

# Sacred Heart School Newsletter



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Keep up to date with what is happening in the school, reminders of events and any news as it happens through the school Twitter feed at: **@shslton (101 families following)**

Please visit our website for more detailed information, video and photo galleries of our school:

[www.sacredheartl.tas.edu.au](http://www.sacredheartl.tas.edu.au)

## From the Principal:

*'Today is another chance to get things right!'*

Last Friday was an example of what is right and good about our school. The Rock and Roll Night is a busy, loud and energetic experience. It can be daunting for the uninitiated. It is a night that for many of our students is a highlight of their year. *I want to thank parents and students for how well they approached the night.* From my viewpoint, I found our students the most responsive and engaged that they have been in my time here, with large numbers on the dance floor the entire night.

Thanks as usual go to Barry Nas for making it possible! Thanks for our Parents and Friends for continuing to support and help organise the event!

*'Everyone you meet is fighting a battle you may not know about. Be Kind. Always'*

*'Kindness is the life vest that keeps our school afloat.'*

Schools, as a matter of reality, have to address situations that are sensitive in nature. We are made aware of information, personal or private circumstances and information. It is shared with school because it helps us to support children and families.

For many of our staff, who are parents as well as employees, this can place them in potentially difficult situations. At times they may be asked questions that really as professional employees they cannot give answers to. I would hope that most parents would not expect them to share this information!! What would this say about their professionalism *if they did* share? I have found the easiest way to avoid this is simple. Just don't ask!

What our school hopes and expects is effort by all members of our community to do the same. We need parents and children to do what is needed to help a situation get better or for the school to try to develop solutions to problems or challenges in the short and long term.

This may require people to share information with the school or to let us know about a situation or it may mean that parents and children don't involve themselves, refrain from 'over sharing' with anyone that wants to hear because this will do nothing to help fix the problem and potentially make it worse.

Sadly there have been too many times in my experience where (even with the best intentions) parents addressing problems directly with other parents or contacting parents about things they have witnessed before the school can go about responding, this has lead to the problem becoming more complex or the school having to deal with a situation that has escalated.

Our school will not always get things right or go about things in the best way. I am ok with this as long as we learn from it, make changes and improve how we do this the next time. This is called learning! We as adults, parents and members of a school community have opportunities to learn as well.

# Sacred Heart School Newsletter

## From the Principal:

### OUR P.B.S. VALUES ARE:

Respect for Ourselves

Respect for Others

Respect for our Learning

## Collecting Students

I again remind parents it is inappropriate, potentially dangerous and against what the school has in place (in terms of safety) to stop your car in the middle of the road and expect your child to walk out to the car. All teaching staff on bus duty have been instructed to have students stay on the footpath if this is requested, even if from their own parent!

Our school has one of the most difficult parking scenarios of any school and the majority of parents do an outstanding job being patient and accepting a situation we have little ability to change.

However this does not make it ok for individual parents to ignore what the school has in place. We makes no apologies for placing the highest expectations on the safety of all students. If these expectations are higher than a parent has for their own child, this is unfortunate however it won't change our approach. If you have any queries about this, direct them to me as Principal, rather than 'shooting the messenger' – the teachers on duty who are just doing their job: trying to maintain the safety of your children and the children of other parents.

## Primary Schools Basketball Tournament

Tryouts for teams happened on Tuesday afternoon of this week. We have focused on having teams in Division A if is a majority of players capable of playing division A. There may be some instances where individual players may be good enough to play Division A but we believe the team is better placed in Division B.

All teams in Division B we have strived to make as equal as possible. If selection is close we have made preference for Grade 4 and Grade 6 students. Please if any queries direct them to Matt Jones, Julian Davie, Liz Illingworth or Phill van Ryn.

## Book Week

Our students have celebrated events across this week as part of National Book Week. Tomorrow we finish the week with a traditional 'Book Week Parade' where students come to school dressed as their favourite character out of a book they have read. **We will be sharing the parade as a whole school at 9am.** THERE WILL BE NO ASSEMBLY IN THE AFTERNOON DUE TO THE BOOK PARADE.

## Polo Tops

Polo Tops: We have finalised the new polo tops. A letter will come out Monday outlining the process for ordering the new polo tops. Unfortunately the time frame will be tight for parents to place an order to make sure that we can have the polo tops arrive towards the end of this year.

