



Our P.B.S. Values are:

Respect for Ourselves
Respect for Others
Respect for our Learning
http://MyTerncity.com.au

Online Content:

Website:

www.sacredheartl.tas.edu.au
Twitter:

@shslton

Facebook:

facebook.com/sacredheartl

Pinterest:

pinterest.com.au/sacredheartl

P & F email

shsl.pnf@catholic.tas.edu.au



5pm

Friday 15th Feb



Gr 3-6 Swimming Carnival

Monday 18th Feb

Riverside Pool

From the Principal:

"Goal Setting"

"Don't wait until you've reached your goal to be proud of yourself. Be proud of every step you take toward reaching the goal." (Anonymous)

Next week teachers will meet with parents and children to establish goals for the first half of 2019. One of the keys to setting goals is that it needs to be achievable. We also know from our own experiences that we won't always achieve goals that we set. This is part of learning, reflecting on what and how we do things. How we respond to these circumstances is critical. Our children are always looking for cues from us. As parents we need to act reasonably and not show great waves of emotion when children fail attempting things. What we want for our children is for them to try again.

How many times have we been disappointed that we didn't do something perfectly? Are you young enough to remember High School and maybe even University exams? I'm sure the majority of us never received "full marks" for an exam paper.

Equally teachers establish their own goals. These goals are framed to enhance their own teaching pedagogy. In turn this supports students making progress in their own learning. Teachers gather to share progress, successes and failures in attaining their goals, with their colleagues. We often make suggestions about how they can achieve their goals. One of the benefits of this is to support teachers in a shared experience.

In the upcoming Lenten period (commencing with Ash Wednesday 6th March) we will be challenged to reflect on our own lives. Just as we will set goals with children next week we will challenge the children of Sacred Heart to consider how they can make a difference to the lives of others. Each child will make Lenten promises. These will vary from child to child but ultimately we will encourage children to take up the challenge to be "almsgivers". We often remind the children of Sacred Heart how lucky they are that they live in a safe, free and affluent country, it is therefore our responsibility as global citizens to do our best to improve the lives of others.

As educators and parents we too have a responsibility to encourage and support our children to make positive choices that inspire humble acts of service. When we model these actions our children will become adults that are capable of creating a society that respects everyone regardless of race, religion, creed or individual differences.

Sacred Heart Catholic. School

Let Your Light Shine

2019 Newsletter

"Goal Setting"

All of us celebrated with our children when they took their first step, or garbled their first word, or successfully used the toilet for the first time we should also celebrate when our children achieve learning goals that they have established. When we look at our children notice how many things they are working on, from improving interactions with others, to practicing reading, to catching a ball, to mastering a musical note, your child is always striving to improve. Remember too that we should be encouraging goals that make a difference to the lives of others. Celebrate the small wins for these in turn become big victories.

Setting goals is the first step to turning the invisible to visible." (Tony Robbins)

BO (00)

Brent Wilson PRINCIPAL

"Absences"

It is important your child attends school all the time, however if they are absent you need to notify us either by email or call 6331 1011. If your child is late they must sign in at the Office. By law your child must attend school on time every day, if your child is absent more than 10 days per term you will be notified by a letter at the end of the term. If we have concerns about extended absences or consistent lateness we will be following this up.

"Sacred Heart Board"

On Tuesday evening SHS held our Board AGM.

Thanks to the following members of our community for your commitment to our school

Chairman - Shayne Rickerby

Vice - Chair - Kylie Boyle

Treasurer - Angela Hartley
Secretary - Casimir Douglas

Board Members - Ty Turner

Jo Widdowson

Joe Luttrell

Larissa Murray Katrina Spencer

Fr Mark Freeman (Parish Priest)

Brent Wilson (Principal)

Thanks to our retiring member, Susie Lehner. Thanks especially for your significant contribution as a former Board Chair and members over significant terms. This included overseeing our most recent Building project and Asbestos removal.



