From The Principal

October

Dear Parents,

It is great to be back after my Renewal Leave and I am looking forward to Fourth Term and all the exciting events which will occur. The Building Program has begun and will complete the redevelopment of all our classrooms. This will enhance not only the classrooms but the under cover area as well. The Aboriginal Garden development near the GP Hall looks fantastic and I would like to acknowledge the work that Vicki Dewsbury and Lisa Harbin have done to develop this feature.

Every seven years Principals have the opportunity to take Leave to renew and re-energise themselves. For my leave my focus was on physical and spiritual renewal. The first main element involved a seven day walking tour along the coast of North Devon and Cornwall beginning at Westward Ho! and concluding at Padstow. The word strenuous appeared frequently in the briefing notes and after the first day I knew that I was going to be challenged by the walk. The scenery was absolutely fantastic and the opportunity to walk and admire the beauty of this area was a pleasure. It allowed me the time and opportunity to think and reflect on my life, hopes for the future and what is important in my life including my faith and relationship with God. This time was a great gift.

On the downside I had to spend a great deal of time ministering to my feet which are not used to walking 17-24 km each day over mountainous goat tracks. I got lost twice and ended up walking across farmland in the dark for two hours before finding a house and getting assistance in getting to where I should have been. The owners of the accommodation had been considering ringing the Coast Guard to mount a search of the Coastal Path for me when I turned up. I was almost a famous Australian in Port Isaac where Doc Martin is filmed! It also poured with horizontal rain and high winds for most of one day of walking. Summer in England!

The photo shows the hill that was part of the most strenuous day. It took 30 minutes to make my way from the top to the bottom of the valley before taking ten steps across it and climbing for another 30
minutes to the top of the other side. My satisfaction at my achievement was diminished by the fact that when I admired the view I realised that I had covered a distance of just over 500 metres and I only had another 18.5 km to go.

The second major element was cycling 300 km in Spain from Leon to Santiago de Compostela following the pilgrimage path of Saint James over six days. I did part of the pilgrimage that Fr Richard completed a few years ago. Again it was challenging. The distances were only 51-91 km each day but were over a lot of dirt tracks as well as roads. Spain was beautiful and the number of magnificent churches which reflect the great faith of catholics over centuries is amazing. It was also amazing to see so many people from different countries, and of all ages, participating in this pilgrimage of faith seeking to further deepen their relationship with God. The two photos show the highest point of the ride. It was a day of 31 degrees C and the road was steep. I rode and walked to the top of this mountain wondering why I was actually doing this.

The second photo is of the cathedral of Compostela at the end of my ride. It is a magnificent church and its square is where all the pilgrims gather to celebrate the completion of their faith journey and to rejoice in their achievement. It was well worth the pain and discomfort of the journey (it wasn’t my feet that were hurting this time) to experience what the catholic faith means, and has meant, to generations of people in Europe and it has enhanced my faith through these experiences.
I am excited to be back and look forward to the coming Term and reconnecting with the St Finn Barr’s Community.
Have a great week.

Anthony Healey,
Principal.

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REC News

Prayer
God help us to live slowly:
To move simply:
To look softly:
To allow emptiness:
To let the heart create for us.
Amen.

Parish Buddy Masses are on Thursdays at 12:00 in the Church. The class attending this week is 5/6 Harbin.

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Help Needed: Athletics Carnival, Wednesday 23rd October.

Thank you to those parents who have given up their time to help already! We still need 3 helpers from 11:30-1pm. Please send me an email if you are available to help sarah.reynier@catholic.tas.edu.au or alternatively leave a message at the office.

Thank You,
Sarah.
School Wide Positive Behaviour Support

We are a Community of
Safe
Respectful
Resilient
Learners.

How was the holiday?
Easy to remember the 6:1 positives........ or were they spread thinly?? Some days better than others? Normal!

Either way, let’s encourage our children to begin fourth term positively..............
looking great in Summer uniform, getting into homework without being asked, being helpful at home and at school, working towards the next grade whether moving from Kinder, Grade Six or anywhere in between, no whingeing, being willing to talk about an issue,
........ and commend each for their efforts......................
well done, wow, thank you, great job, high five, impressive, growing up, thinking well.... and so on!

Have you noticed our banners on the wall in the Office??
Well done! Great observation!

Have a wonderful last term for 2013. stay positive and encouraging.......... together we can do it!!!

If you have any SWPBS questions you would like addressed in the Parent Newsletter, please email lynne.seaton@catholic.tas.edu.au

STUDENTS NOT RETURNING IN 2014

If families are not returning to SFB in 2014, can you please complete the slip below & return to the school office.

Thank you.

FAMILY NAME: ……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………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ICT News
Did your children spend more time on the Internet and with electronic equipment during the holidays - particularly when we had endless rain?

Did you know what they were doing? To whom they were talking?

Remember Cyberbullying can include:
- abusive texts and emails
- posting unkind messages or images
- intimidating others online
- excluding others online
- inappropriate image tagging
- imitating others online

What can we do as parents and teachers?
- Take action.
- Set family/school rules.
- Talk to our children.
- Block the cyberbully.
- Keep the evidence.
- Report the problem.


