



## 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

2024 Kinder  
Enrolments Close  
Tomorrow May 26

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

NIJSSA Cross Country  
Wednesday June 7th

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

All Schools  
Cross Country  
Tuesday June 27th

## Forgiveness and Hope

'I am sixty two now. I have three more years. I sold heroin. A lot of it. I had forty people working for me. If you were to ask me thirty four years ago what it was going to be like in prison, I couldn't have imagined. It's been the same thing every day. Everyone I care about is gone. My mother passed. My father passed. My brother and sister. If I look backwards, I'll lose my mind. I've just tried to keep busy and take it one day at a time. I've done every self-help program in the system. I'm the lead facilitator for the Men of Influence Program. We teach behaviour skills, financial management and entrepreneurship. In the five years that I've been in charge, we have graduated 250 people, and only one has come back to prison. I tell them: 'Don't let me be your future'. And if I could say one thing to everyone who reads this interview. I want to apologise for the harm that I caused. If I could go back in time and correct it, I would. But that's what I've been trying to do for the past 34 years. I grew up in the Baltimore Projects. Everyone that I know had nothing. I was trying to improve my life with the information I had at the time. I grabbed the wrong rope. I'm sorry if I caused generations behind me to go astray. It wasn't my intention to bring pain to the community. And I really think that when I'm released, I can be an asset to society'.

**(Source: Humans of New York Facebook)**

I would love to know what is your immediate response when you read this?

Our young children here at Sacred Heart are trying to do the best they can with the information they have now! Our parents at Sacred Heart are trying to do the best they can with the information they have now!

Our teachers at Sacred Heart are trying to do the best they can with the information they have now!

We are trying to grab the right rope with the information we have now!

## Forgiveness and Hope Continued...

We all grab the wrong ropes at times. Our belief here at SHCS is not to ever give up! To not stop trying! If we don't get up each day believing there is still hope to help, then we are in the wrong job, have chosen the wrong school for our children and we need to seriously reevaluate our choices! Hope is the most important gift we can give our children. That tomorrow or the next day things can be different, better. That after 34 years in prison you can make a difference to society!

Please watch this 2 minute video link below - it demonstrates the need for hope and a clean slate each day!

[www.youtube.com/watch?v=R45HcYA8uRA](https://www.youtube.com/watch?v=R45HcYA8uRA)

To forgive others, not hold a grudge, talk about ideas not talk about people, continuously learn, not think we know it all, have a sense of gratitude not a sense of entitlement, accept responsibility for our failures not blame others for our mistakes and decisions is damn difficult stuff to do well and do often. It is about getting up again tomorrow and trying to be better than yesterday.

I will always challenge myself, every teacher, every parent and anyone associated with our school, that we forgive yesterday, hope for better today and believe in tomorrow. That we will not give up because someone is troubled, too difficult or too demanding. Yes, we must keep working with all to make better decisions. We must support all of our students, not just those who are finding things difficult. All children deserve happiness, safety and kindness. We have to wake up tomorrow believing that they will take another step forward. That is what it means to me to be part of a Catholic School Community! It is one of the things that makes me extremely proud to be associated with SHCS.

## 150 Years Celebration

Friday 16th June Sacred Heart will be celebrating our school feast day with the children and staff of SHS. We would like to see every child and staff member dressed in 'olden day' clothes for the day. Please check your dress up boxes, ask grandparents, visit St Vincent de Paul or ask a friend.

We look forward to our community entering into the spirit of the occasion.

**Brent Wilson**  
Principal



### School Families - Kinder 2024

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

**Enrolments close TOMORROW 26th May 2023**

May 2023						
	Monday	Tuesday	Wednesday	Thursday	Friday	
21st	22nd	23rd	24th	25th Instrumental Band 8:30am-9:30am Instrumental Strings 11:30am-1pm	26th <b>Assembly</b> <b>2:10pm</b>	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 <b>Assembly</b> <b>2:10pm</b>	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 <b>Assembly</b> <b>2:10pm</b>	10th
11th	12th Public Holiday	13th	14th	15th Instrumental Band 8:30am-9:30am Instrumental Strings 11:30am-1pm	16th <b>Assembly</b> <b>2:10pm</b> <b>Feast Day</b> <b>Celebrations 150</b> <b>years</b>	17th

