From the Principal

Week 1

Important change to our Kindergarten BBQ and Start of School Information Evening

To assist parents to have their children home at a reasonable time for bed, we have moved the beginning of the Kindergarten Information Session on Tuesday 13 February to 5.30pm. We will have senior students available to care for any young children you may wish to bring along so that you can listen to the 30 minute information session without interruption. The information session will be followed by a BBQ which we hope all parents and their children will attend to assist in getting to know everyone associated with Kinder 2018. This allows for all important contacts and support throughout your child’s schooling.

Swimming Carnival

Congratulations to our House Captains who leapt at the opportunity to lead our swimming teams and ensured there was excellent house spirit and participation during our swimming carnival yesterday. Captains had all ensured that their teams had chants to practice and performed them with enthusiasm. It was a delight to see, not just our Year 10 students role modelling excellent leadership, but also many of our junior secondary students assisting during novelty events and encouraging all our swimmers with enthusiasm. Thanks to Mrs Maxwell for organising another terrific carnival, to all staff for manning jobs all day and to all the parents who were able to come along and either support or do some of the very important jobs required on the day such as timekeeping. As one of the marshals for the day, I would like to mention how very proud I was of all the students for taking care of younger students, making them feel safe and welcome and helping them to understand what to do, and for using their very best manners at all times while in that area. I was very impressed by all the students that came through. I also thank students who volunteered to act as runners throughout the day. It made a huge difference having such willing helpers.

Term 1 Disco

The Student Leadership Team has been very keen to make sure a school disco date is locked in for Term 1. Please add to your diaries that there will be a Primary disco (Stages 2 and 3) from 5.30pm to 7pm and a Secondary disco from 7pm to 9pm at the RSL on Wednesday 21st March. We have had to choose a Wednesday due to other events taking place on Thursday evenings and Fridays being difficult with many heading away for the weekend, sport, etc. Please support the disco, which is fully supervised by our staff. All proceeds from the disco go towards our sponsored children. The Leadership Team will be sending out details such as the theme, cost, when tickets go on sale, etc in a few weeks.

Ash Wednesday

Ash Wednesday is always celebrated on the Wednesday seven weeks prior to Easter Sunday. For Christians, the day marks the first day of Lent. It is a season of penance, reflection, and fasting which prepares us for Christ’s Resurrection on Easter Sunday, through which we attain redemption. We will be celebrating Ash Wednesday next week with a mass at 10am. Please join us if you are able.

This month on SchoolTV - School Transitions

Whether it is starting school for the first time, moving up to a higher grade or embarking on a journey through secondary school, there is no doubt that any school transition is a very exciting time for children and parents. It means your children are growing up!

However, transitioning is an ongoing process. It can continue long after students have entered their new environment and may encounter difficulties at a number of different stages. These stressors may appear as anxiety and frustration and result in negative or disruptive behaviours. Such behaviours can become problematic making the transitioning process even more difficult for children and parents.

In this edition of SchoolTV, parents will learn practical strategies to assist your child during the transition process and reduce stress and anxiety levels. We hope you take time to reflect on the information offered in this month’s edition and we always welcome your feedback.

If you have any concerns about your child, please contact the school for further information.
Here is the link to this month's edition [http://shcoota.nsw.schooltv.me/newsletter/school-transitions](http://shcoota.nsw.schooltv.me/newsletter/school-transitions)

**Uniform Committee**
Each year we try to form a uniform committee to assist with updating our uniform and to provide a platform for any concerns regarding the uniform. A member of the School Board will be on the committee along with myself and a teacher representative. We will also have student leaders as part of the committee, but we would greatly appreciate any parents who would like input and have the time to assist with researching possible changes, costs, etc. If you are interested in being on this committee, please email me at janet.cartwright@cg.catholic.edu.au by Friday 16 February so that the first meeting can be organised. At this stage, it is proposed to have the meetings on Monday afternoons after school so that student representatives are able to attend. If this doesn’t suit, please let me know any day/time preferences when you email so that they can be considered. We have very limited options as Tuesdays are our Leadership Team meetings and Information Sessions, Wednesdays are staff meetings and students have sporting/other commitments on Thursdays after school each week.

