



## 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

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

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

Respect for Ourselves  
Respect for Others  
Respect for our Learning

Circle of Life  
August 17-25

Father's Day Celebration  
Wednesday  
August 30th

Instrumental Band  
Soiree, Tue Sept 5th  
5pm-6pm

Nude Food Day  
Wed, September 6th

Athletics Carnival  
Friday Sept 15th

Save the Date  
Colour Run  
Friday, October 27th

## Celebrating Confirmation - "The Joy is in the journey".....

"Life is a journey with problems to solve, lessons to learn, but most of all, experiences to enjoy." (Anonymous)

Most of us remember major celebrations in our lives. Whether that is birthdays, sacramental celebrations, weddings, our children's birth, sporting finals, musical concerts and major holidays, each one of these has common threads.

Each one of these events requires careful planning, preparation and in some cases training. Occasions such as these rely on a number of people contributing to the overall success. Ultimately it is rare for events such as these to end with a positive outcome unless a number of people work for the common good.

On occasion we can be swept up in the moment of looking too far forward to the end destination without remembering to enjoy the experience of the here and now. Earlier this week I listened to one of my daughters share her experience of a recent walking trek. In the course of the 6-hour expedition she was left with blisters and sore legs. Her positive response to the experience reminded me of the importance of identifying the truly wonderful things that we all experience in our lives. She recounted that regardless of the tired legs and blisters her day had been special because of the company she enjoyed and the superb scenery she viewed.

For me one of the greatest privileges of leading Sacred Heart Catholic Primary School is watching the ongoing growth of students, staff and parents. In the past seven years I have watched and admired our school community participating in a plethora of activities. Sometimes those actions didn't go according to plan, sometimes people cried or laughed. Most importantly in our school community our challenge is to constantly look for self-improvement. We challenge the children to look for ways they can improve. Equally, each year we challenge parents to work with children and teachers to establish goals for their children's learning. As teachers we consistently reflect on the successes and challenges that we attain on the way to our ultimate goal. Our teaching staff establish and are consistently reviewing, their own goals that are designed to improve their own teaching and in turn improve student outcomes

We all know that each one of our children is on a learning journey. (Indeed as adults we too never stop learning). Your children and mine will always learn at different rates. Celebrate the journey with them, because in a blink of an eye they will be children no longer.

## Celebrating Confirmation continued...

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Tonight 13 of our Sacred Heart children will celebrate by receiving the Sacrament of Confirmation. We know tonight they will be confirmed, we should congratulate our children as they reach this very important milestone in their life. We should also take time to remember what they have been expected to do, how and who has supported them and just as importantly, remember that this is but one step on their faith journey.

Congratulations .....

James Douglas

Lidia Coppe

Lennox Hardinge

Caitlyn Jones

Madeleine Macro

Rose Mercer

Tillie Pendergast

Raphaella Rossilli-Morrison

Tayla Russell

Jack Jordan

Archer Madden

Riley McNeil

Nicola McNeil

*"Focus on the journey, not the destination. Joy is found not in the finishing an activity but in doing it."* (Greg Anderson)

## Father's Day

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SHS gathers on Wednesday 30th August to celebrate Father's Day. Dads or significant males are welcome to join us at 9am - 10am or 2 - 3pm to enjoy time with their children engaging in a range of activities.

On the Monday after Father's Day our P and F are providing a coffee van for Dads to enjoy a coffee and join us at Liturgical Singing. Coffee available from 8.30am and Liturgical Singing with Dan in the Presentation Gym from 8.45am.

## Principal Meetings

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In the next few weeks I am committed to a number of meetings away from school. Adele Murphy will be available for questions.

Wed. 23rd - Fri. 25th August inclusive at Tasmanian Catholic Principal meetings. This is the third of our statewide meetings for 2023.



**Brent Wilson**  
Principal



**When:** Wednesday, 30<sup>TH</sup> August

**Time:** 9-10am or 2-3pm

**Where:** All classrooms and other areas around the school



## FATHER'S DAY STALL

SHS P&F AND GRADE 5 WILL BE RUNNING  
A FATHER'S DAY STALL ON

**WED 30th AUGUST & THURS 31ST AUGUST**

WE WOULD ASK ALL CHILDREN TO DONATE AN ITEM/GIFT  
TO THE VALUE OF APPROX \$5.

WE WILL BE SELLING THESE FOR \$2 EACH.

