



Online Content:

Website:

www.sacredheartl.tas.edu.au

Facebook:

facebook.com/sacredheartl

Pinterest:

pinterest.com.au/sacredheartl

P & F email

pnf@sacredheartl.tas.edu.au

Our P.B.S. Values are:

Respect for Ourselves
Respect for Others
Respect for our Learning

Mother's Day Stall

Wednesday 4th May
& Thursday 5th May



Welcome Back for 2022

Thursdays

9:30am - 11:00am

or

1:00pm - 2:30pm

[View our Facebook Page](#)



School Photos

Tuesday 31st May
Wednesday 1st June

Ukraine War: Easing your child's anxiety

As the Russian invasion of Ukraine brings new images of war to the nightly news, many parents are wondering: How do I explain the evolving situation to my kids? Our children have been through a lot already due to COVID-19. We should remember that children pick up on the moods and feelings of the adults around them and integrating the topic into family conversation at some point could be helpful as well as finding other ways to alleviate stress if children are feeling anxious.

Limit your news consumption in front of the children

While it is tempting to stay glued to the news cycle, watching developments and political reactions, our children don't need to view every breaking news alert. If you need updates, use your phone or other device to view them more discretely.

Get outside and move

Take the time to get outside with your children to take a break and play a game. Getting outside can also help us all deal with the pandemic and the mounting anxiety we all feel from time to time.

Emphasize what we can control

It can be hard to answer questions from kids when there is so much uncertainty. "Will Russia bomb us next?" "Is this the start of World War III?" "What is going to happen to the kids hiding in the shelters?" are a few of the hard questions cast at parents from young and perceptive minds. While it can be alluring as a parent to say, "It's all going to be OK," focusing on the present moment may be the most honest approach with kids. "We can say, 'Today we are safe. We are grateful for what we have. We're going to go do something fun this weekend. We get to take a walk.'"

Engage older children who may be ready for more mature conversations about world events

Finding reliable news sources that will present information that is unbiased and without a political bent is valuable in keeping the conversation informative.

Ukraine War: continued

Recognise when it's all become too much

Validating concerns to children who may be worried about Russia-Ukraine is a helpful way to show you are listening and compassionate. While it can be easy to dismiss a concern as silly, addressing a child's worry is a cue for parents to sit down and pause and to talk to a child about what they are feeling.

Do not minimize what your child is feeling, even if you think they are being overdramatic ... that could do harm. Give them a moment, ask them to put those feelings into words if they can, and then move into 'these are the things we can control,' let's focus here today."

From an interview with Nicole Cobb published by Vanderbilt University, 11 March, 2022.

Full Article:

<https://news.vanderbilt.edu/2022/03/11/how-to-ease-your-childs-anxiety-about-the-war-in-russia-ukraine/>

Brent Wilson

Mother's Day Stall

SHS P&F and Grade 5 will be running a Mother's Day stall on Wednesday 4th May & Thursday 5th May with funds raised going towards our very highly valued "Books for Babies"

We would ask all children to donate an item/gift to the value of approx \$5.

We will be selling these for \$2 each.

Items could include key-rings, tea towels, jewellery, plants, plant pots, candles

Items can be taken to your child's classroom.

Can all gifts please be sent in by April 14th

School Families - Kinder 2023

All school families who have a child who is 4 years of age as of the 1st January 2023 please complete an enrolment form from our school office ASAP.

Enrolments close on Friday 3rd June 2022

PROJECT COMPASSION 2022

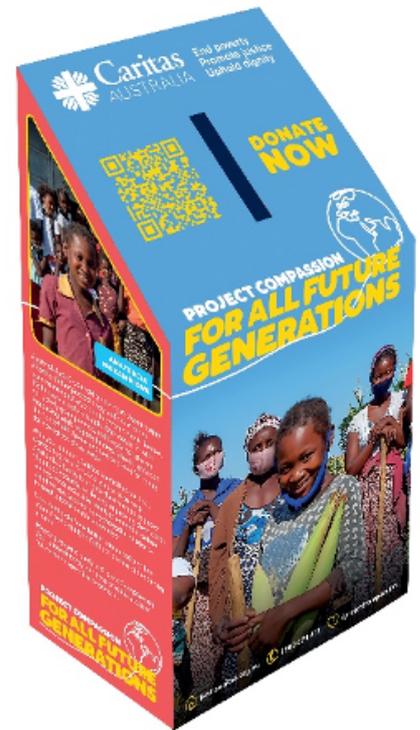
Lent marks the annual Caritas Australia Project Compassion Appeal. Donations to Project Compassion allows Caritas Australia, the Catholic Agency for International Aid and Development, to work with local communities around the world to end poverty, promote justice and uphold dignity.