Swimming Carnival Gr 3-6

Monday 18th 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



Sacred Heart Catholic Primary School Uniform Shop

Parent's Name: Child's Name: Grade: Grade:
Parent's Name: Child's Name: Important Parent's Name:
Child's Name: Implies dails
Grade: if your turn
Contact Mob Number:
Sample tunics/skirts are no longer available in the uniform shop so please use the waist measurement's below to guide you when placing your order.
These measurements are provided by the supplier.
Size 4 - 25" 63.5cm Size 6 - 26" 66cm Size 8 - 27" 68.5cm Size 10- 28" 71cm Size 12- 30" 76cm Size 14 - 31" 78.5cm Size 16 - 32" 81cm Size 18 - 33" 83.5cm
Quantity:
Wool Tunic Size (P-2) \$130.00
Wool Skirt (grade 3-6) \$122.00
Deposit (minimum \$50.00 per item)-paid/receipt

Please return order form and deposit (min \$50.00 per item) to school office or uniform shop no later than Friday February 22nd

Important Note: winter tunic/skirts are only available by pre order and late orders cannot be filled.

For enquires phone Kelly Cox 0400 128 200 or Rebecca Millwood 0418 721 952.



Sacred Heart Family Welcome BBQ

Come along and welcome in the New School Year for 2019

Please come & join all school families to enjoy a BBQ Tea

on

Friday 15th February 2019

BBQ from 5.00pm on the oval
Sausage and Hamburger Tea provided
BYO Drinks, picnic blanket or chairs
Proudly Supported by your Parents & Friends Assoc

See you there!

"Thanks"

A very big thanks to Rebecca Millwood and Kelly Cox for their fantastic efforts in the Uniform Shop. Our school is fortunate to have a Uniform Shop on site that is so beautifully maintained. Many of the Catholic Primary Schools no longer are able to offer this service. We all know the convenience and low cost of items at our Uniform Shop makes this an asset for Sacred Heart.

Rebecca and Kelly spend many unpaid hours working to provide an exceptional service for our families.

"Parking"

As an inner city school we are challenged by parking opportunities in and around our school.

One area that parents are **NOT** able to park in is the Church of the Apostles car park.

Our best advice to parents and grandparents is to arrive at school after 3.10pm when there is far less congestion.

2019 Newsletter

Sacred Heart Catholic. School		Let Your Light Snine		2019 Newsletter		
Sun	Mon	Tue	February 2019 Wed	Thu	Fri	Sat
10th	11th Gr 3/4 swimming trials @ Riverside Pool	12th 6.30pm Board Meeting & AGM 7pm Prep parent information session	13th Gr 5/6 swimming trials @ Riverside Pool School Banking resumes	14th	15th 2.10pm Assembly 5pm Welcome BBQ	16th
17th	18th SHS Swimming Carnival Riverside Pool	19th	20th School Banking	21st 10am Welcome Mass	22nd 2.10pm Assembly	23rd
24th	25th	26th Birth - 4 starts for 2019 3pm Gr 5/6 Book Club 7.30pm P & F Meeting	27th School Banking	28th 10am Band Program 11.30am Strings Program	1st March 2.10pm Assembly	2nd

March 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
3rd	4th	5th	6th	7th	8th	9th
				10am Band Program		
			School Banking	11.30am Strings Program	2.10pm Assembly	
				Grade 4 Camp - Hagley		

2019 Carnivals

Monday 18th February

SHS Swimming Carnival

Friday 17th May

SHS Prep - 2 Cross Country

Thursday 23rd May

SHS Gr 3-6 Cross Country

Monday 9th September

SHS Gr 3-6 Athletics

Thursday 14th November

SHS Prep-2 Athletics

2019 Camps

Monday 4th- Wednesday 6th March

Gr 5 Camp to Camp Clayton

Monday 4th- Wednesday 6th March

Gr 6 Camp to Dodges Ferry

Thursday 7th- Friday 8th March

Gr 4 Camp to Hagley Farm School

2019 Term Dates Catholic Schools

Term 1 Thursday 7.2.19 to Friday 12.4.19

Term 2 Monday 29.4.19 to Friday 5.7.19

Term 3 Tuesday 23.7.19 to Friday 27.9.19

Term 4 Monday 14.10.19 to Tues 17.12.19

22nd July 2018 - Pupil Free Day

Webpage: www.sacredheartl.tas.edu.au

Twitter: @shslton

Facebook: www.facebook.com/sacredheartl

Pinterest: www.pinterest.com.au/sacredheartl/

S.H.S. Parents and Friends email

shsl.pnf@catholic.tas.edu.au

S.H.S. Clothing Pool email

shs.clothingpool@catholic.tas.edu.au

The Spirit of Jesus is Alive in:

