

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

From the Principal:

BeAttitudes: *Be your best self*

"Show a gentle attitude towards everyone" St. Paul Letter to Philippians

Sadly, grief is a cruel reality of our lives and this week, particularly for members of our school community and St. Patrick's, the loss of a young girl in year 7 to a sudden illness is a tragedy. Mrs. Helen Halley in staff prayers yesterday morning offered the following prayer. It certainly reflected, at least in part some of the emotions and perspectives we all face day to day.

Be Still and know that I am God

Just for today, help me, God, to remember that my life is a gift,
That my health is a blessing, that his new day is filled with awesome potential,
That I have the capacity to bring something wholly new and unique and good into this world.
Just for today, help me, God, to remember to be kind and patient to the people who love me,
and to those who work with me too.

Teach me to see all the beauty that I so often ignore, and to listen to the silent longing of my own soul.
Just for today, help me, God, to remember you. Let this be a good day, God, full of joy and love.

Amen

Dealing with Grief:

MYTH:

The pain will go away faster if you ignore it.

Fact:

Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing it is necessary to face your grief and actively deal with it.

MYTH:

It's important to be "be strong" in the face of loss.

Fact:

Feeling sad, frightened, or lonely is a normal reaction to loss. Crying doesn't mean you are weak. You don't need to "protect" your family or friends by putting on a brave front. Showing your true feelings can help them and you.

MYTH:

If you don't cry, it means you aren't sorry about the loss.

Fact:

Crying is a normal response to sadness, but it's not the only one. Those who don't cry may feel the pain just as deeply as others. They may simply have other ways of showing it.

MYTH:

Grief should last about a year.

Fact:

There is no right or wrong time frame for grieving. How long it takes can differ from person to person.

Source: *Center for Grief and Healing*

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From the Principal:

OUR P.B.S. VALUES ARE:

Respect for Ourselves

Respect for Others

Respect for our Learning

"It is not true we have only one life to love, if we can read, we can live as many lives and as many kinds of lives as we wish."

— [S.I. Hayakawa](#)

"He loved books, those undemanding but faithful friends."

— [Victor Hugo](#), *Les Misérables*

This week, across the nation we celebrate Book Week. In the age of immediacy and social media the value of a great book can be at times, forgotten. In schools we can get caught up in the importance of '*reading levels, literal and inferential comprehension and oral reading fluency*!' These are critical in developing literacy, which in itself is a critical skill and core aim of education of any child. We need to also remember that we also read for fun, enjoyment and fantasy.

We are sending home our Home Reading Brochure which reinforces the different purposes of reading and our beliefs around reading as well as the role of reading with and to children at home.

CONGRATULATIONS - AMY PEREIRA

Amy was one of two recipients for the Thomas Bourke Scholarship. St. Patrick's College each year awards two scholarships to Year 7 students. These scholarships are made available via the Estate of the late Thomas Bourke, who was an original supporter for the foundation of St Patrick's College. The winners this year are Olivia Jeffrey and Amy Pereira. The awards go to students showing academic skills and commitment to their studies.

TEACHING POSITIONS / LONG SERVICE LEAVE

As shared in previous newsletters there are several staffing changes at the start of Term 4 for the remainder of the year:

- Mrs Megan Badcock will replace Mrs Linda Sydes teaching on Grade 5 Viney/Sydes.
- Miss Joanna Nas will start in Term 4 replacing Linda in her Co-teacher role

Miss Joanna Nas will start next week teaching on Prep Hills for the remainder of the term, as Jane takes long service leave.

SWIMMING PROGRAM: PREP - GRADE 4

S.H.S. has secured their Swimming program at the Launceston Aquatic Centre.

Grades 2-4

The cost of the Swimming Program will be \$40 per student for 10 sessions.

Prep and Grade 1

The cost of the Swimming Program will be \$20 for 5 sessions.

We realise that this cost is in addition to other expenses, at the same time we are providing swimming development and lessons during school time at a rate much cheaper than private lessons.