The theme of Project Compassion 2022 is 'For All Future Generations' and reminds us that the good that we do today will extend and impact the lives of generations to come.

It invites us to make the world a better place by working together now and finding long-term solutions to global issues.

We encourage you to put your compassion into action this Lent through your prayer, fasting and almsgiving by supporting Project Compassion. Each family has received a Project Compassion box for their donations.

Credit: Caritas Australia



ANZAC Day March 2022 Monday 25th April



On ANZAC Day students are invited to participate in the ANZAC Day March.

- Meet S.H.C.S. Staff and the School Captains at Princes Square at 9.00 am. The Sacred Heart school banner will be at the Frederick and St John Street entrance. **The students will need to wear their full school winter uniform.**
- The March form up commences at 09:15am.
- The Civic Service will start at 10:30am and finish at approximately 11:30 am.
- Parents must collect their child from the teachers, as we cannot let students leave without seeing their parent or guardian

The service will start at 11.00 am and finish at approximately 11.45 am
The students will need to wear their full school winter uniform.

						April 2022	
	Monday	Tuesday	Wednesday	Thursday	Friday		
					1st Assembly 2:10pm		2nd
3rd	4th Grade 4 Camp Postponed	5th Grade 4 Camp Postponed	6th Instrumental Strings	7th Instrumental Band	8th Assembly 2:10pm		9th
10th	11th	12th	13th Instrumental Strings	14th Instrumental Band Last Day of Term	15th Good Friday		16th
17th	18th	19th	20th	21st	22nd		23rd
24th	25th	26th	27th	28th	29th		30th

2022 Dates

May

Fri 13th - Prep-2 Cross Country

Fri 27th - Gr 3-6 Cross Country

June

Wed 8th NIJSSA Cross Country

Monday 27th - Student Free Day

September

Fri 9th - Athletics Carnival

November

Fri 4th - NIJSSA Athletics Carnival

Fri 25th Prep-Gr2 Cross Country

2022 Term Dates

Term One:

3 February - 14 April

Term Two:

2 May - 8 July

Term Three:

25 July - 30 September

Term Four:

17 October 2022 - 14 December

Uniform Shop News

- Orders can be left at the office or emailed to shs.clothingpool@catholic.tas.edu.au The Uniform Shop is fully stocked with all your uniform requirements
- For enquiries please contact Kelly Cox (0400 128 200) and Rebecca Millwood(0418 721 952)

RED DAY

8th April 2022

Celebrating our Co-founder Edmund Rice



Why are we celebrating RED DAY?

We are celebrating RED Day to raise awareness of, to give thanks for Edmund Rice and our school. To raise funds for those less fortunate.

How will we celebrate RED DAY?

- *We will have a liturgy in the morning.
- *We will work with our buddy class to learn more about Edmund Rice and his work.
- *We will raise funds with a **WEAR YOUR RED** clothes on this day.
- *We will hold a **ZOOPER DOOPER** stall at first and second lunch.
- *We will have lunch with our buddies too!



The Spirit of Jesus is Alive in:

Prep Prosser	Caleb Knight - for excellent work in Literacy and Maths	William Sulzberger - for great listening and following instructions
Prep Foster	Mia Brown - Excellent listening during mat time	Max Richards - Great work on our literacy tasks this week
Grade 1 Underlin	Toby Johnson for his commitment to improving his learning!	Cora Williams for her growth mindset! Cooper Stocks for his sense of curiosity!
Grade 1 Cramer Best	Finn Price - for being very creative with his house design.	April Adams - for always helping others and contributing to class discussions.
Grade 2 Symons Gunson	Jiyanna Alex for her caring and kind attitude towards others	Jack Cowan for excellent creation of 3 D shapes
Grade 2 Reid	Lidia Coppe for being a kind and considerate class member	Yeona Kim for being a kind and considerate class member
Grade 3 Johns	Phoebe Spencer - Dedication to homework tasks and wonderful work in HASS this week.	Levi Warren - His engagement and focus in maths and narrative writing this week.
Grade 3 Bailey	Ruby Adams - Her can do attitude in approaching small group mathematical tasks. Well done, Ruby!	Phoebe Green - Her enthusiasm and efforts in small group maths tasks. Well done, Phoebe!
Grade 4 Mason	April Adams - for always helping others and contributing to class discussions.	Jonty Hodgetts - A positive attitude to his learning and friendships.
Grade 4 Davie	Ryan Kelly - enjoying his friend's company in class.	Poppy Ebbelaar - taking pride in your schoolwork.
Grade 5 Davie	Harry Sulzberger for applying himself to all learning tasks. Excellent work!	Tamara Lewis for always working hard and for her excellent questioning skills.
Grade 5 Williams	Nate Jephcott for your thoughtful contributions to all class discussions, as well as your positive involvement in our class parliament.	Isabella Walsh for being a genuine happy chappy. Your positive energy lifts those around you. Thank you!
Grade 6 Steven Halley	Phoenix Howard - For his Perspective: Providing insightful responses during our weekly book club sessions.	Gabby Agostini - For her Enthusiasm: For having an energetic approach to her school work and taking on feedback.
Grade 6 Viney Halley	Phoebe Shea For your hardworking and positive approach to all areas of learning	Fletcher Luttrell For your genuine and thoughtful attitude towards everyone you encounter

