Know Thyself

It’s difficult to think of a more famous or wise instruction. These words were inscribed on the entrance to the temple of Delphi in Greece 2,000 years ago as a reminder to all those who came there to seek the answers to life’s most difficult questions. In Shakespeare’s Hamlet, Polonius’s famous advice to Hamlet can be reduced to these two words. The whole point of psychological counselling is directed towards this one goal.

Jesus famously reminded us that it is our interior life - our faith, intentions and beliefs that matter and not the exterior show we put on for the world. If we are not true to ourselves, we cannot truly be Christian.

Likewise as a school we must ‘know ourselves’. If we put on all the signs of a Catholic school to the external world but do not live the reality, we fail our most important test. Last week members of the Leadership Team attended the Archbishop’s Colloquium and we had some time to commence planning on a renewal of Mission. This process will involve a thorough self-examination and an honest measurement and bring us back to our founding mission and to the vision of Mary MacKillop and Julian Tenison Woods. Eventually this discernment will bring us to the renewal of Mission in our modern context. Knowing ourselves is the first step.

In knowing ourselves, we begin to know God.

NAPLAN – National Literacy & Numeracy Testing

In May as part of the National Assessment Program – Literacy and Numeracy (NAPLAN), national tests will be held in literacy and numeracy for all students in Australia at Years 3, 5, 7 and 9. At Sacred Heart, the tests will take place on the 12th and 13th of May.

Secondary Refurbishments

Over the coming break there will be major refurbishments to the secondary classrooms. All Year 9 & 10 and two Year 8 Classrooms will have new carpets, desks, chairs, white and pin boards and window dressings. All rooms will also be painted. This project is part of an ongoing programme of capital development at the College.

Kindergarten Enrolments 2011

Please note that enrolments for Kindergarten for 2011 close at the end of Term 1, on the 21st of May. Enrolment application forms are available from the Office.

Athletics Carnival

Congratulations to all students for our two outstanding Athletics carnivals. The participation was probably best ever and House Spirit was exceptional. Many thanks again to Mr Adam Mills and Mrs. Jill Long for all their work in preparation and on the days. The carnivals were exceptionally successful and well organised events.

New Drama Rooms and Classrooms
Chewing Gum
All students should now be fully aware of the ban on chewing gum at the College. It is important that everyone is aware of the reasons for such a ban – the potential damage caused by discarded gum to carpets and floors as well as hygiene problems – and that significant penalties apply for breaches of the ban. Please help us protect and maintain our new facilities by observing this rule.

Transport in Teacher’s Cars
There may be occasions when we may need to transport students in teacher’s private cars. These are usually emergency or urgent situations and at our next mail out opportunity I will send out a form to request a general permission to transport in situations where we are unable to contact parents for permission.

Student Achievement
Congratulations to Daniel Watkins who competed recently in the New Zealand National Schools Competition. Daniel won a bronze medal in the Under 16 Men’s Slalom K1 event which was an outstanding achievement. Daniel also won two silver medals for the C1 events in the New Zealand All Schools Nationals and the New Zealand Nationals at the Roaring Meg section of the Kawaurau River.

Mr Craig Deayton
PRINCIPAL.

Punctuality
Tardiness to school and to class disrupts teaching and learning and the pastoral care programs of the College. The amount of time lost over the course of a school year due to tardiness adds up quickly. Being punctual is also an important life skill, not many employers will put up with employees who are continually late. Addressing the issue of punctuality has been a topic of discussion of late in staff meetings, with a new system of dealing with habitual offenders resulting. Students who are late to Home Room three times in a fortnight will be required to attend an after school detention. This includes morning and afternoon Home Room. The same system will apply to normal classes. There is a warning bell that sounds at the start of school, after recess and lunch, which lets students and staff know that they have five minutes before class starts.

Preparing for tests and exams
In the last newsletter I included some tips for study. Here are some further tips, these ones being a little more specific to exams themselves.

Before exams
- Organise your class notes and supplement these notes with extra information from textbooks etc.
- Check with classmates and your teachers to see if you have missed any important notes or materials.
- Find out about the exam for each subject
  - How many sections?
  - Time limits for each section?
  - Number of questions per section?
  - Equipment needed?
  - Which criteria are being assessed?
  - Short answers? Essay? Multiple choice?
  - Is there a choice of questions?
- Ask your teachers about individual study techniques for your different subjects. Mathematics revision will be different to English revision, for example. Also discuss different strategies you can follow in the exam to help you complete all sections.
- Practice answering past exam questions in the allocated time.

