



# Sacred Heart Catholic Primary School Diamond Creek

## Sacred Heart Newsletter

Newsletter No 8 Term 1  
19 March 2020

### ***What's on at Sacred Heart***

<b>Fri 20 Mar</b>	<b>National Day of Action against Bullying and Violence &amp; Harmony Day</b> NO ISS School Photo Day – <b>POSTPONED TO 15<sup>th</sup> JUNE</b>
<b>Sat 21 Mar</b>	First Eucharist Blessing Mass – St Peters, Hurstbridge 7.15 pm - <b>POSTPONED</b>
<b>Sun 22 Mar</b>	First Eucharist Blessing Mass – Sacred Heart, Diamond Creek 9 am - <b>POSTPONED</b>
<b>Mon 23 March</b>	Easter Bonnet Parade 9.05 am - <b>CANCELLED</b> Parents Association Meeting 7.30pm - <b>CANCELLED</b>
<b>Fri 27 March</b>	Final day of Term 1 - 2.30pm NO ISS

Click on this link to view the school calendar: <https://www.shdiamondcreek.catholic.edu.au/calendar/>

### ***Dates for your Diary.....***

<i>Tues 14<sup>th</sup> April</i>	<i>School Closure Day</i>
<i>Wed 15<sup>th</sup> April</i>	<i>Students return to school</i>

Dear Families and friends,

Fr Steve's Homily:

### **3<sup>rd</sup> Sunday Lent (A)**

It's generally accepted that people define themselves by their relationships.

We cannot work out our identity – who we are – outside the context of our relationships with other people & people whose judgement & opinion of us we count as important, whether consciously or unconsciously.

So we try to foster an impression of ourselves before others that enables us to be seen favorably by them.

We can put on masks to gain the approval, respect & admiration of people – & these masks aren't necessarily false because they are usually our strengths & qualities, but we can wear these masks to hide from others our faults, frailties, failures & weaknesses – because we think we'll be rejected if people found us out for who we truly are.

So we may wear a mask of competence or efficiency or intelligence or of being well-read & learned or diligent or self-sacrificing or generous or of being meticulous or holy – because we're good at it & we've polished this mask for many years; but we can use our mask to hide things we don't want people to see about us.

What a relief & how life-giving it is when we have someone before whom we can reveal our true selves because they not only accept us, but also love us for who we are – warts & all. That never happens in an instant, but over time as we can reveal ourselves in trust.

The extraordinary thing is that the person before whom we can reveal ourselves is also creative of us, enabling us to develop.

We become who we are with the aid of the messages we are given by the people who are important to us. But the reverse is also true – we are responsible for the identities & self-images of people who are reliant upon what we think of them, what we expect of them & how we treat them.

So, a fundamental truth flows from this: we are responsible for the identities of one another & we can be creative & life-giving, or we can be destructive of people.

It raises a real challenge for each of us for our relationships, especially for those who are closest to us.

What sort of friend am I to my friends, colleague to my colleagues, husband or wife to my spouse, parent to my children, son or daughter to my parents, brother or sister to my siblings.

We live in a time when there is so much emphasis on my rights, but what about my responsibilities to be creative & life-giving in my relationships?

I think this is part of what Lent is essentially about – focusing on God's creative & life giving relationship with me, & on my being life-giving in my relationships with others.

Today's Gospel of the encounter of Jesus with the Samaritan woman is a story of a creative, new-life giving encounter where the woman is thirsty, not just for water but also for self-esteem.

She, in the eyes of the Jews & even in the eyes of the apostles is considered an enemy & in the eyes of her own people, considered a shady woman & a sinner such that not even the women of her own village associate with her – that's why she comes to the well to draw water on her own & not with the others in the morning.

She is categorized & given her identity by others who allow her no room to be anyone else other than the way people choose to see her.

But here we have Jesus before whom she can let down her guard & have Jesus reveal who she is & she can feel that she is accepted & loved by him for who she is; Jesus' approach to this outcast woman was ever so gentle.

