



Online Content:

Website:

www.sacredheartl.tas.edu.au

School Email

shsl@catholic.tas.edu.au

Facebook:

facebook.com/sacredheartl

P & F email

shsl.pnf@catholic.tas.edu.au

Our P.B.S. Values are:

Respect for Ourselves
Respect for Others
Respect for our Learning

Friday 16th
February
2024

Welcome Back BBQ

SHS Swimming
Carnival
Friday 23rd
February

Board Meeting - AGM
6:00-8:30pm
Tuesday Feb 20th

NIJSSA Swimming
Carnival
Friday March 8th

Lent

'God never tires of forgiving us; we are the ones who tire from seeking his mercy.'

(Pope Francis)

Lent is a 40-day period of time leading up to Easter that begins on Ash Wednesday and ends on Holy Saturday. The word "lent" comes from the old English word *lencten* that means *lengthen* - referring to the season of spring and longer daytime. The length of Lent represents the 40 days Jesus spent fasting in the wilderness before beginning his ministry. Lent is a time of spiritual renewal and reflection in preparation of observing Good Friday, the death of Jesus and celebrating Easter, the resurrection of Jesus.

The purpose of Lent is to draw closer to God through prayer, repentance, and self-examination. During Lent, many Christians choose to fast or give up certain indulgences as a form of self-discipline and penance. This may include abstaining from certain foods, activities, or habits.

Just as we set aside time to spiritually prepare for Christmas Day, it makes sense to set aside time to prepare for the two most important days of the Christian year - Good Friday and Easter. Lent is a time that offers us an opportunity to come to terms with the human condition we may spend the rest of the year running from, bringing our need for a Savior to the forefront. Lent is a time to open the doors of our hearts a little wider and understand our Lord a little deeper so that when Good Friday and Easter come, it is not just another day at church but an opportunity to receive the overflowing graces God has to offer.

Lent is more frequently observed as a solemn time of preparation for remembering the death and resurrection of Jesus at Easter. From the start of Lent on Ash Wednesday till Lent ends on Easter Sunday, Lent is traditionally a time of fasting or giving something up, known as abstinence. Lent gives us time to prepare our minds and hearts for remembering the life, death, and resurrection of Jesus.

Prayer is a significant focus during Lent. During the 40 days, we seek God's forgiveness, accept his love and mercy, and repent or turn from our sins. Fasting or abstaining from something, like our favourite food or activity, not only gives us time to pray but reminds us of Jesus' suffering and sacrifice.

What does all of this mean as members of the SHS community in 2024?

We are challenged to reflect on how we live our lives?

We are asked to consider how we can make others' lives more positive, particularly towards those people who are less fortunate than ourselves.

One of our school goals for 2024 is

Continue to show unconditional positive regard for all community members, and especially those students that are marginalised or suffering trauma.

I wonder how we will bring this goal to light in this Lenten season?

Welcome to 2024 BBQ

Families are invited to begin the school year by gathering for our Welcome Barbecue on the school oval on Friday 16th February at 5pm. This is a wonderful opportunity for families to enjoy time with family and friends, meeting new families and reconnecting with established families. Our Parents and Friends will provide more details.

Swimming Carnival

Children from Grade 3-6 will be participating in our school Swimming Carnival on Friday 23rd February at the Riverside Pool. Children will travel by bus to and from school and will be leaving soon after 9am.

Please ensure your child has....

Bathers

Underwear to change into

School Hat

Swimming Cap

Sunblock applied before the carnival and some to apply during

Lunch including ample water

Towel

Positive attitude

The canteen should not be accessed by children or for children. The canteen is for use by and for adults only.

If you intend to take your child after the carnival, please wait until all races are completed and speak to your child's teacher before departing.

Goal Setting Conversations

Wednesday 21st February and Thursday 22nd February teachers will be available to meet with parents and students. The purpose of these conversations is to listen to parents share knowledge about their child. In these conversations teachers work on establishing goals to begin the 2024 school year. We encourage children to consider, prior to the conversations, what they would like to work on. Check your Compass app for details on booking appointments.

Chess

In 2023 we commenced a Chess Club at Sacred Heart. This will continue in 2024 on Wednesday at first lunch, 11am in the library for children Grade 2 and above.