PROTECTING YOURSELF AND OTHERS FROM CORONAVIRUS

COVID-19 testing for all Tasmanian residents

Do you have any cold or flu-like symptoms?

This includes fever, runny nose, cough, sore/itchy throat or shortness of breath.

Call your GP or the Public Health Hotline 1800 671 738 to request a COVID-19 test

You must have a referral to be tested.

If there is no testing clinic in your local area, you can travel outside your municipality to have a test.

After being tested, you must self-isolate at home until you receive your results.

For more information visit www.coronavirus.tas.gov.au



Fever
Runny nose
Cough
Sore/itchy throat
Breathing difficulties

Tasmanian Government

Coronavirus (COVID-19)

KEEPING YOUR DISTANCE.

Help stop the spread of coronavirus by keeping your distance. Remember, don't shake hands or exchange physical greetings. Wherever possible stay 1.5 metres apart and practise good hand hygiene, especially after being in public places.

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

Advice regarding **Coronavirus (COVID-19)** will change regularly. Keep up to date. Visit health.gov.au

HELP STOP THE SPREAD AND STAY HEALTHY

1.5M

Australian Government




Happy Hearts

Welcome Back for 2022



Thank you for your understanding in waiting for our program to recommence this year. Our onsite sessions are planned to begin on March 17th. We kindly ask that you continue to support us in offering Happy Hearts to our community by following our COVID safe guidelines.

*Adults are to wear a mask

*Please be conscious of social distancing

*We will offer opportunities for families in our wonderful outside space and encourage you to enjoy this space.

Our session times will be on Thursdays either 9:30 - 11:00 or 1:00 - 2:30, held in the Kinder Green room.

Please feel free to email us too beth.rickerby@catholic.tas.edu.au

Weekly updates can be found at '[Happy Hearts at Sacred Heart Launceston \(SETUP Birth -5\)](#)' Facebook group. It is a great way to stay connected to 'Happy Hearts' and with each other.

We look forward to seeing you at Happy Hearts!
Beth & Rebecca

Absentees

Please use the Compass App to notify the school if your child will be absent.

If your child is arriving to school late they must report to the office when they arrive at school.

Please note: only the York St gate is unlocked after 9am

Uniform shop open Thursdays 2-4pm

Orders can be emailed to shs.clothingpool@catholic.tas.edu.au , and then collected from the school office once you are notified your order has been completed.

For enquiries please contact

Kelly Cox (0400 128 200) and Rebecca Millwood(0418 721 952)

Sports Days

Kinder - Sports Uniform Wed/Fri

Prep - Sports Uniform All Year

Grade 1 (Sports Uniform Wed and Fri)

Grade 2 (Sports Uniform Thur and Fri)

Grades 3 and 4(Sports Uniform Monday and Friday)

Grades 5 and 6 (Sports Uniform Tuesday and Friday)

School Times

8.45am - 2.55pm

Canteen

Lunch orders are available Tuesdays & Thursdays. Order through the Flexischools app.

If you have used the Flexischools app before you will need to update your child's grade.

Webpage:

www.sacredheartl.tas.edu.au

Facebook:

www.facebook.com/sacredheartl

Pinterest:

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

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

S.H.S. Parents and Friends email

shsl.pnf@catholic.tas.edu.au

2022 Term Dates
Sacred Heart School

Term 1 Thursday 3.2.22 to Thursday 14.4.22

(Term 1 holidays includes Easter break)

Term 2 Monday 2.5.22 to Friday 8.7.22

Term 3 Monday 25.7.22 to Friday 30.9.22

Term 4 Monday 17.10.22 to Wed 14.12.22

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.