Let Your Light Shine

1873-2019 OUR 146TH YEAR

2019 Newsletter



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

Kinder Enrolments

for 2020

Due by May 31st

- **No Lunch**
- orders on Friday 22nd
- March due

to the Fair



Uniform shop will be closed for the day on Thursday 21st March

From the Principal: Sacred Heart "Promoting independence in children...."

"I'm thankful to all of those who said no to me. It's because of them I did it myself." (Albert Einstein)

"The greatest gifts you can give your children are the roots of responsibility and the wings of independence." (Dennis Waitley)

One of the most important roles for us as parents and educators is to raise responsible, independent children—this can be tough because our natural instinct is to care for and nurture them. However, parents shouldn't wait until children are ready to leave home before they give them responsibility. Training for independence needs to start from a young age and continue into the teenage years. Encouraging independence in children is not just good training for adulthood, it is one of the best ways to promote self-confidence. When we teach children to do jobs for themselves we demonstrate our faith in them and send a powerful message that they are capable. Our actions definitely speak louder than words.

SOME USEFUL IDEAS

- Encourage them to do routine household and family activities e.g tidying bedrooms before school, clearing away dishes, preparing after-school snacks.
- Encourage them to take responsibility for their own homework tasks. Put young children in charge of their reading and get them to remind you that it is reading time.
- Children can do quite difficult tasks if we show them how. Break complex jobs, like making a bed, into simple tasks like arranging teddies and the pillow, progressing to smoothing out a doona and so on.
- When children can tell the time, teach them how to use an alarm clock so they can get themselves up and regulate their own morning routine.
- Be alert to children's readiness and willingness to do for themselves then consider letting your child take over. Ask yourself: 'Is my child capable of doing?'
- Encourage them to prepare their own breakfast and put their own lunch in their schoolbag.
- Show older children how to operate the washing machine and microwave. These are two essential time-savers for busy working parents.
- The most effective way to promote responsibility in children is to give them responsibility.

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Sacred Heart "Promoting independence in children...."

In this Lenten time what better way to start or continue your child's journey to adulthood than to encourage and promote independence by undertaking some of the ideas listed.

"It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings." (Ann Landers)

"What we are today is result of our own past actions; Whatever we wish to be in the future depends on our present actions; Decide how you have to act now. We are responsible for what we are, whatever we wish ourselves to be. We have the power to make ourselves." (Joan Didion)

Camps at Sacred Heart

Last week 175 children attended 3 camps. Congratulations to the children of Sacred Heart for their exceptional attitude towards camp. Thanks to the parents who assisted on our camps.

Thanks to our committed staff for organising and leading our camps

Grade 6 - Sarah Viney, Catherine Steven, Penelope Izard, Adele Murphy Adriano da Ros, Kylie Crerar Grade 5 - John Hood, Lauren Thompson, John Anderson, Ros Johnson, Jen Murfet Grade 4 - Phil van Ryn, Julian Davie, Bronwyn Lang, Simone Ross

Principal Meetings

Tasmanian Catholic Principals gather with Tasmanian Catholic Education Office staff once a term to discuss a broad range of educational matters. I will be in Hobart from Wednesday to Friday of this week.

NIJSSA Swimming Carnival

Our team are swimming at Riverside today at the Northern Independent Junior School Sports Association Swimming Carnival. Congratulations and best wishes to......

Grade	Boys	Girls
3	Seb Hardinge Tim Innes Ethan Chapple Solomon Boyle Phoenix Howard	Georgia Freeman Phoebe Shea Emmerson Lowry Ebony Harper
4	Daniel Wojcik Ben Berlese Colby Crawford Oliver Hodgetts	Ruby Jones Lily Matthews Amelie Millar Jasmine Hartley Ivy McCullagh Francesca Page
5	Max Matthews Mitchell Campbell Cooper van Emmerik Oisin McCormack	Elouise Frerk Jasmine Graham Alice Fox Orla Kelly Ava Boyle
6	Jack Cramp Tyler Alexander Mason Clark Henri Bergamin Harry Costello	Elyse Campbell Abbey Berlese Millie Geale Jorja Thomas



