Dear Parents,

It is difficult to put into words the devastation we have seen over the weekend in Japan and the continued threat of more earthquakes and further damage to their nuclear energy plants. I sent home one of Michael Grose’s articles about natural disasters a few weeks ago, which I think gives some good advice if your children have been watching the footage. I will place this article on the school webpage to assist families to discuss issues around natural disasters and other issues that may arise. Please keep the people of Japan in your thoughts and prayers.

DATES FOR YOUR DIARY

Fri 18th March  
Southern Catholic Swimming Carnival
Sat 19th & Sun 20th March  
Huonville Relay for Life
Fri 1st April  
Free Dress Day – to support P&F Easter Raffle
Tues 5th April  
Parent Teacher Interviews
Thurs 7th April  
Parent Teacher Interviews
Tues 12th April  
Opening & Blessing of Josephite Learning Centre & Refurbishments

Lent
Last week I was fortunate to participate in a beautiful outdoor prayer service for Ash Wednesday with the Grade 4 students on camp. Lent is a time of reflection, prayer and preparation for Easter where we ask the children to really concentrate on being a better friend to others at school and at home. Traditionally during Lent people were asked to ‘give something up’ but it doesn’t take much to go without something for a few weeks. I would encourage families to support the religious education programs that are taught at school by discussing this with your child/children.
Would you like fries with that?

One of the traditional practices of Lent is fasting - denying ourselves some food so that we feel our hunger, feel our need. This is not dieting though the practice may look the same and physically get similar results. If we do not regularly face our neediness as human beings before God, we will eventually be consumed by greediness. If we do not recognise that we have a space in our heart that only God’s grace can fill, we will try to fill that space with all sorts of other things that can so easily become addictions.

Food isn’t the only thing we may have trouble with. There is alcoholism on both sides of my extended family and, though I like a drink, every year or two I go off alcohol for Lent to ‘test my heart.’ Some young people are so addicted to the mobile phone that they sleep with it under their pillow ‘in case’ a text comes through the night. Are they so afraid of loneliness? If a message does come, what happens to the night’s sleep? When shopping is a major form of entertainment, what happens to just spending time with family and friends?

We all have wants like these that we need to face and Lent is a good time to do it because we are looking towards to the source of all true joy: the resurrection of Jesus Christ. Anything that seems to put our lives out of balance can be a sign of the space God is meant to fill in our lives. This Lent consider what may be putting your life off balance, cut back on it for awhile and see what effect this has on you. If you experience a ‘hunger’, indeed a ‘craving’, pray for the Spirit’s guidance to how you should deal with this.

Loving God, you know the desires of our hearts and the weaknesses that can cause so much sorrow and grief. Send us the wisdom of your Spirit to guide us in facing our weakness. Lead us to the fullness of life that Jesus offers. We ask this in his name confident that you will hear us.

Sr Kym Harris osb

Outdoor Education

Our Grade 3 and 4 students had a wonderful time last week on their camps. Thank you to Mrs Campagna and Mrs Doherty for planning and leading these valuable experiences. A special thanks to Mrs Samara Ford and Mr Scot McQueen for driving the school bus and to the other parent helpers that ensured everyone had an enjoyable time.

School Board

Last Wednesday evening the School Board held their Annual General Meeting in the Josephite Learning Centre. A number of reports were tabled at the meeting by the executive, which explained the successful year we had in 2010 particularly with our building project and the purchase of our new school bus. I am very pleased to announce the School Board for 2011.

Chair - Mr Tony Bradley
Secertary/Treasurer - Mrs Fiona Donato
Members - Mrs Cathy Coad, Mr David Clark, Mr Michael Buick & Fr Greg Barker
Southern Catholic Swimming Carnival
This Friday we have a large team competing at the Southern Catholic Schools Swimming Carnival at the Hobart Aquatic Centre. The events the students are participating in and the information about the day have been placed on the school website. Mrs Campagna and the staff at the Port Huon Sports Centre have organised a few training sessions for the team. These sessions are voluntary for those students and families that may be able to attend.

