Dear Parent/caregiver,

**Spiritual Lives**

“I am a spiritual person but I don’t ....” Fill in the blank with whatever religious practice you have heard someone refer to. It bothers me this statement – not so much because of the religious practice the person says he or she is not doing – but because of their idea of ‘being spiritual’. I find myself wondering, “Does this person have something against the body?” Our Christian religion, because we believe in a God who became flesh in Jesus Christ, has a very big and very positive appreciation of the body. This is where we experience the life of the Spirit. For us, the experience of the Spirit is not of a warm, fuzzy, gentle presence remote from ordinary life. Rather the Spirit is like a good, strong, practical woman who rolls up her sleeves and gives love, attention and practical help; in just the way the people need it. For us to practise our faith, we have to use our bodies – in prayer, alone and together – but also in showing love, care and support to those around us. This coming Sunday we celebrate the Feast of the Holy Spirit, Pentecost. In the Scripture reading, we see the disciples transformed from a frightening, cowering group of people to a confident, joyful group prepared to meet the world and offer it salvation. Jesus has told us that that transformation can happen to us also. If we try to live by the teachings of Jesus, we will find the Spirit there working within us, guiding what we do, say and think. Our spirituality will then embrace all of life.

*Loving Jesus, send me your Spirit that I might live by your teachings and have my life transformed. May the people with whom I live know, through me, in practical ways the power of your love. I ask this in your name confident that you will hear me.*

Sr Kym Harris osb

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**Dates for your Diary**

- Tues 14th - Thurs 16th May: Naplan Gr 3 & 5
- Wed 15th May: Assembly 2:15pm Gr 3/4 Hosting
- Fri 17th May: Junior Joeys Disco 1.45pm
- Tues 21st May: SHG Taster Day Gr 4/5 to SJCC
GRADE 5/6 iPAD PROGRAM
This week we introduced all Grade 5/6 students to their own personal ipad and their learning area has been transformed with technology! What an absolute pleasure it is to see so many children so engaged with their learning. The week began with a special introductory session where the students were provided with important information. They were invited to help create an ipad mindmap where they explored positive and negative uses of this technology. We, the teachers were really impressed with their many interesting, practical and responsible suggestions. This week will be dedicated to using the ipads across a number of curriculum areas. In two weeks time, parents will join their child to see this, “just in time” technology in operation and also spend time on the responsible use of ipads at school and also at home. I am very grateful to our teachers, support staff and ICT team who have already dedicated an enormous amount of time to setting up and introducing this exciting new program.

MOTHER’S DAY GIFT STALL THIS WEEK

Special thanks to our Parents and Friends Association who recently organised our Mother’s Day Gift Stall. Many children in all classes had the opportunity to purchase gifts for their mums. In these busy times, it is so nice to have some many generous parents so willing to give of their time for the benefit of others. Certainly one of the many positive and special things about our school.

MOTHER’S DAY RAFFLE
Thank you to all who supported Lilli Steel from Grade 3 in her quest to raise money for Cancer Research through the Mother’s Day raffle that she ran last week, with her Grade 3 friends. Lilli also took part in the Mother’s Day classic and in the end raised almost $300! Truly amazing work Lilli.

ABORIGINAL ART WORKSHOP
Last Friday, Aboriginal artist, Leigh Oates, ran an art workshop across the day with Grade 4, 5 & 6 students. Not only did the children get to produce some excellent Aboriginal paintings, they also learnt a lot about Aboriginal history and culture. Special thanks to Leigh for sharing his knowledge as well as his artist talents.
GRADE 5/6 FOOTBALL & NETBALL ROUND ROBIN
Grade 5/6 students participated in the Southern Tasmanian Catholic Primary School’s Football and netball round robin days. From all accounts our teams played well in their chosen sport. They also represented our school in a very safe, positive and respectful manner both on and off the playing field and court! Special thanks to Mr Kinder and Miss Longey for all their preparation and organisation to ensure the success of these events. Thanks also to the staff and parents who also helped out.

STUDENT REPRESENTATIVE COUNCIL
This week our Sacred Heart SRC met to discuss good ideas on ways to improve our school. SRC members from Grades 3 – 6 run regular meetings in their own classes and then bring ideas from these meetings to the SRC. This week we had some excellent ideas for possible games and activities that can be organised for wet weather days, or when the oval was closed. Some ideas voted on included:

• Starting up a lunchtime Chess Club
• Board games in the hall
• Setting up table tennis in the hall
• Running organised games that can safely be played on hard surfaces.

