



Online Content:

Website:

www.sacredheartl.tas.edu.au

School Email

shsl@catholic.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

Internet & Social Media
With Marty Ogle
Monday May 29th
4pm

P-2 Cross Country
Tomorrow, May 12th
1pm

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

Who inspires you?

It helps, now and then, to step back and take a long view.

The Kingdom is not only beyond our efforts, it is even beyond our vision.

We accomplish in our lifetime only a tiny fraction of the magnificent enterprise that is God's work.

Nothing we do is complete, which is a way of saying that the Kingdom always lies beyond us.

No statement says all that could be said.

No prayer fully expresses our faith.

No confession brings perfection.

No pastoral visit brings wholeness.

No program accomplishes the Church's mission.

No set of goals and objectives includes everything.

This is what we are about.

We plant the seeds that one day will grow.

We water seeds already planted, knowing that they hold future promise.

We lay foundations that will need further development.

We provide yeast that produces effects far beyond our capabilities.

We cannot do everything, and there is a sense of liberation in realizing that.

This enables us to do something, and to do it very well.

It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord's grace to enter and do the rest.

We may never see the end results, but that is the difference between the master builder and the worker.

We are workers, not master builders; ministers, not messiahs.

We are prophets of a future that is not our own.

(Oscar Romero)

One of the great gifts my parents passed on to me was the joy of reading. Our home had books and newspapers in all the rooms. We read together every day. For me my favourite writers have provided me with great pleasure in my life. They include Brene Brown, John Grisham, Leunig, Mem Fox, Dr Seuss and Oscar Romero to mention a few.

Who inspires you? continued...

Each one of these people tell a story, share a message and importantly teach me more about myself. Some of the aforementioned writers are ones that craft stories that require little thought. Oscar Romero, for me, is more than that. He wrote to challenge people, he wrote to inspire others. Indeed he is attributed as saying, 'Aspire not to want more, but to be more.'

As a Principal, dad, husband, brother, friend and member of society, I am faced with dilemmas that challenge, just as you are. Ultimately we will all leave this earth with nothing. I can't take that sparkling dragster that was 'my earth' when I was 8, I won't be taking any of the Hawthorn jumpers with me, or my house or anything that I own. The only thing I can do is to leave behind something for others to remember me by. And that's the challenge.

We all would love to leave our children with material possessions but do they really create true happiness? When the Presentation Sisters established our school in 1873 they left clear guidelines of what they wanted for each and every member of our school community. They wanted a community that lived the values of Love, Justice, Patience, Compassion, Hospitality and Respect.

I want your children to be provided with the best possible Catholic education so that they can live a happy and healthy life, and just as importantly I want your children to be equipped with the skills to become good people who contribute to the positive well-being of others by the way they live their lives.

When you cast your eyes around our school community this week you will see scores of children, staff, parents, grandparents and friends going about their daily lives. Look closely because so many of them reflect the aforementioned gospel values adopted by the founding Sisters of our school. They are inspirational people not because they drive a shiny car or own a big house or play professional sports. Rather they are inspirational because they want to leave all people of this world living happier lives because of how they treat each and every person.

Each day in 'humdrum' of our daily lives we are faced with bills to pay, perhaps holidays to plan, clothes that need to be updated or other things that are supposed to improve our lives but when we 'strip back' all of that, we have left what is really important.

Will our children be inspired by the way we live our lives?

If there was one thing you wanted your children to remember you for when you are gone what would it be?

'What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we have lived.' (Anonymous)

Principal Meetings next week

All Tasmanian Catholic Principals for our Term 2 meeting next week. I will be absent from school from Wednesday 24th May - Friday 26th May inclusive. Adele Murphy, Deputy Principal, will be available for conversations.

Reconciliation

Congratulations to our students who received the Sacrament of Reconciliation on Tuesday.

Ameliya Sabu, Jack Cowan, Jack Jordan, Andrew Williams, Lidia Coppe, Caitlyn Jones, Lennox Hardinge, Zoe Lynch, Nicola McNeil, Jimmy Douglas.



Grade 3-6 Cross Country

Our Grade 3-6 children will be competing at Royal Park tomorrow afternoon for the annual SHS Cross Country Carnival. We wish all competitors the best of luck for a fun-filled carnival with outstanding sportsmanship. Families are reminded to check in with teachers if you intend to take home your child from the carnival.