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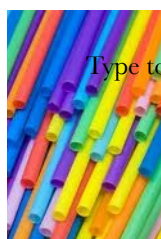
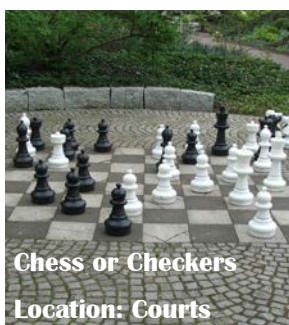
From the Principal:

BIRTH - 4 PROGRAM

We have offered Kinder placements for 2016 and would like to provide the afternoon sessions for 3-4 year old children to support them in their transition into next year. Existing families it would be good if you could also start attending some of these sessions as it is a great chance to have your child get to know new children and families to the school next year.

BASKETBALL TRY OUTS

Letters have been sent home to coaches of our Launceston Primary School Basketball Tournament teams. Students will be informed of their teams and coaches will offer a few trainings with teams to help them prepare for the tournament.



Type to enter text

Bridge or Tower Challenge
Location: Old hall



Arcade game building
Challenge
Location: Gym



We are looking for donations of cardboard and cardboard boxes of all sizes for our Fathers Day event next Wednesday afternoon. If you have any boxes at home or at your workplace, can you please drop them off in the gym foyer near the canteen.

Sacred Heart Catholic School Fathers Day Activity

Loose Parts Play



Sacred Heart Catholic Primary School
Wednesday, 2 September 2015 1-3pm

Enjoy lunch and a play with your child from 1-2pm.

From 2pm onwards there will be a range of activities set up around the school where you can design, build and play with your child.

Time Change:
Please note that Fathers Day
Celebrations on Wednesday 2nd
September is now 1-3pm

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CONFIRMATION & FIRST EUCHARIST FUN DAY

As part of the Parish's Confirmation and First Eucharist program, the children currently preparing for these Sacraments have been invited to participate in a Fun Day with all the candidates from across the different schools in the Parish. Our school fully supports this program and we encourage all our students in the program to participate in the day. It should be a fun day for all involved.

Friday 28th August
St Ailbes Hall
10:30am - 2:30pm

Children are requested to wear **plain comfortable clothes** and bring a packed morning tea, lunch and a drink.

The new Sacramental co-ordinator, Mrs Rosie Caelli, will be running the day. Our students will be accompanied by Mrs Helen Halley.

WORKING WITH CHILDREN CHECKS

****THIS IS IN ADDITION TO THE POLICE CHECK THAT HAS PREVIOUSLY BE
REQUIRED****

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:

~ September 2015						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30th	31st August	1st	2nd	3rd	4th	5th
		Kinder Halley- Hagley Farm Excursion 1pm Mini Vinnie's excursion to Tyler Village 3.10 Art Club	1-3pm Fathers Day Celebrations	10am Strings program 1.30pm Band program 1.30pm Science Club	Kinder Nas- Hagley Farm Excursion 2.15pm Assembly	
6th	7th	8th	9th	10th	11th	12th
	SHS Gr 3-6 Athletics Carnival	6.30pm Board Meeting		10am Strings program 1.30pm Band program 1.30pm Science Club House Colours Sweets and Treats Day	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



An Invitation for the whole Family

Come and join the fun at the ever popular

ROCK AND ROLL NIGHT

Do the Macarena or get your Grease Lightening moves going.

Friday 28th August

Doors open 5.45pm

6.00pm-8.00pm

St Ailbes Hall

\$10.00 per family

BYO Takeaway Tea/Snacks and Drinks

Your child/ren have been practising their dance moves for weeks and are ready to ROCK the night away with Mr Nas's great music.

Parent/Guardian supervision is essential, not the responsibility of staff or P & F.

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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House Colours Sweets and Treats Day

When: 10 September

What to do:

- Everyone in Grades 3-6 are invited to make a treat or sweets to sell on their House colour stall (don't forget to label your ingredients).
- Everyone in the school bring along up to \$3.00 to buy any tasty delights, ideally from your own House colour.

(Please note that the canteen will only be selling ordered lunch orders on this day.)

- Dress from head to toe in your House colour 😊

😊 All money will go to the fundraising efforts for each House colour. This will be the one and only fundraiser for the House colours this year, so we ask for your generosity at this time.



Sacred Heart Little Athletics



Do you like having fun, spending time as a family and getting fit at the same time? Little Athletics might be the perfect match for you!

The 2015/2016 season begins on September 26th and we at the **Sacred Heart Little Athletics Club** would love to welcome any new members/families.