Miss DeMarco also discussed the Move Well Eat Well program that we are introducing at Sacred Heart. SRC members will now talk to their classes about this program.

NEW DATE SACRAMENTAL PROGRAM
Parents are advised that our next Sacramental Preparation day, for Eucharist has now been moved to Tuesday, 28 May and will take place at Sacred Heart.

SCHOOL UNIFORM
As we enter the colder, wetter Winter months we ask for parental support with the following:

• School jumpers must be worn to/from school each day.
• Only school approved jackets and raincoats to be worn.
• No hats to be worn at recess and lunchtime.
• School beanie can be worn as part of the school uniform.

MUDDY CONDITIONS & THE SCHOOL UNIFORM
We have a wonderful new school uniform at Sacred Heart and the children are very proud of it. We work really hard at promoting this with your child. The school oval is starting to get wet now and we will endeavour to close it when it is too wet. There are times when we will try and use it and we do ask the children to be sensible when playing so as to avoid getting too dirty.

DISCO THIS FRIDAY – FREE DRESS
All students can come to school wearing free dress for the disco which will take place after lunch in the hall this Friday. No make up or hair colouring is to be used. Students will need to bring a gold coin for entry and perhaps some money to buy a treat! Parents are also encouraged to attend. The Junior Joeys are running this disco to raise money for Mozambique.
BILLYCART DERBY HELPERS
This Sunday, 19 May is Billycart Derby Day in Geeveston. Sacred Heart Catholic School will be setting up a publicity and promotions tent and also running a sponge throwing competition as part of the day’s events. A separate note about this was sent home to all families yesterday. If you can assist in any way, please return the reply section promptly to school.

BARK FOR HUT NEEDED
We need a good supply of bark from a Stringy Bark Gum Tree to use in building huts at our Aboriginal Campsite behind our school. If you work with Forestry our have property with this sort of bark available, can you let Mr Brighella know.

Enjoy the coming week,

Luch Brighella
Principal

SWPBS
After one term of using our School Wide Positive Behaviour Program (PBS for short) we are seeing some great results. Part of the program required the staff together with students to develop a matrix. This is a table which identifies different areas around the school and states what kinds of positive behaviours we would like to see in those areas.

Each Wednesday all classes participate in a PBS lesson which explicitly teaches these behaviours. Last term we concentrated on being SuPeR kids in the playground and during line-ups. Ask your children if they can tell you about our new 1, 2, 3, 4, line-up system.

This term we are focusing on gatherings, such as assembly and Mass and behaviour on the buses. Students had fun last week practicing listening to directions and challenging themselves to see how many directions they could follow in one go.

Josephite Award
Our Super Joey is Ava Hickey
Ava shows outstanding kindness and helpfulness to all those in need.

Book Club - closes Tuesday 21st May.
Late orders won’t be accepted.
About Friday

Information

about the Jisco/Disco this Friday 17\textsuperscript{th} May:

- **Free dress day** – Students can wear to school the clothes they have for the disco. No make-up or hair colour.
- We hope to see many **adults** attending. You can participate and/or be audience.
- Entry is by **gold coin** donation.
- Junior Joeys will be selling pop-corn, slushies and fairy floss from the canteen for $1.00 each serve.
- There will be a cake/sweets stall, small cakes or sweets $1.00 others individually priced.

**All proceeds go to an orphanage in Mozambique supported by Caritas Australia**
Helping kids manage anger

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves.

Managing anger is one of the biggest emotional issues that children face. Children who can learn to manage their anger have a head start on handling fears and other emotions.

Currently, our community is undecided about how to handle anger. In fact, anger is discouraged as we see no place for it in homes, schools or community. ‘Civilised people don’t get angry’ seems to be the accepted wisdom so we tend to encourage children to bottle up anger rather than let it out.

Anger needs to be managed, rather than simply avoided. Bury anger deep-down and it will go away is the attitude! This doesn’t work for many children as bottled up emotions don’t always dissipate. They simmer away, eventually spilling over into physical violence or hurtful verbal abuse, which so often backfires on the angry person.

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves. Here are six steps that parents can use to help kids of all ages keep their emotions under check, and respond safely when emotions run high:

1. **Understand it**: Help kids understand the events and situations that trigger angry responses. There will vary, but may include, playing rough games, not getting their own way and being teased by others. Help kids to reflect on the events that trigger a ‘wobbly’, so they can take preventative measures. This type of self-knowledge is really helpful for older primary school children and teenagers.

