

# SHC Heartbeat

Whatever you do, work at it with all your heart



Issue 12  
August 2022



## From the Principal

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

## Korero ā Whānau

17 and 18 August

Booking information has  
been emailed

Welcome back to term 3.

Whilst I love being at school and being part of students' growth and development, I also love holidays. This last break allowed me the opportunity to spend quality time with my whānau and in particular with my brothers and sisters. The last time that all 16 siblings were together was Christmas in 2016, so this catch up was long overdue. The distance and time elapsed quickly became irrelevant and we picked up where we had left off. Together we were able to share meals, go for walks, play sport, and just generally hang out. The sense of belonging I feel with my own family is one we are trying to emulate at school. Being part of our school family means that we have a compass that guides us and values that we all share and aspire to. Like any family we don't always get it right, but we are there for each other to inspire and encourage and to help put things right. School is a safe place where our faith is learned and grows.

Thank you for your continued support of rostering home daily in period 5 this term. This has enabled us to have most students at school for most of the time. We will be continuing with this for Week 3 but with a change of day for each year level. You have received information about this in an email earlier this week. Students are able to access their learning whilst rostered home via our Teams pages.

Winter illness continues to have an impact on our students. Attached to this newsletter is a guide on this from the Ministry that you may find useful.

Take care of yourself and those you love. *"Love begins by taking care of the closest ones – the ones at home."* Mother Teresa.

Nō reira, tēnā koutou, tēnā koutou, tēnā koutou katoa  
Maria Potter, Principal

## ♥ HEART Values Draw ♥

**Mana Atua, Mana Mātauranga, Mana Tangata,  
Mana Whenua, Mana Tipuna**

For displaying one of our school HEART values over the past two weeks. This week the value is Mana Mātauranga.

- Year 9:** Kiera Tilby and Tiana Betham  
**Year 10:** Vaeagi Vaitupu and Taylor Howard  
**Year 11:** Brooke Cooper and Logan Crawford  
**Year 12:** Molly Bartop and Laura Clark  
**Year 13:** Kyla Cutter and Amy Fryer

### Mana Mātauranga

A Heart for Knowledge

- ♥ I am responsible for my learning
- ♥ I have a positive attitude and aim to be my best
- ♥ I persevere even when things are hard
- ♥ I challenge myself to try new things

## What's On

Check the school calendar at  
[www.sacredheartcollege.school.nz](http://www.sacredheartcollege.school.nz)

### Week 3A Term 3 Orange Light Setting Theme: Mana Atua

- |        |   |
|--------|---|
| 8 Aug  | P5 Yr 9 Rostered Home   |
| 9 Aug  | P5 Yr 10 Rostered Home  |
| 10 Aug | P5 Yr 11 Rostered Home<br>Ticket Sales Junior Dance<br>Māori Achieve<br>Kapa Haka Practice<br>Whānau Hui (6-7pm) A1 |
| 11 Aug | P5 Yr 12 Rostered Home<br>Pacific Meet & Greet (6-7pm) PAC<br>Big Sister<br>Poly Practice                           |
| 12 Aug | P5 Yr 13 Rostered Home<br>St Pat's Junior Dance   |

### Looking ahead:

- |        |                               |
|--------|-------------------------------|
| 16 Aug | Yr 10-12 Course Selection Day |
| 17 Aug | Korero ā Whānau 3.30-7.30pm   |
| 18 Aug | Korero ā Whānau 1.30-5.30pm   |

### National Youth Jazz Competition, Tauranga

On Monday 20 June, our Jazz Combo 'Route 65' competed in the National Youth Jazz Competition for aspiring young musicians all around New Zealand. Along with over 400 students, we performed a set of jazz songs that we've been preparing for the past few months.

Although there have been hardships, with the constant COVID interruptions, the many other music performances this term, and deadlines we had to manage on top of this, we did our best and had an amazing experience, and that's the most anyone could ask for. I'm incredibly proud of our group and what we've learned through this event, and especially the fun we had together. I couldn't have asked for better people by my side.

