Arby –Bargy

Occasionally, we have to deal with people whose default setting is argumentative. They weigh into a conversation taking a contrary position and seem to delight in one-up-manship, or one-up-womanship, whatever the sex may be. Sometimes we react by mollifying them, sometimes by reasoning with them, but more often than not, we don’t succeed and we keep finding ourselves side swiped. Their contentions constantly change for their aim is not to convince others of their argument, but rather of their superiority. They put themselves up by putting others down. We leave such encounters feeling bruised and confused…and when we think back, we are often angry. The sharp witty retort is imagined too late…but don’t worry, it wouldn’t have been of any use. Trying to hit back gets nowhere, for such people delight in confrontation and feed on our discomfort. Still, we don’t want them to get away with such bad behaviour. So what can we do?

Firstly, we must affirm our dignity, and the firmest basis for this is that we are beloved by God. When we are in pain or anger, we need to sit with God and affirm ourselves as blessed and loved. This gives us a deeper sense of our own personhood that is not dependent on the approval or disapproval of others. There is no surer grounding than God’s love.

Secondly, when we feel grounded in God, we need to think (notice think, not emote) about the person who is causing us such distress. From God’s point of view, we can see that their behaviour doesn’t show superiority at all, but rather neediness. While this is no excuse for bad behaviour, recognising it helps free us from having to react to it. We can resolve to hold our own views in future while not entering into an argument with them: we deny them the delight of the fight. This is not easy but the challenge can be seen as an opportunity to turn to God. Drawing on God’s wisdom, we see ourselves as treasured and loved, and we expect better of these people than they do of themselves. Now that is true love.

Loving God,

when I have to deal with argumentative people, give me the wisdom of your Spirit, to affirm my dignity and theirs. With courage and humour, let me deflect their anger and grow in wisdom and love. I ask this in Jesus’ name confident that you will hear me.

Sr Kym Harris osb

ST MARY MACKILLOP QUOTE

“Remember we are but travellers here.”

(Mary MacKillop – 1866)
Dear Parent/caregiver,

Sacred Heart Catholic School is 75 Years Old

This year we celebrate the school’s 75th Anniversary from when Sacred Heart first started back in 1938. The mark this important milestone in our school’s history, we are having an Anniversary Mass & Luncheon. Please note this important date.

All members of our school Community are invited to our

75th Anniversary Mass

on
Tuesday, 13 November

Commencing at 12pm

in the school hall

A luncheon will follow in the JLC after Mass

Weekly Prayer at Sacred Heart

Last week, we introduced a new prayer gathering at our school. All classes from Kinder to Grade 6 gathered in the school hall to listen to the Word of God, and to reflect on the important Gospel message. We took some time to pray and finished by singing a hymn together. Special thanks to Mr Ryan Kinder, who led our prayer assembly so well! The Weekly Prayer gathering will be held every Wednesday at 9am in the school hall. All parents are most welcome.

Sacred Heart Wins Basketball Championships

Last weekend, Sacred Heart – Port Huon won the Grade 5/6 Southern Tasmania Basketball Championships. The tournament was played over 3 days, where the boys played 5 games all up. It was an absolute pleasure to watch our boys really working hard on the court and playing well as a team. Our team co-captains, Bailey Gordon and Josh Coad were inspirational, not only with their “never give up” attitude, but also in the way that brought their team mates into the game.

Congratulations to all team members and their coach not only on winning the tournament, but also in the way you represented our school.

Coach: Mr Mike Bouffard
Manager: Darren Johns
Team: Josh Coad (Captain)
Bailey Gordon (captain)
Tommy Twaits
Milo Burgess
Fraser Johns
Jordan Walker
Ethan Carter
Reece Norris

Quiz Night – What a Great Community Event

Last Saturday evening the school held a Quiz Night and Auction to raise money for our Grade 6 Trip. What a great night it was! We had about eighty guests who thoroughly enjoyed themselves. It was also a very successful night financially with about $2700 being raised. Many thanks to the many people and businesses who made generous donations that were used as prizes on the night. Special thanks to all the hard working parents and staff members who gave so generously of their time. I would especially like to thank Mrs Michelle Dolaghan who was our Quiz Master for the night. Michelle put an enormous number of hours into organising the night and keeping everyone entertained.

Show Day Holidays

Parents are reminded that Hobart Show Day, on Thursday, 24 October is a public holiday. Friday, 25 October is a student free day. Therefore students do not need to attend school on both of these days.

Enrolments

We are currently accepting applications for new students at our school. We have:

- Limited places available for Kinder 2014.
- Some places currently in all Grades from Prep – Grade 6, both for immediate start this year and also for 2014.
POLLY O’NEILL – TASSIE DEVIL FUND-RAISER
Last term, Polly O’Neill from Grade 3, did something amazing! What was that you might ask? Well, Polly decided that she would like to do her bit to help save the Tassie Devils, which are seriously under threat of extinction. Polly raised $360 which was a fantastic effort! Polly raised the money through her own birthday party. Instead of bringing a gift along, she ask all her friends to make a donation to the “Save the Tassie Devil Fund”. Everyone thought this was amazing and everyone made generous donations. Well done Polly, you are a very generous and caring person! We are lucky to have you at Sacred Heart!

MOVE WELL EAT WELL AT SACRED HEART
Today, we started our first “Huff & Puff” fitness session. What a great session it was with all children from Kinder – Grade 6 involved in a range of different activities that were organised by our Grade 6 Aussie Sports Leaders. Following this session, all children were presented with a new drink bottle and some fresh fruit to enjoy. Our Move Well Eat Well Student Team was also announced and presented with a certificate. Special thanks to Miss Demarco, Miss Longey and Mrs Watkins for helping to get our MWEW Program under way!

