Message from Mrs Staines

Dear Parents and Carers,

We have had a very busy week at SHPS as we enter the final stages of preparation for hosting Sunday’s Catholic Schools Netball Carnival. It was wonderful to witness the community spirit of our school as volunteers arrived and left the briefing meeting on Tuesday evening. The meeting was a true reflection of the generosity that is the core to our community.

Thank you.

♥ MASS ON SUNDAY BEFORE CARNIVAL

Members of the community are extended a warm invitation to begin the day by celebrating Mass at 8.00am in the small (Sacred Heart) Church located in front of St Francis of Assisi Primary School in Calwell (just across the road from the site for the Carnival). Our Mary of Help of Christian’s Parish Priest, Father Richard Thompson will be our celebrant on the day.

♥ POKEMON CARDS

Each Monday (in the hall at lunchtime ONLY) and Thursday (in the library at lunchtime ONLY) students with an interest in Pokémon can use their cards. There will be NO swapping or trading on these occasions. We ask that the cards be in a container or zip lock bag clearly labelled with your child’s name. The cards need to stay home all other days. Kindergarten students can play each day as there is a designated spot on the Kindergarten playground.
If there are issues that arise from this opportunity, we will ask for the cards to remain an outside school activity.

♥ **SHPS LUNCHTIME OPTIONS AND CHANGES**

During lunch time the following options are available to students:

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>The hall is open</td>
<td>The library is open</td>
<td>The library is open</td>
<td>Gardening club with Mr Fox</td>
<td>The hall is open</td>
</tr>
<tr>
<td>• shooting hoops</td>
<td>• reading, lego</td>
<td>• pokémon, chess</td>
<td>• shooting hoops or advertised clinics.</td>
<td></td>
</tr>
<tr>
<td>• playing with building blocks board games or Pokémon</td>
<td>• drawing.</td>
<td>• reading</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• reading</td>
<td>• drawing.</td>
<td>• drawing</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

♥ **OUR AMAZING CHOIR UNDER THE DIRECTION OF MRS ALISON HACKWILL**

This Semester has seen the SHPS choir participate in a wide range of ‘Out Reach’ and community experiences. This week they attended ‘the BIG GIG’ on Tuesday. We thank Mrs Bartlett, for going with them and the Stage 2 team for supporting this exciting experience.

On Wednesday, 26th October, two School Captains went with the choir, Mrs Hackwill and Mrs Hildegart to the Cathedral for the 2016 Mission Mass.

The choir sung hymns in front of 200 teachers and students who gathered in prayer for the Missions. The choir did an amazing job and received many compliments from Father Tony Percy and a lot of people working in the Archdiocese. The main focus of the Mass was about children in Cambodia and the health care issues. It really made us realise how fortunate we are. Fr Tony also said that there is about one month left in this year of mercy so we should use this opportunity to be merciful in the world.

We would like to thank Mrs Staines, Mrs Hackwill and Mrs Hildegarte for organizing and taking us to the Cathedral.

From Alice & Joshua, School Captains
CONGRATULATIONS
Well done to our Alyssia B from 5/6 N who was awarded a Judges Prize in the Year 5/6 Story Book category in the ‘Make Your Own Story Book’ Competition last Wednesday.

She wrote an outstanding historical narrative about Alfred Deakin called Affable Alfred. Jackie French presented the students with prizes which included a book written by her and a certificate.

WORKING WELL WITH MATHS AT SACRED HEART
On Tuesday staff participated in Discussion Lessons and a Twilight Session with Doug Williams (author of the Mathematics Centre) from Melbourne. The Discussion Sessions provided teachers with the opportunity to observe students learning to work like mathematicians. During the day teachers were given time to reflect on and share their own experiences when teaching Maths and discussed what captivates and interest their students. These discussions will enable teachers to be more confident when teaching Maths in their own classroom.

Has your child shared with you what he or she has enjoyed during their Math sessions?

Mrs B-W
STAGE 1 WATER CYCLE ACTIVITY
Stage 1 have been investigating water around our school and the water cycle. This week we constructed a terrarium using a variety of cactus plants and succulents. We discussed how the terrarium will act as a small-scale model of our environment, showing us how water is absorbed, how it evaporates and condenses to continue the cycle. One of the things we enjoyed the most was watching the water as it trickled down through the layers of soil and sand. The students drew diagrams of each step of the terrarium as we constructed it, and added labels to their drawings just as clever scientists do. We are looking forward to making observations about the growth of our plants and watching to see how water looks at different stages of its cycle.

