



# NEWSLETTER

SACRED HEART  
CATHOLIC PRIMARY  
SCHOOL



## Online Content:

### Website:

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

### Facebook:

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

### Pinterest:

[pinterest.com.au/  
sacredheartl](https://pinterest.com.au/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

<http://MyTerncity.com.au>

**Kinder  
Enrolments  
for 2021  
Close May 29th**

### Uniform Shop

Thursday 2-4pm

**The uniform shop will  
remain open but only one  
customer will be allowed  
in the shop at a time.**

**Essential purchases only!**

## From the Principal:

### *"Taking Control"*

What do you do, when the whole world seems like it's out of control? As a global community, we are faced with a situation that seems out of control – the spread of the coronavirus and the illness it causes, COVID-19. And as international health officials, epidemiologists and virologists work 24/7 to get a handle on the virus, local and regional government officials are working to contain its spread.

So, as the outside world works to assert some control, what about the inside world – the one that goes on in our own minds? It deserves some attention as well, and it is attention that each of us can apply to our own mental well-being. The key to maintaining our positive mental and emotional health is to monitor our self-talk, that constant thought-conversation that goes on in our heads, 24/7/365.

Remember, our thoughts accumulate to become our beliefs. These beliefs direct our awareness network – the Reticular Activating System (RAS) – to seek out information that confirms that these beliefs have value. Now, these thoughts we have are influenced by the world around us, and how we understand our place in it. If this is true, and it is, then it behooves us to be mindful about who and what we listen to.

We have control over what we take in, give sanction to, and believe. Until we do give sanction to something, it remains outside – in the metaphorical cold and rain. Minute by minute, decision by decision, we take control over what we allow in our minds, just like the decisions we make about what we take into our bodies. Healthy self-talk is a positive nutrient to our minds, and provides us with a critical perspective toward what we hear and see.

News outlets, social media posts, information passed on from friends and family – all of this needs to be rinsed through that critical perspective. Does the speaker have credibility? Is the person dispensing the information a professional with the education, experience and credentials to back up what is being said? Question their authority. If you have doubts about the speaker, then think again before passing along the information. Misinformation and disinformation have found a second life on social media. You have control, from your corner of the world, over whether or not you buy into it, allowing it to control your thinking.

Looking around this week, I observed calm in our children at school in the past week. Why is that? Our staff should take great pride in the messages they are sending to our children. They continue to provide the best possible Catholic Education in the most challenging circumstances. We are especially grateful for what messages parents are providing children with. As adults in the SHS community let's continue to work together to provide calm and measured responses to our children and one another.

## Brent Leave

As previously advised I will be on Long Service Leave for the remainder of this term. Adele Murphy is Acting Principal. I'm sure you will continue to provide Adele with the same level of support and encouragement you provide me with.

## Acting Deputy Principal

Congratulations to Sarah Viney who has been appointed Acting Deputy Principal in my absence.

- Penelope Izard will be teaching Grade 6 Green fulltime in Sarah's absence.
- Hayley Johns will be the Grade 1 Team Teacher in Penelope's absence

## Fair 2020

The Parents and Friends Fair Committee have decided with consultation with me to cancel our Fair for 2020. We understand this will bring disappointment to many. As a school we have made our decision based on advice from the TCEO and discussion with our team.

We hope to be back with a Fair in 2021.

## NIJSSA Swimming Carnival

Congratulations to our SHS Team who were placed third at the NIJSSA carnival.



**Brent Wilson**  
**PRINCIPAL**

## Notice from CommBank School Banking

The health, safety and wellbeing of our communities and our people is our first priority. Due to the rapidly developing situation with coronavirus, School Banking has been temporarily paused from **20 March 2020** until the start of **Term 2**. Please don't bring your deposit book with your weekly banking into school and we will notify you when banking will recommence.

## School Families - Kinder 2021

All school families who have a child who is 4 years of age as of the 1<sup>st</sup> January 2021, please complete an enrolment form from our school office ASAP.

I would also encourage you to make contact with families and friends who you know are looking at enrolling their children at S.H.S. to also make contact with the school as soon as possible.