**Be positive**
Sometimes we can lose touch with the purpose of what we are doing in our life; if we let go of our dream, we live without hope and to be without hope is to be without purpose.

Being positive about ourselves comes not just from the things we actually do but how we feel about ourselves and the level of contentment we have. If we lack self-belief or continue to live in the past or have too strong a desire to be perfect, then we deliberately place obstacles in our life, for we immediately place limits on our development as persons. If we constantly compare ourselves with others, we undermine our worth; it is because each of us is different, that each of us is special. We should not let life slip through our fingers by living in the past; by living one day at a time, we live all the days of our life. We should never be afraid to admit that we are less than perfect; it is this fragile thread in us that binds us together.

So, what are the messages that our children receive by watching and listening to us lead our lives? Do they learn to accept and respect the reality of their own life when it is pleasant and painful; do they learn not to blame others? Do they learn to forgive others and themselves and correct their mistakes? Do they learn to be patient, kind, gentle and compassionate with others and themselves? Do they learn that they don’t have to prove themselves better or worse than anyone else?

**Year 10 Hennessy BBQ**
Traditionally our previous Year 10 students who have commenced Year 11 at Hennessy are invited to attend a BBQ with their families, held at Sacred Heart. This year we would like to extend this invitation to include the current Year 10 students and their families. The BBQ will be held on Monday 19 February from 6pm at our new BBQ area. Invitations will be sent home with students, but please save the date as it will be a lovely, informal opportunity to speak with both Sacred Heart and Hennessy staff, catch up with old friends, etc. All food and drinks will be provided on the night. We look forward to seeing you there.

**Opening School Mass**
Please come along to our Opening School Mass on Friday 23 February from 12noon. Our Student Leadership Teams, including House Captains will be inducted and all students new to the school either throughout 2017 or at the beginning of 2018 will be welcomed into our community and presented with a Sacred Heart candle. The Mass will be a lovely opportunity to welcome in the new school year and celebrate everything that is wonderful about Sacred Heart.

With blessings,

*Mrs Janet Cartwright*
*Principal*
Changes to the calendar

2 weeks ahead

<table>
<thead>
<tr>
<th>Mon 12 Feb</th>
<th>All day</th>
<th>Week 3</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Burning Branches Liturgy 1:30pm</td>
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<td></td>
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<td>Kindergarten Meet and Greet</td>
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<tr>
<td></td>
<td></td>
<td>Year 7 Information/ Meet and Greet</td>
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<tr>
<td>Wed 14 Feb</td>
<td>All day</td>
<td>Kinder Testing</td>
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<td></td>
<td></td>
<td>Kinder Read Day</td>
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<td></td>
<td>10 - 11am</td>
<td>Ash Wednesday Mass 10am</td>
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<tr>
<td>Thu 15 Feb</td>
<td>All day</td>
<td>Kinder Testing</td>
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<tr>
<td></td>
<td></td>
<td>Leonie Ainsty Leadership meeting (Young)</td>
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<td>2. Reconciliation and First Eucharist</td>
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<tr>
<td>Fri 16 Feb</td>
<td>All day</td>
<td>Kinder Testing</td>
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<tr>
<td></td>
<td></td>
<td>Leonie Ainsty LNAP Day 1</td>
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<td></td>
<td></td>
<td>Western Region Primary Swimming Carnival - Lake Cargelligo</td>
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<tr>
<td>Mon 19 Feb</td>
<td>All day</td>
<td>Week 4</td>
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<tr>
<td></td>
<td></td>
<td>2019 Year 11 Hennessy BBQ</td>
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<tr>
<td>Tue 20 Feb</td>
<td>All day</td>
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<tr>
<td></td>
<td>6 - 7pm</td>
<td>ReSA Information Evening</td>
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<tr>
<td>Wed 21 Feb</td>
<td>All day</td>
<td>Kinder Interviews - times to be advised</td>
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<tr>
<td></td>
<td>All day</td>
<td>Kinder Read Day</td>
</tr>
<tr>
<td>Thu 22 Feb</td>
<td>All day</td>
<td>Yr 6 Reflection Day</td>
</tr>
<tr>
<td>Fri 23 Feb</td>
<td>12 - 1pm</td>
<td>4. Reconciliation and First Eucharist</td>
</tr>
</tbody>
</table>