ITEMS COULD INCLUDE KEY-RINGS, TOOLS, SOCKS, HATS,  
SEEDS, PLANTS, POTS, COFFEE/TRAVELLER MUGS,  
LOLLIES OR CHOCOLATES (WRAPPED PLEASE)

ITEMS CAN BE TAKEN TO YOUR CHILD'S CLASSROOM.

**CAN ALL GIFTS PLEASE BE SENT IN BY FRIDAY AUG 25TH**

## August 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
20th	21st	22nd	23rd	24th Circle of Life Instrumental Band 8:30am-9:30am  Instrumental Strings 11:30am-1pm	25th Circle of Life Assembly 2:00pm	26th
September 2023						
27th	28th Dance Fit Gr3-6	29th	30th Father's Day Celebration and Stall.	31st Instrumental Band 8:30am-9:30am  Instrumental Strings 11:30am-1pm Father's Day Stall	1st Assembly 2:00pm	2nd
September 2023						
3rd	4th Dance Fit Gr3-6	5th Instrumental Band Soiree 5pm-6pm	6th Maths Olympiad 12:30pm-1:30pm	7th Instrumental Band 8:30am-9:30am  Instrumental Strings 11:30am-1pm	8th No Assembly Gala Day	9th
10th	11th Dance Fit Gr3-6	12th P&F Meeting 7:30pm-9pm	13th	14th Instrumental Band 8:30am-9:30am  Instrumental Strings 11:30am-1pm Green Day	15th No Assembly Athletics Carnival Gr3-6	16th

2023 Dates**August**

Father's Day  
Wednesday 30th

**September**

Gala Day  
Friday 8th  
Green Day  
Thursday 14th  
Grade 3-6 Athletics Carnival  
Friday 15th  
Subway Lunch  
Friday 29th

**October**

Colour Run  
Friday 27th

2023 Term Dates**Term Three:**

25 July - 29 September

**Term Four:**

17 October - 13 December

2024 Term Dates**Term One:**

Wed 7 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



# Wellbeing Lessons



## BREATH WORK

This week in Wellbeing, we are continuing our work on Emotional Wellness with the Early Childhood classes. Our goal is to build up a toolkit of strategies that are ready to help us in difficult situations.

Regaining access to our prefrontal cortex is a challenge for all of us when we are feeling dysregulated. Breathing is the most universally accessible Personal Emotional Tool (PET) that is powerful and effective. Breath work can help manage stress, improve focus and regulate our emotions.

Here you can see Ruby and Piper practising their 'Cupcake Breathing'. The idea is to smell the delicious, freshly baked cupcake as you breathe in and to gently blow out the candle on top as you breathe out.

Here at Sacred Heart, we are practising a variety of breathing techniques, so that we have useful habits, should we ever need to use them.

Suze Chapple  
Pastoral Care



## The Spirit of Jesus is Alive in:

<b>Prep Red</b>	Jack Adams - for his effort and improvement in writing his letters using correct letter formation	Emily Franks - for her increase in self-confidence and her willingness to make new friends
<b>Prep Green</b>	Milla Farran - for always trying her hardest and being a great friend	George Sluis - for great work in Math and for consolidating his understanding of "friends of 10"
<b>Grade 1 Red</b>	Hugh Beechey - For his growing confidence and achievement across all areas of Literacy. Keep up the great work Hugh.	Bella Counsel - For your growing confidence across all areas of Literacy, particularly your reading. Well done Bella.
<b>Grade 1 Green</b>	Mia Brown for great progress with reading and literacy tasks	Tate Schulz for being a wonderful classroom helper
<b>Grade 2 Red</b>	Lincoln Hagen for his progress in Literacy. Especially in understanding nouns, pronouns and adjectives.	Evelyn Marshall for being a role model during independent work.
<b>Grade 2 Green</b>	William Pendergast - For using great expression when reading a text.	Annabelle Sluis - For smooth reading and great expression during reading.
<b>Grade 3 Red</b>	Elliot Birch - his active participation and engagement in learning	Daisy Cooper - for using feedback to improve her learning.
<b>Grade 3 Green</b>	Nate Reeve - His engagement and focus in our Mathematics daily reviews. Well done, Nate!	Jackson Hayes - His efforts in applying class writing techniques to create tension-filled scenes. Well done, Jackson!
<b>Grade 4 Red</b>	Molly Illingworth - for demonstrating a mature attitude when answering questions and sharing her ideas with others.	Caitlyn Jones - for displaying a persistent and positive attitude towards her school work.
<b>Grade 4 Green</b>	Phoebe Spencer - For a fantastic job in Religion, and always with a positive attitude to learning.	Thomas Bishop - For always giving fascinating insights, particularly during your HASS work.

