Dear Parent/caregiver,

**ST MARY MACKILLOP**

Mary MacKillop was a woman who had great trust in God, believing that God would provide whatever was needed in all aspects of her life, be it food for the orphanages, money for the building of the convent, strength to face opposition and false accusation or a way through a difficult situation. She often reminded her Sisters that ‘God’s work does not depend on any of us’. She had a wonderful confidence in God.

Recently, I was fortunate enough to visit the Mary MacKillop Centre in Sydney. During my stay I visited the place where St Mary MacKillop was buried inside the chapel there. Over the three days of my stay, I spent a fair bit of time in this beautiful chapel. I was amazed at how many people were there, praying to St Mary MacKillop; she must truly have touched the lives of so many people, not just when she was alive, but also in the “here and now”.

At Sacred Heart we are truly inspired by this amazing woman; a wonderful example of what a person can achieve if they really want to. Mary’s life was filled with constant challenges and there were times when she didn’t even have a roof over her head or food to eat. But Mary never gave up. Her faith in God was ever present. As we reflect on her life this week, we are inspired by what this amazing woman achieved in her lifetime.

*St Mary MacKillop  
Pray for Us*

**FEAST DAY OF ST MARY MACKILLOP**

This Thursday, 8 August we celebrate the Feast Day of St Mary MacKillop here at Sacred Heart Catholic School along with staff and students from St James Catholic College.

All members of our school community are invited to attend our:

**Thank you Breakfast**  
commencing at 8.30am  
in the school yard

**St Mary MacKillop Mass**  
Being celebrated at 10am  
in the school hall
SACRED HEART CROSS COUNTRY CANCELLED TODAY

We have decided to cancel today’s School Cross Country Carnival due to the poor weather conditions and in particular, the regular downpours we have already experienced this morning. Not only is it quite cold and raining, but the track is now unsafe to run on.

NEW CARNIVAL DATE – WEDNESDAY, 14 AUGUST

As the weather forecast for the remainder of this week is for further rain, we will now be having the Cross Country Carnival next week, on Wednesday, 14 August, from 10am – 12pm. All other arrangements remain the same.

Parents and family members are most welcome to attend. We apologise for any inconvenience today’s cancellation may have caused.

Thank you for your understanding and support with these arrangements.

PARENT TEACHER MEETINGS

This optional round of Parent Teacher meetings took place yesterday afternoon. Many thanks to all who attended. We hope that you found this to be a worthwhile part of our ‘Reporting to Parents’ process. I am very grateful to our teachers for devoting the time necessary for these meetings. If you were unable to attend and would like to make an appointment, please make direct contact with the class teacher.

FIRE EDUCATION WEEK

This important program was conducted for all our classes from Grades Prep – 6 last week. Fireman Barry ran a fantastic program for our students and he was highly complimentary of our students; in particular, the way they listened and engaged in the sessions. I’m sure that everyone who attended gained valuable insights into fire safety. Our special thanks are extended to Fireman Barry for the wonderful lessons he ran for our students.

PLAYGROUP

A reminder to all families that playgroup has resumed. Playgroup takes place each Monday morning from 9.30 – 11am in the Kinder classroom. This is a great way for Kinder children coming to Sacred Heart from next year to become familiar with our Kinder environment and get to meet other children. This term, Miss Anna Demarco, our Kinder teacher, will attend playgroup for part of the time each week to meet new children and parents.

Have a great week,
Luch Brighella
Principal

Dates for your Diary

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs 8th Aug</td>
<td>Feast Day of St Mary MacKillop</td>
</tr>
<tr>
<td>Wed 14th Aug</td>
<td>School Cross Country 10am-12pm</td>
</tr>
<tr>
<td>Tues 20th Aug</td>
<td>P&amp;F Meeting 1.45pm</td>
</tr>
<tr>
<td>Wed 21st - Sat 24th Aug</td>
<td>Grade 6 Melbourne Trip</td>
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Merit Certificates

Brooke Short: Always being a happy and helpful class member.
Leo Stewart: Great work in Literacy, especially writing.
Jeremy Ashworth: Your iMovie about your mum.
Ethan Carter: Your speech about your 101 year old grandfather.
Oscar Wood: Settling so quickly into the routines of Grade Four.
Polly O’Neill: Great thinking during her reading comprehension work.
William Hardy: Great explanations in his reading comprehension work.
Mackenzie Ford: Her excellent art reproduction of Monet’s ‘Frog Pond’.
Beau Swanson: His excellent art reproduction of Monet’s ‘Frog Pond’.
Georgia Russell: Your efforts in handwriting.
Denver Chase: For his wonderful smile after breakfast club.
Lucy O’Neill: Her wonderful writing as a mummy spider.
Joel Norris: Helping pack up at pack up time.
Ellsley Short: Always being ready to listen and learn. Well done!
Joel Green: Joining in and having a go at Kinder.
Shayla Ackerley: Her awesome spelling, wonderful writing and fantastic, positive decisions.
Josh Coad: His outstanding efforts in Maths and wonderful W.E.S.T nature in the classroom.

