



SACRED HEART SCHOOL

Te Kura Ngakau Tapu

"Sacred Heart School is a Catholic Community enriching and empowering our students for life in the 21st century."

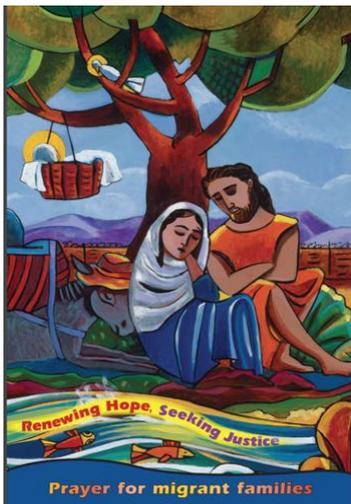
Newsletter: Thursday 30 August 2018

Dear Parents and Caregivers

Nau mai haere mai. Talofa lava, Malo e lei lei, Jou sahn, Aubowan, Chao, Hola, Fakalofa atu, Kumusta, Salam Sejahtera

As always we have had a very busy couple of weeks. The highlights have been the roof going on the new building, our success at Cantamaths, swimming, a good finish to the winter sports season and beginning athletics, polishing up the performances for the Cultural Festival next week and some improving weather. Mr Joblin's choir are sounding brilliant as they prepare for Jubilate 2018. Miss Caldwell's choir are sounding magnificent as they prepare for the Christchurch Schools Music Festival. We were delighted with the 17 guests we had for the Science Taster Day which launched our latest Deep Learning.

Prayer for Migrant Families



Good and gracious God, we thank you for the gift of families. We are grateful for all of the joy and love that they bring into our lives, and we ask that you provide special protection for all families, particularly those who face hardships as they move in search of a better life. Show mercy to those who travel in danger, and lead them to a place of safety and peace. Comfort those who are alone and afraid because their families have been torn apart by violence and injustice. As we reflect upon the difficult journey that the Holy Family faced as refugees in Egypt, help us to remember the suffering of all migrant families. Through the intercession of Mary our Mother, and St. Joseph the Worker, her spouse, we pray that all migrants may be reunited with their loved ones and find the meaningful work they seek. Open our hearts so that we may provide hospitality for all who come in search of refuge. Give us the courage to welcome every stranger as Christ in our midst. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever. Amen

First Reconciliation/Communion Programme 2018

The next meeting for children working towards their First Reconciliation and First Communion is on 16 September at 1.00 pm. This is for both the parents and the children - please contact the Parish if you have any questions regarding this. - Judy 3388395.



Sports Update

Week 4 Winter Sport

5/6 A Netball	31-2 loss - 2nd in division
5/6 B Netball	bye
7/8 A Netball	27- 5 win
7/8 B Netball	Win by default
5/6 A Hockey	10-1 loss - 4th in division
5/6 B Hockey	7-2 win - 1st in division
7/8 A Hockey	3-2 loss - 4th in division
7/8 B Hockey	7-1 loss - 2nd in division
5/6 A Football	5-0 win
5/6 B Football	5-4 win - 3rd in division
7/8 A Football	5-0 win

Week 4 Basketball

5/6 Blue A	8-2 win
5/6 Green B	4-4 draw
7/8 Celtics A	11-9 loss
7/8 Green B	14-8 win
7/8 Green B Friendly	45-12 loss

Week 5

This week our Year 7 and 8 Celtics played the Year 7 and 8 Green B team. It was a close game and both teams played superbly ! It is great to see our teams giving their absolute best and showing off the skills they have learnt over the past two terms.

7/8 Celtics A vs 7/8 Green B	14-8 win by Celtics
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Swimming Lessons

We had a fantastic two weeks at swimming and have seen huge improvements in the children's ability. They have thoroughly enjoyed themselves and grown in confidence.



Athletics

In Week 5 we began our athletics sport training. Each class will complete a rotation that covers shot put, discus, high jump, long jump, sprints and long distance. We will continue to practice on Thursday afternoons for the remainder of the term to get ready for our Athletics Day in Term 4.

