

SHC Heartbeat

Whatever you do, work at it with all your heart

Issue 7
May 2025



From the Principal

Kia ora koutou katoa
Talofa lava
Fakaalofa lahi atu
Kia orana
Mālō e lelei

Namaste
Welkom
Herzlich Willkommen
Witamy
Nǐ hǎo Mālō ni

Enrolment for 2026

Enrolments are now open
to Year 9s in 2026

Apply to Enrol Online Now

[SHC Application to Enrol](#)

Nau mai, haere mai, e te whānau,

I recently had the privilege of accompanying our O'Shea Shield team as they competed in a wide range of disciplines: debating, oratory, impromptu speech, Te Reo scripture reading, scripture reading, religious questions, junior prepared speech, and drama. It was a truly inspiring experience to witness so many young people speak with such confidence, poise, and depth of thought. Their ability to hold an audience and deliver messages that are often deeply profound is nothing short of remarkable.

As we look ahead to 2026, we are proud to be hosting the O'Shea Shield at our school. I warmly encourage our community to come along and support the event. It is a wonderful opportunity to celebrate the talents and voices of our youth.

While we did not come away with the Shield this year, one particular moment stayed with me. A young woman from Hato Hohepa stood during the impromptu speech and said, *"I never lose, I either win or I learn."* Her words capture the true spirit of this event and reminded me that growth often comes through challenge.

Ngā mihi nui

Katrina Kerr-Bell, Principal

Tuesday 3 June

This year Sacred Heart College has the honour of hosting the Regional Ngā Manu Kōrero Competition.

There are a number of groups working in school:

- Students hosting and supporting Ngā Manu Kōrero
- Sacramental Programme
- Big Sing Intensive Rehearsal
- Poly Club Rehearsal

If your child is not involved in one of these activities work will be set online for them to work from home on Tuesday 3 June.

Thank you for your support.

Open Mornings – 11 & 12 June

We are excited to announce our Open Mornings, which will be held on the mornings of Wednesday, 11 June, and Thursday, 12 June. The session times are 9.00-10.30am and 11.00am-12.30pm.

Please phone 04 566 1089 to book an Open Morning time slot or email enrolments@sacredheartcollege.school.nz

I have had the honour of visiting our contributing Catholic schools and meeting the Year 8 students. During these visits, I shared that although the transition to secondary school can be daunting, their primary schools have well prepared them for this next step. We are blessed to have excellent colleges to choose from, and we hope they will consider transitioning to Sacred Heart.

Sacred Heart is a Catholic college that promotes the values so needed in our society today. We unapologetically strive to grow our students' sense of faith and service to others.

We look forward to welcoming you to our Open Mornings and showing you what makes Sacred Heart a special place for your child's education.

Katrina Kerr-Bell

Mia Sarich – Head of Culture



Bok, my name is Mia Sarich, and I am super excited to be the Head of Culture here at SHC for 2025. Working alongside our amazing leadership team, I aim to enhance not only the culture within our individual girls, but the school's culture too. I come from a family of loud and proud Croatians, through both my Mum and my Dad. I have grown up in Wellington with my parents, my two older brothers, and my dog (my favourite sibling!) My culture has strongly influenced who I am, and I truly believe it is a key part of who we are as young women. I have thoroughly enjoyed my time at Sacred Heart and can't wait for the upcoming events.

Arnika Lahood – Head of Wellbeing



Kia Ora, my name is Arnika Lahood, and I'm honoured to be taking on this new role as Head of Wellbeing for 2025. Recognising the critical importance of wellbeing, I hope to prioritise and enhance it for everyone this year. Having lived in Wainuiomata my entire life with my parents and 2 younger sisters, I have developed a strong sense of community. My involvement in various of sports outside of school has fostered the team orientated individual I am today. My family and friends play a significant part in my life as they are my biggest supporters. I am super excited for the year ahead and can't wait to make 2025 a year full of positive impacts.

Attendance

As you are aware, the Ministry of Education collects our attendance data daily. One challenge with their reporting is that they define "Present" as being physically in front of a teacher in a classroom. This definition does not account for students who are present and actively involved in learning experiences outside of the classroom.

