Dear Parent/caregiver,

We can be greater than we imagine.

In the past week, we have all been horrified by the murder of the British soldier in London. But there was one incident in this story that amazed me. It was the woman who had jumped off the bus to help the fallen soldier and then quickly realised she was in a very different situation with two madmen than what she had thought. She did not fight, she did not run away. She calmly engaged the men in conversation, diverting their attention, giving other people time to get away and time for the police to arrive. She was probably an ordinary person, like you and me, who would never have dreamt of such a situation happening to her, let alone acting in it. But when the moment came, she stepped up with calm courage and put her life on the line for the sake of others.

At this time of the year, many parishes are celebrating the Sacrament of Confirmation. In this Sacrament, we affirm God’s desire to do extraordinary things in our lives. We are given the power of the Spirit to go beyond ourselves - to rise above our desire for self-preservation, to overcome our fears, to defeat our selfishness and act out of love for others. The Sacrament reminds us of the hope God holds out to us: the hope to become great with grace. Probably we will never be called to do something as dramatic as this woman, but what we can do is nonetheless as real. How can you do this? Think of one way you could go beyond yourself in serving your family or community this coming week. Now pray for the Spirit’s help to make that wish a reality. Be sure of this, God wants our greatness even more than we could desire for ourselves.

Loving Father, you see more good and more potential in me than I can realise. Help me to allow your Spirit room to move in my life that I may learn to love like Jesus. I ask this in his name confident that you will hear me.

Sr Kym Harris osb

Dates for your Diary

Wed 29th May  H&C Cross Country
             Assembly - hosted by K/P 2.15pm
Fri 7th June  Feast of Sacred Heart

---

Huon Highway, Geeveston, Tas, 7116, Ph 62971313, Fax 62971990
email: shg@catholic.tas.edu.au  Twitter Handle: @SHCSGeeveston
GRADE 5/6 iPAD PARENT / STUDENT EVENING

Last night, we had our first Parent and child ipad session for our Grade 5/6 class. The main purpose of the evening was to officially launch our Grade 5/6 iPad program. A strong focus of the evening was not just about the ipads and the many ways they can be used to support our program, but also centred around responsible use of these devices. All in all it was a really informative evening and productive evening with most parents and students present. Special thanks to Mr Kinder, Mr Grey, Miss Longey and Mrs Campagna who organised the evening and made it a worthwhile experience.

SACRAMENTAL PROGRAM

Today, children from Sacred Heart, St James and our parish met at our school to take part in a day of preparation. These children will be confirmed by the Archbishop this coming weekend. Special thanks to Father Greg and teachers who have organised this sacramental program.

PARENTS AND FRIENDS ASSOCIATION NEWS

Last week, our P&F Association met for their monthly meeting. Much was discussed including the successful Mother’s Day Stall, The Breakfast Club and school uniform to mention just a few. The minutes of the last meeting are included in this week’s newsletter.

Meetings take place each month at 1.45pm. Dates for the remainder of this year are as follows:

Tuesday, 18 June
Tuesday, 23 July
Tuesday, 20 August
Tuesday, 17 September

Tuesday, 15 October
Tuesday, 19 November

All Parents Welcome!

BREAKFAST CLUB AT SACRED HEART STARTS THIS WEEK

The Breakfast program has started really well with many children coming along for a warm Milo and some toast. We have already served between 90 – 110 cups of milo on the first two days!

Helpers: We could use the help of either parents or grandparents. If you are available from 8.20 – 9am on a particular day, please let Mr Brighella know.

Donations needed: If you could donate jam, vegemite, margarine or fruit (pears or apples), please send items along to the school office this week.

SCHOOL PHOTO DAY – TUESDAY, 18 JUNE

Individual and class group photos will be taken on this day. If you have two or more children at Sacred Heart, you may also wish to order a family photo. Parents should have received their photo order pack (via their children) last week. If you are interested in ordering class, individual and/or family photos, please complete the order and return it to the school office.

HUON & CHANNEL CROSS COUNTRY

Tomorrow our team of girls and boys from Sacred Heart will take part in this competition. Best wishes for a great event and many fine performances.

Luch Brighella
Principal
PARENTS AND FRIENDS ASSOCIATION MONTHLY MEETING  
TUESDAY 21ST MAY

MEETING OPENED: 12:45pm

PRAYER: Read By Narelle Gane

APOLOGIES: Karlee Delaney, Jo Braitian, Trudy Short, and Maree Drysdale

PRESENT: Angela Cross, Karan Spilling, Narelle Gane, Luch Brigella, Maree McQueen, Kate Greaves.