Registrations:

We have a registration session coming up where you can come along, register, pay, ask questions and purchase club uniforms.

Thurs 17th Sept – St Leonards Athletics Centre 3.30-7pm

Proof of age (birth certificate or blue Child Health book) needs to be sighted before children can be registered and payment needs to be made by the second meet of the season.

Training:

Will begin on Sept 24th from 5-6pm at the South Launceston Football Ground. You're welcome to come along and see what you think.

Come & Try Clinic:

There will be a Come and Try Clinic at St Leonards on Sunday 20th September for anyone who would like to come along at 1pm.

Find us on Facebook - <https://www.facebook.com/SacredHeartAthletics>

For more information please email us on: sacredheart@sllac.org.au

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The Spirit of Jesus is Alive in:

Prep Hills	Matthew Doran For being a great listener this week	Amy Connell For being a kind a caring friend
Prep Best	Jasper Lee For excellent co-operation when working on group learning tasks	Beau Furlonge For excellent co-operation when working on group learning tasks
Grade 1 Crawford	Broden Harper For brilliant work in Maths this week	Maya Chapple For excellent creative writing
Grade 1 Underlin	Orla Kelly For being kind and caring	Sam Agelopoulos For his awesome reading
Grade 2 Reid	Eloise Heather For taking pride with all her written tasks this week	Brodie Gardner For great effort in all tasks this week
Grade 2 van Ryn	Oliver Wright For hard work accross the curriculum	Imogen Bennetts-Menis For being a cheeky ray of sunshine in our room
Grade 3 Hood	Asha Lowe For an outstanding iMovie presentation for R.E	Kate Rigby For an outstanding iMovie presentation for R.E
Grade 3 Symons	Montana Di-Maio For excellent skills in drama	William Saltmarsh For terrific work in subtraction
Grade 4 Wood	Ioan Hardy For great improvement in your handwriting	Liliana Ercole For your outstanding work in tessellating regular shapes
Grade 4 Hegarty	Alex Brown For improved spelling results	Sierra Di-Maio For great work on your information report
Grade 5 McLeod	Lucy Petrack For effort and interest shown in the presentation of all tasks	Liam Ford For being a happy chappy this week
Grade 5 Viney/Sydes	Haylie Lehner For always being willing to challenge herself in her learning	Parker Shea For having a great work ethic and always doing things to the best of his ability
Grade 6 Davie	Evie Dawkins For her brilliant attitude towards everything. A positive and committed student	Ally Brown For her continued commitment to her studies. 100% effort always
Grade 6 Claessens	Eleanor March For producing a wonderful "Book Week" activity and improved homework	Abby Donald For consistently showing genuine care and concern toward others

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St Patrick's College and Friends of Music 2015 MAJOR FUNDRAISING EVENT



St Ailbes Hall - Margaret Street
Saturday 12th of September
6:30PM for a 7:00PM start

**LIVE MUSIC BY THE St Pat's
BIG BAND** **SILENT
AUCTION** **BUY A BALLOON, EVERYONE
WINS A PRIZE**

\$10 ENTRY PER HEAD

BRING YOUR FAMILY, FRIENDS AND NIBBLES!
Lollies, desserts and drinks are available for purchase on the night.

CONTACT Giselle on 0419 560 204 or Sharon on 0408 402 681 for tickets!



Autism information sessions for parents, friends and family

Autism Tasmania is excited to be offering a series of information sessions for parents, friends and family members of children with autism. These sessions provide an opportunity to learn about and discuss a variety of autism specific issues in a friendly and supportive environment.

Registration for these information sessions is free of charge.

Register Now!

Please contact Autism Tasmania to indicate which sessions you would like to attend.

Phone: 6344 1212 or Email: robbynt@autismtas.org.au

August 19	10am - midday	Understanding ASD & anxiety
September 2	10am - midday	Transitions and Change
September 23	10am - midday	Sensory sensitivities
October 14	10am - midday	Puberty, Health & Social Safety
October 28	10am - midday	Action Planning (a proactive model for helping individuals with ASD to lead happy and fulfilling lives)

Venue: Northern Children's Network, 59D Amy Road, Newstead.
(Room is booked until 1pm to allow parents time for chatting and connecting following the session).



