



# 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  
(Date under  
Review)**

**Uniform Shop**

**Closed until further notice**

## From the Principal:

Dear Families,

At the end of week nine I am hoping that you, your families and loved ones are all safe and well. At Sacred Heart we greatly appreciate all the thankful emails and correspondence we have been receiving from our community. The staff at Sacred Heart have gone above and beyond over the last few weeks to care for all students in our community who we have been entrusted with, and I'm sure you will join me in shared gratitude. This gratitude also extends to our wider community and the positivity that remains despite the enormity of the situation.

This week our teachers have provided you with some guidance around home learning opportunities. Even though student numbers are significantly reduced, teachers have still been teaching face to face with students in their classrooms so thank you for your patience and respectful communication during this time. We will continue to communicate with you as plans evolve.

Please enjoy the school holidays with your children, we pray that all you all stay safe together.

**Adele Murphy  
ACTING PRINCIPAL**

### Live Streams of Mass

Thank you to Fr Mark Freeman, our Parish Priest at the Catholic Parish of Launceston who has sent through the following details;

Until further notice, Mass around the world have ceased. Live streams however are available via the Catholic Parish of Launceston Facebook site each weekend at ten o'clock in the morning.


<https://www.facebook.com/CatholicParishLaunceston/>

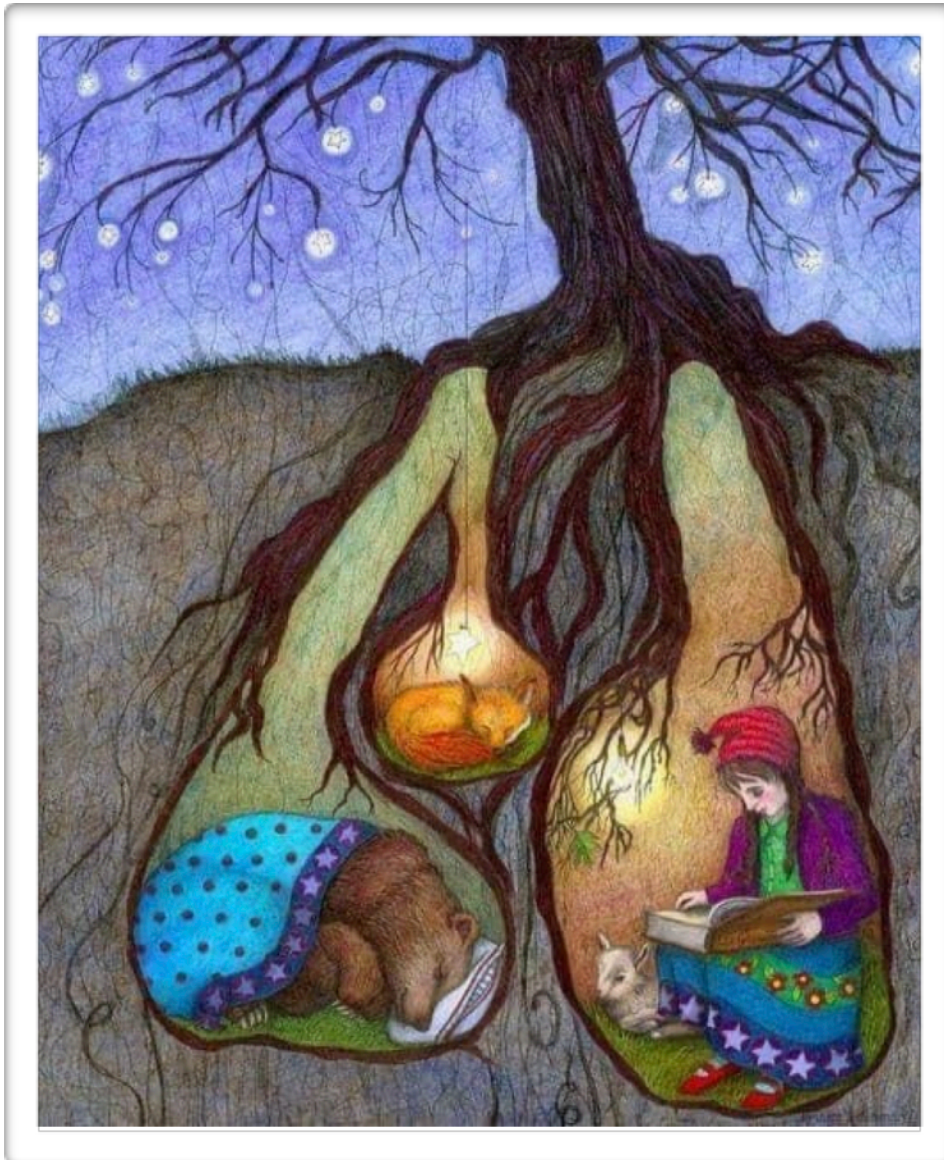


**SUNDAY  
MASS**

**LIVE STREAM**

**EVERY SUNDAY @ 10AM**

 @CatholicParishLaunceston



“And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

”And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

”And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.”

