



# NEWSLETTER

SACRED HEART  
CATHOLIC PRIMARY  
SCHOOL



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### Website:

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

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### 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

<http://MyTerncity.com.au>

**End of Year Concert  
Instrumental Music  
Program**

**28th November**

**Carols on the Oval  
6:30pm  
3rd December**

**School Banking  
Last Day  
4th December**

## From the Principal:

### *“The Problem of Popularity”*

We all worry about friendships, play dates, birthday parties, who's in and who's out. Sometimes we worry more than our children do. We want them to be happy and enjoying having lots of friends. We are sad when they fall out with friends and anxious when they make a friend we are doubtful about. Popularity is a minefield, for parents as well as children.

While many friendships don't last long when we are young, the effects of popularity, or lack of it, can endure a lifetime. If you're popular, you're given more opportunities to practise social skills or gain access to new information. The flip side is that unpopular kids don't get the same advantages.

When it comes in the form of likability and making others feel included and welcomed, popularity leads to good outcomes. Adolescents, however, tend to admire being cool, visible, influential and dominant, and kids who trade on status may vie for it as adults and fail to develop other important skills. As a result, they may be more likely to experience depression, anxiety, relationship difficulties or addiction.

### HELPING YOUR CHILDREN DEVELOP THE RIGHT SKILLS

#### **Move the focus away from status.**

Stop liking, liking, liking, and counting your likes. Ask questions that encourage children to target real, quality friends rather than fly-by-nights. Offline, don't convey to your kids that they need to be in a particular club or clique. When you focus on ephemeral popularity, they won't learn how to identify healthy, reciprocal relationships.

#### **Address their desire for popularity.**

When children are unhappy with their place in the pecking order, offer extra love, acknowledge their feelings and share your values. You can't persuade them to not care, but you can try to understand why this matters to them. Remind them what they'd lose if they sacrificed their existing friendships to pursue popularity.

It's difficult when a child wants to be popular, and there are no easy answers. Adults can point out that the most popular kids may also be lonely and lack trusting, reliable friendships. We can never know what is really happening in others' lives.

#### **Focus on what they can control, such as being kind.**

In every community, there are things that make you popular. If it's a wealthy community, it might have to do with your level of wealth. If it's a religious community, it might be about your parents' status in the religion. You can teach skills that will make a child more likable, but helping them attain status is trickier. By encouraging them to focus on what they can control, including being kind, you'll increase the odds that they land the right friends.

**Turn outward to find new friends and activities.**

There's a primal social impulse to be part of the pack, but children thrive when they think less about themselves and more about others. If your son or daughter comes home and says, 'No one likes me' or 'Everyone is walking to lunch without me,' turn the tables. Encourage them to invite that new student to lunch or to tutor a younger student. When kids transcend the self, they feel empowered and confident. Engaging in something bigger than themselves also helps them stop ruminating about unreturned texts or their social position.

**Cultivate good matches.**

The unspoken rule of adolescence is that you're supposed to interact with the people closest to you in the social hierarchy. The culture may value physical attractiveness or athletic ability, but your child may thrive in a setting that values academic achievement or community service. Look for activities that align with your child's interests.

Your child's teachers and counsellors can suggest good friend matches, pair them on projects and reinforce social skills.

**Teach them skills they need to be more likeable.**

Help struggling kids practise basic skills such as asking questions. Help them focus on connecting instead of impressing. Encourage children to identify common ground. If you're talking about something that only pertains to you, it's irrelevant to the friendship. Are they wearing a shirt from a music group you like? Did they watch the same football game last night? Some children may not know how to join a conversation. Show them how to slide into action without interrupting, and match the emotional tone of the group. When we look at videos of children who end up being the most liked, they listen to others and try to build on and shape what they're doing instead of saying 'No, that's stupid, let's do it this way'.

**Learn from children who change often.**

Children from some business families may move several times during their school years. Other students can learn from their openness. They may be more likely to approach a stranger in a crowded common room or to appreciate positivity over status.

These children have figured out what works for them. They're not trying to find a forever friend or a best friend. There's a freedom to take risks on new friendships when you live in the moment. When the goal is to befriend people who are nice, the burden of popularity is lifted.