Faith Matters

1. Ash Wednesday & Lent:
We will be celebrating mass at 10am next Wednesday 14th February to mark the beginning of Lent. Lent is a time of preparation for the great celebration of Easter, which is central to our faith. During mass the ashes will be blessed and marked on our foreheads in the form of a cross, to represent our willingness to examine our lives, in the light of Jesus’ teaching, passion and death. During Lent we are asked to spend time developing our spiritual lives through prayer (talking to God), fasting (giving up something, not necessarily food) and almsgiving (giving of our time or talents to others in need).

2. Rice Day Lunch Wednesday 14th February:
A reminder that next Wednesday after Ash Wednesday Mass we will be having our Rice Day lunch to raise funds for Mercy Works. All students are asked to buy a bowl of rice for $2 to support the work of the Sisters of Mercy in development and support projects in our region. (See flyer below). For our students, this meal serves a two-fold purpose. Firstly, Lent is a time of renewal and penance where we do acts of almsgiving, fasting and prayer. We are asking our students to forgo their usual lunch and buy a bowl of rice. The money from this day is given to the Mercy Works Foundation who supports the needs of children in some of the poorest parts of our world. It is also an exercise in empathy. The rice meal provides the students with a sense of walking in the shoes of a child from a developing country who only gets one bowl of rice to eat for a day. This exercise can allow our students to recognise how blessed they are to have plenty of food, education, freedom and safety.
In past years we have donated the proceeds of our Rice Day to supply much needed building materials, educational resources, and tools for the remote communities who want so badly to give their children an education. Please talk to your child’s classroom teacher if you have any concerns about your child’s participation in the activity.
Rice Day to help support Mercy Works

When: Ash Wednesday (Day of Penance)

14th February 2018

All students are asked to buy a bowl of rice

Cost: $2.00 per student payable on the day

#Canteen will be closed for lunch including online orders (drinks will be available)

# If your child has special dietary requirements please notify his/her teacher in writing

#2017 proceeds went towards helping children in Fohorem (Timor Leste)

Thank you for your support!
Class Awards Primary Term 1 Week 2

ES1M  Koby O’Toole
Levi Phillips
Tristen Collins

1GH  Joshua Ismay
Lucas Walker
Tanen Singleton

1M  Halle Johnson
Harry Blackman

2C  Jasper Howarth
Malee Holihan
Sean O’Brien

2N  Archie O’Brien
Mia Naider

3M  Sasha Louttit
Elliott Sargent

3W  Jacob Hutchinson
Ben Smith

Star of the Week

Angel Hall

Shirley Bear

Oliver Daley

Notices

URGENT
There is still a few outstanding forms which should have been returned by Monday 5th February 2018. These forms are a requirement of the CE and must be returned to the front office by the due date.

➢ General Consent Form for Excursions and Medical History
➢ Student Medical Condition Checklist
➢ Student information checklist

Please look over your child’s information and make any changes.
Sports News

Swimming for Sport.
Primary students (Yr3-6) will swim for sport each Thursday in Weeks 1, 4, 5 and 6. Please ensure students have $2.50 for pool entry, swimmers, rash shirt/ shirt, towel and sunscreen.
Secondary Students will swim or do water based activities for sport each Friday in Weeks 1, 2, 3, 4, 5 and 6. Please ensure students have $2.50 for pool entry, swimmers, rash shirt/shirt, towel and sunscreen.

