

Online Content:

Website:

www.sacredheartl.tas.edu.au

School Email

shsl@catholic.tas.edu.au

Facebook:

facebook.com/sacredheartl

P & F email

shsl.pnf@catholic.tas.edu.au



NEWSLETTER



Our P.B.S. Values are:

Respect for Ourselves
Respect for Others
Respect for our Learning

Instrumental Band and
Strings begins today
March 6th
Band Students
8:30am start

Brixhibition Day
Tue Mar 11th

P&F Meeting
Tue Mar 11th
7:30-9:00pm

Welcome BBQ
Fri Mar 14th
5-7pm

P&F Colour Run
Fri March 14th
5-7pm

Gala Day Gr 5/6
Fri Mar 21st

Harmony Day
Wear Orange
Fri Mar 21st

NIJSSA Swimming
Carnival
Thu Mar 27th

Lent

'During this season of conversion, let us renew our faith, and receive with open hearts the love of God.' (Pope Francis)

Lent commenced with Ash Wednesday yesterday.

Lent is a season observed by many Christian denominations, typically lasting 40 days (not counting Sundays), leading up to Easter. It's a time for reflection, repentance, and spiritual renewal. The key values and themes of Lent include:

- **Repentance:** Lent encourages self-examination and seeking forgiveness for past mistakes or sins. It's a time for individuals to turn away from unhealthy habits and thoughts.
- **Fasting and Sacrifice:** Many people give up something during Lent—like certain foods, activities, or luxuries—as a way to grow in self-discipline and focus on spiritual growth. The idea is to sacrifice something valuable to make room for God.
- **Prayer:** Lent emphasises deepening one's relationship with God through prayer. It's a time for individuals to pray more intentionally and to reflect on their spiritual journey.
- **Almsgiving (Charity):** Giving to those in need is a central practice during Lent. Almsgiving highlights the importance of generosity and compassion towards others, especially the less fortunate.
- **Self-Examination and Reflection:** This time is often spent reflecting on one's life, actions, and relationship with God, asking for guidance in becoming more Christlike.
- **Humility:** Lent teaches the value of humility—recognising our limitations, admitting our need for God's grace, and seeking to serve others in love and kindness.
- **Hope and Renewal:** Though it's a season of reflection and repentance, Lent ultimately points toward the hope and renewal found in the resurrection of Jesus at Easter. It's about transformation and growth.

In this season of Lent we challenge the community of Sacred Heart to consider what tangible ways can we be a reflection of Christian values?

'God loves us as if there were only one of us.' (Saint Augustine)

Grade 6 Camp

Our Grade 6 leaders spent three days of the East Coast of Tasmania. The highlights of the camp include the walk into Freycinet and the scenery surrounding Wineglass Bay, a broad range of activities including the Commando Course, Building Catapults, Archery, Abseiling, Beach Walk and Ash Wednesday Liturgy.

Just as importantly the three days was an opportunity for the children to experience challenge, build resilience, try new things learn more about others and themselves and to establish an exceptional class spirit.

Congratulations to all of the children for their exceptional achievements, attitude, behaviour and team approach to camp.

Sincere thanks to our extremely dedicated staff for leading a memorable camp experience. Thanks Mrs Williams, Mr Illingworth, Mrs Viney, Mr Anderson, Mrs Chapple, Jemma, Kylie and Mr Mannion.

Welcome to 2025 BBQ & Colour Run

Families are invited to begin the school year by gathering for our Welcome Barbecue on the school oval on Friday 14th March at 5pm. This year the BBQ coincides with our Colour Run. This is a wonderful opportunity for families to enjoy time with family and friends, meeting new families and reconnecting with established families.



Brent Wilson
Principal



From the Deputy Principal Paul Mannion

Vertical Pastoral Care Groups

As parents, we all want our children to thrive, not just academically, but socially and emotionally too. That's why our school has implemented vertical pastoral care groups, a system designed to foster a strong sense of community and support across all year levels.

