



## Online Content:

### Website:

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

### School Email

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

Andrew Chinn  
Concert at  
Assembly

Tomorrow  
1:50pm Start

NIJSSA  
Swimming Carnival  
March 9th

Public Holiday  
March 13th

## Camps at Sacred Heart

As Outdoor Education becomes a greater part of the school curriculum, school camps are a liberating way for students to interact with the natural world while learning a range of life skills.

In an ever-changing world, the focus of education is turning towards a holistic approach where educators are considering the emotional, social, creative and spiritual development of a child just as equal as the intellectual. Sacred Heart works to equip young people with a variety of tools and skills that will help them to become an engaged member of the community.

Some of the benefits of school camps include

- **Peer bonding**

School camps provide the perfect opportunity for students to experience positive interactions with each other outside of the classroom. Fun activities, team sports and teamwork challenges both help develop new relationships and deepen existing bonds of friendship.

- **Being physically active**

The healthy benefits of exercise among children is well researched, and school camps often focus on physical activity. Planned exercise may include walking, games and adventure activities, but even just being in an outdoor environment will often inspire children to become more physically active in their day-to-day.

- **Freedom to be responsible**

For children, being away from home means being away from their parents or caregivers – the people who usually guide them with all their decisions and routines. For some, our camps may be the first time they are responsible for getting themselves up in the morning, making healthy food decisions or packing their own bags. They are given the freedom and accountability to make conscious and positive decisions.

- **Screen-free time**

Technology has become integral to the learning journey for today's learner, but researchers warn of the dangers of overexposure in a child's development. Our school camps generally allow for compulsory breaks from access to screens, bringing them back down to earth and present in their surroundings.

- **New experiences**

When was the last time, or the first time, your child went on a flying fox or giant swing or saved 'Chris from a plane wreck'? Parents may not have the time or resources to give their children all these unique experiences, but school camps offer a variety of experiences that the student may not otherwise get to enjoy. Our camps are often cherished memories for students.

- **Spending time in nature**

Research suggests that consistent exposure to nature can be a defining factor in mental health. Spending time outside in the natural environment can decrease stress and anxiety, help us sleep better and regulate emotions in adults and children alike. Not only that, but increased time in nature can stimulate a greater sense of responsibility for the environment and living things.

These experiences and skills don't have to be limited to school camps though. Follow up on your child's camp experience by chatting to them about what they learned and enjoyed and try to integrate some of this into your day-to-day. Encourage your children to put down their screens and go for a walk. Support their desire to try new sports or activities. Give them age-appropriate responsibilities within your household.

Congratulations to our Grade 5 children for their wonderful class spirit, enthusiasm for all activities and excellent behaviour. It was a pleasure to enjoy the experiences with you. Sincere thanks to our dedicated staff for their commitment, energy and support. Thanks Hannah Williams, Penelope Cramer, Sarah Viney, John Anderson, Helen Butler, Adriano da Ros and Kylie Crerar.

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## **Principal's Meetings and Camp**

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This week all Tasmanian Catholic School Principals will be meeting along with directors from the Catholic Education Office. I will be absent from school from Wednesday 1st March - Friday 3rd March.

Next week I will be joining the Grade 6 children on their camp on Monday 6th and Tuesday 7th March. I will be back at school on Wednesday 8th March.

Adele Murphy, Deputy Principal, will be available for questions.

**Brent Wilson**  
Principal



March 2023						
	Monday	Tuesday	Wednesday	Thursday	Friday	
26th	27th	28th	1st	2nd	3rd Andrew Chinn Concert 1:50pm-3pm	4th
5th	6th	7th	8th	9th Instrumental Strings 11:30am-1pm Instrumental Band 8:30am-9:30am NIJSSA Swimming Carnival	10th Upper Primary Assembly G3-6 2pm-3pm	11th
	Grade 6 Camp					
12th	13th Public Holiday	14th P&F Meeting 7:30pm-9:00pm	15th	16th Instrumental Strings 11:30am-1pm Instrumental Band 8:30am-9:30am	17th Whole School Assembly 2pm-3pm	18th
19th	20th	21st Board Meeting 5:45pm-8:15pm	22nd	23rd Instrumental Strings 11:30am-1pm Instrumental Band 8:30am-9:30am	24th Upper Primary Assembly G3-6 2pm-3pm	25th

