You…. a saint in the making.

This Friday, we celebrate one of the most important feasts in the Church’s year - the Feast of All Saints. We remember all the holy people who have existed – especially those whose holiness was never recognised publicly. Think of the good, generous people whom you have known who have died. This is the day to celebrate their holiness. There have been all sorts of saints – gentle and calm people, outgoing and vivacious people, quiet followers and outstanding leaders. There have also been cranky people who mellowed and outrageous sinners who repented. They followed all sorts of careers - mothers, fathers, sailors, nurses and possibly some careers we wouldn’t recommend to our children! Each had a unique personality, a distinctive story.

As you celebrate the saints you have known, you can be inspired to own the type of saint you could be. With your unique personality, you too can reflect the glory of God’s love to those around you. What is it that you do well that you can offer in love? Some show love by listening, others by cracking a joke, some show love by being there, others by working hard. We can’t do everything but we can embrace the person God has made us to be and offer that in love. No matter how small we may think our gifts are, when we use them with love, they become great in the eyes of God. When each of us, does his or her part, we become a loving community glorifying God with joy.

Loving Father, your Spirit draws us together into a family of love. With the help of Jesus our brother may we truly embrace the gifts you have given us and show your love to the world in the way we use them. We ask this in Jesus’ name confident that you will hear us.

Sr Kym Harris osb

Dates for your Diary

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<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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<tr>
<td></td>
<td>Monthly Mass 12pm Gr 3/4</td>
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<tr>
<td>Tues 5th Nov</td>
<td>Kinder Excursion to Marine Discovery Centre</td>
</tr>
<tr>
<td>Wed 6th Nov</td>
<td>Huon &amp; Channel Athletics Carnival</td>
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<tr>
<td></td>
<td>Assembly 2.15pm - Hosted by Gr 1/2</td>
</tr>
</tbody>
</table>

ST MARY MACKILLOP QUOTE

“I trust that you keep up your spirits, and your trust and confidence in the goodness of God.”

(Mary MacKillop – 1880)
Dear Parent/caregiver,

HOUSE ATHLETIC CARNIVAL
Yesterday, all children from Kinder to Grade 6 participated in our House Athletic Carnival down at Kermandie Oval. What a fantastic day it was with children participating in a challenging and enjoyable range of track, field and novelty events. All classes rotated through all events over the day. Some of these events include sprints, relays, shot put, ball throws and novelties. I was most impressed with how well our students participated and their behaviour was excellent! It was wonderful to see so many parents present and cheering on the children! A huge thank you to our amazing staff who really do go to great lengths to provide our children with such enjoyable experiences; in particular, Miss Shae Longey, who organised the whole carnival. Thanks also to the many parents who helped out on the day.

RESULTS – EVERYONE WHO PARTICIPATED WAS A WINNER!

1ST PLACE HARTZ 1735 points
2nd PLACE PICTON 1599 points

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. To 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

ROBOTICS CHALLENGE EVENT
Earlier this week, our Grade 5/6 Robotics team took part in their end of program challenge. Throughout the year, our Robotics group met on Mondays after school to learn about Lego Robotics and programming. On Monday, our teams had their robots programmed to battle each other in a circular arena (diameter of one metre). The winning robot had to push the opposing robot out of the arena to win. It was a very exciting challenge with Justen Ashworth being the overall winner. Special thanks to Mr & Mrs Riley, grandparents of Justen, for running the Robotics program.
PARENTS & FRIENDS ASSOCIATION RAFFLE
This week, all families will receive a book of raffle ticket to sell. This is a fund-raising raffle that the
P&F Association run each year. Tickets cost $2
each and there are 4 great hampers to be won!

ENROLLMENTS
We are currently accepting applications for new
students at our school. We have:
• Limited positions available for Kinder 2014.
• Some places currently in all Grades from
Prep – Grade 6, both for immediate start
this year and also for 2014.

DEVELOPING A VEGGIE GARDEN AT OUR SCHOOL
In coming weeks, we will be setting up class
Veggie Gardens around our school. This exciting
new initiative came about through our Student
Representative Council. We have now taken
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.

Have a great week!

Luch Brighella
Principal

Merit Certificates 23/10/13

Lilli Steel – Growing maturity in handling change and situations that are unexpected.
George Scott – His enthusiasm for learning and consistent application to all work tasks.
Michala Young – Making a smooth transition to a new school.
Evelyn Ralston – A fantastic attitude towards reading and writing and having a go.
Cayden Burgess – Being a fantastic friend to all of his peers.
Leo Stewart – Fantastic effort and improvement in writing and always having a go.
Mollie Ford – Wonderful story writing and great use for her dictionary.
Beau Swanson – His imaginative story.
Cameron Darling – His great Maths work.
Tim Mitchell – Some great mathematical thinking.
Lucy Cox – Being a consistently SuPeR kid.
Natasha Dolaghan – Her excellent, organised help for the Quiz Night on Nev’s bus! Thanks Tash!
Sophie Burgess – Helping out on Nev’s bus with younger students.
Maeghan Jernigan – Always working really hard to finish work at a high standard.
Cooper Coulson – Working hard to improve his Maths skills.
Lilly Greene – Her excellent efforts to improve her drawing and creative skills.
Jordan Coleman – Always working hard to improve in all areas of his schooling.
Lachlan Carter- Wonderful class spirit, reliability, responsible nature and his selfless attitude.
Tara Shanley – Outstanding Maths work and her quiet, caring and considering nature (and cheeky smile).
Jacob Phillips – His excellent reading.
Prue Kennedy – Her enthusiasm during Literacy.
What’s Been Happening at Sacred Heart

