How to say ‘Thank You’

I picked up a book recently drawn by its quirky title: *Adulting: How to become an adult in 468 easy(ish) ways.* Even though I am out of the age range of the intended audience by about three decades, I thought I might learn some things. I did, like “How to write a thank you note”. The formula went as follows:
1. Focus on the other person, i.e. begin ‘You…’
2. List great aspects of the present/action/gift for which you are thanking them.
3. End with the ‘Thank you…’

Notice how the ‘Thank you’ came at the end of the note, not the beginning. We need to actually revel in the good qualities of something before we can express thanks. Thanking too soon can cut short our chance to really appreciate what we have received but taking the time to linger in the enjoyment adds to our pleasure and the good feeling of the person receiving our note.

The same can apply to God. We all know that we ‘should’ be grateful but perhaps we have that sense of ‘should’ because we haven’t given ourselves the time to linger in enjoyment of the good things we have received. One of the integral parts of the Christian practice of Sunday was to take time to rest and enjoy. This is part of worship. No matter how energetic or committed we are, we need time to relax and take pleasure in just being. And when we have done this, we find that the words, “Thank you, God” just finish off nicely that time of joy.

*Loving God, slow me down some time so that I have some time to slow down and enjoy the good things that have come my way. Let me fill up on the pleasure of these people and things so that ‘Thank you’ rises freely from my spirit.*

Sr Kym Harris osb

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**ST MARY MACKILLOP QUOTE**

*September 10*

“We must teach more by example than by word.”

Mary MacKillop

1867
Dear Parent/caregiver,

WALKING TOGETHER IN OUR PLACE
Today, our school community gathered together to celebrate the wonderful learning that has taken place with this Aboriginal unit over the past few weeks. Our assembly began with a short Liturgy and this was followed by presentations of student work from all classes. The assembly concluded with everyone participating in a Gallery Walk to have a closer look at the fantastic work done by our students. Thank you to all who attended and especially to our dedicated staff for their enthusiasm and hard work.

CONGRATULATIONS MISS DIREEN
Last Friday, our Office Assistant was a finalist in this year’s Aboriginal Trainee of the Year Award. Whilst, Ellice was not the eventual winner, I would like to congratulate her on achievement in being one of the finalists. More importantly, I thank Ellice for the wonderful work she does in our school community.

OUR VISION & MISSION STATEMENT
Within this week’s newsletter, I have included a copy of our School’s Vision and Mission Statement. This is a living document that overarches all we do at Sacred Heart. Please take a few moments to read through it carefully.

PAT TESTING
Over the next three days, children in Grades 2 – 6 will be participating in PAT Testing in both literacy and numeracy. We ask parents to support this assessment process by ensuring that your child:

- is at school and arrives on time.
- gets to bed early and has a good night’s sleep.
- has a good, healthy breakfast at the start of the day.
- receives good, positive encouragement!

NAPLAN
Next week, our school will receive our NAPLAN assessments for children in Grades 3 and 5. These assessments were completed in May by all children around Australia. These assessments will be sent home to parents shortly after we receive them. Additional information about NAPLAN has been included in this newsletter.

ARE YOU GOING TO THE GEEVESTON SPRING FESTIVAL?
The Spring Festival is on in the Geelong town this coming Saturday. Many Sacred Heart students have entered in the “Daffodil” artwork competition. There will be lots to see and do at the festival. If you have some time, it will be worth going to.

TENNIS CLINICS AT SCHOOL
Last Friday, all classes had the first of four tennis clinics that will happen each Friday through till the end of term. These clinics were great fun and the children participated really well. The clinics are being conducted by local tennis coach, Mike Hewitt and are being sponsored through a Huon Valley Council grant.

STCPSSA CROSS COUNTRY CARNIVAL
This representative carnival will take place on Friday, 20 September at the Rokeby Police Academy. Around 16 Catholic Primary Schools will come together for this annual event. We have a squad of 33 children from Grades 3 – 6 representing our school at this carnival. The children who have made this team will receive a notice providing important information today.