2023 Dates**March**

NIJSSA Swimming Carnival  
Thursday 9th

**April**

Anzac Day March  
Tuesday 25th  
Gala Day  
Friday 31st

2023 Term Dates**Term One:**

3 February - 6 April

**Term Two:**

26 April - 7 July

**Term Three:**

25 July - 29 September

**Term Four:**

17 October - 13 December

## 2023 Sacred Heart Swimming Carnival

Last Friday the students in Grades 3-6 participated at the annual SHS Swimming Carnival. All of our students are to be congratulated for the terrific sportsmanship and effort displayed. It was wonderful to have families back at the Riverside Pool this year after not being able to do this in recent years. A big thank you to the following parents who gave up their time to help out on the day: Tahnee Hodgetts, Jane Gamble, Holly Reid, Jessica Appleby, Simone Lee, Lauren Innes, Shontelle Reeve, Megan Brown, Tiffany Lynch, Rachel Williams, Shontelle Reeve, Megan Soper, Anne Jordan, Kelly Franks, Emma Adams, Reannah Douglas, Mohanavani Sivadass, Danica Foy, Lisa Williams, Kim Barrett, Angela Hartley, Alicia Johnston, Andy Durkin, Linda Hailey, Tarnya Frost, Shaun Smith, June Ramirez, Fluer Broadhurst, Kimberley Brown, Anita Russell and Megan Martin. Congratulations to Young who won the carnival for the first time in over a decade. We now look forward to the NIJSSA Swimming Carnival next week.



## ANZAC Day March

Tuesday 25th April 2023

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 9.15 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 09:45 am.
- 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.**

**ANZAC Day March 2022**



# ATWTP



## W.E.S.T.

### Welcoming, Engaging, Sorry, Thanks

Lachlan Bowen, Maggie Sutton, Ruby Douglas, Finneus Hart, Nolan Smith, Piper Russell, Harvey Fletcher, Saige Mansell, April Adams, Nicolaas van den Bosch, Oscar Barney, Hazel Hyde, Archer McCauley, Ameliya Sabu, Carter Medwin, Jiyanna Alex, Molly Illingworth, Jack Jordan, Bentley Sulzberger, Lillian Greenwood, Adam Clark, Ella Jones, Sawyer Hart, Maisie Sutton, Toby Blyth, Sarah McMullen, Poppy Gale, George Durkin

### Clothing Pool Info

Orders can be emailed to  
[shs.clothingpool@catholic.tas.edu.au](mailto:shs.clothingpool@catholic.tas.edu.au)  
and will be left at the school office for collection.

### A reminder of School Uniform for 2023

Kinder, Prep and Grade 1 wear sports uniform all year  
Grade 2 to Grade 6 wear full school uniform - Summer and Winter

# STATE SURF LIFE SAVERS

This past weekend Maggie and Stuart Innes and Arlie and Nate Reeve, members of the Bridport Surf Lifesaving Team went all out in the Junior State Surf Life Saving Championships at Penguin. Junior lifesavers train to help patrol beaches and to keep beaches safe and prevent drownings. The sun shone and there were smiles galore in the beach and surf events.

Maggie and Nate both did very well in their events with several podium placings. Stuart and Arlie both brought home medals. Arlie won gold in the team swim event. Stuart won gold in the beach relay and was crowned state champ in the individual board paddle.





# LAUNCESTON CATHOLIC SCHOOLS INSTRUMENTAL MUSIC PROGRAM

**THIS MUSIC PROGRAM IS AVAILABLE  
AT YOUR SCHOOL!**

Why join another program when your child can learn to  
**PLAY WITH THEIR SCHOOL FRIENDS?**



Would you like more information?  
Would you like an enrolment form?

Please visit  
<https://stpatricks.co/PrimaryInstrumental>

JOIN TODAY!