Written by Kitty O'Meara

April 2020						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
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
19th	20th Holidays	21st Holidays	22nd Holidays	23rd Holidays	24th Holidays	25th Anzac Day

### 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 further notice. 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 (date under review)**





## Term One Fun at B-4









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

Dear Families,

As we continue through this unprecedented period, we deeply consider what's most important to us. The actions we take today, show we value society, we value our health and we care. As we make sacrifices, it continues to be reassuring to know that everyone in our community is working hard, in essence so we can continue to lead the lives we had.

Recently, I have been thinking about how different our Easter celebrations will look this year. I considered where Jesus was in the Easter story. In the Lenten period.,

Jesus was in the desert. He went there to think, to prepare, to pray. Forty days he spent there before returning and making his entrance into Jerusalem. The people were so excited, waving palms and celebrating. This Sunday we celebrate Palm Sunday.

Perhaps we could wave to someone, read the Palm Sunday story, draw a chalk drawing on our footpath to celebrate this occasion.

As we sit in the comfort of our homes, let us remember how fortunate we are. Let us remember those less fortunate, those that live in camps, those that don't have warmth or comfort, or enough food. Let us also remember Jesus and the ultimate sacrifice he would shortly make to save us all. Let us be thankful, that in this testing time we have our families, our comforts and a community that cares.



Strength, love and peace to all our  
SHS community.

**Anna Davie**

**REC**



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

## Wellbeing Support

Dear Families,

I wanted to share with you some well-being ideas for all families at this difficult and uncertain time. The ideas focus on 'this time' that we will be having in our homes - now, over the holiday period and potentially beyond. How often have we said, "if only I had more time ..." I truly believe 'this time' is a precious time and could be seen as a gift to us. Some of the things are young at heart so modify as needed. These can be found on the second page.



I know there are many, many anxieties and stresses now and possibly to come, and there are no simple answers or solutions, but one of the most compelling things I have come across is the idea of what is within our control and actioning what we can. This is very empowering. The idea comes from adding the words "so I will ..." to our thoughts and statements which involves some kind of action. For example, I am missing my friends so I will ... call them on the phone or send them a message. We are worried about our grandparents ... so we will make them a card and give it to them when we drop off the food to their home. I am bored so I will ... do some craft or get out my Lego or construction and create something amazing. I am looping some thoughts so I will ... do some grounding or mindfulness activities (involving the senses and in the present moment). We are feeling frustrated with one another so we will ... create 'me time' and 'we time' in our home. I am feeling overwhelmed so I will ... do some deep breathing and something calming for myself. I am getting really anxious listening to all of this news so I will ... turn off the tv and choose to do something else that will make me smile.

For those who are familiar with My Tern, there are many PETs (personal emotional tools) that we can tap into. If you are not familiar with PETs, then it really is just a matter of finding strategies that help you manage or regulate or calm that are just right for you. Some of these may include: eating healthy food and drinking water; having a warm bath or shower; going for a walk or jog, [or doing some stretches or one of the many online indoor exercises on offer](#); jumping on the trampoline; lying on the grass and looking for the different images in the clouds; watching the ants and insects doing their thing in the garden; getting some sunlight; blowing some bubbles into the breeze and watching them drift by; reading a book; listening to favourite music; singing (google "every little cell" by Allison Davies for a great tune); talking to someone; praying; doing something kind for someone else; being grateful; thinking happy thoughts; being creative; deep breathing and/or meditation (visit Peaceful Kids for some lovely meditations); getting enough sleep (try lavender nearby your bed); have some lovely fragrances around you; hugging a real pet or each other at home; ) do something that makes you laugh ...

As a family, you could all write up your PETs (maybe make some posters or print them off) and place them where everyone can see them and you can support one another with them.

You might also note that some of what I have suggested has been shared above in the "so I will ..." idea and/or will also be repeated on the next page on "time at home".

I extend my deepest well wishes to you all at this time. I am contactable via email and will be looking at other ways I might be able to support your child or family during this time.

Kind regards, Helen Halley

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

Well-being

## Wellbeing - Growing Great Kids

Shared by Helen Halley, SHS Wellbeing Leader

Time at home ... time for calmness and time for connection,  
time for delight and love, time to count blessings



