

Sacred Heart School Newsletter



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From the Principal:

<http://MyTerncity.com.au>

Our P.B.S. Values are:
Respect for Ourselves
Respect for Others
Respect for our Learning
BeAttitudes: **Be Honest**



I have been grumpy for a while now! Maybe a few weeks, maybe even longer, I cannot recall exactly!

Grumpy in the sense I have been finding small things increasingly annoying, I have been almost looking for things to be frustrated and annoyed about! On better days it sits and gnaws quietly in the shadows, on a bad days it dominates my thoughts and feelings - I am constantly aware of it. It makes me less productive, less relational, less effective!

The truth is I am struggling within the weight of demands that I have and the time available to do them in! From my professional role, to an outside of school responsibility I have taken on, as well as the extra curricular activities our family are involved in are all combining to result in the feeling that I am not succeeding in any sense with any of them. I know that this is not exactly true, I know that it is only short term, I know that at some point you come through the period, however it still does not change the feeling and worry that comes with it.

The demands on time result in 'bandaid' solutions or effort on different situations, knowing that the 'bandaid' can come off at anytime or the situation can get worse.

You can feel the walls closing in, you know you can do better than what you are doing and offering with more time, however you can only offer less than this because time doesn't allow it. You feel like you should apologise for not being at the top of your game. You know that some may judge you for not operating to the levels they expect and in the time frames they expect it to happen. You have higher expectations of yourself than others do, so frustration comes when you achieve less than this.

What has taken me some time to understand is, for me, the frustration is because I cannot do as good a job as I know I could, if there was more space and time to do it. Most things are not challenging in difficulty just challenging in doing them along with what others need of you, your time and expertise.

I write this to be honest! I see people everyday who won't acknowledge their challenges, devoting huge time and energy into pretending they are not there, or they are coping just fine. There will also always be people who relish in the mistakes and flaws of others, too. We are vulnerable when we openly admit things others (particularly publicly in a newsletter!!). We are vulnerable to how others will judge us. What I have learnt over time, is often, the people who relish in the mistakes of others do this because they do not want to face up to their own challenges and insecurities.

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From the Principal:

I think and hope that many people in reading this newsletter, will have some understanding of what I am describing either through personal experience or experience with others. Leadership is not being perfect! I think good leadership is being self aware to name and acknowledge flaws and then act on them, not keep trying to hide them, defend or justify, when the truth is the opposite! The role of the leader having all the answers (or the parent or the teacher) is outdated and in the demands of society now, not achievable. There is so much wisdom around us that can give a different perspective, different ideas or better solutions than what we, alone, can come up with. I really believe the first step towards solutions and improvement is to be vulnerable. The energy wasted on the pretending can then be devoted towards addressing what is needed.

As we enter the Easter Season of our Church, these emotions are present in the story of Jesus. The frustration and anger he feels when the apostles doubt him, feeling let down by others, scared and insecure about the fate that awaits him, along with the joy and celebration of the Resurrection story. I hope that everyone has time over Easter to just be with those that matter and to value this time above all other things, even if at other times we find it difficult to achieve, I hope at least at Easter the scales are balanced perfectly.

THIS WEEK

<i>Friday 25th March</i>	GOOD FRIDAY
<i>Monday 28th March</i>	EASTER MONDAY
<i>Tuesday 29th March</i>	EASTER TUESDAY
<i>Wednesday 30th March</i>	1st Day Back after Easter Break
<i>Thursday 31st March</i>	9am Assembly

CAR PARK

Work on the Car Park will officially begin on Monday 4th April. We have postponed the start date as we have our School Fair rescheduled for Friday 1st April.

It is important that parents start thinking about alternate drop off and pick up options from this date. We encourage parents to use the York Street as the main collection point for children after school. More detailed information will come out next week, after my meeting tomorrow finalising the last aspects of planning.

BOURKE ST BUS & PICK UP

Going forward there will be a change in how Bourke Street Bus and pick up will be organised. The students catching buses will sit and wait under the Grade 3 outside area in bus lines. Only students being picked up by parents will be waiting in the area near the Bourke Street Gate. We will have another staff member on duty until bus students have left. This area has a large number of students leaving and waiting, we feel that to meet the expectations of safety and supervision, these additional structures need to be in place.

KINDER 2017

Please if you are an existing family and you have a child who will be 4 on the 1st January in 2017, they are eligible to attend Kinder. Can you please confirm with our office so we can then work out what 'actual' spaces we have available for families who are not already at SHCS.