Brent Wilson
Principal

May 2023						
	Monday	Tuesday	Wednesday	Thursday	Friday	
14th	15th	16th	17th	18th Instrumental Band 8:30am-9:30am Instrumental Strings 11:30am-1pm	19th Assembly 9am Gr 3-6 Cross Country	20th
21st	22nd Dance Fit K-2	23rd	24th	25th Instrumental Band 8:30am-9:30am Instrumental Strings 11:30am-1pm	26th Assembly 2:10pm	27th
June 2023						
28th	29th Dance Fit K-2 Marty Ogle - Internet and Social Media 4pm	30th	31st	1st Instrumental Band 8:30am-9:30am Instrumental Strings 11:30am-1pm	2nd Assembly 2:10pm	3rd
4th	5th Dance Fit K-2	6th	7th NIJSSA Cross Country	8th Instrumental Band 8:30am-9:30am Instrumental Strings 11:30am-1pm	9th Assembly 2:10pm	10th

2023 Dates**May**

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
Gala Day
Friday 23rd

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

Gr 3-6 Cross Country

Friday 19th May 2023 at Royal Park.

The program is as follows:

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

Please be prepared for the weather conditions. Students need to remain with their House for the entire carnival. Parents are encouraged to either help out or come along and watch.

All Schools Cross Country

This event is on Tuesday 27th June @ Symmons Plains.

If your child is interested in participating please email: john.anderson@catholic.tas.edu.au

The school will organise the on-line registrations and cover the cost of the entry fee.
Your child must be born in 2011, 2012, 2013 or 2014 to enter.

Entries close on Wednesday 21st June at 12:00pm.

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

2023 Prep - Grade 2 Cross Country Carnival

Last Friday our students in Prep, Grade 1 and Grade 2 participated in the annual cross country carnival at Royal Park. All of our children are to be congratulated for the excellent sportsmanship and enthusiasm displayed. A big thank you to all the families who came down to watch the action, our wonderful staff, the volunteers and our Grade 6 helpers. Congratulations to Rice House for winning the carnival this year. We now look forward to the Grade 3-6 Cross Country Carnival at Royal Park this Friday.

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



Wellbeing Lessons



Every class at Sacred Heart has one Wellbeing Lesson a fortnight. We use the Friendology Program and complement this with a wide variety of other activities. Mindfulness, Intuition, Neuroplasticity and the connection between our thoughts, feelings and actions, are just some of the topics that we have focussed on so far this year.

Wellbeing Lessons are structured so that the activities can be carried on in the classroom setting but also, so the students can share wellbeing strategies with you at home.

At Sacred Heart we have a Radar Team. The team includes Brent Wilson (Principal), Adele Murphy (Deputy Principal), Anita Mercer (Student Support Coordinator), Suze Chapple (Pastoral Care), Barbara Hills (School Counsellor) and Allison Hicks (School Counsellor). This team meets regularly each term to discuss additional support that we can offer students in our care here at Sacred Heart.



Sarah, Emma, Addison, Poppy and Halo showing that breath work is an important part of our Grade 6 Wellbeing Lessons.

WORLD OCEAN DAY + NUDE FOOD DAY

Children may wear **BLUE** clothing on Wednesday 7th June to raise awareness for World Ocean Day! Please also pack a nude food lunch.



Nude Food Day

On Wednesday 7th June SHS will participate in our 2nd Nude Food Day for this year!

Reduce, reuse, recycle

We are learning to be mindful of the waste we produce. We want to reduce, reuse and recycle materials whenever we can.



Pack

- . Snacks in reusable containers
- . Water in a reusable bottle
- . Reusable utensils when needed
- . A reusable lunchbox



Avoid

- . Food packed in plastic bags, cling film or foil
- . Single use drink boxes, cans, cartons or bottles
- . Single use forks or spoons
- . Pre-packaged or single serve food items



World Ocean Day

Throughout the week students will be learning about ways to protect our oceans. A rubbish audit will be conducted and shared learning in our assembly.



The Spirit of Jesus is Alive in:

Grade 3 Red	Sophie Turner - For her dedication and commitment to learning tasks.	Oscar Hodge - For his exceptional caring attitude towards classmates.
Grade 3 Green	Billie Kedey - Being a thoughtful member of our class. Billie shows care and understanding to all of her classmates. Well done, Billie!	Bella Guy - Being a fantastic team member and giving her all to every learning task. Well done, Bella!
Grade 4 Red	Brianna Butt - for enthusiastically embracing new learning experiences and relishing in challenges.	Archer Madden - for being a confident and independent member of our class.
Grade 4 Green	Jacob Blyth - for a persistent effort in completing tasks.	Isla Williams - for a remarkable improvement in her organisational skills.
Grade 5 Red	Eli Boutcher - For stepping up and being a great leader during the Mother's Day Stall. Thank you!	Isaac Hodge - For the dedication and have-a-go attitude you have shown towards all learning tasks this week. Keep it up!
Grade 5 Green	Bayani Beeton for the amazing job you did with your solo in our poetry competition entry. Well done! Sylwester Szpyrka for your enthusiasm in your solo in our poetry competition entry. Fantastic work!	Maisie Sutton for the beautiful job you did with your solo in our poetry competition entry. Well done! Tyler Barrett for your amazing effort to learn every single word within our poems but also the way you were a leader within our group. Fantastic work Tyler.
Grade 6 Red	Liliana Hodgetts - For always being a conscientious and thoughtful member of our class.	Remi Quarrell - For approaching all learning tasks with enthusiasm and presenting a great HASS presentation.
Grade 6 Green	Trixie Martin - a conscientious and determined student in everything he does.	Josie Leake - Fabulous effort, time management and consistent hard work on her HASS assignment.