PREVIOUS MINUTES: Read by Narelle Gane.

BUSINESS ARISING FROM PREVIOUS MINUTES:
• $600 from P&F for IPAD covers
• $2300 for PBS from P&F
• $122 profit from Mothers Day Stall
• Look at selling raffle tickets (out of school fundraising) away from future stalls to save confusion for younger students.
• Organize earlier shopping for Mothers Day for Kindergarten.
• Breakfast Club commencing Monday 27th of May. Applied for Bendigo Grant to support initial and ongoing costs. Bought plastic mugs for cup of warm milo. There will be toast and fruit. Bought 2nd hand freezer $100. Will keep a running tally of use of bread/butter, milk and condiments to determine future needs. Have 2 donated toasters. Will look at perhaps asking for bread/spread and butter donations.
• P&F to donate $250 to breakfast club.

CORRESPONDENCE IN/OUT:
• Pamphlet from ‘Make Cents Fundraising’.

TREASURERS REPORT:
• Agreed to rollover term deposit for another 6 months.
• Payments and Expenditures report read by treasurer Kate Greaves.

PRINCIPLES REPORT:
• Good things happening in the classrooms.
• Thanks to the P&F for Mothers Day Stall.
• Footy and Netball Round robin.
• Naplan Grade 3,5,7,9 last week on Tues/Wed/Thurs.
• IPAD program commenced Thank you to P&F for covers. Has been an $18-19000 investment in program, currently students are developing skills and responsible Ipad use, incorporating parent Education of use and agreement between students and school.
• Parent Evening next week. Services visited school, teachers and students in class
• Taster day for grades4/5 at St James
• Playgroup up and running
• Sacramental Program, preparation in the school for confirmation and 1st Eucharist.
• Junior Joeys Disco last Friday $ to go to Mozambique
• School Photo’s June
GENERAL BUSINESS:

- Movie night tentative date 28th June
- Lunch and the student council have been discussing what to do on rainy days. Ideas about the space available, the hall for small games, Uno, Connect Four, purchase of table tennis tables, look at getting basketball court marked and the purchase of a backboard. Chess club commenced. Suggested purchase of a shipping container for a special play space.
- Uniforms: We now have the formal uniforms of trousers/skirt/shirt/, Woolen Jumpers. Looking at revising the sports uniform. Keeping the rugby jumper but replacing the track pants and spray jacket with navy blue track pants (sample seen) and navy blue Polar fleece, perhaps stock a light weight foldable pocket raincoat for wet weather to give a weatherproof low cost alternative. Decision made to no longer replace Spray jackets and track pants, try to get Newtown to take track pants. Parents will be encouraged in transition time to use either a wht, blue or black sports coat until new uniform acquired.
- Stockists of new sports shirts no longer will replace their faulty shirts, looking at acquiring a new supplier of the same design. Polar fleece estimated $40, Track pants estimated $25.
- Entertainment Books no being purchased this year, not a good money earner.
- Canteen requiring cupboards for open shelves, quotes to be obtained.
- Federation of Parents and Friends now Tasmanian Catholic Schools Parent Council. First AGM Sunday 26th May St Patricks’ College Launceston. 0930-1600
- Next dates for P&F meetings: 18th June, July 23rd, August 20th, Sept 17th, October 15th, November 19th, December 10th possible counter meal with School Board.
- P&F notes to be published in school newsletter to encourage more parental participation, and awareness of what the P&F discusses.

WANTED

Do you have any of the following items to donate to school. If so please leave them at the office:

- Pillowcases
- Large pieces of material
- Tin muffin trays
- Wooden Spoon
- Saucepans
- Pots
- Watering cans
- Wooden cable spools

SuPeR Joey

This fortnight our Super Joey is Dylan Gane. Dylan spent hours of preparation time making sure that he could be the best possible DJ for the "Jisco" the Junior Joeys ran in aid of Caritas Australia. Dylan's role was pivotal to the success of this event.
Children with parents that use a tough love parenting approach are best prepared to do well in life, according to a recent British study.

Kids that experience a mix of discipline and warmth are more likely to develop important character traits, such as self-regulation, empathy and application by the age of five than parents that use permissive, authoritarian or disengaged styles.

