

SHC Heartbeat

Whatever you do, work at it with all your heart



Issue 3
March 2025



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

Nau mai, haere mai, e te whānau

As we begin the season of Lent with Ash Wednesday, we reflect on the theme "Let us journey together in hope". Pope Francis invites us to consider, "Am I really on a journey, or am I standing still, immobilized by fear and hopelessness, or reluctant to move out of my comfort zone?". This is an opportunity for all of us to examine our personal journeys and embrace growth through faith, compassion, and hope.

Lent is traditionally a time of fasting, and while we may remember giving up treats like lollies or ice cream, it's also a time to focus on positive actions that can deepen our relationships with others and with God. The following are ways we can "fast" this Lent:

- Fast from hurtful words and speak kindly
- Fast from sadness and be grateful
- Fast from anger and be patient
- Fast from pessimism and be hopeful
- Fast from worries and trust in God
- Fast from complaints and practise simplicity
- Fast from pressures and be prayerful
- Fast from bitterness and be joyful
- Fast from selfishness and be compassionate
- Fast from grudges and be reconciled



As we move forward together, let's remind ourselves and our students of the importance of these values, and how they can transform our hearts and communities.

On another note, we are pleased to see a significant improvement in attendance, and we thank parents for their continued support in this area. We know it can be challenging, and we truly appreciate the effort. A special thank you to those who were able to attend Kōrero ā Whānau, the Pacific Parents evening, the Year 11 NCEA seminars and the Whānau Hui. The partnership between home and school is essential in understanding and supporting each learner, and together we can help our students achieve their very best.

Thank you for your ongoing dedication, and may this season of Lent bring hope, growth, and connection for us all.

"Whāia te iti kahurangi ki te tuohu koe me he maunga teitei"

Aim for the highest cloud so that if you miss it you will hit a lofty mountain

Ngā mihi nui
Katrina Kerr-Bell, Principal

Attendance

The Ministry of Education has a target of students being at school 90% of the time.

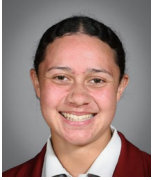
In the last 10 days we have had 58 individual requests for students' leave during school time. Please be aware that according to the Ministry of Education a holiday during term time is explained by unjustified. It is coded as a G.

Attendance Dues to the Archdiocese of Wellington

If you have come in to school and had a meeting requesting support with this matter, it is being processed but will not show on the account you are likely to receive in the coming days.

If you are struggling or are worried, please make contact with Michelle in our school office to arrange a meeting pretorium@sacredheartcollege.school.nz

Isabel To'ia – Head Student



Malo e Lelei. My name is Isabel To'ia and I am ecstatic to be your Head Student for 2025. It is my privilege to serve and lead our school, alongside a group of strong and passionate students. I am half Tongan, part Samoan, Fijian, and European. I was born in Palmerston

North and my family lived in the tiny town of Waiouru before settling in Upper Hutt when I was 5. My family and friends are truly instrumental to who I am and the best pieces of me have often been influenced by them. Growing up the youngest of 3 children I gained quite the competitive spirit, so you'll see me playing, coaching or refereeing a variety of different sports. Outside of sport I am an avid baker and plant enthusiast, and I love the occasional cinema trip with my sister or walk with my dog. Sacred Heart has nurtured me to become who I am today, and I look forward to watching you all flourish over what I know will be the best year ever.

Alice Hoerara-Hunt – Deputy Head Student



Kia ora. My name is Alice Hoerara-Hunt, and I am so blessed to offer my service as your Deputy Head Student for 2025. Working alongside Isabel and our amazing team, I will strive to ensure that every student at Sacred Heart can flourish in their studies and

extracurriculars, through discovering bonds of sisterhood. I moved to the Hutt in 2019 and have been supported greatly by my loving family and the faith I have found in the Te Awakairangi Parish. I have a deep love for performing music, and once I find a good book, I refuse to put it down. I couldn't be more grateful for all the opportunities I've enjoyed at this kura, and I encourage everyone to sign up for sports, councils, service, groups and everything we offer. I'm already loving this year, and I'm truly excited for what's to come.

Year 13 Retreat

On Monday 17 and Tuesday 18 February, our Year 13s were on retreat at Brookfield camp, where they had an amazing time. From abseiling, kayaking and team building to peaceful times of reflection, the year group enjoyed a restorative, and fun time. Some other key highlights were the liturgy and a game of spotlight.

Vienna Serpa (13AP)



What's On

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

Week 7A

Theme: Mana Tangata

- 10-14 Mar Performing Arts Workshops
- 11 Mar Peer Support (2.35-3.20pm)
Netball Trials Senior (6.30-8.30pm) Gym
- 12 Mar Māori Achieve (lunchtime) Atawhai
Homework Club (3.30-4.30pm) Library
Saili Malo Career Pathways (3.30-5.30pm) Atawhai
Te Huatai Katorika Rehearsal (5.00-7.00pm) SBC
- 13 Mar Big Sister (3.30-4.30pm)
Poly Club Practice (4.30-6.00pm)
- 14 Mar Kapa Haka Rehearsal (lunchtime) PAC
- 15 Mar Netball Trials Senior (8.30-11.00am) Gym
Talanoa Pacific Learners (9.30am-3.00pm) Library
- 15-16 Mar DOE Gold Practice Tramp (overnight) Kaitoke
Te Huatai Katorika Noho Marae (overnight) Orongomai
- 16 Mar Hockey Trials (5.00-7.00pm) Fraser Park