Ms Thompson– Lang

BIG GIG AT LLEWELLYN HALL, ANU SCHOOL OF MUSIC
On Tuesday the school choir went to the Big Gig at Llewellyn Hall, ANU School of Music. We wore sparkly hats and did some dancing with lots of other schools. It was great fun.

Jessica D—2016 Music Leader
PIANO TUITION

Piano tuition is available to all ages and styles. Beginners most welcome.

Please contact Craig Mewett via phone: 0262785331 or mobile 0409151887.

PARISH CRAFT GROUP (aka A Common Thread)

The parish has a craft group that meets every Monday at 10am in the Parish Hall. You are invited to join the Parish Craft Group aka A Common Thread. It is a friendship group of women meeting with a common thread of sewing, knitting, crochet, quilting or any form of needlework or craft on a regular basis. You can bring your own projects along or begin something new with friends. Come along or for more info please contact Lauretta at laurettar4@gmail.com

BOOK AUTHOR WINNER

Hi, My name is Macy White and I am in 3/4W. Last term I had the opportunity to enter a writing competition through Pens against Poverty, a charity organisation. We had to create a short story or poem based around the theme of ‘Playing Fair’. I decided to enter and write a short story about a group of birds playing their version of a soccer game called ‘Mighty Giants’. I based the characters in the story on my 3 pet Quail's at home and a Bower bird who has found a home in my backyard. I created the story myself and my parents helped me to edit it. On Friday 21st of October, myself, my family and Mrs Stumbles attended an awards ceremony as we had been informed I was going to win ‘an’ award. Little did I know that my story had been chosen by the judges as the best story in the year 3/4 category. We were all shocked, surprised and happy that I won. I received a few prizes, including a $50 gift voucher to Dymocks book shop, plus my story has been published on the Pens against Poverty website. I am now a published author!

I have included my story on the next page for you to read, I hope you like it.
"Just one more Mentos Betty" Sheila the tallest quail shrieked with excitement as the coke bottle began to shake and splutter. Then there was an almighty explosion as the coke bottle top flew off. Betty the smallest quail flew in the air and off the coke bottle then landed on the ground on her feet. Brian the leading quail went to fetch the goals (the goals that were quail size) and put them on each side of the field. "Sheila and Betty get to your places" Brian said with enthusiasm "the game is about to begin".

Brian the leader of the quail pack started with the bottle top doing flips and somersaults. He headed straight towards the goal and was about to score when a greedy bower bird swooped down and stole the bottle top off him. "Hey that’s not very nice Mr Bower Bird" exclaimed Betty. Mr Bower bird just ignored her. "Little quail that’s not how you score a goal" Mr Bower bird explained to Brian trying to sound smart. "Can you please give back our bottle top" Sheila cried crossly. "Only if I can play" Mr Bower bird bellowed. "Alright" Brian replied "you can be on my team". "Alright then" Mr Bower bird said boldly. "Let the game begin" said Brian.

Brian passes to Mr Bower bird then Mr Bower bird flew in the air and swooped right past Betty and Sheila kicking the bottle top into their goal “score” yelled Mr Bower bird. “Hey that’s not fair” said Sheila annoyed. “Yes it is” shouted Mr Bower bird “it clearly went in." "In Mighty Giants no birds are allowed to fly, it’s against the rules Mr Bower bird” explained Brian. “Just play on it’s really no big deal” Mr Bower bird said as if he was quite enjoying stopping all the time.

The next game they played Sheila started with the bottle top. Sheila was about to pass to Betty when Mr Bower bird swooped down and stole the bottle top off Betty. He pushed her over and Mr Bower bird headed for the goal and scored yet another. Betty, Sheila and Brian went into a huddle. “We have to do something about Mr Bower bird” whispered Brian. “He keeps on cheating and not playing fairly” said Betty. “He pushed me over and I don’t think we can have him in the game if he keeps on cheating and bullying us”.