Exam Revision
- You cannot expect to remember everything you have studied unless you revise.
- Only you can decide how much effort you want to put into your revision.
- Develop a revision checklist for all your subjects.
- Once you have summarised all your class notes, make summaries of the original summaries to condense the information into something that you understand.
- Start grouping related key points and use diagrams to help you visualise what you are studying.
SECONDARY AND PRIMARY NEWS

- Write plans for essay questions.
- Use visual memory aids such as flow charts, diagrams and graphs.
- Devise rhymes to help memorise key facts.
- Try to organise blocks of uninterrupted time and study when you are most alert.
- The important point about revision is that it must occur often and be repeated at the right intervals. Keep revising the same information in short bursts to try and commit it to memory.
- Find the best time to study – some people prefer to study early in the morning.
- Monitor breaks carefully and be certain that you are not simply finding an excuse to have a break.

Grade 7/8 Football Report
Sacred Heart College defeated St Virgils College 14.5.89 to 9.7.61 in a commanding first round performance. The team was ably lead by Tom Gravina as the forward captain, Jack McCulloch as the centre captain and Tom Bearman as the defensive captain. These boys did a great job in managing the players around them in their area and displayed many fine leadership qualities. Among the best were Connor Brownless, Jack McCulloch, and Josh Watts who scored four goals. Other goal scorers were Jack McCulloch with three, Connor Brownless with two goals, and Henry Burrows, Aiden Grace, Tom Marshall, Jeremy Hill, Angus O’Meara all scored one goal. It was a great team effort.

The 9/10 team went down to a strong St Virgil’s Team with Mitch Bond and Ben Freeman scoring goals. Best on field for Sacred Heart were Jayden Turnbull, Michael Bidgood, Austin Bidgood and Callum Jones.

Troubleshooting
How do I cope with:
- Stress/anxiety?
  A. Some stress can be useful, acting as a motivator. It can focus your mind and urge you to succeed. What you want to avoid is becoming too stressed. If your stress levels are causing you to be off task then you may need to do something about it. Talk to the school counsellor or attend some of the pre-exam study skills sessions. Learn some relaxation techniques such as breathing exercises or stretching. Some people relax by exercising or playing music. Engage in some positive self-talk – see yourself as the principal source of motivation.
- Missing an exam?
  A. You are solely responsible for making it to your exam. If you are a forgetful person then let other people know when your exams are. If you miss an exam you will be marked absent.
- Losing notes/books/folders?
  A. You will need to copy notes from a friend in the same class. Your teachers may be able to supplement some of your notes but once again it is your responsibility to look after your belongings.
- Lack of sleep?
  A. This can be a result of stress. Find a way to relax. The more organised you are the less stress you will have.

Adapted from R. Clifford
Eamonn Pollard
Deputy Principal

PRIMARY NEWS

Parent Teacher Interviews
Thank you to all parents who attended our Parent Teacher interviews last week. If you were unable to attend please feel free to speak to your child’s teacher to arrange a time that is mutually suitable.

Grade 5 Camp
Our Grade 5’s returned last week happy and exhausted after a very successful camp at Port Arthur. Thank you to all of the parents who assisted and special thanks to our hardworking staff for your organisation and supervision over the three days of the camp.

NAPLAN TESTING
Next week Grade Three and Grade Five will participate in the NAPLAN (National Assessment Program for Literacy and Numeracy) on Tuesday, Wednesday and Thursday. Students will be assessed on Language Conventions, Reading and Numeracy. Language Conventions incorporate spelling, grammar and punctuation. Numeracy incorporates number; algebra, function and pattern; space and measurement, chance and data.

A NAPLAN report for each child will be issued later in the year.
Walk to School / Healthy Breakfast
This Friday, May 7 is Walk to School / and Healthy Breakfast Day. College Staff members will be waiting at Creek Road Netball Courts and North Hobart Post Office at 7.20 am ready for a 7.30 am start. We would like to encourage as many students as possible to join us.

A Healthy breakfast of cereal and toast will be provided in the Grade Five Classrooms for all walkers. For catering purposes, please advise your teacher if you are participating.

RE News.
Thank you to all families who were able to contribute to the Project Compassion Drive over Lent. From this campus we raised over $1050 which is a marvellous effort! Congratulations! Your generosity will be gratefully received by those who have less than us. Thankyou.

Bernadette Burke
Mothers Day Stall
On Friday, May 7 our Parents Auxiliary will be running the Mother’s Day Stall. Gifts will be on sale for $3.00, $2.00 or $1.00. Raffle tickets will also be available for $1.00 each or three for $2.00. We look forward to your support.