The best antidote to craving the wrong friends is finding the right ones and parents can help by offering transport or making their home welcoming.

**Acknowledgement:** *Seven steps parents can take to ensure kids work for the right kind of popularity by Phyllis Fagel, 1 March 20*

**Swimming Programs**

Grades 2-4 commenced their Intensive Swimming Program tomorrow. Preps and Grade 1 enjoyed their experience at Aquatic Centre a few weeks ago. Thanks to parents and teachers for supporting the Grades 2-4 program. We all know that programs like these can be challenging with misplaced socks and wet clothing, we also know that learning to swim is a skill that may save a life.

**Brent Wilson  
PRINCIPAL**

### ANY FAMILIES INTENDING TO LEAVE SHS

Could any school families intending to leave SHS at the end of 2019 for work purposes, moving interstate or any other reason please notify the school as soon as possible.

### Sacred Heart B-4 2019

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

There will be no B-4 session

**Tuesday 26th November** due to the 2020 Kinder Orientation.

B-4 will re commence as normal on Tuesday 3rd December.

Please email [Rebecca.millwood@catholic.tas.edu.au](mailto:Rebecca.millwood@catholic.tas.edu.au) for more information.

**November 2019**

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
17th	18th	19th	20th	21st 10am Band Program 11.30am Strings Program	22nd 2:10pm Assembly Prep- Gr3 Split  Gr 5/6 Choir Excursion Peace Haven	23rd
Gr 2,3,4 - Intensive Swim Program - Launceston Aquatic Centre						
24th	25th	26th  No B-4 Today  7:30 P&F Meeting	27th  Sushsi Day  School Banking  9:30 - 2:00 Rehearsal Day Instrumental Music Program St. Pats	28th  End of Year Concert Instrumental Music Program @ SPC  Primary Schools Triathlon	29th  2:10pm Assembly	30th
Gr 2,3,4 - Intensive Swim Program - Launceston Aquatic Centre						

**December 2019**

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1st	2nd	3rd B-4 Program  6:30pm Carols on the Oval 	4th  Sushsi Day  School Banking  Grade 4 Fishing Excursion	5th  11.30am Band and Strings Party and Instrument Return	6th  2:10pm Assembly	7th
8th	9th	10th B-4 Program  Prep-2 Tailrace Excursion	11th  Sushsi Day  6:30pm End of Year Mass	12th	13th  1:30pm Final Assembly and Gr6 Awards Ceremony	14th
15th	16th Gr.1 Cinema Excursion Grade 3 Aquatic Centre 6:00pm - Gr6 Liturgy and Leaver's Dinner	17th Last Day of School for students	18th	19th	20th	21st

# 2019 ECE ATHLETICS CARNIVAL

Last Thursday our Prep, Grade 1 and Grade 2 students participated at the 2019 ECE Athletics Carnival. A big thank you to all the parents and grandparents who came to the school to support our little athletes. Thank you also to our staff and Grade 6 students who helped make sure the day was successful. Congratulations to Nagle for winning the carnival in 2019. Congratulations to the following students who won division one 60m races:

- Prep Girls - Ellie Broadhurst
- Prep Boys - Lucas Chapple
- Grade 1 Girls - Poppy Ebbelaar
- Grade 1 Boys - Charlie Laidlaw
- Grade 2 Girls - Grace Matthews
- Grade 2 Boys - Koby Broadhurst