The three quails thought of a short plan and then they went back to the game. This time Betty started with the bottle top and when Mr Bower bird was about to swoop down, Betty, Brian and Sheila flew onto each other’s backs. They got hold of Mr Bower bird’s legs and swung him around in the air and suddenly let go. He smashed into the brick wall and then he flew away. The quails finally played their own game and they never saw Mr Bower bird playing unfair again.
Religious Education News
Live Jesus in your Hearts, FOREVER

In keeping with the message in last week’s newsletter article this term value is Gratitude.

Continuing on from last week, listed below is another 3 ways about how demonstrating gratitude can lead to positive outcomes in our lives. It is also important to note gratitude is something that we can build and cultivate in ourselves and others. With practice we can all benefit from this value.

4. You’re More Resilient
Throughout your life you’ll experience many setbacks and failures. So having good coping skills is vital for us to have a thriving and successful life. When life knocks you down yet you still practice gratitude, you can humbly appreciate the temporary defeat as a learning lesson. When you’re faced with challenges, you can thank God or the Universe for giving you an opportunity to practice your patience and strength. When you’re grateful you focus more on the opportunities that failures give you, rather than its negative consequences.

5. You Deepen Your Social Ties
Gratitude has the power to deepen your social bonds and connections with others. When you live in a state of gratitude, you have better relationships with your peers. It also enhances your ability to form and nurture relationships, as your friends and family members experience the positive vibes of your appreciation for them and for life. Your energy changes when you’re grateful, and you go from being a “downer” to being a positive person. And this is very attractive to everyone else around and strengthens your relationships.

6. You Have Better Health
Gratitude has been linked to better physical health, as well as better sleep and reduced stress levels. You can live a much better life when you’re grateful because as you improve your relationship to the world, you feel better within your body. Grateful people take better care of themselves as they appreciate their health more.

This coming Wednesday 2 November 2016 is All Soul’s Day. Sacred Heart has prepared the some prayer cards and placed them at the front of the school. We invite members from our community to collect one of these to commemorate this day and take some time to quietly reflect upon all the wonderful people, past and present, who hold a special and unique place in our lives.

Aaron Fox A/Religious Education and Wellbeing Coordinator

♥ PARISH NEWS
The parish is undergoing some refurbishment work at the moment, and this has caused some drainage problem around parts of the church. Therefore we are asking our parishioners and members of the community to take care around the front corner of the church, and driveway. We are hoping that this will be addressed ASAP.

Father Richard Thompson
## Congratulations

Congratulations to the following students who will be celebrating their birthday this week and over the holidays:

- Macy W, Elektra T, Sharon Y, Kaiden T, Madeleine T

### AWARDS

<table>
<thead>
<tr>
<th>Class</th>
<th>Students</th>
<th>Spirituality Awards</th>
</tr>
</thead>
<tbody>
<tr>
<td>KW</td>
<td>Alex C, Paige P, Caitlin L</td>
<td>Jim C</td>
</tr>
<tr>
<td>KR</td>
<td>Jay M, Jake B, Emmy C</td>
<td>Molly F</td>
</tr>
<tr>
<td>1/2R</td>
<td>Aaron J, Maeve L</td>
<td>Cameron M</td>
</tr>
<tr>
<td>1/2S</td>
<td>Edan P, Emily M, Mia C</td>
<td>Oliver M</td>
</tr>
<tr>
<td>1/2W</td>
<td>Nate T, Isabelle M</td>
<td>Micah L, Whayne G</td>
</tr>
<tr>
<td>1/2N</td>
<td>Lucas F, Samara A</td>
<td>Aidan H, Scarlett W</td>
</tr>
<tr>
<td>1/2M</td>
<td>Iris H, Lucas P, Nicolas R</td>
<td>Bradley N</td>
</tr>
<tr>
<td>3/4S</td>
<td>Hermia R, Luca A, Taya L, Hayley G</td>
<td>Luca A</td>
</tr>
<tr>
<td>3/4W</td>
<td>Gavin P, Lauren C</td>
<td>Meggin C</td>
</tr>
<tr>
<td>3/4N</td>
<td>Sophia D, Kai M, Jessie R</td>
<td>Emma T, Leila G</td>
</tr>
<tr>
<td>3/4R</td>
<td>Clare D, Polly-Jean E, Daniel F</td>
<td>Yiannia M</td>
</tr>
<tr>
<td>5/6W</td>
<td>Hannahs, Sophie R, Zoe A, Marissa S</td>
<td>Patrice P</td>
</tr>
<tr>
<td>5/6N</td>
<td>Ruby K, Noor C</td>
<td>Kaylia A</td>
</tr>
<tr>
<td>5/6R</td>
<td>Quinn D, Clare L</td>
<td>Eliot T, Jessica D</td>
</tr>
</tbody>
</table>

