

Sacred Heart School Newsletter



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

www.sacredheartl.tas.edu.au

OUR P.B.S. VALUES ARE:

Respect for Ourselves

Respect for Others

Respect for our Learning

From the Principal:

BeAttitudes: *Be Humble*

Being aware of a single shortcoming within yourself is far more useful than being aware of a thousand in someone else.

Dalai Lama

"Folks are usually about as happy as they make their minds up to be." — Abraham Lincoln

I love the idea of being a writer. I enjoy the act of writing in-particular around things that I observe, see, analyse and reflect on in my personal and professional life. I think I write ok and can express my thoughts relatively well.

However having been privileged enough, with many of our staff to see a preview of the documentary 'Overland Jack' (*Jack Duffy, brother of Xavier and Jaimie, son of Chris and Erin*) I am struggling to convey my thoughts, feelings and emotions in words that would do justice to the experience.

I am wanting to try to express in words how humbling it is to see how people within our community respond to diversity that all of us would struggle with on a daily basis. Let alone in response, have such a positive outlook in seeing the blessing that Jack is in their lives.

I am wanting to try and express in words the sense of emotion of courage, not in trekking through 65km of the Overland Track with Jack (all 37kgs of him) on your back, but the honesty of the struggle they had in coming to terms with the reality of Jack's challenges and the continuing challenges for Jack. Of not pretending they were always at the point they are now; embracing what he brings and offers rather than what is missing!

I am wanting to try and express in words the humility around my worries, burdens and concerns and the quote from one of the fireman who went on the trek with them. Something along the lines of ...' I used to feel sorry for them...and now I see how great a blessing Jack is and the positive impact he has on everyone...'

I am wanting to try and express in words how fantastic it is sometimes as a Principal to see all the good you do for students, families, staff and the community. But how sometimes you are just proud and thankful for the people that are in your community and what they do for it without even meaning too! This includes Rachel Williams for producing the documentary and the parents within SHS who were involved in big or small ways.

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From the Principal:

I am wanting to try and express in words how we don't need to try and walk the Overland Track or climb Mt Ossa, or do Running Jack or Kayak Jack. I want to try and express in words that we just need to try to be better people, kind people, more appreciative of what we have not what we are missing out on. To be people that see the roses not the thorns, be thankful and give thanks. That we think of others and do things for others for no other reason than that we should!

I am wanting to try and express this in words but cannot! I cannot with words express this with any sense of capturing the passion and impact that was this documentary.

So as my words fail me, all I can do is ask and beg you to watch it!



GR. 5 VINEY/SYDES TERM 4

As shared last week, Mrs. Sydes and her family will be relocating to Queensland at the end of this term. This is sad news for our school community. The reality is that we have to organise and fill the positions that Mrs. Sydes works in this year: Grade 1 Co Teacher and Grade 5VS teacher two days a week.

Mrs. Viney will continue working Wednesday to Friday in Term 4 and we will find a replacement teacher to fill the positions for Term 4. We will share information once finalised with parents.

FAMILY LIFE NIGHTS

These nights are a valuable opportunity to have Centacare, with trained facilitators provide information to parents and students (age appropriate) around their sexuality and the changes they are and will experience in moving into adulthood. These sessions really help open up the opportunity for conversation between parents and children, as much as we may prefer to avoid the topic, they really are worthwhile attending.

Dates and Times:

Monday 3rd Aug Grade 5/6 - 6:30pm in our Library

Tuesday 4th Aug Grade 3/4 - 6:30pm in our Library

Wednesday 5th Aug Grade 1/2 - 6:30pm in our Library

STAGE 2 BUILDING PROGRAM

I met with Facilities Management from Tasmanian Catholic Education Office and project management this week. The focus of the meeting was to get more information around where our Stage 2 building project is situated.

For a variety of reasons beyond the school's control the project will not start - in terms of actual building until 2016. Starting this week I will be meeting on a regular basis with the project manager and architect to get finalised as soon as possible; concept plans into tender orientated drawings, timelines from design to tender to builders to start date of building. I will keep parents updated as things develop.

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From the Principal:

MESSAGES TO STUDENTS AND CATCHING BUSES

Please, if you need to get an Urgent Message to your child ring the office. If messages can be rung through before 2:00pm this is most helpful. On a Friday, we have an assembly at 2:00pm and office staff may not be able to get to your child or their teacher to pass on any messages. Especially for our younger students who catch buses, a suggestion has been made to us, that parents write an emergency mobile number onto their child's metro card so if needed contact can be made with the parent easily. It is a good idea to have conversations with your child/children around what to do if they are unsure about how to get home, where to go or if something does not feel right to them. Having these conversations regularly helps to build resilience in our children.

