

SHC Heartbeat

Whatever you do, work at it with all your heart



Issue 4
March 2024



From the Principal

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

The business of the term continues as our students prepare for end of term assessments as well as all the other activities that are offered to them at school. We wish our students involved in Summer Tournament week all the very best for the competition and know that they will represent themselves, their families, and our school well. We look forward to great results both on and off the courts.

Earlier this week you will have received an email regarding our concerns with students who are vaping. This is a difficult activity to monitor and requires the support of everyone involved at SHC if we are going to make a difference. Please talk to your student about this issue and let them know that it is illegal to vape at their age and if they have information about vaping occurring at school or school events then to let someone know. We want our environment to be a safe space for all who are here.

As we approach Palm Sunday, it's good to reflect on the significance of this day and the beginning of Holy Week. Palm Sunday marks Jesus Christ's triumphal entry into Jerusalem, where crowds welcomed him with palm branches, symbolising victory and honour. It's a reminder of the power of humility, sacrifice, and unwavering faith. Let's remember Jesus's humility as he rode into Jerusalem, despite knowing the challenges that awaited him.

May this Palm Sunday mark the beginning of a week filled with reflection and spiritual renewal.

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

Vaping at Sacred Heart College

We are aware that students are vaping whilst at school and we are concerned about this from both a legal and health viewpoint. As such I need to remind everyone that 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 the following information [College's Message](#) and [Smoking/Vaping – Education for Whānau](#)



What's On

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

Week 8B - Theme: Mana Tangata

Summer Tournament Week

- 21 Mar Non Uniform Day – Easter Egg/Food Drive
Big Sister (3.30-4.30pm) Library
- 22 Mar Football Trial #1 (3.30-6.00pm) Chilton St James
- 23 Mar Netball Junior Trial #1 (9.30am-3.00pm) Gym
- 23-24 Mar Relay for Life

Week 9A - Theme: Mana Tangata

Holy Week

- 24-27 Mar DOE Gold Qualifying Journey
- 25 Mar Hockey Trials (5.30-7.00pm) Chilton St James Turf
- 26 Mar Peer Support (2.35-3.20pm)
Poly Group Practice (2.45-4.00pm) PAC
Netball Junior Trial #2 (5.30-8.00pm) Taita Courts
- 27 Mar Māori Achieve (lunchtime) Atawhai
Homework Club (3.30-4.30pm) Library
Sāili Mālō (4.30-6.30pm) Atawhai A2
Football Trial #2 (5.00-6.30pm) Petone Memorial
School Board Meeting (7.00-8.30pm) Library
- 28 Mar Holy Thursday Liturgies
Netball Junior Trial #3 (5.30-8.00pm) Taita Courts
- 29 Mar Easter – School reopens Wed 3 April

Relay for Life

Our school is participating in the Cancer Society Relay for Life fundraiser on Saturday. The purpose of this relay is to fundraise money to help support families and individuals who are/have suffered from cancer. The fundraising helps fund research and treatments which would never be available without this funding. Our SHC Lions team is running from 3.00pm until 8.00am to show that cancer never sleeps. If you know your child is involved, please encourage them to keep donating and get involved on the day. We cannot wait to see the turnout for this amazing event.

Emily Smith (13DY)

Saturday 23 March 3.00pm - Sunday 24 March 8.00am
Trentham Racecourse

Year 9: 3.00pm – 5.00pm

Year 10: 5.00pm – 7.00pm

Year 11: 7.00pm – 9.00pm

Year 12: 9.00pm – 12.00am

Year 13: 12.00am – 8.00am



Zara Joe – Head of Special Character



Hello everyone. My name is Zara Joe, and I am so blessed to be your Head of Special Character for 2024. I've lived in Lower Hutt all my life with my parents and sister. My family has always encouraged me to do my best and be brave, which ultimately has shaped me into the person I am today. My beautiful friends have also consistently supported and been beside me.

Throughout my SHC journey I've been incredibly fortunate to be involved in so many opportunities, from leadership and service, to music, many sports, academic groups, and more. Outside of Sacred Heart I am a keen gym-goer, writer, baker, reader, and pianist. Serving my school and community is extremely important to me, and I believe that giving back is such a fulfilling thing. I'm very excited for the busy year ahead and look forward to seeing you all grow the Special Character at the 65. God bless.

