



## Online Content:

### Website:

[www.sacredheartl.tas.edu.au](http://www.sacredheartl.tas.edu.au)

### School Email

[shsl@catholic.tas.edu.au](mailto:shsl@catholic.tas.edu.au)

### Facebook:

[facebook.com/sacredheartl](https://facebook.com/sacredheartl)

### P & F email

[shsl.pnf@catholic.tas.edu.au](mailto:shsl.pnf@catholic.tas.edu.au)

## Our P.B.S. Values are:

Respect for Ourselves  
Respect for Others  
Respect for our Learning

Swimming Carnival  
Fri Feb 21st

Gr5 Camp  
Mon-Wed Feb 24th-26th

Gr6 Camp  
Mon-Wed Mar 3rd-5th

Shrove Tuesday  
March 4th

Ash Wednesday  
March 5th

Instrumental Band and  
Strings begins Thursday  
March 6th

P&F Colour Run  
March 14th

## Goal Setting

*'Setting goals is the first step in turning the invisible into the visible.'*  
(Tony Robbins)

The beginning of the school year is a perfect time for children to work with teachers and parents to establish goals. This week our teachers have met with parents/carers and students to establish goals.

When we set goals for ourselves, we typically don't start with the most ambitious outcomes we can think of. Chances are good that Brent's walking goal is not on par with a professional athlete's. But it's my goal and it spurs me forward. Students who are not yet making expected progress may struggle in setting goals, especially if they are focused on perfection. Their past performance may be evidence to them that they can never reach high-level performance, a self-defeating attitude that further hinders their learning.

Conversations about one's personal best, which is self-referenced, can be useful in building self-efficacy, the belief that one can achieve their goals. Begin the discussion by exploring an academic or school-related goal students have for themselves. Ask them some questions to learn more about their goal. Possible questions include:

- Why is this something you value?
- What has your past performance been like?
- How will achieving this goal benefit you?
- How will you know you have been successful?
- What might get in the way of you meeting this goal?
- What do you need to achieve the goal?

Change the narrative of schooling by encouraging students at all achievement levels to identify personal best goals. When it comes to learning, the goal isn't about outperforming everyone else, but rather about understanding current performance and using that information to move to the next level.

Keep the conversation going with your children. Ask them about the 'wins' they are having. Keep encouraging them to work towards their goal. Check back in with teachers if you need support. Above all else, be a positive role model for your children.

*'Begin with the end in mind.'* (Steven Covey)

## Building Update

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In 2024 approval was provided for Sacred Heart to undergo two significant building projects that are designed to enhance our facilities and provide for all members of our community. Providing access to the top of Block E with a lift means that our school is accessible in all parts to all members of our community. The two projects are

- Installing a lift in Block E (Currently used by Kindergarten and Grade 6)
- Redevelopment of the current Art Room, to be renamed Multi-Purpose Room.

Builders are required to address safety concerns as a part of the contract they sign. We regularly meet to ensure that our community is provided with all safety precautions.

Anstie builders are making progress and are currently working on demolition and structural matters in readiness for the installation of the lift in Block E. We will continue to update families on the progress of our projects.

## Behavioural Management Policy and Fundraising Protocols

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This week the SHS Board ratified two documents at our Board meeting this week.

- SHS Behaviour Management
- SHS Fundraising Protocols

These documents can be found on our website under [policies](#)...

[https://www.sacredheartl.tas.edu.au/files/4717/4000/7129/SHS\\_Fundraising-Protocol\\_2025.pdf](https://www.sacredheartl.tas.edu.au/files/4717/4000/7129/SHS_Fundraising-Protocol_2025.pdf)

[https://www.sacredheartl.tas.edu.au/files/1117/4000/7184/Sacred\\_Heart\\_Behaviour\\_Management\\_Policy\\_2025.pdf](https://www.sacredheartl.tas.edu.au/files/1117/4000/7184/Sacred_Heart_Behaviour_Management_Policy_2025.pdf)

## SHS Board

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Our Board AGM was held this week.

We give thanks to our retiring Board members Shannon Hodgetts and Ty Turner for their significant contributions to our school.

Our newly elected Board is

|               |   |
|---------------|---|
| Chairperson   | - Suzanne Reilly                              |
| Vice Chair    | - Shane Rickerby                              |
| Secretary     | - Elise Hart                                  |
| Treasurer     | - Adam Martin                                 |
| Members       | - Danica Foy, James Storay and Esther Counsel |
| Parish Priest | - Fr Leonard                                  |
| Principal     | - Brent Wilson                                |

We welcome Adam, James and Esther as our new board members.