- Time to make believe - cafe at home, dress ups and performances, vets (using stuffed toys), a puppet show with toys or make your own sock puppets, "my home's got talent" show ...
- Time to play - board games, with lego or blocks, music (make your own instruments), memory games, guess that song by humming/ clapping the tune, charades ...
- Time to create - small worlds, collages, cooking, playgrounds or theme parks for small dolls or teddies ...
- Time to use hands - sewing cards, play dough, sketching, drawing, colouring in, painting, making cards or postcards to send ...
- Time to be helpful - children love to be helpful and contribute, let them and praise them for this. Try and allow your child to help wherever possible, they are very capable and will be learning new and developing skills each time. This also gives them a sense of achievement and contribution. Why not have a "family member of the day/week" award!
- Time for outside - pottering around in the garden, noticing and wondering about the little creatures on the plants, growing some seeds, kicking the ball, daily fitness stations, star gazing in the backyard ...
- Time for giving - thinking about how we might be able to help someone else, making a card and sending it or popping it in the neighbour's mail box, checking in on neighbours, calling or face timing/ skyping etc family and friends and sharing a song or book ...
- Time to give thanks - think about all the things you are thankful for. Perhaps these can be shared around the dinner table, or even light a candle and share as part of prayer time.
- Time to talk and time to listen with each other.
- Time for calmness and time to BE. It's super important that we all have opportunities to "be in the flow", you know those times when we are pottering in the garden, or strolling on the beach, or engrossed in a great book and we just lose track of time. "The flow" stuff does need to be active, not passive, for it to be most effective for our well-being.
- Time for breathing and using self regulation strategies when things do not go quite to plan or when we need to slow things down - and that's for all of us!
- Time to enjoy the simple things of family life. Maybe it might be helpful to think back to when you were a child and things you enjoyed or ask grandparents to share what they enjoyed when they were little. Perhaps you could have an 'olden days' day once a week and re-live those times. Look back through your photos of when your child was born and younger and share your memories and joys of this time. Share your photos of when you were young! Why not create a scrapbook or blog of things you are doing in your homes and capture these memories at this time.
- Time to make home the best home it can be for your family. A safe place in every sense - physically, emotionally, spiritually and mentally. A place of well-being and place of sanctuary. A place of growth (we will all grow in this) and above all, a place of love and connection.
- Time to consider what is really important to and for you and your family.



**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****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**

Until further notice the Uniform shop will be closed to families and no orders will be taken via email.

As your uniform items need to be currently purchased from Midford during this time, please check their opening times and their last day is **Saturday the 5th of April until further notice.**

**Winter tunics and skirts:** families will be notified once orders are ready for collection. The manufacturers have given a tentative date of April 29th for completion of the orders.

**Sport Track Pants:** stock have arrived at school. If you wish to have a pair put on hold for when school returns please email [shs.clothingpool@catholic.tas.edu.au](mailto:shs.clothingpool@catholic.tas.edu.au)

For further information please contact Rebecca or Kelly via email [shs.clothingpool@catholic.tas.edu.au](mailto:shs.clothingpool@catholic.tas.edu.au)

## 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)





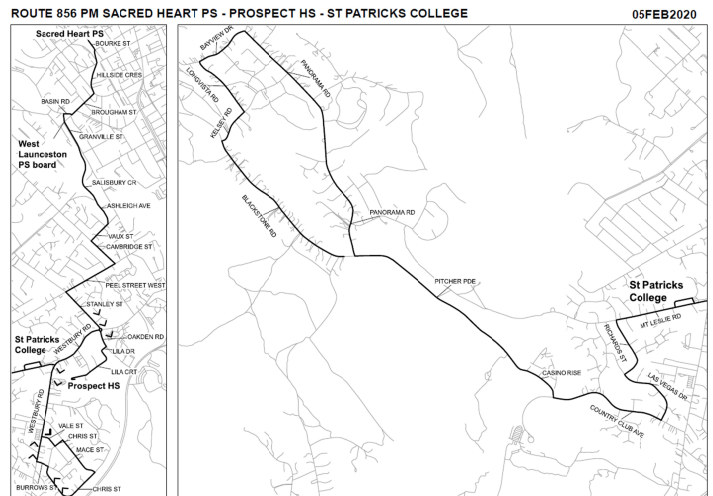
### Upcoming changes to School Service 856PM

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.



106/LE

30 March 2020

To whom it may concern,

#### **Changes to Metro school bus services**

On Wednesday 25 March, the Tasmanian Government announced that the end of Term One for students in Government primary and secondary schools would be brought forward to Friday 3 April. Subsequently, Catholic Education Tasmania also brought forward their calendar to align with Government schools.

The Department of State Growth, which contracts Metro Tasmania to deliver bus services, has advised that school bus services will conclude for Term One on Friday 3 April. For schools remaining open in the week from 6 to 9 April, the following arrangements will apply for Metro-operated services.

#### **HOBART**

- Public services (routes numbered in the 400, 500 and 600 series and their express variants) will continue to operate to the usual Term timetable. Services marked on timetables as '**S – operates on school days only**' will continue to operate as normal.
- School bus services (routes numbered in the 200 and 300 series, along with Hobart College Route 451) will not operate. Students requiring travel to and from school will need to use public services to make their journeys.

#### **LAUNCESTON**

- Public services (routes numbered from 106 to 167) will continue to operate to the usual Term timetable. Services marked on timetables as '**S – operates on school days only**' will continue to operate as normal.
- School bus services (routes numbered in the 800 series) will not operate. Students requiring travel to and from school will need to use public services to make their journeys.