In 2024 Black Square Chess offered to run an 8 week after school program from 3-4pm on a Thursday afternoon for \$50. This is designed for the more dedicated players from Grades 2-6. If you are interested in joining the after school club please email karen.cettolin@catholic.tas.edu.au

Depending on numbers preference will be given to older students. Please email Karen by 3pm Monday 19th February



Brent Wilson
Principal

Wellbeing Lessons



FINDING THE PAUSE

The commencement of a new school year is an exciting but busy time. As adults, with the privilege of caring for young people, we can often find ourselves searching for ways to support our children through exhaustion and overwhelm as they transition into new classes with new routines and expectations.

This week, we have been talking about 'finding the pause'.

To many of us, pausing may feel like a luxury but research actually suggests that many moments of even 30 seconds of pausing throughout your day can be soothing and recuperative. It can give us a chance to recalibrate and gather ourselves for the next lot of tasks. It can also give us space to think before we act, speak and respond. It is taking us from 'doing mode', into 'being mode', if only for a moment.

Finding a pause doesn't need to take a lot of time. We can drop it into the ordinary transitions that happen every day.

Pulling up at the school gate. Pause.
Unpacking your school bag and setting yourself up ready for learning. Pause.
Before and after eating and drinking. Pause.
Finishing a lesson and preparing for the next one. Pause.
Jumping into the car after school. Pause.

A pause might be sitting down for a minute, taking an extra long slow, deep breath, closing your eyes slowly and intentionally or pausing for a moment of reflection or prayer. Here at Sacred Heart, we like to use our senses to focus on things that we can see, hear or smell in our environment, to create a pause throughout our day.

How can you and your little people go about finding the pause? There is no right or wrong. Just an opportunity to start a habit to support your overall health and wellbeing.

Suze Chapple
Pastoral Care



Sacred Heart Catholic School			God is always with us.			2024 Newsletter	
February 2024							
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
11th	12th Swimming Trials Gr3/4	13th Shrove Tuesday - P&F pancake P&F Meeting 7:30-9pm	14th Ash Wednesday	15th Band and Instrumental - Gr 3-6 9:00-10:00am	16th Assembly 2:05pm-2:50pm P&F Welcome BBQ	17th	
18th	19th Swimming Trials Gr5/6	20th Board Meeting - AGM 6:00-8:30pm	21st PST Meetings 3:15-7:15pm	22nd PST Meetings 3:15-7:15pm	23rd SHS Swimming Carnival Assembly 2:05pm-2:50pm	24th	
					March 2024		
25th	26th	27th	28th	29th	1st Assembly 2:05pm-2:50pm	2nd	
March 2024							
3rd	4th	5th	6th	7th	8th NIJSSA Swimming Carnival	9th	

2024 Term Dates

Welcome BBQ - Feb 16

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

2024 Term Dates**February**

Welcome BBQ - Friday 16th

SHS Swimming Carnival - Friday 23rd

March

NIJSSA Swimming Carnival - Friday 8th

P&F Meeting - Tuesday 12th

Instrumental Band & Strings Begins - Thursday 14th

School Fair - Friday 15th

Board Meeting - Tuesday 19th

Gala Day Gr5-6 - Friday 22nd

April

Student Free Day - Friday 12th

LAUNCESTON CATHOLIC SCHOOLS INSTRUMENTAL MUSIC PROGRAM

YOU AND YOUR CHILD ARE INVITED TO OUR

INFORMATION SESSIONS

Tuesday 20 February
5:00pm - 6:00pm **OR** 6:30pm - 7.30pm
Guilford Theatre, St Patrick's College
(no bookings required)

IMPORTANT LINKS

Guilford Theatre Map - <https://stpatricks.co/3RIQZe3>

Enrolments - <https://stpatricks.co/PrimaryInstrumental>



**SCAN THE QR CODE TO DISCOVER
THE 2024 MUSIC PROGRAM**





JOIN TODAY!



music@stpatricks.tas.edu.au

****Please note payment for the music program will be due end of term 1 and payable through the Compass App****

REGISTER

-  1 Go to www.flexischools.com.au and select the **REGISTER** option and enter your email address.
-  2 You will be sent a registration email. Click on the link in the email to complete the registration.
-  3 Fill in your details on the Registration Form and click "submit".
-  4 Add your students, select their school and class.

