



NEWSLETTER

SACRED HEART
CATHOLIC PRIMARY
SCHOOL



Online Content:

Website:

www.sacredheartl.tas.edu.au

Facebook:

facebook.com/sacredheartl

Pinterest:

pinterest.com.au/sacredheartl

P & F email

shsl.pnf@catholic.tas.edu.au

Our P.B.S. Values are:

Respect for Ourselves

Respect for Others

Respect for our Learning

<http://MyTerncity.com.au>

**NO
SCHOOL
LUNCH ORDERS
ON WEDNESDAYS
SUSHI ONLY**

**Trout Fishing
Tournament
Monday 23rd Sept.**

Basketball Tournament

19th-20th **October**

Grades 3/4

26th-27th **October**

Grades 5/6

From the Acting Principal:

"Too often we forget that discipline really means to teach, not to punish. A disciple is a student, not a recipient of behavioural consequences."

(Dr Dan Siegal The Whole Brain Child)

Last week I attended professional learning in Campbell Town that discussed brain development and how the brain affects children's behaviour. Dan Siegal discusses the idea of the brain having mental "brakes" and "accelerators". The mental "accelerator" is the part of the brain that reacts and responds to threats around us, activated when we are scared by telling us to flight, fight or freeze. The mental 'brake' however is the part of the brain that helps us to be self controlled, organised and to reason.

As children mature they are more able to respond to situations with the mental 'brakes' and to control the mental 'accelerator'. These two parts of the brain compete with one another to accelerate and react or to keep calm and in control, a state which Siegal calls 'toggling'. Children who toggle learn to tolerate negative emotional reactions and children who develop this ability learn to respect and follow the instructions given by adults. As adults we can assist with this development by allowing children to toggle in order to learn to manage difficult emotions and manage impulsive behaviour.

So what does this mean for us as adults in a practical sense? How can we support children? Siegal suggests that when we see children in the process of decision making we give them space to choose, not to jump in to comfort them or to get angry. When they do demonstrate the ability to use their mental 'brakes' to illustrate self-control, notice and recognise the good decision they have made. Siegal is not suggesting that children are allowed to dictate the situation and determine the outcome instead promoting clear, firm boundaries with a 1:5 ratio of negative versus positive attention and feedback.

**The way attention
is focused
changes and helps
balance the brain**

-Dr. Dan Siegal

Library Assistance

Last Friday several parents gave up their time to assist Adrienne McIntee in the library to cover books. We are very grateful to these parents and would like to thank the following for their assistance;

Lisa Jones	Lauren Innes
Lisa Williams	Renee Marshall
Shananne Leake	Bernadette Johns
Cadice Gale	Esther Beeton
Kristi Macri	Mohanavani Sivaduss

Uniform Survey

Thanks to the parents and staff who have completed the Uniform Survey. To date we have received over 110 responses. To enable as many of our community to respond we have decided to keep the survey open to Thursday 26th September. If you haven't completed the survey the link is included for you to respond to at your convenience.

[Uniform Survey](#)

Playground Invite

Our new playspace will be officially blessed and opened on Friday 18th October at 9.30am. Parents and friends are welcome to join us for this event. An invitation is included in this newsletter with more details.

Ms Adele Murphy
Acting Principal

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 Rebecca.millwood@catholic.tas.edu.au for more information.



Five Sacred Heart students
received Distinctions in the
**CSIRO's National
Computational Thinking
Challenge.**
The Bebras Challenge.

Congratulations to....

**Amelie Millar
Hamish Goody
Ashton Mahar
Daisy Johnston
Tomasz Szpyrka**



Term 3 Subway Order

Order envelopes went home this week for our Subway lunch on the last day of Term 3 - Friday September 27

A few important details:

- All Subway orders are \$6.50.
- Please remember to send completed envelopes, with money inside, to **class teachers (not the office)** by **Wednesday September 25**
- No canteen on Subway day.
- Please note: cheese comes with all subs ordered unless requested not to

First Eucharist

This weekend the masses to celebrate First Eucharist for candidates in the Launceston Parish will take place. Please remember all of our first communicants in prayers this weekend as they receive the body and blood of Christ for the very first time. May God bless them on this very special day.

Ava Boyle
Solomon Boyle
Riley Bradford
Heidi Brewer
William Brewer
Colby Crawford
Thomas Davie
Xavier Davie
Hamish Gardner
Jasmine Graham
Tyler Graham
Seb Hardinge
Benjamin Hiscox
Elliott Hodgetts
Lincoln Hodgetts
Daisy Johnson
Amelia Lowe
Ivy McCullagh
Ashton Mahar
Amelie Miller
Harrison Millwood
Tomasz Szpyrka
Thomas Tanton
Joan Thomas



The Spirit of Jesus is Alive in:

