What is Feeding your Spirit?

A while ago, I went to a GP who had an interest in food allergies and intolerances. His best piece of advice was: Listen to your body. It will tell you what foods it wants and needs and what it doesn’t need. Since then I have realised that much of the advice we are given about food is really with the latest fad or the most recent piece of research that doesn’t take into account our own bodies peculiarities. We fail to be sensitive to what our own bodies are telling us.

The same advice could be applied to other parts of our lives. Over the years I have noticed that to be happy and balanced I need music, every day. I need nature, good conversation and laughter. None of these come about by happenstance. I have to be disciplined enough to make sure I get a regular feed on them. Most importantly, I need to worship and to rest. In fact, our need for these is so much a part of being human, that God calls for us to take a day of worship and rest each week.

The celebration of Sunday isn’t about God wanting to tie us down but rather to set us free. When we worship, we recognise that we have been wonderfully made in love and that we are being called into even greater love. We need to wallow in that reality, to waste time letting it sink in. And we need to rest, physical, mentally, spiritually. Resting isn’t just stopping. It is about appreciating what is good in our lives. If you feel overwhelmed in life, struggling with too much, stop, think, pray. What is feeding your spirit? Maybe it is time for a change of diet.

Loving God, I praise you for I am wonderfully made. Let me appreciate the uniqueness of my own self and show me what I need to do to grow in your love. I ask this in Jesus’ name confident that you will hear me.

Sr Kym Harris osb

My gratitude to God for all that is done for those I love”

Mary MacKillop - 2.6.1867

Dates For Your Diary

Thursday 19th    Kinder Excursion to Ms Thomas’ Farm
Tuesday 24th    Grade 4 Excursion to St Johns School Production Richmond
Wednesday 25th State Cross Country Kinder Excursion to Huonville Library
Dear Parents/Carers

PLAYGROUP
Last Friday we had our first playgroup session for the year. We had a number of children who are coming into Kinder in 2015 come along. They were able to do some painting, craftwork and even did some great building work using our new blocks. It was also a great opportunity for the children to meet and get to know each other. Playgroup is on every Friday in Kinder between 9.30 – 11am.

MIDYEAR REPORTS
Parents are reminded that our Midyear reports will be sent home via your children on Thursday, 3rd July. Our teachers are currently working on completing your child’s report at present. This report will provide you with a comprehensive update on how your child is progressing in all learning areas of the curriculum. I am very grateful for the many hours of extra work that the teachers have devoted towards completing these reports. If you need an additional report, please advise our school office via the notice that we sent home to all families yesterday.

EAT AND PLAY THE HAWTHORN WAY
This week over forty children from Prep to Grade 6 have volunteered to participate in this program. Each day during eating time at lunch the group is learning about good nutrition and exercise. There is a competition that we will also enter. If we are successful, 30 of our students who earn the most points may get to go to a Hawthorn footy game in Launceston.

DANCEFEVER SKIPPING
Many of our parents already know about DanceFever and the great dance program that it runs in Tasmania during term 4. DanceFever have recently started a Skipping Program which is just as exciting as the dance program. On the last day of this term, DanceFever will be running skipping workshops for all classes at Sacred Heart!

NEWSLETTER
We have heard recently that some parents have not been receiving the email version of the newsletter. All Catholic Schools in Tasmania have been experiencing some email problems which can lead to emails not being received. If you do not receive your newsletter, please let the office know. If you have missed a newsletter, please remember they are all available on our school website.

ASSEMBLY THIS WEEK
Parents and family members are invited to our assembly tomorrow. The assembly commences at 12.30pm and concludes around 1pm. Classes will present a range of items and merit cards will be presented.

PARENTS & FRIENDS MEETING REPORT
Last Wednesday, our monthly P&F meeting was held. Lots of good discussions took place and the P&F Association has agreed to fund the following classroom resources:

- Grade 6 New bean bags for their reading area - $350
- Grade 6 Purchase of 8 new ukuleles - $250
- Grade 2 $200 towards new reading book baskets & pillows.
- Prep $650 towards a range of new classroom resources
- Whole School $2000 to new reading books for classrooms $250 for the DanceFever Skipping Day at the end of this term.

We are very grateful for the wonderful support of our P&F Association and the school community that supports their many fund-raising initiatives.

Our next P&F meeting is being held on Wednesday, 23rd July (first week of Term 3) at 6pm. All parents are very welcome.

Have a great week!

Luch Brighella
Principal
Memorandum

Date: 17 June 2014
To: Parents and Friends of the School Community
From: Dr Trish Hindmarsh, Director
Subject: Industrial Action

Following a breakdown in enterprise bargaining negotiations between Tasmanian Catholic education employing authorities and the Independent Education Union (IEU), the IEU sought protected industrial action for its members from the Fair Work Commission (FWC).