Please forward any questions to lynne.seaton@catholic.tas.edu.au

Sacred Heart Parent and Friends are proud to present

The Secret of Happy Children - a special evening with Steve Biddulph

Tuesday 29th Oct. 2013 at Sacred Heart School Presentation Hall, 7.15pm for 7.30pm - $15.00 per person

For thirty years Steve Biddulph has been giving talks around the world, helping parents understand the psychology of children. His talks are hilarious, moving, and immediately helpful. 130,000 parents in 17 countries have listened to him speaking live. Based on his bestselling book of the same name, The Secret of Happy Children covers girls and boys from birth to 21, showing you a clear roadmap of what to do and when.

Topics include...
- Is my child normal?- the question every parent asks.
- From toddlerhood to teenage- hood - what is going on ?
- Understanding your parenting style and what might be missing
- Soft love and firm love, and when to use which
- Discipline - it isn't what you think
- Helping your family to slow down and be happier

Bring a friend or two, and enjoy a good night out that might even change your life. Steve’s books, including Raising Boys, Raising Girls, Complete Secrets, and Manhood, will be available for purchase on the night.

Tickets to be purchased from the Sacred Heart School office on 63 311 011.

We regret that children and babies cannot be admitted to the talks.
School Books 2014
There will be a major change to the process of buying and collecting school books in 2014. Officemax will not be having a Book Sale day at school, all books will be delivered to families at home. Families will need to order online and pay by Credit Card or Pay Pal. STAS families will need to be approved by November to allow for processing of their books.
If any families have any questions or concerns please contact our school office.

BACK TO SCHOOL MADE EASY
WITH OFFICEMAXSCHOOLS.COM.AU

OfficeMax Schools is an online store where parents can order all of their child’s school supplies for the year with just a few clicks! This year we’re making it easier than ever to shop with some great new features including PayPal!

GREAT FOR YOUR SCHOOL...
• You recommend the school supplies for your students and parents can purchase these directly from us, saving you time and freeing up your resources
• Provides the option for you to collect additional fees or contributions from parents, reducing your administration burden
• Ensures all students have the same, high quality stationery to start their school year
• A dedicated Back to School team to support you all the way!

...AND GREAT FOR THE PARENTS!
• A one-stop shop for all their Back to School needs
• Quick and easy 24/7 online ordering
• Secure payments methods including PayPal, Mastercard and Visa
• Exclusive savings for orders placed before 31 December, 2013

Got a question? We’re here to help!
Call us on 1800 004 427 or visit officemaxschools.com.au
NORTHERN TASMANIAN PRIMARY SCHOOL BASKETBALL TOURNAMENT
Saturday 19th and Sunday 20th October, 2013 Venue: Silverdome

Saturday 19th October

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<th>Team</th>
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<tr>
<td>8:50am</td>
<td>1</td>
<td>5/6 Boys</td>
<td>Sacred Heart</td>
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<td>11:20am</td>
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<td>5/6 Girls</td>
<td>Norwood</td>
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<td>1:00pm</td>
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<td>5/6 Boys</td>
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<td>7:40pm</td>
<td>4</td>
<td>5/6 Girls</td>
<td>Scotch Oakburn</td>
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Sunday 20th October

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<th>Time</th>
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<td>1:00pm</td>
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<td>5/6 Boys</td>
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Come along and support your school!

St Patrick’s College Girls Summer Uniform

St Patrick’s College has decided to proceed with the embroidering of the Official College crest on all the Girls Summer uniforms from now on. There are several reasons for this move, the main issue is that they will have control over the quality and style of uniform that has taken many hours to develop over recent times. That means in future, the dresses will be sold only from the College Uniform shop and with the College Crest embroidered on each garment. Any other variety of the dress will not be accepted as being part of the official College uniform.

Students from Catholic Primary Schools who wear the same Girl's Summer Dress as St Patrick's will be able to organise the embroidering of the approved dress (made by Tas Uniform Emporium) through the St Patrick’s College Uniform Shop after the completion of their primary school education and in preparation for entry to St Patrick’s College. The new Summer Dress is selling for $75.00 at St Patrick's College Clothing Store. It is available in sizes 6-22.
# St Finn Barr's Athletics Carnival 2013

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<tr>
<th>Event</th>
<th>Grade 6 Boys</th>
<th>Grade 6 Girls</th>
<th>Grade 5 Boys</th>
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<tr>
<td>Event 7</td>
<td>Long Jump (B)</td>
<td>Long Jump (A)</td>
<td>High Jump (A)</td>
<td>High Jump (B)</td>
<td>Shot Put 70m</td>
<td>Discus</td>
<td>Vortex</td>
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<tr>
<td>Event 8</td>
<td>Discus</td>
<td>Javelin</td>
<td>Long Jump (A)</td>
<td>Long Jump (B)</td>
<td>High Jump (A)</td>
<td>High Jump (B)</td>
<td>Shot Put 70m</td>
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<td>Event 9</td>
<td>Shot Put 100m</td>
<td>Discus</td>
<td>Javelin</td>
<td>Long Jump (A)</td>
<td>Long Jump (B)</td>
<td>High Jump (A)</td>
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<td>Event 10</td>
<td>High Jump (A)</td>
<td>High Jump (B)</td>
<td>Shot Put 100m</td>
<td>Discus</td>
<td>Javelin</td>
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<tr>
<td>Event 11</td>
<td>Javelin</td>
<td>Discus</td>
<td>100m</td>
<td>Shot Put 200m</td>
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<td>Event 12</td>
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<td>Shot Put</td>
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**EVENT 15**  
Shuttle Relay – Grade 3 House Groups  
1:00

