Dear Parent/caregiver,

Truth and Trust

Did you notice that when this election campaign began, it was touted by both leaders as being about who spoke the truth, about who could be trusted. And now that various organizations are actually assessing the claims and assertions made by various political figures and giving marks for their veracity, the word ‘truth’ seems to have been dropped from the leaders’ vocabulary. The ‘truth’ is far more complex than a three or four word platitude. Truth, unless you are God or Jesus Christ, is a complex and tricky business. Virtually nothing in our lives is simple and clear-cut, yet deep within us there is a desire for things to be just that. Often our inability to make the best decisions in issues as different as marriage counselling, the family budget, the national economy or refugees lies not so much in selfishness or narrow-mindedness but rather in the problems we have with complexity. If we have to juggle more than three balls, we’ll take the easy way out – we’ll stick with two – black or white. Yes, we ourselves are complex, tricky beings.

Is there another way of life instead of this dumbing down? Yes, but we have to go out of ourselves. Jesus proclaimed himself as the Truth. It is when we are in relationship with him, that we gain the ability to face the complex issues of our lives. He doesn’t take away our problems but he gives us a new way of looking at them. Firstly, he shows that God is on our side and can bring good into and out of every situation. This gives us strength to stay with complexity. Secondly, trust in Jesus simplifies our lives by giving us a source of love with which to face difficulties. Life is no longer about being ‘right or wrong’ but about loving in all situations. This is Truth we can trust.

Loving God,

let me see your love shining through the difficult situations of my life.
Inspired by the Spirit of Jesus, may I have the wisdom to make the best decisions when life is complex and messy.
I ask this in his name, confident that you will hear me.

Sr Kym Harris osb

Dates for your Diary

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon 19th - Sun 1st Sept</td>
<td>Aboriginal Education Week</td>
</tr>
<tr>
<td>Wed 21st - Sat 24th Aug</td>
<td>Grade 6 Melbourne Trip</td>
</tr>
<tr>
<td>Tues 27th - Wed 28th Aug</td>
<td>Aboriginal Week Excursions</td>
</tr>
<tr>
<td>Wed 28th - Thurs 29th Aug</td>
<td>Fathers Day Stall</td>
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CATHOLIC EDUCATION WEEK – “A TIME TO GIVE THANKS”
Over the past week or so, our school community has embraced the theme of Catholic Education Week; “A time to give thanks”. Last Thursday, we celebrated Mass for the Feast of The Assumption. We are very thankful for having Fr Greg within our school community. He not only regularly celebrates Mass for our community, but he loves to be a part of our school. At the end of Mass, our Board Chair, Mr Tony Bradley, father of Max in Grade 6 and Nathaniel in Grade 2, thanked everyone for the important part they play in making Sacred Heart such a great school. He especially thanked our students for the wonderful children that they are and for all they do to make Sacred Heart a special place. After Mass, Tony presented each student with a special bookmark and an ice-cream as a special Catholic Education Week treat!

At Sacred Heart Catholic School, we encourage everyone to “Give Thanks” all the time!

GRADE 6 TRIP TO MELBOURNE THIS WEEK
Tomorrow, our Grade 6 class along with Mr Kinder, Miss Longey, Fr Greg, Mr Lovell, Mrs Hall and myself, will be travelling to Melbourne for our 3 day trip. Everyone is really excited and looking forward to the many adventures we will have! Special thanks to our Grade 6 parents for supporting the trip and our school community for helping out. Best wishes to all our Grade 6 students and staff. We hope you have a fabulous time.

STUDENT ACHIEVEMENT – JORDAN WALKER
Congratulations to Jordan Walker from Grade 5 on his recent successes in dancing. At last year’s DanceFever, Jordan was a real standout with his dancing and now competes in a number of dance competitions. Recently, Jordan participated in the Tasmanian Open Dance Championships and received a number of awards. Well done Jordan we are all really proud of you!

CROSS COUNTRY – WHAT A WONDERFUL SUCCESS
Last week we finally had our School Cross Country Carnival and what a wonderful event it was! The weather looked dodgy but we still went ahead. I congratulate all the students for their fantastic participation. Everyone ran hard and gave their very best from our little Kinders right through to Grade 6.

How inspiring was it to see Jeremy Ashworth from Grade 4 hop around the whole course when he could easily have said, “I don’t want to go in it”. How amazing was it to hear the cheer from the other children as he approached the finish line! This is the sort of positive action that happens naturally at our school.

