

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** (we currently have **81 families following**)

From the Principal:

Our P.B.S. Values are:

Respect for Ourselves

Respect for Others

Respect for our Learning

On our Grade 6 Camp this week two questions were posed to our Grade 6 students and leaders:

'What do you want people to say about you and the kind of person you are at the end of this year when you leave S.H.S?'

'What goal do you have for our camp that you will also focus on for the remainder of the year at Home or at School?'

Being privileged to be part of the circle listening to our students share their answers to the questions above reinforced to me why we continue to strive to set high expectations. Our students are not only worth it but very capable and special young people. Because we think highly of them we set high expectations to help them learn more about themselves and develop skills to reach their potential across the many gifts and talents they have.

Two key themes came through from the students:

1. T.U.P. – Tolerance, Understanding and Patience
2. G.T.S. – Great, Treat and Speak

Many answers were around being more TUP at home with family and being more thanking at home for what families do for them. They were genuine in what they said and the importance of doing a better job with being more thanking, tolerant and patient. The challenge of course is not in the saying but in the doing.

Integrity is how well you narrow the gap between what you say and what you do. It is the level of balance between your words and actions. If you say one thing but do another on a regular basis then you lack integrity.

***Having integrity leads to credibility
and credibility leads to trust.***

Our children need to trust us as parents. To trust that our advice, help and expectations are right and that over time will help them be better people. To develop this trust we need to have credibility in their eyes and integrity in our words and actions.

The cycle is simple in theory. Our children want to be better people, make better decisions and be proud of who they are. I have yet to met a child that deep in their heart they do not have this motivation. As parents simply being more TUP and GTS to people in our lives would be an ordinary act that could have extraordinary results for our children.

Grade 6 Davie at the Hobart Aquatic Centre



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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.

Move Well Eat Well

Drink Water NOT sugar!

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

| Sugar content per glass (250mL) of drink | |
|--|---------------------|
| Water | no sugar |
| Plain milk | no added sugar |
| Flavoured milk | 3 tsp added sugar |
| Sports drink | 4 tsp added sugar |
| Water cordial | 4.5 tsp added sugar |
| 100% fruit juice | 5 teaspoons sugar |
| Fruit drink | 6.5 tsp added sugar |
| Soft drink | 7 tsp added sugar |
| Energy drink | 7 tsp added sugar |

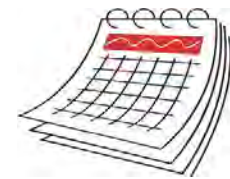
1 teaspoon = 4 grams of sugar

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

Department of Health and Human Services
Last reviewed 2013

The Tasmanian Move Well Eat Well Award Program is a joint Australian and Tasmanian Government initiative under the National Partnership Agreement on Preventive Health.
Design © State of Victoria, Australia

Tasmania
Deliver the possibilities



School Calendar:

We have now provided a paper copy of the School Calendar for parents. It shows the confirmed dates for the next month ahead. We will provide a calendar for Term 2 towards the end of this term. We hope that this is helpful for some parents in the busy organisation of families and the many events and activities that happen each week.

Survey:

Please return the survey forms about Move Well Eat Well and just as importantly possible social and fundraising events for our Parents and Friends for this year. We will share the feedback from surveys with parents in coming weeks.

Sacrament of Reconciliation:

Many of our students have begun their preparation for the Sacraments of Reconciliation. Last week the Family Faith Sharing sessions commenced. Last weekend candidates preparing for the Sacrament were presented to the Parish at different Masses.

With Heartfelt
Sympathy

KATELYN TAYLOR

Our thoughts and prayers are with the Taylor family with the tragic loss of Katelyn Taylor in Queensland on Sunday. Katelyn attended Sacred Heart School along with her sisters Bridie and Chloe. We are all thinking of her family at this very sad time.