For Term 1, 2025, our classroom attendance was 68%. However, when considering students engaged in educational programmes, whether in class, on a course, or participating in outdoor activities like mountain biking, our attendance was 91%. This is fantastic news, as both statistics have returned to pre-COVID rates.

Year 13 Tourism Trip - Rotorua

On our Rotorua trip, we learned a lot about the local culture and the history of tourism in Rotorua. We visited Te Puia, where we saw bubbling mud pools and powerful geysers. Our tour guide Patrick taught us a lot about Māori traditions and showed us the process of carving and weaving, providing us with a deeper knowledge of Māori culture. At Skyline Luge, we rode the luge tracks and witnessed the amazing views from the top of the hill. At the Rotorua Museum, we were enriched with knowledge of tourism in Rotorua and the history of prominent Rotorua landmarks, like Mt Tarawera and the impacts that the eruption had on Rotorua and its environment. On our way back home, we visited the Aratiatia Rapids where we watched the dam open, watching thousands of litres of water rush back into the Waikato River. The trip was an amazing and memorable experience that taught us a lot of new things and let us explore the nature and culture of Rotorua.

Sophie Corbett (13TK)

What's On

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

Week 5A

Theme: Mana Tipuna

- 27 May Poly Club Practice (2.45-4.00pm)
Tokelau Language Project (4.30-6.00pm) Library
Barbershop YSIH Regionals(5.00-8.45pm) LH Town Hall
- 28 May Catholic Schools Day
Māori Achieve (lunchtime) Atawhai
Wellbeing Council (lunchtime) M3
Homework Club (3.30-4.30pm) Library
Te Hua Tai Katorika Rehearsal (5.00-7.00pm) SBC
- 29 May Library Closed at Lunchtime
Big Sister (3.30-4.30pm)
Poly Club Practice (4.30-6.00pm)
13MUS Solo Performance Assessment (6.30-7.30pm) PAC
- 30 May Kapa Haka Rehearsals (lunchtime) PAC
- 30 May-1 Jun Mission Cup/Te Toa
- 31 May Te Hua Tai Katorika Wānanga (2.00-8.00pm) St Pat's
- 1 June Te Hua Tai Katorika Wānanga (9.00am-3.00pm) St Pat's

Looking Ahead:

Week 6B

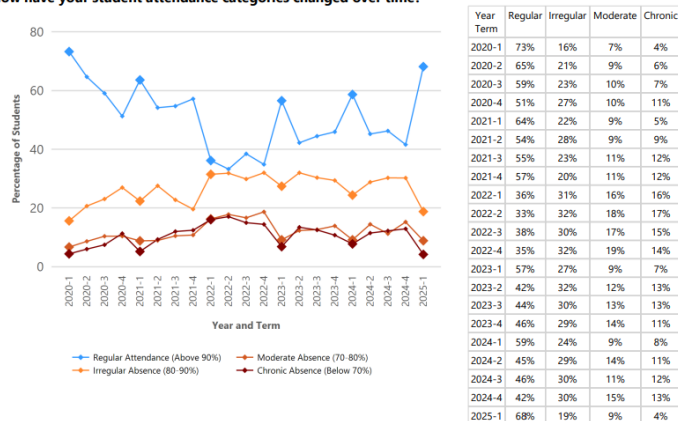
Samoa Language Week

- 2 Jun King's Birthday Public Holiday
Poly Club Rehearsal (10.00am-2.00pm) Gym & PAC
- 3 Jun Ngā Manu Kōrero (Students work from home) SHC
Big Sing Intensive Rehearsal (9.30-11.30am) Gym
Sacramental Programme (10.30am-2.00pm) E1/Haven
Poly Club Rehearsal (12.30-2.30pm) Gym
Tokelau Language Project (4.30-6.00pm) Library
- 4 Jun The Big Sing (9.00am-10.00pm) Michael Fowler Centre
- 5 Jun Samoan Language Week Event (7.00-10.00pm) PAC
- 6 Jun Opening of Art Rooms (7.00am)

Trends

Because of seasonal changes from term to term its best to compare the same term over time. Compare Term 2 to Term 2.

How have your student attendance categories changed over time?