DEVELOPING A VEGGIE GARDEN AT OUR SCHOOL
In coming weeks, we will begin setting up class Veggie Gardens around our school. This exciting new initiative came about through our Student Representative Council. Next Monday, we will take delivery of five new raised garden beds to get started. Can you help with any of the following?

- Bales of Hay or Straw. (We need about 20)
- Good quality Veggie garden soil (we need a truckload)
- Parent volunteers to help set up gardens (from 1.45 – 245pm)
- Veggie seedlings & plants
- Good mulch

If you can assist with any of the above, please let Mr Brighella know via the school office.

SCHOOL ATHLETIC CARNIVAL – CHANGED DATE
Parents are reminded that the School Athletic Carnival has been changed to Tuesday, 29 October to allow more time to arrange this carnival properly. The carnival will take place at Kerman-die Oval (all day) and all students will be involved. A more detailed notice will be sent home soon.

Have a great week!

Luch Brighella
Principal

Bookclub closes
Tomorrow 23rd Oct
No late Oct

Dates for your Diary

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wed 23rd Oct</td>
<td>Assembly 2.15pm Hosted by 5/6</td>
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<tr>
<td>Thurs 24th Oct</td>
<td>Hobart Show Day Holiday</td>
</tr>
<tr>
<td>Fri 25th Oct</td>
<td>Student Free Day</td>
</tr>
<tr>
<td>Tues 29th Oct</td>
<td>SHCS Athletics Carnival</td>
</tr>
<tr>
<td>Thurs 31st Oct</td>
<td>TSO Performance Gr 5/6</td>
</tr>
<tr>
<td>Fri 1st Nov</td>
<td>All Saints Day</td>
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<td></td>
<td>Monthly Mass 12pm Gr 3/4</td>
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</table>

Huon Highway, Geeveston, Tas, 7116, Ph 62971313, Fax 62971990
email: shg@catholic.tas.edu.au  Twitter Handle: @SHCSGeeveston
WHATS BEEN HAPPENING AT SACRED HEART

Quiz Night Fun
Basketball

Dancefever
<table>
<thead>
<tr>
<th>Grade</th>
<th>Time</th>
<th>1:45</th>
<th>1:15</th>
<th>12:45</th>
<th>12:15</th>
<th>1:15</th>
<th>10:45</th>
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<tr>
<td>Miss</td>
<td>LUNCH</td>
<td>6th</td>
<td>5th</td>
<td>4th</td>
<td>3rd</td>
<td>2nd</td>
<td>1st</td>
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<tr>
<td>Mrs Grey</td>
<td>Sprint</td>
<td>Distance</td>
<td>Under Over</td>
<td>Tunnel Ball</td>
<td>Accuracy</td>
<td>Shot Put</td>
<td>Distance</td>
<td>Under Over</td>
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<td>Accuracy</td>
<td>Shot Put</td>
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<tr>
<td>Mrs McQueen</td>
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<td>Accuracy</td>
<td>Shot Put</td>
</tr>
</tbody>
</table>

Athletics Carnival Timetable 2013
PARENTS & FRIENDS ASSOCIATION

2013 ANNUAL RAFFLE

Huon Agricultural Show

The P&F will be selling raffle tickets at the Huon Agricultural Show in conjunction with the SHCS promotional stall on Saturday 16 November 2013.

We need some helpers to sell tickets,
If you are going to the show and can spare an hour to assist,
please return the form below to the school office or alternatively phone Narelle Gane on 0429 331 883.

I can assist to sell tickets on Saturday 16 November at the Huon Show at Ranelagh.
I will be available between........................and............................
Name: ..............................................Phone: ..............................
Cool Little Kids® Anxiety Prevention Program

Is your child shy?

Are they slow to warm up to others?

Do they have trouble separating from you?

Is your child a bit of a worrier?

Would you describe your child as fearful or sensitive?

The Program

The University Psychology Clinic is offering a FREE 6-session Cool Little Kids ® Anxiety Prevention Program.

- Cool Little Kids is a group program developed at Macquarie University for parents of inhibited or shy children aged 3 to 6 years.
- The group runs for 6 weekly sessions and will help parents learn how they can best help their child build his or her confidence.
- Group sessions include presentations, skills training, group discussion, practical exercise and home practise.
- The program is run through the University Psychology Clinic – Children and Families Service. This service is part of the postgraduate training program in clinical Psychology and will be run by provisionally registered Psychologists under the supervision of a registered clinical Psychologist.

When

The group is run over a 6 week period starting Monday 11th November 2013, with parents attending the following 2 hour sessions:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>11th November</td>
<td>11:30am – 1:30pm</td>
<td>2nd December</td>
<td>11:30am – 1:30pm</td>
</tr>
<tr>
<td>18th November</td>
<td>11:30am – 1:30pm</td>
<td>9th December</td>
<td>11:30am – 1:30pm</td>
</tr>
<tr>
<td>25th November</td>
<td>11:30am – 1:30pm</td>
<td>16th December</td>
<td>11:30am – 1:30pm</td>
</tr>
</tbody>
</table>

Who

This program is designed for parents to help give you the skills to build your child’s confidence, so only parents attend the sessions.

Where

UTAS Psychology Clinic, Sandy Bay campus

The Process

Places in the group are limited so please contact the University Psychology Clinic on 6226 2805 or email at PSY.clinic@utas.edu.au to book prior to the program commencing. If you have any questions or would like some further information please don’t hesitate to contact us.

WANTED for Grade 5/6

Maccona Coffee Jars with lids
Any LARGE jars
Healthy Baker flour containers with lids
Cane baskets