

# SACRED HEART SCHOOL

## NEWSLETTER



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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**

### From the Principal:

*"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for."*

— **Epicurus**

*"If the only prayer you said was thank you, that would be enough."*

— **Meister Eckhart**

*"Some people grumble that roses have thorns; I'm grateful that thorns have roses."*

— **Alphonse Karr**

On Friday we received the sad news that Julia Kramer's husband (married less than a year) had suffered a major stroke and then passed away on the weekend. For new families, Julia is the former Principal of our School up until the end of 2011.

*In light of some staff attending the funeral of Julia Kramer's late husband, in Ulverstone on Friday afternoon, some classes will have relief teachers for the afternoon.*

*Assembly will be held at 2.00pm on Friday.*

*Thank you for your understanding.*

*This last week has placed the concept of Gratitude front and centre for me.*

Early last week we received a phone call from an elderly citizen who wanted to donate some money towards the 'Run for Jack' Initiative. Jack, the brother of Xavier and Jaimie Duffy, is in need of a communication device to help him communicate to his mum, dad, brother and sister.

The elderly lady, unable to physically come into the school, organised her sister to come in. She had been 'touched and moved' by the article she read and the photo of Jack, his family and our school in the Examiner some time ago.

### CALENDAR

Term 3: 23/07/13 - 27/09/13

### AUGUST

#### Thursday 15th

- Gr 2 Excursion to Museum
- Gr 3 Excursion to Museum
- Gr 4 Excursion to Museum

#### Friday 16th

- 10.00am Mass for the Assumption of Mary
- 2.00pm Assembly

#### Monday 19th

- Book Week
- 1.30pm Birth - 4 playgroup

#### Wednesday 21st

- 10.30am Class liturgy Gr 3
- Book Week activities

#### Thursday 22nd

10.30 First Eucharist/  
Confirmation fun day

#### Friday 23rd

- Plain clothes Care for Africa Day
- 9.00am Assembly
- 6.00pm Rock and Roll night

#### Friday 30th August

Father's Day activities

#### Mon 2nd September

Athletics Carnival Gr 3 - 6

**From the Principal: (cont.)**

*The sister brought in a 'significant' amount of money to donate towards buying the device. Whilst it is not appropriate to disclose the amount, it was in the thousands of dollars and, be sure, it is beyond what all of us would guess if given the opportunity.*

*Also, last Friday we finished collecting non perishable cans of food and other goods to go towards members of our local community who are experiencing hard times.*

*On Friday, as well, a tree near Bourke Street crashed down during our lunch break (students were inside as it was raining) crashing onto and damaging our fence. Within a short space of time our school leadership team, Mike Bennett and our office team had activated critical incident response extremely successfully. As Principal I am extremely grateful for the professionalism and high levels of competence all staff demonstrated in this situation.*

*For the majority of us we generally have health, high life expectancy, the ability to pay for our children's education, shelter, love, disposable income and a high quality of life. There is much to be grateful for if we have an **Attitude of Gratitude!***

*Beginning this week our students will spend 5 - 10 minutes each day writing in their newly photocopied Gratitude Journals. For the next two weeks our students and staff will focus on writing down things that they are grateful for. Like many other things our attitude to many things is a matter of habit. To create habits (good and bad) takes time.*

**Communication:**

We sent out, in hard copy, a survey we wanted parents to spend 3 - 4 minutes completing. The survey will provide important feedback on preferred ways parents would like communication between home and school to be structured. If parents could return the surveys **by the end of this week** we would like to collate the data to get an idea of possible ways forward.

**Cybersafety:**

*S.H.S. will continue to focus attention on the importance of Cybersafety for our students. We are directing responsibility and accountability for developing cybersafety awareness and protective behaviours towards parents as the primary role models for our students. We will continue to provide resources and professional learning to support parents in this critical need.*

*Below are some recognised cyber safety resource websites that will support parents to support their children:*

1. [Esmart.org.au](http://Esmart.org.au)
2. [Thinkuknow.org.au](http://Thinkuknow.org.au)
3. [Cybersmart.gov.au](http://Cybersmart.gov.au)
4. [Dbcde.gov.au](http://Dbcde.gov.au) (easy guide to socialising online)

**Book Week:**

Next week we are celebrating Book Week and the theme in 2013 is Read Across the Universe. In order to encourage the fun and enjoyment of reading we are asking all students to bring a favourite book to read with their buddy or to share a summary of its main features. The books will be shared on Wednesday 21st August as a whole school activity.