ORDER

 flexischools.com.au






-  1 Go to www.flexischools.com.au and select the **LOGIN** option. Click on "Start an order" for your student.
-  2 Select the service you wish to purchase from. You can also set up orders in advance.
-  3 Add each of your items. Extras and options will appear where relevant to the item.
-  4 Select your payment option. Pay for the one order or "top up" your account. Complete payment to place order.



HOW TO PLACE A CANTEEN ORDER



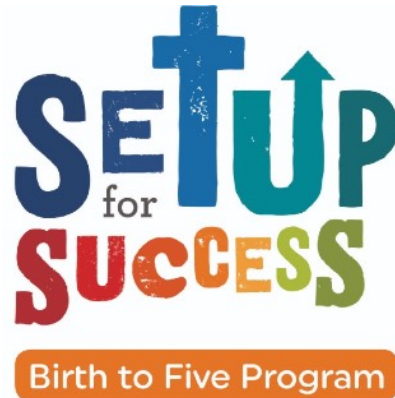
WITH  flexischools

-  1 Click "Order food" at the top of the home page on your app.
-  2 Select the child you want to order for, then the date you wish to receive your order on.
-  3 Choose the food items you wish to purchase, then select "Confirm Order".
-  4 Choose your desired payment option.
-  5 Press "Place Order" to confirm your purchase.

ENJOY!



 Download Flexischools app



Happy Hearts 2024

Happy Hearts will resume February 22nd.

We have a choice of two sessions each Thursday

10:00 - 11:30

or

12:30 - 2:00

Please join our new 2024 Facebook group to receive weekly updates.

2023 families also need to join the 2024 group, as our current page will close.

Our new link is - [2024 Happy Hearts Setup for Success. SHCS Launceston](#)

Please feel free to email us too beth.rickerby@catholic.tas.edu.au

We look forward to seeing you at Happy Hearts in 2024!

Beth & Rebecca

Music Program 2024

The below link will give you both the
Catholic Primary School Information Booklet
and Enrolment Form.

<https://www.stpatricks.tas.edu.au/our-community/catholic-primary-school-music-program>

****Please note payment for the music program will be due end of term 1
and payable through the Compass App.****

Exciting news!

The SHS Twilight Fair is back!



Your Parents and Friends Fair Committee have been working hard planning this event for our school community.

The SHS Twilight Fair has been a long tradition each year for our school, raising major funds for playground equipment and school resources. Of course the Covid-19 period and restrictions have delayed this event for a couple of years but now there is no stopping this enthusiastic committee who are passionate in offering an evening of fun and entertainment, building our community spirit.

Introducing your Fair Committee

Fair Coordinators- Abby Osborne and Kirstie Burnie

Food Coordinator- Abby Osborne

Non Food Stall Coordinator- Rebecca Millwood

Entertainment Coordinators- Kayla Farran and Reannah Douglas

- Parent Rosters for help on the night will be available in Feb 2024

FAIR FUN AND ENTERTAINMENT

There will be so much to see and do at the Twilight Fair. Here's what you have to look forward to:

- Face Painting, Tattoos and Hair Braiding
- Lucky Dip
- Games, Activities and Rides
- Win a prize on the Chocolate Wheel
- Stalls- Cakes, White Elephant, Plants and Produce, Fairy Floss
- Plenty of Food, Drinks, BBQ, Coffee and Ice cream and sweet treats
- SPC Band
- And sooo much more.....



How can you help??
DONATIONS, DONATIONS, DONATIONS

Our school fair relies on the much appreciated help from our families and school community. Over the next few months we will be calling for donations for the following stalls:

- Chocolate Wheel Prizes- toys, vouchers, gift cards, home wares. Sport equipment
- Plants/Produce- plants, flowers, jams, relish, garden produce
- A Treasure Chest Prize



White Elephant Stall- if you're cleaning out your cupboards over the holidays, keep your unwanted items to donate to the very popular White Elephant Stall. These items can be donated early Feb. Items such as homewares, crockery, toys and equipment, games and puzzles are great for this stall. Electrical and clothing can not be accepted.

Business Donations- If you have your own business (or know someone who does) and are in a position to donate a prize or service, it would be much appreciated. Contact Abby or Kirstie for more information.

