

SHC Heartbeat

Whatever you do, work at it with all your heart



Issue 4
March 2023



From the Principal

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

Mana Tangata

A Heart for the People

- ♥ I treat others the way I would like to be treated
- ♥ I actively listen to my teachers and peers
- ♥ I take responsibility for my actions
- ♥ I encourage others

Last week was International Women's Day, a day to celebrate the social, economic, cultural and political achievements of women. It was great to have student leaders attend breakfasts around the area and hear from influential women. It was also a time to reflect on the influential women in our own lives and to thank them for their roles in shaping who we are today. Our foundress, Euphrasie Barbier, was a woman of great courage and strength. She was determined to follow her missionary dream and is the reason we now have Sacred Heart College.

We want our students to have and display strength too, and by that I don't mean they need to be powerful or invincible. It is not about being the loudest, the most popular or the best at everything.

Strength is about never giving up, even when every fibre of your being is telling you to do so. It means making mistakes and getting back up again. Strong people empower and encourage others to be the best version of themselves.

"Be strong and courageous; do not be frightened and do not be dismayed,
for the Lord your God is with you wherever you go." Joshua 1:9

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

Maria Potter, Principal

Vaping

SHC is a vape-free and smoke-free site. The school's expectation is that there is to be no smoking or vaping at school. ('At school' includes on trips and while representing the College).

The NZ law states:

- It is illegal to vape on school grounds.
- It is illegal to buy a vape if you are not 18+
- It is illegal to buy a vape device for someone else who is not 18+
- It is illegal to vape on public transport because they are also smoke-free areas by law.

Students found smoking or vaping in or around school are offered appropriate counselling and education. Parents are contacted and encouraged to deal with it as a health issue rather than a discipline issue.

Adults smoking or vaping in or around school environment will be reminded that the school is smokefree by law and asked to stop or leave the premises.

The 'News' section on our website has more information – [Smoking/Vaping – Education for Whānau](#)



What's On

Check the school calendar at www.sacredheartcollege.school.nz

Week 7A

Theme: Mana Tangata

Irish Language Week

16 Mar PPTA Teacher Strike – School Closed for Instruction

17 Mar Waikato University Visit (1.30-2.20pm) P4

18 Mar Netball Trials #1 (9.00am-6.00pm) Gym

Week 8B

Theme: Mana Tangata

20 Mar Basketball Trials #1 (5.00-7.00pm) Gym

21 Mar Lourdes Feast Day

Peer Support (2.35-3.20pm)

Careers Expo (4.15-7.30pm) St Bernard's

22 Mar Homework Club (3.30-4.30pm) Library

Māori Achieve (3.30-4.30pm) Atawhai

Basketball Trials #2 (5.00-7.00pm) Gym

23 Mar Poly Rehearsal (4.30-5.30pm) PAC

Let's Talk About Languages (6.00-7.30pm) PAC

23-25 Mar DOE Silver Qualifying (Queen Charlotte Sounds)

25 Mar Netball Trials #2 (9.00am-6.00pm) Gym

Looking Ahead

27 Mar Victoria University Visit (1.30-2.20pm) P4

27-31 Mar Summer Tournament Week

28 Mar Otago University Visit (12.55-1.45pm) P4

29 Mar Board of Trustees Meeting (7.00-8.30pm) Library

Josie Tapa – Head of Sport

Kia ora, ko Josie Tapa tōku ingoa. I'm Josie Tapa and I am thankful to be your Head of Sport for 2023. Not surprisingly I love being involved in the sporting community inside and outside of school. I grew up with a sport background where giving back to the game is key. Without the support of volunteers, officials, spectators and players, the games and the things we enjoy do not happen. I have been privileged to be a part of SHC sport throughout the years playing, coaching, and officiating as it was an important part of developing my sense of belonging. I've made some of the best connections, learnt new skills, and had FUN! Sport at SHC isn't just about playing a game or being in a team, it's about giving everything a go, getting moving and having fun. Something I thrive to develop at our kura this year. I can't wait to see you all out on the field, at lunchtime sport or providing the tautoko from the stands. Ngā Mihi



Mrs Brittany Ross

Tēnā koutou. I'm one of the new additions to the English and Languages department this year. I teach English and ESOL, and I'm a Year 9 Kaiārahi. I love making my classroom a collaborative space where we all teach and learn from one another. I'm super involved at my church, I'm a big book worm, and I consume a lot of cookie dough. Thank you for having me be a part of this beautiful kāreti (college)!



Ms Donna Luond

Kia ora e te whanau o Manawa Tapu. My name is Donna Luond and I have the privilege of teaching at Sacred Heart this year. I am an experienced English teacher and am enjoying the opportunity of teaching Religious Studies for the first time. Learning is a lifelong journey, and it is invigorating to be able to branch out and explore different disciplines alongside our wahine toa. Like many people I am interested in encouraging students to get the most out of their schooling academically, socially, mentally, physically, and spiritually. Ngā mihi nui.