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M.J.R. Parent Session Tuesday 25th March -

This coming Tuesday night at 7pm in our staffroom Mr. Julian Davie will run a parent session around M.J.R. Making Jesus Real is a significant part of our Grade 6 program and a 'language' that we are increasingly using as part of our school culture.

Being W.E.S.T., TUP, GTS, Right time right place, BIY - Believe in Yourself, being Blamers not Claimers and Defusers not Escalators are all phrases that are very parent friendly. They are great to use with our children and link in with what we speak about at school.

Julian will provide a passionate and engaging session for parents, which I really recommend you find the time to be part of.



Thankyou to all the grade 5 students, staff and families for their kind donations and generosity for our friends that lost everything in their house fire. We are very grateful for all of your support.

Melissa and Ruby Brown

Pastoral care and wellbeing:

Mrs. Helen Halley from this year as part of her role is focused on pastoral care and wellbeing. If parents or students need support, someone to talk to and help work through challenges or problems, Helen is available. At times Helen will be invited to be part of conversations to help provide a focus on wellbeing and pastoral care.

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.

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.**

Move Well Eat Well

Drink water to keep your body feeling fresh

Your body is about 60% water

Our body water levels need topping up throughout the day. This helps our body to:

- digest food
- use nutrients
- take away waste
- have a healthy body temperature.

Primary children need about 5 to 7 cups of fluid a day to keep their body running well and feeling fresh.

TAP INTO WATER EVERYDAY

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

Department of Health and Human Services
Last reviewed 2012

The Tasmanian Move Well Eat Well Award Program is adapted from the Kids - 'Go for your life' Program. © State of Victoria, Australia. It is a joint Australian and State Government initiative under the National Partnership Agreement on Preventive Health.

Tasmania
Explore the possibilities

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| ~ March 2014 | | | | | | |
|--------------------------------|--|--|---|---|--|-------------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 2nd | 3rd • Orders/Deposits for Winter Tunic's due today | 4th | 5th | 6th • 11.30am Band Program • Uniform shop only open from 3.15-4pm | 7th • 9am Assembly • 9.30am Strings Program • 12.30pm Gr 5/6 Friday sport | 8th |
| 9th | 10th • PUBLIC HOLIDAY | 11th • 6.00pm Board Meeting | 12th • 9.20am Gr.2VR Lent Liturgy | 13th • 9-11am swimming training for NIJSSA carnival • 11.30am Band Program | 14th • 9am Assembly • 9-11am swimming training for NIJSSA carnival • 9.30am Strings Program • 12.30pm Gr 5/6 Friday sport | 15th |
| 16th | 17th • Gr.5 Camp • Gr.6D Camp | 18th • Gr.5 Camp • Gr.6D Camp | 19th • Gr.5 Camp • Gr.6D Camp • 9.20am Gr.2R Lent Liturgy | 20th • NIJSSA Swimming Carnival • 11.30am Band Program | 21st • 9am Assembly • 9.30am Strings Program • 12.30pm Gr 5/6 Friday sport | 22nd |
| 23rd | 24th • Gr.6C Camp • 12.30pm Gr.2 VR & Gr.2 R War Memorial Excursion | 25th • Gr.6C Camp • 3.15pm Tuesday Bookclub • 7.30pm P & F Meeting • 7pm MJR workshop for parents | 26th • Gr.6C Camp • 9.20am Gr.1C Lent Liturgy | 27th • 11.30am Band Program | 28th • 9am Assembly • 9.30am Strings Program | 29th |
| ~April 2014 | | | | | | |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 30th | 31st March | 1st | 2nd • 9.20am Prep H Lent Liturgy | 3rd • 11.30am Band Program | 4th • 9am Assembly • 9.30am Strings Program • 11am Official opening by Archbishop | 5th |
| 6th | 7th | 8th • 6pm Board Meeting | 9th • 9.20am Prep B Lent Liturgy | 10th • Grade 4 Camp • 11.30am Band Program | 11th • Grade 4 Camp • 9am Assembly • 9.30am Strings Program | 12th |
| 13th | 14th • Transition to Winter Uniform | 15th | 16th • 9.20am Gr.1 U Lent Liturgy | 17th • 11.30am Band Program • 2pm Holy Week Liturgy • END OF TERM 1 | 18th • Good Friday | 19th |
| 20th • Easter Sunday | 21st | 22nd | 23rd | 24th | 25th | 26th |