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From the Principal:

S.H.C.S. CARE TEAM

I am hoping we can get parent interest in being part of a S.H.C.S. Care Team. I was made aware of a School in Melbourne that does this impressively. A roster is set up, with the more people we have, reducing the times parents are called on to help. Some examples of things the Care Team supports are:

- Dropping off meals for parents for a week or two when they have a new baby.
- Collecting or taking students home, when parents are in hospital for whatever reason.
- Gift hampers for parents when they have a new baby.
- Providing a lunch for children each day the weeks that parent has chemotherapy treatment.

In essence it is a roster for parents to help other parents when needed. Sadly there are ongoing needs for families due to illness or the passing of loved ones, at the same time, moments of joy or excitement that still place a strain on the day to day organisation or co-ordination of our lives. I will include this in the next few newsletters to hopefully galvanize some interest from parents. Please if interested in either being part of the roster or co-ordinating this contact Karen Cettolin through karen.cettolin@catholic.tas.edu.au

ANZAC DAY

ANZAC DAY HOLIDAY:

This year ANZAC Day is on a Monday. **Term 2 will officially start for students on Tuesday 26th April.** Students do not come on Monday as it is a Public Holiday.

ANZAC DAY MARCH:

Students who would like to march with the School as part of the ANZAC Day March please contact our office. Our School Captains will lay a wreath on behalf of our school community. With ANZAC Day on the first day of Term 2 we needed to communicate this information to parents earlier than normal.

SACRED HEART LEGO EXHIBITION

This week there have been 71 winners. 71 people who created and entered their amazing Lego creation. There have also been about 400 lucky children who have been able to have a look at all the marvellous creations and vote for their favourite.

Over the Easter break, I will tally up the votes and announce our winner to everyone. Thank you to all the wonderful children who took the time and decided to have a go. I think we may need to put this into our calendar as an annual event.

Parents if your child forgot to collect their Lego today, please remind the. To pick it up on Wednesday.



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~ March 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
20th	21st 3.30pm Faith Sharing Session 3.30pm @ The Church of Apostles	22nd Gr 6D Camp 3.30pm Faith Sharing Session 3.30pm @ The Church of Apostles 7.30pm P & F Meeting	23rd Gr 6D Camp 9am Assembly	24th 9am Assembly Gr 6D Camp 11.30am Strings Program 12.45pm Band Program UNIFORM SHOP CLOSED TODAY	25th Good Friday Public Holiday	26th
27th	28th Easter Monday Public Holiday	29th Easter Tuesday Public Holiday	30th Students 1st day back after Easter Break	31st 11.30am Strings Program 12.45pm Band Program	1st April 9am Assembly NO CANTEEN TODAY 	2nd

~ April 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
3rd	4th Transition to Winter Uniform 3.30pm Faith Sharing Session @ The Church of Apostles	5th 3.15pm Gr 5/6 Bookclub 3.30pm Faith Sharing Session @ The Church of Apostles	6th	7th 11.30am Strings Program 12.45pm Band Program	8th 9am Assembly End of Term 1 BBQ & Plain Clothes Day	9th
24th	25th Anzac Day Public Holiday	26th First Day Term 2 Full Winter Uniform 3.15 Art Club 7.30pm P & F Meeting	27th	28th Gr 4 Camp 11.30am Strings Program 12.45pm Band Program	29th Gr 4 Camp 9am Assembly	30th

SCHOOL BANKING FOR 2016 IS EVERY WEDNESDAY



Uniform Shop News

Open every Thursday 2pm-4pm
shs.clothingpool@catholic.tas.edu.au

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

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Term Dates Catholic Schools

2016

Term 1 Thursday 4.2.16 to Friday 8.4.16
Term 2 Tuesday 26.4.16 to Friday 1.7.16
Term 3 Monday 18.7.16 to Friday 23.9.16
Term 4 Monday 10.10.16 to Thursday 15.12.16
Friday 20th May 2016 Student Free day

2017

Term 1 Thursday 9.2.17 to Thursday 13.4.17
Term 2 Monday 1.5.17 to Friday 7.7.17
Term 3 Monday 24.7.17 to Friday 29.9.17
Term 4 Monday 16.10.17 to Thursday 21.12.17

