



### 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**

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

### Our P.B.S. Values are:

Respect for Ourselves

Respect for Others

Respect for our Learning

**Pupil Free Day**  
June 27th

**NIJSSA Cross Country**  
June 8th



Thursdays

9:30am - 11:00am

or

1:00pm - 2:30pm

[View our Facebook Page](#)



**School Photos**  
Tuesday 31st May  
Wednesday 1st June

### Helping Your Child Re-energise

School can be exhausting for some children. There are so many things to do and for them to consider during the day. Have you noticed that children sometimes come home from school tired and grumpy? Alternatively, they may come home displaying excess energy that has built up through the day. It is important to be mindful of transition times for children so that they can find their own ways of re-energising when they come home from school or some other busy activity.

Pauses in the process of constant educational learning and physical development are so important because the gaps give time for their imaginations to kick in. The child's inner world helps them to diffuse stress.

Consider some of the following ways children can regain and stabilise energy when they get home from school:

#### Down time to "switch off"

Children need "time out" from paying attention to others and their environment. They may use this time in different ways; some will spend time alone, perhaps in a fantasy world, while some will drop the guard they have employed through the day, feeling safe in their home by themselves.

#### Physical play

Physical activity helps children to disperse excess energy that may have built up from frustrations during the day. Unstructured play like playing with the dog or kicking a ball around will help them unwind, drop their defensive states and engage with their imagination.

#### Emotional nourishment

Some children need to be nourished by loved ones, with hugs and outward signs of emotional connectedness. Then they let their guard down. Some children like to chat about their day with someone older as this helps them to "debrief" and "recharge their batteries".

Be mindful of your child's energy levels and look for ways to expand or calm their current energy state if needed. There are many breathing exercises that help restore a calm response in our bodies.

## School Uniform

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We have noticed a small number of children wearing uniform items that are not permitted at SHS. Part of the responsibility of being a SHS community member is to wear our uniform correctly. We have attached a copy of the policy link for parents and children to read.. .

<https://www.sacredheartl.tas.edu.au/files/8915/0587/0030/UniformRequirements.pdf>

Please note the following matters have been identified in our school

- School Shoes Girls and Boys (Black leather lace up shoes (NOT black sport styles)  
Our Sports Uniform reads
- Children may wear sports uniform to and from school on Physical Education days. House polo shirt and green shorts - girls in K - Gr 2 may wear green sports skirt Sacred Heart - School dark green track pants
- Plain white ankle socks
- No bike shorts
- School rugby top
- Lace up sandshoes/runners (NOT canvas or slip-on shoes of any kind)

**This means that girls should not be wearing leggings under skirts. Our Uniform Shop stocks a wide range of bottle green trackpants suitable for all sizes.**

**Polo jackets are not a part of our school uniform, rugby tops are.**

As advised recently the SHS Board will spend next year considering our uniform, including surveying our community. There will be no changes to our uniform in the mean time.

**Apologies for any confusion caused last week, ALL children from Grades 1-6 are required to wear black leather school shoes with Winter and Summer Uniform.**

**Black runner style shoes are not a part of our school uniform.**

Please contact me if you have any questions about our uniform.

## Tasmanian Catholic Principal Meetings

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Next week all Tasmanian Catholic School Principals will gather for meetings. I will be absent from midday Wednesday until the end of the week. Adele Murphy, Deputy Principal, is available for compliments and challenges.

## COVID expectations - reminders

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Earlier this term, 5th May, we wrote to parents to advise that

- Parents are welcome to enter classrooms. Masks must be worn at all times inside buildings by adults (unless you provide a medical exemption to the office before entry)
- Children who are living with someone who has COVID are able to attend school. They must maintain testing every day for 5 school days after the person has tested positive. RATs are available at the office for the child needing testing.

