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 (we currently have 81 families following)

From the Principal:

**Friday 28th No Access to Turning Circle from 2pm:**
We sent out information yesterday, have sent out a Tweet and now in the newsletter to inform parents that due to a memorial service for Katelyn Taylor at the Church of the Apostles from 2:30pm tomorrow that there will be no access to the car park and turning circle off Margaret Street or car parking in the front of the Church.

Our P.B.S. Values are:

- Respect for Ourselves
- Respect for Others
- Respect for our Learning

“Listen to the voice of others and your voice will more likely get listened to”
— Constance Chucks Friday

“He who frowns when they say that he sucks shouldn’t smile when they say that he rocks.”
— Mokokoma Mokhonoana

“If you’re going to say what you want to say, you’re going to hear what you don’t want to hear.”
— Roberto Bolaño, The Insufferable Gaucho

Below is a summary of feedback from parents around ideas for P & F social/fundraising events for this year as well as questions in relation being a Move Well Eat Well School. Thanks to Karen Cettolin for collating the many returned survey forms. Thanks to the over 100 families who took time to reply to the survey. This number of returns is well beyond what is considered a normal return rates.

**Key Points:**

- There is a clear mandate from parents to have only have water in student’s drink bottles that are brought to school each day.
- There is a clear mandate of the value and benefit of Daily PE.
- The majority of parents who completed the survey would like teachers to continue to offer treats as rewards in class, have lollies as part of the Afternoon Tea with the Principal and to have other choices apart from water in the canteen.
- At the same time there are still a large number of parents that would like to see this not continue.
- Having Daily Fitness at the start of the day does provide some challenges for some families.

**Actions/Response:**

- To make it school policy at S.H.S. that students are only to bring water to drink each day.
- To offer other choices along with lollies as rewards in classrooms and allow students to choose (or in some instances parents choose for their child).
- A parent has kindly offered to provide healthier and gluten free foods for the Afternoon Tea with the Principal. I am, and the school, is genuinely grateful for this offer. This will provide choices for the students as part of the A.T.W.T.P. along with some lollies continuing but other choices provided as well.
- Will present a Certificate to each student attending A.T.W.T.P. as record of achievement for that month.
- In terms of Daily Fitness, whilst Daily Fitness does start at 8:45 a.m., the school still believes that with the majority of students at school by this time that we will keep Daily Fitness at this time.
- We have our House Captains in Grade 6 organise and lead the Daily Fitness so having a 2 week rotation of activities is supporting them much more than changing daily, let alone some of our younger students.
- In terms of students being tired at the start of the school day, the school sees this as something individual families address in the home setting.

I sincerely want to thank parents for their feedback and hope that sharing the results shows a true willingness of our School to be open to taking on board feedback.
Entertainment

Treats are ok as long as there is a balance & used in moderation

Extra levy on school fees

Raffle run in conjunction with R'n'R night – extra prize if present on night

Use the hall more for themed nights eg movie night

BBQ, More disco nights (G4-6) (K–G3), LEGO Brick Building comp., Umbrella Fundraiser (with SHS Logo), Family Photo Fundraiser, Sausage Sizzle at Carols & R 'n' R night, Gardening Kits, Sleepover in Hall, Cocktail Party, School recipe book, Car wash, Plant/bulb sale, Photo contest, Class calendar, Read-a-thon, Wrist bands, Book Fair/stall, Chocolate Fundraiser, Last Man Standing, Stuck on You – Term 4, Face painting Friday, Concert in each class

Move Well Eat Well

Water in drink bottles

AYWTP – Game outside with the Principal. Include healthy options, fruit platter, crackers/dip. Balance the lollies with other forms of reward. Sugar free lollies. Parent has volunteered to supply healthy/allergy friendly homemade alternatives

Canteen – stop selling other drinks

Classroom treats/rewards

Daily PE – 3 mornings


Emergency Practise: Lockdown:

Next term we will hold an unannounced emergency practise with staff & students to go into a Lockdown situation. This is to test our response to a potential scenario that staff identify as a threat warranting the school to go into lockdown (opposite to evacuation).

Much preparation has occurred in the lead up to this, by the school with police support. Like for fire evacuation drills, we recognise the worth to test this process.

If you have queries you are welcome to call our Safety Officer Simon Natoli on 0400 105 476
IMPORTANT INFORMATION -
emailing the school office

If you are sending an email to the school office please make sure you send it to shsl@catholic.tas.edu.au recently some parents have sent emails to shsl.staff@catholic.tas.edu.au which has resulted in their emails going to all the staff. Also if you reply to an email sent from the school please be careful not to select “reply all” as this will result in your email being sent to all staff and all school families on our email list.