Choir

Lego Robotics
Athletics Carnival
School-aged children are increasingly using caffeinated drinks on a regular basis. A recent Australian study found that 27% of boys aged 8-12 years had consumed these energy drinks in a two week period prior to being surveyed. Teachers in the United Kingdom are reporting a similar trend, so it’s a significant issue in both parts of the world.

Walk by any supermarket after school and you’ll see kids in school uniforms clutching cans of energy drink. Downing an energy drink is fast becoming the cool thing to do.

There’s nothing new in making fizzy, sugary, caffeinated drinks available for kids. A certain soft drink company with global brand status has been doing this for years. But the range of caffeinated, high energy drinks that have been brought to market over the last five or six years make soft drinks look tame in comparison. The new breed of drinks attracting children’s attention, not to mention their pocket-money, are loaded with caffeine, sugar and protein at levels intended for high performance athletes.

Energy drinks are designed for an adult market. They’re only sold to children in Australia due to a loophole in the law. Many parents wouldn’t allow their children to drink coffee at home due to its caffeine content yet kids can walk into a shop and purchase any one of a dozen highly caffeinated drinks.

So what’s wrong with caffeinated drinks? Caffeine is a stimulant that speeds up parts of the body and the brain. It increases heart rate, blood pressure and body temperature. In high doses it causes changes to heart rhythm and hand tremors, which is exactly what happened to five Year 7 students from Quaker Hill, in Sydney’s west who reportedly suffered side effects including dizziness and nausea after consuming the drinks on the way to school recently.

Caffeinated drinks give kids an instant high, making them feel awake and alert but doctors are concerned about links between high consumption of caffeine and insomnia. Once in the system, caffeine stays around for hours, which causes sleeplessness and sleep disruption.

There are plenty of other adverse side effects for kids including, bed-wetting, difficulty concentrating and anxiety. There is consensus among health professionals and the sports science community that energy drinks should not be consumed by children and early teens.

There have been calls from health professionals in many western countries for governments to ban the sale of energy drinks to children and young people. The jury is still out regarding banning energy drinks however there’s certainly a role for parents to play regarding limiting children’s consumption.

Parental guidance for kids is essential about this issue. Parents shouldn’t leave it up to schools to educate kids or governments to legislate against energy drinks. Parents need to talk to their children and young people about the impact that energy drinks have on their bodies, letting them know why they are on the no go list. And they should make sure that highly caffeinated drinks don’t make their way into their shopping trolley and into the refrigerator at home.

Putting aside the adverse side effects that these drinks have on children’s health, including addiction, we don’t want to send a message to children and young people that drugs and artificial chemicals are necessary for them to perform at their best.

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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: ................................

TICKETS AVAILABLE FROM THE SCHOOL OFFICE

HALLOWEEN

in Franklin

HALLOWEEN

BALL

1st Nov 7pm - $25

Franklin Palais Theatre
Hobart Swing Band,
Fancy dress prizes,
Light supper provided,
Drinks at bar prices.

Tickets: Franklin Post Office or contact via website
www.halloween-in-franklin.org

Proceeds: Franklin tennis court restoration

Move Well Eat Well

Frequently asked questions about food and physical activity

How much should my child drink?
This varies from child to child, but most children need between 1.2 and 1.6 litres of fluid a day, which is about 5-7 (250mL) glasses. They will need more fluid if they are doing strenuous activity, particularly in warm weather. Water and plain milk are the best choices for children.

Getting your child to check their urine colour helps them understand how much they need to drink to keep hydrated. Dark urine shows that they need to drink more, and clear urine shows that they are well hydrated.

What about sports drinks?
Sports drinks are designed for athletes who do high-intensity activity for over an hour. These drinks contain carbohydrate for energy and small amounts of electrolytes (sodium and potassium) that are lost from sweating.

Most junior sport is at a level where energy and electrolytes do not need to be replaced during a game. Making sure that your child has a meal before a game and drinks water before, during and after the game will make sure they are able to perform at their best.

If your child is playing multiple games or has a number of events on the one day with less than an hour between them, then sports drinks may be useful to encourage them to drink enough and top up their energy stores.

If there is more than an hour between events it is best to eat everyday foods such as sandwiches, fruit and yoghurt and drink water. This gives your child the necessary energy but also important vitamins and minerals for growing bodies.

Do sports drinks affect your teeth?
Sports drinks, like other sweet drinks such as soft drinks and fruit juice can affect your teeth.

To reduce the risks of tooth decay:
• use water as the drink of choice
• do not swish or hold sports drinks in the mouth or mouthguard
• use a straw or squeeze bottle as this helps the drink reach the back of the mouth
• rinse with plain water if sipping on sports drinks throughout a full day of competition
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>
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</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