2. **Name it**: Help them recognise the physical signs of anger, such as clenched fists and teeth, tension around their shoulders and heavy breathing. Then assist them to develop a vocabulary around anger. “Mad as a snake”, “about to lose it”, “throwing a tantr” are some possibilities. Children can probably generate more. Naming emotions promotes good emotional literacy in kids.

3. **Diffuse it**: You need some strategies to diffuse anger and bring down emotional levels in kids. Distraction and time out can be effective for toddlers with short fuses, and even shorter attention spans. For older children, parents should use diplomacy rather than discipline. You may need to give some kids some space on their own before attempting to talk. Listening to their story, validating their right to be mad and focusing on feelings are some ways to diffuse anger. Sometimes knowing that someone else knows how you feel is enough to make anger go away.

4. **Choose it**: Help children understand that they do have a choice about how they respond to their anger. They may feel like lashing out, but they don’t have to get physical or verbally aggressive when they get angry. Let kids know in clear terms that slamming doors, throwing things and refusing to cooperate are the wrong ways to display anger. Help them understand that while you are on their side, as they mature they need to choose socially acceptable ways of handling anger.

5. **Say it**: Encourage children to express how they feel verbally, rather than bottle things up or become aggressive. The use of I statements is one way of letting others know how they feel. ‘I feel really mad when you say nasty things to me. I really don’t like it!’ is one way of being heard and letting the anger out.

6. **Let it out safely**: Boys, in particular, need physical outlets for pent up anger. They may go for a run, belt a pillow or play a physical game to let their frustration out. Some kids may even pour their anger into a letter, some work on a productive activity. Help children find legitimate outlets for their anger.

Parents need to role model healthy anger management so children see firsthand how adults handle anger in mature ways. That means parents take time to listen to each other, talk things through and find healthy physical ways to let off steam when you feel yourself getting to boiling point.

The maxim for families who want to learn to manage anger in healthy ways should be: “There is nothing so bad that we can’t talk about it. However there are behaviours that are not acceptable.”

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

Billycart Derby

From this to that with your own imagination on a car please bring it along.

We will supply some of the materials but if you have timber, wheel, paint, brushes and anything else that can be used to build.

Car Derby on Sunday 19th May.

If you are interested in building a Billycart come along on the 19th.

BBQ Lunch included.

When: Saturday 18th May between 10.30am and 2.00pm.

Where: 4879 Hoon Highway Geelong

10.30am—2.30pm
Sunday 19th May 2013

Entry forms are available at various outlets around Geelong and at the Wayne Partake Child and Family Centre.
THE 11th annual Kingston Rotary Club fun run is a run that allows families to enjoy walk/run a trail through Kingston from the Kingborough sports centre to Kingston Beach.

The Rotary Club of Kingston is holding the Kingston Beach Fun Run and Walk on Sunday 26th May 2013. The Rotary Club of Kingston is urging locals to lace up their running shoes and bring the kids. The 5 kilometre run or walk event will commence at 9:00 am from the Kingborough Sports Centre and finish on Kingston Beach.

The Club is especially keen to promote the Fun Run as a "kid friendly" event and get entries from many schools in the district. The school with the highest participation will win $500 towards the purchase of school equipment.

Mr Moore is also urging people to enter teams made up of church groups, business groups, sporting groups or families and friends. "The idea is to just get involved and enjoy the morning, the finish is at our lovely Kingston Beach," Mr Moore said.

The 5km run and walk will begin at 9am on Sunday starting at the Kingborough Sports Centre(Scout Hall) and finish on Kingston Beach.

Pre race-day registrations ($20 for adults, $10 for children, and $40 a family) can be completed online at www.rotaryclubofkingston.org or at the Kingborough Sports Centre, from 7:30am onwards.

There will be plenty of prizes on offer, so get ready for some fun and fitness on May 26th and take part in this great annual Kingborough event. The Rotary Club has partnered with the Kingborough Council to install $30,000 worth of outdoor fitness equipment for the Kingston Beach area with the club contributing 50 per cent of the costs from its charity kitty - raised during fun runs over the past 10 years.

Any enquiries about the event can be made to David Moore on 0437 849 470 or email to funrun@rotaryclubofkingston.org