Afternoon Tea with the Principal:

<table>
<thead>
<tr>
<th>March</th>
<th>GTS Greet treat speak</th>
<th>✓ Do you make an effort to greet and speak to all people?</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>✓ Do you make an effort to treat everyone with respect?</td>
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<td>✓ If someone speaks to you do you acknowledge and answer them back?</td>
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<tr>
<td></td>
<td></td>
<td>✓ Do you actually offer more than Yes or No for answers?</td>
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</tbody>
</table>

Move Well Eat Well

Drink Water NOT sugar!

Compare the sugar in these drinks. Water and milk are the best drinks for kids!

<table>
<thead>
<tr>
<th>Sugar content per glass (250mL) of drink</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>no sugar</td>
</tr>
<tr>
<td>Plain milk</td>
<td>no added sugar</td>
</tr>
<tr>
<td>Flavoured milk</td>
<td>3 tsp added sugar</td>
</tr>
<tr>
<td>Sports drink</td>
<td>4 tsp added sugar</td>
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<tr>
<td>Water cordial</td>
<td>4.5 tsp added sugar</td>
</tr>
<tr>
<td>100% fruit juice</td>
<td>5 teaspoons sugar</td>
</tr>
<tr>
<td>Fruit drink</td>
<td>6.5 tsp added sugar</td>
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<tr>
<td>Soft drink</td>
<td>7 tsp added sugar</td>
</tr>
<tr>
<td>Energy drink</td>
<td>7 tsp added sugar</td>
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</tbody>
</table>

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

ANZAC Day March:

Each year we invite our students to represent the School in taking part in the ANZAC Day March. Anzac day this year falls in the Term 1 School Holidays. If you know you will be available during the holidays and your child would like March with the School please contact our School Office. We will create a list and send information out towards the end of Term with specific details once they are provided to the school.

Canteen News

Instant Noodles in a Cup that require boiling water to be added will no longer be served in the Canteen in the immediate future.
Sacrament of Reconciliation:
Many of our students have begun their preparation for the Sacrament of Reconciliation. Last week Family Faith Sharing sessions began. Last weekend candidates preparing for the Sacrament were presented to the Parish across the different masses. We keep the following students in our prayers as they continue on their faith journey through this sacramental preparation:


Care for Africa
Back Packs, Book Bags NEEDED

Education is a basic human right. Like all human rights, it is universal and undeniable, everyone regardless of gender, religion, ethnicity or economic status, is entitled to receive an education.

In September 2014 CFA volunteers including Annie Lee in Kinder will travel to Tarime, Africa to assist with 3 weeks aid work. During this time the volunteers will give out educational supplies to support students who attend class with “nothing”.

We are in desperate need of any bags that could be used to fill with an exercise book and pencils. Bags could be library bags, draw string bags, backpacks or canvas shopping bags.

We hope to have 400 bags to enable us to give one to every student at Mtana school.

If you can assist, please bring in your bags and leave them in Kinder Halley - Thankyou!

UNIFORM SHOP NEWS
shs.clothingpool@catholic.tas.edu.au.
2014 Opening Days
Thursday’s 2.00pm - 4.00pm