LIBRARY

As we started this year we haven't had a set timetable in place for the use of the library. We were expecting the building program to start sooner and with some other reasons left the visits more informally to teachers to organise. With our building program confirmed not to start this year we will have a more set timetable for accessing and using our library for the remainder of the year.

PARENTS & FRIENDS MEETING UPDATE

Key outcomes/discussion from the meeting held earlier this week:

- P & F committed to the purchasing of a Defibrillator that would be held at school
- Entertainment books -sold over 50 memberships at \$600 profit to P & F.
- Market on the Green will continue this year. Date to be confirmed shortly.
- Levies
- Basketball tops - purchasing new tops to create one complete set of tops that can be used for basketball, inter-school Athletics and Cross Country and other sporting events. Discussion of design and cost.

SHS UMBRELLAS

LAST CHANCE TO PURCHASE A SHS UMBRELLA AS WE ARE ABOUT TO PLACE AN ORDER.



NETWORK MEETINGS

This coming week all teachers in Catholic Schools in Launceston gather in grade groups for networking and professional learning days. The focus of these days is moderation in Religious Education and Mathematics along with computational thinking.

STUDENT/PARENT/TEACHER INTERVIEWS

I hope that families have taken up the opportunity to meet with teachers, including specialist and co-teachers to keep you involved and informed in the learning journey of your children.

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Loose parts & trailer in use



WORKING WITH CHILDREN CHECKS

The feedback from parents who have completed the process is that it is quite quick to complete. It is more just a matter of getting into Service Tasmania to process the application. As stated in many of the newsletters it is important to have this addressed if wanting to coach teams in basketball in October.

How to apply for a WWCC 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 WWCC card, please bring it to the school office so your name, registration number and expiry date can be recorded and verified.

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From the Principal:

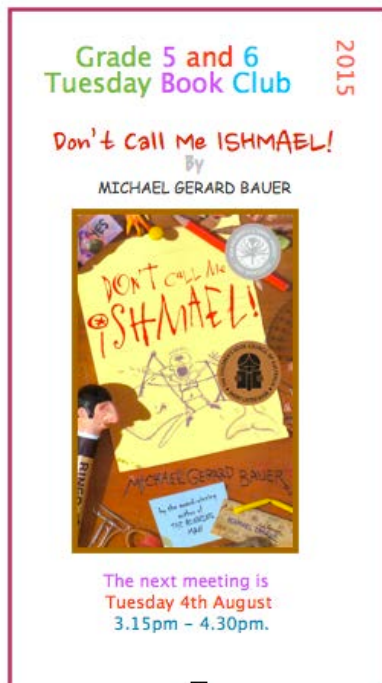
Assembly 2pm Term 3 & 4:

With Grade 5 /6 Friday Sport finished for this year, we now have our Assembly at 2pm on a Friday



Schools photo were distributed this week

~ August 2015						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
2nd	3rd	4th	5th	6th	7th	8th
		3.10pm Artclub 3.15pm Gr 5/6 Bookclub 6.30pm Centacare Family Life Parent / Child Evening Gr 5/6	6.30pm Centacare Family Life Parent / Child Evening Gr 1/2	10am Strings program 1.30pm Band program	2.15pm Assembly	
9th	10th	11th	12th	13th	14th	15th
		6.30pm Board Meeting		10am Strings program 1.30pm Band program	2.15pm Assembly	



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 16.12.15

CATHOLIC SCHOOLS 2016

TERM 1 Thursday 4.2.16 to Friday 8.4.16

TERM 2 Monday 26.4.16 to Friday 1.7.16

TERM 3 Monday 18.7.16 to Friday 23.9.16

TERM 4 Monday 10.10.16 to Thursday 15.12.16

Webpage: www.sacredheartl.tas.edu.au

Twitter: @shslton

Facebook: www.facebook.com/sacredheartl

Pinterest: Sacred Heart Catholic Primary School

S.H.S. Parents and Friends email shsl.pnf@catholic.tas.edu.au

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PLEASE KEEP SICK CHILDREN AT HOME

Due to the nature of the season cold and flu viruses are naturally circulating within our community. Some of our students have specific medical conditions which puts them at much greater risk of significant health issues if exposed to such viruses. For the health of all students we request that children who are unwell are kept at home.

STUDENT MEDICAL DETAIL CHANGES?

Please now consider for your child if since the last advice to the school, medical information has changed & hasn't yet been advised to the school office; or previously supplied an epi-pen; other medication; or similar which may have since expired, so a replacement is required?