A very, very, special thanks to Mrs Russell and Mr Isaacs for their help on this trip and giving up their time to give us this amazing opportunity. We're already looking forward to next year's competition! **Stephanie Portugal – Jazz Combo Leader**



### Itinerant Music Concert

On Tuesday 5 July, many of our incredible itinerant students participated in a diverse and lively performance evening. With group, solo and duo performances from a range of year groups and instruments, the musical talent of SHC was conveyed beautifully. It was such a joy to watch an exciting arrangement of talent that projected the hard mahi that the students, itinerant teachers, and music teachers have put in. Many friends and whanau came along to support the performers and the evening was filled with amusement and inspiration. I found myself living vicariously through the arrangement of performances we had, wishing I could show off musical skills like theirs.

I, among many others, am excited for more concerts in the future to continue the exploration and celebration of musical talent within our kura. **Ruby Robinson, Head of Performing Arts**



### Barbershop Young Singers in Harmony

On Thursday 30 June, our school's Barbershop Chorus attended the Barbershop Young Singers in Harmony Workshop at Aotea College. It was an amazing opportunity for young singers like us to showcase our talent, as well as learn more about Barbershop alongside other schools and students. It was also very inspiring to see the other schools perform, being able to socialise with them and make new friends. We really enjoyed learning a new Barbershop piece which we performed at the end of the workshop. We are all really looking forward to competing in the Barbershop Young Singers in Harmony Nationals in Palmerston North next term.

**Skyla Cribb**

### Poly Group

During the holidays our Poly Group performed at the Community Awards held at the Hutt City Council. Thank you to the Leaders for preparing the items for the performance, and to the Drummers and parents who came along to support. It was a beautiful performance.

**Mrs Tawai Frost**



### Rockquest

On Sunday 3 July, one of the school rock bands, "The Indecisives", competed at Rockquest. It was held in the PAC, which gave us a bit of an advantage because we practised on the same stage we performed on. We played an original song called 'Misbeliever' and it was really fun! There were a lot of people from all over Wellington, so it was a great opportunity to see bands from other schools and what they can do. I would definitely recommend going to Rockquest if you have a band because it's an awesome opportunity to perform in front of an audience and develop your performance skills.

**Leif Johnston**



### Kapa Haka

Our Kapa Haka students and those from St Patricks College performed at the Māori All Blacks vs Ireland rugby game. They also performed at All Blacks versus Ireland game. Thank you to the tutors who organised this for them. This was an amazing experience for them and they were awesome.

**Mrs Tawai Frost**



## Sport

### Basketball – Junior Semi-Finals

We had two teams in the Junior Basketball semi-finals earlier this week. Junior A won vs Naenae 69:58 and play St Mary's in the Final for the Mayer and Toye Cup. Our Junior Grey team (Division 2) also won v Wellington Girls 76:45 and play in the finals v Whitby Collegiate. Both finals will be at Walter Nash on 23 August, times to be advised. Congratulations to the players and coaching team on a successful season.

### NetballSmart

In Week 1 NetballSmart came to Sacred Heart and videoed our Senior A team's warm-up programme. The video shoot was about how we bring to life our value of hauora, using NetballSmart principles designed to improve performance by preventing injuries.

The focus was on the Senior A Netball team's warm up program and how we apply NetballSmart fundamentals (movement / strength / player safety & wellbeing). This was done through video footage of the team doing the warm-up program and interviews with players, coaches and trainer.

This is a great legacy for Sacred Heart College netball.



### Aalya Toman – Junior White Sox Softball

During the July School holidays **Aalya Toman** travelled to the Gold Coast with the Junior White Sox Team for a series of games. The trip was a welcome opportunity after a number of cancellations over the past year. Congratulations Aalya on your softball success.

### USA Football Scholarship

Last week **Olivia Gibbs**, SHC Head of Sport 2020, travelled to the United States on a Football Scholarship. Olivia played Football, Futsal and Badminton competitively for SHC. The Sport Department asked her to write a few words to inspire sport students to work hard on and off the field.