Stephanie Portugal – Head of Performing Arts

Kamusta, hello everyone. My name is Stephanie Portugal and I'm your Head of Performing Arts for 2023. I moved from the Philippines to Aotearoa when I was one and a half, and as I grew up I was surrounded by music. I started lessons for a few different instruments, but piano is what stuck and is the instrument I love playing to this day. I also have a love for reading and art, but ultimately nothing beats spending time with the people I love. I'm so honoured for the opportunity to work with everyone and spread the joy of performing arts around the school. We have exceptional talent at SHC, and I'm so excited to see each student thrive.



Year 9 Camp

On Thursday 2nd March the Sacred Heart Year 9s went to Kaitoki, Upper Hutt for camp. We arrived at the campsite mentally preparing ourselves for the challenge ahead of us all, including our teachers.

The tramp was about 3 hours long. The hardest part of the tramp was the first hour uphill. It was just as hard as walking uphill in water. The rest of the walk was filled with many cool sightings, beautiful Papatūānuku and a lot of acapella coming from some of our students. It was a big challenge for a lot of us, but we are all proud of each other for powering through the tough parts.

We then had to pitch our tents. The night was filled with fun activities, crafts, funny skits, making dinner and more. Each group made their own flag to represent their groups, and they were all very colourful and unique.

The next day was filled with more physical activities. We played games, completed team building challenges, learnt and practised our school Haka led by one of our peer monitors, Arabella King. We finished the camp with a swim in the river or we could go on a nice walk to see some of Aotearoa with Mr Baxter.

It was such a fun experience and I think I speak for everyone when I say I wish it had lasted longer. We all took the buses back to school and with that our exciting, funny, thrilling, and enjoyable camp experience was over.

Zephaea Macdonald (9TB) and Savelina Kasiano (9BN)



Winter Uniform – Term 2

Winter uniform items can be ordered online through the [school website here](#) and paid directly to the uniform shop bank account. If you have any queries email uniforms@sacredheartcollege.school.nz

Message from Archdiocese Attendance Dues Team

The 2023 statements have been sent by email to all accounts that have an outstanding balance.

If you do not receive your statement by 13 March 2023 and believe you have an outstanding balance, please contact our office on 0800 462 725 or email dues@wn.catholic.org.nz. Statements will be posted to accounts without an email address.

Please check that the statement has not gone to your Spam/Junk Inbox and that all your children are listed on the statement.

Payments are due in full by 31st May 2023 unless you have a regular weekly, fortnightly or monthly payment to clear the balance by 30th November 2023. Payment can be made by Internet banking or pay online by credit/debit card here.

Financial assistance is available to families experiencing financial hardship. Please contact your school to apply.

If you have any questions, please contact us:

Phone: 0800 462 725

Email: dues@wn.catholic.org.nz

Text: 021 0890 7902

www.wn.catholic.org.nz/attendance-dues

Athletics Day

Kia ora! If you haven't seen already from some of the photos, Athletics Day at Sacred Heart was a blast! It was so awesome to see everyone give it a go and have fun, whether it was by helping with the events, fundraising at the BBQ, running on the track or the good old gumboot throw. It was so cool to see everyone get involved and show that school pride.

All our ākonga showed amazing fair play and represented our kura with loud chants in their Houses and showing tautoko (support) and awahi to their peers.

The day really showed the sisterhood that we have at Sacred Heart. Our year 9s were eager to get involved and they gave it their all. It was great to see them supported by our senior ākonga and it reminded me why whole school events are so important.

Thank you to our special guest announcer Lower Hutt Mayor Campbell Barry who came to announce the final scores. The winning House was AVILA! Congratulations.

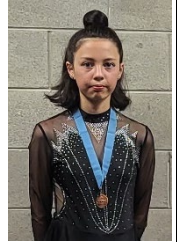
I hope you are looking forward to our next big event coming up... information to come soon. **Josie Tapa, Head of Sport**



Sport News

Athletics - Congratulations to those students who attended the Girls Zone Athletics event last Thursday. We have nine students who have qualified for the Regional Event this Friday. Congratulations to: **Savannah Allen, Rangitiare Graham, Katie Jordan, Paloma King, Gwen McGrath, Aja Te Aho, Isabel To'ia, Sari Willis and Madison Wos.**

Skating Success - **Sophia Heagren (9RM)** pictured right has achieved three CSW medals this year in Preliminary Loops, Preliminary Freeskating, and Open Quartet.



Ki-O-Rahi - Two teams attended the Regional Tournament held at Wainuiomata High School earlier this month. Our strongest team made it to the final vs St Mary's. After a very close game we lost the finals by 3 points but were happy with 2nd place in a very strong competition.

Dragon Boating - Congratulations to both Dragon Boat teams who competed in the Wellington Youth Competition on 5 March. Our Novice team had a great first competition making the B Final and placing 4th (missing out on a medal by a few inches on the finish line). Our A Team had a fantastic regatta making the A Final where they placed 3rd, narrowly missing out on 2nd place. A big thanks to our parent and community volunteers who give up their free time to coach and manage the teams.



Volleyball - The Premier and Lions Volleyball teams attended the regional Tournament this weekend.

Our Premier team played in Division 1, having a great tournament and making the final. Sadly they lost to St Mary's who took home the trophy. Huge congratulations to **Violet Fa'asoa** and **Gibeon Pole'o** who were named in the Super 6 Tournament Team.

Our Lions team played in Division 2 and were there to get some tournament experience. They placed 13th in their grade.