# SACRAMENTAL DATES for CONFIRMATION

## And FIRST EUCHARIST

### ***Welcome Rites***

All mass centres

Saturday 3rd and Sunday 4th June

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

#### **Session 4**

WHEN: 11th and 12th September 3.30pm - 7pm

***\*Celebration of Confirmation  
(Church of Apostles - 24th August)***

***\*Faith and Fun Day  
(St Ailbe's Hall - 25th August)***

***\*Warm up Reflection  
(Pastoral Centre - 7.30pm 5th September)***

***\*Presentation of the Lord's Prayer  
(All Masses 9th and 10th September)***

***\*Sacrament of the First Eucharist  
(all Masses - 23rd and 24th September)***



Sacred Heart will be supplying a morning tea celebration for our First Eucharist recipients after the 10.30am Mass on the 24th of September, in the Presentation Gym.

***\*\*\*\*\*Please could all our candidates receiving their First Eucharist provide a plate - and deliver to the Presentation Gym prior to Mass\*\*\*\*\****

For further information please contact Rosie Caelli  
[pltn-sacraments@AOHTAS.ORG.AU](mailto:pltn-sacraments@AOHTAS.ORG.AU)



24TH AUGUST 2023

1873-2023 OUR 150TH YEAR

Sacred Heart Catholic School

Celebrating 150 Years

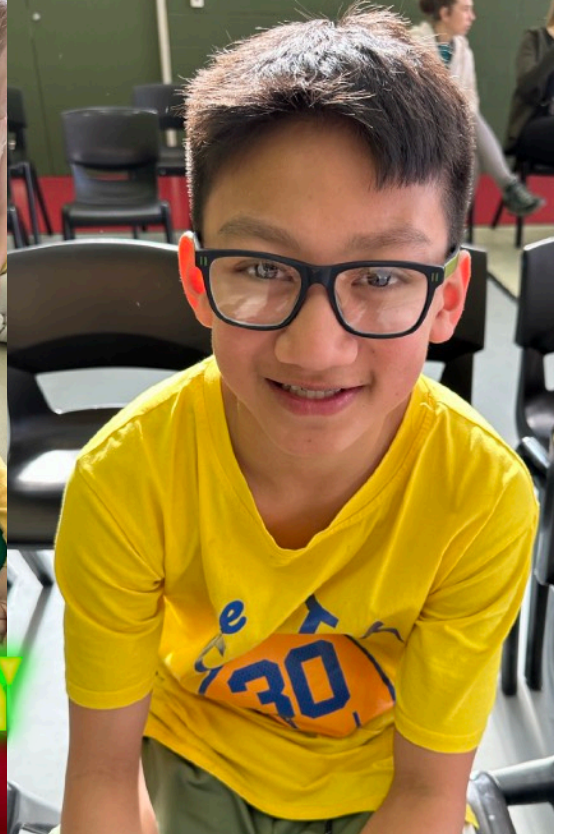
2023 Newsletter



# Green and Gold Day







Green and Gold Day









*Celebrating Nano Nagle*



***Green Day***



**14th September, 2023**

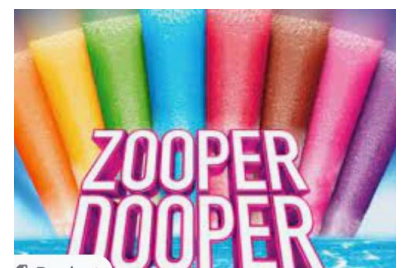
*Parents are invited to  
celebrate a*

*Liturgy with us at*

*9.15am @ Founders  
Corner.*



**WEAR  
YOUR PE  
Uniform**



We will have a ZOOPER DOOPER Sale to raise funds for the Presentation Sisters charities.



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



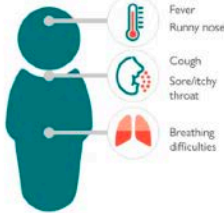
PROTECTING YOURSELF AND OTHERS FROM CORONAVIRUS

## 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 Monday 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.

**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 3 Tuesday 25.7.23 to Friday 29.9.23**

**Term 4 Tuesday 17.10.23 to Wed 13.12.23**

**2024 Term Dates**

**Term 1 Wednesday 7.2.24 to Thursday 11.4.24**

**Easter - Fri 29th March - Tue 2nd April**

**Term 2 Monday 29.4.24 to Friday 5.7.24**

**Term 3 Tuesday 23.7.24 to Friday 27.9.24**

**Term 4 Tuesday 15.10.24 to Tuesday 17.12.24**

**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.**