Prep Best	Caitlyn Jones for a great attitude and progress with her work in the area of literacy.	Molly Illingworth For always demonstrating a great attitude towards her learning
Grade 1 Foster	Eily Madden for being kind and inspiring to others	Sam Van Zetten for a really positive term 3 and great improvement with his reading
Grade 1 Underlin	Tayla Russell for her creativity in tasks	William Schipper for his improvements in Writing!!
Grade 2 Reid	Lily Champ for working well on her Gorge brochure	Poppy Gale for being a kind and caring class member who looks out for others
Grade 2 Crawford	Josie Leake for the fantastic improvement she has made in her writing	Harry Sulzberger for his excellent knowledge of the Sacraments Cooper Bassett for his incredible dedication to Sumdog
Grade 3 Symons/Crombie	Tim Innes for using a positive attitude in class.	Shae Anderson for using a growth mindset to get over a problem
Grade 3 Wood	Xavier Soper for your super-hero efforts in the Athletics carnival.	Sophie Bevis for the tremendous improvements in the quality of your written work.
Grade 4 Davie	Tommy Cameron for his wonderful attitude towards all areas of school life	Tyler Cameron for the effort he is putting into his reading
Grade 4 van Ryn	Keira Jephcott for her enthusiasm and positive attitude.	Colby Crawford for his enthusiasm and positive attitude.
Grade 5 Hood	Isabelle Crerar for your thoughtful, imaginative and creative stories	Alex Woolley for your excellent knowledge of angles
Grade 5 Thompson Heathorn	Jonah Webb for his impressive progress with angles	Maya Chapple for really putting herself out there with oral language activities.
Grade 6 Steven	Jack Adams for his fantastic effort on the ToM STEM team	Henri Bergamin For his creative input into the ToM Arts team.
Grade 6 Viney/Izard	Fletcher Crosswell for being an outstanding human with a selfless attitude towards the needs of others	Lily Tyson for her confident and thoughtful contributions to discussions

September 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
15th	16th	17th 3pm Art Club	18th Sushsi Day No Lunch Orders School Banking	19th 10am Band Program 11.30am Strings Program	20th 2:10pm Assembly	21st
22nd	23rd Trout Fishing Tournament with Mr van Ryn	24th 3pm Art Club	25th Sushsi Day No Lunch Orders School Banking	26th 10am Band Program 11.30am Strings Program	27th 2:10pm Assembly Last Day of Term	28th

October 2019

29th Sept	30th Sept Holidays	1st Holidays	2nd Holidays	3rd Holidays	4th Holidays	5th
6th	7th Holidays	8th Holidays	9th Holidays	10th Holidays	11th Holidays	12th

Important Dates**September**

- Mon 23rd - Trout Fishing Tournament
- Fri 27th - Last Day of Term - Footy Colours Day

October

- 19th-20th - 3/4 Basketball Tournament
- 26th-27th - 5/6 Basketball Tournament

November

- Fri 1st - NIJSSA Athletics Carnival
- Wed 6th - Grandparent's Day
- Thurs 28th - End of Year Concert Instrumental Music Program & SPC

December

- Tues 3rd - 6:30pm SHS Carols
- Wed 11th - 6:30pm End of Year Mass
- Fri 13th - Gr 6 Assembly - Awards Ceremony
- Mon 16th - Gr 6 Leaver's Dinner and Liturgy
- Tues 17th - Last Day Term 4

Term One 2020

- First day - Thursday 6th February
- Last day - Thursday 9th April
- Easter 10th April to 14th April



*All families are invited to attend
the
Official Blessing and Opening
of
Sacred Heart Catholic Primary School
Play Space
on
Friday 18th October 2019
at
9:30a.m.*

Refreshments will be served

RSVP Friday 27th September 2019

*to
email: shsl@catholic.tas.edu.au*

*or
The school office
or*

6331 1011

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
3. 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.

Fire Alarm

A reminder that if in the instance a fire alarm is sounded whilst parents are on the school site, you are required to assemble on the oval. Students remain with teachers as part of the process is for the staff to ensure all students are accounted for. If parked on York when the fire engine arrives it is vital that you vacate the area to allow the fire engine access.



2019 Carnivals

Thursday 14th November
SHS Prep-2 Athletics

2019 Term Dates Catholic Schools

Term 3 Tuesday 23.7.19 to Friday 27.9.19
Term 4 Monday 14.10.19 to Tues 17.12.19

2020 Term Dates Catholic Schools

Term 1 Monday 6.2.20 to Thursday 9.4.20
Easter 10.4.20 to Tuesday 14.4.20
Term 2 Monday 27.4.20 to Friday 3.7.20
Term 3 Monday 20.7.20 to Friday 25.9.20
Term 4 Monday 12.10.20 to Thursday 17.12.20

Webpage: www.sacredheartl.tas.edu.au

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

**Archbishop's Charitable Fund 2019
September 27 2019
Last Day of Term Fundraiser**

Bring a gold coin donation and wear plain clothes or wear your sporting colours.

You donation will support the Archbishop's Samaritan Projects, a charitable fund established by the Archbishop of Hobart to assist Tasmanian families in need. As family budgets continue to be put under financial strain in Tasmania, a low socio economic state, due to the rising cost of living and slow increase in wages, more and more Tasmania families are requiring support and assistance from local charities, making the support provided to the Samaritan Projects by Catholic entities, including Catholic Education Tasmania, more important than ever.

Thanks for your support.

RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)

Are you, or is a friend or relative of yours, interested in learning more about the Catholic faith? If so, then the RCIA process is an opportunity to explore the Catholic faith in a friendly, small group environment. Please feel free to bring a friend along to accompany you on the journey, or to help them as they explore the riches of our faith. If you would like to join this group, please contact Jan on 0439 496 734 for more information. Our first meeting will be at 7.30pm on Thursday, 19th September in the Pastoral Centre, 44 Margaret Street.

