

# SHC Heartbeat

Whatever you do, work at it with all your heart



Issue 8  
June 2021



## From the Principal

Kia ora koutou katoa	Namaste
Talofa lava	Welkom
Fakaalofa lahi atu	Herzlich Willkommen
Kia orana	Witamy
Mālō e lelei	Nǐ hǎo

## Mana Tipuna

### A Heart for Ancestors

- ♥ I wear my uniform with pride
- ♥ I respect all cultures and different points of view
- ♥ I help others when needed
- ♥ I am a positive role model in building our sisterhood

It is great to come back to school after a long weekend feeling refreshed and ready for the short week ahead. I had time over the last three days to do a bit of contemplation myself and to reflect on the last few weeks at school and I would like to say a huge thank you to the SHC community for your outpouring of love after the death of my dad, Bryan Watt. Losing a parent, no matter what age you are, is tough and I appreciated the support I received.

Our netball and hockey teams have had a great few days at Mission Cup and Te Toa tournaments in Hamilton. This was an opportunity for us to connect with our sister schools from around the country and to compete in quality games, fierce competition, fun, friendship, and of course fair play.

I am very proud of our teams, coaches and managers. The netball team won the Netball Fair Play award, Jada Ropitini won the MVP Hockey award, and our combined teams won the Overall Fair Play trophy. Just superb!

These teams kept Euphrasie Barbier alive in their hearts and in their actions. Let us all be keepers of her charism.

Nō reira, tēnā koutou, tēnā koutou, tēnā koutou katoa

**Maria Potter, Principal**

## Wellbeing Day

Things that our students learnt on our Wellbeing Day.

"Don't write mean things on-line, they do not permanently delete, even when you delete."

"The meditation was very relaxing and calming and taught us how to release stress."

"Taking notice of the little things that surround us."

"Learning about cycles of abuse and how it has become normalised in our society – this needs to change!"

"I learnt how to make better use of my time."

"It was really good to be able to choose our own modules and try something new."



## MMR Vaccinations

For 15-30 year olds

Tuesday 29 June 2021  
Sacred Heart College

Watch for more information

## What's On

Check the school calendar at

[www.sacredheartcollege.school.nz](http://www.sacredheartcollege.school.nz)

**Week 6B – Theme: Give/ Mana Tipuna**

11 June Feast Day

**Week 7A – Theme: Give/ Mana Tipuna**

15 June Phone Free Day

Sausage Sizzle – Youthline

Poly Group (Lawson Foyer) 2.35-4.30pm

16 June Phone Free Day

Homework Club (Library)

Māori Achieve Programme (Atawhai)

Kapa Haka

17 June Phone Free Day

St Mary's Exchange (Fraser Park/SHC)

Big Sister Programme (Library) 3.30pm

Poly Group (PAC) 4.30-6.00pm

18 June Pride Week Movie (lunchtime)

Kapa Haka Noho Marae 6.00pm

SHC Junior Dance (PAC) 7.00-10.00pm

19-20 June Kapa Haka Noho Marae

**Looking Ahead Week 8B**

23 June Whānau Hui (Atawhai) 6.30-7.30pm

24 June Aubert Feast Day

## Engineering Day

On Friday 14 May, four other Year 10 students and I had the exciting opportunity to visit a Demo Day for Engineering, held by WelTec in Petone. We had the chance to observe and take part in multiple elements of engineering such as Civil, electrical, mechanical and many more.

There were 10 activities held by graduates and students at the institute. In these activities we got to use and see many different tools and equipment such as theodolites (surveying), tensile testing machines and a laser printer. Along with this, there were a few speeches given by guest speakers that provided us insights into the industry.

We were joined by various schools in the Hutt Valley, and it was amazing to see what it was like to be a part of the workforce. All of us thoroughly enjoyed the day and a big thanks to everyone involved especially Miss Booker for including us in this occasion.

*Deepika Vijay Rao 10JK*



## 9 Science Rākau

Mr Isaacs' Year 9 science classes have been practising kaitiakitanga and developing their science skills by caring for native seedlings collected from the school grounds. Ākonga have been caring for, observing and taking measurements to track the growth of their rākau, and using their knowledge of their seedling's characteristics to identify mature trees around the school. The creativity in the names and stories they have come up with about their "babies" has been awesome. The students have fantastic ideas for the future of their plants at school or in the wider community. Mīharo!



## Te Omanga Hospice Appeal

The Te Omanga Hospice Foundation provides a safe shelter in the Hutt for those who are living with a terminal or life-limiting sickness.

