



Wednesday 14 February 2018

Issue 1

## From the Principal

**Sacred Heart School**  
5-7 Buttons Avenue  
Ulverstone

Office hours  
8.30am to 4pm daily

Phone  
64252680

E-mail:  
[shu@catholic.tas.edu.au](mailto:shu@catholic.tas.edu.au)

Check out our website:  
[www.shu.tas.edu.au](http://www.shu.tas.edu.au)

Like us on Facebook



Download our Skoolbag app from either the Apple App Store, Windows Phone or Google Play Store. To install, just search for our school name Sacred Heart Catholic Primary School.



Uniform Shop  
Opening hours  
Monday 8.30-9.15am  
Wednesday 8.30-9.15am  
Thursday 2.30-3.15pm

School Bank Details:-  
BSB: 067000  
Acc: 10273288

Dear Families

This week we have settled into the school routine again. I hope it has been easy on your children and yourselves. The beginning of a school year can be quite daunting for students, particularly if they have a new classroom teacher and with a new mix of children in the class. It can take some getting used to and students may be anxious. This anxiousness can display itself in a number of ways. The most common is feeling sick. When children can't verbalise what is wrong with them they will often explain that they feel sick. They most likely do feel sick but this sickness is related to increased adrenalin in their systems because of a perceived fear. Dr Jodi Richardson explains all kids experience fear and worry about things. It's understandable given that so much is new for them; new experiences, new places, new people, new teachers, new skills, new challenges to name just a few. What we need to look out for is when their amygdala (that tiny part of the brain) is causing them to react anxiously to situations where there is no danger.

Signs of this include:

- Their worries and fears begin to outweigh the situations and challenges that they are facing.
- Their anxiety starts to interfere with their participation at school and the activities, sports, parties, playdates and events than other kids their age are enjoying.
- They're more anxious, and anxious more often, when compared to other kids their age.
- They're obsessed with symmetry or cleanliness and they repeat behaviours like hand washing.

**Okay, so how can I help?**

1. Spend regular quiet time with your primary schooler to foster a loving and open relationship while giving them time to share with you their thoughts, fears and worries. You can also help immensely by remaining calm under stressful situations (I know – easier said than done sometimes!)
2. If you think your primary schooler is experiencing anxiety, talk about it and go together to see your GP and have a conversation about what's been happening.
3. Teach your child about anxiety so he/she knows what underlies the thoughts and feelings. **I highly (highly) recommend Hey Warrior! A book for kids about anxiety, by Karen Young.** Anxiety is not nearly as frightening when you understand why.
4. Because breathing becomes shallow and fast with anxiety, a simple yet incredibly effective way to show the amygdala that everything is okay is to take deliberate, slower breaths (in for 3, hold for 1, out for 3). After all, no-one can do this when their life really is in danger!
5. Mindfulness is a superpower for the anxious brain (any brain in fact!) and there are lots of great ways to help kids practice mindfulness. One fun game is lying on the floor, eyes closed and asking them to tune into their 'Spidey Senses', listening carefully for any sounds near or far, feeling any sensations under their hands and body and smelling for any scents in the air. Mindfulness reduces the size of the amygdala among other incredible changes in the brain.
6. If they are worrying about things over and over in their minds – let's say it's about presenting to their class – instead of saying, "You'll be fine, I've heard your presentation, it's wonderful," or, "Don't worry, all the other kids will be nervous too," or similar, try this instead: "I understand how you're feeling, that's so normal. I'd feel the same way; is it helpful to keep thinking about it?" No! "Okay, then let's focus our attention on something we can do to help, like practicing more, making cue cards or going outside to bounce on the trampoline." They need to know that you understand, that you 'get' it, and that they're not alone.

At school we also have avenues available should your child need assistance. Tamika Peebles our Social Worker works each Tuesday, Cindy Clingeffer our School Chaplain is here each Wednesday and Thursday and Cheree Waddle a Counsellor from Centacare is available each Thursday. In the first instance please discuss any concerns with your child's class teacher and they will provide you with the appropriate paper work to fill in regarding consent. I am also available should you have any concerns you would like to discuss.

Enjoy the week ahead.

*Michelle Wootton*  
Principal



## Re News

### Shrove Tuesday

Yesterday our classes enjoyed a pancake at recess time to acknowledge Shrove Tuesday. Class teachers are beginning to talk about the Lenten period and the significance of Shrove Tuesday.