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## FATHER'S DAY 2014

**WEDNESDAY 3RD SEPTEMBER - 11am - 1pm**  
 This year you are invited attend the Sacred Heart Father's Day Celebrations. There will be lots of different activities around the school. The day will run from 11am-1pm. Please come along!! The activities are as follows:

Presentation Hall - Table Tennis and Basketball.  
 Church - Prayer time in the Church.  
 Library - Book Reading and Board Games.  
 Courts - Handball target and soccer shootout.  
 Tea and Coffee will be provided in the Canteen.

### BBQ

If you're going to the **Babies and Kids market this Saturday** at St Albie's Hall, call in and have an egg and bacon sandwich. P&F will be cooking on the BBQ raising funds for our school. A huge thank you to our school families, Scott Alexander (Cripps) and Nic Duffy who have kindly donated bread and 100 eggs.



**WANTED**

**Photos from Rock & Roll Night**  
 please email  
[maree.mills@catholic.tas.edu](mailto:maree.mills@catholic.tas.edu)  
 or contact the office 63311011

## Timetable for School Photos

Tuesday 26th August	Wednesday 27th August
9.00	8.25
9.25	9.00
9.45	9.25
10.10	9.45
10.35	10.10
11.00	10.35
11.35	11.00
11.55	11.35
12.25	11.55
12.50	12.25
1.35	12.50
Kinder Halley	1.35
5 Viney / Sydes	<b>STAFF PHOTOS</b>
Prep Best	Kinder Nas
Prep Hills	4 Wood
1 Underlin	3 Symons
RECESS	3 Hood
5 McLeod / Illingworth	2 van Ryn
1 Crawford	RECESS
2 Reid	6 Davie
<b>LUNCH - Family Photos</b>	6 Claessens
4 Smith	<b>LUNCH</b>



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## VINNIE'S WALK IN MY SHOES DAY

Vinnie's are conducting an activity to encourage children to better appreciate the things they are lucky enough to have in life, things they probably take for granted, things like a pair of shoes. Parents may have noticed a poster in some of the classes depicting a poor African man wearing a pair of sandals made out of used plastic cordial containers. We are inviting children to make some shoes/sandals/thongs or coverings for feet out of rubbish they may find lying around the house. They could even modify or fix an old pair of shoes using tape etc. Prizes will be awarded for imagination, ingenuity and effort. Children will parade their efforts early next term. This may provide children with a fun holiday activity and an activity from which they may gain some valuable experiences. So please get behind this fun activity and help provide the children with an opportunity to appreciate what they have and what others less fortunate don't have.

Mr Tony Claessens and the Mini Vinnie's Team




**Gr 4 Smith excursion to Launceston College for morning tea, work experience for the college students. We were accompanied by Chris Duffy and Paula de Cani. We were given a tour of the facilities and learnt about the courses there.**



# Sacred Heart School Newsletter

## Information regarding School Fee Tuition

Each month fee accounts are printed and sent out with your eldest child. There are many options for paying your school fees:

1. Cash, Cheque and Eftpos at the office 
2. Complete the credit card option on the bottom of the school account and you can send to the office with students, mail or email.
3. Monthly credit card authority for regular payments can be arranged by completing forms available from the office.
4. Credit card payments by phone to the office.
5. Direct debit arrangement from Cheque or Savings account can be arranged by completing form available from the office. (these payments can be made on a regular basis either weekly, fortnight or monthly ongoing, all year round.)
6. Transfer funds directly from your internet banking:

### Commonwealth bank

Sacred Heart School Finance Account

**BSB:** 067000 **Account:** 10273579

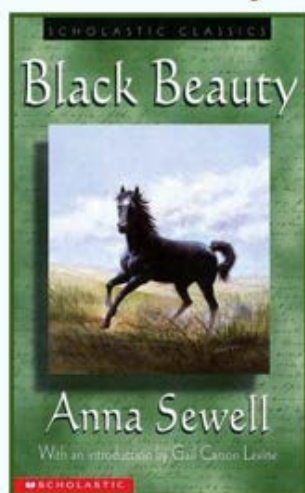
**Description:** Your name, your account number



## Tuesday Book Club

### Black Beauty

by Anna Sewell



"Black Beauty is the tale of a young thoroughbred that captured the hearts of Victorian England in the early 1800s. It is told by its hero, a remarkable black horse born with one white foot and a white star on his forehead.