Upcoming

Last week Miss Mac called a meeting for our year 3 and 4 students who were interested in playing miniball at Pioneer beginning in Term 4. This week she will run a trial as she had a large number of students interested. A notice will come home this week to the students who have been chosen to represent Sacred Heart.

Near Miss at the School Gates

Unfortunately we had a near miss at the school gate. As one of our 6 year olds was walking into the school grounds a car raced in, nearly hitting her and giving her a huge scare. For the safety of all your children, please, do not drive into either driveway to drop off or collect children.

New Board of Trustees Parent Representative

We are delighted to announce that the Board of Trustees have co-opted Anna Kelly as a parent representative onto the Board. We know that Anna will be a real asset to the Board.

Bananas

We are very fortunate to be able to send home bananas to all families. These are donated to the school by a non denominational trust called '**0800 Hungry**'. The trust is run by volunteers and is set up to locate and distribute recovered food back to the community. <http://www.0800hungry.org/overview.htm>

If you have very ripe bananas, try this easy recipe for **Banana Loaf**

Ingredients

- 3 very ripe bananas
- 1½ cups plain flour
- 1 cup white sugar
- 65g butter, softened
- 1 tsp vanilla essence
- ½ tsp baking powder
- 1 tsp baking soda
- 1 egg



Method

- Preheat oven to 180°C .
- Mash bananas add all ingredients and mix well.
- Place into a greased loaf tin and bake for 50 - 60 minutes until cooked

Buildings Update

We now have a roof to our new building. We are currently looking at interior colours. The Project Managers have indicated that we should be in the new buildings in the New Year.



Camp costs for 2019

All year 5-8 children will attend camp early next year. The year 5-6 children will go to Living Springs in Governors Bay and the year 7-8 children will be challenged at the YMCA camp in Wainui. We would like to advise that the cost of these camps will be approximately \$120 per child. This will include the bus, two nights accommodation, activities and meals. Please let Clare know if you would like to make payments for this in advance.

Cantamaths



What an awesome night at Cantamaths competing against Canterbury's best mathematical minds. We can be very proud of both our teams. Our Year 7 team finished with a massive 60 points and our year 8 team with 40. Big thank you to Mrs Williams and Miss McFadzien for all your help with the teams.

Keep a Sick Child at Home if You See the Following:

- **Fever.** This is one symptom that automatically rules out school, no questions. Your sick child should be fever-free without medication for at least 24 hours before you send them back to school. Most schools won't administer over-the-counter fever-reduction medication, so it's definitely worth keeping your child home, making sure they drink plenty of fluids and can recover from whatever they are battling.
- **Diarrhoea.** This could be a sign of a viral infection, so it's best to keep your child at home. It's also important to keep rehydrating them with an oral rehydrating solution when they have diarrhoea, and the best way to do that is by keeping them at home.
- **Vomiting.** Aside from the fact that your child won't be comfortable, they could vomit again. Keep them home until they have gone 48 hours without throwing up – they may remain contagious until 48 hours after the last bout of sickness.
- **Cough.** This depends on how severe the cough is. Coughs can spread infection to other students. A serious cough can also keep a child from getting a good night's rest, which means they'll be too tired for school in the morning. As a general rule, if your child has a serious wet cough, particularly if it's accompanied by breathing troubles, seek medical advice. But if it's just a mild cough and they have no other symptoms, they can probably go to school.
- **Rashes.** Skin rashes could be a sign of a contagious infection, such as impetigo. You should have a rash evaluated by a doctor before sending your child to school.
- **Conjunctivitis.** This infection can quickly and easily spread from one child to another, as many parents of primary-school age children already know all too well. Keep your child home until the doctor says he is no longer contagious.
- **Stomach ache.** This one can be tough to call. If they don't have diarrhoea and aren't constipated, tummy trouble could be caused by any number of things from anxiety to food poisoning. If the stomach pains are minor enough to allow your child to continue walking and behaving in his usual boisterous fashion – and there are no other symptoms – this might be one of those times worth risking sending them to school. Later, you can talk to them about any emotional issues that may be on their mind.
- **Ear infection.** As with coughs, you should evaluate all his symptoms before making the call. If they have mild ear pain, they'll likely be fine; but if they are clearly uncomfortable, they will have trouble concentrating in class anyway and should be kept at home. And if there are any other accompanying symptoms such as a fever, it's a definite sick day.
- **Runny nose.** Let's be realistic: If you kept your child home every time he had the sniffles, they'll miss a lot of school. Use your judgment. If they have a runny nose but seems otherwise fine, then it's probably okay for them to go to school (with a box of tissues in his bag).

