Dear Parents and Friends of Sacred Heart

The real religion of the world comes from women much more than from men – from mothers most of all, who carry the key of our souls in their bosoms. (Oliver Wendell Holmes)

It was a great pleasure to attend the 2016 Institute of Positive Psychology & Education (IPPE) Conference, Converting Science into Practice, at the Australian Catholic University (ACU) last Saturday and keep abreast of what’s happening in this exciting area that is a key focus for us here at Sacred Heart. One of the keynote presenters was Professor Richard Ryan who is tenured at both the University of Rochester, New York State, and here at IPPE ACU. Richard is an A grade researcher and the developer of the concept of Self-Determination Theory with its focus upon the cultivation of conditions that promote intrinsic motivation through meeting individuals’ and groups’ psychological needs. At a human and biological level we are each intrinsically motivated to help others – in essence we are hardwired for kindness. When the conditions are there to facilitate this, each of us can thrive and grow to our best. During Richard’s lecture I couldn’t help but reflect on Jesus, a great teacher, who implicitly knew this and spoke about it in his parable of the sower going out to sow his seeds. The seeds that fell in the ‘good’ soil grew and flourished and the rest that fell on the stony ground or among the weeds simply withered and died. As parents and teachers it is up to us to create the conditions, the ‘good’ soil, to meet their children’s psychological needs and allow them to thrive and be at their best.

There’s no one better equipped to do this than mothers. Richard highlighted research attesting to the fact that worldwide people tend to be securely attached to their mothers more than to their fathers. The reason……….mothers tend to listen more to their children than their fathers whose tendency is to be more controlling. Surprise, surprise!

Arianna Huffington, in her book ‘Thrive’, talks about the positive motivational impact her own mother had upon her life:

“I was brought up in a one bedroom apartment in Athens, Greece. She made me feel that I could aim for the stars. And if I failed along the way, that is okay. Failure is not the opposite of success, she used to say, it’s a stepping stone to success.”

Mothers often inspire their children to see the big picture. Bill Gates once said that on his wedding day his mother wrote in a card, “From those to whom much is given, much is expected.” I have said exactly this to our own Sacred Heart children on many occasions. Gates’ mother died six months later and he still cherishes the card, attributing his mother as the reason behind his philanthropic endeavours.

I spoke with Richard Ryan at the conference and invited him to Sacred Heart to present a staff meeting on motivation and also to present a parent workshop on the same topic. Richard happily agreed and I’m delighted to say that he has promised to visit us when he returns to Australia in October. He is a man of great knowledge and humility, widely regarded as one of the top ten psychologists in the world, and it will be an absolute privilege to host him at Sacred Heart during Term 4 this year.

Wishing everyone a great day of expressing gratitude towards the wonderful mothers in our community this coming Friday at breakfast and again at home on Sunday. I’m so thrilled that my own daughter will be able to experience Mother’s Day as a mum for the very first time.

Vince Campbell
Principal

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Planting Seeds for Tomorrow

8 Cardinal Street, MOSMAN NSW 2088 t: (02) 99696600 f: (02)9960 4312 e: info@shmosman.catholic.edu.au
www.shmosman.catholic.edu.au
There has been a great uptake of the app and we are happy to hear that families are enjoying the ease of access to school information.

Please take the time to download the app as it is a vital link communicating all notes and event information. For example should the athletics carnival be cancelled due to weather a notification would be sent via a ping on the Skoolbag app.

http://www.sacredheartmosman.com/about-us/skoolbag-app/

Very soon the weekly newsletter Heartbeat will only be sent out via the app and a copy filed on the school website.

Oremus

Please contact the school office or Mr Campbell if you would like prayers offered for a family member or friend. We will note your requests each week in HeartBeat.

School Uniform – Term 2

From Monday May 9th all children should be in full winter uniform.

Due to the often changing weather conditions the children are allowed to wear either uniform for the first two weeks of term 2.

Term 2 Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Friday 6 May</td>
<td>Mother’s Day Breakfast</td>
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<tr>
<td>Friday 6 May</td>
<td>Year 4 Excursion</td>
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<td>Tues 10 May</td>
<td>Naplan – Language &amp; Writing</td>
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<td>Wed 11 May</td>
<td>Naplan – Reading</td>
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<td>Thur 12 May</td>
<td>Naplan – Numeracy</td>
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<td>Thur 12 May</td>
<td>P&amp;F Meeting 7pm</td>
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<td>Fri 13 May</td>
<td>Mufti Day – Pizza Lunch (P&amp;F Fundraising)</td>
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<td>Sun 15 May</td>
<td>Year 3 Family Mass</td>
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<tr>
<td>Wed 18 May</td>
<td>Athletics Carnival</td>
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<td>Sat 21 May</td>
<td>P&amp;F Disco K-6</td>
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<tr>
<td>Sun 22 May</td>
<td>Year 5 Family Mass</td>
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<td>Wed 25 – Fri 26 May</td>
<td>Year 6 Excursion</td>
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<td>Fri 3 June</td>
<td>Sacred Heart Feast Day</td>
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<td>Fri 3 June</td>
<td>Blue Awards Assembly</td>
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<td>Fri 3 June</td>
<td>P&amp;F Movie Night (see flyer below)</td>
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Mon 13 June – Public Holiday
Wed 15 June – Confirmation Mass
Thu 16 June – Confirmation Mass
Fri 17 June – Confirmation Mass
Tue 14 June – ICAS Competition
Sun 19 June – Working Bee
Fri 1 July – Final day of Term 2
Fri 2 Sept - Pupil Free Day