The Millennium Cohort Study involving 9,000 UK households, found that while family structure and parent income levels impacted on children’s development, it was parenting style that had the greatest influence on outcomes for kids.

An analysis of school results is revealing. One quarter of kids with authoritative parents were in the top 20 per cent at school. Next came permissive parenting with 18 per cent, 15 for authoritarian and 11 per cent of this top cohort going to kids of disengaged parents.

Parenting style is not necessarily fixed. It changes over time according to children’s needs, our well-being and their ages. Common sense suggests parents need to be stricter with some children than with others and there will be times when parents need to adopt a more permissive approach.

Certainly parental mood and well-being contributes to how parents respond to kids. But most parents will default to one style. Recent research suggests that if parents want kids to develop the characteristics to succeed, then they should default to authoritative or tough love parenting.

Here are 10 tough love parenting strategies to use in your family:

1. Set limits and boundaries that expand as kids get older and become more capable. Boundaries make kids feel secure and teach them how to behave well.

2. Use a negotiable style with children according to their age and stage of development. Parents also need to realise that not everything is up for negotiation. There are times when the word ‘no’ needs to be heard as parents act in the best interest of their kids.

3. Use consequences and other tools to teach kids to behave well and develop a sense of personal responsibility. Resist the temptation to let kids off the hook when they do the wrong thing. Firm, but fair, is the key here.

4. Put family rituals, such as shared mealtimes, in place to make sure you interact regularly with your kids.

5. Praise kids for improvement, effort and contribution rather than their ability at school, in sport and other areas of their lives. Focus your positive comments on their participation rather than the results of what they do so kids learn that trying and persistence are important.

6. Recognise cooperative behaviours with positive attention such as praise, physical touch and rewards and minimise negative behaviours through a range of measures such as ignoring and using consequences.

7. Teach kids the skills needed for independence from an early age so they learn to look after themselves. Avoid regularly doing things for kids that they can do for themselves.

8. Adopt an open communication style in your family where kids learn that there’s nothing so bad that they can’t talk about it.

9. Encourage a sense of empathy in children by recognising their emotions and giving them permission and assistance to talk about their feelings.

10. Encourage generosity and kindness in your kids. They do this by sharing toys and other items, helping others and doing chores that benefit their family. This sense of community that authoritative parenting promotes is the real strength of the style.

At a time when a parent’s voice can be drowned out by the din of modern life, this research is a great reminder that it’s effective parenting not media, celebrities or peers that have the greatest impact on future outcomes for kids.
You are invited to join us
at the Child and Family Centre in Geelong
for a time to share lunch and a chat on

Tuesday 4th of June
From 12:00 noon

with our guest speaker,
Lucy Brighella, Principal of
Sacred Heart Primary School

Food is kindly provided by volunteers.

A gold coin donation would be gladly received, all
donations go to the toy library for the purchase of
new storybooks and toys.
For catering purposes please phone Lesley on
62970052 or email lesley.king@education.tas.gov.au
to confirm your attendance.

ALL WELCOME!
We look forward to seeing you
at the lunch.

JEWELLERY, ANTIQUES, COLLECTABLES AND MORE
CAKE STALL, PLANTS, TOYS, CLOTHES
SAUSAGE SIZZLE, RAFFLE

FUNDRAISER
4837 Huon Hwy, Reids Old Packing Shed
SATURDAY 1st JUNE 9am-3pm

SOUTHERN STARS BOXING CLUB
GARAGE SALE
Bush Kids

Our ‘Bush Kids’ programs are designed for specific age groups and include a variety of exciting nature-based activities for kids attending with a parent or guardian. All programs cost $5 per child unless otherwise stated.

Activities are designed to meet the needs of the specified age ranges. These ranges are provided to guide you to age appropriate activities for your children. To ensure the activities are not compromised for booked participants, we ask that younger unbooked siblings remain with parents and do not participate in the activity.