Parent/Teacher Consultations
We are holding our compulsory Parent/Teacher consultations on Tuesday 5th and Thursday 7th April. These sessions are an opportunity for families of Prep to Grade 6 students to discuss the children’s progress. The session on the Tuesday will be the only evening session offered. A note will go home in the next few weeks asking parents to nominate a few appointment times.

Kinder Enrolments 2012
Our Kindergarten enrolments are open for 2012. I have been asking school families since the beginning of year to contact the office for an enrolment package if you have a Kinder age child for 2012. I am hoping to have Kinder Interviews before I commence my long service leave after the Easter break. If you require a package, please contact the office or myself ASAP.

School Fees 2011
Families should have received their School Fee Invoices last week. A reminder that there is a 5% discount for families that pay their account in full before the end of March and that there is fee assistance and other options for families that may be experiencing financial difficulties. There are also discounts for families that have 3 or more children in Catholic Education (they don’t need to be at the same school). If you have any questions, please contact Mr Chris Lovell.

Relay for Life
Good luck to all those parents (and students) that are participating in the Relay for Life at Huonville this weekend. A great way to raise funds for a very worthwhile cause! The Sacred Heart staff have a team participating on the weekend, which runs from 2.00pm on Saturday to 12.00pm on Sunday. Thank you to those families that have sponsored staff members.
Internet safety presentation helps children stay safe online

Young people today are immersed in digital technologies. They use the internet and mobile phones to socialise, study, exchange ideas and play. While online activity has many benefits, there are also risks.

To help your children stay safe online, Sacred Heart is hosting a Cybersafety Outreach—Internet Safety Awareness presentation. Designed for parents, teachers and students, this presentation is provided by the Australian Communications and Media Authority (the ACMA) as part of a national program of cybersafety initiatives.

The Cybersafety Outreach—Internet Safety Awareness presentation is thorough and non-technical. It covers a range of issues including:

- the ways children use the internet and emerging technologies
- potential risks for children online, such as cyberbullying, identity theft, inappropriate contact and exposure to inappropriate content
- tips to help children stay safe online.

The presentation is conducted by an ACMA Cybersafety trainer and is free of charge. Sacred Heart is committed to helping students develop appropriate behaviours when using digital technologies, both at school and home.

The Cybersafety Outreach—Internet Safety Awareness presentation will be held on: Monday 18th April at 6.30pm in the Josephite Learning Centre.

To register your attendance, please contact the school office as soon as possible. Enrolments will also be accepted on the night. I would strongly encourage all parents to attend this important session.

Have a great week

Stuart Kelly
Principal

Kermandie Junior Football Club

Training has commenced!

When: Fridays from 4pm to 5pm
Where: Kermandie Oval

Last chance this Friday the 18th to place uniform orders.

Any unwanted boots, shorts and socks for our second hand sales would be greatly appreciated.

Don’t forget to join our Facebook Page!!
Kermandie Mini League
Merit Certificates:

ILA USUGA: Trying her best in all her work
MOLLIE FORD: Her helpful and polite manner in the classroom.
NAT BRADLEY: Always using his ‘listening ears’ in the classroom
LILIJANA BOBBETT: Always offering to help around the classroom
JUSTEN ASHWORTH: Giving students positive feedback.
BAILEY GORDON: Encouraging others with work.
DYLAN HARDY: Approaching all aspects of school with maturity and a ‘can do’ attitude.
BAILEY REEV: Persisting in maths and achieving success.
HANNAH GEEVES: Giving everything a go with a really positive attitude.
GEORGIA GRIGGS: Striving to achieve an excellent standard of work.
NATHAN MCQUEEN: Striving to ensure work has been completed to a high standard.
CHRIS WRIGHT: Being responsible and ensuring the truth provided.
SIENNA GREENE: Excellent listening and participation in activities.
CHLOE STEEL: Excellent listening and great answers
OWEN GORDON-SMITH: Being a kind, caring and good friend to his peers.
JOSH COAD: Completing sight words and multilit.
BAILEY REEV: Fluent and expressive reading.
GRADE 3’S: Your awesome contributions, interest, enthusiasm and cooperation whilst on camp.
WILL TINKER: Showing more confidence in sounding out his words.
AVA SWANSON: Consistently being a positive class member.
DARCY BLAZELY: Demonstrating confidence during maths activities.
ISABEL BURDICK: Consistently being a positive class member
HARIS SHORT: Consistently staying on task and being focused during lessons.
WILL LOVEDAY: Being a helpful and kind class member.
CCT ANNUAL FOOTY POINTS TICKETS