# SACRAMENTAL DATES for RECONCILIATION

## ***Information Parent Meeting***

Tuesday 21st February @ Launceston Catholic Pastoral Centre

44 Margaret St, Launceston

## ***Welcome and Commitment Masses***

Candidates wishing to receive the Sacrament of Reconciliation need to attend one Mass on any of the dates below.



**DATE : 4<sup>th</sup> or 5<sup>th</sup> March**

Candidates may attend any Mass. These are listed below

Sacred Heart Church, Newstead – Saturday Vigil 6pm

St Finn Barr's Church, Invermay – Sunday 9am

St Patrick's College Chapel, Prospect – Sunday 10am

Church of the Apostles, L'ton – Sunday 10:30 am or 6:30pm

## ***FAITH SHARING @ Church of Apostles***

Candidates wishing to receive the Sacrament of Reconciliation need to attend these three faith sharing sessions. Each session may take approximately 30 minutes, but the Church is open for the times listed below.

WHEN: Session ONE: 6th or 7th March 3:30pm – 7pm

Session TWO: 3rd or 4th April 3:30pm – 7pm

Session THREE: 1st or 2nd May 3:30pm – 7pm

## ***SACRAMENT of RECONCILIATION***

Sacred Heart Church, Newstead 16th May



For further information please contact

Rosie Caelli

[pltn-sacraments@AOHTAS.ORG.AU](mailto:pltn-sacraments@AOHTAS.ORG.AU)





## *Happy Hearts 2023*

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'. Children aged Birth - 5 years old, including Kindergarten children, are welcome to join us in the Kinder Green room.

We have a choice of two sessions each Thursday:

**10:00 - 11:30 or 12:30 - 2:00**

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

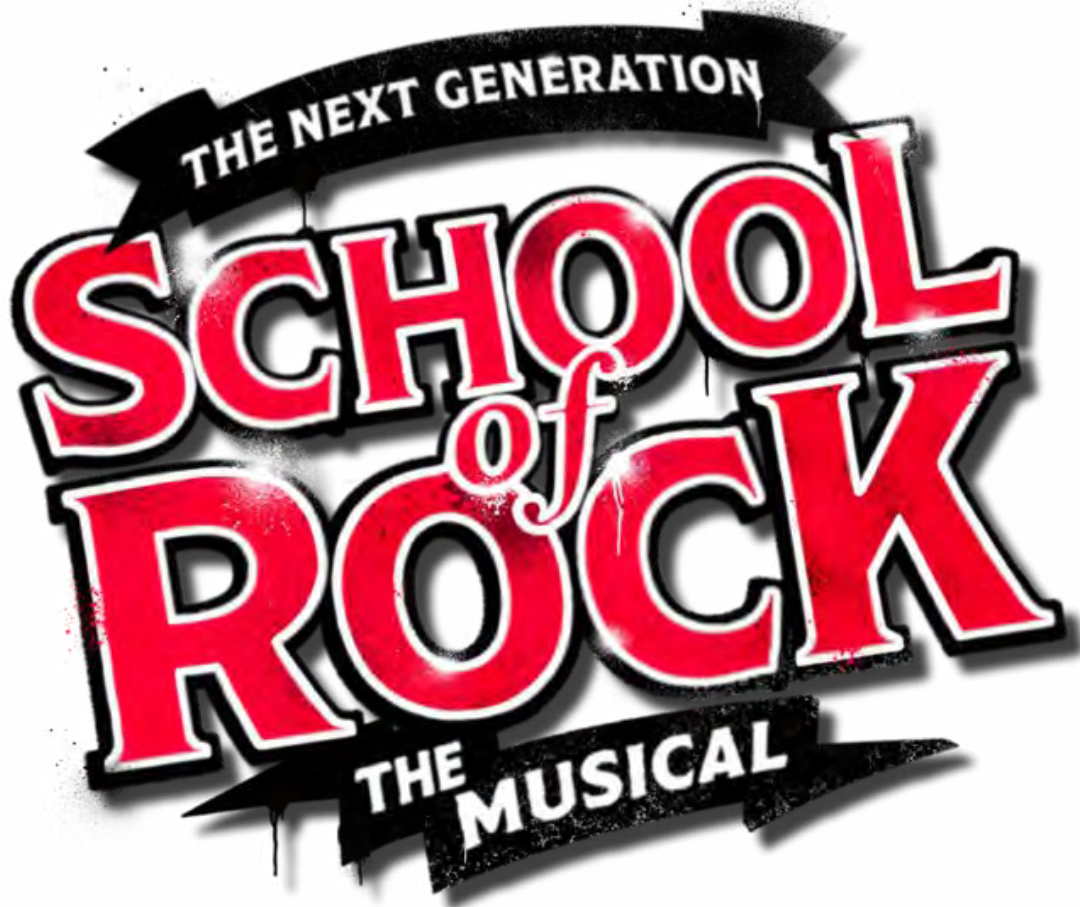
Weekly updates can be found at our '[2023 Happy Hearts SETUP for Success @ Sacred Heart Launceston](#)' Facebook group. It is a great way to stay connected to 'Happy Hearts' and with each other.