Prep Hills	Rose Mercer For being an excellent listener this week in Prep	Bentley Sulzberger For being a helpful and friendly class member
Prep Best	Addison Muller For a big welcome and a great start to Prep	
Grade 1 Foster	Sylwester Szpyrka Welcome to Sacred Heart	Eily Madden For a wonderful start to Grade 1 and for being a helpful member of our classroom
Grade 1 Underlin	Lexi Johnston For being a role model	Jonathan Radin For always doing his best
Grade 2 Crawford	Sophie Johnson For making a very positive start to the school year	Harry Sulzberger For always thinking of others at school
Grade 2 Reid	Poppy Gale For a great start at Sacred Heart School	Addison Frerk For a great start at Sacred Heart School
Grade 3 Symons/Crombie	Tim Innes For a great start to 2019	Stephanie Gardner Welcome to Sacred Heart
Grade 4 van Ryn	Tomasz Szpyrka Welcome to Grade 4 van Ryn	
Grade 4 Davie	Miles Gale Welcome to TEAM Davie and our SHS community	
Grade 5 Hood	Chloe Axman-Friend For making such a great start to your new school	Olivia Gardner For making such a great start to your new school
Grade 5 T/H	Emmett Gale For making a positive start to the year	Ella Frerk For making a positive start to the year





Sacred Heart's
2019 school fair
date has been
confirmed as
Friday March
22nd.

We have some new faces joining the Fair Committee Team with:

Fair Coordinator - Catherine Pel 0406 769 553

Food Stall Coordinator - Sarah Khun

Non-Food Stall Coordinator – Rebecca Millwood 0418 721 952

Entertainment Coordinator – Phil Illingworth

Parent support and assistance is needed to ensure we are able to staff the Fair and make it yet another successful year.

If you would like to become involved and be a stall convenor, please direct your enquiries to the appropriate committee person.

Twilight Fair is on its way!!!!

Friday 22nd March

White Elephant Stall

Did you clean out your cupboards over the holidays??

The White Elephant Stall would love to have your unwanted goods. Donations are being accepted now and can be delivered to the foyer area near the Canteen.

PLEASE no electrical items, clothing or shoes.

Stall Convenor required for this stall.

For more information please contact Rebecca on <u>Rebecca.millwood@catholic.tas.edu.au</u> or 0418 721 952

Garden and Produce Stall

This is one of our popular stalls and a great place to grab something special for the garden or delicious homemade produce.

If you've been busy jam, sauce or relish making and have some spare to donate that would be much appreciated. Garden cuttings, plants and succulents are always popular too.

Wellbeing Support

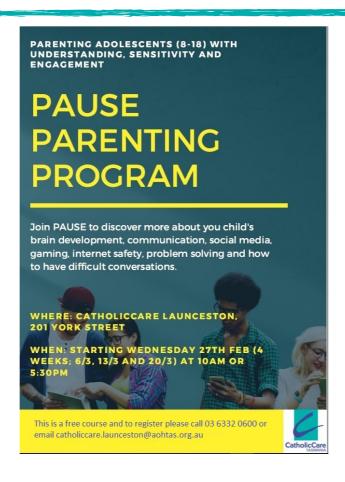
At Sacred Heart School we offer different types of Wellbeing support for the students and families. My role at SHS is one of support - for your child to know that I am someone they can chat to and be supported by in working towards their own wellbeing goals. Sessions are held in my office, in a confidential environment on a regular or semi-regular basis depending on the needs and goals of your child.

I feel very fortunate to have SHS designate two days a week for me to offer this in my capacity as an experienced teacher as well as my recent studies in Counselling, play and sand play therapy, creative therapies, Peaceful Kids, Mindfulness, Tuning In, supporting anxious children, grief and loss, trauma and My Tern training.



If this is something you want for your child, I am very happy to meet with you if you wish to touch base with me about your child or your current situation - just email me to make an appointment. Alternatively, we can communicate via phone by calling the school or you can email me at helen, halley@catholic.tas.edu.au

Kind regards, Helen Halley



Let Your Light Shine

2019 Newsletter

Student absences

If your child will be absent from school please remember to either:

- call the School office on 63311011
- •email shsl@catholic.tas.edu.au
- ·use the Skoolbag app, fill out an eForm
- advise their teacher

If you arrive at school after 9am your child must be walked into the office via the York Street gate and report to the school office to update our records and avoid unnecessary absentee text messages.