DANCEFEVER IS BACK IN TERM 4!
Next term, all grades will once again take part in DanceFever. For those new to our school community, DanceFever is a National company that runs this program. Each week, our children have a dance lesson at the school that prepares them for the DanceFever event, which this year is being held at the Derwent Entertainment Centre on Monday, 2 December. Grades 3 – 6 take part in this event and the younger grades have their own Dance Event here at school. More information will become available next term.
BREACKFAST CLUB – CAN YOU ASSIST?
Would you like to join our group of parent volunteers who help run this great program? If you can help one morning a week from 8.15 – 9am, please let Mr Brighella know via the school office.

BREACKFAST CLUB DONATIONS – CAN YOU HELP?
If you would like to support the breakfast club by making a donation, please send an item along to the school office any time. Items needed include Milo, jam, fresh fruit and margarine.

COME ALONG TO OUR QUIZ NIGHT!
On Saturday, 19 October, we are having a Quiz Night to raise funds for the recent Grade 6 Melbourne Trip. This event will be run by Grade 6 parents with the support of school staff and our Parents and Friends Association. The Quiz Night will be held in the School Hall and commences at 7pm. I’m sure it will be a great night with lots of great prizes and entertainment. See the separate flyer for details and get your table booked early as ticket numbers will be limited.

This is an “Adults only” event.

Have a great week!
Luch Brighella
Principal

NAPLAN Reports to be distributed in the week beginning Monday 16 September 2013

The National Assessment Program – Literacy and Numeracy (NAPLAN) reports for students in Years 3, 5, 7 and 9 who sat the national tests in May this year will be sent home during the week beginning Monday 16 September.

Students in all government, Catholic and independent schools were tested and all parents across Australia will receive results in a common reporting format.

Your child's report will show national information including how your child performed in relation to other students in their particular year group, and in comparison to the national average score for each of the Reading, Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy tests.

For students in Years 5, 7 and 9 the 2013 tests will provide parents and schools with important information on progress made since the 2011 NAPLAN testing.

Teachers will be provided with a complete analysis of their students’ results and parents are invited to contact their child's teacher in order to discuss any aspect of the tests.

YOUR GENEROUS SUPPORT IS REQUEST
Donation of Food Items for a Raffle

This weekend, at the Geeveston Spring Festival, a raffle is being organised to assist Mr Craig Brennan, who recently suffered a serious hand injury. Craig is the father of Rory in Grade 2 and Maireade in Grade 5 here at Sacred Heart.

The major prize for the raffle a large food hamper.

We are asking all families who would like to support this community fund-raiser, to send along non-perishable food items that can be added to the prize.

All food donations must be sent to school by this Friday, 13 September.
Vision Statement

At Sacred Heart Catholic School we encompass the spirit of our founders, the Sisters of St Joseph and Catholic teachings where all:

- develop a relationship with God and be witnesses to Christ by living the Gospel values whilst promoting peace and tolerance.
- work together to provide a safe, supportive, encouraging and welcoming environment in which students strive for excellence;
- aspire to having a passion for life long learning.

Mission Statement

At Sacred Heart we aim to:

- give witness to Gospel values recognising Christ as teacher and friend who is present in our lives;
- respect and support family life and acknowledge parents as the foremost educators of their children;
- encourage justice, tolerance and reconciliation;
- welcome all with openness and equality;
- celebrate as a community
- develop teaching and learning through the establishment of positive relationships
- create a learning environment which provides for the unique needs of each student, encouraging them to reach their full potential in all aspects of life;
- respect ourselves, each other and our surroundings;
- provide a secure environment that ensures the safety and wellbeing of all;
- be effective and contributing members of the wider community.

Learning for life in a community of faith

“Lift up your heart”
WHATS BEEN HAPPENING AT SACRED HEART

A SNIPPET FROM ABORIGINAL EDUCATION WEEK COMMUNITY GROUPS
WATCH THIS SPACE
When not to worry

I can’t advise you about what you should worry about as a parent. That’s your prerogative. But I think there are times when it’s not worth worrying too much.