A great number of girls volunteered their time on Friday 28 and Saturday 29 May to support this cause. In pairs, we stood outside the Dowse Museum in our school uniforms and Te Omanga aprons and waited for

kind people to donate some spare change. We did one-hour shifts and some girls even committed to two hours of service.

We're all so grateful that it went well, even though it was a bit rainy. We did it because we wanted to help this beautiful foundation and be a part of helping people who are not as fortunate as us.

*Alice Hoerara-Hunt 9KG*



## Cross Country Volunteers

On 25 May 2021, a group of SHC students ranging from Year 9 to 12 volunteered at the Cross Country event for Lower Hutt South-East and South-West Primary and Intermediate schools/students at Sladden Park, Petone. As volunteers our roles were to marshal, encourage and support the runners, which included directing them on where to run (encouraging them also), taking photos of the event and runners, and helping set up and clean up the event.

Despite the gloomy, cold and rainy day, the runners still performed exceptionally well and their determination shone through their overall performance. Everyone, both spectators and runners, had such positive attitudes, which also contributed to the performance of runners. Before the event started, many of the kids (runners) were very eager and keen to participate, setting the mood for the day.

Overall, as volunteers we were able to enjoy ourselves, despite the rainy weather, due to the positivity of those surrounding us, both runners and spectators. As students we gained patience and a perseverance. This is something that we could apply into our lives at school and home. Overall, the event was a great experience and very enjoyable for us as volunteers and we learnt a lot from it.

*Rebecca Sa'u 12DN*



## Swim Sports

On Wednesday 19 May we held our Junior and Senior Swimming Sports, offering both competitive and novelty events. It was fantastic to see so many students getting involved and having fun.

This was an excellent opportunity for our many talented swimmers to display their swimming ability in front of their peers. Many of these students spend hours and hours training in the pool and it was a great opportunity for us all to celebrate their commitment and success.

We would like to congratulate Lisieux for taking out the house points competition

### House Points

1 <sup>st</sup>	Lisieux	286
2 <sup>nd</sup>	Avila	106
3 <sup>rd</sup>	Siena	61
4 <sup>th</sup>	Barbier	45
5 <sup>th</sup>	Lourdes	30
6 <sup>th</sup>	Aubert	27



## Te Toa / Mission Cup

On 4 June, the First XI Hockey girls travelled up to Hamilton/Cambridge for the annual tradition, Te Toa. The Te Toa cup is a tournament which involves the other Sacred Heart colleges around New Zealand, as well as Saint Joseph's Maori Girls' College.

With Sacred Heart Hamilton hosting the event at St Peter's College, this was a huge opportunity for the hockey girls to experience some awesome play. The night of arrival included a welcoming and a dinner to get the girls to socialise and meet who we would be playing, upholding the sisterhood within our schools.

The first day of competition was against Saint Joseph's Maori Girls' and Sacred Heart Hamilton. With the sun rising and cool air present, the weather was somewhat perfect for the first round of games. The girls fought hard and came out with a great start to the tournament, winning against Saint Joseph's 1-0. However, the second game seemed as if it was a much different level of hockey. The girls lost to SHC Hamilton 4-0 but did not get their heads down.

After the full day of 100 minutes of hockey, we were invited to a small Mass to come together and celebrate, remember, and reflect on who we are as sisters of the Sacred Heart.

The second day we were set for an early 9.00am game on a brisk morning in Cambridge. Our bodies were starting to tire, but there was still another set of 100 minutes of hockey to be played for the day. The first game for day two was against Sacred Heart New Plymouth. Not coming out with the results wanted and a slow start to our morning, we lost but were hungry to take the win for our last game of the tournament. This game was highly competitive. Both us and Sacred Heart Napier were wanting 3rd place. We were down by 2 goals by half time but had hope and scored in the second half. Sadly this wasn't enough.

Overall, this was an amazing tournament that I would highly recommend for girls wanting to experience the true aroha of the Sacred Heart through sports. I am thankful to have had the opportunity to go away with my team so early in the hockey season. With new knowledge and experience, as a team I feel like we have bonded well over the three days and can definitely bring these skills back down to the Wellington competition.

*Stevie Smith, Head of Sport*

Over Queen's Birthday weekend, our Senior A, B and some Junior netball girls combined to travelled up to Hamilton. This was to compete at Mission Cup 2021. We played four games against other Sacred Heart colleges and St Joseph's Maori Girls' College. Although we didn't come back home with the Mission Cup, we all enjoyed the experience so much. It was more than just a tournament. It was so much fun to make connections and friendships with new people who share the love of the Sacred Heart, whilst doing something we all love, sport.

I know that I, and the others, can't wait to participate in more Mission Cups in the future.

*Josie Tapa 11TN*