In accordance with the Fair Work Act 2009, we received due notice late Thursday of last week that protected industrial action may now be taken in Catholic schools throughout the State. A ballot conducted by the Australian Electoral Commission and authorised by the FWC resulted in members of the IEU deciding in favour of taking the following protected actions:

- An unlimited number of four (4) hour stoppages of work;
- An unlimited number of twenty-four hour stoppages of work;
- Distributing information to parents about the action and bargaining; and
- Wearing campaign material and / or badges.

Some or all of these actions are expected to take place in many of our schools over the next month or so and, perhaps, beyond that time.

Parents, guardians and carers can rest assured that their school will continue to be open for business as usual, and that every care will be taken to ensure that children are well supervised and engaged in meaningful activities, even if all their usual classes are not possible because of reduced staffing. It is our intention to have our schools as fully functioning and focussed on learning programs as possible.

The Principal and senior school / college leaders will be on duty and actively taking leadership of staff in providing for students’ needs during this period of industrial action.

A number of staff (IEU Members only) may not be in attendance during the hours of any work stoppage/s, and it important that their right to engage in what is legitimate and protected industrial action is respected by all members of the school community.

Thank you in anticipation of your understanding and cooperation in making the best of what are challenging circumstances.

Dr Trish Hindmarsh
Director
WWW - WHAT WENT WELL AT SACRED HEART LAST WEEK

Kinder/Prep Prayer Service was a wonderful celebration and well attended by parents.

Assembly went well. Great class items and the assembly was really well led by Lilly & Reece, our student leaders from Grade 6.

Our P&F generously supported a number of class wish list items.

Grade 5/6's New Reading display looking great. The children are already enjoying the many new books they have to read.

Playgroup was off to a good start last Friday with about seven children coming for the first session.

Weekly prayer – A great opportunity for all our students to come together in prayer! Thanks for leading us in prayer Mr Kinder.

---

Merit Certificate

Abigail Spilling
For her superb enthusiasm for all things science.

Ben Mitchell
For being an adventurous writer.

Cayden Burgess
For perseverance to write using ground, grass and sky letters.

Tommy Wall
For his effort reading O’clock and half past on digital and analogue clocks.

Olivia El-Tahche
Always listening well.

Haidie Lovell
Always having great listening skills on the mat.

Cassie Seabrook
Being a good friend to Jesse.

Harrison Clayton
Doing a fantastic job packing up the gumboots.

Riley Griggs
Setting a good example to others by attentively listening on the mat and settling to work quickly! Great work!

Monique Burgess
Being a happy and helpful class member, often offering to organise and tidy the classroom. Great work!

---

REMINDE  TO EVERYONE
BOOK CLUBS ARE DUE IN THIS THURSDAY 19TH JUNE
NO LATE ORDERS ACCEPTED SORRY
THANKS CATHIE STOCKFORD
Dragon’s Snot!
What you’ll need:
Lux flakes
Hot water
A tub to put it in.
Something to mix with.

What to do...
Tip your soap flakes into the tub and add hot or boiling water
– a rough idea of ratio is 1 cup of soap flakes to 3 cups of water, but you
might need to play around and add more of either ingredient to get it the con-
sistency that you want.
Mix up your soap flakes a water. We got out the electric beaters, but old fash-
ioned hand egg beaters would be fun if you have some, or just a regular
whisk or spoon will do.
If you want to play with your slime right away whip it up till it is nice and
bubbly. It will be light and fluffy, but if you want it to be really slimy, mix it
up and let it sit over night....
Grade 5 and 6 love their new reading area with lots of fantastic books.

Who remembers playing Elastics at school? Good to see some things never go out of date. Great way to keep warm on these cold mornings.

Whats Been Happening At Sacred Heart

Knitting continues Friday 2pm in the JLC.
Father Greg introduced Fidelis to our school community. Fidelis is training to be a priest and will spend the next few months in our parish.

Tennis is a real ‘hit’ in PE lessons!
FAIR
Friday 17th October

IF YOU ARE HAVING A CLEAN UP THINK ABOUT KEEPING THINGS FOR THE CRAFT OR WHITE ELEPHANT STALLS! INCLUDING BOOKS!

Ask Grandma, Aunty, Friends to knit or make something crafty over winter!

While you prepare your garden for winter don't forget to pot a few cuttings for the plant stall!

If you have craft materials someone can turn into something wonderful please keep us in mind and send to school now to be distributed to said clever people!

If you have time to make something for the fair please let Fiona Donato know. 0427 500 151. fiona.donato4@bigpond.com.au

PLEASE HOLD ON TO YOUR DONATIONS! WE WILL ACCEPT THEM SOON!

weetapoon Aboriginal Corporation

Invites you to their NAIDOC gathering on Sunday 6th of July from 10am to 3pm at “The Shearers Quarters” Murrayfield, Bruny Island

Join us for a traditional lunch, cultural workshops, art and Life. Be In It activities.

Flag Raising Ceremony at 11.30, lunch at 12.00

For catering purposes, please RSVP as soon as possible, and no later than COB Wednesday 2 July, to helen.ransom@bigpond.com or 0409248582