We'll look forward to seeing you at the 2024 SHS Twilight Fair

FRIDAY 15TH MARCH

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 2024

Kinder to Grade 2 wear sports uniform all year

Grade 3 to Grade 6 wear full school uniform - Summer and Winter

Uniform Shop News

- The uniform shop is fully stocked for all your uniform needs.
- Thank you for the second hand uniform donations which are passed onto families or available to purchase in the preloved section of the shop.
 - *Please note that we can only use formal uniform items from size 8 upwards.*
- The updated SHS Uniform Policy is now available to view on the schools website.
- School hats can be purchased from the office at \$12.00 each.
- Thank you for your continued support throughout 2024

UNIFORM SHOP OPENS for 2024 Thursday 8th February

Orders can be emailed or left at the school office after this date.

Email- shs.clothingpool@catholic.tas.edu.au

For further enquiries please contact

Kelly Cox 0400 128 200

Rebecca Millwood 0418 721 952



Term 1, 2024

eSafety parent and carer webinars

Join eSafety for a free live webinar designed for parents and carers.

Term 1 topics:

- **eSafety 101: How eSafety can help (30 minutes).** For parents and carers of children and young people in primary and secondary school.
- **Understanding how to support your child with online gaming (45 minutes).** For parents and carers of young people in primary school.
- **Understanding parental controls to safeguard your child (30 minutes).** For parents and carers of children and young people in primary school.
- **Online safety and social media: TikTok, YouTube and Instagram (30 minutes).** For parents and carers of children and young people in primary and early secondary school.



For more information and to register now: [eSafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)

PHIL HUGHES' **OFFICE SOLUTIONS****Sacred Heart**
Catholic Primary School

2024 Booklist

Orders Can Be Placed Online At: <https://www.booklists.com.au/phos/>

Ordering Opens: **November 27th**

- \$12 Charge for delivery
- Free Pick up from shop

Or select your items and pay at our

Back To School Shop: 77 Elizabeth Street

Open: **January 16th– February 15th**

- Enter **SAC.HEA** into the school code text box.
- Select the year from the dropdown box.
- Select your required items and follow the prompts to finalise your order.
- If you have more than one student you can add another booklist after completing the first order.

DELIVERY- it is recommend that you place your order by **31st December 2023** to guarantee your pack prior to the commencement of the 2024 school year.

After this date, delivery is not guaranteed by the beginning of the school year

Thank you

COME & TRY

All new and returning players welcome!

Is your child thinking about playing soccer this year? Come along for a kick of the ball, play some games and have fun with new friends! All sessions are free with no obligation to register.

What to bring:

A fun attitude, drink bottle, football boots or sports shoes, shin pads are strongly recommended.

Dates:

Wednesday 14th February - Sacred Heart Catholic Primary School, 227 York St. Launceston

Sunday 18th February - St Thomas More's Catholic School, 125 Abbott St. Newstead

Thursday 22nd February - St Thomas More's Catholic School, 125 Abbott St. Newstead

Times:

U5 - U8: 4:00pm - 4:45pm

To participate in U5's your child needs to have been born in 2019.

U9+: 4:45pm - 5:30pm

Please follow the link below to register your interest in your child attending.

<https://forms.office.com/r/E49A5h6wtg>



COME & TRY



Launceston City FC

Wednesday 14th February - Sacred Heart Catholic Primary School, 227 York St. Launceston

Sunday 18th February - St Thomas More's Catholic School, 125 Abbott St. Newstead

Thursday 22nd February - St Thomas More's Catholic School, 125 Abbott St. Newstead

U5 - U8: 4:00pm - 4:45pm

U9+: 4:45pm - 5:30pm

See our FB page for registration details:

<https://www.facebook.com/LauncestonCityFC>

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**

1.5M


Australian Government

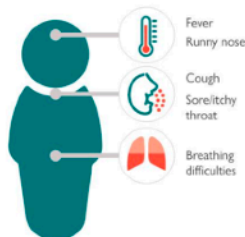
PROTECTING YOURSELF AND OTHERS FROM CORONAVIRUS

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



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 Uniform Days (2024)

Kinder to Grade 2 - Sports Uniform All Year

Grades 3&4 (Sports Uniform Thur and Fri)

Grade 5 (Sports Uniform Wednesday and Friday)

Grade 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

Facebook:

www.facebook.com/sacredheartl

S.H.S. Parents and Friends email

shsl.pnf@catholic.tas.edu.au

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
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.