There will be a class presentation to celebrate Book Week at assembly on Friday 23rd August.

**Care For Africa Colours For All Day:**

On Friday 23rd August we are holding a plain clothes day to raise money for the Care for Africa Foundation .

To participate, bring a gold coin donation and wear REALLY COLOURFUL clothes.

**From the Principal: (cont.)****Regular Sleep Important to Learning:**

*The following article is taken from Sydney Morning Herald Online:*

"Going to bed at different times every night throughout childhood may disrupt healthy brain development, research has found.

Researchers at University College London studied 11,000 British children's sleeping habits and cognitive development at age 3,5,7 & 9 to see if there were connections between the two.

***They found irregular bedtimes were associated with lower scores in reading, maths and spatial awareness in boys and girls when compared with children who had set bedtimes.***

Writing in *The Journal of Epidemiology and Community Health*, the researchers said irregular bedtimes disrupted natural body rhythms and could cause sleep deprivation - factors that undermine brain plasticity and the ability to acquire and retain information.

"Early child development has profound influences on health and wellbeing across the life course. Therefore, reduced or disrupted sleep, especially if it occurs at key times in development, could have important impacts on health throughout life."

Dr Jon Quach, said the study was consistent with previous Australian research which found poor sleep was associated with poorer maths and literacy skills, as well as behavioural problems in childhood.

***Dr Quach said children between three and five should aim for 11-12 hours a night and primary school children about 10-11 hours each night.***

"Children can have poorer learning and behaviour from as little as one hour less sleep per night," he said.

**P & F August Dinner Meeting:**

This month's meeting will be a Dinner Meeting on Tuesday 27<sup>th</sup> August, 6.30pm for 7.00pm at the Cock 'n' Bull Hotel. Each year P & F hold an informal/social meeting where all school families are welcome to attend and join in on casual discussion regarding P & F/school news and events. Please rsvp to Rebecca Millwood on 0418 721 952 by Monday 26<sup>th</sup>.

**Rock and Roll Night:**

This week your family should have received an invitation to come along to the very popular P & F event -

**ROCK AND ROLL NIGHT**  
**Friday 23<sup>rd</sup> August,**  
**6.00pm-8.00pm, St Ailbes Hall**

This is such a fun night for the children and a great opportunity for family and friends to catch-up.

Feel free to bring along you tea, drinks and snacks, entry is \$10.00 per family and this year there will be lucky door prizes. It's most important to ensure everyone's safety so parents/guardians must supervise their children during the night; this is not the responsibility of the teachers who come to join the fun or the P & F. Mr Nas has had the children practising their dance moves for a few weeks and will again entertain us all with his fantastic music. Hope to see you there.

**From the Principal: (cont.)****School Uniform:**

Below is the current S.H.S. School Uniform expectations. There are going to be changes to our school uniform in design and a letter is coming out shortly.

There have been no changes to the Uniform in my time here at S.H.S. so these expectations have been in place since before 2011.

If there is a need for a change in wearing of the school uniform for an individual day, as a matter of courtesy and positive communication, please write a note in your child's diary letting your student's class teacher know.

Full uniform must be worn for all school children from Prep to Grade 6 and the school sports uniform is encouraged for Kindergarten children.

All students	School Badge: ✓ School badge sewn on the left hand side of the school jumper. Hats: ✓ Red bucket hats for boys and girls in Term 1 and Term 4 not Term 2 & 3- available from the school office or clothing pool. Marking Clothes ✓ All clothes must be clearly marked with the child's name so that in the event of loss, they are clearly recognisable. Hair Styles ✓ Hair should always be kept clean, neat and tidy. ✓ Hair below collar length is to be secured in a ponytail or pigtails with green, gold or tartan ribbon. Jewellery: ✓ No costume jewellery or nail polish is be worn to school. Students may wear watches, plain stud or sleeper earrings for pierced ears, necklace with a cross.	
Girls	Summer	Winter
	Check dress Bottle green V neck jumper with school badge Fawn socks Brown/black shoes	Green/gold skirt or green trousers Bottle green V neck jumper with school badge Lemon blouse Long fawn socks or stockings Brown/black shoes
Boys	Summer	Winter
	Grey shirt No tie Grey shorts Bottle green V neck jumper with school badge Sacred Heart School knee-length socks Black leather shoes (NOT black sport styles)	Grey shirt and Sacred Heart School tie Grey shorts or long grey winter-weight trousers Bottle green V neck jumper with school badge Short grey socks (if wearing trousers) Sacred Heart School knee-length socks (if wearing shorts) Black leather shoes (NOT black sport styles)
Sport Uniform	Children may wear sports uniform to and from school on Physical Education days. Red polo shirt and green shorts. Girls in K - Gr 2 may wear green sports skirt Sacred Heart School dark green track pants Plain white socks School rugby top Lace up sandshoes/runners (NOT canvas or slip-on shoes of any kind)	

**SHS Athletics Carnival:**

The Athletics Carnival for grades 3 - 6 will be held on Monday 2nd September from 9.00am - 2.30pm at St Leonards.