# 2019 ECE ATHLETICS CARNIVAL



**Important Dates**

**November**

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

**Camps 2020**

Grade 6 2nd - 4th March

Grade 5 2nd - 4th March

Grade 4 12th -13th March

**Uniform Shop open:  
Thursdays 2 - 4pm**

**Email: [shs.clothingpool@catholic.tas.edu.au](mailto:shs.clothingpool@catholic.tas.edu.au)**

**Uniform Shop - last day for 2019 is 28th Nov**

**Uniform Shop Back to School Day 2020-  
Thursday January 30th, 10-3pm**

## The Spirit of Jesus is Alive in:

Prep Hills	<b>Emerson Holmes</b> Great engagement and contribution to our gardening group	<b>Jasper Stagoll</b> Making an significant contribution to the Paper inquiry group
Prep Best	<b>Lincoln Hailey</b> for always being a 'W.E.S.T.' person. Lincoln always has a smile and is welcoming to all	
Grade 1 Foster	<b>Sylwester Szyrka</b> for his positive attitude towards learning	<b>Rupert Williams</b> for being a great friend and sharing his positive attitude with others
Grade 1 Underlin	<b>Bayani Beeton</b> for being so helpful! Thank you! <b>Eli Boutcher</b> for always helping others!	<b>James Lynch</b> for excellent work in Literacy Groups!
Grade 2 Reid	<b>Remi Quarrell</b> for excellent work with her reading and spelling	<b>David Joseph</b> for working well on all tasks this week
Grade 2 Crawford	<b>Liliana Hodgetts</b> for her fantastic work ethic, <b>Johaam Alex</b> for being a super speller.	<b>Sarah McMullen</b> for working hard to improve her neatness.
Grade 3 Symons/Crombie	<b>Trae Walker</b> for writing a fantastic creative story.	<b>Stephanie Gardner</b> for tackling all problems with a positive attitude.
Grade 3 Wood	<b>Isaac Martin</b> for excellent effort in location and transformation.	<b>Murphy Widdowson</b> for fantastic improvement in reading.
Grade 4 Davie	<b>Macy Watts</b> for excellent progress with your reading.	<b>Elliot de Jong</b> excellent progress with your reading.
Grade 4 van Ryn	<b>Maggie Bailey-Walford</b> working hard on equivalent fractions.	<b>Caleb McKenzie</b> Making great spelling progress this year.
Grade 5 Hood	<b>Broden Harper</b> your thoughtful contributions to our class discussions	<b>Ava Boyle</b> your application, determination and excellent skills in division
Grade 5 Thompson Heathorn	<b>Maya Chapple</b> for going out of her comfort zone	<b>Lucas Mineall</b> for being a kind and considerate buddy
Grade 6 Steven	<b>Charlotte Barrett</b> For her active role in the school community	<b>Millie Geale -</b> For her sportsmanship and the ways she takes on a challenge
Grade 6 Viney/Izard	<b>Max Powell</b> For your outstanding, caring nature with younger students	<b>Zac Rayner</b> For your great participation in Grade 6 events and responsibilities.

## PARENTS AND FRIENDS NEWS

### SHS 2020 Twilight Fair Planning has begun.....

#### Sponsors/ Donations

If you have a business or your workplace would like to contribute to the school fair and provide financial sponsorship it would be greatly appreciated and assist with the fair planning.

#### Stall Convenors Wanted

Convenors are required for the following stalls:

Face Painting

Chocolate Wheel

Cake Stall

Fair Bags

Deserts

Ice cream/Drinks

Fairy Floss



The role of a stall convenor is to organise the stall during fair planning, set up on fair day and supervise on fair night. Rostered parent help is supplied on the night and it's a great way to meet school families.

For further information on stalls or sponsor donations please email

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





# MINI VINNIES

## CHRISTMAS HAMPERS

In Term 4 the Mini Vinnies team will be focusing on Christmas Hampers for the Vinnies Christmas Appeal.

Each grade has been given hamper to fill. Vinnies have asked us to focus on collecting food this year and have provided a list of suggested food donations (see below).



Please fill the hampers with **Food items** and **Christmas treats** that are non-perishable and in-date, such as:

Tinned Salmon	Tinned Corn	Tinned Beans	Christmas Bon Bons
Tinned Tuna	Tinned Tomatoes	Tinned Peas	Fruit Mince Pies
Tinned Ham	Tinned Fruit	Tinned Beetroot	Christmas Cakes
Milo	Jelly crystals	Pasta Sauce	Christmas Puddings
Fruit Juice	Cranberry Sauce	Spaghetti	Long-life Custard
Sparkling Apple Juice	Gravy Mix	Deb Dried Potato	Tinned shortbread
Soft Drink	Breakfast Cereal	Rice Crackers	Boxes of Chocolates
Water Cordial	Jams & Honey	Sweet biscuits	Christmas Stockings
Coffee	Wrapping Paper	Savoury Biscuits	Bags of Lollies
Serviettes	Grocery Cards	Potato chips	Popcorn

Please bring in all items by Monday December 2.