Special thanks to the many parents who came and watched. Congratulations to the staff and Grade 6 Aussie Sports Leaders who were a fantastic help on the day. Special thanks to the Carnival Coordinator, Miss Shae Longey who did an amazing job with the organisation!

Final Points

1st Place PICTON 1006 points
2nd place HARTZ 970 points
HUON FM – SACRED HEART SCHOOL NEWS
Yesterday, Josh Coad, Tara Shanley, Maddie Sales and Dylan Gane from Grade 6 were special guests at Huon FM Radio. The children were excellent ambassadors for our school and spoke about their Melbourne Trip, Feast of St Mary MacKillop, the Cross Country, the Book Fair and our Breakfast Club. They did an amazing job and really promoted our school to the wider community.

SCHOOL FEES – YOUR SUPPORT WITH PAYMENTS IS APPRECIATED
Our August School Fees Statement were sent home last week. We ask that parents do their best to make payments on time. As always, if a family is experiencing financial difficulty, we ask that you contact the Principal to discuss possible ways that we can assist you.

“Find happiness in making others happy”

Mary MacKillop - 21.11.1899

Have a great week,

Luch Brighella
Principal

Kinder would love:

• Large cardboard boxes for their "Special Persons Day"
• Kinder would like to borrow pink and/or purple table cloths or sheets to be used as tablecloths for our "P lunch" (They will be returned washed & ironed.)
• Any donations of pumpkins and potatoes for our "P" lunch.
What’s Been Happening at Sacred Heart

Huon Highway, Geeveston, Tas, 7116, Ph 62971313, Fax 62971990
email: shg@catholic.tas.edu.au  Twitter Handle: @SHCSGeeveston
Mind their &*%@! language

Standards may change, but the job of parents hasn’t altered. Teach kids to use language that doesn’t offend others. The message to get across to the next generation is – if it’s offensive then choose other words or say nothing at all.

What do you think when you hear kids swear in public?

If you’re like me, you feel decidedly uncomfortable when kids of any age turn the air blue with profanities. Swearing shows lack of respect for others and a lack of awareness for their surroundings.

Teaching kids to use appropriate language is trickier now than in the past. For a start, standards have changed where many words – such as the F word – that were deemed inappropriate in the past are often heard on radio and seen in mainstream newspapers. And words that everyone agrees are inappropriate are frequently used in public forums, to the point that the boundaries of appropriateness have become blurred.

Standards may change, but the job of parents hasn’t altered. Whether it’s teasing or swearing it’s all the same. The message to get across to the next generation is – if it’s offensive then choose other words or say nothing at all.

Socially-smart kids alter their language

Socially-skilled kids of all ages will adjust their language to suit the situation they are in. They may speak one way with their friends, but use a completely different vocabulary with adults. They are aware that what works with their best friend just won’t cut it when in grandma’s company. This awareness shows social acuity and a flexibility to adjust to different environments. It needs to be extended to all sorts of situations, including where adults and younger children are present.

They didn’t hear that from me!

What do you do when you know your children swear despite your best intentions?

Don’t overreact. Try to work out its purpose. Children swear for many reasons, including to experiment with language; to attract your attention; to make themselves appear bigger or older than they are; and even as a challenge or expression of personal power.

Inappropriate language can also simply be a reflection of your children’s peer groups. Everyone else swears so there’s nothing wrong with it” is a common attitude of many children and young people.

Teach them that language may be appropriate in one context or be accepted by one group but it is not acceptable in every situation. While not condoning swearing, get across to children that they need to learn to control their use of language and adjust it to suit the situation they are in.

When swearing becomes a habit

If swearing has become a habit for kids, make up alternative words to replace the swear words. One family I know had replaced certain words with different fruits. They had a fruit for every situation!

Alternatively, use a penalty or fine system to make kids aware of their poor language. When you hear a family member swear, fine them an agreed amount. At the end of the week or month give the money to a worthy cause. Of course, this strategy is easier to implement when parents join in as well.

Take a long, hard look at ... er ... yourself!

It’s also helpful to examine your own choice of language to judge if it is an acceptable model for your children. Yep, sometimes kids will pick up their parents’ language and repeat it at the worst possible time, such as when relatives are over.