We are asking for parent help on the day to enable the carnival to run smoothly. If you are able to help please contact John Anderson on email: [john.anderson@catholic.tas.edu.au](mailto:john.anderson@catholic.tas.edu.au) or ph: 6331 1011



## R E NEWS

### A time to give thanks

Last week I wrote about the theme for this year's Catholic Education Week. This week I invite you to take the time to watch the clip below on gratitude (6 minutes long). The clip begins with a gorgeous young girl who talks briefly about using her imagination taking her "deeper in" to "more ... beautifuller" places and spaces. The clip then shifts into a reflection of 'moving art', a series of pictures and scenes using time lapse with a very mesmerising voice speaking about the gift of each day. He says, "Today is given to you, it is a gift ... and the only appropriate response is gratefulness"

I am sure you would have heard this quote before:

"Yesterday is History,  
Tomorrow a Mystery,  
Today is a Gift,  
That's why it's called  
the Present."



In the clip the speaker gently reminds us to ... "Open your eyes and look at the faces of those around you. Open your heart to all these blessings and let them flow through you ... let the gratefulness over flow into blessing all around you." This too is my wish for you ☺!

Gratitude link \* <http://www.youtube.com/watch?v=nj2ofrX7jAk>

Our Gratitude Journals are going well in classes. It has been lovely to share what the children have been grateful for, finding beauty and love even on these cold and wet days! Just a reminder to please continue to support your child in being grateful each and every day.

### Assumption Mass

A reminder ... Our whole school Assumption of Mary Mass celebrating the life of Mary, her gratefulness and her blessings. This Friday at 10.00 in the Church of Apostles. All very welcome.

*Helen Halley APRE*

# RECENT STUDENTS OF THE WEEK

<b>Prep Reid</b>	<b>Oliver Wright</b> For great attempts at story writing	<b>Maddie Leonard</b> For always presenting her work neatly
<b>Prep Hills</b>	<b>Christian Doran</b> For making some good progress with his handwriting	<b>Jorja Thomas</b> For being a supportive and encouraging member of our class
<b>Grade 1 Crawford</b>	<b>Molly Tanton</b> For excellent work in Maths groups and being a great leader in these groups	<b>Charlotte Cox</b> For being a responsible and reliable class member
<b>Grade 1 Best</b>	<b>Xavier Rawlings</b> For quiet and focussed work habits and improved listening skills	<b>Rhona Spencer</b> For excellence in Maths groups
<b>Grade 2 Sydes/Weir</b>	<b>Brady Meek</b> For making excellent progress with Auslan	<b>Lily Scolyer</b> For making excellent progress in Maths
<b>Grade 2 van Ryn</b>	<b>Marley Pedersen</b> For fantastic presentation in her written work	<b>Jackson Northeast</b> For being very polite and friendly at all times
<b>Grade 3 Hood</b>	<b>Maddalena Ercole</b> For her performance in "The Music Man"	<b>Isaac Hyatt</b> For being a positive member of the class
<b>Grade 3 Symons</b>	<b>Gabriel Kirk</b> For excellent work creating a comic	<b>Lucie Slevac</b> For excellent reading in our class liturgy
<b>Grade 4 Smith</b>	<b>Harrison Mills</b> For excellent manners	<b>Ally Brown</b> For creative narrative writing
<b>Grade 4 Underlin</b>	<b>Piaf George</b> For her work ethic and always doing her best	<b>Isabella Tys</b> For her attitude and engagement in Science
<b>Grade 5 McLeod/Viney</b>	<b>Nathan Cairns</b> For more participation in class discussions	<b>Ela Iezzi</b> For being a helpful, welcoming and caring member of 5M/V
<b>Grade 5 Illingworth</b>	<b>Cheyenne Whitchurch</b> For giving 200% to every task you are asked to do	<b>Remi Gardner</b> For persistence and patience towards Maths
<b>Grade 6 Claessens</b>	<b>Madison Sweeney</b> For always putting 100% effort into her work and being very caring towards others	<b>Grace Jones</b> For not rushing and putting more time and effort into her work. Well done
<b>Grade 6 Davie</b>	<b>India Headland</b> For the effort and persistence she is showing in Maths and Geography	<b>Luther Chugg</b> For applying himself and setting to task quickly