- 1. Shop at Woolworths and get 1 Earn & Learn sticker for every \$10.00 spent**
- 2. Stick them on the Woolworths Earn & Learn Sheet**
- 3. Once the sheet is full put it in the collection box at the School office**

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Yesterday, our Kinder to grade 3 students attended the Bravehearts Ditto Show.

They will bring home an activity book later in the term.

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



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Exciting news and back due to popular demand is the



Market on the Green
Sunday 15th November
On the School Oval from 12 noon.

Parents and Friends Assoc are pleased to be holding this successful event again for 2015 and say thank you to those parents who expressed interest to assist with the planning.

Stall bookings are now available at \$25.00 per trestle table or \$15.00 if you supply your own trestle table. To secure your booking contact Tracy on 0419 568 598 or email shsl.pnf@catholic.tas.edu.au

For further information contact Rebecca on 0418 721 952.

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

SAVER PLUS IS REOPENING RECRUITMENT IN NORTHERN TASMANIA!



Would \$500 assist you with education costs?

Join Saver Plus and match your savings dollar for dollar, **up to \$500**, for education costs including school uniforms and text books, laptops, sports equipment and music tuition.

If you have a HEALTH CARE CARD and have a CHILD/CHILDREN at school or starting next year, and/or are studying yourself, give me a call or text to discuss the program and your eligibility.

If you just want further information, or are interested in participating, I would love to chat with you!

Call or SMS Sophie, your local Saver Plus Coordinator at The Smith Family:
0457 715 248.

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Raising Boys a special evening with Steve Biddulph at St Finn Barr's Wednesday 16 September 7.30 pm in Hall



Everyone who has boys today is concerned for them. We all want our boys to grow up happy, positive, caring and motivated. Come and hear about how this can be done - in simple, practical ways that will make immediate sense...

Topics include

The three stages of boyhood

Keeping the special qualities of boys

The importance of dads.

Testosterone !

Why boys love rough and tumble games.

What to do if you're a single mum

Boys and housework !

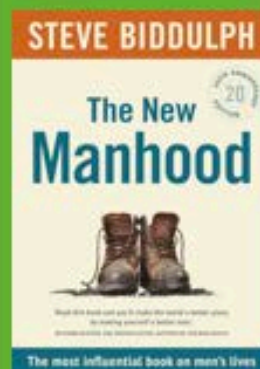
Steve Biddulph is a retired psychologist whose talks became world famous for their humour, honesty, and powerful stories. Steve and his partner Shaaron are the authors of five books including *The Secret of Happy Children*, *Manhood*, and *Raising Boys* - which have sold **four million** copies in 27 languages.

"A cross between Billy Connolly and Dr. Spock" - The Times

"Spellbinding" - UK Telegraph

Steve's books will be available for sale on the night.

NB We regret babies and children cannot be accommodated in the theatre.



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Learn to swim

Austswim Qualified Instructors

Indoor Heated Swimming Pool

2/57 Boland Street, Launceston

(Entrance on left hand side of building)

- Learn to Swim (Children 6 months to Adults)
- Aqua Fitness
- Casual Swimming and Sauna
- Birthday Parties
- Group hire

For more information please phone 0407 094 487
or Email brentwrangmore@hotmail.com

NIC TOLPUTT IN CONCERT

Nationally acclaimed

Countertenor **Nic Tolputt**

with special guests

Christopher Bryg (Tenor)

and **Michael Stocks** (Violin)

and internationally renowned

Opera Australia's pianist

Siro Battaglin, in a...

 **Country Club**
TASMANIA

Concert of Masterpieces

Featuring arias performed by one of the world's rarest voices

• **COUNTRY CLUB TASMANIA** •

FRIDAY 25th SEPTEMBER 8.00 pm

Tickets \$55 available from Tixtas (www.tixtas.com.au) or at the Country Club Desk

Fundraising auction to help secure Nic's immediate future in Europe



Craft Club

Parent/Child Workshops

Saturday
August 29th Father's Day theme
September 19th Spring FUN
October 24th Christmas cards
November 28th Christmas gift
10:30am-12:00pm
St Thomas More's School

RSVP by Thursday before to:

Sharnee Torrents

0409 865355

sharneetorrents@netspace.net.au

Cost \$10