Why pancakes on Shrove Tuesday?

*The Origins of Shrove Tuesday*

*Shrove Tuesday originated during the Middle Ages. As in contemporary times, food items like meats, fats, eggs, milk, and fish were regarded as restricted during Lent. To keep such food from being wasted, many families would have big feasts on Shrove Tuesday in order to consume those items that would inevitably become spoiled during the next forty days.*

*The English tradition of eating pancakes on Shrove Tuesday came about as a way to use as much milk, fats, and eggs as possible before Ash Wednesday began.*

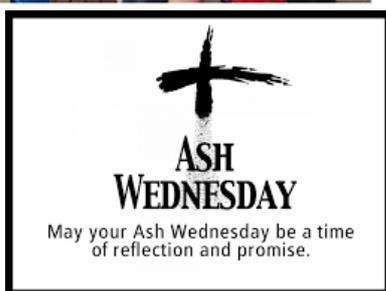
*(www.sharefaith.com)*

Thank you to our wonderful parent helpers and staff members who cooked pancakes for Shrove Tuesday yesterday.



### Ash Wednesday

Today we had our Ash Wednesday Prayer Service. Ash Wednesday marks the beginning of the 40 days of the Lenten season, a time of fasting, prayer and almsgiving or giving to others.



On Ash Wednesday we are marked on the forehead with a cross. This symbol reminds us that God created us from dust and that to dust we shall return. The ashes, which are made from Palms burnt on the previous Palm Sunday are also a reminder that God is gracious and merciful to those who call on Him with repentant hearts. The Church calls on us to seek that mercy during the entire Lenten season with reflection, prayer and penance.

Thank you to staff and students involved in today's prayer service.

### Project Compassion 2018

Today each family will receive a Project Compassion box from Caritas Australia. The purpose of these boxes is to collect money from family and friends to support Caritas in their mission to end poverty.



The theme for Project Compassion 2018 is "A Just Future".  
*'Through your generous support of Caritas Australia you are empowering young people to build a just future for themselves, their families and their communities.'*

<http://www.caritas.org.au>

We encourage your support for Project Compassion and as a school we will be holding an in-school fundraiser to support this very worthy cause. For more information please visit the website above.

Laine Davis

Assistant Principal: Religious Education



IMPORTANT SACRAMENTAL PROGRAM DATES 2018	
19 February - Sacramental Meeting 1 - Devonport (7pm)	
20 February - Sacramental Meeting 1 - Ulverstone (7pm)	
3/4 March - Presentation & Enrolment of Candidates at Parish Masses	
3 March - Reconciliation: Preparation day whole group session at OLOL - Church and Hall, Devonport. 10am - 2pm	
20 March - First Reconciliation - Devonport - 7pm	
21 March - First Reconciliation - Ulverstone - 7pm	
19/20 May - Welcome rite - Presentation of the Creed at Masses. NB: Only one Mass in the Parish on 20 <sup>th</sup> at Our Lady of Lourdes for Pentecost Sunday	
28/29 July - Welcome Rite - Presentation of the Lord's Prayer at Masses on the weekend.	
26 July - Confirmation: Preparation day whole group session at Sacred Heart Church and Community Room, Ulverstone. 10am - 2pm	
12 August - Rehearsal and catch-up before the reception of Sacraments - Sacred Heart Church, Ulverstone. 2 - 4pm	
18 August - Confirmation - Devonport (6pm)	
19 August - Confirmation - Ulverstone (9am)	
25 August - Preparation day session at OLOL Devonport.	Eucharist: whole group Church and Hall, 10am - 2pm
1 September -	First Eucharist -

WELCOME

### Kinder class 2018

Welcome to our new Kinder students for the year:-  
Welcome to Ingrid, Madison, Paegan, Eleanor, Toby, Sienna, Georgie, Milla, Angus, Allegra, Hunter, Will, Elsie, Hayley, Jack, Ruby, Madelyn, Lily, Josie, Coen, Charlotte and Cayley.

A warm welcome also to the following students who have joined other classes this year:-

Charlotte, Ethan, Ineka, Ollie B, Nate, Oli G, Rose, Laine, Mia and Xavier.



