



# SACRED HEART NEWSLETTER

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**Week 5**

**Term 1**

**22nd February 2021**

## Principal's Message

Dear Parents and Carers,

Last week we celebrated the beginning of Lent with a wonderful Mass on Ash Wednesday. Our Mass was led by the Year 5/6 children who all did a great job with their readings and jobs. Fr Samson reminded us that Lent is a time for prayer, fasting and almsgiving. Fr Samson talked about how this shows our appreciation to Jesus for all the sacrifices he made for our sins. One way our children can show this is through the giving of alms through Project Compassion. As is the case each year, we are asking our school community to donate money which directly benefits those less fortunate in our society. This year's theme is **Be More** and we would greatly appreciate any donations to go towards our school's contribution to Caritas.

Tonight we are hosting the annual Parent Information Session which will immediately follow the PTF Annual General Meeting. All families are invited to join us here at school for the AGM and information session. Each family will receive a 2021 Parent Handbook with general information about our school. If you are unable to attend, a handbook will be sent home through the week.

One of the areas discussed tonight will be our 2021 Annual School Improvement Plan. In the very near future, we will be seeking input from our parent community in regards to our improvement goals. Specifically, we are implementing a new Diocesan-wide initiative from the paper *Living Well, Learning Well*. This paper discusses the importance of ensuring that every member of our school community is valued and respected. Here at Sacred Heart, we are starting with reviewing our Core Values and developing a school-wide positive behaviour program. In order for this to work most effectively, we need feedback from all stakeholders; staff, students and parents alike. Keep an eye out for this survey - we would love any feedback to help us improve in the area of supporting students social, emotional and behavioural skills.

Last week I attended the official Diocesan Launch of the celebrations for 200 years of Catholic Education in Australia. The first Catholic School in Australia was opened in January 1821 in Parramatta with approximately 30 students. From there, the Catholic School System in Australia has grown to over 770,000 students in over 1,750 schools. Our school will recognise this significant event in Term 2 with a Family Mass. In the meantime, our school's front fence has been adorned with the nation-wide promotional banner which includes an image from students from McCarthy Catholic College in Tamworth.

Good luck to our swimmers competing this Friday in Tamworth at the Diocesan Swimming Trials! Considering there is no need for parents to drop off and pick up their children, I will be staying at school. However, Mrs Goddard and Mrs Rees will be the staff members attending.

Special mention to **Xanthia Watson** who celebrates her 9th birthday on Friday 26th February.

I hope you have a great week!

Nick Baird  
Principal

Congratulations to Sophie and Aidan Rodstrom on the birth of their new son, Max who is a brother for Ellie, Georgie and Harry. Welcome to our community.



## AWARDS & ACHIEVEMENTS



### **Students Of The Week for Attitude, Values and Study Habits Week 4**

**K-1-2 - Elsie Groves** for working hard in  
Maths on number skills.

**3-4 - Shakira Talbott** for her fluent reading in  
reading groups.

**5-6 - Georgia Baird** for fantastic story writing  
ideas.

### **PRINCIPAL'S AWARD**

**Karter Grover** for being a good role model in  
the playground.



*leave the carnival. A reminder that swim caps will not be available on the day.*

***Please ensure that your child brings everything they need: goggles, towel (or two) water bottle, food, sunscreen, hat, extra shirt, pool entry money (\$3.50).***

**A reminder that if you are transporting a child other than your own, you need to see Robyn at the Office to complete a 'Transporting Students in Staff or Parent Volunteer Cars' form before Friday.**

**If anyone has any questions, please don't hesitate to contact me.**

**Katie Goddard  
Swimming Co-Ordinator**

## **Diocesan Winter Trials**

Students in Years 5 and 6 are invited to nominate to trial at the Diocesan Winter Trials being held in Inverell on Friday 12 March. The Winter Trials sports are Rugby League (Boys 11 yrs and Opens divisions), Soccer (Girls and Boys), Hockey (Girls and Boys) and Netball (Girls only). Please note, these are selection trials only and not a coaching clinic, therefore previous experience playing in weekend competitions in these sports is required. **Successful students will represent the Armidale Diocese team at the Polding Winter Trials in Bathurst on Friday 23 April.**

## **RE News**

### **First Week of Lent**

We begin our annual Lenten Project Compassion journey by learning about the story of Jamila and her family.