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**SHS Parents and Friends invite you to the
Making Jesus Real**

Workshop for Parents

Have you heard of W.E.S.T - GTS- Be a Go Cart not a Billy Cart? What does it all mean? Why is it so important?

Come and meet Julian Davie, grade six teacher and coordinator of MJR to learn more about these valuable messages & learn the language that our children use each day.

Tuesday 25th March

7pm-7.45pm in the staffroom

It's free.

Please rsvp to the school office on 63 311 011

Family Mass

6pm Saturday Newstead Church

15 March
17 May
14 June
16 August
20 September
18 October
15 November

If you or your child/ren would like to help with our family Masses please contact your school's AP RE or Jacquie Wood 6344 5714 or wood1991@bigpond.net.au



Two of our students Ruby Brown and Yasmine O'Keefe with Paul Jennings and Wendy Harmer at the Festival of Golden Words at Beaconsfield last weekend.

Recent Students of the week

| | | |
|--|---|---|
| Prep Best | Aria Spencer For consistently using the 5L's of listening | Mitchell Campbell For a big welcome to Sacred Heart |
| Prep Hills | Emily Norton For being a great listener | Cooper vanEmmerik For being a great listener |
| Grade 1 Crawford | Lily Tyson For always being a WEST person | Matthew Williams For using excellent detail with his snail picture |
| Grade 1 Underlin | Georgia Millwood For always trying her best | Sebastian Johnston For challenging his thinking |
| Grade 2 van Ryn | All of Grade 2 For their fantastic behaviour and enthusiasm on our fishing excursion | |
| Grade 2 Reid | Montana Di-Maio For a great recount of our excursion | William Saltmarsh For being a WEST person and being very caring towards others |
| Grade 3 Hood | Nickolai Miller For a well structured persuasive text | Emma Mcleod For an excellent historical recount of Nano Nagle |
| Grade 3 Symons | Polly O'Connell For kindness and caring for others | Alexander Brown For excellent efforts in public speaking |
| Grade 4 Smith | Charli Stone For her efforts to improve table facts | Cooper Warren For his excellent efforts in handwriting |
| Grade 4 Wood | Mitchell Nicholas For his outstanding work habits and great success in Mathematics | Isabella Johnston For fantastic work in Spelling every week |
| Grade 5 McLeod/ Illingworth | Phoenix Adams For fantastic effort in writing super paragraphs | Amelia Cox For fantastic effort in writing tasks |
| Grade 5 Viney/Sydes | Shelby Tubb For having such a helpful and team-orientated attitude | Joe Robinson For always launching into all areas of school life with enthusiasm and a positive attitude |
| Grade 6 Claessens | Antonina Visentin For always being focussed and giving her work 100% effort | Cody Smith For working hard on his handwriting and doing well in his Maths work |
| Grade 6 Davie | Meg Jones For the dedication and attention to detail she displays with her writing tasks. Great effort Meg! | Ryan Conway For his active participation in class discussions and positive attitude. Well done Ryan! |
| | | |

School Notices

Tuesday Book Club

The Keepers *Museum of Thieves* by Lian Tanner



“In the city of Jewel, impatience is a sin and boldness is a crime and Goldie Roth is both impatient *and* bold. When she escapes the clutches of the Blessed Guardians to find haven at the Museum of Dunt, an unforgettable adventure begins that will unlock hidden mysteries, dark secrets and awaken dangerous enemies. The thrilling first book in *The Keepers* trilogy.”