**Enrolments close on Friday 29th May 2020**

March 2020						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
15th	16th	17th	18th	19th NO Band/Strings program	20th	21st
22nd	23rd Catholic Education Week	24th	25th No School Banking	26th NO Band/Strings program	27th	28th
April 2020						
29th	30th March	31st March	1st No School Banking	2nd NO Band/Strings program	3rd	4th
5th	6th	7th	8th No School Banking	9th NO Band/Strings program	10th	11th

### School Fee's

Reminder: 5% discount on the fee component will be given for full payment made by 31st 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

## The Spirit of Jesus is Alive in:

<b>Prep Hills</b>	<b>Felix Stagoll</b> For showing greater resilience and persistence in tasks this week	<b>Saige Cairns</b> For taking greater care in looking after her belongings
<b>Prep Best/McHarg</b>	<b>Willow MacDonald-Brown</b> For demonstrating a great 'Have a go' attitude towards writing	<b>Daisy Cooper</b> For remembering to use finger spaces and full stops in her writing
<b>Grade 1 Underlin</b>	<b>Eddie Leake</b> For his improvements in Spelling <b>Leo Matthews</b> For being so helpful	<b>Mia Adams</b> For her persistence in English
<b>Grade 1 Foster</b>	<b>Archer Madden</b> For his willingness to have a go at everything	<b>Indya Zeeman</b> For her wonderful progression with her reading knowledge and understanding
<b>Grade 2 Crawford</b>	<b>Campbell Woodgate</b> For excellent work in Maths this week <b>Poppy Ebbelaar</b> For working hard on her handwriting this week	<b>Jack Turner</b> For listening really well in class this week
<b>Grade 2 Reid</b>	<b>Harper Heather</b> For an improved work ethic	<b>Eli Boutcher</b> For fantastic writing
<b>Grade 4 van Ryn</b>	<b>Bella Rose</b> For impressive mental computation skills	<b>Jake Hailey</b> For building resilience and facing his fears on camp
<b>Grade 4 Davie</b>	<b>Chace Weber</b> For his wonderful attitude and smile on camp	<b>Addison Dennis</b> For being a STAR on camp
<b>Grade 5 Hegarty</b>	<b>Harrison Millwood</b> For always being a helpful and considerate member of our class. You are a great role model	<b>Aman Tesfay Kesete</b> For your improved efforts in reading! Well done!
<b>Grade 5 Lee</b>	<b>Jeremy Churchill-Bakes</b> For being focused and working hard in class	<b>Tomasz Szpyrka</b> For consistently finishing work to a high standard
<b>Grade 6 Steven</b>	<b>Antonio Ciampa</b> For his much-improved work ethic in the classroom	<b>Oliver Woolley</b> For the care and concern he shows in the playground by assisting other students back to class after break times
<b>Grade 6 Viney/Izard</b>	<b>Aria Spencer</b> For her positive and persistent mindset in Maths	<b>Ella Frerk</b> For being a role model to others in her outstanding attitude and dedication to her learning

‘Love your neighbour as yourself.’  
There is no commandment  
greater than these.”

Amidst the world’s response to the Covid 19 outbreak we place trust in our governments, organisations and significant trust in each other. We understand the importance of social distancing and cleanliness at this time. Already our young people are making sacrifices for the good of their community, even though many of them are not aware of their contribution. Not attending sporting events, parties, fairs are all ways we stand in unity to help our communities, our health systems and our world. For some of our young people this is by far the biggest contribution they have made to society to date. For some this will seem frightening, but finding comfort in their own roles in tackling this pandemic will help them see their value in society.

The Gospel of John recounts Jesus’ words to His disciples in the upper room before His death. During His final discourse, He tells them that it is better that He goes away so that the Holy Spirit would come. The loss of His physical presence through His death, resurrection and ascension would lead to an even deeper communion with God. The absence of our large gatherings of Prayer and of recreation will be a great testimony to the presence of God in our care for our neighbours.

In Peace, Love and Happiness,

**Anna Davie**

**REC**



*Carry the Lantern  
with  
Dignity, Courage  
and Compassion.*



### Upcoming changes to School Service 856PM

Metro has reviewed the School Service Route 856PM as a result of enquiries from students and parents living in Blackstone Heights.