We all worry as parents. It comes with the job.

There are three things I’ve noticed about parenting worries. First, small kids give you small worries and big kids can provide big worries. Hmmm! That maybe a little scary but you’ll be ready to cope when your kids are older.

Second, parents always seem to be concerned about one child at a time. You fix one child up and then suddenly another one presents with an issue or concern. Doh! That’s the way of family life.

Third, the bigger the family the less parents worry about individual kids. Concerns tend to be about the family, or the kids in general, in bigger families.

Don’t sweat the small stuff

Lately, I’m finding parents worrying about stuff (kid’s behaviour, learning, confidence levels) that they shouldn’t really be concerned about. In many cases, maturity will solve these issues.

Also, for many kids a problem today will be forgotten tomorrow, yet we adults tend to hang on longer to those same problems long after the child has given up caring. I can’t advise you about what you should worry about as a parent. That’s your prerogative. But I think there are times when it’s not worth worrying too much.

It’s not worth worrying when:

1. a child’s misbehaviour fits into the normal behavioural range. A mum was worried that her four year old may have some problems as he was checking out the genitalia of a mate. Nope – that’s pretty natural curiosity for that age group. Working out what’s normal is a challenge for inexperienced parents.

2. a child is moving from one stage to the next. Kids get ‘kinder mouth’; boys can give mum a hard-time at five and again in early adolescence; some girls develop an ‘attitude’ at seven, and again at thirteen; boys vocabularies shrink to three words in early teens; and fourteen-year-old girls will often have little time for their dads. These behaviours are indicative of different stages of development. Annoying yes, but not always worrying!

3. a child is displaying an independent streak. Sometimes kids put their foot down and say: “NO! I’m not trying at that sport or activity anymore because I don’t enjoy it”. They are no longer willing to unquestioningly do the things that you want them to do because you think those things are good for them. A show of independence is usually a healthy thing, although it can be difficult for parents to swallow.

4. a child struggles periodically at school, either socially or academically. The ups and downs of growing up mean that kids don’t always learn on an even trajectory. They have good years and bad years at school. They also have good years and bad years socially. That is, they have years where they sit next to their best friends and have a ball. And other years finding and keeping friends can be a little tougher. Helping kids ride the lows and the highs is part of the parenting job. Sometimes we worry at the first sign of a problem. Time and children themselves solve many problems when they get the chance.

If in doubt, talk honestly and openly with some trusted parents, preferably with some experience. Also talk with your child’s teachers who generally have had more experience of children of your child’s age group than you do.

It’s a worry being a parent. But it doesn’t always have to be!
Sacred Heart Catholic School

RAISING FUNDS FOR THE GRADE 6 MELBOURNE TRIP

SATURDAY
19TH OCTOBER
7.00pm
Sacred Heart Catholic School Hall

QUIZ NIGHT TICKET PURCHASE

STUDENT ____________________________ CHILD’S CLASS __________
PARENT ______________________________

☐ YES, We would like to purchase _____ tickets for the Quiz Night.
   We would like to book a Table of 6 ☐ Table of 8 ☐

☐ I have enclosed $__________ for our tickets

SIGNED_____________________________________

PLEASE SEND TICKET ORDER TO SCHOOL OFFICE IN ENVELOPE.

Southern Tigers Junior Cricket Club Parents & Players Information Night
12th September @ 5:30pm Castle Forbes Bay Cricket Club
For all ages U 12’s and U 14’s (Gr 3-6)
Contact Scot McQueen for more information 0408 034 875
Thank you for your support.

Small drink.

Ticket includes - small popcorn and drinks.

Tickets are $20.00.

30th September 11:00
At Village Cinema Eastlands

Grown Ups 2
Private screening of.

Fundraiser
Southern Stags Boxing Club