SCHOOL BANKING

Reminder - School Banking every Thursday

Interest is now payable on CDF bank accounts, please send your child's bankbook in next Thursday if you wish to have it updated



GARAGE SALE

MONSTER GARAGE SALE
Launceston Catholic Parish
World Youth Day 2016
FUNDRAISER
Saturday 12th Sept 2015
St Ailbe's Hall 8.00am-12noon

Set up your own table for \$20 per table or donate your unwanted items to a parish table (items must be in good condition). Join us for breakfast and bbq during the morning.
Enquiries and bookings: 6331 4377

Move Well Eat Well



LIMIT
'OCCASIONAL'
FOODS

Healthy food *FAST!*

Quick meals for your family:

- Pizza with less meat and more vegetables 
- Pasta with tomato based sauce
- BBQ chicken and vegetables 
- Grilled fish and salad 
- Lean meat or vegetable burger with salad
- Jacket potato with vegetables in the topping

Enjoy a cold glass of water with meals.

For more information and for family ideas on healthy eating and physical activity visit:

www.movewelleatwell.tas.gov.au

Department of Health and Human Services
Population Health Services

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Move Well Eat Well



LIMIT
'OCCASIONAL'
FOODS

Beware of food advertising

Many TV ads promote 'occasional' food and drinks that are high in salt, fat and sugar.

What families can do:

- Limit your child's TV viewing to less than 2 hours each day.
- Talk to your child about why food advertisements are made.
- Discuss why you are choosing not to buy the foods or drinks advertised.
- Discuss some 'everyday' foods that are better choices than the 'occasional' foods seen on TV.



For more information and for family ideas on healthy eating and physical activity visit:

www.movewelleatwell.tas.gov.au

Department of Health and Human Services
Population Health Services

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The Spirit of Jesus is Alive in:

Prep Hills	Ashton Mahar For being an amazing reader	Lucinda Stone For great listening and using sounds in her writing
Prep Best	Thomas Cameron For a fantastic effort at blending sounds together to create words	Amelia Buchanan For amazing effort and progress with her reading
Grade 1 Crawford	Cooper Kedey For an excellent first week of Term 2 Stella Freeman For making a wonderful start at SHS	Geordie Kotynia For showing an amazing attitude towards school this week
Grade 1 Underlin	Meg Kotynia For her excellent work in Drama	William Zhu For his improved reading
Grade 2 Reid	Jackson Radley For excellent work in spelling	Fletcher Crosswell For being WEST and a super friend
Grade 3 Hood	Alice Mathers For always making good decisions	Rhona Spencer For always having a positive attitude
Grade 3 Symons	Torie Mansell For great work in Literacy	Ethan Jeong For excellent narrative writing
Grade 4 Wood	Max Marsden For the excellent presentation of your written work	Fletcher Tyson For great game design using Gamestar Mechanic
Grade 4 Hegarty	Alice Jones For her problem solving achievements in Co-teacher Maths	Tito Brown For always having a positive attitude
Grade 5 McLeod	Quinn Hardy For outstanding start to Term 3, Keep up the good work	Will Symons For an enthusiastic start to Term 3
Grade 5 Viney/Sydes	Cooper Warren For the genuinely positive and WEST way he treats his classmates	Amelia Duffy For the way she goes above and beyond to help others
Grade 6 Davie	Stefan Tantari For the effort he is making in and out of the classroom	Nieve Halley For her willingness to pursue all tasks with effort and enthusiasm
Grade 6 Claessens	Jacob Zupan For great effort in prayers	Ella Millwood For willingness to help others

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Family Life Program

In term 3, Centacare will be running their Family Life Program in our school. The Family Life Program was developed to assist parents:

- To encourage the development of positive attitudes towards growth and development of sexuality in children
- To promote discussion between parents and children
- To provide accurate and up to date information
- To help children to develop positive relationships

There will be Parent/Child Evenings on the following days:

Monday August 3rd for Parents and children of Grade 5 and 6.

Tuesday August 4th for Parents and children of Grade 3 and 4.

Wednesday August 5th for Parents and children of Grade 1 and 2.

The Parent/Child Evenings will be followed up by in class sessions for students in Grade 6 on Tuesday 4th August and students in Grade 4 on Wednesday 5th August.

All Centacare programs are designed to be age appropriate.