PBS Focus:-

*Be respectful by making others feel welcome*

### Parent Teacher Information Opportunity

On **Tuesday 27 February** teachers from Prep to Grade 6 will be available to meet with parents from 3.10pm until 7.00pm.

Kinder interviews will be offered on Tuesday 27<sup>th</sup> February from 2 to 5pm and again on Wednesday 28<sup>th</sup> from 3.20 to 5.30pm.

The aim of these meetings is for parents and teachers to meet and discuss children's needs, likes and goals for the year. It is hoped that all parents are able to meet with their child's teacher. Information will be sent home next week explaining how to access the online booking system. If you do not receive this letter, please contact the school office as soon as possible.

### Traffic & students safety

The school urges all parents to support road safety by obeying signage displayed and also ask you remind your child/ren to be very aware of potential traffic related dangers around the school.

Sometimes for example, motorists do not abide by road laws, and if students are crossing inappropriately (with or without you), or just not aware of their surrounds by always looking either way, we could have an accident.

The education and care of our students is a partnership between the staff and parents and we all need to do our bit by acting appropriately and not showing a disregard for road laws, even if only to demonstrate your support to children watching of appropriate behaviour.

Parents are also reminded not to stop beside yellow lines in our car park. Before children leave your vehicle you should be parked in one of the designated car spaces. All pedestrians are requested to follow the yellow lines to designated crossings.

You will note that for safety purposes three bollards have been installed in the carpark reducing the number of spaces available. Catholic Education do have the carpark area noted for improvement at some future stage.

A reminder that parking in the Tucker Street turning circle is not permitted and this is monitored by the local Police on occasion.

### End of Day collection

All families are reminded that the grass area in front of the early childhood classrooms and admin offices is an area where students should not be playing chasing games, using sports equipment or running, in an endeavour to avoid any unforeseen accidents.

### School Newsletter

The weekly school newsletter is available for download from our website [www.shu.tas.edu.au](http://www.shu.tas.edu.au) and on our Skoolbag App. Parents and carers who would like the Newsletter emailed each week should email [debbie.butcher@catholic.tas.edu.au](mailto:debbie.butcher@catholic.tas.edu.au) to arrange to be added to the list. In order to be environmentally conscious, we encourage as many families as possible to take up one of these options. If you still wish to have a printed copy, please notify the school office by filling out the tear off slip on last week's welcome letter or by phone or email.

### Student Information Sheets

Student information sheets and ICT Agreements are being sent home over the next week with all students. Please return them promptly to ensure that our records are up to date.

### Staff Whereabouts

This week those who have release include....

- Miss Neal doing PIPS testing – Miss Lisa De Deuge in Prep N Monday 19 and Tuesday 20 February
- IEP Meetings Mrs Mansfield relieving class teachers on Monday 19 February Tuesday 20 February

### Performance Indicators in Primary Schools (PIPS) Testing

During weeks 3 and 4, Prep students in PN and P/1LC will undertake PIPS testing. This is a computer based assessment completed one on one with the classroom teacher. The assessment helps classroom teachers to gain a better understanding of the abilities of each Prep student and assists with data tracking as well as future teaching and learning opportunities. On PIPS testing days, Miss Lisa De Deuge will provide relief in Prep N.

### School and House Captains

Voting will take place this coming Monday after Assembly.

### Canteen

Canteen orders resume Friday of next week. A new menu will be sent home soon.

All canteen orders are done online at [www.flexischools.com.au](http://www.flexischools.com.au). No cash orders are taken. When you log on follow the prompts to set up your account. Any new families who have problems with the ordering system, please contact the school office.

### School Fees 2018

In 2018 we will be issuing one invoice for fees and levies at the commencement of the school year. Invoices will be sent out to families later this month.

Those families who wish to pay in full before the end of March will once again be offered a 5% discount on their school fees. We are endeavouring to have all of our families who do not wish to take advantage of this discount set up on a payment as soon as possible.

Please note that while ten monthly payments are our preferred option, weekly or fortnightly payments are also acceptable. If you have any queries in relation to this form or you require a fees assistance form, please contact Mrs Butcher or Mrs Wootton to discuss same.