Brent Wilson



Page 2



**U9 - 2ND IN THEIR POOL,  
3RD OVERALL  
(BUDDY, LEO, JASPER,  
JACK, LINCOLN, JIMMY)**



**U11 - CHAMPIONS  
SACRED HEART DEF RIVERSIDE 3-2  
(CAMERON, SANTINO, ARCHIE, DAVID, KOBİ, THOMAS, GEORGE)**





## **Parents & Friends Online Auction 2022**

After a successful Online Auction in 2021, Sacred Heart Parents and Friends are organising another one as our major fundraiser for this year.

### **How can I help?**

We are calling for donations from Sacred Heart families/friends that will be used as items/prizes for the auction. We will need a photo and relevant information for each item/experience donated so that we can put together each item for the listing. Information will need to include - monetary value, what is included, who has donated it, expiration date (if relevant)

### **What can I donate?**

It is up to you how little or how much you can donate at this time. We are looking for vouchers, experiences, items or you may like to donate money that can then be put together with other monetary donations to purchase a bigger item or experience to auction.

All items/donations will need to be received by **July 1, 2022**. These can be handed into the school office or contact Bec (P&F Secretary) on 0458 751 716 to arrange collection.

### **How will it work?**

All families will receive a link to our online auction - feel free to share this with other family and friends. This will be a private page so people can only join if they are shared the link by someone associated with the school.

The auction will open on **Monday 18<sup>th</sup> July and close at 9pm on Sunday 24<sup>th</sup> July. (Week 2 of the school holidays).**

Please bid in the comments section under the item/s you wish to bid on.

Bidding will increase by a minimum \$1 increments.

The person with the highest bid at 9pm Facebook time will win the auction. Admins' decision is final and winners will be notified by private message.

Payment is required within 48 hours from the end of auction. If payment is not made within this time the auctioned item will then go to the next highest bidder.

If you wish to place a private bid, please contact P&F and we shall place a bid on your behalf.

All proceeds of the Auction will go to Sacred Heart Catholic Primary School so any support you can give would be greatly appreciated.

Please contact Bec on 0458 751 716 or email [pnf@sacredheartl.tas.edu.au](mailto:pnf@sacredheartl.tas.edu.au) for more information or any questions/queries.

Thank you for your continued support of our wonderful school.

## CROSS COUNTRY FRIDAY 27TH MAY 2022

11.35am	Students depart Sacred Heart and walk to Royal Park
11.45am	Arrive, set up House areas and listen to instructions
11:50am	All grades walk around the cross country course
12.10pm	Grade 6 Girls
12.30pm	Grade 6 Boys
12.50pm	Grade 3 Girls
1.05pm	Grade 3 Boys
1.20pm	Grade 4 Girls
1.35pm	Grade 4 Boys
1.50pm	Grade 5 Girls
2.10pm	Grade 5 Boys
2.30pm	Results, announcements, clean up & course pack up
2.40pm	Leave Royal Park & return to SHS



May 2022						
	Monday	Tuesday	Wednesday	Thursday	Friday	
22nd	23rd CC Training 8am 1pm Bravehearts Zoom session for parents	24th 7:30pm P&F Meeting Bravehearts at school	25th Instrumental Strings CC Training 8am	26th Instrumental Band	27th Gr 3-6 Cross Country Assembly 9:15am	28th
June 2022						
29th	30th CC Training 8am	31st School Photos 5pm Instrumental Band Soiree	1st School Photos Instrumental Strings CC Training 8am	2nd Instrumental Band	3rd Assembly 2:10pm	4th
5th	6th CC Training 8am	7th	8th Instrumental Strings NIJSSA Cross Country	9th Instrumental Band	10th Assembly 2:10pm	11th
12th	13th Public Holiday	14th 6:30 Board Meeting	15th Instrumental Strings	16th Instrumental Band	17th Assembly 2:10pm	18th

2022 Dates
<p><b>May</b> Fri 27th - Gr 3-6 Cross Country</p> <p><b>June</b> Wed 8th NIJSSA Cross Country Monday 27th - Student Free Day</p> <p><b>September</b> Fri 9th - Athletics Carnival</p> <p><b>November</b> Fri 4th - NIJSSA Athletics Carnival Fri 25th Prep-Gr2 Cross Country</p>

