</th>
<th>LAUNCESTON CHRISTIAN SCHOOL</th>
<th>ST THOMAS MORE</th>
<th>BIRCH AVENUE</th>
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</thead>
</table>
| Netball - Div 1  
SHS1 - Beardwood team  
Soccer - Div 2  
SHS1 - Collins/Sydes Team  
Soccer - Div 2  
SHS2 - McLeod team | Netball - Div 1  
SHS2 - Gumley/Maloney team  
Netball - Div 2  
SHS2 - Viney team  
Netball - Div 2  
SHS1 - Cox/Rice team | Hockey - Illingworth team | Football - Div 2  
Jones team | Football - Div 1  
Davie team | Soccer - Div 1  
SHS1 - Coombe team |

Soccer - Div 1 - Mills team (BYE) could these students still bring their soccer gear as these students will be spread across the other teams to ensure everyone has a go for the final game.

Reminder that all Gr 5/6 Students need to wear their P.E gear to school this Friday due to Friday Sport

Reporting –Mid Year

Some dates for you Calendar.

Mid year reports were sent home with your child yesterday.

Hopefully, you have enjoyed reading about the progress of your child over the year to date. Having read some reports, there is certainly much to celebrate about our children here at Sacred Heart.

A reminder that we will conduct Parent, Student and Teacher Interviews in week 2 of the 3rd term on the following nights - Tuesday 29/7, Wednesday 30/7 and Thursday 31/7.

Information regarding making appointments with your child/children’s teacher will be sent home on Tuesday 22nd of July. Appointments will be made and confirmation sent home on the Wednesday, Thursday and Friday.

We are looking forward to meeting with you all to discuss your child’s progress early in the 3rd term.

Liz Illingworth
Loose Parts Play

We are asking for donations of any items that can be used for Loose Parts Play in the playground.

TYRES, NETTING, WHEELS,PIPES, LOGS, TREE STUMPS, WOOD, CABLE BOBBINS, FABRIC, MILK CRATES, POTS, ROCKS, COTTON REELS, OLD PICTURE FRAMES, CARDBOARD BOXES, PINECONES, BUCKETS, SHELLS, CAKE TINS, EGG CARTONS, HOOPS, FEATHERS, CUSHIONS OR ANYTHING ELSE THAT CAN BE USED FOR PLAYING.....
Sacred Heart School Newsletter

Tuesday Book Club

Trash
by Andy Mulligan

"Raphael is a dumpsite boy. He spends his days wading through mountains of steaming trash, sifting it, sorting it, breathing it, sleeping on it. Then one unlucky-lucky day, the world turns upside down. A small leather bag falls into his hands. It’s a bag of clues. It’s a bag of hope. It’s a bag that will change everything. Soon Raphael and his friends are running for their lives. Hounded by the police, it takes all their quick-thinking and fast-talking to stay ahead. As the net tightens, they uncover a dead man’s mission to put right a terrible wrong. And it’s three streetboys against the world..."

The next meeting will be Tuesday 5th August
from 3.15pm - 4.30pm.
Everyone welcome from Grades 5 and 6.

Uniform Shop News

-Winter Items now available

Girls Lemon Long Sleeve Shirts

Boys Long Sleeve Shirts

Girls Bottle Green Winter Trousers available in sizes 8, 10 & 12.

Polar Fleece Bottle Green Scarves $7.00 each

Gloves $6.00 each

Fleecy Lined Bottle Green Raincoats, great value at $38.00 each

Orders can be sent to shs.clothingpool@catholic.tas.edu.au or visit the shop each Thursday between 2.00-4.00pm

WEDNESDAY 16 JULY
U16-U18 SHOOTING CAMP
AT LEAST 1-2 YEAR’S EXPERIENCE & MOTIVATION TO IMPROVE REQUIRED

THURSDAY 17 JULY
U12-U14 SHOOTING CAMP
AT LEAST 1-2 YEAR’S EXPERIENCE & MOTIVATION TO IMPROVE REQUIRED

FRIDAY 18 JULY
U10 DEVELOPMENT DAY
OPEN TO ALL LEVELS
FUN AND FUNDAMENTALS.

ALL PARTICIPANTS MUST REGISTER ONLINE
www.tas.basketball.net.au.
CLOSING DATE FOR REGISTRATION IS WEDNESDAY 9 JULY.
NUMBERS ARE LIMITED DUE TO COURT SPACE 50 REGISTER NOW!

