Just what is Lent for?

Difficult times come. When they do, we can find ourselves grumpy, out of sorts, self-centred, small-hearted or maybe we may even find ourselves lost in a seriously dark time of our lives. In this time of Lent, we are given the opportunity to prepare for such times. And no, it is not to run away, seek diversions or even to embrace positive things to negate the negative. In Lent, the Church advises us to practice self-denial, to pray more and to give generously to those in need. What! This seems to go against the ‘common sense’ of our society that recommends we foster at all times a positive sense of self. Often our ‘self’ isn’t very positive and the practices of self-denial, prayer and almsgiving actually challenge who we think we are. In making us uncomfortable, they invite us to look at ourselves in a different way and we may not like what we find. Bingo! We have begun the journey out of our self-centredness to become the person God wants us to be, and that can feel, especially in the early stages, like a cross on our backs. Good - if we take it up, with the person of Jesus, we discover that God can radically transform the difficult times of our lives in ways we could not imagine – no, not by taking them away but by transforming them from within with divine grace. We become a person we could not imagine our self to be.

Loving God, show me how to enter into the journey of self-denial, prayer and almsgiving this Lent, so that I may become fully alive, the person you desire me to be. I ask this in Jesus’ name confident that you will hear me.

Sr Kym Harris osb
Dear Members of our School Community,

WWW – WHAT WENT WELL – AT SACRED HEART

Parent Information & Welcome BBQ was very well received by all who attended. First Assembly of the year went well beginning with a liturgy and Mr Kinder talking about Project Compassion. Merit cards were presented and Birthday children were congratulated. Grade 5/6 participated well at T/20 Cricket tournament with a number of other schools. Our three teams performed very well! Grade 5/6 really enjoyed making clay masks with parent, Joanna Lawton and Art teacher, Ms Stary. Drama with Mrs McWatters was great fun with children getting into a range of costumes! MJR Day with Grade 5/6 was very worthwhile with children really engaged. School Leaders & SRC represented SHCS really well at World Day of Prayer liturgy on Friday at the Community Christian Church in Scott’s Road.

SCHOOL SWIMMING CARNIVAL RESULTS
At last week’s assembly the final results for this year’s Swimming Carnival were announced and what a close finish it was. Our School House Captains were on hand to speak on behalf of their teams to everyone present and what great representatives they were.

Final results were:

1st Place   PICTON    781 points  2nd Place   HARTZ    761 points

PARENT INFORMATION EVENING & WELCOME BBQ
Many thanks to all who attended our Parent Information Evening and P&F Welcome BBQ. It was wonderful to hear so many positive comments about the information sessions. Special thanks to the teachers and staff who supported these sessions so well. We are also very grateful to our Parents & Friends Association who provided the free BBQ tea for all who attended.

KINDERGARTEN 2016 ENROLMENTS NOW BEING ACCEPTED

We are now enrolling students for Kinder in 2016. Thank you to the many families who have recently made enquiries. The School Enrolment pack including the new system wide enrolment form will be sent out to families this week.

Do you have a child you wish to enroll in Kinder for 2016? Do you have a relative, friend or neighbour looking for a Kinder place? If so, contact our school office and they will organize an enrolment package for you.
LENT & PROJECT COMPASSION
During the Season of Lent, we are encouraged to spend time in prayer, to perhaps go without things that we enjoy and to do acts of generosity for others. Recently your child would have brought home a Project Compassion box. The idea behind this is for families to donate coins through the season of Lent. All money raised is collected by CARITAS and distributed to communities in need within Australia and around the world.

BILLYCART DERBY
The Annual Billycart Derby is on Sunday, 22 March. Sacred Heart will be running some children’s activities under their school marquee and also giving out some promotional material about our school. If you can spare an hour or two, please let Mr Brighella know via the school office. See the separate flyer in this newsletter for more details.

DO YOU HAVE SCHOOL BOOKS AT HOME?
Parents are asked to check around the house for any books that you may have from our school library and classrooms. We would really love to get our books back as they cost the school a lot of money. We promise not to growl when you return them!

PARENTS & FRIENDS ASSOCIATION NEWS

Our first P&F meeting for this year will be held this Thursday, 12th March commencing at 5.30pm. The meeting will be held in the Josephite Learning Centre and should finish around 7pm. Light refreshments will be provided. It would be great to see a good turn out for our first meeting.

P&F Car Boot Sale will be this year’s first P&F fund-raiser. This will be held in the school grounds on Saturday, 28th March from 9am – 12pm. Please see the advertisement in this newsletter.

Have you checked out our Facebook page? Please feel free to share our school posts with your own FB friends. Feel free to comment as we love to hear all the positive things people want to share about our school.

Have a great week!

Luch Brighella
Principal

Book Club
Book club closes on 13th March
Please ensure that all orders are in by this date.
Thank you.
Congratulations on the following students that have received a Merit Certificate at our last assembly.