Kindergarten Enrolments 2015 – Existing families:
If any existing families have children that will be 4 years of age on January 1st 2015 they are eligible for Kindergarten. Please contact our school office to enrol your child and confirm your place for 2015.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>~April 2014</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
<tr>
<td>30th</td>
<td>31st March</td>
<td>1st</td>
<td>2nd</td>
<td>3rd</td>
<td>4th</td>
<td>5th</td>
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<td></td>
<td></td>
<td></td>
<td>• 9.20am Prep H Lent Liturgy</td>
<td>• 11.30am Band Program</td>
<td>• 9am Assembly • 9.30am Strings Program • 11am Official opening by Archbishop</td>
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<td>6th</td>
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<td>12th</td>
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<td></td>
<td></td>
<td></td>
<td>• 6pm Board Meeting</td>
<td>• 9.20am Prep B Lent Liturgy • Live Life Simply Day</td>
<td>• Grade 4 Camp • 11.30am Band Program</td>
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<td>13th</td>
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<td>19th</td>
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<tr>
<td></td>
<td>• Transition to Winter Uniform</td>
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<td>• 9.20am Gr.1 U Lent Liturgy</td>
<td>• 11.30am Band Program • 2pm Holy Week Liturgy • END OF TERM 1</td>
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<td>26th</td>
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<tr>
<td></td>
<td>• Easter Sunday</td>
<td></td>
<td></td>
<td>• Anzac Day</td>
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<td>27th</td>
<td>28th</td>
<td>29th</td>
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<td>1st May</td>
<td>2nd May</td>
<td>3rd May</td>
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<tr>
<th>Sun</th>
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<th>~May 2014</th>
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<td>10th</td>
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<td></td>
<td>• 2.30pm Easter Liturgy</td>
<td>• 11.30am Band Program</td>
<td>• 9am Assembly • 9.30am Strings Program</td>
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<td>11th</td>
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<td>16th</td>
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<td></td>
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<td></td>
<td>NAPLAN Testing • 6pm Board Meeting</td>
<td>NAPLAN Testing • 10.30am Gr.6C class liturgy</td>
<td>NAPLAN Testing • 11.30am Band Program</td>
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<td>18th</td>
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<td></td>
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<td></td>
<td>Launceston Competitions all week</td>
<td></td>
<td>• 11.30am Band Program</td>
<td>• 9am Assembly • 9.30am Strings Program • 12.30pm Gr 5/6 Friday Sport</td>
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<td>25th</td>
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<td>31st</td>
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<td></td>
<td>SHS practice day for Cross Country • 7.30pm P &amp; F meeting • 7pm First Reconciliation</td>
<td>• 10.30am Gr 5 V/S Class Liturgy</td>
<td>• SHS Cross Country at Heritage Forest</td>
<td>• 9am Assembly • 12.30pm Gr 5/6 Friday Sport • Kinder Enrolments for 2015 due</td>
<td></td>
</tr>
</tbody>
</table>
Fun Runs for Grade 4-6:
Please see below a link for information about fun runs on a regular Saturday basis. There are already a handful of SHS students who regularly take part in the runs.


NIJSSA Swimming Carnival 2014

Thursday 20th March the Sacred Heart swimming squad participated in the NIJSSA Swimming Carnival at the Riverside Pool. The squad displayed some excellent individual and team performances. In particular, we congratulate Sophie Petrack who was the winner of the Division 1 Grade 6 Girls Breaststroke and Backstroke. Other strong performances on the day were also displayed by Hamish McKenzie, Sam Cowley, Nathan Cairns, Jonte Adams, Mia Baldock, Grace Campbell, Mia Titmus and Aleigha Gumley. Well done to the swim team who placed 4th overall. A big thank you to the following parents and teacher who helped out on the day: Liz Illingworth, Alison Gumley, Linda Sydes, Vince Zupan, Maree Mills, Scott Mills, Mel McKenzie and Magriet Van Niekerk.
### Recent Students of the week

<table>
<thead>
<tr>
<th>Prep Best</th>
<th>Meg Soley</th>
<th>Max Matthews</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep Hills</td>
<td>Heidi Brewer</td>
<td>William Bevis</td>
</tr>
<tr>
<td>Grade 1 Crawford</td>
<td>Layla Brown</td>
<td>Max Powell</td>
</tr>
<tr>
<td>Grade 1 Underlin</td>
<td>Oliver Viney</td>
<td>Charlotte Conway</td>
</tr>
<tr>
<td>Grade 2 van Ryn</td>
<td>Ethan Jeong</td>
<td>Pheobe Martin</td>
</tr>
<tr>
<td>Grade 2 Reid</td>
<td>Ruby Dawkins</td>
<td>Spencer Drew</td>
</tr>
<tr>
<td>Grade 3 Hood</td>
<td>Ruby Howe</td>
<td>Fletcher Harper</td>
</tr>
<tr>
<td>Grade 3 Symons</td>
<td>Eden Frame</td>
<td>Mitchell bevis</td>
</tr>
<tr>
<td>Grade 4 Smith</td>
<td>Sophie Illingworth</td>
<td>Aidan Krushka</td>
</tr>
<tr>
<td>Grade 4 Wood</td>
<td>Amali Zwart</td>
<td>Liam Jones</td>
</tr>
<tr>
<td>Grade 5 McLeod/Illingworth</td>
<td>Ella Millwood, William Reilly, Kate McLeod</td>
<td>Hannah Sydes, Billee Hannah</td>
</tr>
<tr>
<td>Grade 5 Viney/Sydes</td>
<td>Oscar Mansell, Jesse Madden</td>
<td>Blade Sulzberger</td>
</tr>
<tr>
<td>Grade 6 Claessens</td>
<td>Remi Gardner</td>
<td>Wae-Mico Miller</td>
</tr>
<tr>
<td>Grade 6 Davie</td>
<td>All of Grade 6 Davie</td>
<td>Ethan Coombe</td>
</tr>
</tbody>
</table>