You might be wondering, "What exactly are vertical pastoral care groups?" Simply put, these groups bring together students from different year levels, from our youngest learners to our oldest. Rather than staying within their single-year cohorts, children interact with and learn from peers of varying ages.

Here's how this benefits your child:

- **Building a Stronger Community:** Vertical groups create a "family" within the school. Older students become mentors and role models, while younger students gain valuable support and guidance. This fosters a sense of belonging and reduces feelings of isolation.
- **Developing Leadership and Empathy:** Older students have the opportunity to develop leadership skills by taking on responsibilities and supporting younger children. This nurtures empathy and understanding across age groups.
- **Enhancing Social Skills:** Interacting with children of different ages helps students develop crucial social skills, such as communication, cooperation, and conflict resolution. They learn to adapt their communication style and appreciate diverse perspectives.
- **Boosting Confidence and Resilience:** Younger students benefit from the support of older peers, building their confidence and resilience. Older students, in turn, reinforce their own understanding by explaining concepts to younger children, and by taking on responsibilities.
- **Creating a Supportive School Culture:** Vertical groups contribute to a positive and inclusive school culture where students feel valued and supported. This environment encourages a sense of shared responsibility and promotes kindness.

By creating these mixed-age groups, we're fostering a supportive and nurturing environment where every child can flourish. We believe that this approach will help your child develop into a confident, compassionate, and well-rounded individual. We encourage you to ask your child about their vertical pastoral care group and celebrate the positive experiences they are having.





Project Compassion Launch

Grade 5 students represented Sacred Heart School at the Caritas northern Project Compassion Launch at the Church of the Apostles on Tuesday the 4th of March. In total there were 90 students from 5 schools there which is amazing! Dan Crawford and the Grade 5 student choir from Sacred Heart lead the music so beautifully.

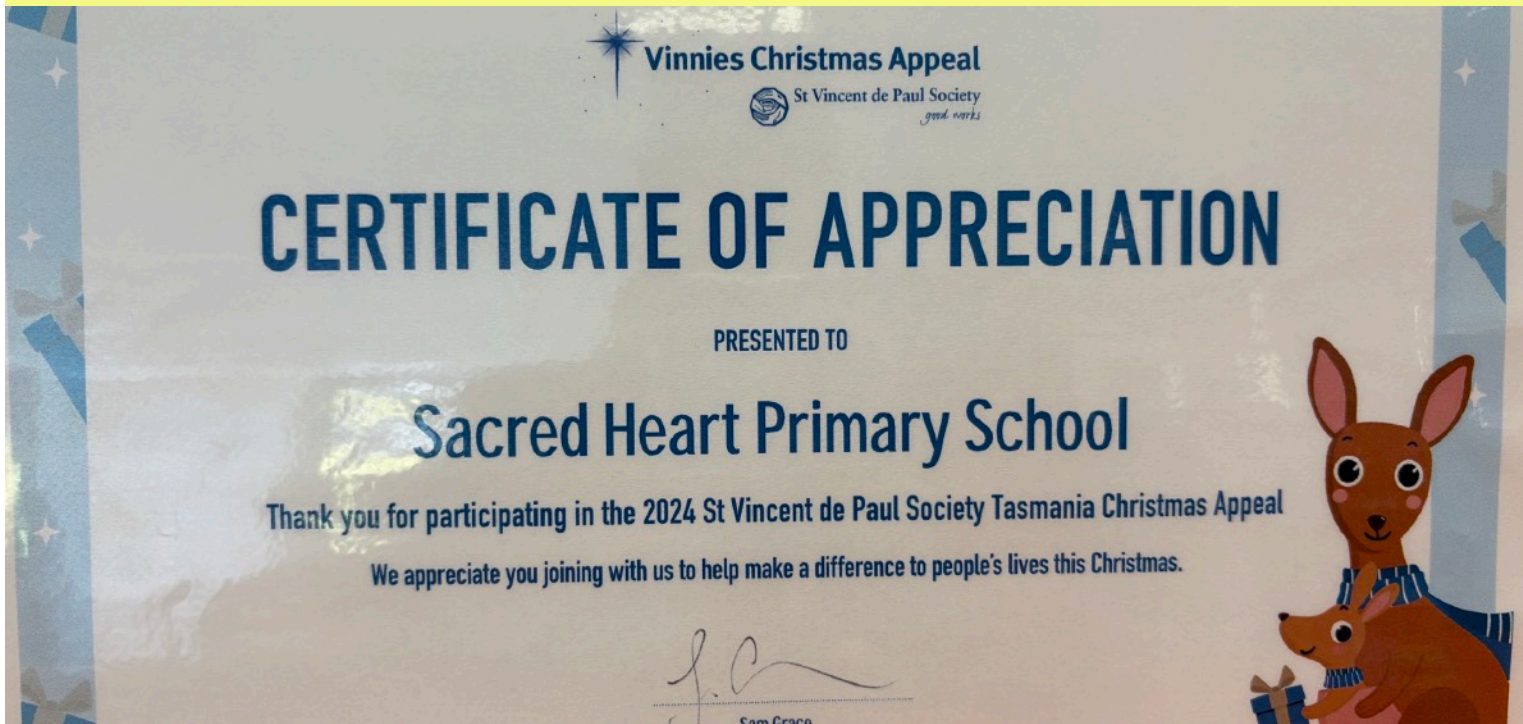
Thank you, everyone, for your ongoing support of Project Compassion during Lent. As Fr Leonard said in his homily, "when you give, it always comes back to you as a blessing." May we be generous, courageous and full of compassion during Lent in this special year of Jubilee as we journey as pilgrims of hope.