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!



## ST PATRICK'S COLLEGE PRESENTS



BASED ON THE PARAMOUNT MOVIE WRITTEN BY MIKE WHITE

MUSIC BY ANDREW LLOYD WEBBER      LYRICS BY GLENN SLATER      SCRIPT BY JULIAN FELLOWES

WEDNESDAY 3 MAY TO FRIDAY 5 MAY | 7:00PM  
FRIDAY 5 MAY | MATINEE 11.00AM

GET YOUR **TICKETS** TODAY!  
**WWW.THEATRENORTH.COM.AU**

**P: 6331 0052**

# YEAR 7, 2024

## APPLICATIONS CLOSE 21 APRIL 2023

### ENROLMENT FORM

<https://stpatricks.co/enrolmentform>

Applications for Year 7, 2024  
enrolments are now being accepted.

For further information, please contact the  
Enrolment Registrar on 6341 9988 or  
[registrar@stpatricks.tas.edu.au](mailto:registrar@stpatricks.tas.edu.au)

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



St Patrick's College  
LAUNCESTON

# SHAPE YOUR *tomorrow*



# YEAR 7, 2024

## ENROLMENT INFORMATION EVENING & TOURS

St Patrick's College Chapel  
282 Westbury Road, Prospect

**WEDNESDAY, 29 MARCH, 2023 5:00 PM**

**WEDNESDAY, 29 MARCH, 2023 6:30 PM**

**BOOKINGS REQUIRED - REGISTER AT**  
**<https://stpatricks.co/Enrolment24>**

Applications for Year 7, 2024 enrolments are now being accepted and close on Friday, 21 April 2023. For further information, please contact the Enrolment Registrar at [registrar@stpatricks.tas.edu.au](mailto:registrar@stpatricks.tas.edu.au) or 03 6341 9988.

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



St Patrick's College  
LAUNCESTON

# SHAPE YOUR *tomorrow*

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)



## KEEPING YOUR DISTANCE.

Coronavirus  
(COVID-19)

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)


  
Australian Government




**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, Prep Grade 1 - Sports Uniform All Year

Grade 2 and 3 (Sports Uniform Thur and Fri )

Grades 4 (Sports Uniform Tuesday and Friday)

Grades 5 (Sports Uniform Wednesday and Friday)

Grades 6 (Sports Uniform Tuesday and Friday)

**School Times**

8.55am Classes commence

11.00am First Lunch Break

11.30am Classes recommence

1.30pm Second Lunch Break

2.00pm Classes recommence

2.55pm Classes dismissed

**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.

**2023 - Lunch Orders will not be available for at least the first 5 weeks of Term 1.**

**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)

**2023 Term Dates**

**Term 1 Friday 3.2.23 to Thursday 6.4.23**

**Term 2 Wednesday 26.4.23 to Friday 7.7.23**

**Term 3 Tuesday 25.7.23 to Friday 29.9.23**

**Term 4 Tuesday 17.10.23 to Wed 13.12.23**

**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.**