Trust your instincts. If your child seems lethargic and just not themselves (if they are not interested in playing, that is often a big clue), keep them home and monitor them for any signs of illness.

Absentees and Lateness

If your child is going to be late or absent from school can you please make sure that you let us know, **with the reason for the absence**, before 9.00 am. Either use the SchoolApp or call the office on 3383247

Cultural Festival

(Kapa Haka and Filipino Groups)

Our awesome Filipino Performing Arts Group and our stunning Kapa Haka Group have been working hard polishing their performances ready to show them off to Canterbury at the Christchurch Primary School's Cultural Festival on Wednesday 5 September. If you did not order your tickets through school, either use the link below to book them online or visit Ticketek.



For the rehearsal on Tuesday all children must be at school by 7.45 am to walk to Horncastle Arena. On Wednesday children are welcome to stay at school until we are ready to leave for the performance. If they do not stay they need to be at school by 5.00 pm. We will walk to the arena together in costume. Could all boys in kapa haka bring their black shorts on Friday this week and all Sinulog boys bring their clothes also so we can have a dress rehearsal.

<http://premier.ticketek.co.nz/shows/show.aspx?sh=CULTURAL18>

Christchurch Schools Music Festival Choir



The choir are rehearsing for the Christchurch Schools Music Festival on the 25 October, this festival has featured Christchurch school choirs for over 40 years. Sacred Heart choir will be singing with 29 other choirs, a concert band, symphony orchestra and two auditioned choirs. We hope you are able to come along and support your children, it's always an amazing performance! If you have any

questions about the music festival or rehearsals please contact Miss Caldwell.

Tickets are on sale now through Ticketek, please find seats on the right of the arena so you are in the best place to view the choir.

<http://premier.ticketek.co.nz/shows/show.aspx?sh=MUSICFES18>

Clarissa and the Cats

Well done to Clarissa for her collection and donations of cat toys, and food to the **Feline Friends Charitable Trust**. What a caring piece of service, I see that it was very well received.



PARISH NEWS

Please make sure all Parish Attendance Dues for Term 3 have been paid to Judy in the Parish office. Please make an arrangement to pay any overdue amount you may have.

PARISH OFFICE HOURS

The Parish Office hours are as follows:
Mon, Wed, Thurs, Fri: 8.30 am—4.00 pm *and*
Tuesday 8.30 am—12.30 pm.

Link to the Parish Website - <https://goo.gl/obKDKn>

Events

5 September	Cultural Festival - Horncastle Arena
16 September	First Reconciliation Parent and Children Meeting - 1.00 pm Church
20 September	School photos
21 September	School DISCO - 5.00 pm
24 September	HPV Vaccination for Year 8's
25 September	Celebration of the Sacrament of Reconciliation - 7.00 pm Church
28 September	End of Term 3
15 October	Start of Term 4
25 October	Christchurch Schools Music Festival

**God Bless,
Frank and the Team at Sacred Heart School.**



Sacred Heart SchoolApp

Sacred Heart School uses a **Mobile App** for notices, events and other important School messages. To download the app for free on iPhone or Android click this link.

<http://onelink.to/fkk4ze>

Or search the App Store with Sacred Heart Christchurch

Please make sure you are signed up to our facebook page.

<https://goo.gl/ZOSNPA>



Parents are encouraged to make healthy choices from the Sushi Factory or Pita Pit menus for their children from our Friday lunch provider.

Please visit <https://www.lunchonline.co.nz/> to join up and order for your children

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