### HAPPY BIRTHDAY

29 Murphy Street, PEARCE 2607

Ph: 62862443

Fax: 62865123
CLOTHING POOL

The Clothing Pool will BE OPEN Friday 28 Oct 2016 from 2.45 to 3.30pm. New and quality second hand school clothing are available. Uniform orders can be placed using the Qkr app and orders will be delivered to your child’s class.

Hats can be purchased from the Canteen. Thanks to all the helpers, your work is very much appreciated.

Any queries please contact me on 0407 008 148. Tracey Kane, Clothing Pool Coordinator

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Canteen Roster - Week 4, Term 4

<table>
<thead>
<tr>
<th>TIMES: OCT</th>
<th>Monday 31st</th>
<th>Tuesday, 1st</th>
<th>Thursday, 2nd</th>
<th>Friday, 3rd</th>
</tr>
</thead>
<tbody>
<tr>
<td>9am-12pm</td>
<td>Sally</td>
<td>Sonia</td>
<td>Annie L</td>
<td>Lena</td>
</tr>
<tr>
<td>12pm - 2pm</td>
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</tbody>
</table>

FRONT OFFICE CHATTER

During this term, we have had several children who have required medication to provide relief from allergies or pain. We have had to contact those parents concerned to obtain permission to provide medication of either panadol, nurofen or claratyne to provide relief. Therefore, we are asking parents who are aware that their child may require medication, to complete the dispense medication form, and provide the appropriate medication to the front office.

Term 4 school fees are due by 11 November 2016. Payment can be made by QKR, cash or via Eftpos.

All families that are leaving Sacred Heart at the end of the year are reminded to ensure that their fees are finalised by the end of the year. Please contact Shari if you need to discuss this matter.
CSNC Sacred Heart Netball Players

Information

- The Catholic Schools Netball Carnival is on this Sunday 30th October at Tuggeranong Netball Courts, Were St Calwell.
- All students must wear Sacred Heart sports uniform on this day.
- Players must be at the courts no later than 8:15am, those attending the Carnival Mass may arrive after it has finished.
- Sacred Heart Primary School has an allocated area (see map below also on website), please meet your team there.
- The pools and draws for every team are on the school website. Click on the CSNC 2016 logo and it will take you to all the information.
- All players should have received their participant bag, if not your team manager will give it to you on the day.
- Food vouchers are with the team managers and will be given out on the day.
CSNC Coaches and Managers for Sacred Heart Teams

Information

Team coaches and managers must register their team between 7:30 - 8:30am.

All coaches, managers, umpires and players should meet in the area allocated to Sacred Heart (check map)

Sacred Heart will be coordinated on the day by Mrs Laura Stumbles and Miss Sally Kearns. They will have team bibs and the size 4 netballs for the Year 2 and Year 3 teams.

All coaches and managers should have their WWVP card on them or sign a Short Term Exemption (see school coordinators on the day).

Managers must bring the food vouchers and give them out on the day to their team.

The pools and draws for every team are on the school website. Click on the CSNC 2016 logo and it will take you to all the information.

It would be appreciated that the netballs given to each team is labelled with Sacred Heart PS in a black marker.
RAFFLE  RAFFLE  RAFFLE

As part of the 2016 Catholic Schools Netball Carnival, we are running a Raffle!

There are a heap of fantastic prizes including a Capercaillie Wine Pack, Capital Chemist gift hampers, Quality Meats meat trays, wine (kindly donated by IGA Deakin and Barton Grocer), a BBQ, Tip You’re It vouchers, a Sportsmans Warehouse Pack and more!

Tickets are $5 each or 3 for $10.

Tickets have been sent home for parents to sell (please note as some of the prizes include alcohol, tickets may not be sold or purchased by people under 18 years of age).

*All sold and unsold ticket books must be returned to the school by Friday.*

Raffle tickets are being sold at the carnival if you have missed out or want to buy more. Thanks for all your support.