O'Shea Shield

The O'Shea Shield is an annual public speaking competition for the 17 Catholic secondary schools in the Wellington and Palmerston North dioceses. The competition includes the following:

Oratory, Junior Prepared Speech, Impromptu Speaking, Scripture Reading (English and Māori), Debating, Religious Drama and Religious Questions.

This year the competition was hosted by Cullinane College, Whanganui, and we have the pleasure of hosting in 2026.

O'Shea Shield was an amazing experience that I was blessed to be a part of. I met so many new people, listened to many different speeches and scriptures and had a great laugh at the dramas. Although O'Shea is a competition, it was more than that. I went and had so much fun!

Charlee Shirley (10UC)

My favourite thing about O'Shea Shield this year was the Religious Drama. Drama for me is out of my comfort zone, and so performing in front of teenagers my own age was a daunting experience, but everyone was really supportive. This was not only the girls from SHC, but everyone who was at O'Shea was super encouraging. Sacred Heart College is excited to announce that we have the honour of hosting O'Shea Shield for 2026.

Taylor Howard (13JB)

Congratulations to Vienna Serpa for winning her section for Impromptu.

Thank you to all the coaches of our 2025 O'Shea competitors. We appreciate their help preparing the students to compete.

In particular, a large thank you to staff Tanya Conradie, Katrina Kerr-Bell, Paula Davies, Lucy Paul and Maria Kerr for accompanying the team.



11RST – Home of Compassion

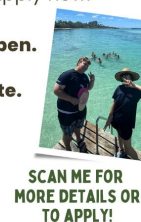
Late last term and early this term, our Year 11s all had the opportunity to visit the Home of Compassion in Island Bay and Soup Kitchen in Wellington City. This has been part of their learning about the Sisters of Compassion in Religious Studies. The trips have helped make their learning meaningful and connected them to the history of Catholic service in the Wellington region, and the ongoing work of the Sisters of Compassion for those in need in our community.



Experience leadership training on a whole new level! For senior high school students; Yr 12/13 (NZ), Yr 11/12 (Aus). 40 spaces per course. Apply now.

2025 & 2026 Courses Open.
Dates and locations available on our website.

- ✓ Advanced Leadership Skills
- ✓ Decision Making
- ✓ Planning and Goal Setting
- ✓ Practice Leading A Diverse Team
- ✓ Enhance Your Communication
- ✓ Improve Your Career Prospects
- ✓ Take Action On Real Issues
- ✓ Demonstrate Your Resilience
- ✓ Join Our Leaders Community
- ✓ Embrace Pasifika Culture
- ✓ Grow your confidence



MY FLA EXPERIENCE WAS MY TURNING POINT. WHEN I APPLIED I WAS SORT OF INTERESTED IN LEADERSHIP BUT DIDN'T REALLY KNOW WHAT LEADERSHIP ACTUALLY LOOKED LIKE. FOLLOWING THE PROGRAM I HAD SUCH A CLEAR IDEA OF WHAT LEADERSHIP WAS AS WELL AS MAKING SO MANY FRIENDS ALONG THE WAY. I'VE HAD SO MANY OPPORTUNITIES COME MY WAY AS A RESULT OF MY TIME WITH FLA, INCLUDING BEING IN A FORMAL LEADERSHIP POSITION AT MY SCHOOL. I WOULD HIGHLY RECOMMEND THE FLA TO ANYONE WHO HAS ANY KIND OF INTEREST IN LEADERSHIP.

DOMINYKA, STUDENT
COOK ISLANDS COURSE

DAY 1-2

Arrive at intl airport
Meet your fellow students
Fly to your Pacific Island
Official welcome
Team building
Leadership skills workshop

DAY 3-5

Work in your syndicate
Lead your team
Guest speakers
Practical scenarios
Environment issues
Humanitarian issues
Business topics
Youth wellbeing insight
Outdoor adventure
Team development
Immerse in the local culture

DAY 6

Fun beach day
Formal course function
Leadership evaluation
Final cultural activities

DAY 7

Farewell to Pacific students
Fly to your home country
Farewell to fellow students
Return home

Our courses count towards Duke of Ed Gold Level Residential Projects.



@futureleaders.acad