In his own unique voice, Black Beauty tells the story of his life from the time he was a young colt who grazed the meadow in idyllic country pastures, to his work pulling a cart on the cobble-stoned streets in London.

His experiences with both kind and cruel treatment, and the last home where he finally finds love and happiness.

This is his amazing story, told as only he could tell it."

The next meeting will be **Tuesday 2nd September**  
from 3.15pm - 4.30pm.  
Everyone welcome from Grades 5 and 6.

## PLEASE JOIN US!

Ronald McDonald House Hobart® invites you to a fabulous night of 'fun-raising' in Launceston with special guests **Sam Kekovich & Craig 'Hutchy' Hutchison.**



HOST TOWN:	Launceston	COST:	\$95 (includes two course dinner and first drinks)
DATE:	Saturday, 23rd August 2014, 6.30pm for 7pm start		
TICKETS:	Please visit <a href="http://www.rideforsickkids.com.au/events/Launceston.aspx">http://www.rideforsickkids.com.au/events/Launceston.aspx</a>		
INFORMATION:	Lisa Burnett (03) 6215 9200 or <a href="mailto:lburnett@rmhtasmania.org.au">lburnett@rmhtasmania.org.au</a>		
WHERE:	Riverside Golf Club 244 West Tamar Road, Riverside, Tasmania		

The 2014 RMHC® Ride for Sick Kids VIC/TAS will kick off in Tassie for the first time with a short leg around the Tamar.

Join the cyclists in Launceston after their ride for some fun & help raise funds to support Tasmanian families caring for a seriously ill or injured child needing treatment in Hobart.

All funds raised from this RMHC® Ride for Sick Kids event will go to Ronald McDonald House Hobart to help families from Launceston and surrounding areas have a home in Hobart when they need it most.

We will be auctioning some fantastic items including road bikes & AFL Footy Show tickets.

Tickets are limited so get in first! Secure your table, have some fun and support Tasmanian families and Ronald McDonald House at the same time.



Mum Laura with sons Harry and Jed.

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~ August 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
17th	18th	19th	20th	21st	22nd	23rd
				• 11.30am Band Program	• 9.30am Strings Program • 2.20pm Assembly	
			<b>Book Week</b> Buddy reading Time	<b>Book Week</b> The Great Book Swap	<b>Book Week</b> Book Week Parade	
24th	25th	26th	27th	28th	29th	30th
	• Gr 2 Excursion to The Gorge	• 7.30pm P & F Dinner Meeting		• 11.30am Band Program	• 9.30am Strings Program • 2.20pm Assembly	
		<b>School photos</b>				

~ September 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
31st	1st	2nd	3rd	4th	5th	6th
	• SHS Gr 3-6 Athletics carnival	• Gr 6 Excursion to the Maritime College • Kinder Halley - Hagley Farm Excursion	• 11am - 1pm Fathers day celebrations	• 11.30am Band Program • Kinder Nas - Hagley Farm Excursion	• 9.30am Strings Program • 2.20pm Assembly	

S.H.S. Parents and Friends email [shsl.pnf@catholic.tas.edu.au](mailto:shsl.pnf@catholic.tas.edu.au)



**Reminder - Please return your School Photo order forms by Friday 22nd August at the latest!**

## Student absences

Please remember to call the School office on 63311011 or email [shsl@catholic.tas.edu.au](mailto:shsl@catholic.tas.edu.au) if your child will be absent from school.

## 2014 TERM DATES

**TERM 1** Thursday 06.02.14 to Thursday 17.04.14  
**TERM 2** Monday 05.05.14 to Friday 04.07.14  
**TERM 3** Monday 21.07.14 to Friday 26.09.14  
**TERM 4** Monday 13.10.14 to Wednesday 17.12.14  
**EASTER** Good Friday 18.04.14 to Monday 21.04.14

## UNIFORM SHOP NEWS

[shs.clothingpool@catholic.tas.edu.au](mailto:shs.clothingpool@catholic.tas.edu.au)