"In just over a week, I will be heading to the United States to continue my study at Southern Illinois University, whilst also playing football for their women's team. Southern Illinois is a NCAA Division 1 school which competes in the Missouri Valley Conference (MVC) against multiple other D1 universities. SIU is ranked highly for their business school which was one of the reasons why I chose to go there.

I will be heading over as a Sophomore (a second year student) as I already completed a year and a half's worth of University at Wellington's Victoria University. Because of my grades from both University and college, I received a high academic scholarship as well as my football scholarship. So, I recommend putting in as much effort as you can off the pitch as well as on the pitch. I am really excited to have this opportunity and to get started in the states."

### Badminton

On Wednesday 3 August **Lindsey Song** and **Shreya Shree Tadikamalla** attended the College sport Wellington Junior Badminton Champs, Doubles Competition.

After a tough game in the pool round (against the eventual winning doubles combination) the team went through to the Consolation Cup. After winning their game 12:18 they made it to the final where they had a close loss, losing 21:17. Congratulation to both players.

## Uniform Shop

### Uniform Prices

Mission Colleges Lower Hutt Trust Board (MCLHTB), our Board of Proprietors, runs the SHC uniform shop.

MCLHTB has decided to hold price as much as possible as a gesture of goodwill in this difficult time. Please note that woollen items, jerseys, vests and scarves, have increased by \$5.00.

### 2023 Senior Vests and Ties

The uniform shop currently is doing fittings and sales for senior vests and ties, until the end of Term 3.

### Second-hand Uniform

There is now a Facebook group for SHC second-hand uniform

<https://www.facebook.com/groups/shcsecondhanduniformbuysell>

## Congratulations

**Ash Parkin** (11BD) has just been advised that their poem "*We Exist in a Time*" has been Commended in the Junior section of the Te Hunga Tito Ruri o Aotearoa, NZ Poetry Society International Competition, meaning that it will be published in their 2022 anthology. Congratulations Ash.

Results can be found here [here](#)

## Message from the Attendance Dues Team

Now that we are sending all invoices/statements by email to families, please contact us if you have changed your email address so that we can update your account. Invoices will still be posted to families without an email address.

The Term 3 invoice has been emailed to all families. Please check that the invoice has not gone to your Spam/Junk Inbox and that all your children are listed on the statement. If you have not received any invoices this year, please contact us.

Financial assistance is available to families experiencing financial hardship (loss of income/redundancy, family reasons, etc.). It is a condition of the assistance application that the family has an affordable regular payment in place.

If you have any questions, please contact us:

Phone: 0800 462 725

Email: [dues@wn.catholic.org.nz](mailto:dues@wn.catholic.org.nz)

Text: 021 08907902

# Winter wellness guide for tamariki

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With a rise in COVID-19, seasonal colds, flu and other respiratory infections in our communities, this guidance is to help you manage your child's illness.

## KEY WELLNESS INDICATORS

- Healthy young children can have up to 8 to 12 colds or upper respiratory tract infections each year. These are a normal part of childhood.
- A child should stay at home if they appear unwell or if they develop any of these symptoms: new runny nose, sore throat, cough, fever, vomiting, diarrhoea, rash, they are off their food and drink or show signs of feeling miserable.
- If a child becomes increasingly unwell and/or you are concerned about them, call your GP or Healthline on 0800 611 116. A child who is refusing to drink anything is likely to be very unwell.
- If an in-person appointment is required, follow your GP's processes, which will include everyone wearing a mask if they can safely and practically do so.
- If you or a child you are caring for develops difficulty breathing, severe chest pain, fainting or becomes unconscious, call 111 immediately.

Find reliable information on how to manage colds and flus on KidsHealth and Health Navigator.

