



# 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:

### Dear Parents,

I am hoping this message finds you all well and safe. Thank you to all parents/guardians and staff for your ongoing support in this extraordinary, challenging and demanding time. At Sacred Heart we are working collectively to ensure there is minimum impact on our students, staff and the wider community, implementing necessary changes whilst simultaneously promoting a culture of being calm and providing our students with as much normality as possible. Whilst many students are disappointed with the cancelling of events that are no longer available to them and anxious around COVID-19, the laughter and joy we hear coming from the playground remains.

Thank you for all the encouraging emails that have been sent to staff. Our staff have been extremely busy delivering the daily learning program as well as other demands, so please continue to be respectful of this as well as their time. The way that our staff have dealt with the ever changing situation in a positive manner and continued to provide for our students has been extremely admirable

As of yesterday, our Premier has advised that parents/guardians may choose to keep your children at home.

Sacred Heart Catholic School fully supports you in this choice. To assist us in monitoring our students and maintaining our duty of care, we are asking our parents to please let us know in writing, via email to [shsl@catholic.tas.edu.au](mailto:shsl@catholic.tas.edu.au) if you have chosen to self-isolate.

Sacred Heart will continue to update you with information to support students and families.

## Launceston Parish

Father Mark Freeman has advised us that due to the Church of Apostles being closed those who wish to stay in contact can the Parish Office who will guide you further.

## Band and Strings Program

We have received an update about the Band and Strings Program from Fiona Mowat. They are currently working hard to construct an online page for primary music students. Parents will receive an email to inform them how to access the site. In the interim students can be working on the following;

### STRINGS:

Beginners (foundation): pages 2-11 (no bows yet)

Seniors (development): keep working through your book.

### BAND:

Beginners (foundation): setting up your instrument, making a sound, page 6.

Seniors (development): keep working through your book.

**Adele Murphy**  
**ACTING PRINCIPAL**

When this is over  
May we never again  
Take for granted  
A handshake with a stranger  
Full shelves at the store  
Conversations with neighbours  
A crowded theatre  
Friday night out  
The taste of communion  
A routine check-up  
The school rush each morning  
Coffee with a friend  
The stadium roaring  
Each deep breath  
A boring Tuesday  
Life itself.

When this ends,  
May we find  
That we have become  
More like the people  
We wanted to be  
We were called to be  
We hoped to be  
And may we stay  
That way – better  
For each other  
Because of the worst.

## 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
22nd	23rd Catholic Education Week (cancelled)	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 Student Free Day	7th Student Free Day	8th Student Free Day	9th Student Free Day	10th Good Friday	11th
12th	13th Holidays	14th Holidays	15th Holidays	16th Holidays	17th Holidays	18th

### 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

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

Being social beings and building close communities is why we are here today. Now for the first time in most of our lives, we are being asked to physically separate.

This will feel unusual and strange, and it should, but if it is temporary, it is the kindest thing we can all do at the moment.

This is difficult for many of us, as we have always tried to be like Jesus, helping others and this is usually very visible. It is how we treat each other, how we play with each other, how we celebrate together and how we care for each other. Now we find ourselves in unprecedented territory, where to be a good friend, a good family member, a valued member of society we must distance ourselves.

Carrying our lanterns with dignity, courage and compassion is what we must do. Others may not see us, but we are all relying on each other to do this.

Perhaps during this trying time we can see this time as an opportunity to find new ways to build connectedness with each other. 2020 affords us more opportunity to interact remotely than ever before. Call or Skype our friends, make a card and send it to our grandparents, take a walk with our brothers and sisters.

We now, more than ever before, have a unique opportunity to get back in touch with ourselves.

We could keep a diary, or an art journal, read some good books, and maybe think about what you want the world to look like after this pandemic and how you might start creating that world now.



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

Strength, love and peace to all our  
SHS community.

**Anna Davie**

**REC**

**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 learn, sing, dance, make and create, share stories, dress up and play in 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)

## PHYSICAL EDUCATION PROGRAMS FOR SCHOOLS

Dance Fever starts

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

Thursday 9<sup>th</sup> April

All students in Years 1-6

wear sports uniform every

Thursday

**POSTPONED UNTIL FURTHER NOTICE**

**DANCE FEVER**

**Multi Sport**



### 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