It is a legal requirement that parents are expected to advise the school as to why their child is absent.

Signing students out during the day

- -You must sign your child out if you need to pick them up from school for an appointment or for your child to leave early.
- -Please pre-arrange this with your child's class teacher and the teacher will send your child to the office at the required time so you can collect them from the office and sign them out.

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/working_with_children
- 2. Print the "Application Receipt" which is generated when the application has been completed in full
- 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.

Reminder - Before School expectations

Even though it is a parent responsibility to make arrangements for the supervision of your children before 8:30 a.m., S.H.S. offer an arrangement for families who need their children to be arriving at school earlier.

- Mrs. Deb Scott will be at school from 8:00am each school day for any students.
- Students are not to arrive before 8am
- If a student is here before 8:30 a.m. they need to go to the Gym. The cost will be \$2 per child per day, which needs to be paid as the student arrives at the Presentation Gym.
- The child's name will also be recorded on an attendance sheet on a daily basis.

Reminder that dogs are not permitted on the school grounds without prior permission from the Principal

TOILET ACCESS AFTER HOURS

Student toilets are locked daily at approximately 3:15pm-3:30pm. There is a toilet located in the administration building, which is opened until 4:00pm daily.



Sacred Heart B-4
Program returns for 2019

Tuesday 26th February



Come along to enjoy a variety of play based, indoor/outdoor experiences and explore the age/stage appropriate activities such as music/movement, fine/gross motor play, creative, dramatic, literacy and sensory activities

Morning session- 9.00am-11.00am

Afternoon session-12.30-2.30pm

Bring along a hat, water bottle and a piece of fruit to share for Morning/afternoon tea.

Please email Rebecca, millwood@catholic.tas.edu.au for more information.



Sacred Heart School - Canteen Menu - 2019

RECESS and LUNCH		LUNCH continued	
Salada (Butter, Vegemite)	30c	<u>Lonoit continued</u>	
Biscuits and Cheese	50c		
Choc Chip Muffin 97% Fat Free	1.50	Chicken Burger in Roll	3.50
Pikelet (Butter)	50c	Chicken Burger in Roll with Salad	4.50
Popcorn	50c	Salad Sandwich (White or Wholemeal)	
Vegie Chips	1.00	Ham Salad	4.50
Chicken Crackers	1.00	Chicken Salad	4.50
Piece of Fruit	80c	Salad Roll (White or Wholemeal)	
English Muffins (Butter) RECESS ONLY		Ham Salad	4.00
Small Hot Cheese Roll (preorder for reco		Chicken Salad	4.00
, i	·	DRINKS	
MUST PLACE AN ORDER IN THE MO	RNING	Wotor	1.00
BEFORE RECESS	-	Water Oranga Juica	1.00 2.50
		Orange Juice	2.50
LUNCH		Apple Juice Chocolate Milk	2.50
Toasted Sandwiches			2.50
(White or Wholemeal Bread)		Strawberry Milk	2.50
Ham	2.50	Milkshakes (Choc/Vanilla)	1.50
Cheese	2.50	(only available at recess)	1.50
Chicken	2.50	(Only available at recess)	
Ham and Cheese	3.50	ICE CREAMS	
Chicken and Cheese	3.50	ICE CREAIVIS	
Hat Ohanaa Dall (laves)	4.50	Icypole	70c
Hot Cheese Roll (large)	1.50 50c	Frozen Yoghurt	2.50
Hot Cheese Roll (small)	500		
Pasta (Fresh Daily)		EXTRAS (ONLY AVAILABLE LUNCH)	<u>.</u>
Spaghetti Bolognaise	5.50	Sun Fruit Licorice (3 for 50c)	20c
Lasagna	5.50	Sun Fruit Python	80c
HOT FOOD MENU		Yoghurt Babies	10c
ONLY AVAILABLE FRIDAYS Sauce	20c	HAPPY PACK \$6.50 - FRIDAYS ONLY	<u> </u>
Medium Pies	3.00	1 Modium Dio or 1 Courses Dell 1 Drie	lz 4 Dlzŧ
Sausage Rolls	3.00	1 Medium Pie or 1 Sausage Roll, 1 Drin	K, I PKI
Pizza	3.00	Popcorn or Vegie Chips, 1 Treat	
Chicken Wing Things	1.20	Or Soled Boll or Soled Sondwich 1 Drink	1 plet
Chicken Nuggets (80% Breast Chicken)		Salad Roll or Salad Sandwich, 1 Drink,	ιρκι
Chicken Naggets (50 % Breast Officken)	300	Popcorn, 1 piece of Fruit	