Brent Wilson PRINCIPAL

Thursday

Friday

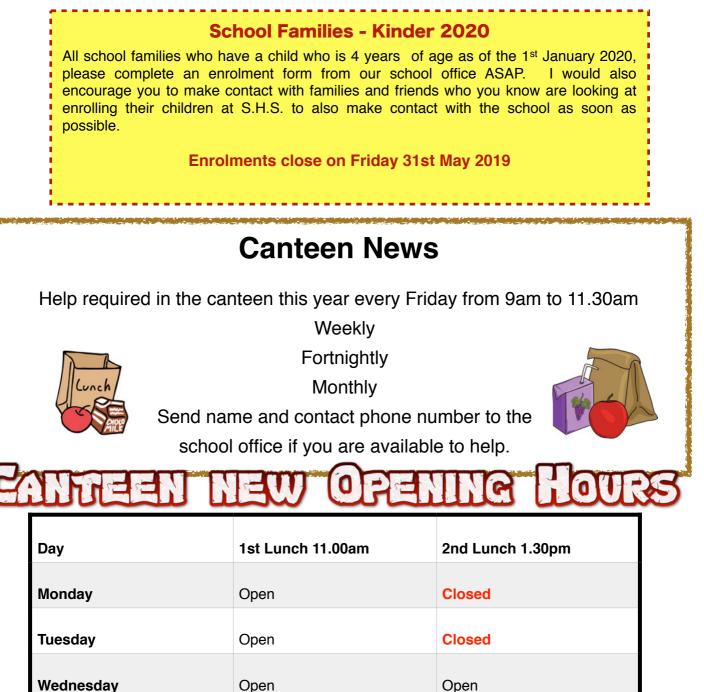
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"York St and Margaret St Pick up"

Parents, Grandparents are reminded that our school has significant challenges with parking and pickup after school. If you need to speak with a member of staff please park in the designated areas. If you are in a pick up zone after school please remain in your car and teachers will arrange for your child to be sent to your car.

Parents who arrive after 3.15pm will find pickup a far easier process.



Please Note: Lunch orders are still available every day and are served at first lunch as per normal

Open

Open

Open

Open

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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 <u>www.justice.tas.gov.au/working_with_children</u>
- 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.

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Grade 5 Camp

On Monday Grade 5s went to Camp Clayton for two nights. Everyone enjoyed the activities but the favourite ones were the Giant Swing, Gaga Ball and the Flying Fox. On the second day we swam at Splash Aquatic Centre and slid down the big water slide. On the last day we had a choice of four activities. They were: walking along the beach trying to find little crabs, challenge course, playing in the gym and archery. We had the best time ever and we hope that others will enjoy it too!

Olivia Gardner and Hannah Zegveld







14TH MARCH 2019 1873-2019 OUR 146TH YEAR Sacred Heart Catholic. School Let Your Light Shine 2019 Newsletter March 2019 Sat Sun Mon Tue Wed Thu Fri 10th 11th 12th 13th 14th 15th 16th 10am Band Program 6.30pm Board Meeting 2.10pm Assembly **Public Holiday** School Banking **11.30am** Strings Program NIJSSA Swimming Carnival 17th 18th 21st 23rd 19th 20th 22nd 10am Band Program SCHOOL FAIR **3.30pm** Faith Sharing Session **5PM-8PM** 3.30pm Faith Sharing Session **11.30am** Strings Program School Banking No Lunch orders 7pm Board Dinner today **Uniform Shop** closed today 24th 25th 26th 27th 29th 30th 28th 10am Band Program 7.30pm P & F Meeting **11.30am** Strings Program 2.10pm Assembly School Banking

	April 2019					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1st	2nd	3rd	4th	5th	6th	7th
				10am Band Program	Gr 5/6 Gala Day	
			School Banking	11.30am Strings Program	2.10pm Assembly	

2019 Carnivals

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 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: <u>www.sacredheartl.tas.edu.au</u>

Twitter: @shslton

Facebook: www.facebook.com/sacredheartl Pinterest: www.pinterest.com.au/sacredheartl/ S.H.S. Parents and Friends email shal ppf@eetholia teg edu eu

shsl.pnf@catholic.tas.edu.au

S.H.S. Clothing Pool email

shs.clothingpool@catholic.tas.edu.au

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The Spirit of Jesus is Alive in:

Prep Hills	Bridie Heyward or being an excellent listener this week in Prep	Alexis Brimble Awesome work on number recognition	
Prep Best	Jack Jordan for outstanding work in identifying sounds in his writing	Tahlia Knight for great work in identifying and creating patterns	
Grade 1 Foster	Joe Frost For his super Maths work especially with counting by 2's, 5's and 10's from any given number	Harper Smith For being kind and inspiring others	
Grade 1 Underlin	Harper Heather James Lynch for her improvements in reading fluency! Well done! for being more willing to try new things Charlie Laidlaw proud of you! for his brilliant work in Maths! proud of you!		
Grade 2 Crawford	Cooper Bassett for his great achievement in all areas and for putting others before himself	Josie Leake for always giving 100% in everything she does.	
Grade 2 Reid	Harrison Vinar for being kind and always ready to assist with classroom chores	Remi Quarrell for being WEST, a very kind and caring class member	
Grade 3 Symons/Crombie	Addison Dennis For showing love towards other members in her class	Charlie Williams For working hard on his project.	
Grade 3 Wood	Murphy Widdowson for the excellent contributions you make in class	Zoe Muller for your dedication to your work and superb efforts in our Maths unit on addition	
Grade 5 Hood	Aria Spencer For your effervescence and positive attitude that spreads to all.		
Grade 5 T/H	The Whole Grade 5 Thompson/Heathorn Class for their exceptional enthusiasm and positivity on camp		
Grade 6 Steven	Ella Beale For her ago attitude on camp and pushing herself out of her comfort zone.	Matthew Williams For his outstanding leadership skills on camp.	
Grade 6 Viney/Izard	Mason Clark For showing great leadership skills and creativity throughout Grade 6 camp.	Lilia Colgrave For her "have a go" attitude on Grade 6 camp.	

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White Elephant Stall

Have you been hit with Marie Kondo fever or recently cleaned out your house? 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 remember no electricate items, clothing or shoes.

Food Donations

To help run our super successful and delicious festival foods we are calling for donations for any of the following items:

- Corn Chips
- Mild Salsa
- Onions
- Tomato Sauce
- BBQ Sauce
- Hot Dog Mustard (Mild)
- Sugar

These can be delivered to the foyer area near the canteen, as always your support is invaluable!

Treasure Keys

From Tuesday, Grade 5 Student will be visitng classrooms to seel **Tresure Chest Keys!**

Purchase a key for \$2 each to have the chance to win some fantastic prizes. Limited keys available so get in quick!!!



Garden Produce

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

If you've been busy making jams, sauces and/or relish and have some to spare, your donations would be greatly appreciated. Garden succulents, cuttings and plants are always popular too

<u>Chocolate Wheel</u>

Chocolate Wheel prize donations would be greatly appreciated for this fun and popular event. Prize ideas include vouchers, gift cards, hampers, movie tickets, toys/games just to name a few! For more information please contact stall convenor Shontelle Reeve on 0419 324 278 or leave donations at the school office.

Lucky Envelope

Grade 6 students will be visiting classrooms each day preselling Lucky Envelopes for \$5.00 each with a chance to win a **HP Pocket Printer** valued at \$250.00 and kindly donated by **The MacShop, Launceston.** There are only 150 envelopes available and the Lucky Envelope will be drawn on the night of the fair at 7pm.



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WRISTBANDS for RIDES

Wristbands are now available for purchase at the school office! Remember that every wristband sold goes straight to the school and will help us contribute to the new play spaces around our school!

Pre-purchase wristbands for just **\$25.00** up until 3.30pm on the day!

Wristbands are to be collected between 5-6.30pm fair night from Mrs Halley who will be at the Kinder Lucky Dip stall.

2019 Class Stall Allocations

Conveners will be in contact with classes this week if they have not already done so, with rosters already sent out asking for parent help to operate these stalls.

Get a group of friends or family together and nominate a time that suits and help us make the 2019 fair another success. Remember, you can volunteer on ANY stall with 15 to choose from!