Josephite Award

Tahlia Scotland - For always doing the right thing.

Tap into water - help my child won’t drink water
Some ways in which you can encourage your child to drink water are:
• Always offer water or milk if your child asks for a drink.
• Have water on the table at each meal and ensure everyone has a glass. Set a good example yourself by drinking water.
• Only buy soft drinks, cordials and juices occasionally and don’t have them in the house.
• Carry a water bottle with you when you go out anywhere.
• Limit juice to one diluted glass daily.
• Use crazy shaped ice blocks.
• Add some chopped fruit to a jug of water for some extra interest.
• Let children pour their own water form a pump pack or water cooler.
Dear Parents

You may be aware that this year we are taking our Grade 6 class to Melbourne for a school trip. The trip will take place from Wednesday, 21st - Saturday, 24th August and will be packed with great excursions, that will be educational, interesting and very enjoyable.

To ensure the success of the trip, we are running a chocolate drive to raise funds for the trip so as not to burden our families with the extra costs associated with such a trip. One such fund-raiser is the chocolate drive we are currently running.

**CAN YOU TAKE A BOX OF CHOCOLATES TO SELL?**

If so, please complete the reply slip below and return it to school tomorrow.

Thank you to the many people who have already taken boxes. Your help will no doubt be of great support to our current Grade 6 Trip.

Luch Brighella Ryan Kinder / Shae Longey
Principal Class Teachers

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**GRADE 6 MELBOURNE TRIP CHOCOLATE DRIVE REPLY**

STUDENT _______________________________ GRADE _____

PARENT _________________________________

YES, we can sell chocolates to raise money for the Grade 6 Melbourne Trip

Please send home _____ box/es with my child.
NOTE TO PARENTS...
If your child is interested in coming along to the MATHS CLUB...
Students will stay after school each Thursday and then picked up by parents from the Grade Four classroom at 4pm.
Students will need extra snacks in their lunch box. Students will then engage in fun and challenging maths activities.

Thursday Afternoons
3.15pm to 4pm
Beginning this Thursday, 8th of August.

If you are in Grade 3-6 Come along and:
- receive extra support in areas you identify
- Explore Maths in creative ways
- Play maths games
- Use ICT in Maths
- Explore the Maths in Art

Challenge yourself and have FUN!

NAME:___________________
GRADE:__________________
YES! I WOULD BE INTERESTED IN COMING TO THE MATHS CLUB.

PLEASE CUT THIS OUT AND GIVE TO MRS CAMPAGNA
A LETTER FROM THE NEW BISHOP

The announcement of the Holy See that Pope Francis has appointed me as the new Archbishop of Hobart occurs while I am attending World Youth Day in Rio de Janeiro. I regret that I cannot be in Australia at this time.

I receive the news of my appointment as the eleventh bishop of Hobart with joy and expectation.

My years as priest and bishop have been within the Archdiocese of Sydney. I look at my appointment to Tasmania with the intention of making this beautiful island my home and its people my people.

As Archbishop I embrace the call of Blessed John Paul II at the turn of the millennium to "start afresh from Christ". I invite you to join me in the time ahead to seek a deeper relationship with Christ that he may shape our thoughts, words and actions. Christ is our sure foundation and the hope that inspires us to embrace and live our Catholic faith to the full. In and through Christ the Catholic faith is our treasure and our joy.

The great mission of the Church in our time is the New Evangelisation. All Catholics are called to discover our task in the world of enabling individuals and cultures to be transformed by the power of the Gospel. I want to make the New Evangelisation the pastoral strategy to my service among you.

I look forward to formally taking up my role as Archbishop. I look forward to meeting you all that we might grow in mutual love and serve the needs of all in Tasmania.

May we grow together, united in our faith in Christ. May he be the inspiration of all we do together. May he be glorified in our lives and in the Church in Tasmania.

May the blessing of God be upon you all.

Yours in Christ,

Bishop Julian Porteous.
The community is invited to a night of exciting scientific experiments, concepts, and ideas.

**HUON VALLEY SCIENCE EXPO**

Tuesday, August 13  
6:30-9PM  
Palais Theatre, Franklin

**FREE ADMISSION**

Hands on Experiments ♦ Fun Quiz Games, Door Prizes ♦ Treats Galore ♦ Refreshments

I have no special talents.  
I am only passionately curious.  
*Albert Einstein*
An attitude of gratitude

Cultivating gratefulness in our children enhances family life and will reap long-term emotional rewards for them throughout their lives, writes Karen Fontaine

Article contributed by Karen Fontaine

In the materialistic age in which our children are growing up, it’s common for them to expect plasma TVs, overseas holidays and marshmallow-strewed babycinos as givens.