Lunch Orders Available - Monday to Friday 1^{st} and 4^{th} TERM HOT FOOD WILL ONLY BE AVAILABLE ON FRIDAYS 2^{nd} and 3^{rd} TERM HOT FOOD MENU WILL BE AVAILABLE EVERY DAY

Help is needed in the School Canteen this year. Your help would be appreciated. If you can help could you fill out the slip below. The hours are 9.00 - 11.30am on Fridays

.....

Name: Contact Number:

Fridays 9.00-11.30am

Frequency: Weekly Fortnightly Monthly (please circle)



Clothing Pool Pricelist 2019* *prices subject to change

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

GIRLS

Summer dress size 4 to 10 Summer dress size 12 to 16 Boy leg sports briefs green	\$84.00 \$89.00 \$10.00	Winter tartan wool skirt Winter tartan wool tunic Winter lemon blouse	\$122.00 \$130.00 \$34.00
BOYS			
Grey shorts Stripe shirt short sleeve	\$26.00 \$34.00	Winter grey trousers Stripe shirt long sleeve Ties (winter uniform only)	\$39.00 \$36.00 \$21.00
SOCKS/TIGHTS			
Girls lemon socks pair Lycra tights Cotton tights (Midford)	\$8.00 \$10.00 \$15.00	Boys grey ankle socks 3pk Boys winter long socks pair Unisex sport socks 3pk	\$15.00 \$13.00 \$15.00
SPORTS			
Polo tops - house colours Green microfiber track pants	\$35.00 \$40.00	Green microfiber sport shorts Girls skort (junior sizes)	\$18.00 \$25.00
Rugby top size 4 to 8 Rugby top size 10 to 16	\$80.00 \$89.00	(available in Cotton or Wool) (available in Cotton or Wool)	
<u>JUMPERS</u>			
Jumper green size 4-8 Jumper green size 10-14 Embroidered school badge	\$68.00 \$74.00 \$6.00	Jumper with badge sewn on Jumper with badge sewn on Vest green	\$80.00 \$86.00 \$60.00
BAGS			
Small SHS back pack SHS library bags	\$48.00 \$16.00	Large SHS back pack SHS swimming bags	\$66.00 \$16.00
MISCELLANEOUS			
Hats red bucket style Raincoats fleece lined green Art Smocks assorted colours	\$12.00 \$40.00 \$19.00	Polar fleece gloves & scarves Winter hats with logo	\$8.00 \$15.00

OPENING HOURS: THURSDAYS 2pm to 4pm ENQUIRIES PLEASE CONTACT KELLY ON 0400128200 OR REBECCA ON 0418721952

PROSPECT HAWKS ARE REGISTERING PLAYERS FOR 2019

Prospect Hawks Junior Football Club are recruiting for ALL our junior boys and girls teams to compete in the NTJFA. We welcome new and returning players to our Club.

- All players that come and try training with Hawks will receive a free family pass to a Hawthorn roster game at UTAS Stadium in 2019.
- BOYS (U9, U10 and U12) train Tuesdays from 445pm to 6pm. GIRLS (U11 and U14) train Wednesdays from 445pm to 6pm.
- All teams train at Prospect High School and then from March at our home ground Prospect Park.

The cost of registration is very reasonable and players receive training shirt, shorts and socks. Players who join our U9 and U10 boys and U11 girls before the end of February will receive a free size 3 synthetic Sherrin football as a reward.

Some families may be eligible for \$100 per player assistance with registration fees. More details google 'ticket to play' or contact the Club Registrar.

MORE INFORMATION: Daniel Smedley (Registrar) 0418114414 or Email the Club at Prospecthawksjfc@gmail.com



Saver Plus - financial assistance for education and training

Saver Plus: http://www.bsl.org.au/services/money-matters/saver-plus/

It operates in all states, and matches each dollar that a person saves for school expenses (including TAFE and apprenticeships) up to \$500.