## 2014 Opening Days

Thursday's 2.00pm - 4.00pm



# Sacred Heart School Newsletter

## Recent students of the week

Prep Hills	<b>Elaria Acquarola</b> For great thinking in Maths	<b>Jayda O'Keefe</b> For being a good friend
Prep Best	<b>Isobelle Beety</b> For an excellent effort in learning the first 100 Magic Words	<b>Max Matthews</b> For an excellent effort in learning the first 100 Magic Words
Grade 1 Crawford	<b>Jack Adams</b> For being resilient	<b>Molly Ross</b> For using excellent detail in all of her work
Grade 1 Underlin	<b>Isobel Leake</b> For her awesome, positive attitude	<b>Oliver Wright</b> For his work in Maths
Grade 2 van Ryn	<b>Sebastian Stone</b> For using good problem solving skills in Maths	<b>Alice Mathers</b> For making big improvements in English
Grade 2 Reid	<b>William Saunders</b> For being a WEST person - always helpful and friendly to all	<b>Molly Tanton</b> For great application to all tasks. Always of a high standard
Grade 3 Hood	<b>Isabella Davie</b> For excellent aboriginal dreaming narrative	<b>Hayden Gardner</b> For your thorough understanding of our science unit
Grade 3 Symons	<b>Sereya Millwood-Mackenzie</b> For helping others when they need it	<b>Jorja Rayner</b> For sharing what she knows with others in class discussions
Grade 4 Smith	<b>Laura Hodgetts</b> For displaying maturity and excellent social skills	<b>Connor Leeflang</b> For detailed and well presented geography powerpoint presentation
Grade 4 Wood	<b>Mia Baldock</b> For your great motivation and hard work in completing your History poster	<b>Quinn Hardy</b> For your great work and creativity in completing your History movie
Grade 5 McLeod/Illingworth	<b>Amelia Cox</b> For honesty when giving feedback to class mates	<b>Zane Fagan</b> For giving all tasks a go, especially the impromptu speeches this week
Grade 5 Viney/Sydes	<b>Isobelle Mathers</b> For being an amazing example to others in the way she approaches all areas of school life	<b>Shelby Tubb</b> For the friendly, caring and open way she interacts with others
Grade 6 Claessens/Thompson	<b>Aleigha Gumley</b> For being a great help around the classroom for the good of the whole class. A real team player	<b>Remi Gardner</b> For continuing to challenge herself and in doing so inspiring others to do the same
Grade 6 Davie	<b>Edwina Jones</b> For the discipline and determination she is now displaying to her studies. Fantastic effort!	<b>Lachlan Dalton</b> For respecting others, respecting himself, respecting learning and looking out for ALL his peers. A true role model!

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Guess What?

Exciting News!

Did you know that Sacred Heart Parents and Friends are having a



Sunday 9<sup>th</sup> November 2014

9.30am to 1.30pm

On the School Oval

Markets are fun! You can always grab a bargain and is a great way to sell all your preloved, unwanted items.

You may have new products to promote and sell? Come to the Market and show off your wares.

Trestle table sites are selling for \$20 (discounts if own table supplied)

Don't miss out. Book your table today!

For enquires and table bookings email [shsl.pnf@catholic.tas.edu.au](mailto:shsl.pnf@catholic.tas.edu.au)

Another Sacred Heart Parents and Friends event, supporting our school and promoting community spirit.

## St Patricks College Clothing Store



The Clothing Store is open Tuesdays and Thursdays 10:30am - 4:00pm

Lay-by's are welcome.

## CATHOLIC SCHOOLS 2015

**TERM 1** Thursday 5.2.15 to Thursday 2.4.15

**TERM 2** Monday 20.4.15 to Friday 3.7.15

**TERM 3** Monday 20.7.15 to Friday 25.9.15

**TERM 4** Monday 12.10.15 to Wednesday 17.12.15

## can drive 2014

allows the people of Launceston to help the needy through winter

and you can help...

If you are able to donate any cans of food or non-perishable food items, please bring them into school and leave them at the bottom of the stairs under the office

Get involved and support this great cause and the Launceston Benevolent Society.

If everyone in Launceston donated just one can, we would make an amazing difference!

