Have a Compassionate Christmas.

Christmas is coming and the pressure is on...for us to come up with the perfect gift, the perfect meal, and indeed, the perfect family to have it all with. Yes, that's what we're getting in the ads as the ideal to which we should be aspiring...in your dreams, or rather your delusions. Christmas time for us is not picture perfect; it is a minefield that challenges us in so many different ways. We may be low on money, short of cooking skills and with a few challenging family members or situations. So how do we step off the delusional wheel that puts these false expectations on us? May I suggest one way – compassion – feeling with others. Jesus came because God had compassion on us. Now it is our turn to share it.

The St Vincent de Paul Society has launched their Christmas appeal, which you will hear about from your child/ren and from the school. Here we are called to help those who are obviously less well of than ourselves. This is a good place to begin, and what we give will make a difference in ways we may never know.

But we don’t stop there. We need compassion within our own family and amongst our friends. Nobody ‘needs’ a fancy gift, but we all need a thoughtful gesture. Nobody ‘needs’ expensive food or drink, but we do need to be served with love. If we start our Christmas preparations with compassion, with feeling for others, we begin a revolution in how we celebrate. We won’t have unreal expectations that make us feel inadequate and depressed. We can accept our limitations because they give us the power to feel with others in their limitations. We are all in this mess together – and Jesus came to share it with us. If God loved the world, in all its weakness and failure, so much, maybe this Christmas we can cut ourselves a little slack and be compassionate to all...ourselves included.

Loving Father, you sent Jesus to show your compassion to all. May I know his love with me, and as I begin my Christmas preparations, may compassion be the guiding light in all that I do for my family and friends. I ask this in Jesus’ name confident that you will hear me.

ST MARY MACKILLOP QUOTE

“Cheer up then and take comfort in the thought that nothing happens but by the Will or permission of God”

(Mary MacKillop - 1895)
Dear Parent/caregiver,

CELEBRATING 75 YEARS
Last Wednesday, our school community gathered to celebrate 75 years from when our school first began back in 1938. We began the day with Fr Greg Barker celebrating Mass for us. What a truly special celebration this was with many guests also attending. Our students were wonderful throughout the Mass with the way in which they sang and responded. A number of children had special roles within the Mass that they carried out very well. During the Mass, Fr Greg blessed our Memorial stone that will be placed on the lawn in front of the Josephite Learning Centre, paying tribute to the Sisters of St Joseph and their wonderful presence in the Huon Valley. After the Mass, we had a special luncheon and also an opportunity to view old photos and memorabilia from our school’s history. Special thanks to Mr Ryan Kinder for his preparation and organisation of the Mass and to the many staff members who assisted in making this day, one to remember!

CAMPS GALORE AT SACRED HEART THIS WEEK
We have three classes participating in camps as part of our School Outdoor Education Program. Grade 4 are currently having an amazing time learning about early Tasmanian history at Port Arthur. Grade 5 are exploring Bruny Island with all it has to offer. Grade 2 will be going to Hastings Caves and Richmond later this week with a sleepover at school on Wednesday night. How lucky are our students to have these wonderful opportunities!

ARTHUR CONLAN VISITS SACRED HEART
Last Tuesday, Aboriginal artist, Arthur Conlan visited our school. Arthur ran art workshops with all classes focussing on oil pastel drawings. The artwork produced by our students is nothing short of amazing!

DANCEFEVER EVENTS COMING UP
This term, all children from Kinder – Grade 6 have been learning a range of dances for DanceFever. The DanceFever Challenge for children from Grades 3 – 6, will be held at the Derwent Entertainment Centre in Hobart on Monday, 2 December commencing at 6pm. We will be having a special showcase performance for parents of children in Kinder – Grade 2 on Wednesday, 11 December in our school hall commencing at 1.45pm. A detailed notice providing all information will be sent home to all families tomorrow.

CATHOLIC SCHOOLS ATHLETIC CARNIVAL
Last Friday, a squad of 42 students from Grades 3 – 6, represented Sacred Heart at the Southern Tasmanian Catholic Primary Schools Athletic Carnival that was held at the Domain Athletic Centre in Hobart. Our team members participated exceptionally well in a range of track and field events over the day. They were also great ambassadors for our school with their fine behaviour, good manners and excellent sportsmanship. Special thanks to Miss Longey who organised our team for this event, and to Mr Kinder, Mr McQueen and Mrs Short for assisting with our team.

LEARN TO SWIM PROGRAM
Parents are advised that our 2 week swim program will commence on next Monday, 25 November. The program will run through until Friday, 6 December. A notice has been sent home soon providing all the information you need to know. Parents are asked to ensure that children come to school well prepared for the swimming program each day.

HUON SHOW – THANK YOU
Thank you to the many generous parents and staff that helped at our school stand at the Huon Show. We sold $500 worth of tickets and also took the opportunity to promote our wonderful school. Special thanks to Narelle Gane for her coordination of this event.

A $200 VOUCHER FOR YOU!!!!
If you bring about a new enrolment for Sacred Heart Catholic School (outside of your own family) the school will acknowledge your support by providing a $200 voucher of your choice or a reduction in your school fees to the same value.