If you would like to secure weekly season tickets in this exciting fundraiser for our friends in Cambodia please fill in the below and return to school by 20th March, with money.

Name: ..........................................................

Send tickets home with ......................... in Grade ...........

Season ticket = $28 please enclose with the above. This can be paid in instalments!!

The first game played each round will be the points game. The difference between the scores is the “points” margin.
If the difference is over 100 the winning ticket is the last two numbers eg Brisbane wins by 199 then the person with 99 is the winner that week.
If the result is a draw than CCT win the whole amount for that round.

Pretty simple and lost of fun… anyone can join in.

If you have any questions please ring.

Thanks

Fiona and Trish
0427 560 151 (Fiona)

The Southern Catholic Primary School Swimming Carnival

Congratulations to the following students for making the Sacred Heart Swimming Team.
Lilly Green, Abby Gordon, Sophie Buick, Sophie Burgess, Will Ford, Oliver Townsend, Lukas Ford, Jordan Seabourne, Natasha Dolaghan, Tara Shanley, Hailee Baldwin, Lilijana Bobbett, Jenni Pittam, Bailey Gordon, Dylan Gane, Callum Lowe, Max Bradley, Josh Coad, Sophie Lovell, Maiha Campagna, Courtney Walker, Haylee Abbott, Olivia Riley, Sarah Duggan, Willis Short, Cameron Smith, Jacob Banks, Jayden Gane, Bailey Reeves, Nathan McQueen, Georgie Smith, Matilda Seabourne, Emily Coad, Grace Hardy, Belle Ransom, Taylee Carr, Jackson Gordon, Riley Surrendra-Nicholas, Jesse Burdon, Brendan Dolaghan, Dylan Hardy, Campbell Gane. These students will be competing against other southern catholic school at the Aquatic Centre in Hobart this Friday the 18th of March and we all wish them well.
Grade Three Camp

Day 1
On Monday the 7th of March the grade threes went on camp. That Morning I was so excited. When I got to school there were lots of bags on the ground. After we got organised and had a little play we got on the bus and went to Sorell. Then we met Mr Greene (my dad) and Mr Vickers (Darcy) and we went to Wielangta forest. (by Lilly Greene)

Mr Vickers told us about the forest and what lives there. We also learnt about the town, Wielangta, that wasn’t there any more and the wood mill. After lunch we went to Rheban Beach where we collected shells and saw the remains of the old jetty. When we got to Orford we unpacked and then we played. Some played in the games room until dinner. For dinner we had nachos with our choice of topping. Then we had dessert, which was frog in a pond. Then we watched some of Open Season 3 and then we went to bed. (by Cade Swanson and Lawson Grey)

Day 2
In the morning we packed up and some of us had a shower. After breakfast we went for a walk to Spring Beach and then the bus picked us up and we went to the woodchip mill in Triabuna. (by Sophie Burgess)

At the woodchip we saw a machine that cost one million dollars. It was so dear because it can lift 20 logs at a time off a log truck. Then we drove to a pile of woodchips and Mr Bailey said we could jump down them. We didn’t want to leave. We got back on the bus and went to McDonalds for lunch. Most of us had cheeseburgers with apple juice. On the way home we played car cricket and the boys won.