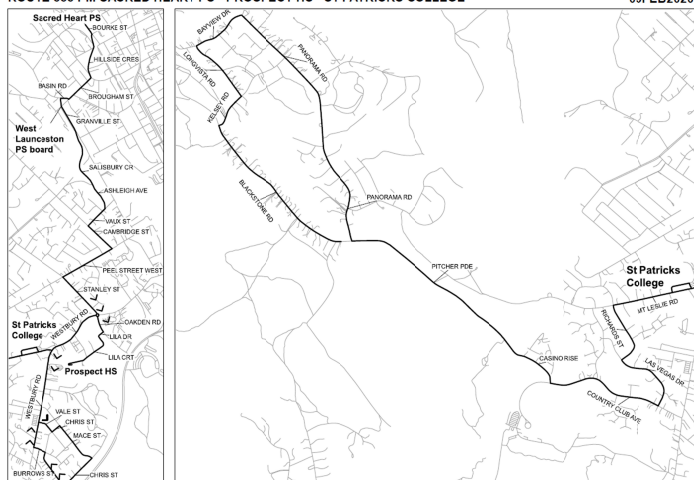
This service connects with services from other schools at St Patricks College.

From **Monday 23 March 2020**, the route 856PM will service Neptune Drive and Glover Ave in Blackstone Heights. This will eliminate the need for students to cross Panorama Road to access these streets.

Attached is an amended route map to indicate the new streets added to this service.

ROUTE 856 PM SACRED HEART PS - PROSPECT HS - ST PATRICKS COLLEGE

05FEB2020



# NIJSSA SWIM CARNIVAL

On Thursday 12th of March Sacred Heart participated in the NIJSSA Swimming Carnival. We would like to thank all the parents who helped, and the teachers who made it possible. A special thanks to Mr. Anderson without you the carnival wouldn't have happened and to Miss Gillen and Miss Lee for supervising also.

The Sacred Heart swimming carnival was held on the 28 of February, those who were successful made it into the NIJSSA carnival. With the successful team members participating in a training session the following Friday.

Thursday saw fabulous autumn weather, with the sun shining and hardly a cloud in the sky, with the temperature in the low 20's.

The temperature was hotter in the grandstand with the Sacred Heart team being very vocal in barracking, once we even thought we needed earmuffs because the Sacred Heart team was cheering so loud, hoping our team would win races.

The competition was very hard, but we did a good job, especially the Grade 3s, as it was their first time and we've got to say, they did a great job and did their best to help the team. We are very proud of you.

Everyone performed to a high level, enabling Sacred Heart to be the best Catholic school on the day and to finish in third place overall.

We would like to congratulate the all the relay teams and the following people for their exceptional performance in the pool:

Grade 3 -Josef Ramirez, Addison Frerk, Imogen Lee

Grade 4 -Seb Hardinge, Ethan Chapple, Georgia Freeman, Emmerson Lowry

Grade 5 - Ben Berlese, Daniel Wojcik , Ruby Jones/Ivy McCullagh, Lily Matthews

Grade 6 - Max Matthews, Elouise Frerk

We would like to congratulate everybody who participated as our attitude and commitment to doing our best was amazing.

We wish the swimming team the very best for next year, as we believe the standard of swimming at Sacred Heart will only improve in future years.

Mitchell Campbell and Elouise Frerk

Sacred Hearts Swimming Captains 2020



# NIJSSA SWIM CARNIVAL





# NIJSSA SWIM CARNIVAL



**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**

**Sacred Heart's Pupil Free  
Day for 2020 is Monday  
20th July**

**2021 Term Dates Catholic Schools****Term 1 Monday 1.2.21 to Thursday 1.4.21****(Term 1 holidays includes easter break)****Term 2 Monday 26.4.21 to Friday 2.7.21****Term 3 Monday 19.7.21 to Friday 24.9.21****Term 4 Monday 11.10.21 to Wednesday 15.12.21****Please note changes for 2021:**

- Term 1 will commence on the Monday
- Term 1 Holidays/Easter break is for 3 weeks

**2020 Carnivals**

Friday 8th May - Prep - 2 Cross Country

Friday 22nd May - Gr 3-6 Cross Country

Friday 11th September - Gr 3-6 Athletics Carnival (date to be confirmed)