Ash Wednesday

The 5th of March was Ash Wednesday. This is a very important day in the Christian Calendar, as it marks the beginning of Lent - a period of 40 days that leads us to Easter.

Last year's palms from Palm Sunday were collected by the parish and burnt to create this year's ashes. These ashes are used to mark the sign of the cross on our foreheads, to remind us to try to be more like Jesus, through praying, fasting and giving to the poor. Grades 3-5 joined the wider parish at Mass at Church of the Apostles, and other grades held prayer services for Ash Wednesday.



Christmas Appeal

St Vincent de Paul thanks families for the wonderful support of the Christmas Appeal last year.

SHS COLOUR RUN for FUN!

FRIDAY 14TH MARCH 2025
5.00PM-7.30PM

**THIS IS A FAMILY FRIENDLY EVENT -
siblings welcome to participate
under parents supervision please.**

BYO alcohol, drinks & food

**The parents & friends will be providing a
free bbq on the evening
little devils mini donuts & fruit
slushies will be there to purchase.**

**Children are required to wear a cheap plain
basic white t-shirt**

**BRING TOWLES & change of clothes or zip up
towel as the children will get wet**

**If you have any allergy concern for your child,
please contact the office. safety information
sheet & asthma alternative option is available
but please let us know before the colour run so
we can correctly assist your child on the
evening.**

SHS COLOUR RUN for FUN!

FRIDAY 14TH MARCH 2025

? Why is our school participating in a colour run?

A) This event is being held by the Parents & Friends Association as an inclusive, fun & exciting way for our community to come together to participate in some physical activity & help raise money for our school community.

? is this a mandatory school event?

A) No, We would love as many students involved as possible, however you do not have to participate if you do not wish too.

? Do I have to register/raise money my child to participate in the colour run?

A) No, students are encouraged to attend and participate in the colour event even if they do not register online or raise money.

? What happens at the Colour Run Event?

A) students will assemble at the oval and each grade will be called at their allocated time slot. There will be an obstacle course set up around the oval for them to follow with fun challenges, be prepared to get a little wet & coloured along the way!!