Have a great week!

Luch Brighella
Principal
Library News

Book Club closes on Monday 25th November. Last one for the year! No late orders accepted.

We have some unclaimed Book Club. Please contact the school office if you are missing something.

Hey guys can you guys bring in some presents this week on. It's for a good cause which is for people who don't have money and don't have a place to sleep at night and don't have any food. So please bring in some presents. Thank you.

Please return completed Raffle Books to the School Office
What’s Been Happening at Sacred Heart

75th Anniversary
Remembrance Day

Arthur Conlan Visits
Calendars will feature artwork by your children as well as school photos.

All children’s artwork from the same family will be incorporated into one calendar.

Order your Calendar now! Only $7.50 each

The P&F welcome any suggestions to improve our calendar from previous years! – Just email Kate at mitchintas@gmail.com

Students Names: ................................. Grade: .................................

................................. Grade: .................................

................................. Grade: .................................

................................. Grade: .................................

Number of calendars required: ................................. @ $7.50

Payment Enclosed: .................................

Calendar orders and payment must be received in the office before Friday 6th December 2013.

SACRED HEART CATHOLIC SCHOOL PARENTS & FRIENDS

Nomination Form for the election of Office Bearers 2013-2014

Election of Office Bearers

Position __________________________________________

Name of Nominee (print name) __________________________________________

Signature of Nominee __________________________________________

Proposed by (print name) __________________________________________

Signature __________________________________________

PLEASE RETURN TO OFFICE BY TUESDAY 19TH NOVEMBER
Is your child able to withstand taunts from others?

If you think your child will become very upset (more than other kids) if they have a negative experience online, your child may need you to guide them through the use of social platforms. Look through their profiles and public feeds together, talk about how some people behave differently online and teach them how to filter abusive comments, block and report people.

Does your child understand what is safe to put online?

If they might put their name, address, school, sports club or information that allows people to identify and locate them (even after you have talked through the dangers) they may need your help with using social networking sites. Talk about the risks of ‘checking in’, posting sexy pictures, meeting online friends in person, making offensive comments, and what is and isn’t acceptable.

Does your child know how to report abuse and offensive or pornographic content?

If not you need to visit the site’s Safety Centre with them to ensure they know how to block and report people.

Are you worried your child will be left out if they aren’t on the same social networks as their peer group but also worried they aren’t ready?

As a compromise you may choose to let them have social networking accounts if they follow strict rules – including only using social sites when you supervise them or you control their login. In return, and to keep them engaged with you, you can promise not to embarrass them by commenting publicly on their profile or posts. Teens tell us this is humiliating and it is their private world.

Are you going to supervise or ‘friend’ your child on social sites?

If this is the case, be prepared to learn more than you might like about their friends. Try to withhold comment unless you are worried about safety. It is better to talk to your child in person if you have concerns than post comments publicly. If you publicly embarrass them, you will break your child’s trust and they may simply communicate with friends on a different program – or open a separate profile without your knowledge.

How do I talk to my child about my concerns?

Be honest with them. Express your love and concern about what might happen online. Ask if they have experienced bullying or sexual advances. Banning seldom works and children will find other ways to get online and may stop talking to you about issues to avoid getting in trouble. Keep the communication open. If they won’t talk to you about things, recruit a trusted family friend or family member to keep the communication going.

When should I be worried about my child?

If your child’s behaviour changes at home and/or school you should talk to them. Examples of changed behaviour could include disinterest in things they used to like, seeming very unhappy and/or their sleep and eating is being impacted. Seek professional advice if necessary from a school counsellor, your GP or a psychologist. If your child has particular vulnerabilities, be vigilant about their contacts offline and online. Help them join groups out of school where they can find friends and support. Talk to the school and make sure they are supported.

Teenagers. What do you need to know?

Huonville High School is aware that parents and carers wish to understand and support their teenage children.

With this in mind we invite you to an information evening where a range of guests will give short talks and answer your questions. This session will be for parents only, but a follow up session for parents and children will be offered if deemed appropriate.

Guests include Mishelle Zara from Headspace which specialise in youth mental health, 1/C Constable Craig Vermey who will give information on keeping youth safe on our roads and Caroline McKenzie, a youth and sexual health specialist.

Please come along and join us for this important meeting.

When? Tuesday 3rd December
Time? 7.00-8.00pm
Where? Drama Space, Huonville High School.
Who? All parents warmly invited.

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Yoga Fun for kids & families with Huon Valley Yoga

Saturday November 30th in the Huonville Primary Multi Purpose Room: 2 to 3.30pm followed by afternoon tea.

Enjoyable Yoga games, activities and techniques to do together that are great for your health, brain, heart, and sense of fun!

***Bookings essential*** - call Alison on 0400 288 545 or email alison@huonvalleyyoga.com

Recommended for ages 5 & up, but younger kids are welcome to tag along & join in as they please.

$20 for the first family member, every other family member $5.

More kids & families Yoga news at www.huonvalleyyoga.com

After-school classes coming in 2014!