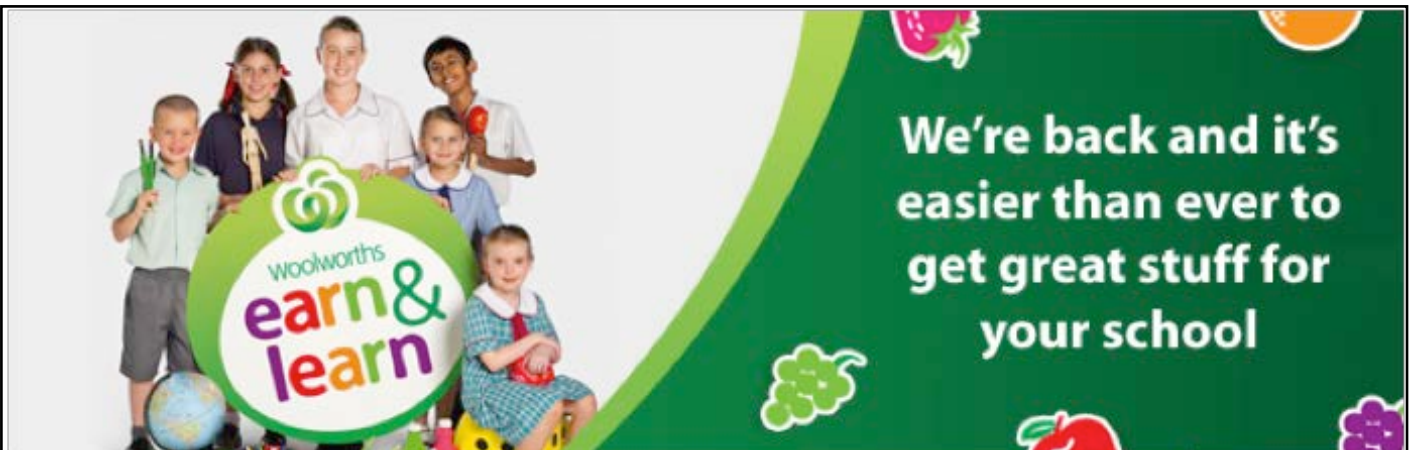
We strongly encourage you to take part in these Parent Child sessions with your child. Centacare ask for a \$10 donation per family to cover costs (only one payment required if you attend more than one session).

When: Monday August 3rd Grade 5 and 6

Tuesday August 4th Grade 3 and 4

Wednesday August 5th Grade 1 and 2

Where: School Library, 6:30-8:00



It's simple to participate. From Wednesday 15th July to Tuesday 8th September 2015, when you shop at Woolworths you can collect Woolworths Earn & Learn Stickers from the checkout operator or through an online order and place them on a Woolworths Earn & Learn Sticker Sheet. There'll be one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco, and gift cards). Once completed, simply place the Sticker Sheet in the Collection Box, at the school office.

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Proposed changes to the location of CBD Metro buses

The City of Launceston has for the last three weeks been asking the Launceston community to have a say on changes to the CBD that the Council is considering. These changes include relocating some Metro bus stops and changing the traffic flow in some streets, from one way to two way.

Anyone who catches a bus near Tatler Parade will be affected by the bus stop location changes. And anyone who catches a bus from outside Allgoods in York Street will also be affected. That includes ALL SCHOOL CHILDREN. We need to hear from YOU! Please have your say. You can do so at www.yourvoiceyourlaunceston.com.au where you will find information and a survey and quick polls to complete. If you prefer, you can pick up a hard copy of the survey at the Council's Customer Service Centre or send us an email at council@launceston.tas.gov.au for the attention of Launceston City Heart Project. Consultation closes on Monday 3 August 2015.



Changes to Fare Structure

METRO is planning to make changes to our fare structure from **1 October 2015**. Greencards are cheaper, easier, and help us run more efficient services so we are:

- making **standard daily caps** even lower
- discontinuing Day Tripper and Day Rover all-day tickets
- ceasing 90-minute transfers on cash tickets

With free Greencards between 2 August and 30 September 2015, low **daily caps** and discounted fares, there's never been a better time to get on-board.

For more information on these changes get in touch with our customer service team by emailing correspondence@metrotas.com.au or calling **13 22 01**.

Change is always challenging, and we want to ensure that Metro's considerable customer-base of travellers is well informed and understands how these changes can benefit them!

Getting a Greencard is easy and we'll make it even easier as we bring in these changes by waiving the \$5 issue fee for a new card between 2 August and 30 September 2015. We will also remove the \$5 minimum top up when recharging your Greencard.

Apply for your FREE Greencard online at metrotas.com.au, or in person at a **Metro** Shop or depot. Other Greencard agents can only issue unregistered Adult cards, however they can provide information and application forms for other card types. We can even send you out an application form when you call us on **13 22 01**. Keep an eye on our website for details of when the **Metro** team will be in your area to distribute Greencards.

We're all short on time and the Greencard makes it easier and quicker to board a bus – you won't need to worry about finding the right change, demonstrating a concession, or knowing which kind of ticket to ask for. Greencard also saves you 20% on any fare, any time, as well as capping the amount your travel will cost each day.

Once you've got your free Greencard, you can easily top up your credit:

- At a Greencard agent (using cash, credit card or EFTPOS)
- On a bus (giving cash to the driver)
- Online (using your credit card) – for registered Greencard holders only
- On the **Metro Tas App** (free download from the App Store for iOS users).



Effective
1 October 2015