2018

Term 1 Thursday 8.2.18 to Friday 13.4.18
Term 2 Monday 30.4.18 to Friday 6.7.18
Term 3 Monday 23.7.18 to Friday 28.9.18
Term 4 Monday 15.10.18 to Thursday 20.12.18

**Please return your Payment
Plans to the office ASAP**

End of Term 1 Sausage Sizzle

Friday 8th April

Sausage/Hamburger orders along with payment need to be given to the class teachers by Friday 1st April

Hamburgers \$2.50
Sausages \$2.00



The parish now has a blog spot which has links to our weekly bulletin and other information.

blog spot: launcestoncatholicparish.wordpress.com

WORKING WITH VULNERABLE PEOPLE REGISTRATION

Government legislation now requires all people working or volunteering with vulnerable people to be registered. It is an expectation placed on our schools that any person who is on an excursion, helping in the classroom, helping out with students getting changed after swimming, attending camps etc must have this registration.

If parents do not have registration or registration is pending you may not be able to volunteer and attend the excursion or school event. This is something that we do not want to have to do but as legislation and system policy we need to adhere to.

How to apply for a WWVP and Number

1. Complete the online application form www.justice.tas.gov.au/working_with_children
2. Print the "Application Receipt" which is generated when the application has been completed in full
3. Take the "Application Receipt" to a Service Tasmania shop, pay the fee (\$17.60) and have your 100 point check to confirm identity

Once your registration has been approved and you receive your WWVP card, please bring it to the school office so your name, registration number and expiry date can be recorded and verified.

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GRADE 6 CLAESSENS - WOODFIELD LODGE CAMP



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GRADE 2 CO-TEACHER = CHALLENGES / TEAMWORK

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1st of April, 4.30 - 7.30pm

Thank you to everyone who braved the weather last Friday to help set up the fair and later to attend the stalls in the hall that could go ahead despite the wet weather. We hope you will be able to enjoy the atmosphere of the whole Fair next

CAKE STALL THANK YOU

Sending out a big thank you to all families who baked cakes, slices, biscuits and other special treats for the Cake Stall. Please know all your efforts did not go to waste with all items quickly selling throughout the day. We have received feedback from families that they would like to see another cake stall at the Fair next week. We understand that many families have already donated to this stall and we are very grateful for this. However if you have spare time to bake again we would welcome your baked goods on Friday the 1st. Next week an ingredient label will come home with more information.

Many thanks to all those families who responded to the call and braved the rain to come purchase from the cakes, white elephant and plants stalls. Your enthusiasm was much appreciated

Plant Stall

Wow Prep families and friends! Your planting efforts and donations this year were great. There were many happy customers last Friday and we look forward to selling the rest of these beautiful plants next week

THANK YOU

Volunteer Rosters

Please reply by email if you are able to help on the night. The rosters were emailed to all families yesterday

WHITE ELEPHANT STALL

There is still time for that last minute clean out over the Easter break. Bring your unwanted items along to the Presentation Hall. Please no clothing or electrical goods.

Thank you for the donations received.

Fair Raffle Draw - 7pm Friday the 1st of April, 2016

Will be drawn on Fair night. Please return any to the office or your class teacher any remaining raffle tickets either sold or unsold.

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My Tern - Post 3



The important role of TEP and PET



TEP: Take Extreme Precaution

As the name implies, you need to Take Extreme Precaution (TEP) when this character appears. TEP acts as a trigger to suddenly make you feel really sad, mad, frustrated, lonely or just scared. Very often TEPs can be really simple, such as your brother or sister annoying you; having to clean your room or do your homework; or not having a friend around to play with. A TEP can transport you onto a red Buska road very quickly. You need to be ready for it by understanding what your main TEPs are, as well as being ready for any new ones that may appear.

PET: Personal Emotional Tool

PET is a character that helps you when you find yourself on a red Buska road and you want to turn onto a road which makes you feel better. Very few people have the ability to change from a red Buska road to a green Reapo road without first thinking of a different thought. PET has been designed to distract you from the thoughts and feelings that have made you drive down that particular road (TEP). Therefore, a PET is something that you think about to make you feel a bit better. It could be a photo, a happy memory, a hug, a song, a video – anything that makes you smile! It is only when you distract yourself enough with a PET that you find yourself in a position to be able to regain control of your steering wheel and change roads. Being able to travel the rough roads and regain control is what helps to build your resilience.

The concepts behind the creation of TEP and PET form an integral part of the MYTERN skill.

