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?
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!

<table>
<thead>
<tr>
<th>Key Events this Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>NAPLAN Testing Year 3 and 5 in May</td>
</tr>
<tr>
<td>First Reconciliation</td>
</tr>
<tr>
<td>House Team Reflection Days</td>
</tr>
</tbody>
</table>
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!
30th April 2015 “BE-A TTITUDES” (THE BEATITUDES) 1873-2015 OUR 142ND YEAR

Sacred Heart School Newsletter

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...

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>3rd</td>
<td>4th</td>
<td>5th</td>
<td>6th</td>
<td>7th</td>
<td>8th</td>
<td>9th</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>9-11am Mothers Day Celebrations</td>
<td>10am Strings program</td>
<td>9am Assembly</td>
<td></td>
</tr>
<tr>
<td>10th</td>
<td>11th</td>
<td>12th</td>
<td>13th</td>
<td>14th</td>
<td>15th</td>
<td>16th</td>
</tr>
<tr>
<td>8th</td>
<td>9am Assembly</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12.30 Gr 5/6 Winter Sport</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Grade 2 Agfest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| 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
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
## Sacred Heart School Newsletter

### The Spirit of Jesus is Alive in:

<table>
<thead>
<tr>
<th>Prep Hills</th>
<th>Harry Shelton</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>For showing a great attitude to his learning</td>
</tr>
<tr>
<td></td>
<td>Fletcher Luttrell</td>
</tr>
<tr>
<td></td>
<td>For being an encouraging class member</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Prep Best</th>
<th>Beau Furlonge</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>For a fantastic start to Term 2</td>
</tr>
<tr>
<td></td>
<td>Emily Davern</td>
</tr>
<tr>
<td></td>
<td>For an outstanding</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade 1 Crawford</th>
<th>Stella Tyson</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>For showing excellent commitment towards reading</td>
</tr>
<tr>
<td></td>
<td>Hugh Rickerby</td>
</tr>
<tr>
<td></td>
<td>For being a great friend</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade 1 Underlin</th>
<th>Jayda O'Keefe</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>For her excellent work in English</td>
</tr>
<tr>
<td></td>
<td>Lily Humphreys</td>
</tr>
<tr>
<td></td>
<td>For her excellent start at Sacred Heart</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade 2 Reid</th>
<th>Cameron Steven</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>For his enthusiastic contributions about Anzac Day</td>
</tr>
<tr>
<td></td>
<td>Molly Ross</td>
</tr>
<tr>
<td></td>
<td>For a conscientious approach to all tasks</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade 3 Hood</th>
<th>Asha Lowe</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>For your portrayal of Mary Magdalene at our Easter Liturgy</td>
</tr>
<tr>
<td></td>
<td>Samuel Phillips</td>
</tr>
<tr>
<td></td>
<td>For your portrayal of Simon Peter at our Easter Liturgy</td>
</tr>
<tr>
<td></td>
<td>George Worsley</td>
</tr>
<tr>
<td></td>
<td>For your portrayal of the Angel at our Easter Liturgy</td>
</tr>
<tr>
<td></td>
<td>Alice Mathers</td>
</tr>
<tr>
<td></td>
<td>For your excellent knowledge of analogue and digital time</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade 3 Symons</th>
<th>James Humphreys</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Welcome to our school!</td>
</tr>
<tr>
<td></td>
<td>Sebastion Stone</td>
</tr>
<tr>
<td></td>
<td>For a great start to Term 2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade 5 McLeod</th>
<th>Nicky Ralph</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>For being super organised</td>
</tr>
<tr>
<td></td>
<td>Mia Baldock</td>
</tr>
<tr>
<td></td>
<td>For a super start to Term 2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade 5 Viney/Sydes</th>
<th>Aiden Krushka</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>For his self motivated and hard working attitude so far this term</td>
</tr>
<tr>
<td></td>
<td>Charli Stone</td>
</tr>
<tr>
<td></td>
<td>For approaching all tasks in a positive and dedicated manner</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade 6 Davie</th>
<th>Joe Robinson</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>For thinking of others and being a team player</td>
</tr>
<tr>
<td></td>
<td>Zane Fagan</td>
</tr>
<tr>
<td></td>
<td>For thinking of others and being a team player</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade 6 Claessens</th>
<th>Gabriella Brohier</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>For thinking of others first during Friday sport</td>
</tr>
<tr>
<td></td>
<td>Jack Ross</td>
</tr>
<tr>
<td></td>
<td>For working hard and being a “giver” in and around class</td>
</tr>
<tr>
<td></td>
<td>William Reilly</td>
</tr>
<tr>
<td></td>
<td>For thinking of others first during Friday sport</td>
</tr>
</tbody>
</table>
Mother’s Day Invitation

Date: 6th May, 2015
Time: 9-11am
Location: Sacred Heart

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...
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
Sacred Heart School Newsletter

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
Jacqui Wood 0411 5719 or
woodjw1@simondalhozeq

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:
Shamee Torrents
0409 865355
shameetorrents@ netspace.net.au
30th April 2015   “be-attitudes” (the beatitudes) 1873-2015  our 142nd year

Sacred Heart School Newsletter

High Tea for Charity

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.

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

Sponsors:
Neil Buckby Mercedes
The Northern Club
Parry Property

$57 Per Person
www.trybooking.com/128053

Guest Speaker
MC David Barry

Fashion Stylist
Courtney Walker

Motivational Speaker
Sara Redman

Whitelion Spokes Person

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

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

OfficeMax
Sacred Heart School Newsletter

Newstead Athletics
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 elzylan@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.

BORN TO MOVE

NOW AT LAfit

• Tues, 4pm - 6-7 yrs
• 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