Sports Trials
All the best to the below students who are attending summer sports trials this week.

<table>
<thead>
<tr>
<th>Basketball Friday</th>
<th>Cricket Thursday</th>
<th>Tennis Friday</th>
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</thead>
<tbody>
<tr>
<td>Darcey O'Toole</td>
<td>Corey Gale</td>
<td>Xanthe Tozer</td>
</tr>
<tr>
<td>Corey Gale</td>
<td>Darcey O'Toole</td>
<td>Bridget Sharman</td>
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<tr>
<td></td>
<td>Oscar Robert</td>
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<td></td>
<td>Samuel Nasser</td>
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<tr>
<td></td>
<td>Ned Murray</td>
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<td></td>
<td>Dominic Shepherd</td>
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</tbody>
</table>

Sacred Heart Swimming Carnival

Congratulations to all our Age Champions and Runners-up

Boys

<table>
<thead>
<tr>
<th>Champion</th>
<th>Runners Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sub Junior Jake Winsor</td>
<td>Josh Harris</td>
</tr>
<tr>
<td>Junior Declan Brown</td>
<td>Caleb Jones</td>
</tr>
<tr>
<td>Intermediate Lachlan Sedgwick</td>
<td>Jed Guthrie</td>
</tr>
<tr>
<td>Senior Jack Douglas</td>
<td>Ben Rumble</td>
</tr>
</tbody>
</table>

Girls

<table>
<thead>
<tr>
<th>Champion</th>
<th>Runners Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sub Junior – Joint Champion Sarah Harris and Ellie Jake</td>
<td>Lucy Smirl</td>
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<tr>
<td>Junior Evie Leathy</td>
<td>Macey Leahy</td>
</tr>
<tr>
<td>Intermediate Madeleine Brown</td>
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<tr>
<td>Senior Meghan Roberts</td>
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</tbody>
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Well done to Mercy on being Champion house from our swimming carnival.

Blue 1432
Red 1143
Gold 793

Congratulation to Lachlan Sedgwick and Madeleine Brown on setting two new records in the 100 m Intermediate Butterfly.
Sports Trials
Primary Summer Sports Trials (Stage 3) are next week.
Please ensure your child has returned the expression of interest form and nominations forms for AFL, basketball, tennis and cricket.

Primary Dates:
Friday 9th February - Canberra Goulburn Primary Basketball/ Tennis Trials Young
Friday 16th February - Western Region Swimming Carnival- Lake Cargelligo
Wednesday 21st February - Primary AFL Trials- Wollongong
Tuesday 27th February - Archdiocesan Primary Swimming Carnival - Boorowa
Monday 5th March - Winter Sports Trials - Queanbeyan
Tuesday 6th March - NRL Well-Being presentation 11:45-12:30
Friday 13th April - Sacred Heart Cross Country

Secondary Dates:
Monday 26th February - Archdiocesan Secondary Swimming Carnival - Goulburn
Wednesday 28th February - Small Schools Rugby League Secondary – Tumut
Wednesday 13th March - Years 7-9 Tag League – Young
Wednesday 28th March - Combined Sec C-G/Wagga Open Touch Trial - Wagga
Wednesday 4th April - Secondary Rugby League Trials - Forbes
Friday 13th April - Sacred Heart Cross Country

VERY IMPORTANT NOTICE:
From now on some CCC sport nominations will be completed on line. Parents interested in nominating their child for particular sports need to read the attached PDF document and visit the website to nominate their child. [www.csss.nsw.edu.au](http://www.csss.nsw.edu.au). Further information will be sent home when students return an expression of interest note.