### Working with Vulnerable Persons Act

You are reminded that if you wish to help in the classroom, accompany classes on excursions, assist in the Uniform Shop or Canteen, coach sports teams etc, in accordance with Tasmanian Government Legislation, you must be registered for Working With Vulnerable People. This costs the volunteer \$17.76. **This means that if you do not hold this certificate you cannot volunteer at school.** Please contact the Office if you require any assistance with this application process. Applications must be made online at [www.justice.tas.gov.au/working\\_with\\_children/application](http://www.justice.tas.gov.au/working_with_children/application)

## Volunteering

If you would like to help out in the school but are not sure how, here's some ideas that might work for you:

### Breakfast Club

Held every Thursday morning from 8.10-8.45.

Breakfast Club offers a safe welcoming environment for students to come before school, develop relationships while being fed.

Helpers are generally rostered on to work 1 week in a month.

(This suits some working parents who like to be involved but can't commit time during school hours).

### Mentoring

If you can spare an hour a week and would like to work alongside an individual student this may be the thing for you. The intention is to **bring out the best in the child by building a caring relationship** between the mentor and mentoree. Mentors work with students according to what the needs of the student and the skills of the mentor are. They could do craft, building or outdoor activities, or focus academic activities.

This can suit a retiree or anyone who has a desire to see students thrive.

If you would like to find out more about either of these worthwhile programs please see Cindy Clingeffer the school chaplain. Contact me at [cindy.clingeffer@catholic.tas.edu.au](mailto:cindy.clingeffer@catholic.tas.edu.au) or ring 64252680 on Wednesday or Thursday to chat.

### Prayer Assemblies

Will be held each Monday morning at 8.45am in the MPR. Families are welcome to attend.

### Positive Partnerships

A free one day workshop for parents and carers of school aged children on the autism spectrum is coming to Devonport on Wednesday 7 March 2018 9.15am to 3pm. Register online at [www.positivepartnerships.com.au](http://www.positivepartnerships.com.au) or call 1300 881 971.

### Photocopier available

If there are any not for profit organisations that would benefit from a photocopier in good condition, please contact the school office.



### Coles Sports for Schools

We are registered for the Coles Sports for Schools programme again this year. If you do your shopping at Coles, please place your vouchers in the collection box outside Coles or at the school office. This programme allows schools to purchase sporting equipment by cashing in the vouchers.



**Breakfast Club starts this Thursday morning from 8.30am in the Link Area**  
**All students welcome**

## 5/6 Cricket News

Primary school cricket roster is due to recommence on Friday 2 March 2018. If you are interested in registering for this roster, please collect a registration form from the school office. We will also require a coach for the team and would be glad to hear from interested parents. Registration fee is \$15.00. Roster runs for four weeks in March and seven games in Term 4.

### Ulverstone Robins U12s Football Squad Trials

Tuesday 13<sup>th</sup> & 20<sup>th</sup> February 4.30pm-5.30pm

Ulverstone Rec Ground

*Attendance at training essential for squad selection.*

*If unavailable for try-outs please contact Coach*

*-Stephen von Stieglitz 0437091630*

*Follow Facebook 'Ulverstone Robins U12 2018'*

*for updated information*



DETAILS FOR THE 2018 SEASON

COMING SOON

GO TO OUR FACEBOOK PAGE

### Important Dates

Tuesday 27 February	Parent Teacher interviews P-6 & Kinder optional
Wednesday 28 Feb	Kinder Parent Teacher interviews
6.45pm	Board Meeting
Monday 12 March	Public Holiday
Thursday 22 March	North West Swimming Carnival
Friday 30 March	Good Friday
Monday 2 April	Easter Monday Public Holiday
Tuesday 3 April	Easter Tuesday Public Holiday
School Holiday break	Monday 16 to Friday 27 April
Monday 30 April to Friday 11 May	Grades 3 to 6 Learn to Swim
Monday 14 to Friday 25 May	Prep to 2 Learn to Swim
Thursday 31 May	School Photos
Friday 1 June	Cross Country
Monday 11 June	Public Holiday
Thursday 14 June	North West Cross Country
Friday 6 July	Student Free Day
School Holiday break	Monday 9 to Friday 20 July
Monday 23 July	Student Free Day
School Holiday break	Monday 1 to Friday 12 October
Sunday 28 October	School Fair
Friday 2 November	Athletics Carnival
Monday 5 November	Recreation Day Public Holiday
Wednesday 21 November	North West Athletics Carnival
Thursday 20 December	Last day for students