He didn't force himself into her life; had he done so, she would have immediately closed-up. In fact, he began from a position of weakness.

He began with a request for a drink of water.

In this way he disposed her to receive the gift he wanted to give her.

In the dialogue he treats her with great respect, not a hint of judgement or condemnation; right from the start he looked into her heart, yet he didn't make her feel uneasy or bad about herself – she didn't feel judged.

Rather, she felt accepted & understood - no one ever paid such close & loving attention to her before, not even 5 husbands.

Jesus explained her life to her much more sympathetically than she'd been able to explain it even to herself, & before she realized it, she had shared with him the whole story of her sad & confused life.

So the conversation about water enables her to see that Jesus isn't talking about ordinary water that's necessary for physical living, but the eternal life-giving water that sustains & nourishes our deeper life – the symbol of a sustenance that can only come from God – the God who isn't to be found so much in Temples or mountain-tops, but in spirit & in truth which is found when we encounter God within us & within the joy & mess of our lives.

All people thirst for meaning, but of what does that meaning consist?

The people in the desert thirsted for water, but they misunderstood their thirst. The woman of Samaria thirsted.

Her conversation with Jesus showed that she thirsted for understanding & insight as well as water – she was thirsting for meaning & purposefulness.

For what do we thirst in this world of such great excess & unmeasured need? Life hasn't become simpler with all of our advances.

We still thirst for more – for the newest, the fastest & the best.

How much is enough, & when do we cross the line into 'too much'?

Today we're invited to drink of the well-spring of living water, to be filled by God in our need for intimacy & meaning.

Then we can in turn become well-springs of life-giving water for others.



## ***Student of the Week***

***Prep NG***

***1/2 CN***

***1/2 PA***

***3/4 JD***

***3/4 NJ***

***5/6 CM***

***5/6 RM***

***STEM***

***Performing Arts***

***Visual Arts***

***PE***

***Sebastian Zagami***

***Heidi Madden***

***Ayendha Fernando***

***Penny Motschall***

***Zarah Clough***

***Noah Brooks***

***Will O'Keefe***

***Tom Furness***

***Nicholas Dovile***

***Zara Campbell***

***Jasper Gatherer***



*Week 6 & 7 Students of the Week*



*Week 6 & 7 Students of the Week*



*Token Winner - Owen*

## Building Works Update



*Block C Classroom*



*Block C – new windows & entrance*



*Block B – Multipurpose Kitchen Joinery*



## **Student Wellbeing & P. E.**



Dear Sacred Heart Families and Friends,

It has been two weeks without Jim, and we have nearly shut down the school and are almost ready to open our new learning spaces. No wonder we are confused! Jim has taken three weeks leave to travel both the North and South Islands of New Zealand with his wife Karen and friends but unfortunately due to travel restrictions will be cutting short his trip and flying out of Christchurch on Saturday. He will then need to follow the self-isolation restriction for any travellers. Not an ideal holiday in this unknown time.

### **Coronavirus Update:**

I'm providing the latest information received regarding the current coronavirus pandemic.

The current advice from the Victorian Chief Health Officer is that schools remain open. This advice is constantly under review and we will update you if it changes.

We are all aware that some people in our school communities have heightened levels of concern and anxiety regarding the many impacts of the coronavirus pandemic. These thoughts and feelings are normal and understandable.

Most adults and children will be able to manage these feelings through being resilient and practising positive coping skills. However, some may feel overwhelmed and unable to adequately express their concerns. This may result in escalated levels of distress or worry.

### **Conversations with children and young people**

Families and caregivers of children and young people should discuss news of the virus with those in their care in an open and honest way. Try to relate the facts without causing alarm, and in a way that is appropriate for their age and temperament. It is important to listen to any questions they may have, and to let them know that they are safe and that it's normal to feel concerned. If the media or the news is getting to be too much for them, encourage them to limit their exposure.

