



Online Content:

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Our P.B.S. Values are:

Respect for Ourselves
Respect for Others
Respect for our Learning

Prep- Gr2
Early Childhood
Cross Country
Tomorrow May 5th

Mother's Day
Celebration
Wednesday May 10th

Gr3-6 Cross Country
Friday May 19th

Save the Date
150th Anniversary
Mass and Celebrations
Friday June 16th

2024 Kinder
Enrolments Close
Friday May 26

Raising resilient children...

Want to help your children deal with stress and adversity? It's easier than you think and can help our children navigate the stresses of daily life. While we may not be able to remove all their challenges, we can help them build resilience - the ability to overcome difficult experiences and be shaped positively by them. Our brains respond to the information around us, so resilience can be taught, modelled and nurtured at any age.

In the holiday period I read an interesting book regarding raising resilient children. Included below is a summary of the key takeaways from the book.

- **Have one-on-one time with each child, without distractions.**

Resilience comes from relationships; children need nurturing. It's not a magical inner strength that helps kids through tough times; instead, it's the reliable presence of one, supportive relationship, be it a parent, teacher, relative or family friend. It's quality, not quantity that counts. Ten minutes of fully focused attention is better than an hour when your mind is on other things. If you're on your phone at the dinner table, you're teaching them it's OK to always be distracted and that they are not important enough for your sole attention. Make bath-time, car journeys, meals, queues count. Chat, listen, talk about your feelings and encourage them to express theirs. Once these one-to-ones become regular, your children will know they always have a safe space to open up.

- **Give sleep a chance.**

Lack of good-quality sleep is a huge driver for stress: it has a negative effect on memory, concentration, cognitive function, and decision-making. One of the fastest ways to improve sleep is to limit screen time before bed. Issue a household ban on devices at least an hour before bedtime. Turn off the wifi, if need be. Earlier in the evening, insist everyone uses night-time mode on their devices, which swaps the blue light for a warmer glow. It's also worth switching your children's night lights to red ones as red has the least impact on melatonin production.

- **Get out and exercise.**

As well as keeping them physically fit, exercise will increase children's resilience. It actually strengthens the brain. Regular physical activity teaches our stress-response system to recover more efficiently. Put on the radio before dinner and dance around in the kitchen. Join your kids doing squats, star jumps or frog hops. Walk the dog together or go for a family bicycle ride.

- **Teach delayed gratification.**

Resilience means understanding you can't always have what you want as soon as you want it. It's an important concept to pass on in the age of Spotify, Netflix and YouTube. Psychology teaches us that people who can accept delayed gratification lead happier, healthier lives. Without the ability to defer pleasure and reward, our kids are losing an important skill for their wellbeing. One of the best ways to teach it? Playing board games. These require impulse control, turn-taking, and mental flexibility. They exercise the prefrontal cortex, the rational part of the brain involved in decision-making, emotional regulation and, yes, resilience. Board games are also a good way for you to model resilience by being a good loser. But there are no shortage of other ways to encourage delayed gratification: learning a musical instrument; listening to whole albums instead of skipping from track to track online; mastering a new sport; even watching a TV series together week by week, instead of bingeing in a couple of sittings.

- **Eat the alphabet**

Nutrition has a significant impact on mental health. Good-quality food changes the composition of our gut bugs, which helps send calm signals to the brain. Poor-quality, highly processed food sends stress signals instead. A diverse diet, rich in fibre, will lead to greater diversity in our gut bugs, which in turn will help make us more resilient, and anxiety and depression less likely. Persuading kids to eat more healthily can feel like an uphill battle, though, especially if they're fussy, so this is not about becoming a top chef – just trying a few tricks that can really benefit them emotionally. I like to challenge the whole family to “eat the alphabet” over 30 days. I think it's a realistic goal to consume 26 different plant foods in a month: A for asparagus, B for banana, C for chickpeas, and so on. It turns healthy eating into a game, and encourages children to try new foods. Turn it into a competition and see who can tick off all the letters first.

Model gratitude instead of pestering your children with questions such as, “How was school?” and, “What did you do today?”, teach them to reframe their day.

The following is a game I learned from a friend, who played it with his daughter over dinner. Everyone must answer three questions:

- 1) What did someone do today to make you happy?
- 2) What did you do to make someone else happy?
- 3) What have you learned today?