The next meeting will be **Tuesday 25th March**
from 3.15pm - 4.30pm.
Everyone welcome from Grades 5 and 6.

UNIFORM SHOP NEWS

shs.clothingpool@catholic.tas.edu.au.

2014 Opening Days

Thursday's 2.00pm - 4.00pm

NEW POTATOES FOR SALE



VARIETY PONTIAC
AND KENNEBEC



5Kg \$5.00 & 10Kg 10.00

COME TO GRADE 4 WOOD TO
PLACE YOUR ORDER
AND DELIVERY DAY WILL BE
TUESDAY EVERY WEEK.



GOOD FOR
BOILING,
ROASTING
AND HOME
MADE CHIPS.



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 Good Friday 18.04.14 to Monday 21.04.14

SACRED HEART SOCCER

For any families interested in having their children play soccer for Sacred Heart in the NTCSL at Windsor park. Children of all abilities are welcome to play and it's a great family orientated way to introduce the children to soccer.

Information was emailed to all families last week or there are information forms available at the office.

For more information please contact Maree Mills on maree.mills@catholic.tas.edu.au

***Please return your expression of interest forms by Friday 28th March**



School Notices



Dear Parent/Carer,

Your child is special and loved. But sometimes your child may feel worried, upset, confused, guilty or angry because your family has changed. They may feel out of place or overwhelmed in your new family situation. Or they may be grieving and sad because of a painful loss in your family.

At school we would like to offer time for your child to get together with other children their age and talk about what is happening in their life. This group is called "Rainbows", based on God's promise of the Rainbow after the storm.

If you think your child would benefit from such a program, please fill out the registration form below and return via your child's class teacher or at the School Office or email consent to the email address below.

Please don't hesitate to contact Helen Halley if you require any further information either in person or at helen.halley@catholic.tas.edu.au

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Child's Name _____ Age ____ Class ____

Parent's name/s _____

Parent's signature _____

Please tick appropriate box

- Family member has died
- Parents are separated or divorced

My child's experience is _____

National Assessment Program – Literacy and Numeracy (NAPLAN) 2014

In 2008, the National Assessment Program – Literacy and Numeracy (NAPLAN) commenced in Australian schools. The program is scheduled to continue in 2014 with all students in Years 3, 5, 7 and 9 to be assessed using common national tests in Reading, Persuasive Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy.

Years 3, 5, 7 and 9 students in Tasmania have been participating in literacy and numeracy tests for a number of years, so there is familiarity with the test formats and the types of questions.

The scheduled dates for the tests in 2014 are Tuesday 13 May, Wednesday 14 May and Thursday 15 May.

These national tests will provide information on how students are progressing against national minimum standards of literacy and numeracy skills expected for each year level, as well as performance across the whole range of student abilities. The results will support improvements in teaching and learning for students.

Parents will receive an individual report that shows their child's results and a comparison of their child's performance against all other Australian students in their year level. The report will also indicate how their child performed in comparison to the national average and the levels of achievement expected at that year level.

For students in Years 5, 7 and 9, the results from the 2014 tests will provide parents and schools with important information on progress made since they last participated in NAPLAN testing in 2012.

The best way you can assist your child is by making them 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, including test samples, frequently asked questions, the test schedule and a parent information brochure, please visit the national NAPLAN website at: <http://www.nap.edu.au>

Community News

ORAL HEALTH SERVICES TASMANIA



Healthy Mouth ✓ **Healthy Body**
Brush twice a day with fluoride toothpaste, spit out and don't rinse.



FREE Dental Care
for **ALL** children and teens
under **18 years ***

*Almost all dental care is **FREE** when parents present their **MEDICARE CARD**.

Need more information ? Talk to Oral Health Services Tasmania staff

Where: Northern Dental Centre
Kelham Street, LAUNCESTON
PHONE: 6336 4100

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