Grade	Stall	Stall Convener
Kinder	Lucky Dip	Kinder Team
	BBQ	Madden Family
Prep	Fair Bags	Simone Ross
	White Elephant	Ester Beeton
Grade 1	Garden Produce	Tahnee Hodgetts
	Ice Cream/Drinks	Pru Powell
Grade 2	Chocolate Wheel	Shontelle Reeve
	Face Paint/Hair Braiding	Mel Heathorn & Jacquie Cameron
Grade 3	Cake Stall	Susie Foggarty
	Fairy Floss	Simon Wood
Grade 4	Desserts	ТВА
	Chips/Calamari	Turkay & Help
Grade 5	Treasure Chest	Grade 5 Team
	Festival Foods	Louise Madden
Grade 6	Beer/Wine	Todd Hills
	Chocolate Wheel	Shontelle Reeve
	Lucky Envelope	Grade 6 Team





CAKE STALL

Cake plates will be sent home to each family a week before the

fair with an explanation note and ingredient label.

Cakes, biscuits, loaves, slices, muffins, sweets and treats will all be welcome at the popular cake stall. Cake stall donations can be delivered to the school gym from 8.15am the morning of the Fair or after school.

Stall Convener is Susie Fogarty

Treasure Chest Keys

Grade 5 students will be visiting classrooms to sell

Treasure Chest Keys.

Purchase a key for \$2.00 each to have the chance to win a fantastic prize

Limited keys available. Unlucky keys will receive a lucky dip prize on the night.

Sacramental Program for Reconciliation Important Dates

16th or 17th March: Welcome Rites for Reconciliation candidates: Bring your commitment card/ registration form and fee to the mass centre of your choice.

18th or 19th March: Faith Sharing Sessions for Reconciliation candidates 3:30 pm to 7:00pm at the Church of the Apostles.





Project Compassion

Give Lent 100%

Eldest students were given a Project Compassion box to take home this week. These boxes are to collect money for Project Compassion. Project Compassion is run by Caritas Australia:The Catholic Agency for International aid and development. Through your generosity during Project Compassion this year you are empowering communities with hope and helping those in great need to shape a better future for themselves, their families and their communities.

We will be helping people like Michaela (Australia) who is a 21 year old trainee at Purple House, a dialysis centre in the Central Desert for people suffering from kidney disease. With our support Michaela is helping to build a social enterprise, a connection to culture and a new outlook for the chronically ill.

We ask that all Project Compassion boxes be returned no later than next term.

Thank you for your support.



ANZAC Day March 2019 Thursday 25th April (last Thursday of the school holidays)

On ANZAC Day students are invited to participate in the ANZAC Day March. We ask you to contact the school office by Wednesday10th April, if you will be attending and marching with S.H.C.S. on the day.

> Meet Staff and the School Captains at Princes Square at 9.30 am The March will commence at 10.15 am The service will start at 11.00 am and finish at approximately 11.45 am

The students will need to wear their full school winter uniform.

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On Friday the 1st of March, Sacred Heart hosted the Northern Catholic Primary School's cultural day. This is a fantastic day where our Aboriginal and Torres Strait Islander students gather together to enjoy cultural activities. On Friday 55 students took part. We began the day with Uncle Hank and Uncle Murray doing a Welcome to Country around our fire pit. We learnt about the significance of smoke and everybody was given some ochre on their face. This was followed by a walk up to the Gorge, which historically was the meeting place for Aboriginal family groups. Here Uncle Hank shared knowledge about bush tucker and the students had the opportunity to feel wallaby fur and a waddy and smell mutton bird oil. Then Uncle Hank showed the students a special game that he liked to play as a child. Uncle Murray brought our the students artist abilities and they painted with ochre and drew with charcoal. Marcia taught students stringing which everyone found relaxing. Lunch saw all 55 students thoroughly enjoy the new playground and it was a lovely social time between the schools. At the close of our time together we were treated with Uncle Hank playing the didgeridoo.



7th March 2019

Sacred Heart Catholic. School

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Sacred Heart B-4 2019

Tuesday



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 <u>Rebecca.millwood@catholic.tas.edu.au</u> for more information.





Our school has over recent years offered Rainbows as a program to support children dealing with Grief and Loss in their lives. For the last two years we have been working with CatholicCare and are able to offer a similar program called Seasons for Growth, where young people may benefit from learning how to manage these changes effectively. This program is facilitated in small groups and is based on research which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

We are pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who attend.