Vienna Fletcher  For her hard working and writing during literacy.
Annie Halton    For her leadership in areas in the classroom.
Joel Green      For his dedicated effort in all academic areas.
Gabe Gilley     For his application of reading strategies during guided reading.
Mathew Walker   For his excellent presentation and independent work on the tractor festival.
Olivia Clayton  For showing others how to be patient when waiting their turn.
Curtis Read     For settling into a new school and taken all aspects of being a SUPER member of 3/4.
Holly Vey-Cox   For settling well into a new school. Being a kind and caring class member.
George Hankin   For good participation in class activities.
Kira Longfield  For listening on the mat.
Ava Swanson     For her WEST attitude, organisational skills, work ethic and friendly nature. She is a real example to others!
Nathan Briggs   For a fantastic start to the year. He is showing great maturity, focus, independence and fantastic decision making.
Riley Griggs    For determination, resilience and grit in skipping; real shinboner spirit.
Piper Bradley   For her good listening skills on the mat.
Joseph Vey-Cox  For his fantastic letters and sounds writing.
Caitlin Drysdale For always listening and showing great concentration.
Samuel El-Tahche For his attention to detail and a great start to the year.
**At Sacred Heart Catholic School we all ......**

**Make Jesus Real**

* I liked the video clips of Arthur and Nick as they were determined to overcome their problems and they were stronger and happier when they did.

* This year I want to be more kind, cheerful and be more of a giver of myself to others.
  * I felt sad when I saw the kids living on the tip and it made me so thankful for what I have.
  * I really liked getting the green card as I felt so good after I read it.

* Never tell a lie to yourself, you must be honest with yourself through life.

* Today is the start of the rest of your life, if you go off the tracks you can always come back.

* If you never try you will never know.

* The challenges in our lives are there to strengthen us, not run us over.

* The spirit of Jesus is in my heart and wherever I go I take Him with me.

* A positive attitude is like a motor in a car, if you have a good one you go places in life.

* A negative attitude is like a flat tyre, you won't get anywhere unless you change it.

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On Friday Mitch came to visit us and spoke about how we can be the Spirit of Jesus. Check out these videos:

Nick Vujicic: [http://goo.gl/pgj9cX](http://goo.gl/pgj9cX)

Arthur: [http://goo.gl/uvWwMx](http://goo.gl/uvWwMx)
WHAT'S BEEN HAPPENING AT SACRED HEART

SWIMMING CARNIVAL
HAWTHORN VISIT
Is your garage getting crowded? The kids finding it hard to find their beds? Your wardrobe bursting at the seams? We have the answer!

Parents & Friends Association
SACRED HEART CATHOLIC SCHOOL

CAR BOOT SALE
SATURDAY 28TH MARCH 9-12

$10 per car/stall/marquee
Kids stall: gold coin donation

Call the school office on 62971313 to secure your spot or return the slip below.

See you there!

Cake stall
Safe kids play area!
The BreastScreen Tasmania Mobile Bus is on its way!

BreastScreen Tasmania provides a free population health screening program, part of the National Program for the early detection of breast cancer. The program specifically targets women aged 50-74, who don't have symptoms of breast cancer.

BreastScreen Tasmania has been providing free screening mammograms (breast x-rays) in Tasmania for over 20 years. To encourage continued support of this free screening program, we are asking for your help to inform local women of this important service.

As a business or organisation that has contact with many women in your community, we would be grateful if you could display the enclosed poster in a prominent position on your premises so women are advised of the return of the BreastScreen Tasmania Mobile Bus to your area.

The BreastScreen Tasmania Mobile Bus will be in Huonville

23rd March – 10th April, 2015

In the car park adjacent to the Huonville Community Health Centre, Sale Street.

Please note: the Bus will be closed Good Friday April 3rd, Easter Monday April 6th and Easter Tuesday April 7th.

If you know any women who are aged 50 - 74 and are not having regular screening mammograms, please encourage them to join our free screening program by calling 13 20 50.

If you require further information please call me on (03) 6216 4304.

Yours sincerely,

Karen Wender
Recruitment and Community Engagement Team Leader
Cancer Screening & Control Services

for your support of the BreastScreen Tasmania mobile screening service.
When should I seek advice?
Arrange a check up with a podiatrist if:
- you notice uneven shoe wear.
- you notice any skin rashes, hard skin lumps or bumps on your child’s feet.
- your child complains of frequent pain in the feet and/or legs.
- your child is constantly tripping or falling.