The job of adults is to develop a sense of social awareness in the next generation so they can easily navigate a variety of different groups and social situations. Teaching appropriate language use is at the very heart of teaching kids to be socially-skilled. That’s something we all should swear by!

When kids swear:

1. Avoid over-reacting when your kids swear. Look for the reason.
2. Discuss with older children the concept of matching their language with the audience.
4. Use a penalty or fine system when kids swear in front of you.
5. Model the language you want kids to use.
**Move Well Eat Well Tip - Encourage healthy Habits**

Childhood is a time of learning. Children who grow up in families that enjoy a variety of nutritious foods from the Five Food Groups are more likely to make their own healthy choices as they get older.

Enjoy a wide variety of nutritious food from these five good groups everyday:

- Plenty of vegetables of different types and colours, and legumes/beans.
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley.
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans.
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of 2 years)
- And drink plenty of water.

**Boys white shirts are now available from the uniform shop**

Kermandie Junior Football Club Trophy Night
Friday 23rd August 2013
5.30pm BBQ and DJ
Auskick and all age groups
Hope to see you all there to celebrate a fantastic season!

**TAKE HOME A BIG BROTHER OR BIG SISTER**

Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in February 2014 for their 3, 5 or 10 month programs. Our international students from France, Germany, Italy, Austria, Sweden, Norway, Denmark, Finland, the U.S.A, South America and Japan will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at [www.scce.com.au](http://www.scce.com.au), email [scceaust@scce.com.au](mailto:scceaust@scce.com.au) or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!
Child and Parenting Course  
Royal Hobart Hospital

The Childbirth and Parenting Course will be offered over 2 sessions (each session 3 hours) The course will feature:

- Sessions conducted by midwives
- Interactive learning style
- Labour and birth Information
- Discussions on parenting issues
- General breastfeeding information

Childbirth & Parenting Course

**Week 1**
- Your body and pregnancy
- Labour preparation, normal birth process, natural pain options
- Drugs used during childbirth process
- Immediate postnatal care and feeding baby
- Transition to parenting, importance of Fathers

**Week 2**
- What happens in Hospital when things don’t go as planned?
- Post Natal Depression
- Connecting with children
- Settling and safety
- Budgeting choices
- Support and community

Royal Hobart Hospital
Childbirth and Parenting Course

To be held at Geeveston Child and Family Centre

Child and Family Centre
4879 Huon Highway Geeveston
PO Box 375
Geeveston TAS 7116

Tel: 6297 0052
Or ring Anna on 0448 188 807

Our children our community: welcoming families to grow strong together.

The Royal Hobart Hospital

Women’s and Children’s services are offering a Childbirth and Parenting Course over two days. The Royal Hobart Hospital is accredited as a Baby Friendly Hospital and follows the 10 steps to successful breastfeeding.

**Thursday 22nd AUGUST 12-3pm**

**Thursday 29th AUGUST 12-3pm**

Course is free
Lunch will be provided.

Bookings can be made by contacting wayraparatee Child and Family Centre at Geeveston 62970052
The conference will commence on the evening of Friday, September 6, 2013.

Registrations now open (for credit card booking only): http://www.trybooking.com/CJRL

Prices:
$190 members; $240 non-members.

For single day, Education Student and other prices see www.tasgifted.com

TAG is a non-profit, parent-based organisation dedicated to sharing information and promoting awareness of the needs of gifted children.

Tasmanian Association for the Gifted Inc
ABN: 97 898 651 769
GPO Box 1942 Hobart Tas 7001
PHONE 0488 291 497
EMAIL tasgifted@gmail.com

Keynote Speaker: Dr Linda Silberman

Keynote Speaker: Dr Linda Silberman

Toddler to Teens: Igniting Talent:

Presented by the Biennial State Conference

Dr Linda Kreger Silverman

Dr Linda Kreger Silverman

Dr Linda Kreger Silverman is a licensed clinical and counseling psychologist from Denver, Colorado who began studying the education of gifted children in 1961. Since that time she has written more than 600 articles, chapters and books including Counseling the Gifted and Talented, Upside-Down Brilliance: The Visual-Spatial Learner and Advanced Development: A Collection of Works on Gifted Adults. Her latest book, Giftedness 101, was released in December, 2012. She also directs the Institute for the Study of Advanced Development, and its subsidiaries, the Gifted Development Center [www.gifteddevelopment.com] and Visual-Spatial Resource [www.visualspatial.org].