I love this simple exercise for how it helps us all find the positive in every day. It teaches gratitude, nurtures optimism, and recognises kindness. It doesn't matter what may have happened at work or school, or how stressed any of us may have felt when we sat down at the table; the whole mood seems to lift once we've played this game. I learn things about my kids that they'd probably never have thought to tell me otherwise. Try it. It might just become the highlight of your day.

Acknowledgement: Dr Rangan Chatterjee, author of the Stress Solution

Mother's Day and Launceston Competitions at SHS Wednesday 10th May

Last year we crafted our 2023 school calendar. Mother's Day was set for Wednesday 10th May. The Launceston Competitions for many years have conducted the class verse competitions on Monday. This year it has been moved to Wednesday 10th May, we were advised of this yesterday.

Mother's Day activities have been set for 9am - 10am and 2.00 - 3.00pm.

Grade 3/4 will be performing in the 9.30am section, Grade 2's 11.15am and Grade 5/6's at 1.15pm. This means Grade 3/4 will not be available in the morning and Grade 5/6's in the afternoon.

Families are to consider what suits your family.

Brent Wilson
Principal

Kinder to Grade 2 Parents



*Bravehearts
will present
"Ditto's Keep Safe Adventure Education Program"
for Kinder to Grade 2 students.*

*On Monday 15th May
Student sessions at....
Prep - 11:45am
Gr 1-2 12:30pm
Kinders 2.00pm*

School Families - Kinder 2024

All school families who have a child who is 4 years of age as of the 1st January 2024 please complete an enrolment form from our school office ASAP.

Enrolments close on Friday 26th May 2023

May 2023						
	Monday	Tuesday	Wednesday	Thursday	Friday	
30th	1st	2nd	3rd	4th Instrumental Band 8:30am-9:30am Instrumental Strings 11:30am-1pm Gr 5 & 6 Excursion	5th Prep - Gr2 Cross Country Assembly 2:10pm	6th
7th	8th Dance Fit Gr3-6	9th	10th Mother's Day Stall Gr 1-6 Launceston Competitions Mother's Day Celebration (9-10am and 2-3pm)	11th Instrumental Band 8:30am-9:30am Instrumental Strings 11:30am-1pm Mother's Day Stall	12th Assembly 2:10pm	13th
14th	15th BraveHearts Dance Fit Gr3-6	16th	17th	18th Instrumental Band 8:30am-9:30am Instrumental Strings 11:30am-1pm	19th Gr 3-6 Cross Country	20th
21st	22nd Dance Fit Gr3-6	23rd	24th	25th Instrumental Band 8:30am-9:30am Instrumental Strings 11:30am-1pm	26th Assembly 2:10pm	27th

2023 Dates**May**

Prep- Gr2
Early Childhood Cross Country
Friday 5th
Mother's Day Celebration
Wednesday 10th
Gr3-6 Cross Country
Friday 19th

June

NIJSSA Cross Country
Wednesday 7th
Public Holiday (King's Birthday)
Monday 12th
150 Year Celebration and Mass (11:30am)
Friday 16th

2023 Term Dates**Term Two:**

26 April - 7 July

Term Three:

25 July - 29 September

Term Four:

17 October - 13 December

2024 Term Dates**Term One:**

Mon 5 February - Thur 11 April

Easter Break

Fri 29 March - Tue 2 April

Term Two:

Mon 29 April - Fri 5 July

Term Three:

Tue 23 July - Fri 27 September

Term Four:

Tue 15 October - Tue 17 December

The Prep – Grade 2 House Cross Country

Friday 5th May 2023 at Royal Park.

Starting times:

Prep:	1:00pm (500m)
Grade 1:	1:20pm (1km)
Grade 2:	1:45pm (1.5km)

Students will eat lunch at school (12:00pm) and begin to walk to Royal Park at 12.30pm. Be prepared for the weather conditions, as it will most likely be cold. Students need to remain with their House for the entire carnival, but parents are encouraged to come along and watch (please sit on the steps on the southern end of Royal Park).

Parents can take children home at the end of the final race, but please see the classroom teacher before you go. Students will need to wear full PE uniform for this day.

TERM 2 GR 3-6 CROSS COUNTRY TRAINING

This coming Tuesday 2nd May and each Tuesday and Friday after this (last training Tuesday 16th May) we begin Cross Country training for any students in Grades 3-6 who would like to do some early morning training for our upcoming School Cross Country. Each Tuesday and Friday morning from 8am students can gather at Brickfields for a 20 minute training session with Mr. Anderson and other staff.