Clinic Dates - 2015
Wednesday, 18th March
Thursday, 9th April
Thursday, 14th May
Thursday, 11th June

What you need to know about... 
Children’s Feet

Contact Details
PODIATRY DEPARTMENT
70 Collins Street
Level 5 Telstra Building
HOBART 7000

Hours:    Monday to Friday
          8.30am - 4.30pm
Telephone: 03 6222 8403

Date: September 2014

Growth of your child’s feet
From birth to adult, feet go through many changes.
A child’s foot will double in size by the age of one. They are about half their adult size by 18 months of age. By 12-14 years, the foot is adult size. The bones have fully formed by 18 years of age.

How can I care for my baby’s feet?
At birth, the feet are mostly cartilage. They are soft and flexible, making them prone to damage from pressure. Shoes and sleeping suits that are too small may cause pressure.

Growth suits should always be loose around your baby’s feet. Making time for your baby to kick freely will also help with the growth of the muscles in the legs and feet. At six months of age, the foot is still mostly cartilage. The last bone does not begin to form until children are about three years old.

What should I know about learning to walk?
Children usually begin to walk between 10 and 18 months of age.
When your child begins walking do not make them wear shoes indoors. Letting baby go barefoot, or wearing just socks, helps the foot to grow normally and helps the grasping (grabbing) action of the toes.
Sometimes children walk with their feet pointed inward (in-toeing) or outward (out-toeing). This can be a normal part of growing. Please talk to your Podiatrist or your General Practitioner if you are worried.
Also, talk to a Podiatrist or your General Practitioner if your child begins walking solely on their toes (toe-walking), as this affects muscle development in their legs.

Are flat feet normal?
It is normal for young children to have flat feet (i.e. no arches in the foot). Normally flat do not remain flat, but if they do this does not necessarily mean that the feet will cause pain later in life.

What do I need to know about shoes and socks?
As your child grows, it is important and necessary to make room for their growing feet by changing the size of their socks and shoes regularly.

Shoes
Shoes should always protect a child’s feet.

When fitting:
- always have both feet measured for length and width.
- the front of the shoe should allow toes to move freely and not be squashed from the top or the sides.
- make sure there is about 1cm growing room for children between the end of the longest toe and the end of the shoe.
- shoes should fit comfortably around the heel and not be too loose or too tight.

Do not share or hand down shoes between family members.
BILLYCART WORKSHOP
Build your own billycart to take home

Saturdays 28th Feb and 14th Mar 2015
$10 per family materials and BBQ included
10.30am - 2.00pm
Cnr Huon Highway and Memorial Drive

Contact Leigh: 0418 932 457 or 6297 0052

WANTED
VOLUNTEERS

Billycart Derby
Contact: Leigh Oates
6297 0052
0418 932 457

Sunday
22nd March
2015
Memorial Drive
Geeveston

GeCo afternoon swimming
• Every Wednesday afternoon
• Pick up from Geeveston Primary School at 3pm
• Drop off at Geeveston Community Centre (GeCo) at 4.30
• $2 per child
• Children 8-15 years old
• Contact Lucy at GeCo on 62971616 for more Information

GeCo Weekly TimeTable

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>Growing Strong Together Playgroup 9:30-11am</td>
<td>SETAC oonah playgroup 10am-12pm</td>
<td>Early Days Baby group 10:00am-11:30am</td>
<td>Pregnancy and New Mums Exercise class 11:30-12:45</td>
<td>Cafe Craft Activity Group 11:00am-1:00pm</td>
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<tr>
<td>Royal Hobart Paediatric clinic (by referral of GP)</td>
<td>Family Planning Clinic fortnightly 11am-4pm - by appointment</td>
<td>Child Health and Parenting Nurse 10-4pm</td>
<td>Royal Hobart Hospital Birthing Education Classes - enquire at the CFC for dates and times</td>
<td>Child Health and Parenting Nurse 10am-4pm</td>
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<tr>
<td>Baptcare Gateway Family support (by appointment)</td>
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<td>St Giles Speech by appointment (weekly)</td>
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GeCo Autumn Holiday Program 2015
Tuesday April 7th-Thursday April 16.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>6th.</td>
<td>7th. Garden</td>
<td>8th. 10-4 Bush walk &amp; photography</td>
<td>9th. 10-3 T-Shirt Tie-Dying</td>
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<td></td>
<td><img src="image1" alt="Flowers" /></td>
<td><img src="image2" alt="Bushwalk" /></td>
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<tr>
<td>13th. 10-2 Music</td>
<td>14th. Garden</td>
<td>15th. 10-4 Aquatics Centre, Hobart</td>
<td>16th. 10-2 Board game day &amp; craft</td>
</tr>
<tr>
<td><img src="image3" alt="Music" /></td>
<td><img src="image4" alt="Flowers" /></td>
<td><img src="image5" alt="Swimming" /></td>
<td><img src="image6" alt="Craft" /></td>
</tr>
</tbody>
</table>

Lunch will be provided each day. Activities are $4 each.

Please wear weather-appropriate clothing and bring your water bottle every day.