Friday 13th November - Prep - 2 Athletics Carnival

**Uniform Shop****Thursdays****2 - 4pm****Email:**[shs.clothingpool@catholic.tas.edu](mailto:shs.clothingpool@catholic.tas.edu)

**St Patrick's College**  
LAUNCESTON

ST PATRICK'S COLLEGE

**YEAR 7 2021  
ENROLMENT  
INFORMATION  
EVENING**

**WEDNESDAY,  
18 MARCH, 2020; 7.00 PM**

ST PATRICK'S COLLEGE CHAPEL

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

## 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.

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

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

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

## 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 new space (old hall area), in a confidential environment on a regular or semi-regular basis depending on the needs and goals of your child or the needs of your family.

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 and RULER 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](mailto:helen.halley@catholic.tas.edu.au)

Kind regards,  
Helen Halley



## Wellbeing – Growing Great Kids

Shared by Helen Halley, SHS Wellbeing Leader



I have come across two great links recently from Maggie Dent and thought that some parents might be interested. The first link is an article about "Why parenting is really all about neuroplasticity". This article takes into the child's learning from when they are very young, right through to what happens to them as teenagers. The second link is a clip (just over 4 mins) on Things that Build Resilience in Kids. The two links complement each other.

[https://www.maggiedent.com/blog/why-parenting-is-really-all-about-neuroplasticity/?utm\\_source=Maggie%27s+mailing+list&utm\\_campaign=2eed4199fb-&utm\\_medium=email&utm\\_term=0\\_a8ec9d9d01-2eed4199fb-252049309&goal=0\\_a8ec9d9d01-2eed4199fb-252049309&mc\\_cid=2eed4199fb&mc\\_eid=73743f63ad](https://www.maggiedent.com/blog/why-parenting-is-really-all-about-neuroplasticity/?utm_source=Maggie%27s+mailing+list&utm_campaign=2eed4199fb-&utm_medium=email&utm_term=0_a8ec9d9d01-2eed4199fb-252049309&goal=0_a8ec9d9d01-2eed4199fb-252049309&mc_cid=2eed4199fb&mc_eid=73743f63ad)

[https://www.youtube.com/watch?v=sOvj9J51XuY&feature=youtu.be&utm\\_source=Maggie%27s+mailing+list&utm\\_campaign=2eed4199fb-&utm\\_medium=email&utm\\_term=0\\_a8ec9d9d01-2eed4199fb-252049309&goal=0\\_a8ec9d9d01-2eed4199fb-252049309&mc\\_cid=2eed4199fb&mc\\_eid=73743f63ad](https://www.youtube.com/watch?v=sOvj9J51XuY&feature=youtu.be&utm_source=Maggie%27s+mailing+list&utm_campaign=2eed4199fb-&utm_medium=email&utm_term=0_a8ec9d9d01-2eed4199fb-252049309&goal=0_a8ec9d9d01-2eed4199fb-252049309&mc_cid=2eed4199fb&mc_eid=73743f63ad)

## Sacred Heart B-4 Program is back for 2020

Are you looking for a play based program that gives your child the opportunity to learn, discover, investigate and most of all have FUN!!!!

Would you like to meet new families?

Bring along a friend.

Do you want time out to sit and play with your child?

If your child is aged 0-4 years, bring them along to the B-4 program each Tuesday during school term. Your child will paint, sing, dance, make and create, share stories, dress up and more the outdoors.

It's FREE!!!

Sessions available: Morning- from 9am-11am

Afternoon- from 12.30pm-2.30pm

Bring along a hat, water bottle and a piece of fruit to share at eating time

Kinder Green room will host the B-4 program each Tuesday

For further information please email:

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

**POSTPONED  
UNTIL FURTHER NOTICE**

Dance Fever starts

Thursday 13<sup>th</sup> Feb until

Thursday 9<sup>th</sup> April

All students in Prep - 6

wear sports uniforms

PHYSICAL EDUCATION PROGRAMS FOR SCHOOLS

**DANCE FEVER**  
**MultiSport**

**POSTPONED  
UNTIL FURTHER NOTICE**