2022 Term Dates
<p><b>Term One:</b> 3 February - 14 April</p> <p><b>Term Two:</b> 2 May - 8 July</p> <p><b>Term Three:</b> 25 July - 30 September</p> <p><b>Term Four:</b> 17 October 2022 - 14 December</p>

2023 Term Dates
<p><b>Term One:</b> 2 February - 6 April</p> <p><b>Term Two:</b> 26 April - 7 July</p> <p><b>Term Three:</b> 24 July - 29 September</p> <p><b>Term Four:</b> 16 October - 14 December</p>

## The Spirit of Jesus is Alive in:

<b>Prep Red</b>	<b>Ben Polley</b> - for his excellent effort in addition and counting tasks this week	<b>Torah Seagar</b> - for her positive attitude to learning and for her helpful nature
<b>Grade 1 Red</b>	<b>Layla Betts</b> for her positive attitude to all she does! <b>Maggie Innes</b> for her outstanding narratives.	<b>Evie Schipper</b> for her application to improving her learning.
<b>Grade 1 Green</b>	<b>Riley Spargo</b> - For your enthusiasm towards reading. Keep it up!	<b>Paige Illingworth</b> - For being a kind, caring friend to others in our class.
<b>Grade 2 Red</b>	<b>Elodie Palmer:</b> for outstanding writing	<b>Andrew Williams:</b> Excellent reading comprehension
<b>Grade 3 Red</b>	<b>Fletcher Fogarty</b> for his hard work and focus in all subject areas.	<b>Phoebe Roberts</b> for working hard on her spelling words all week.
<b>Grade 3 Green</b>	<b>Alexis Brimble</b> ~ Her enthusiasm and positive attitude towards her learning. Alexis works hard to give her best efforts. Well done, Alexis!	<b>Hunter Howard</b> ~ Her enthusiastic approach and application to solving open-ended mathematics problems. Keep up the amazing work!
<b>Grade 4 Red</b>	<b>Harper Heather</b> - A positive attitude to her learning and friendships.	<b>Adam Clark</b> - Thoughtful and positive contribution to class discussions.
<b>Grade 4 Green</b>	<b>Eli Boucher</b> - showing outstanding leadership in supporting a student in our school community.	<b>Jack Turner</b> - showing outstanding leadership in supporting a student in our school community.
<b>Grade 5 Red</b>	<b>Liliana Hodgetts</b> - for consistently being her best in and out of the classroom.	<b>Addison Greenwood</b> - for the enthusiasm and effort she is displaying in our HASS unit.
<b>Grade 5 Green</b>	<b>Campbell Spencer</b> for your awesome enthusiasm and pure skill at our lawn bowls excursion!	<b>Sophie Johnson</b> for the kindness and care you consistently show your Kinder buddy. You always have the best time together!
<b>Grade 6 Red</b>	<b>Ally Agelopoulos:</b> for her Leadership: having vision, and organising and leading people.	<b>Ella Viney:</b> For her modesty: Letting accomplishments speak for themselves.

## School photos Tuesday 31st May & Wednesday 1st June



**Urgent**  
All photo orders must be ordered online by  
4.30pm Monday 30th May

### Tuesday 31st May

8.30 Family Photos  
9.10 Kinder Red  
9.20 Kinder Green  
9.30 4 Green  
9.40 4 Red  
9.50 Prep Red  
10.00 Prep Green  
10.10 1 Red  
10.20 2 Red  
10.30 1 Green  
10.40 3 Green  
10.50 3 Red  
11.00 Morning Tea/Family Photos  
11.30 2 Green

### Wednesday 1st June

8.30 Family Photos  
9.00 Choir  
9.10 5 Green  
9.20 5 Red  
9.30 6 Red  
9.40 6 Green  
9.50 Gr 6 Group photo  
10.00 School Captains & House Captains

Grade 1 - Grade 6 children should be dressed in full winter uniform for both of these days. Please make sure children have their school jumpers on.