**EVENT 16**  
Shuttle Relay – Grade 4 House Groups  
1:10

**EVENT 17**  
Shuttle Relay – Grade 5 House Groups  
1:20

**EVENT 18**  
Shuttle Relay – Grade 6 House Groups  
1:30

Presentation 2pm
Mowbray Little Athletic Club

Little Athletics is for all kids aged from 3 to 14 years old who would like to run, jump and throw, make lots of new friends, have fun and get fit. Little Athletes aged 3 and 4 years participate in our Tiny Tots program which is open to all. Little Athletes aged 5 to 14 years on 30 September will participate in Running, Jumping and Throwing events every week. Little Athletics is held each Saturday morning or Thursday evening from October to March at the Rocherlea Football Ground with warm up starting at 8.45am for a 9am start. Our season starts on Saturday 12th October. Training is each Tuesday 4.30 to 5.30pm starting Tuesday 1st October at Mowbray Heights Primary School, Cadorna Street. Don’t worry if you can’t come to our first meet or training you are able to join in at any time and you only need to pay after you have competed twice, which gives you plenty of time to decide if it’s the sport for you 😊

If you have any questions please contact Jenny on 0428 981 295 or further information can be found on our website www.whitecitylittleathletics.org.au We look forward to seeing you.

ST PATRICK’S COLLEGE COME AND TRY ROWING AND FAMILY FUN DAY!

Have you always wanted to row! Do you think you would like to do rowing as a sport when you enter St Patrick’s College in Year 7? Come and enjoy a chance to experience rowing at Lake Trevallyn – Saturday 19th October, 2013 (at the end of Lake Trevallyn Rd) from 8.30-10.30am.

St Patrick’s College coaches and senior rowers will be there to assist and greet Year 6’s who will be introduced to rowing in boats, have a go on a rowing machine, meet other Year 6 students attending St Pat’s in 2014 and enjoy some morning tea.

Parents and Families are encouraged to come along! Please contact the Rowing Co-ordinator with any questions, or to express interest in volunteer rowing coaching an U13 (Year 7, 2014) squad! steph.wogowitsch@stpatricks.tas.edu.au
### October

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<td>14 Term 4 Starts Morning Prayer 3/4 MM</td>
<td>15</td>
<td>16</td>
<td>Class Liturgy at 10.30 5/6 AB&lt;br&gt;PM Mass Prep P &amp; 5/6 BH&lt;br&gt;City Park Radio 5/6 LH</td>
<td>18</td>
<td>19 Family Mass 6pm Newstead Church</td>
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<td>20</td>
<td>21 Morning Prayer Prep B</td>
<td>22</td>
<td>23 3-6 Athletics Carnival&lt;br&gt;Early Transition for SPC</td>
<td>24 Class Liturgy at 10.30 1/2 AC/RB&lt;br&gt;PM Mass – 5/6 LH</td>
<td>25</td>
<td>26 Confirmation &amp; First Eucharist Mass</td>
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<td>28 Confirmation &amp; First Eucharist Mass</td>
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<td>30</td>
<td>31 Class Liturgy at 10.30 5/6 BH&lt;br&gt;PM Mass – 5/6 AB</td>
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### November

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<td>3 4 Recreation Day</td>
<td>5</td>
<td>6 3-6 Swimming Program @ Riverside Pool</td>
<td>7 3-6 Swimming Program&lt;br&gt;P &amp; F Meeting</td>
<td>8 3-6 Swimming Program</td>
<td>9</td>
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<td>10</td>
<td>11 3-6 Swimming Program&lt;br&gt;Morning Prayer 1/2 AC/RB</td>
<td>12</td>
<td>13 3-6 Swimming Program</td>
<td>14 3-6 Swimming Program</td>
<td>15</td>
<td>16 Family Mass 6pm Newstead Church</td>
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<td>17</td>
<td>18 Morning Prayer 1/2 HC</td>
<td>19</td>
<td>20</td>
<td>21 Class Liturgy 5/6 LH&lt;br&gt;PM Mass 5/6 BH</td>
<td>22</td>
<td>23</td>
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<td>24</td>
<td>25 Morning Prayer&lt;br&gt;PP</td>
<td>26</td>
<td>27 Primary Schools Music Rehearsal Day</td>
<td>28 K-2 Athletics Carnival&lt;br&gt;Class Liturgy 1/2LM/CA&lt;br&gt;PM Mass 3/4 Team&lt;br&gt;7pm L'ton Catholic Schools Annual Music Concert &amp; Awards Evening</td>
<td>29</td>
<td>30</td>
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