### **Resources**

A range of key resources, including videos and tips for young people, have been collated for sharing with families to help promote ongoing wellbeing and good health across our school community and beyond:

- [SPECIAL REPORT: Coronavirus](#) – Dr Michael Carr-Gregg developed this video for parents and school staff. Catholic Education Melbourne acknowledges the generosity of **SchoolTV** in making the report accessible to parents and staff in Catholic school communities
- [How to talk to your children about coronavirus](#) – ABC News article
- [Worried about your child getting coronavirus? Here's what you need to know](#) – *The Conversation* article
- [Talking to children about natural disasters, traumatic events, or worries about the future](#) – This **Emerging Minds** video introduces ways for parents and carers to manage media coverage of traumatic events, and talk to their children about their worries and fears
- [Traumatic events, the media and your child](#) – This **Emerging Minds** fact sheet provides guidance on how to support and reassure children during ongoing media coverage of COVID-19.

Try to maintain a practical and calm approach.

Due to the uncertainty of the current times, we are restricting people within the school. In order to help keep our students safe, we have postponed or cancelled the following events for this term and will keep you informed in regards to next term:

- Classroom Helper program
- School Photo day
- Eucharist Blessing Masses
- Parents Association Meeting
- Tennis sessions
- The Annunciation Mass
- Interschool Sport
- Whole school assemblies
- Easter Bonnet Parade.

If your child has already made an Easter Bonnet please encourage them to bring this to school on Monday and we will ensure that each class has a parade in their level. Also, as we now cannot have more than 100 people in the same indoor space, we will have smaller assemblies on Monday morning in our own spaces. Sorry about the inconvenience and we will continue to keep you updated as we receive updates.

#### **National Day of Action against Bullying & Violence:**

We have received advice that the National Day of Action against Bullying and Violence (NDA) on Friday 20 March 2020 is postponed. This decision has been made with the health and safety of students, staff and the community as the priority. At Sacred Heart we say Bullying- No Way! every day of the year so we will still incorporate this into the program on Friday.

#### **School Disco:**

Thank you to our wonderful Parents Association and volunteers for organising and supervising the Bop Till U Drop school disco for the students of Sacred Heart. The disco went very well with approximately 110 students which was a fantastic turn out (which could not happen now), approximately \$1200 profit was made on the night which is an amazing achievement. The feedback is Bop till u Drop is well worth the cost - they do such a fantastic job and the students love it.

#### **Building Update:**

The demolition of Block A will at this stage occur over the school holidays as long as NBN are able to relocate cables by this time. We will also continue to work on Block C roof over the holidays and will complete the Year 5/6 classrooms to ensure minimal disruption to these areas. All other areas as of today are ready to hand over. We will start to move furniture into these spaces but until we receive the certificate of occupancy we will not have our students in these learning spaces. Unfortunately with a few big items (roof and demolition of Block A) we are not in a position to order more furniture or make decisions in regards to landscaping and external works, this will be postponed until Term 2.

#### **Ride2School:**

Congratulations to all students that participated in the Ride/Skate2School Day last week. This may have been riding a bike, a scooter or a skateboard, or even walking some of the way to school. National Ride2School Day is the perfect opportunity to kick-start new healthy habits and promote the many benefits of active travel especially in this time when many sport associations have postponed training and games.

#### **Secondary School Applications:**

Reminder to families of Year 5 students wishing to attend Catholic Secondary Schools, open days are currently happening and applications for 2022 close later this year. Year 6 students looking at applying for

Government Schools information will be sent home early Term 2 via your child but I encourage families to start attending open days in the meantime.

### Running Club:

Running Club will not be running for the remainder of Term 1 however will start up again early Term 2. Thank you to Dale for his commitment to this program and to the many parents and children that make the effort on a Friday morning to get to school early and work on their fitness.