Children who normally have PE lessons on Tues & Wed may bring sports shoes to change into.

Access Key **CSS6PMF8**



INDIVIDUAL & FAMILY PHOTOS CAN BE ORDERED WITH THE SAME ACCESS KEY

To order your school photos:

- 1 Go to [www.leadingimage.com.au](http://www.leadingimage.com.au)
- 2 Click on Order Your School Photos
- 3 Select your State
- 4 Enter your school Access Key



Family photographs must be ordered before 4.30 pm the night before photo day. Please ensure your orders are placed before this time.



**Can we just bring our child in for a quick photo?**

Please note that whilst the government has advised sick children and staff should stay away from schools, we unfortunately see sick children coming in just for a 'quick' photo. We need to stay vigilant in these times uncertain times.

For our photographers own safety and to ensure our business is not effected please note we reserve the right to refuse to photograph any child if they present to school sick.

Again this is luckily not common but to ensure we aren't forced to address a difficult situation on the day we request that you stress to families that they can not bring their child in for a quick photo: no exceptions.

Should you have any queries please don't hesitate to contact us immediately. Look forward to seeing lots of smiling healthy faces on your upcoming photo day!

### **School Families - Kinder 2023**

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

**Enrolments close on Friday 3rd June 2022**

### **School Jumper and Rugby Top orders**

Unfortunately we are still awaiting the arrival of our new stock. The manufacturers are delayed as they wait on imports to complete the garments and apologise for the delay. We will update parents with an expected delivery date as soon as possible.

#### **Winter Uniform Items**

- Girls Winter Wool Skirts and Tunics are in stock in sizes 4 to 10
- Long sleeve lemon shirts - all sizes
- Winter tights in thick cotton and Lycra 60D styles - all sizes
- Boy's ties - loop and traditional styles
- Boy's striped shirts long and short sleeved
- Boy's long winter socks to wear with shorts - all sizes

**SHOP HOURS: THURSDAYS 2pm - 4pm** (during school terms)

If you have any queries please contact Rebecca or Kelly

Email orders:

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

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.

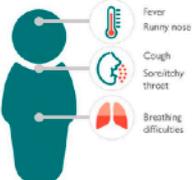
Call your GP or the Public Health Hotline 1800 671 738 to request a COVID-19 test

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](http://www.coronavirus.tas.gov.au)




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.

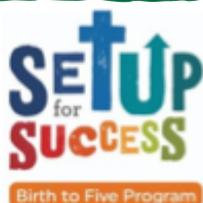
**TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.**

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

HELP STOP THE SPREAD AND STAY HEALTHY

1.5M





## Happy Hearts



Setup for Success is Catholic Education Tasmania's early years program promoting learning for life for both young children (Birth -5) and their families.

Our program at Sacred Heart is named 'Happy Hearts'. All children aged Birth - 5 years old, including Kindergarten children, are welcome to join us.

We have a choice of two sessions on Thursdays either 9:30 - 11:00 or 1:00 - 2:30, held in the Kinder Green room.

Bring along a hat, water bottle and own individual fruit.

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

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.

Please feel free to email us too [beth.rickerby@catholic.tas.edu.au](mailto:beth.rickerby@catholic.tas.edu.au)

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](mailto: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)

**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.

**School Times**

8.45am - 2.55pm

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

[sacredheartl/](http://sacredheartl/)

**S.H.S. Parents and Friends email**

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

**2022 Term Dates**

**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**

**2023 Term Dates**

**Term 1 Thursday 2.2.23 to Friday 6.4.23**

**Term 2 Wednesday 26.4.23 to Friday 7.7.23**

**Term 3 Monday 24.7.23 to Friday 29.9.23**

**Term 4 Monday 16.10.23 to Thursday 14.12.23**

**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.**