? Do I have to attend for the whole colour event?

A) Everyone is welcome to stay for the entirety of the event, however if you are only able to come to attend your grade time slot to run that is completely fine.

? What do I dress my child in?

A) A cheap Basic white T-Shirt is recommended to wear for the colour run event so the colour can be seen on the students. They will be getting slightly wet & coloured, sensible footwear required.

SHS COLOUR RUN for FUN!

FRIDAY 14TH MARCH 2025

GRADE RUN TIME SLOTS

5.00PM GRADE 5 & 6

5.10PM KINDER

5.20PM PREP

5.30PM GRADE 1

5.40PM GRADE 2

5.50PM GRADE 3

6.00PM GRADE 4

6.10PM GRADE 5 & 6

Please note: we have two time slot options for the grade 5 & 6 children due to after school sport commitments, students can participate in both or one to suit their commitments on the evening.



Safety at drop off / pick up - York Street



DROP-OFF AND PICK UP AT YORK STREET

The School has convenient **drop-off/pick up zone** located at the York Street entrance.

Please note: these are **no parking zones**. This means that you shouldn't leave your car, other than to assist young children in and out of the vehicle.

If you need to come into the school please park in the dedicated parking bays on the opposite side of the road, crossing the road safely.

The school day ends at 2:55 pm, and students will be ready for pick-up from 3:00pm. Leaving pick up a little later, certainly eases congestion and helps maintain traffic flow. Staff are on duty at the side gate until 3:30 pm.

If you are unable to collect your child by this time, please arrange after school care directly with CatholicCare who offer after school care. CatholicCare can be contacted on 1300 119 455 or email ccs.admin@aohtas.org.au or via their website: <https://catholiccasetas.org.au/programs/sacred-heart>

We kindly ask parents to follow these friendly guidelines:

- Please plan to arrive after 3:00 pm
- To keep traffic moving, as spaces become available, please move forward up the hill
- Refrain from double parking on the street
- Feel free to use the parking bays opposite the school if you need to come into the school for any reason.

Soon, we will be sending home a laminated sign to each family to place in the front window of your vehicle to assist staff and improve efficiency at school pick up times.

Let's work together to ensure safe and efficient traffic flow during school pick-up and drop-off times!



KINDER ENROLMENTS 2026 Now Open

Enrolments close 6th June 2025.



Sacred Heart
Catholic
Primary School



IGA are kindly donating fresh fruit weekly for students.
Please support your local IGA store.



Webinars for Parents and Carers:

[Webinars for parents and carers](#) | [eSafety Commissioner](#)

Parent Resources:

[Resources for communities and families](#) | [eSafety Commissioner](#)

[Parent resources](#) | [eSafety Commissioner](#)



March 2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2nd	3rd	4th	5th	6th Music Program Starts	7th	8th
9th	10th Public Holiday 8 Hours Day	11th P&F Meeting 7:30-9:00pm Brixhibition Day	12th	13th Instrumental Band & Strings 8:30am-1pm	14th Colour Run 5-7pm & Welcome BBQ	15th
16th	17th Assembly 2:05-2:50pm	18th	19th	20th Instrumental Band & Strings 8:30am-1pm	21st Harmony Day Gala Day Gr5/6	22nd
23rd	24th	25th	26th	27th Instrumental Band & Strings 8:30am-1pm NIJSSA Swimming Carnival	28th	29th

2025 Dates

March

Shrove Tuesday 4th
 Ash Wednesday 5th
 Gr6 Camp Mon 3rd- Wed 5th
 Instrumental Band & Strings Start - Thu 6th
 Public Holiday - Mon 10th - 8 Hours Day
 P & F Colour Run Fri 14th 5-7pm
 Harmony Day Fri 21st
 Gala Day Fri 21st
 NIJSSA Swimming Carnival Thu 27th