Thanks for your help and support,

## The Mini Vinnies 2019 Team

## 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](mailto: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](http://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.



## Last 2019 Carnival

Thursday 14th November  
SHS Prep-2 Athletics

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

Facebook: [www.facebook.com/sacredheartl](http://www.facebook.com/sacredheartl)

Pinterest: [www.pinterest.com.au/sacredheartl/](http://www.pinterest.com.au/sacredheartl/)

S.H.S. Parents and Friends email

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

S.H.S. Clothing Pool email

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

## 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 Thursday 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**

## End of Year Concert & Awards Evening

St Patrick's College  
Thursday 28th November

The process for ticketing for this event has changed. Tickets have been allocated at two tickets per family and these will be available from your school office the week beginning 21st October. Tickets have been enveloped for either your son / daughter (eldest involved in the Launceston Catholic Schools Instrumental Music Program) to collect or parents / guardians. Information will be included with the tickets in relation to the rehearsal day and the allocation of extra tickets if required.



### **End of Year Concert & Awards Evening - St Patrick's College - Thursday 28th November**

Dear Parents/Guardians,

By now your son/daughter should have delivered your tickets and letter regarding the Primary Rehearsal Day on Wednesday 27th November. These were distributed in late October. Could I please ask that you return any unwanted tickets in the envelope provided or make your requests for the additional two tickets mentioned in the letter asap. If you have not received your tickets please email [music@stpatricks.tas.edu.au](mailto:music@stpatricks.tas.edu.au) with your child's name and school.

Thank you. Cathy Ford, Arts Administration, St Patrick's College

## SCHEDULE OF FEES 2020

Invoices will be issued to you early in the new school year.

<b>Tuition Fees</b> (Kinder to Gr 6)	\$1947.00 per student per year
<b>Capital Levy</b>	\$250.00 per family per year
<b>P&amp;F Fees</b>	\$63.00 per family per year
<b>TOTAL</b>	<b>\$2260.00</b>

5% discount on the fee component will be given for full payment made by

30th March 2020.

1 Child family early payment discount	\$97.00
2 Child family early payment discount	\$195.00
3 Child family early payment discount	\$292.00
4 Child family early payment discount	\$390.00

**Family Discount** can be claimed by families with multiple children at Tasmanian Catholic schools or colleges in accordance with Catholic Education Commission School Fee Assistance Policy. The discount rate is

3 children 10% discount on tuition fee only

4 children 20% discount on tuition fee only

5+ children 30% discount on tuition fee only

We will apply this discount once the payment plan form is returned and completed.

**Music program** will be invoiced in April and added to your school fees. \$550 per year with instrument hire or \$320 if you have your own instrument.

**Financial hardship** forms are available from the office.



Are you interested in giving Triathlons a tri? Why not join us at a race this season?

A great way to practice for the Schools Triathlon Challenge

Devonport 28<sup>th</sup> November/Hobart 6<sup>th</sup> December.