Canteen News/Roster

<table>
<thead>
<tr>
<th>Canteen Roster 9th Feb – 15th Feb 2018</th>
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<tbody>
<tr>
<td><strong>Friday 9th Feb</strong></td>
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<tr>
<td>J Harris, T Cooper-Duck</td>
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<tr>
<td><strong>Monday 12th Feb</strong></td>
</tr>
<tr>
<td>N Hollihan, A Bucknell</td>
</tr>
<tr>
<td><strong>Tuesday 13th Feb</strong></td>
</tr>
<tr>
<td>L Polson, V James</td>
</tr>
<tr>
<td><strong>Wednesday 14th Feb</strong></td>
</tr>
<tr>
<td>B Holder, S Hazlett</td>
</tr>
<tr>
<td><strong>Thursday 15th Feb</strong></td>
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<tr>
<td>A De Wright, H Shepherd J Smirl</td>
</tr>
</tbody>
</table>

Thank You

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### Sacred Heart Central School Canteen Summer Menu 2018

#### Drinks
- 200ml flavoured milk: $2.00
- Fruit box: $1.50
- Get Go: $2.00
- Water: $2.00

#### Ice Blocks
- Snow droops: $0.50
- Icy pole: $1.20
- Frozen yogurt: $2.00
- Slushy: $2.00

#### Snacks
- Chips: $1.50
- Popcorn: $0.50
- Jelly: $1.00
- Slinky apple: $0.50
- Muesli bar: $1.00

#### Sandwiches, Wraps, Rolls and Salads
- Cheese: $2.50
- Vegemite, honey: $2.00
- Cheese & ham/chicken: $3.50
- Egg: $2.50
- Salad: $4.00
- Chicken/ham & salad: $5.00
- 
  $0.50 extra for roll/triangular

- Chicken Caesar salad bowl: $5.00
- Chicken/ham salad bowl: $4.50

#### Hot Foods
- Pizza: $5.00
- Chicken burger: $4.50
- Chicken & gravy roll: $4.50
- Mac & cheese: $2.50
- Popcorn chicken wrap: $4.50
- Chicken nuggets: $2.50

#### Weekend Lunch Specials

<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>Lasagne Salad</td>
<td>Popcorn Chicken</td>
<td>Meatball</td>
<td>Zucchini</td>
<td>Fried Rice</td>
</tr>
<tr>
<td>Bottle Water</td>
<td>Wrap &amp; Jelly</td>
<td>Salad Sub</td>
<td>Comfitter salad &amp; water</td>
<td>Popcorn &amp; Water</td>
</tr>
<tr>
<td>$5.00</td>
<td>$4.50</td>
<td>$5.00</td>
<td>$4.50</td>
<td>$4.50</td>
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</tbody>
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**ALL ORDERS MUST BE PLACED IN BOX AT FRONT OF CANTENE BEFORE 9.30 AM**

Students name and class must be clearly marked on lunch bag. If change is required it will be placed in the bag with lunch.

**Weekday specials are only available on the specified days**

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Students must bring their own cutlery.
P & F News

P & F
Save the Dates

Saturday 5th May Cash Bingo
@ Coota RSL Club
See flyer below.

Friday 19th October – Colour Run

Sunday 18th November – Holy the 13th
@ Cootamundra Country Club

Charity Cash Bingo
Saturday 5th May
Raising Funds for
Sacred Heart P & F
Guaranteed Minimum

$50
Prizemoney
per game.
Books $20 each
Half books available
Books on Sale from 6.30pm
Eyes Down 7.30pm
Table Bookings Welcome
Phone 6942 1577
Improving their school performance could be as simple as

A, B, SEE

Complete kids glasses
from $149 & Unconditional warranty*
*Conditions apply

Impaired vision can affect your child’s success at school – but they may not even realise there’s a problem.

That’s why regular eye examinations are important for kids.

Flanders & Smith EyeQ Optometrists
262a Parker Street, Cootamundra
Call 6942 2858

www.eyeq.com.au
Natural Dyeing
Beginners workshop with Merilyn Pickford
Saturday 24 February 2018
10am – 3pm

Cost $33 including one scarf. Bookings essential as numbers are limited.
Please wear covered shoes

Bookings and payment by Friday 16 February

With artist Merilyn Pickford. Please book and pay soon as numbers are limited