The roundabout represents a place where we choose to respond to all situations. It is the result of that choice which influences us to then drive onto a red or green road.

The yellow and orange colours were chosen to represent TEP and PET, playing the role of caution at a traffic light.

If you interpret the circumstances as a TEP (from a TEP perspective) before you take off, then you will drive onto a red road.

If you are on a red road far away from the roundabout, PETS can also be used to drive you towards a green road.

PET and TEP are teaching us that it is our response to situations that create the emotion. If you know how to be in charge of your response, you can then learn to take control of your emotion.

Family Activity: Discuss the different TEPs that cause each of you to travel down a red Buska road. Then make a list of all the different PETS that will work for each member of the family. This list can then be displayed on the fridge for everyone to see. Then, if a member of the family is on a red Buska road, others may be able to help them take charge of their wheel by offering them one of their PETS.

Ask your children if they can see a relationship between the word PET and TEP. Have you noticed that they are made up of the same three letters; just seen from different perspectives? This is to represent that it is not circumstances or people that make you feel the way you do; it is the way you choose to look at them.

Both characters are situated on the same roundabout between the Reapo and Buska roads. Remember, the way you look at things is up to you. Is it a PET or is it a TEP? Your perspective determines which exit from the roundabout you take and which set of roads you choose to drive down.

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Please Join Us

Easter Sunday Family Mass
St Patrick's College Chapel
9am Sunday 27th March
Followed by pancakes
and an Easter egg hunt.
ALL WELCOME!



World Autism Awareness Day

The eighth annual World Autism Awareness Day is April 2, 2016. Every year, autism organizations around the world celebrate the day with unique fundraising and awareness-raising events. How will you celebrate?

Use **#LIUB** to share your experience across social media and help light the world up blue this April! Find out which major **global landmarks will light up blue in 2016.**

Join us to Light It Up Blue! Visit www.AutismSpeaks.org/LIUB

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CELEBRATING HOLY WEEK & EASTER 2016

LAUNCESTON PARISH

PARISH LENTEN RECONCILIATION (2ND RITE)
7.30PM, MONDAY 21ST MARCH AT ST FINN BARR'S CHURCH, INVERMAY

HOLY THURSDAY, 24 March

MASS OF THE LORD'S SUPPER

7.30pm Church of the Apostles
44 Margaret Street, Launceston
7.30pm Carmelite Monastery
7 Cambridge Street, West Launceston

GOOD FRIDAY, 25th March

STATIONS OF THE CROSS (OUTDOORS)

10.30am Church of the Apostles
COMMEMORATION OF THE LORD'S PASSION
3.00pm Church of the Apostles
3.00pm Carmelite Monastery

HOLY SATURDAY, 26th March

1ST RITE OF RECONCILIATION (CONFESSIONS)

10.00am Church of the Apostles
EASTER VIGIL & MASS OF THE RESURRECTION
7.30pm Church of the Apostles
11.00pm Carmelite Monastery

EASTER SUNDAY, 27th March

8.30am Carmelite Monastery (Please note time)
9.00am St Patrick's College Chapel (Family Mass)
Cnr Mt Leslie & Westbury Roads, Prospect
9.00am St Finn Barr's Church
247 Invermay Road, Invermay
10.30am Church of the Apostles

Please Note
NO 6.30pm EVENING MASS
at Church of the Apostles on Easter Sunday

Please join us for our
Family Mass
6pm Saturday
Newstead Church
19th March
14th May
18th June
20th August
17th September
22nd October
12th November

If you or your child/ren would like to help with the Mass please contact Jacquie Wood 6344 5714 or jacquie.wood@catholic.tas.edu.au

Thank you from Ruby Wood

Worlds Greatest Shave



Thank you so much to everyone who gave so generously in support of Grady and I taking part in the shave. We are completely blown away with the donations of so many people. You have more than doubled our fundraising goal. You're totally exceptional, morally dazzling people. I feel so overwhelmed by you all.
Thank you . Ruby xx



Queechy Penguins Hockey Club

Invites Interested players (Boys & Girls)
in the following age groups for 2016:

- U11 - Friday Evenings (4:30pm)
- U14 - Saturday Mornings (various times)
- U16 - Friday Evenings (various times)

Training commences Thursday, March 31st.

Full details available from

Andrew Harris

0407871830 or email

andrew.harris@education.tas.gov.au