For our next P&F meeting on Tuesday 13th June
we invite you to attend our annual dinner meeting.

Dinner is at your own expense and will commence at 7pm at Cataract on Paterson.
Please RSVP to me via this email prior to Tuesday 30th May.

rebecca.hughes@playgrouptas.org.au

INTERNET AND SOCIAL MEDIA

WITH MARTY OGLE
MONDAY MAY 29TH 4PM
FOR ALL PARENTS AND GRADE 5 & 6 STUDENTS

TOPICS COVERED....
ICT, LAWS IN TASMANIA, ESAFETY WEBSITE,
SOCIAL MEDIA PEER PRESSURE, SCREEN TIME,
CYBERBULLYING, PORNOGRAPHY & GROOMERS,
GAMING, ONLINE GAMBLING,
SCAMS, ETC

COMMUNITY AND CULTURE CHAMPIONS

The Sacred Heart Community and Culture Champions are a small group of Grade 5 students who will work to bring the ideas, opinions, choices and feelings of the students to the P&F. This will help the P&F to make informed and purposeful choices for our school community. The CCCs are supported by Louise, the P&F Community and Culture Mentor, who will meet with the team regularly and will share information between the team and the P&F.



Eli – My gifts that I'll share are teamwork, respect for myself and others, resilience, positivity and good communication skills.

Sawyer – I want to improve my ability and confidence to talk in front of people because if you don't articulate yourself then people will not really have a good idea about what you are trying to achieve or represent.



Maddison – The decision by the Parents and Friends to include students is great as it is giving the next generation a say in things.

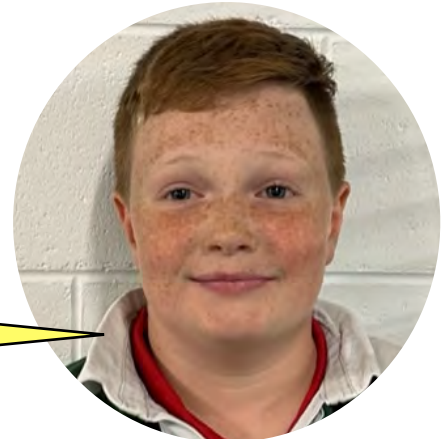
Lexi – I could bring some nice skills to the team like great ideas, intelligence, determination, cooperation and never giving up.



James – I think it would be really fun and interesting. I think it's really important to let the kids of the school have a say on what they want to do and it would make our school community way better.



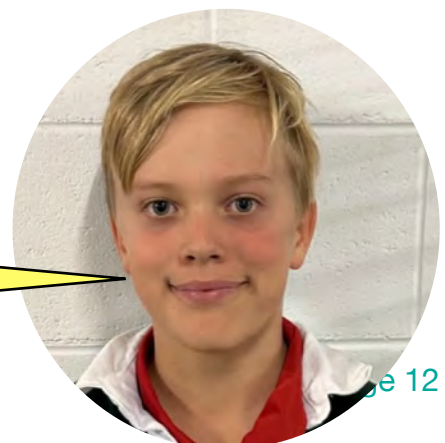
Jonty – I would really like to help our school community by sharing my knowledge and ideas to help the P&F make decisions.



Eily – I think if I'm on the team I can help Sacred Heart have a better community and make other kids' days a little better. Sometimes kids have trouble coming to school. I want to create an environment where they want to be at school and be part of the community.



Jacob – I would like to help out by helping make decisions about what happens at school and would like to represent the children of Sacred Heart.





Wilfred – I want to be the voice of my fellow students so their ideas and opinions are heard. I want my school to be a fun and safe place where everyone feels valued.

Adam – I would like to help SHS students be heard. I have some really good ideas I want to share. I want to be part of making the difference.



Harry – As a Community and Culture Champion I would listen to students' ideas so that I can pass them on as we should all get to decide how our school feels.



Lillian – I would like to be a Community and Culture Champion because I want to be a leader to help people and make sure they feel happy, included, welcome and safe.



Louise – I am excited about being a part of the Community and Culture Team because I believe that every student at Sacred Heart should feel safe, empowered and heard. As the Community and Culture Mentor, I will support the Champions to reach out to the students of Sacred Heart and share





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

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



Australian Government

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.