P&F Meeting – Thursday 12 May

Parents and Friends Association Meeting Term 2
Meeting – 7.00 pm Thursday May 12th School Hall

Everyone is warmly invited to our P&F Term 2 meeting. At this meeting we will have an opportunity to listen to Mr John Farrell, Principal of Our Lady of Mount Carmel School, Waterloo. OLMC is our Sacred Heart ‘sister school’ and over the years there has been a strong relationship between the two schools, most notably in the years when both schools sent a group of children to Central Australia each year on a ‘Leadership for Reconciliation’ program. This year we are looking to revitalize the relationship between the two schools and have some exciting plans in the pipeline. John will talk about the needs of the OLMC School community and how these needs can be supported by Sacred Heart.

We will also have a presentation by Damien and Michelle Thompson, two of our Sacred Heart parents, on their newly developed ‘Minute It’ app and how it can be used to streamline meeting procedures, leading to more effective meetings and giving us better outcomes at Sacred Heart.

AGENDA

1. Opening Prayer
2. Presentation by John Farrell, Principal OLMC Waterloo.
3. Presentation by Damien and Michelle Thompson on ‘Minute It’ app.
4. Minutes from Previous Meeting
5. President’s Report
6. School Report (Principal)
7. Treasurer’s Report
8. Approval of Annual Accounts
9. Treasurer’s Report
10. Sports’ Club Report

Other Business - Moving Forward with School Sponsorship.
Term Dates for 2016

Term 2: Tuesday, April 26 to Friday, July 1
Term 3: Monday, July 18 to Friday, Sept 23
Term 4: Monday, Oct 10 to Tuesday, Dec 20

General Notices

School Fees

School Fee Statements have been sent out today. If you have not received yours please contact Ingrid the school office.

Trailer required for Sports Carnival

If anyone is able to provide the use of a trailer to ferry the equipment required for the sports carnival from the school to Allan Boarder Oval.

If you are happy to loan the trailer we have a car with a tow bar.

If you would prefer to use your own vehicle the trailer would need to be loaded on the Tuesday evening ready for transportation to the oval at 7am on Wednesday the 18th.

Athletics Carnival

Please ensure your child has returned their Athletics permission forms by this Friday (6/5). All students in years 2-6 must be entered into events through the completion of a simple online form that can be accessed via the following link - http://bit.ly/22ydKPU.

The above link will close this Friday and after this date entries into events will no longer be accepted.

Lunch Orders – Arena’s Deli

Lunch orders are available at the Athletics Carnival

Joseph Arena has kindly offered to deliver lunch orders to the athletics carnival on Wednesday the 18th of May. Just order as usual.

A yummy new addition to options available via the Flexischools lunch ordering system. Spinach, mushroom and mozzarella cheese (vegetarian) arancini. These are a pear shaped risotto ball covered in bread crumbs and lightly deep fried, served warm.

They are now available as two menu options; $6.00 each and also $4.00 for half - half is usually sufficient for the littlies.

Try to remember to place your child’s lunch order using the (very easy to use) Flexischools ordering system before 9.30 each day as orders placed outside the Flexischools ordering system will attract a $5.00 Administration Charge.

Orders can be established ahead of the school week and programmed even a week in advance! Easy access is via the Arena’s Deli website: arenasdelicafecucina.com.au

Book now for Mother’s Day Breakfast

Friday May 6th

7.30am-9.00am
RSVPs are closing! Jump online to celebrate our awesome Mums this Friday in school grounds. Kids are welcome.
$7 per person, payment via trybooking.com/197892
Exemption from Naplan Testing

If you would like your child exempted from Naplan testing please contact Mr Campbell.

You need to be aware that most high schools require Naplan results to complete High School enrolment.

Pizza and Mufti Day – Friday May 13th

Disco Night – May 21

If you have sons or daughters in high school that need to cover off their community service, we would love them to help with clean up on the night. Please contact Siobhann at siobhanrt@me.com to sign up.
Best wishes to all our lovely Sacred Heart Mother’s