## OUR WEEK IN PHOTOS



Can Drive boxes



Sport in the gym



Art work in Grade 5



Fallen tree in Bourke Street

Emily Withington heads to Canberra Sunday 18th August to compete in the School Sport Australia National Hockey Championships. Emily has been named vice-captain of the Tasmanian under 12 girls team. This is a super achievement for Em having broken her hand 6wks ago!!!! She has also been chosen as part of the Tasmanian under 13 girls team to play in October.





AUSLAN IN GR 5 M/V





A.T.W.T.P. FOR AUGUST

# A.T.W.T.P

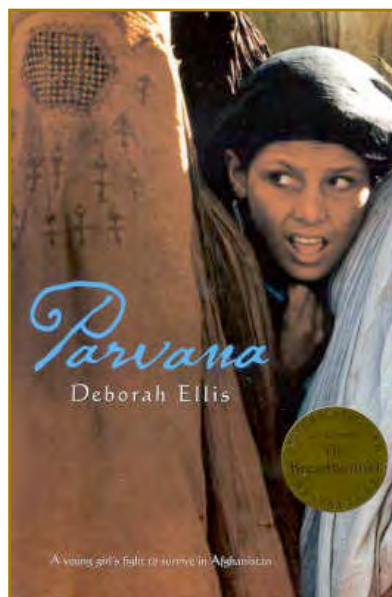
## Givers not Takers



### Givers not Takers

- ✓ Do you share what you know with others in class discussions?
- ✓ Do you help others when they need it?
- ✓ Do you give positive compliments to your classmates?

# SCHOOL NOTICES



## Tuesday Book Club

### *Parvana*

by Deborah Ellis

Imagine living in a country where women and girls are not allowed to leave the house without a man. Imagine having to wear clothes that cover every part of your body, including your face, whenever you go out. This is the life of Parvana, a young girl growing up in Afghanistan under the control of an extreme religious military group.

When soldiers burst into her home and drag her father off to prison, Parvana is forced to take responsibility for her whole family, dressing as a boy to make a living in the marketplace of Kabul, risking her life in the dangerous and volatile city.

By turns exciting and touching, *Parvana* is a story of courage in the face of overwhelming fear and repression."

The next meeting will be **Tuesday 3rd September** from 3.15pm - 4.30pm.

We meet upstairs in the Grade Five area.

If you are interested in joining then see Mrs Illingworth or Mrs McLeod.

Everyone welcome from Grades 5 and 6.



## Canteen Price Increases

Raspberry Twists	20c ea
	or 3/50c
Ice Mony (icypole)	60c ea

## 2013 TERM DATES

**TERM 3** Tuesday 23.07.2013 to Friday 27.09.2013

**TERM 4** Monday 14.10.2013 to Thursday 19.12.2013

## REMINDER

**A reminder to all parents when entering the school between 9.15am and 2.45pm that they are required to sign in at the office**

## BEGINNING AND ENDING TIMES OF THE SCHOOL DAY

First bell	8.55am	Lunch begins	12.50pm
Recess begins	11.00am	Lunch ends	1.30pm
Recess ends	11.25am	School finishes	3.00pm

## SCHOOL BANKING

All interest is due on School bankbooks

## 2014 TERM DATES

**TERM 1** Thursday 06.02.14 to Thursday 17.04.14

**TERM 2** Monday 05.05.14 to Friday 04.07.14

**TERM 3** Monday 21.07.14 to Friday 26.09.14

**TERM 4** Monday 13.10.14 to Wednesday 17.12.14

**EASTER** Friday 18.04.14 to Monday 21.04.14

## COMMUNITY NEWS



In support of St Giles Launceston.

Where: Brisbane St Mall. Walking to City Park

When: 11 am 31 August

Registration from 9am

Our daughter Orla is in Kinder Nas. We will be walking this year to raise funds towards St Giles to help with all the work they do providing support to children with disabilities. St Giles have provided an amazing level of support to our family. Our two year old son, Ryan, has Down Syndrome, a cleft palate, hearing and vision loss, and has recently completed treatment for leukaemia. Ryan receives physio, speech, occupational therapy and hydrotherapy regularly. He has been attending St Giles since he was 7 weeks old. We receive all of this support for a minimal cost (eg. a speech and language course that costs \$2000 on the mainland was provided to us for \$40, therapy fees are \$20 a year compared to \$200 an hour charged by many private providers).