April

Last Day Term 1 Thu 10th
 Student Free Day Fri 11th
 Anzac Day Fri 25th
 First Day Term 2 Mon 28th

2025 Dates

May

Mother's Day Celebration Wed 7th
 P-Gr2 Cross Country Fri 9th
 P&F Meeting Tue 13th
 School Photos Tue/Wed 20th/21st
 Board Meeting 6:30-8:30pm Tue 20th
 Gr3-6 Cross Country Fri 23rd

2025 Term Dates

Term 1 Friday 7.2.25 to Thursday 10.4.25
 Easter - Fri 18th April - Tue 22nd April
 Term 2 Monday 28.4.25 to Friday 4.7.25
 Mid Term Pupil Free Day June 6th
 Term 3 Tuesday 22.7.25 to Friday 26.9.25
 Term 4 Tuesday 14.10.25 to Wed 17.12.25

Wellbeing Lessons



PASTORAL CARE AT SACRED HEART

This week we held the first of our Pastoral Care Group Sessions for 2025.

These groups bring students from all across the school together, in their house groups, for some fun activities.

Our time in Pastoral Care Groups is;

- To build our feeling of **connection** to our school
- To help us all feel **safe** and **happy** at school
- To have fun with new **friends** from across the school
- To understand that we all **belong** here at Sacred Heart

As you can see, a lot of fun was had.

We look forward to working in these groups at various times in 2025.

Suze Chapple
Wellbeing Teacher



CATHOLIC PRIMARY SCHOOLS MUSIC PROGRAM Grades 3 - 6



ENROL NOW!

Scan the QR code
or visit https://stpatricks.co/primary_music_enrolments

Lessons start 3 March 2025.
Students wishing to continue, don't forget to re-enrol!

Enrolments close 26 February 2025.



Happy Hearts 2025

We have a choice of two sessions each Thursday

10:00 - 11:30

OR

12:30 - 2:00

[2025 Happy Hearts Setup for Success. SHCS Launceston](#)

Please feel free to email us too beth.rickerby@catholic.tas.edu.au

We look forward to seeing you at Happy Hearts in 2025!
Beth & Rebecca



Brixhibition Kids Comp 2025

The Tasmanian Brick Enthusiasts Inc. and Brixhibition invite all Primary School aged students in the Northern Tasmania area, to compete in an individual Lego Competition.

Due to the lack of available space to safely store the Lego creations because of our building works, we will need to run our school competition a little differently this year.

Tuesday March 11 will be our SHS Brixhibition Lego Display Day.

Students wanting to submit an entry will bring it to their classroom, with the completed entry form, on this day. Classmates will be able to see the creations and vote for their favourite. Judges will take photos and check each creation follows the rules.

Lego then must go home that afternoon, please.

Winners will then be announced the following week.

We will have a winner in each of the following:

Kinder-Prep: winner to receive an age group winner's medallion

Grades 1-2: winner to receive an age group winner's medallion

Grades 3-4: winner to receive an age group winner's medallion

Grades 5-6: winner to receive an age group winner's medallion

There will also be an overall school winner who will receive an Overall winners' medallion, plus a prize pack.

The overall winner will also be invited to showcase their winning Lego Model at the Brixhibition event on Sat 26th & Sun 27th April at the Launceston Conference Centre (Door of Hope Complex)

Entry Forms and Conditions are available at the [school website](#).

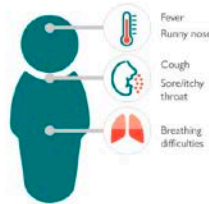
PROTECTING YOURSELF AND OTHERS FROM CORONAVIRUS

COVID-19 testing for all Tasmanian residents

Do you have any cold or flu-like symptoms?

This includes fever, runny nose, cough,
sore/itchy throat or shortness of breath.

Call your GP or the Public
Health Hotline 1800 671 738
to request a COVID-19 test



You must have a referral to be tested.