The Seasons for Growth Program runs for eight weeks and each weekly session is 40 - 50 minutes. The program concludes with a 'Celebration' session. Later in the year each group will have the opportunity to meet for two further session to build on their learning.

We are offering sessions for all age groups and the different levels will be offered throughout the year beginning soon.

If interested for your child, please contact me so I can pass on the CatholicCare forms to you for you to complete or pick up from office. Once received, I forward these forms directly to the CatholicCare facilitator Chloe Bayly.

If you require any further information please do not hesitate to contact me.

Kind regards, Helen Halley

helen.halley@catholic.tas.edu.au

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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 <u>helen.halley@catholic.tas.edu.au</u>



Kind regards, Helen Halley



Get your ticket to play and join a club in 2019.

Tasmanian children aged 5 to 17 may be eligible for a voucher of up to \$100 to be used towards the cost of club membership.

Children who are listed on a Centrelink Health Care or Pensioner Concession Card, or who are in Out of Home Care are eligible.

https://www.communities.tas.gov.au/ ticket-to-play

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Jan Hunt

Jan is a secondary English/HASS teacher who has also been a Primary School Teacher. She has always had particular interest in the education of gifted children. From 1989-1990 she was state coordinator of Gifted Education with the Tasmanian Education Department and in 1997 was co-ordinator of Gifted Education in the Hartz District. In 2016 Jan received a Hardie Fellowship to travel and study in the United States looking at provision for gifted students in a range of schools as well as undertaking units of study at Colombia University and Harvard. She presently teaches Year 7 and Year 10 at Ogilvie High School.

"Passion Projects: negotiated inquiry learning for gifted students"

including

Best practice inquiry learning & why it is good for gifted students

Negotiating individual inquiry learning projects with students

Scaffolding inquiry learning

At

7pm, Thursday, March 14, 2019

Venue: Larmenier Catholic Primary School, Station Rd, St Leonards

All welcome, light supper provided

Current financial members - free; non-members - \$5

Book your place at https://www.trybooking.com/BAXOL

Northern Schools Orienteering Championship, Friday, March 29th, 2019

Esk Valley Orienteering Club (EVOC) announces that entries are open for their annual Northern Schools Orienteering Championships that along with a statewide Schools Championship and nominated state selection events provide a pathway for young orienteering athletes towards possible selection in the Tasmanian Schools Orienteering team. This year The Tasmanian team will be travelling to NSW to compete in the Australian Schools Championships. All of these events are under the direction, guidelines and rules of Orienteering Tasmania Inc. and Orienteering Australia. The Northern Schools Championships are open to all school aged students from Northern Tasmania.

Entries close Tuesday 26th March.



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Tasmanian Brick Enthusiasts Inc.

Schools Challenge 2019

The Tasmanian Brick Enthusiasts Inc. and Brixhibition invite all Primary School students in the Northern Tasmania area, to compete in an individual Lego Competition running in the first term of 2019.

- Entries are to be no larger than 52cm x 52cm or no larger than 32 x 32 lug lego base plates
- · Each entry must be an original and not made from a kit
- Each student to bring their creation in on the morning of Thursday 21st March to the mezzanine area (at the top of the steps near the canteen). Entries must have a name, grade and title on slips provided.
- · Winners will be announced at assembly on Friday 22nd March
- There will be three categories P-2,3/4 and 5/6, the winner of each category will receive a medallion
- One overall winner will be chosen from the 3 categories and will win, in addition to the medal, passes to these places - Paringa Archery, Village Cinemas, Beaconsfield Heritage Museum and Leven River Cruises.
- · Please note there are no team entries this year
- Each Schools Lego Challenge overall winner is invited to display their winning Lego creations, at Brixhibition Albert Hall, Tamar Street, Launceston on
 - Sat 13th and Sun 14th April 2019.
- All Lego Challenge winners displayed at Brixhibiton will be judged by Tasmanian Brick Enthusiasts Inc. members

Individual student overall Prizes (Prizes awarded to students)

- 1st Place \$300 Games World Plus Voucher
- 2nd Place \$200 Games World Plus Voucher
- 3rd Place \$100 Games World Plus Voucher



Saturday 13th – Sunday 14th April 2019 9:30am – 4:00pm Albert Hall, Tamar Street, Launceston