- Meg Soley: For enthusiasm and eager participation in class discussions
- Max Matthews: For a great effort with his writing
- Heidi Brewer: For making a great effort in learning to write her name correctly
- William Bevis: For making a great start with listening for sounds when writing
- Layla Brown: For displaying clever thinking in Maths
- Max Powell: For outstanding commitment to reading
- Oliver Viney: For his exceptional thinking in Maths
- Charlotte Conway: For her excellent work in Science
- Ethan Jeong: For his fantastic recount after our fishing excursion
- Pheobe Martin: For her attitude to her work and always being helpful
- Ruby Dawkins: For being a WEST person, always considerate of others
- Spencer Drew: For always making good choices
- Ruby Howe: For excellent attitude in class
- Fletcher Harper: For excellent work on his Nano Nagle story
- Eden Frame: For respecting others
- Mitchell bevis: For respecting learning
- Sophie Illingworth: For her excellent work in the History unit
- Aidan Krushka: For Maths improvement
- Amali Zwart: For your positive attitude and consistent good work
- Liam Jones: For your consistent good work and thoughtful responses
- Ella Millwood, William Reilly, Kate McLeod: For Fantastic Camp participation and positive attitude
- Hannah Sydes, Billee Hannah: For Fantastic Camp participation and positive attitude
- Oscar Mansell: For absolutely shining in all activities on camp. What an outstanding effort!
- Blade Sulzberger: For an outstanding attitude in all activities on camp
- Jesse Madden: For the courageous, joyful and cooperative way he approached all camp activities. What an amazing effort
- Wae-Mico Miller: For a fantastic participation in all camp activities
- Remi Gardner: For filling our classroom with positivity and friendship and for reaching out to those in need
- Ethan Coombe: For making impressive predictions and observations in our Marvellous Microorganisms science unit
- All of Grade 6 Davie: For the fantastic attitudes, enthusiasm, teamwork, friendship and understanding that everyone displayed on camp
UNSW Exams

We are again offering Grade 4 to 6 students an opportunity to participate in the University of New South Wales exams in Writing, English and Mathematics. These exams will be held throughout the year at school for interested students. The exams are marked by the University of New South Wales and all children will receive a detailed copy of their results and a certificate of merit. There is a cost associated with these exams and they will give students a wonderful opportunity to test their knowledge and skills. If you are interested in these exams, then please email Linda Sydes before the end of term 1 for more information.

linda.sydes@catholic.tas.edu.au

Live Life Simply Day

Live life simply day is a day where instead of spending money on things that are not necessary, we live simply and give the money we would have spent to others in need, so that they can simply live.

Live Life Simply Day on Wednesday, 9th April.

Instead of having your normal recess/lunch, bring the money you would have spent on it and have a bowl of rice instead.

* Bring your own prepared rice or rice substitute meal.

All donations go to Project Compassion.

Thanking you in anticipation 😊
Grade 6 Davie Camp

Last week Grade 6 Davie went on camp to Woodfield Lodge. The weather was terrific and we all had an amazing time at camp.

On the way to Woodfield Lodge, our class stopped off at the Hobart Aquatic Centre where we all had a FANTASTIC time splashing around. Then we went to the ice skating rink, where there were tumbles, turns, slips and slides EVERYWHERE, until we got our skating legs. Then we got back on the bus with cold hands and wet bottoms.

Some of the best activities at camp were playing Treasure, 6 Davie’s Got Talent, the very emotional liturgy, the flying fox, spotlight and the camp fire while toasting damper and marshmallows.

On camp we learnt a lot about each other and ourselves in the emotional liturgy and the leadership session with Mr Jones. Some of the God Moments were seeing everybody laugh when we did 6 Davie’s Got Talent, watching people practise G.T.S and having an amazing time with each other.

We send out a big thanks to Mr Davie, Mr and Mrs Jones, Mr Drew and Mrs Hyland for helping us have a great experience on camp.

By Kiarna Strauss & Ryan Conway
On the 17th of March we went to Camp Clayton. We learnt lots about our friends through activities such as Giant Swing, Flying Fox, Team activities, Beach Volleyball. Team challenges help us together as a group and help listen to each other. We got put into four groups that were the four teachers. We got put into cabins of 8 or 9. We would like to thank Mrs Mcleod, Mrs Illingworth, Mrs Sydes and Mrs Viney. Also, we would like to thank the parents that came Ivor Carins, Paul Morrow and Chris Ross. Camp Clayton was awesome.

By Ella Millwood, Kate Mcleod, Thomas Mclellan and Matthew Carins.