**2023 Dates****June**

NIJSSA Cross Country  
Wednesday 7th  
Public Holiday (King's Birthday)  
Monday 12th  
PnF Meeting  
Tuesday 13th 7pm  
150 Year Celebration and Mass (11:30am)  
Friday 16th and 18th  
Gala Day  
Friday 23rd  
All Schools Cross Country  
Tuesday 27th

**July**

Last Day Term 2  
Friday 7th  
First Day Term 3  
Tuesday 25th

**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



CROSS COUNTRY





# CROSS COUNTRY



## 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](mailto: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.

## 2023 Sacred Heart Cross Country Carnival

Last Friday our students in Grades 3-6 participated at the Cross Country Carnival at Royal Park. We were extremely fortunate to have beautiful conditions for running with very little wind and a sunny afternoon. Thank you to our parent volunteers and the large number of families who came down to watch the actions. Congratulations to all of our students for the determination and house spirit displayed. Congratulations to Young house for winning the carnival for the first time since 2012. We now look forward to the NIJSSA Cross Country Carnival on Wednesday 7th June.

### Emergency Practice

Within the next few days we will hold an unannounced emergency practice with staff and students, to test our response to a potential scenario where staff may identify a threat which would warrant the school to go into lockdown (opposite to evacuation).

Like for fire evacuation drills, we recognise the worth to test this process.

We have plans in place to make this practice as least disruptive as possible.

If you have queries please call our Safety Officer, Katie Gardner on 0456 849 497



# Wellbeing Lessons



Our Primary Wellbeing Lessons have been focussed on Environmental Wellbeing. We have been talking about the connection between our personal environments and our overall wellbeing and mindset. Students have been challenged to take responsibility for upgrading or improving an area in one of their personal environments, either at school or at home. This has been encouraged by the understanding that well cared for, clean and organised personal environments help us to experience a sense of calm and comfort. While clutter and mess can be stressful and overwhelming.

Something as simple as making your bed each morning, is a chance for children to set an intention to do the little things that teach responsibility, balance, organisation and success. It's a chance for a quick, but consistent, sense of accomplishment.

A number of students across the primary classrooms have been inspired by these concepts and have demonstrated initiative, by choosing to influence the wellbeing of students in our playground here at Sacred Heart. One example of this is Tamara, Madeleine and Addison from Grade 6 who are now managing a Passive Play space at lunch times. This is a quiet space, welcoming students from all grades that would like to write, draw or colour during lunch breaks. What a great initiative!

I must say that I have done my best to encourage ALL students to start making their beds each morning, so I am hoping that parents are having some luck with that!

Suze Chapple  
Pastoral Care



# 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.

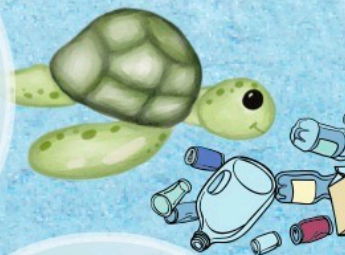


## Pack

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

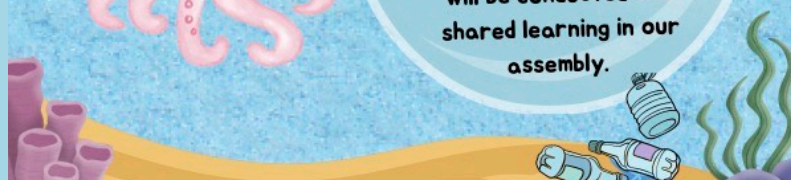
## Avoid

- . 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:

<b>Prep Red</b>	<b>Maggie Hyde</b> - for her effort to include others and make new friends	<b>Flynn Johnston</b> - for his consistent effort and enthusiasm in all learning tasks
<b>Prep Green</b>	<b>Neve Chapple</b> - for her positive attitude and genuine kindness that she shows towards others	<b>Jack Beechey</b> - for his wonderful work during InitaLit activities
<b>Grade 1 Red</b>	<b>Charlie Chackaith</b> - For settling into Sacred Heart and being a happy and friendly member of our class.	<b>Lewis Hills</b> - For a fabulous effort with your Spelling and Writing.
<b>Grade 1 Green</b>	<b>Abigail Edwards</b> : for working well with her tasks this week and her great work in Maths recognising coins.	<b>Jack Hargreaves</b> : for his detailed artwork of the Church
<b>Grade 2 Red</b>	<b>Florence Aram</b> - always making sensible choices	<b>Robbie Watts</b> - putting extra effort into his writing this week
<b>Grade 2 Green</b>	<b>Isabelle van Donselaar</b> - For fantastic "Chooks in Dinner Suits" writing.	<b>Riley Boucher</b> - For always working hard in all areas - Well done Riley!
<b>Grade 3 Red</b>	<b>Eleanor Hampton</b> - for always willing to give things a go, help and bring joy to all those around her!	<b>Christian Kley</b> - for his excellent effort in expanding sentences including adverbs and adjectives.
<b>Grade 3 Green</b>	<b>Annie Jordan</b> - Her enthusiasm and love of learning. Annie displayed vivid visualising skills and created an impressive domain on Minecraft Education. Well done, Annie!	<b>Jackson Hayes</b> - His artistic flair in creating detailed and expressive artworks. Well done, Jackson!
<b>Grade 4 Green</b>	<b>Callum Pilgrim</b> - for a fantastic effort in improving his listening in class	<b>Mia Adams</b> - for outstanding leadership and always being proactive.
<b>Grade 5 Red</b>	<b>Harper Heather</b> - For her focus and interest to achieve her best in all learning areas this week. Well done!	<b>Jonathan Radin</b> - For his high level of interest and participation across all learning areas.
<b>Grade 5 Green</b>	<b>Matthias Aras</b> for your fantastic first week at Sacred Heart. Your knowledge and enthusiasm are a great asset to our class.	<b>Charlie Bennett</b> for your constant positivity and the friendship you show each of your peers.
<b>Grade 6 Red</b>	<b>Jesse Maxfield</b> - for your outstanding work ethic and amazing dance skills.	<b>Izzy Walsh</b> - for your enthusiastic and inspiring contribution to class this week
<b>Grade 6 Green</b>	<b>Addison Frerk</b> - outstanding application in all areas of the curriculum.	<b>Clancy Richmond</b> - fabulous organisation and application to his HASS assignment.



For our next P&F meeting on Tuesday 13<sup>th</sup> 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 30<sup>th</sup> May.

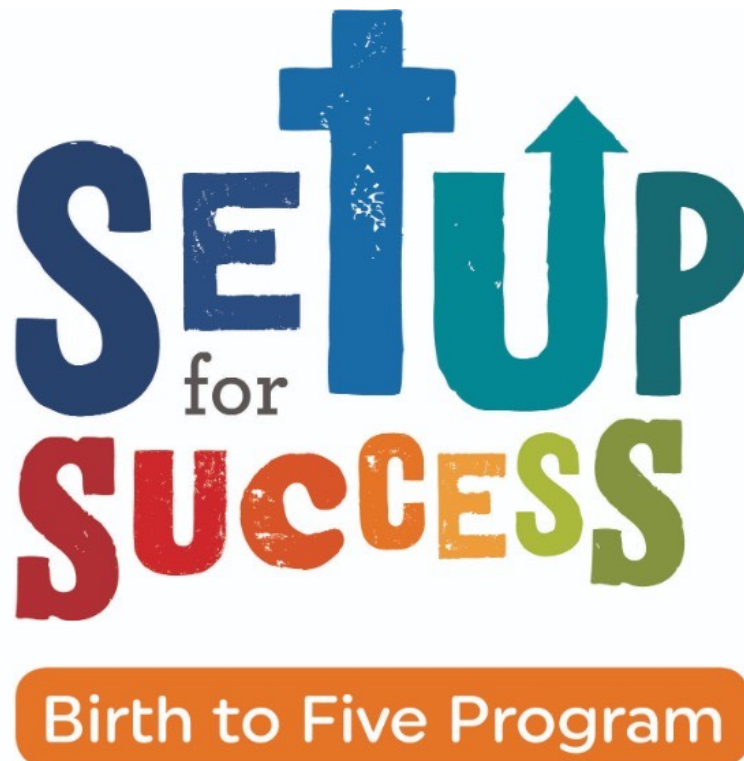
[rebecca.hughes@playgrouptas.org.au](mailto:rebecca.hughes@playgrouptas.org.au)

# 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





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!  
Beth & Rebecca

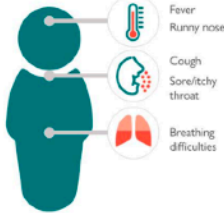
PROTECTING YOURSELF AND OTHERS FROM CORONAVIRUS

## 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](http://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](http://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](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



**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.**