## TRYSSTAR EVENTS

DATE	EVENT	LOCATION	AGE	KEY	RACE ORGANISERS
25/08/19	Duathlon	Hobart DEC	7-9/10-12	C,D	Triathlon South
22/09/19	Duathlon	Hobart DEC	7-9/10-12	C,D	Triathlon South
20/10/19	Duathlon	Hobart DEC	7-9/10-12	C,D	Triathlon South
27/10/19	Triathlon–Pool Swim	Georgetown	7-9/10-12	A,B	Launceston Triathlon Club
10/11/19	Duathlon	Hobart DEC	7-9/10-12	C,D	Triathlon South
10/11/19	Triathlon	Stanley	7-9/10-12	A* B*	Cradle Coast Triathlon & Multisport
24/11/19	Aquathlon	Georgetown	7-9/10-12	E,F	Launceston Triathlon Club
15/12/19	Triathlon	Georgetown	7-9/10-12	A,B	Launceston Triathlon Club
27/12/19	Aquathlon	Bellerive	7-9/10-12	E,F	Triathlon South
04/01/20	Aquathlon	Bridport	7-9/10-12	A,B	Launceston Triathlon Club
11/01/20	Aquathlon	Burnie	7-9/10-12	E,F	Cradle Coast Triathlon & Multisport
18/01/20	Triathlon	Seven Mile Beach	7-9/10-12	A,B	Triathlon South
02/02/20	Triathlon	Seven Mile Beach	7-9/10-12	A,B	Triathlon South
26/01/20	Duathlon	Latrobe	7-9/10-12	C,D	Cradle Coast Triathlon & Multisport
02/02/20	Triathlon	Seven Mile Beach	7-9/10-12	A,B	Triathlon South
08/02/20	Triathlon	Scamander	7-9/10-12	A,B	<a href="mailto:Barry.Lefevre@bodc.tas.gov.au">Barry.Lefevre@bodc.tas.gov.au</a>
14/02/20	Aquathlon	Kingston Beach	7-9/10-12	E,F	Triathlon South
22/02/20	Aquathlon	Coles Bay	7-9/10-12	A,B	<a href="mailto:info@colesbayhalf.com.au">info@colesbayhalf.com.au</a>
01/03/20	Triathlon	Devonport	7-9/10-12	A,B	Cradle Coast Triathlon & Multisport
15/03/20	Aquathlon	Preservation Bay	7-9/10-12	A,B	Cradle Coast Triathlon & Multisport
22/03/20	Aquathlon	Georgetown	7-9/10-12	E,F	Launceston Triathlon Club
29/03/20	Triathlon	Seven Mile Beach	7-9/10-12	A,B	Triathlon South
05/04/20	Aquathlon	Beauty Point	7-9/10-12	E,F	Launceston Triathlon Club

### KEY

- |   |   |
|---|---|
| A. Triathlon - 100m swim/3km ride/1km run (7-9)     | A* mountain bikes required as ride leg on a track |
| B. Triathlon - 200m swim/6km ride/1.5km run (10-12) | B* mountain bikes required as ride leg on a track |
| C. Duathlon - 1km run/3km bike (7-9)                |   |
| D. Duathlon - 2km run/6km bike (10-12)              |   |
| E. Aquathlon - 100m swim/1km run (7-9)              |   |
| F. Aquathlon - 300m swim/4km run (10-12)            |   |

**PLEASE CHECK WITH RACE ORGANISERS PRIOR TO RACES AS EVENTS MAY BE ALTERED**

**Entry fee:** Members - free (please provide proof of membership) Non-members - \$5.00

**Membership information:** [click here](#)

**Triathlon Tasmania website** [click here](#)



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12 people made the  
list for our 2019 list.  
Support for charity.

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[www.entbook.com.au](http://www.entbook.com.au)  
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purchase.

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will be yours.  
Support for charity.

Single City - \$69.99	Multi City - \$119.99	Multi Plus - \$229.99
<ul style="list-style-type: none"> <li>Can be any single membership through out Australia or New Zealand</li> <li>1 year membership</li> </ul>	<ul style="list-style-type: none"> <li>Unkik all 21 memberships through out Australia, New Zealand and Pak</li> <li>1 year membership</li> </ul>	<ul style="list-style-type: none"> <li>Unkik all 21 memberships through out Australia, New Zealand and Pak</li> <li>2 year membership</li> </ul>

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Any questions please contact Rebecca McPherson, Phone: 0895 121932 Email: [rebecca@woodbridgehs.com.au](mailto:rebecca@woodbridgehs.com.au)



UNIVERSITY of  
TASMANIA

# RIVER RUN

SUNDAY 24 NOVEMBER 2019  
RIVERBEND PARK, LAUNCESTON

**2KM** • FREE EVENT  
• RACE STARTS 10.30AM

Start/finish at Peppers Silo Hotel,  
loop around the Seaport & Royal Park

BBQ | COFFEE | PRIZES  
OPEN TO ALL AGES AND FITNESS LEVELS  
CHEER ON THE UTAS ROWING CHALLENGE

**PLACES LIMITED - REGISTER NOW!**

 [riverrun2019.eventdesq.com](http://riverrun2019.eventdesq.com)