Students can wear their sports uniform on these days if training for Cross Country.

Cross Country training dates at Brickfields

Tuesday 2nd May
Friday 5th May
Tuesday 9th May
Friday 12th May
Tuesday 16th May

Gr 3-6 Cross Country

Friday 19th May 2023 at Royal Park.

The program is as follows:

Grade 6 - 12:10pm (2.25km)
Grade 3 - 12:50pm (1.5km)
Grade 4 - 1:20pm (1.5km)
Grade 5 - 1:50pm (2.25km)

Please be prepared for the weather conditions and there will not be any lunch orders available on this day. Students need to remain with their House for the entire carnival. Parents are encouraged to either help out or come along and watch.

SACRAMENTAL DATES for RECONCILIATION

9th May, Tuesday

Family Meeting to reflect on our journey and preparedness for the Sacrament.



16th May, Tuesday

SACRAMENT of RECONCILIATION

Sacred Heart Church Newstead

7:00pm

SACRAMENTAL DATES for Confirmation and First Eucharist

23rd May, Tuesday

Information Parent Meeting

Parents are welcome to attend an information evening if they have a child/ children who wish to make the Confirmation of First Eucharist this year (2023).

Launceston Catholic Pastoral Centre (upstairs)

44 Margaret Street, Launceston

7:30pm

For further information please contact

Rosie Caelli

pltn-sacraments@AOHTAS.ORG.AU



The Spirit of Jesus is Alive in:

Prep Red	Charlotte Fox - for a wonderful start to Term 2!	Evie Kuka - for a wonderful start to Term 2!
Prep Green	Finneus Hart - A super effort with learning to blend and read simple words	Daisy Laskey - A great start to Term 2 and wonderful independent working
Grade 1 Red	Harry Polley - For a great start to Term 2 and being a helpful class member.	Willow Walters - For a fabulous start to Term 2 and being a kind class member.
Grade 1 Green	William Sulzberger for displaying great listening skills and always following instructions	Mia Brown for being a cheerful, helpful class member
Grade 2 Red	Paige Illingworth - for her helpful attitude and hard work.	Axel Carswell for confidently sharing his ideas in maths
Grade 2 Green	Fletcher Lowe - For great focus during our Initialit lessons	Payton Duddy - For huge effort in writing
Grade 3 Red	Andrew Williams - for a descriptive, detailed and thoughtful response to the ANZAC day writing task.	Georgia Frost - for her kind, gentle nature and diligence applied to all learning tasks.
Grade 3 Green	Alex Reid - His detailed and descriptive response to our ANZAC Day writing. Well done, Alex!	Alexis Gelston - Her detailed and descriptive response to our ANZAC Day writing. Well done, Alexis!
Grade 4 Red	Ellie Broadhurst for always working cooperatively with her classmates.	Buddy Gonzy for always joining in with discussions and presenting his ideas clearly.
Grade 4 Green	Reuben Gul - For sharing his incredibly curious mind and will imagination and making a concerted effort to focus.	Tillie Pendergast - for purposeful, passionate and phenomenal work ethic.
Grade 5 Red	Lexi Johnston - For an amazing start to Term 2.	Aria Palmer - For your attentiveness towards completing tasks this week. Great work.
Grade 6 Red	Charu Sivadass - For being a role model to others in your approach to all areas of school life.	Santino Ramirez - For a fantastic focused and motivated start to Term 2.
Grade 6 Green	Thomas Hartley - for the excellent start he has made in English. His contributions and listening skills have been fabulous.	Poppi Reynolds - for her conscientious attitude and effort across the curriculum.



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

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

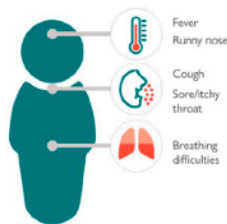
PROTECTING YOURSELF AND OTHERS FROM CORONAVIRUS

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



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

Coronavirus
(COVID-19)

HELP
STOP
THE
SPREAD
AND STAY HEALTHY



Clothing Pool Info

Orders can be emailed to

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

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, 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

Facebook:

www.facebook.com/sacredheartl

Pinterest:

www.pinterest.com.au/sacredheartl/

S.H.S. Parents and Friends email

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
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.