## Camps

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Grade 5 are heading to Camp Clayton, near Ulverstone, next Monday for their three day and two night camp. Camps are designed to be opportunities for children to get to know one another better, build classroom relationships, challenge children and enjoy a broad range of experiences. We are indebted to our Staff Team who will be leading and supporting the children on camp.

### Brent next two weeks

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This week I will be in Smithton tomorrow for Principal Meetings.

Next week I will be attending the Grade 5 Camp and therefore not at school. If you have questions for our leaders Paul Mannion, Deputy Principal and Anita Mercer, Student Support Coordinator are available.

In the week commencing Monday March 3rd I will be attending the Grade 6 Camp for Monday and Tuesday. From Wednesday to Friday I will be in Hobart at Principal meetings. Paul and Anita will be available for any questions.



**Brent Wilson**  
Principal



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



## Welcome Mass

**Parents are warmly invited to join Prep to Grade Six at our Welcome Mass, Church of Apostles, Wednesday the 19th at 9:15 am.**

### Swimming Carnival Gr 3-6

**Friday 21st February @ The Riverside Pool**

**Children are reminded to wear sports uniform and bring the following**

- Outstanding attitude and positive spirit
- Bathers and towel
- Goggles and Swimming cap (House coloured caps are available at the office for \$4)
- Plastic bag for wet clothes
- Sunscreen, coat, hat and medication (if needed)
- Morning Tea , Lunch and Water

**Children will NOT be able to use the canteen at the carnival.** Parents are asked not to purchase items from the canteen for the children.

Thanks to the parents who have offered to assist at the carnival.

**The approximate times for events are as follows**

- 9:30 - Grades 3-6 33m Freestyle
- 10:30 - Grades 4-6 66m Freestyle
- 11:15 - Grades 3-6 33m Backstroke
- 12:25 - Grades 3-6 33m Breaststroke
- 1:25 - House relays



### Swimming Carnival

Parents are reminded that some children have social media restrictions,  
**Please only take photos of your own children.**

#### **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](#)



**February 2025**

| Sun          | Monday                        | Tuesday   | Wednesday                                    | Thursday | Friday                           | Sat  |
|--------------|-------------------------------|---|--|----------|----------------------------------|------|
| 16th         | 17th<br>Gr5/6 Swimming Trials | 18th<br>Board Meeting - AGM<br>6pm - 7:15pm<br><br>P & F Meeting<br>7:30 - 8:30pm | 19th<br>SHS Opening Mass<br>9:15am - 10:15am | 20th     | 21st<br>School Swimming Carnival | 22nd |
| 23rd         | 24th<br>Assembly 2:05pm       | 25th  | 26th   | 27th     | 28th                             | 1st  |
| Grade 5 Camp |                               |   |  |          |                                  |      |

**March 2025**

|              |                                       |                       |                      |                             |                    |      |
|--------------|---------------------------------------|-----------------------|----------------------|-----------------------------|--------------------|------|
| 2nd          | 3rd<br>Pastoral Care<br>2:05pm        | 4th<br>Shrove Tuesday | 5th<br>Ash Wednesday | 6th<br>Music Program Starts | 7th                | 8th  |
| Grade 6 Camp |                                       |                       |                      |                             |                    |      |
| 9th          | 10th<br>Public Holiday<br>8 Hours Day | 11th                  | 12th                 | 13th                        | 14th<br>Colour Run | 15th |

**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

**2025 Dates**

**February**  
 School Swimming Carnival Fri 21st  
 Gr5 Camp Mon 24th- Wed 26th

**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

# Wellbeing Lessons



## THE END OF THE SCHOOL DAY

Our school days are action packed and full of fun, focus, growth and physical activity. Often we find children can be exhausted by the time they see you at the end of the school day.

Being greeted by a tired or emotional child after school is challenging, but the good news is that after school meltdowns are actually very normal. Children can be hungry, tired or in need of a physical release of energy. Your power is in how you respond to this.

Author and educator Maggie Dent recently shared some tips on how to stay cool and manage after school meltdowns;

- ~ Feed them snacks on the way home from school.
- ~ Don't ask too many questions.
- ~ Encourage your child to move their bodies (trampolines are great for this).
- ~ Don't take it personally. School is exhausting for kids and sometimes meltdowns happen.
- ~ The good news is, it means your child feels safe to let go with you!

Additionally, I recommend avoiding screen time straight after school. While your child may be quiet, screen time can suppress and avoid emotion, rather than releasing it. It may then result in a dinner time or bedtime meltdown to follow.

You can learn more about this on the ABC listen app and Maggie's Podcast is 'Parental As Anything'.