We've seen great gains in his development as a result of all their hard work. We'd really appreciate your support so they can continue helping families like ours.

You can sponsor our team, the Kelly Gang, at:

<https://wwmlaunceston2013.everydayhero.com/au/KellyGang>

We would love it if people would like to join our team and walk with us on the day to show their support for St Giles and all the people in our community living with disability. You can sign up using the link above.

Thanking you, Rebecca and Paul Kelly



During Children's Week each year, Launceston City Council in conjunction with Playgroup Tasmania

recognise the wonderful achievements of children and those who provide services to children through our annual Children's Week Awards.

The purpose of Children's Week, held nationally, is to raise awareness of the needs, interests, rights and achievements of children and young people and assist them to realise their individual potential.

We are seeking nominations for people in the community who make a difference for children, not forgetting the quiet achievers. We also seek nominations for young people who make a difference and are a role model for others.

Awards will be given in the following categories:-

Exceptional Young Person Award

Endeavour Award.

Community Commitment Award

Child Development Award

Contribution to the Health and Wellbeing of Children Award

How to Nominate

Please let us know in no more than 250 words about your nominee and their achievements.

If you would like more information on the awards, please contact Theresa Sutczak on 6323 3381 or email [Theresa.Sutczak@launceston.tas.gov.au](mailto:Theresa.Sutczak@launceston.tas.gov.au).



# COMMUNITY NEWS



## Raising Boys---An Evening with Steve Biddulph

Staff, parents and friends are invited to the next St Patrick's College Parents & Friends Forum – an evening with Steve Biddulph on 'Raising Boys' to be held on Tuesday September 17th from 7.30 – 9pm in the Guilford Theatre at St Patrick's College.

For further information and bookings please access the following website,

<http://aneveningwithstevebiddulph.yolasite.com/>

or go to the St Patrick's College website and find the link in the P & F section under the Community tag.

**Three or more is very poor.**

**Get control.**

**National Asthma Week 1<sup>st</sup> – 7<sup>th</sup> September**

If you're using you're your blue reliever puffer three times or more a week, your Asthma is out of control. Most people with out-of-control asthma don't have to put up with it. Gone are the days when people with asthma had to rely on reliever medication all the time. Now we have medication that will prevent asthma flaring up in the first place.

Contact the Asthma Foundation of Tasmania on **1800 278 462** to have a free chat about controlling your asthma and also receive your FREE brochure:

***'Ten things to ask and tell your doctor'.***



Orienteering  
Tasmania  
weekly e-bulletin



## ESK VALLEY ORIENTEERING CLUB PRESENTS

### WINTER SUNDAY SERIES ORIENTEERING

This is the fifth and final event in EVOC's local Sunday Series. Four courses to suit all existing and new members.

There is the opportunity to ride a Segway or Flying Fox afterwards (contact Treetop Adventure (03) 6395 1390 to book). BBQ's available for BYO.

At Hollybank (near Lilydale) on Sunday 18th August 2013 (moved from 25 August)

For additional information contact the organizer, Ken Saunders, (03) 6396 6096, 0427595131, [kpsaunders@activ8.net.au](mailto:kpsaunders@activ8.net.au)

### SATURDAY ORIENTEERING TRAINING

Training most weeks will be at 2.30pm on a Saturday. We will mostly meet at the usual spot, ie the corner of Reatta Rd and Duck Reach Rd [1 km before Trevallyn Dam].

Beginners to the more experienced are all welcome!!

Debbie Gale Email [jadgale@dodo.com.au](mailto:jadgale@dodo.com.au)  
Christine Brown Mobile: 0439 443367  
Ph: 6344 5333 Email [christine.brown@education.tas.gov.au](mailto:christine.brown@education.tas.gov.au)

### NORTHERN SPRING TWILIGHT SERIES

The 2013 Northern Twilight Series kicks off on Wednesday October the 16<sup>th</sup> at Punchbowl Park from 4pm. The series will run for 6 weeks in various parks and reserves around Launceston. Start from 4pm to 6pm. Finish by 7pm

For additional information contact the President, Ken Saunders, (03) 6396 6096, 0427595131, [kpsaunders@activ8.net.au](mailto:kpsaunders@activ8.net.au) or the Orienteering Tasmania website [tasorienteeing.asn.au/](http://tasorienteeing.asn.au/) and go to the events page