Thank you to all of the parents who assisted on camp and made some lovely food for the children to share for morning and afternoon tea. A special thanks to Samara Ford for driving the bus and Karlee Delaney, Nadine Seabourne, Jane Peatling, Gina Gordon and Marcus Townsend for assisting on camp.
Relay for Life
Lucky Number Tickets

Still a few numbers left

Thank you for your support so far for our Relay For Life Team.
We have now raised approximately $900.00

To help us reach our target we are running a fundraiser of selling 100 numbers at $5.00 each, with 3 winning draws, 1 draw of $100 and 3 draws of $50.

If you would like a lucky number please fill in the slip and return it to the school and your number will be allocated on the board in the front office. If you have a preference of number, please indicate on the slip below.

Thank you for our support.

Regards
Maree McQueen
Team Captain

Relay for Life
LUCKY NUMBER ORDER

Name:____________________________________________________________

Amount of numbers @ $5.00 each____________________________________

Total Enclosed:____________________________________________________
INSIGHTS
by Michael Grose - Australia's No 1 parenting educator

Would your child eat the marshmallow?

Impulse control is one of the keys to being successful in life. It doesn't take a study to make that obvious.

Between 1968 and 1974 Stanford University researcher Michael Mischel conducted an unusual experiment that demonstrated the importance of delaying immediate gratification to lifelong success.

In a long-term study Mischel offered 4-year-olds a marshmallow, and told them that if they could wait for the experimenter to return after ten to fifteen minutes, they would reward their patience with another marshmallow.

Control your impulses and delay gratification for a greater reward was the idea here! An interesting dilemma for any 4-year-old, let alone a 4-year-old.

Mischel found there were three groups of kids. About one-third ate the marshmallow within the first few seconds. They didn't even consider waiting. Down the hatch! Another third tried to wait, but couldn't last the distance. Another third practised some old-fashioned self-discipline and didn't eat the marshmallow. That's quite an effort!

Mischel followed the 400 kids involved in the experiment over a 14 year period and found that there was a high correlation between the results of the study and how each group performed in high school.

The marshmallow gobbler kids were more troubled, and had difficulty subordinating immediate impulses to achieve long-term goals. When it came to study, they were easily distracted and less likely to follow through and finish school.

The marshmallow resisters were more motivated, educationally more successful and more emotionally intelligent. Their end-of-high-school marks were higher than the other groups marks.

So what's the point?

I think it's a great reminder for all parents that the Rolling Stones were right when they sang all those years ago "You can't always get what you want."

Okay, Mick Jagger wasn't thinking about kids when he belted out those lyrics, but he may as well have been.

Impulse control is one of the keys to being successful in life. It doesn't take a study to make that obvious. Those who can put off immediate gratification or the quick fix to work toward a bigger goal will always be successful in life.

Always have been, always will. It takes self-discipline to save, rather than use a credit card. It takes self-discipline to get up in the cold each morning to exercise rather than stay in bed. Impulse control pays off in the long run.

Modern parenting can be detrimental to developing impulse control.

Let's face it, in this era of smaller families we have greater propensity to gratify kids' needs immediately. To be blunt, to avoid disappointing kids, I see some adults bending over backwards to give them what they want.

Impulse control is largely about self-discipline and character. While some kids are more naturally prone to delay gratification than others, some parenting styles are more likely to promote impulse control than others. Parenting does have an impact!

Here are four strategies to encourage your children to delay gratification, practice self-discipline and build character along the way:

1. Just say NO! You may need to grit your teeth with some tough nuts, but so be it.

2. Give kids pocket-money and teach them how to set goals. Being a child's personal ATM doesn't encourage impulse control.

3. Help kids focus on bigger rewards. When kids can see that a BIGGER reward is attainable they are more likely to strive to get it.

4. Establish rituals and rites of passage. You get your big bike when you are ten is a type of ritual that parents used in the past to make children wait. These rituals and rites of passage give parents strength to resist peer power and teach kids that good things come to those who wait.

There is no doubt that saying No to kids is hard work as it is in their job descriptions to push parental boundaries.

It is in their long term best interests to realise that they "can't always get what you want..." It's worth remembering the following line to that Stones classic was, "you can try sometimes, you can try". Maybe Jagger was singing about kids after all!

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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au

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