Week 8B

Theme: Mana Tangata

- 17 Mar Rangatahi Sport for Life Trip (9.00am-1.00pm)
Hockey Trials (5.00-7.00pm) Fraser Park
- 18 Mar Peer Support (2.35-3.20pm)
Poly Club Practice (2.35-4.00pm)
- 19 Mar Non-Uniform Day Stationery Drive
Māori Achieve (lunchtime) Atawhai
Homework Club (3.30-4.30pm) Library
Saili Malo Career Pathways (3.30-5.30pm) Atawhai
Te Huatai Katorika Rehearsal (5.00-7.00pm) SBC
- 20 Mar Canterbury University Introductory Visit (lunchtime) P4
Big Sister (3.30-4.30pm)
Poly Club Practice (4.30-6.00pm)
- 21 Mar Kapa Haka Rehearsal (lunchtime) Atawhai
- 22 Mar Talanoa Pacific Learners (9.30am-3.00pm) Library
Netball Trials Junior (1.15-3.15pm) Taita Netball Courts
- 23 Mar Summer Tournament Week Starts

Social Sciences Out and About

The Year 13 History class spent a day in Wellington exploring sites and places of significance. This included a visit to the National and Turnbull libraries to learn how to use these resources, as well as a visit to the He Tohu exhibition to see Te Tiriti o Waitangi, He Whakaputanga and the Women's Suffrage Petition. In the afternoon we visited the Bolton Street Cemetery and other landmarks in our city.



The Year 11 History and Social Justice Studies classes recently visited Pukeahu National War Memorial Park and the Parliament precinct to develop understanding of the concept of historical significance. We looked at who and what was represented in these places, how memorials have changed over time as well exploring whose voices were missing.

*Mrs Anna Peszynski
HOD Social Sciences*



Food and Nutrition

Year 11 Food and Nutrition students working as a team to create gingerbread houses. This is a part of them learning about the four walls of Hauora (Te Whare Tapa Wha).



Years 12 and 13 Food and Nutrition are investigating Sustainable Practices and have been on a class trip to Kaibosh Food rescue. They have also been busy preserving donated fruit for Kaibosh to distribute.

Mrs Carolyn Hamer, HOD Technology

Forum on Housing

Forum on Housing workshop sponsored by the Ecology Justice and Peace Commission is at **10.00am-3.00pm on Saturday 29 March, St Bernadette's Church Hall, Naenae.**

Adequate housing, a place to call home, is fundamental to living a life of dignity. The Forum on Housing will build on last year's foundations with a workshop to identify actions to build awareness, foster collaboration, address system level issues, and provide practical community support. This workshop is for everyone concerned about housing issues. Community Housing Aotearoa will facilitate the day. For more information, please contact Deirdre Meskill, d.meskill@wn.catholic.org.nz; phone: 04 385 8642. A contribution of finger food to share for lunch is appreciated.

[The poster can be found on our website here](#)

Relay for Life

5/6 April

Parent helpers required

email Ngaira Sewell

sewelln@sacredheartcollege.school.nz

Sport

Track and Field:

Congratulations to Head Student **Isabel To'ia** on winning gold.

The annual Wellington Athletics Senior Champs were held in Newtown on 14-15 February. This event hosts a wide range of age groups from u16s all the way through to masters (35+). On the Friday night I competed in the u20 Shotput (4kg) and threw a season's best of 10.26m. Saturday morning I competed in the u20 Discus (1kg) and threw 38m. Based on these performances I managed to secure 1st place in both disciplines, and I am looking forward to both Regional and North Island secondary school athletics competitions coming up later this term.

Isabel To'ia

Dragon Boating: On Sunday 2 March our dragon boat teams competed in Wellington National Dragon Boating Festival. Our A and B teams competed in multiple heats against other schools in the region for the fastest time to make it into the grand final.

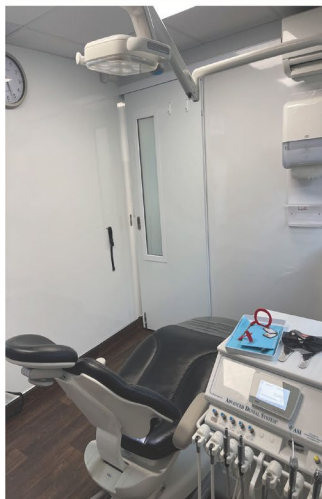


Both our teams secured a place in the grand final with the SHC B team coming 5th and our SHC A team coming 2nd. It was a super exciting day filled with lots of fun and competition. Well done girls. We're so proud.

Harriet Rosemergy Head of Sport



Softball: Sacred Heart is now back on the softball pitch after a seven-year absence. The team competed in the CSW competition and will also compete in the Nationals to be held at Fraser Park 25-28 March 2025.



The **Capital Dental Mobile Clinic** annually visits Sacred Heart College in Term 3-4, where we will provide free basic dental care under the Ministry of Health Service Agreement for school students below 18 years of age

We provide a comprehensive range of dental treatments and services such as:

- Full dental examination including radiographs (x-rays) as required
- Fillings (restorations) in baby & permanent teeth
- Cleaning/scaling - to remove plaque
- Fissure sealants for the prevention of decay
- Extraction of teeth as required
- Oral health education - helpful information for maintaining healthy teeth
- Referrals for specialised treatments, such as dentures/crowns, bite splints for Bruxism (habitual grinding of teeth), root canal and orthodontics.

If you would like your child to be seen by the Capital Dental team, simply click the link below and you will be directed to our website. Please choose **MOBILE** as the preferred practice.

<https://www.dentistwellington.co.nz/form/patient-medical-history>
(Please note that this website is completely secure and your information will remain confidential)

If you have any questions or concerns on the above feel free to contact us on:
[02102974020](tel:02102974020) / [045667008](tel:045667008) / mobile@capitaldental.co.nz