SCHOOL HOLIDAY CAMPS

VENUE: ELPHIN SPORTS CENTRE, LAUNCESTON.
TIMES: 10AM TO 4PM.

ENQUIRIES: ENQUIRY@BASKETBALLTAS.COM.AU OR PHONE (03) 6244 2493

• GREAT COACHING LINE UP
  - INCLUDING BEN RUSH & A SERIES OF EXPERIENCED GUEST COACHES

• THE SHOOTING CAMPS WILL WORK ON YOUR TECHNIQUE, FOOTWORK, GAME SHOOTING, FINISHING, FREE THROWS & MUCH MORE

• THE U10 DEVELOPMENT DAY IS OPEN TO ALL LEVELS FROM 7 YEARS & UP, IT WILL CATER FOR ALL STANDARDS & FOCUS ON FUN & FUNDAMENTALS

• BRING YOUR OWN LUNCH AND BALL
• COST: $50 PER PERSON
SACRED HEART CUP

Last Friday we celebrated the Feast of the Sacred Heart and also our Founders; Edmund Rice, Nano Nagle, Guilford Young and Mary MacKillop.

After a beautiful mass our students participated in the Sacred Heart Cup, an afternoon of fun and games in small groups.

The winning team was Team 27 who were magnificently lead through the activities by Jack Beatty and Kiarna Strauss.
SDP and FDP Trials for the next 12 month program

The State Development Program (SDP) and Future Development Program (FDP) are ‘selective’ programs and aim to develop the best boys and girls each region of our state. The SDP athletes are between the ages of 14 and 17 and the FDP athletes are between the ages of 10 and 13.

The programs provide a weekly training session in their region as well as a series of camps throughout the year. Trials for the next 12 month program starting in August 2014 will be conducted in the July school holidays.

State Development Program Trials - North West - Wednesday 16 July 2014

10am - 11.30am Boys
12noon - 1.30pm Girls
Location: Devonport Basketball Stadium

State Development Program Trials - North - Thursday 17 July 2014

4pm - 5.30pm Girls
5.30pm - 7pm Boys
Location: Elphin Sports Centre

State Development Program Trials - South - Friday 18 July 2014

4.15pm - 5.45pm Girls
5.45pm - 7.15pm Boys
Location: Warrane Basketball Stadium

Future Development Program Trials - North West - Tuesday 15 July

10am - 11.30am Boys
12noon - 1.30pm Girls
Location - Devonport Basketball Stadium

Future Development Program Trials – North - Tuesday 15 July

3pm - 4.30pm Boys
4.30pm - 6pm Girls
Location - Elphin Sports Centre, Launceston

Future Development Program Trials - South - Tuesday 15 July

12noon - 1.30pm Boys
2pm - 3.30pm Girls
Location - Warrane Basketball Stadium, Hobart

Further details on the SDP and FDP can be found on the BTAS website – www.tas.basketball.net.au / Development
School Holiday FUN

Loom Band Challenge
8th July

Do you think you have what it takes to make the best Loom Band Creation? Then head into the Brisbane St Mall on Tuesday 8th July 2014 between 10am – 2pm.

Loom Bands will be provided so all you need to do is register at cityprom.com.au and come along and get creative.

The winner will receive a $100 gift voucher to spend in What's New.

Leggo Building Competition
Entries open 4th – 11th July

Want the chance to WIN $200 worth of Lego to add to your collection? Then get your creative cap on and send us a photo and a short description of what you have built!

All you need to do is let your imagination run wild and build – it could be a building, city, animal, monster, the possibilities are endless!

Entries open 4th – 11th July.


Contact us 6334 3321

Other School Holiday Ideas in Launceston Central City

Kingsway Crazy Golf: 18 hole crazy course, mirror maze & jumping castle
Village Cinema: Now showing: Rio 2 (G), Tinkerbell: The Pirate Fairy (G), How to Train Your Dragon 2 (PG), Mr. Peabody & Sherman (PG)
GUP: All things gaming and internet
Library: Borrow books or attend the weekly Storytime & Craft session on Wednesdays from 10:30 – 10:45am
Launceston Ghost Tours: Have some nighttime fun with three 90 minute walking tour options.
Princess Square: Get some lunch from one of the many cafes in town and have a picnic in the park.
City Park: View the monkeys, ride the train, play a game of chess, walk through the conservatory, visit the ducks and play in the park!