### Interschool Sport:

Last week we played Glen Katherine Primary. The results were:

Boys Volleyball	Lost
Girls Volleyball	Lost
Boys Basketball	Lost
Girls Basketball	Lost
Cricket	Won
Rounders	Lost

Interschool Sport is now cancelled until further notice.

### House Points:

At the conclusion of week 8 the results were as follows:

MACKILLOP (RED)	CORDNER (GREEN)	BUNJIL (BLUE)
4045	4260	4476

Congratulations to Bunjil (Blue) house for winning Term 1 house points tally. You will be given a free dress day next term.

### March Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16 WEEK 8 B	17	18	19	20	21	22
				No ISS National Day of Action against Bullying & Violence		
23 WEEK 9 A	24	25	26	27	28	29
				NO ISS END OF TERM 1 2.30pm		



## News from the Parish

Dear Parishioners,

The Celebration of Mass has been suspended until further notice following a directive of the bishops of Victoria.

You are welcome to come into the church for private prayer and adoration before the Blessed Sacrament.

Fr. Steven Rigo (Parish Priest)

## INSIGHTS

# Leading the way for children during the Coronavirus pandemic



If you're like me, the news of the Coronavirus (COVID-19) pandemic has your head spinning and your heart pumping. That's only natural as life as we know has taken a seismic shift in recent days.

International travel bans, cancellation of sporting and cultural events, shopping frenzies and talk of school closures continue to dominate the airwaves. Terms such as social distancing, self-isolation and social lockdowns have entered our vocabularies and may soon become part of our daily lives.

Coronavirus is having an unprecedented impact on our daily lives, and will probably do so for some time. While keeping ourselves and children healthy and safe is our main concern, it's also essential to address the anxieties of children and young people during these changing times. Here are some ideas to help inform, reassure and keep children and young people safe.

### Build on what your children know

Children and young people have already been exposed to a great deal of information about corona virus through media, digital means and direct social contact. Their understanding will vary depending on their age and also the quality of their information sources so you probably will need to help kids process what they already know.

Casual conversations with teenagers and older children can be useful ways to glean their understanding. You could ask questions like "What are you hearing about Coronavirus? Is there anything you're not sure about?" Younger primary age children may need a more direct approach with parents addressing their specific concerns without giving too much information that can overwhelm them.

### Check your own thoughts and feelings

Check your own frame of mind and emotions about COVID-19 before talking to kids. Most children are astute mood detectives and they'll gauge their safety by the way you communicate with them. If you tell a child, "You've got to wash your hands or you'll get infected," you are communicating your own anxieties, making it difficult for them to maintain a healthy state of mind. Have a think about how you can frame your instructions and their importance in a way that doesn't heighten your child's anxieties.

### Stay informed

It's difficult to work out fact from fiction, correct from incorrect, information from exaggeration when the news is changing so fast. However you need to educate yourself about the virus itself, including how it's transmitted and how to stay safe. Get information from trustworthy sources such as The Australian Government Health Department website and the current federal government corona virus information media campaign.



## Answer questions truthfully

It's important that parents and teachers answer children's questions honestly in age-appropriate ways and within context of what is happening at the given time. If their sport or hobby has been temporarily cancelled empathise with their concerns, while helping them maintain a sense of perspective.

## Initiate positive action

One way to reduce anxiety and allay children's fears is to involve them in planning and preparation for their personal and group safety. Positive activities such as maintenance of personal hygiene, greeting people with an elbow tap and getting plenty of sleep can help restore a sense of control, that is so important for their wellbeing.

## Find refuge in rituals

Regular rituals such as mealtimes, bedtime stories and regular one-on-one time provide both an anchor to normality and a sense of connection for kids at times of change. Consider reconstituting favoured family rituals at this time if they have lapsed due to lack of time, or lifestyle frenzy.