[Information about health and wellbeing of tamariki and rangatahi – KidsHealth](#)  
[Health information for New Zealanders – Health Navigator](#)

## COVID-19 GUIDANCE

- If your child has COVID-19 symptoms, the child and anyone in their household with similar symptoms should be tested for COVID-19.
- If any household members are COVID-19 positive, other household members are at high risk of becoming infected. Everyone should isolate for at least seven days from the day that the first person receives their positive test result or becomes symptomatic (whichever is earliest).
- All household contacts, including children, should take a rapid antigen test (RAT) on day three and day seven, or sooner if they develop symptoms. A person who has had COVID-19 in the past 90 days, does not need to isolate again as a household contact.
- Anyone who experiences symptoms 29 days or longer after previous COVID-19 infection should test and will need to isolate if they test positive.

If your child:

- has been isolating with COVID 19 and is feeling well after seven days, they can return to school
- continues to be unwell and/or has symptoms after their seven-day isolation period has ended, they should remain at home to recover until 24 hours after their symptoms end
- still feels unwell or their symptoms are worsening after ten days, they should not return to school. Call your GP or Healthline on 0800 611 116 for medical advice.

Find detailed information about COVID-19 symptoms on the Ministry of Health and Unite Against COVID-19 websites.

[About COVID-19 – Ministry of Health](#)  
[Information about COVID-19 – Unite Against COVID-19](#)

## HOW TO KNOW IF YOUR CHILD SHOULD STAY AT HOME

- If a child has been unwell with an illness other than COVID-19, they can return to their school 24 hours after they have significantly improved and are behaving/eating normally.
- If a child still has a runny nose or dry cough without any other symptoms such as a fever, vomiting or diarrhoea, they are unlikely to be infectious and could be considered well enough to attend school. They should not be required to provide a doctor's certificate or clearance to return.
- Any child who has a runny nose after a change in temperature – for example, moving from outdoors to indoors – or sneezes due to obvious stimuli (such as the sun or dust) does not need to be sent home.
- Hay fever and other allergies can show similar symptoms to the common cold such as sneezing, a runny or stuffy nose and coughing. If a child has a history of allergic symptoms and shows one or more of these symptoms, or an itchy face (especially around the eyes or throat), consider if hay fever or an allergy could be the cause. You may want to check with the child's caregiver to confirm.

## IDEAS FOR KEEPING CHILDREN HEALTHY THIS WINTER

Follow this guidance to help keep children and whānau stay healthy during the winter months.

Provide children with **healthy and nutritious food** to eat. Healthy eating supports immunity and helps our bodies to work well and feel good.

[Food, activity and sleep – Ministry of Health](#)

Support **children to get enough sleep**. Sleep is important for restoring energy, maintaining mental and physically wellbeing, learning, and aiding healthy growth and development.

[Helping young children sleep better – Ministry of Health](#)

Encourage and **create opportunities for children to be active**. Being active at home, at school, at play during the weekends and in the community helps children maintain good health and wellbeing.

[Activities for children and young people – Ministry of Health](#)

It is a good idea to **encourage children to play outdoors** – they just need to be **dressed warmly** during the winter months!

Being outdoors helps to boost children's immune systems through exposure to fresh air and enables them to make vitamin D from exposure to the sun.

## ACCESS TO FREE FACE MASKS

More masks are being provided in the community to help stop the spread of COVID-19. You do not need to have COVID-19 or have COVID-19 symptoms to get free masks.

Both medical masks and P2/N95 particulate respirator masks are available (with people at higher risk of severe illness being prioritised for P2/N95 masks).

Find out about higher risk people:

[Higher risk people – Ministry of Health](#)

You can get free face masks by:

- picking them up from testing centres and collection points alongside your free rapid antigen tests (RATs)
- visiting a participating pharmacy
- talking to a participating GP or alternative community healthcare provider.

To order RATs online visit the Ministry of Health website.

[Rapid antigen testing \(RAT\) – Ministry of Health](#)

Alternatively, if you're unable to order RATs online or visit a participating healthcare provider in person, call 0800 222 478 and select option 3.

For a list of testing locations with free face masks visit the Health Point website.

[COVID-19 testing – Health Point](#)