Penny Stanfield – Head of Performing Arts



Kia ora whānau, I'm Penny Stanfield and I'm so excited to be your Head of Performing Arts for 2024. I was born and raised in Lower Hutt with my two younger brothers and grew up surrounded by everything in performing arts. From participating in Dance Splash and Art Splash at Ss Peter and Paul, to now being a

part of almost every performing arts group here at SHC. Branching out and getting involved has helped me not only gain incredible connections with others, but also helped me discover who I am and where I fit.

As well as the performing arts I enjoy reading, playing football, and hanging out with my biggest cheerleaders: my friends and family. I am so psyched to be a part of the incredible team of students and teachers this year who showcase the exceptional talent at SHC and to be given the opportunity to guide each other to strive for and achieve artistic excellence.

Winter Uniform Terms 2 & 3

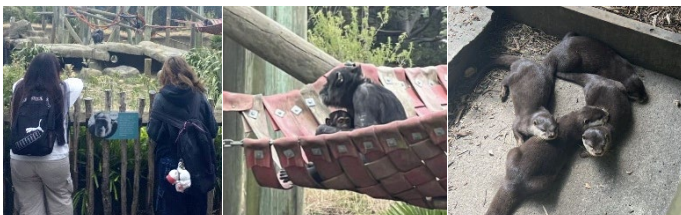
Long sleeve blouses and junior ties are compulsory (black tights are optional) and can be ordered online through the [school website here](#) and paid directly to the uniform shop bank account. Students will be able to collect items from 8 April.

Please note the uniform shop is not open during the school holidays. Email uniforms@sacredheartcollege.school.nz if you have any queries.

13BIO Zoo Trip

The two Year 13 Biology classes took a trip to Wellington Zoo over three days for an internal. We studied a range of different animals including the chimpanzees, otters, and meerkats. We had lots of fun studying their behaviours and gathered lots of data for our assessment. A big thank you to Miss Brown and Mr Curwen for organising it and taking us.

Ruby Hall (13DY)



Sport

Dragonboating SHC had two squads competing in the dragonboating Wellington and National event on Sunday 3 March. Both teams did very well, qualifying for the grand final. There were five teams in the final and Sacred Heart A squad placed 2nd and Sacred Heart B squad placed 4th. Our programme is supported by volunteer coach Enver and sweep Amanda who do a great job leading our teams. We also appreciate the support of team managers Amanda and Michelle.



Athletics SHC had a great day at the qualifying event for the Regional Athletics on Wednesday 6 March. The results were:

Long Jump Intermediate Paloma King 1st (new Hutt Girls zone record holder), **Sari Willis** 2nd

High Jump Intermediate Milana Burt 3rd

100 Metre Run Juniors Milana Burt 2nd

100 Metre Run Intermediate Paloma King 1st, **Sari Willis** 3rd

200 Metre Run Junior Milana Burt 1st

800 Metre Run Junior Koko Imazu 2nd

800 Metre Run Intermediate Katie Jordan 2nd

1500 Metre Run Intermediate Madison Wos 1st, **Savannah Allen** 4th, **Gwen McGrath** 5th

3000 Metre Run Junior Koko Imazu 4th

3000 Metre Run Intermediate Madison Wos 1st, **Gwen McGrath** 4th, **Savannah Allen** 5th

Relay Sari Willis, Amelia Gray, Savannah Allen, and Paloma King 1st

Many thanks to students **Ruby Burrell** (Head of Sport), **Cassidy Blakeborough**, **Carley Harris**, **Ashleigh Manks** and **Bailey Newbould** who volunteered at the event.

Volleyball SHC had two teams

competing in the CSW Regional Volleyball tournament on 8 and 9 March. Our Senior A won the tournament, not dropping a set over the 2-day event. Selected in the Tournament Team (best in the position of the tournament) were **Gibeon Pole'o**, **Violet Fa'asoa**,

Kiana Uriarau, and **Mackenzie Boyd**, with Mackenzie also the tournament overall most valuable player. We wish the team well for the National tournament in Palmerston North starting 18 March. Thank you to Tessa Siolo-Thompson, Nev Siolo-Thompson, and Jada Skipper-King for supporting our students at the tournament.

Kia-O-Rahi SHC had two teams competing in the CSW girls Kia-O-Rahi tournament. Our team Pango had a great final against Tawa College narrowly losing in the last minutes. A great day was had by all. Thank you to Miss Trappitt for supporting the teams.