## Look outwards

In difficult times there is a tendency to look inwards, which is a natural protective strategy. The alternative is to establish a sense of connection and community spirit by focusing on generosity and togetherness. Help children see past their own needs and look for ways to assist others whether it's shopping for an elderly neighbour, helping a younger sibling occupy themselves, or planning an indoor movie night for the whole family.

The Coronavirus presents many practical challenges to parents and other important adults in the lives of kids. Staying calm, keeping informed, and adjusting our own habits are just some of the challenges we face. However a significant challenge is one of personal leadership. That is, during these difficult times we need to be civil to each other, look out for each other and be mindful of the common good in everything we do. In this, we can all take a significant lead.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change it*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



## News from the Office

### SCHOOL FEES

**The first Instalment of fees should now be paid** – if you have not paid your first instalment, please arrange immediate payment or contact the office to discuss. The second instalment of \$1105.00 is due 01/05/20 – an account statement will be sent early in Term 2 as a reminder. Please disregard this notice if you have a Direct Debit payment plan in place.

### CSEF – Camps, Sports & Excursions Fund

Do you have a health care or pension card? If so, you may be eligible to receive a **rebate of \$125.00** per child from your school levies. Forms can be collected from the school office and must be returned as soon as possible. If you received the rebate in 2019 and still have a current HCC/Pension Card, a new form is not required – just please send a copy of your card to the office ASAP. Please do not to hesitate to ask Allison in the office if you have any queries.

### CDF PAY



## is coming to Sacred Heart

We understand there are many times when you may need to provide cash to your child to pay for uniform, tuckshop orders, and Parents' Association events such as special lunches, discos, social events etc. But cash isn't the only option in today's world; which is why we want to make it convenient for you to make payments.

Over the school holidays, we will be introducing CDFpay, which is a *cash-free solution* for our Uniform and Tuckshop shops. This solution is an online ordering and payment platform offered by the Catholic Development Fund Melbourne (CDF).

We will be encouraging all parents to use this simple, cash-free platform in the future – you will be able to order and pay online for items either using the app set up on your device or via the portal on our website. Please be assured that we will not turn away parents/students who choose to pay via cash, however to ensure the success and drive the full benefits of this program we encourage your participation.

Further information, including step by step instructions will be sent home via Caremonkey & the Newsletter next week.

### SCHOOL BANKING ON HOLD



#### **Notice from CommBank School Banking**

The health, safety and wellbeing of our communities and our people is our first priority. Due to the rapidly developing situation with coronavirus, School Banking has been temporarily paused from **20 March 2020** until the start of **Term 2**. Please don't bring your deposit book with your weekly banking into school and we will notify you when banking will recommence.

# Harmony Week & National Day of Action against Bullying & Violence



Next week 15 - 21st March is Harmony Week.

Harmony Week is about celebrating multicultural diversity in Australia and developing a sense of belonging amongst our students. At Sacred Heart we are multicultural, let's celebrate different cultures and take a stand against bullying by saying Bullying NO WAY!



On Friday 20th March we will celebrate Harmony Day and National Day of Action Against Bullying and Violence at Sacred Heart.

Students will be invited to wear something **orange** this Friday. This could be a hat, a scrunchie, a t-shirt, etc.

In classrooms, students will participate in an activity that celebrates another culture. Eg. an art activity, singing or dancing from another culture. Students will also participate in lessons that explicitly address actions we can all take to say Bullying-NO WAY!

All students will also be invited to share a special show and tell in classes with items that are significant to their own culture or a culture that they have visited, please encourage your child to think of something they could share with their class.

# Ride to School Day



# Environmentally @ Sacred Heart



*Indigenous Group hard at work*



CATHOLIC EDUCATION WEEK 2020 The future is listening

**CREATIVE ARTS EXHIBITION 2020**

PAINTING FASHION PHOTOGRAPHY ILLUSTRATION FILM SCULPTURE

Oliver Parker, Harry Lord, Amelia Campbell and Jacoby Turner each have artwork displayed in the 2020 CEM Creative Arts Exhibition.