If there is no testing clinic in your local area, you
can travel outside your municipality to have a test.

After being tested, you must self-isolate at home
until you receive your results.

For more information visit
www.coronavirus.tas.gov.au



KEEPING YOUR DISTANCE.

Help stop the spread of coronavirus by keeping your distance.
Remember, don't shake hands or exchange physical greetings.
Wherever possible stay 1.5 metres apart and practise good
hand hygiene, especially after being in public places.

**TOGETHER WE CAN HELP STOP
THE SPREAD AND STAY HEALTHY.**

Advice regarding **Coronavirus (COVID-19)**
will change regularly. Keep up to date.
Visit health.gov.au

Coronavirus
(COVID-19)

HELP
STOP
THE
SPREAD
AND STAY HEALTHY



Clothing Pool Info

Orders can be emailed to

shs.clothingpool@catholic.tas.edu.au

and will be left at the school office for collection.

A reminder of School Uniform for 2025

Kinder to Grade 2 wear sports uniform all year

Grade 3 to Grade 6 wear full school uniform - Summer and Winter

Uniform Shop News

Soft Shell SHS Jackets

Size 4-8 \$75.00

Size 10-16 \$80.00

This is a soft shell style jacket containing the SHS logo. The current green raincoat style jacket is still available to purchase. Both jackets are an optional item and will not replace the current woollen and rugby jumpers

Please see the Uniform Policy for further information.

- The uniform shop is fully stocked for all your uniform needs.
- Thank you for the second hand uniform donations which are passed onto families or available to purchase in the preloved section of the shop.
 - Please note that we can only use formal uniform items from size 8 upwards.
- The updated [SHS Uniform Policy](#) is now available to view on the schools website.
- School hats can be purchased from the office at \$13.00 each.
- Thank you for your continued support throughout 2025

Orders can be emailed or left at the school office.

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

For further enquiries please contact

Kelly Cox 0400 128 200 or Rebecca Millwood 0418 721 952

Absentees

Please use the Compass App to notify the school if your child will be absent.

If your child is arriving to school late they must report to the office when they arrive at school.

Please note: only the York St gate is unlocked after 9am

Uniform shop open Thursdays 2-4pm

Orders can be emailed to shs.clothingpool@catholic.tas.edu.au , and then collected from the school office once you are notified your order has been completed.

For enquiries please contact

Kelly Cox (0400 128 200) and Rebecca Millwood(0418 721 952)

Sports Uniform Days (2025)

Kinder to Grade 2 - Sports Uniform All Year

Grades 3&4 (Sports Uniform Wed and Fri)

Grade 5 (Sports Uniform Wednesday and Friday)

Grade 6 (Sports Uniform Thursday and Friday)

School Times

8.55am Classes commence

11.00am First Lunch Break

11.30am Classes recommence

1.30pm Second Lunch Break

2.00pm Classes recommence

2.55pm Classes dismissed

2025 Term Dates

Term 1 Friday 7.2.25 to Thursday 10.4.25

Easter - Fri 18th April - Tue 22nd April

Term 2 Monday 28.4.25 to Friday 4.7.25

Mid Term Pupil Free Day June 6th

Term 3 Tuesday 22.7.25 to Friday 26.9.25

Term 4 Tuesday 14.10.25 to Wed 17.12.25

Webpage:

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Facebook:

www.facebook.com/sacredheartl

S.H.S. Parents and Friends email

shsl.pnf@catholic.tas.edu.au

Canteen

Lunch orders are available Tuesdays & Thursdays. Order through the Flexischools app.

If you have used the Flexischools app before you will need to update your child's grade.

Tuesday February 18th - First Day

WORKING WITH VULNERABLE PEOPLE REGISTRATION

If parents do not have registration or registration is pending you will 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
2. Print the "Application Receipt" or write down you reference number.
3. Take the "Application Receipt" to a Service Tasmania shop, pay the fee 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.