Launceston Benevolent Society

**can  
DRIVE**



Thanks to:

**zest**

**Impression**

**LA**

**chilli**

## Move Well Eat Well

### How to pack a rubbish-free lunch



LIMIT OCCASIONAL FOODS

#### Focus on fresh 'everyday' foods

- many types of fruit and vegetables don't need packaging, the scraps can then be added to the compost

#### Don't buy single serve packaged items

- reduce waste and save money

#### Use reusable containers

- (don't forget to name them!!)



#### Get your kids involved

- this can save you time and children enjoy taking responsibility

For more rubbish-free lunchbox ideas visit:  
[www.movewelleatwell.tas.gov.au/families](http://www.movewelleatwell.tas.gov.au/families)

Department of Health and Human Services  
Population Health Services

Tasmanian Government

Design © State of Victoria, Australia.



# Sacred Heart School Newsletter



On Tuesday our Kinder Halley and Prep to Grade 3 students attended the Bravehearts Ditto Show.

They would have come home with an activity book as well.

They learnt Ditto's 3 Rules during the session.

Rule #1 We all have the right to feel safe with people.

Rule #2 It's OK to say "NO" if you feel unsafe or unsure.

Rule #3 Nothing is so yucky that you can't tell someone about it.

The other key messages from the show were about:

## **Yes and No Feelings:**

To help children begin to identify and recognize the differences between a 'yes' and a 'no' feeling

To help children identify how 'yes' and 'no' feelings can make them feel

To encourage children to talk to an adult when they have a 'no' feeling

## **Warning Signs:**

To help children to begin to identify warning signs in the body

To help children to identify 'where' the warning signs can be experienced in the body

## **Private Parts:**

To help children identify the private parts on the body

To help children understand that their private parts belong to them

## **Secrets:**

To reinforce the message of 'run and tell' to gain support

Provides examples of secrets that need adult support

## **Run and tell someone you can trust**

To encourage children to find a safe person to talk to

To help children to identify who they can talk to

To encourage children to continue to find a safe person to talk to and if an initial contact does not assist, find someone who can

This information may be helpful in some discussions with your child.

Liz Illingworth

# Sacred Heart School Newsletter



**Grade 2 van Ryn created these posters in Pic Collage on the iPads. They were asked to make a poster about what is great about Sacred Heart for Catholic Education Week.**





# Sacred Heart School Newsletter

## Catholic Education Cyber Awareness Week August 24 – 30

During this week all classes in our schools will have a focus on Cyber Awareness as it is an important issue in today's world. Mobiles, ipads and the internet have certainly changed our world, becoming an essential part of our lives. But how do we balance all the great things that come from our digital and online world with the potential risks? Keeping children safe online, aware of what to do and how to behave online will be a focus of the Cyber Awareness Week. In the next three weeks there will a focus on what you, as parents and guardians, can do to help your children be safe online at home for 5-7 years, 8-10 years and 11 – 13 years. Also a brochure published by the Australian Communications and Media Authority (ACMA) called "Cybersmart Parents' Guide to online safety" will be sent home to each family.

### 11 – 13 years olds

This age group are growing up fast and to them the digital world might seem as important as the real world. They will spend lots of time texting or 'chatting' to friends on Facebook, even if, according to the rules, they are not age eligible, watching and uploading videos from YouTube or downloading tracks from iTunes or playing online games. At school they may be using lots of technology and therefore also using the internet to help with homework. As they get older they may begin to rely on online social networking sites to explore issues such as body image ,sex and relationships. They are keen to have independence and their digital world becomes more portable and more private. They may also take on the role of the 'Technology expert' at home eg programming Foxtel iQ but that doesn't mean that as parents and guardians you can sit back and lose touch with what they are doing. They may think they are in control but they are still vulnerable to scams, cyberbullying and other online threats.

### Something to think about:

- Ask your child where they are, and who they're with online
- Teach them about behaving responsibly in their digital world eg downloading games and videos legally, respecting others on line, keeping personal information private
- Explain that any photos, comments or videos they post now could be seen by their teachers, complete strangers and later by universities and employers
- Set some rules for mobile use and explain how large bills can be rung up just by game downloads, ringtones, etc
- Give them the Kids Helpline Number 1800 55 1800, download the Cybersmart help button for their devices and bookmark the Cybersmart website [www.cybersmart.gov.au](http://www.cybersmart.gov.au) for resources, help and reporting offensive content
- **Set rules about the time spent on digital devices and remember children should have an hour before sleep time free of using digital devices.**