**Exhibition opening times**  
**Monday 16 - Saturday 21 March**

Monday 16 – Friday 20 March  
9am – 3.30pm

Saturday 21 March  
12pm – 4pm

Catholic Leadership Centre 576 Victoria Parade  
East Melbourne

# Community Noticeboard

## FAMILY GROUPS!!

## WHO CAN JOIN A FAMILY GROUP?

**ANYONE! EVERYONE!**

*Families, individuals, young and young at heart, Catholic or non-Catholic, Married, single, widowed or divorced.*

Family Groups are a great way to meet socially with other like-minded people to make new friends and to get involved in the Sacred Heart Parish. Family groups meet several times a year to share in a low cost activity, such as a picnic, movie night or a social. The type of activity is up to you! Tell your friends and take this opportunity to get involved in parish life here at Sacred Heart.

There are Enrolment Forms and Information Sheets available at the parish office and school foyers. Enrolment is free.

\*\*Our first Family Group meeting will be held at the James Kierce Centre on **Friday 27 March, from 6pm**. You'll meet other new members and join a group of like-minded people from Sacred Heart, Diamond Creek, and surrounding areas. You can enjoy a chat over a snag and salad (feel free to BYO as well).

**NOTE:** A special Information Session about Family Groups will be held in the foyer of St Mary's Church, Greensborough, on Sunday March 22 after the 10am Mass there.

**POSTPONED**



**PARENTS NIGHT OUT**

**JUNGLE THEME**

**Saturday 21st March : 6.00pm - 9.30pm**  
**Cost: \$25.00 per child**

*Come dressed in your favourite Jungle outfits and celebrate our 'Jungle Theme'!*

Leave your Primary School aged children (Prep to Grade 6) and their friends with us for a night of Gymnastic Fun.

The children will play games, move through circuits, free play exploring, a snack break and finishing the night with the free screening of the movie 'The Lion King'.

Children can bring blankets, sleeping bags and pillows for the movie time. Pack a 'nut free' snack and a drink bottle for the break time upstairs.

Bookings & Payment required by Friday 20th March 2020.  
Phone: 94370777  
Or email: [admin@balancegymnastics.com.au](mailto:admin@balancegymnastics.com.au)  
11 Candlebark Court, Research 3095 [www.balancegymnastics.com.au](http://www.balancegymnastics.com.au)





# CALLING ALL WRITERS for the 2020 SCHOOL WRITING COMPETITION

Enter your poem or short story to be in the running for the great CASH and PRIZES on offer including \$1000 first prize AND your choice of a Playstation 4, Xbox One X, \$500 Rebel Sport Gift Card or Nintendo Switch.



Building self-esteem & confidence through Music Performance!

**We offer music lessons for:**  
**Guitar | Keyboard | Drums | Singing and dance**

Teaching all styles of music and music theory, including pop, funk & jazz!

**Bruno Mars | AC DC | Ed Sheeran | Katy Perry | Drake**

All lessons are timetabled during school hours

**Enrol online at [jamhotmusic.com.au](http://jamhotmusic.com.au) or return your form to the office!**

For enquiries, please contact:

**Jason Stonehouse**  
0419 872 875

visit our website  
[jamhotmusic.com.au](http://jamhotmusic.com.au)

email  
[jamhotmusic@hotmail.com](mailto:jamhotmusic@hotmail.com)

## KID'S AFTER SCHOOL POTTERY CLASSES

at *Clay Talk @ Montsalvat*

**With Jessie Pittard**

Join Jessie after school for an immersive afternoon of clay creation.

For details [montsalvat.com.au/claytalk](http://montsalvat.com.au/claytalk) or phone 9439 7712

MONDAY'S FOR 8 WEEKS OF THE SCHOOL TERM

4:15pm - 5:45pm Ages 8+

+ SCHOOL HOLIDAY WORKSHOP EVERY SCHOOL HOLIDAYS