But rising levels of affluence seem to have had an inverse effect on our kids’ levels of gratefulness. For example – when was the last time any child you know wrote a thank-you note for a gift, or said (without prompting) a heart-felt ‘thank you’ for dropping them at the train station when it was raining?

As adults, our feelings of gratitude – for health, for family, for good food and even something as simple as a sunny day – generally tend to increase. Gratitude allows us to celebrate the present. It magnifies positive emotions.

But for kids, whose sense of entitlement can be epic, the power of gratitude is not only in magnifying the positive but also in blocking the toxic and negative emotions such as envy, resentment and regret.

“We know that grateful kids are happier [and] more satisfied with their lives,” says Jeffrey Froh, an assistant professor of psychology at Hofstra University near New York who focuses on the topic.

“They report better relationships with friends and family, better academic achievements, less materialism, less envy and less depression, along with a desire to connect to their community and to want to give back.”

The good news is, it is possible to teach gratitude. One of Froh’s studies found that early adolescents who simply counted their blessings in a journal every day for a fortnight were more appreciative than those who didn’t, as well as more optimistic and more satisfied with their lives.

Froh and his co-authors also found that schoolchildren exposed to a specific “gratitude curriculum” reported more appreciation and happiness than those who didn’t get the lessons, even up to five months later. They were also much more likely to act on their feelings, writing 80 per cent more thank-you notes for a school event than the control group.

Froh acknowledges that gratitude comes more naturally to some kids than others, although he’s not suggesting there’s a “gratitude gene.”

“But I do think environment can play a major role,” he said. “I always point out to my kids, James, six, and Julianne, two and a half, instances when they could – and should! – be grateful. The other day, James said to me, ‘Daddy, today was such a great day. We went to the beach in the morning, then we went to a park in the afternoon, then we went to the beach again at night, and for dinner you made my favorite chocolate chip waffles. I’m the luckiest boy in the world.’” For a five-year-old to understand how ‘lucky’ – that is, grateful – they are is something very special. Had my wife and I not encouraged gratitude in him, I wonder if he would have drawn the same conclusion. Maybe, maybe not. But I’d like to think we played some role.”

At our dinner table, everyone takes turn in answering the question ‘What made you happy today?’ The responses, from ‘having a wrestle with Dad’ to ‘the picnic lunch we had in the backyard’, are great ways that our three children – aged 12, five and three – inadvertently verbalise their appreciation of something simple.

And so, with our eldest on the cusp of turning into a teenager – an age when gratefulness generally comes as naturally as a rambling conversation style – I ask Froh: is it expecting too much for teens to show gratitude at a time when they are expressing a fundamental desire to individuate from their family? Is pushing parents away, and exhibiting total ignorance of all you’ve done for them, all behaviours that conjure independence?

“I know people say this, but I disagree,” he says. “Yes, teens want independence. But who said they can’t acknowledge, let’s say, how much their efforts played into getting them into their dream school while simultaneously acknowledging the efforts of the many others who helped get them there? Sure, it’s a balancing act. But it can be done.”

Jeffrey Froh shares his top five tips on how parents can help cultivate in children an attitude of gratitude.

1. “Learn to limit kids’ commercial consumption and commercial activity and to maintain experiential activities that engage them in topics that they are curious about or interested in.”

2. “Encourage children and teens to write simple yet effective thank you notes or letters that acknowledge the efforts of teachers and coaches in their lives. Or adults could also remind teens to text ‘thank you’ to friends who have been there for them, stood up for them, or helped them in important ways. This strategy shows how we can promote gratitude as a life skill in teens, too.”

3. “Some general but necessary habits that adults can practice and which are especially helpful early on (say with children as young as three) is to model gratitude and thankfulness regularly as well as encouraging and reinforcing such behaviours in children.”

4. “Help kids to process benefits with ‘grateful lenses’. That is, help them understand the importance of intent, cost, and benefit when someone does something kind for them. For example, our eight-year-old cousin, Olivia, helped James with his homework. To help increase his gratitude for this, I said, ‘How nice was it that Olivia went out of her way to help you with your homework (intent)? She even gave up going on the trampoline to do so, and we know how much she loves that (cost)? And because she did, you were able to finish your homework before it got dark so you had more time to play outside (benefit).’”

5. “Tune into your child’s interests and strengths. Nurturing this in them will give them even more to be grateful for.”

Karen Fontaine is a Sydney-based journalist.