2-5 Years

The Caterpillar Club – Fortnightly Wed 5 & 19 Jun and 3 & 17 Jul, 9.45-11am
The Caterpillar Club is back! This fortnightly bushland playgroup series for little ones runs during the school term, offering a mix of interactive play, music, movement and making, all based on our beautiful bushland. ($5 per session, $18 for series)
Meet: Waterworks Site 2

Edna the Echidna – Fri 12 Jul, 10-11.30am
Edna is an echidna who wants to be famous but she doesn’t know what to do! Join her on her journey to discover her special talents and find out what kind of star she can be in the big wide world of the bush!
Meet: TCA North car park, Upper Domain Rd, Queens Domain

4-7 Years

Monotreme Magic – Mon 8 & Fri 19 Jul, 1.30-3pm
What has fur, swims, feeds its babies milk and lays eggs? These crazy cousins don't seem much alike at first but take a closer look and discover the wacky features they have in common! Go flat out like an echidna and play like a platypus!
Meet: Waterworks Site 2

Frogalicious – Tue 9 & Thu 18 Jul, 10-11.30am
Who likes slime and being soggy? Who eats flies and hides in loggies? Who’s afraid of cats and doggies? Have you met our friends the froggies? Get hopping for some fabulous froggy games and learn about the intriguing lives of our Tassie frogs. We’ll even try to catch some tadpoles!
Meet: Knocklofty Reserve, gravel car park, top of Forest Rd

Things with Wings – Wed 10 Jul, 10-11.30am
Is it a bird? Is it a plane? Wouldn’t it be wonderful to fly! Birds are masters of the skies and we have long tried to imitate their structural adaptations for flight in our aeroplanes! Come and find out how a plane is like a bird and make your very own balsa wood glider to take home!
Meet: Waterworks Site 2

Bush Mobiles – Mon 15 Jul, 1.30-3pm
What special things will you find on our bushwalk? Make your own collection of treasures and then use it to make your very own bush mobile to take home.
Meet: The Springs, Mt Wellington

5-10 Years

Survivor Tasmania – Mon 8 & Fri 19 Jul, 10-11.30am
Be a star in our outdoor game show where we test your skills and knowledge in a whole series of animal survival games and challenges. There’ll be heaps of fun and loads of action for clever thinkers who love team competition! There can be only one...or can there?
Meet: TCA North car park, Upper Domain Rd, Queens Domain

Buzzing Bush City – Tue 9 & Thu 18 Jul, 1.30-3pm
Did you know that the bush is a bustling city all of its own? There are skyscrapers where creatures live and work, underground passages built by nature’s excavators, postmen delivering bush mail, and factories producing the food animals need to eat! Nature even has its own rubbish collectors! Come and explore with us and find out what makes the Bush City buzz! Then build a model city just for fun.
Meet: Waterworks Site 2

My Forest Masterpiece – Wed 10 Jul, 1.30-3pm
The forest is a masterpiece of magnificent proportion and some very special artists create natural works in harmony with this living exhibition. Come along and explore the gallery of colours, textures, shapes and patterns our bushland has on show and be part of creating one of these marvellous pieces of work to leave for the world to enjoy.
Meet: Waterworks Site 2

Go Wild, Go Solo

Our ‘Go Wild, Go Solo’ programs are for kids who are keen to get out on their own for some bush challenges. Age ranges are specified for each activity, and co sent forms must be completed. Participants should bring a drink, suitable clothing and a raincoat. Parents / guardian attendance is welcome but not required.

Introduction to Rock Climbing – Thu 11 Jul, 10am-12pm (*backup Thu 18 Jul)
Designed for total beginners or participants with a little climbing experience, this session will provide the opportunity for you to get a taste of this exciting sport under the experienced instruction of leaders from Rockclimbing Adventures Tasmania. Try your hand at belaying, knot-tying and some basic climbing techniques. Consent and medical forms must be completed by your parent or a legal guardian.

Bring: Warm clothes, a waterproof jacket, drink and snack. All equipment including shoes provided.
Age: 12-15yrs Cost: $35 per person
Meet: To be advised on booking

The Art of Animal Characters with Jane Burrell – Tue 16 Jul, 1-4pm
Have fun bringing animals to life in your very own story with just pencils and paper in this imaginative drawing session with graphic artist and children’s book illustrator Jane Burrell. Jane Burrell is a widely published graphic artist whose work is based on natural history with a generous dose of whimsy.
Age: 10-14yrs Cost: $30 per person
Meet: Pat Murnane Hall, 188 Lenah Valley Rd next to RSL
Move Well Eat Well

We are a Member school!

Our school is a Member of the Move Well Eat Well Award Program. This means we are working towards:

- Making water available as the preferred drink
- Enjoying fruit and vegetables everyday
- Making ‘everyday’ foods available at school
- Providing equipment and space for active play every day
- Making time for regular physical activity
- Enjoying walking or riding activities each term
- Positive school policies about healthy eating and physical activity for everyone

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

www.movewelleatwell.tas.gov.au