Sacred Heart
Catholic Schools Netball Carnival Committee
Kindergarten and Year 1 Registrations

NetSetGo clinics will be offered on the day of the Catholic Schools Netball Carnival for all children (boys and girls) in Kindergarten and Year 1.

NetSetGo is a fun skills clinic to introduce netball to new players. Each session will run for approximately 50 minutes.

Registration forms are available in the school foyer or by emailing shpsnetball2016@gmail.com

So join in the fun and return your registration form as numbers are limited!

Catholic School Netball Carnival 2016 Draws

The draws for the netball carnival are NOW on the school website.
Bake stall at the Catholic Schools Netball Carnival

Plates went home this week and we are asking each family to provide some home baked goodies to be sold on the day of the carnival.

Please note there needs to be an ingredients list provided for all food products sold. Due to allergies, we ask that you do not use any nuts in any of your baked goods.

Delivery can be made to Sacred Heart on Saturday 29 October between 3-3.30pm or directly to the bake stall at the carnival Sunday 30 October between 8-10am.

Thank you for your assistance and we look forward to seeing all the scrumptious treats!
CATHOLIC SCHOOLS NETBALL CARNIVAL – PLANT STALL

Plants  Plants  Plants!!!!

Do you have them?? We need them!! Please bring any plants or decorative pots that you wish to donate in to the school before Friday 29th October for the Netball Carnival on 30 October.

Calling all Volunteers!!
Call  Rachel on 0466 342 430

IN CASE OF WET WEATHER FOR THIS
SUNDAY 30th OCTOBER 2016

In case of very wet weather the carnival may have to be cancelled.
Information will be posted on the 2016 Catholic Schools Netball Carnival Facebook page and on FM104.7 Radio Station.
We would like to thank the support of the following sponsors
We would like to thank the support of the following sponsors

- Westfield Woden
- Benmax Group
- ASET Wealth Management
- Capital Chemist Southlands
- FYshwick Fresh Food Markets
- Capercaillie Wines
- ANZ
- Coates Hire
- Canberra Milk
- Konica Minolta
We would like to thank the support of the following sponsors

hit 104.7
jnjg.
SLAVEN MAZDA
GLR Accountants
pwc
DANCE CENTRAL
NORTH CANBERRA
Canberra Darters
National Dinosaur Museum
Telstra Tower
Think U Know
29  Murphy Street, PEARCE 2607
Ph: 62862443
Fax: 62865123
GET INTO GOLF

MyGolf is Australia’s introductory golf program, for kids between 5 and 12 years of age.

MyGolf is a fun way to begin learning the basics of the game in a safe and healthy environment.

Every MyGolf centre across Australia has the same goal; to make golf a fun experience for kids.

There are three stages of the MyGolf program to meet the needs of all participants:

- **ROOKIE**
  - Introduction to golf

- **STAR**
  - Develop golf skills

- **MASTER**
  - Prepare to play

All participants can receive a fantastic MyGolf giveaway pack including their very own golf club!

MyGolf uses game-based activities to introduce kids to golf and develop their skills.

There will be cool competitions, promotions and opportunities for MyGolf participants to attend the biggest golf tournaments of the summer, so make sure you don’t miss out and visit mygolf.org.au today.

REGISTER NOW AT

MYGOLF.ORG.AU
COMMUNITY NEWS AND PROGRAMS

Canberra Music Tuition

Music Lessons

CMT continues to offer guitar lessons at Sacred Heart Primary School. Lessons are held during the school day on a Tuesday with Mr Dan Poole.

Lessons are $33 per half hour (one on one) and can start at any time of the term.

ENROL TODAY!

Phone: Canberra Music Tuition on 6299 9154 or email: jmtadmin@iinet.net.au

NEW! Book online:
www.canberramusictuition.com.au
and click In-School Enrolments

Is your family interested in the Spanish language?

Spanish Speakers Assoc. (OSITOS) and the Pioneros Scout Group welcome everyone to join our OPEN DAY of OSITOS (classes for children or parents) and the ‘PIONEROS’ Scout Group.

Friday 18th November 4.30pm until late!

• Fun Games & Activities
• Delicious Latin American BBC
• Shows • Art Exhibition
• and much more!

Turner Scout Hall
11 Masson St, Turner
ositoscool.com.au