Suze Chapple  
Wellbeing Teacher



**Listen to Parental As Anything for free on the ABC listen app**





## Happy Hearts 2025

We have a choice of two sessions each Thursday

**10:00 - 11:30**

or

**12:30 - 2:00**

[2024 Happy Hearts Setup for Success. SHCS Launceston](#)

Please feel free to email us too [beth.rickerby@catholic.tas.edu.au](mailto:beth.rickerby@catholic.tas.edu.au)

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

# LAUNCESTON CATHOLIC SCHOOLS INSTRUMENTAL MUSIC PROGRAM

(GRADES 3 - 6)

YOU AND YOUR CHILD ARE INVITED TO OUR

## INFORMATION SESSIONS

Tuesday 18 February  
5:00pm - 6:00pm **OR** 6:30pm - 7.30pm  
Guilford Theatre, St Patrick's College  
(no bookings required)

## IMPORTANT LINKS

**Guilford Theatre Map** - <https://stpatricks.co/3RIQZe3>

**Enrolments** - [https://stpatricks.co\\_3Sy6zdD](https://stpatricks.co_3Sy6zdD)



**SCAN THE QR CODE TO DISCOVER  
THE 2025 MUSIC PROGRAM**

# JOIN TODAY!



[music@stpatricks.tas.edu.au](mailto:music@stpatricks.tas.edu.au)



# CATHOLIC PRIMARY SCHOOLS MUSIC PROGRAM Grades 3 - 6



## ENROL NOW!

Scan the QR code  
or visit [https://stpatricks.co/primary\\_music\\_enrolments](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.

COME AND PLAY BASKETBALL AT MOTORS SAINTS

<https://www.playhq.com/basketball-tasmania/register/662026>





Launceston City FC invites you to:

# COME & TRY

- 📍 13 February – 4:00pm, Scotch Oakburn Park
- 📍 16 February – 12:30pm, TassieCare Park (our home ground)
- 📍 18 February – 4:00pm, Sacred Heart Catholic Primary School
- 📍 24th February – 4:00pm, Summerdale Primary School
- 📍 27th February – 4:00pm, St Thomas More’s Catholic Primary School

**Ages U5 - U14**

**Participation is free!**

**For more information & to register, visit:**

**<https://juniorjuve.short.gy/comeandtry>**



### SCHEDULE OF FEES 2025

|                                       |           |  |
|---------------------------------------|-----------|--|
| <b>Capital levy</b>                   | \$310.00  | per family per year                      |
|                                       |           |  |
| <b><u>Tuition fees and levies</u></b> |           |  |
| <b>Kindergarten – Grade 6</b>         | \$2372.00 | per student per year                     |
|                                       |           |  |
| <b>P&amp;F Levy (optional)</b>        | \$63.00   | per family per year                      |
|                                       |           |  |
| <b>Interest on overdue fees</b>       | 10.00%    | per annum where applicable               |
|                                       |           |  |
| Uniform costs                         |           | See website                              |
| Camp/extra-curricular costs           |           | Incorporated in levies component of fees |

#### EXTRA-CURRICULAR ACTIVITIES

Reasonable costs, levies or other charges as determined by the School from time to time for extra-curricular activities. Invoiced separately and payable in the amount and on the date set by the School's invoice.

#### PURCHASES

The School's advertised purchase price or, if no purchase price is advertised, the School's cost or price determined by it. Invoiced separately and payable in the amount and on the date set by the School's invoice.

#### EQUIPMENT OR OTHER SCHOOL PROPERTY

The actual procurement, repair or replacement cost incurred or to be incurred by the School. Invoiced separately and payable in the amount and on the date set by the School's invoice.

#### FAMILY DISCOUNT

A family discount can be claimed by families with multiple children at Tasmanian Catholic schools or colleges, in accordance with the Catholic Education Commission Tasmania School Fees Assistance Policy. The discount rate is:

|             |   |
|-------------|---|
| 3 children  | 10% discount on tuition fees for each child |
| 4 children  | 20% discount on tuition fees for each child |
| 5+ children | 30% discount on tuition fees for each child |

If claiming the family discount, please provide details of siblings at Tasmanian Catholic schools or colleges **other than** Sacred Heart Catholic School. Enrolment may be verified with the named school or college.

**5% discount on the fee component will be given for full payment made by  
30th March 2025.**

|                                       |          |
|---------------------------------------|----------|
| 1 Child family early payment discount | \$120.00 |
| 2 Child family early payment discount | \$240.00 |
| 3 Child family early payment discount | \$360.00 |
| 4 Child family early payment discount | \$480.00 |

**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](mailto: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 Tuesday 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

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**Webpage:**

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Facebook:

[www.facebook.com/sacredheartl](https://www.facebook.com/sacredheartl)

*S.H.S. Parents and Friends email*

[shsl.pnf@catholic.tas.edu.au](mailto: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](http://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.**