LENAH VALLEY CAMPUS

COLLEGE PHOTOGRAPHS
A reminder that students will be photographed next Monday, 10 May. It is essential that all students from Grades Prep to Grade 6 wear their full College Winter Uniform on this day. Students involved in P E lessons will need to bring their sandals in their bags. Thank you for organising your son/daughter to look their best on this day.

PARENTS’ AND FRIENDS’ MEETING
The next meeting will be held in the Secondary Library at the New Town Campus commencing at 07.00 pm. Members of our Campus Community are very welcome to attend.

NAPLAN
Next Tuesday, Wednesday and Thursday students in Grades 3 and 5 will be involved in the annual National Assessment Program – Literacy and Numeracy. This information is particularly useful for system planning purposes in directing support for resources and support for targeted areas of student learning. We look forward to our participation in this process.

PARENTS’ AUXILIARY CAKE STALL
Next Tuesday, 11 May, families of Grades 3 and 4 students will contribute to the delicious offerings available from 02.50 pm in the courtyard outside the Grade Prep and 1 classrooms. Your support is very much appreciated. Thank you.

PARENTS’ AUXILIARY KARAOKE DANCE PARTY
This event will involve all students Prep to Grade 6. It will be in the Campus Hall from 05.30 pm – 07.30 pm. Further details will be communicated via separate notice.

CHESS COMPETITION
Our College will participate in an inter-school chess competition to be held at The Friends’ School on Tuesday, 18 May. We wish the team well as they refine their strategic skills in this mind challenging game.

PARENTS’ AUXILIARY CANTEEN THEME DAY
The next Theme Day is listed for Wednesday, 19 May. The delicious lunch item available will be warming meat pies.

CAMPUS ASSEMBLY
Our next Campus Assembly will be held on Wednesday, 19 May in the Campus Hall commencing at 02.00 pm. All family members are very welcome to join us.

CONGRATULATIONS
We congratulate our Campus Captains, Izak Hangan and Heather Evans as they represented our Campus Community at the wreath laying ceremony at the Lenah Valley RSL on ANZAC Day. Thank you to all families who attended and to those students who represented our College in the formal parade.

Mr Rob Direen (Deputy Principal – Primary)

Lost Spray Jacket
Sam Weston has lost his spray jacket. If found please return to Grade 7 Gold.

CALENDAR DATES
May
7 Family Photos & Parents Ancillary Mothers day stall
10 School Photos Lenah Valley Campus
21 Cross Country Carnival and Term One concludes
Assembly Report
On the 3rd of May, 7 white hosted the first grade 7 assembly for 2010. It was a great success and 7 white have set a high standard. The assembly included a number of acts and talks as well as the presentation of the grade 7 nominated certificates.

Zac, Atak and James performed an excellent magic show which left the audience in wonder, Jacob gave us an insight on what its like to look after 48 sheep and Nikki, Abbey, Alysha, Sofia and Fiona got the audience clapping along to the hoe down, throw down by Hannah Montana.

Tayla told us about her horses and the competitions she’d entered. Tom, Mitchell, Brodie, Lachlan and Jordan gave an interesting sports report, Francine played the flute, and the assembly ended with a hilarious drama performance by Chloe, Nikki, Tayla, Jenna, Morgan, Alysha, Adut and Abbey.

7 white held a great first assembly which I’m sure everyone would agree!

By Amelia Geniola and Francine Henderson

Inventory of Musical Instruments
We are conducting an inventory of musical instruments. On the whole borrowers are very prompt in returning.
If you happen to have anything at home resembling a violin or a clarinet would you please have your son or daughter return instrument to the Primary Music Room.

Thankyou,
Mrs Bernadette Burke

Music News.
If there are any students interested in having private lessons here at school in Brass, Woodwind or Strings please let me know.

Thankyou.
Mrs Bernadette Burke

Guilford Young College Parent Information Evening and Year 10 Visit
The GYC Parent Information Evening will be held on tonight at 7.30pm in the SSJ. Both year 10 parents and their sons and daughters are warmly invited to attend. The session should finish around 8.30pm.
Please also note that our Year 10 students will be visiting the GYC Hobart Campus for a familiarisation session on Wednesday 12 May from 9.15am-11.15am.
If you have any enquiries about either of these arrangements, please feel very welcome to phone Ms Donna O’Neill, Pathways Coordinator on 62 794090

Parents Auxiliary New Town—Mothers Day Stall
We will be holding a Mothers Day Stall in the Primary Music Room this Friday from 11.00am. Gifts will be sold for $3.00, $2.00 or $1.00. We will also have some great raffle prizes and tickets will be sold for $1.00 each or 3 for $2.00.
Thank you to the Grades 5 and 6 families who contributed to our recent cake and fresh produce stall. $197.00 was raised. A great effort.