Jamila, 22, is a Rohingya woman, living in the world's largest refugee camp in Cox's Bazar, Bangladesh. A single mother, she fled armed conflict in Myanmar to save herself, her elderly mother and eight-month-old baby.



With the support of Caritas Australia, through Caritas Bangladesh, Jamila was able to access emergency food and shelter. She also received counselling, emotional support and learnt sewing skills, to help her earn an income. Jamila now feels less alone, with a sense of community around her. She is able to 'Be More' to her little family.

860,494 people remain in the densely populated camps, in desperate need of humanitarian assistance, especially due to COVID-19. (UNHCR)

Watch a short film about Jamila's story [here](#).

"Aspire not to have more, but to be more." Please support [Project Compassion](#):



## **Diocesan Swimming**

Congratulations to the following students who qualified to participate at the Diocesan

Swimming Carnival in Tamworth this

**Friday, 26th February.** A letter was sent home on Friday with changes to restrictions. **GREAT NEWS: Due to a decrease in competitor nominations, there will be an increase in spectators. Therefore the Diocesan Swimming Carnival will now allow one spectator per competitor. Please ensure that you follow the guidelines that are in place for spectators as per note sent home on Friday.**

Sacred Heart representative shirts will be handed out tomorrow, with swim caps if you purchased one for your child. Students will need to wear their sports shorts or skorts as part of the school uniform. **Students will need to bring an extra shirt as the school rep shirts will be collected before they**

## COMMUNITY NEWS

### Transition



### 2021 Sacred Heart Stars

What a fantastic response we have received for our 2021 Sacred Heart Stars Program. We will hold a short parent information session on **Friday 5th March at 9am** after dropping your child off to school. The session will go for approximately half an hour and will touch on what your child will be doing here at school during the day. A note regarding what you need to send with your child will be emailed to you before this day.



Friday - 26th February - Yr 6 Shirt note + payment

### 2021 NSW Country Swimming Championships

On the weekend, Felicity Gough competed for the Gunnedah Swimming Club at the 2021 NSW Country Championships at Sydney Olympic Park. Country Championships is not only a swimming carnival, it is an opportunity for clubs to get together as a team and also to connect socially with other regional swimmers.

Felicity competed in: 50m Freestyle, 50m Breaststroke, 100m Breaststroke and the Freestyle and Breaststroke Relays.

Congratulations on your efforts Felicity!



### FEBRUARY

**Mon 22nd** - Parent Information Night - PTF/AGM - 5:30pm

**Fri 26th** - Diocesan Swimming Carnival - Tamworth

### MARCH

**Fri 5th** - TRANSITION STARTS (parent information session at 9.00am)

**Mon 22nd** - Polding Swimming - Sydney

### Good for Kids good for life

#### CHOOSE WATER AS A DRINK



We know that water is the best drink to quench thirst and stay hydrated. But sometimes it can be difficult to persuade children to choose water over sugary drinks.

How much water should our kids drink everyday?

1-5 years: 1.25L or 5 glasses 

6-12 years: 1.5L or 6 glasses 

+ extra water if they have been active and on hot days

Here are some tips to encourage water intake:

- Pack a refillable water bottle for school and when you go out.
- Encourage your child to drink water before, after and during physical activity.
- Be a role model. Make a point of drinking water with your kids.
- Try adding slices of fruits such as lime or lemon to water for extra flavour. You could even try mint or cucumber.
- Try keeping a jug of water in the fridge or adding ice cubes.