



Sacred Heart
Catholic Primary School
Diamond Creek

Sacred Heart Newsletter

View the Newsletter online: <https://www.shdiamondcreek.catholic.edu.au/newsletters-forms/>

Newsletter No 1 Term 2
16 April 2020

Dear Sacred Heart families and friends,

Fr Steve's Easter Homily:

Easter Sunday (2020)

- Do you believe in the resurrection & eternal life?
- Do you think that Christ's resurrection has made a difference to our world?
- The resurrection is the foundation of Christian faith & follows logically from what we celebrate at Christmas - the infinite God becomes human, takes on everything that belongs to being human, including death & transforms humanity by his being raised to a new life, not resuscitated into the same old life, but transformed into a new glorified way of living this is now ours.
- If there is no resurrection of Jesus, then Christianity is just another ancient religion with its own particular form of spirituality & morality.
- All the values of Christianity hinge on the resurrection, but about all of us, & all creation.
- On raising him from the dead, God identified himself with Jesus, while delegitimizing those who had condemned & killed him.
- So, by raising Jesus from death, God affirmed his life & message, his project of inaugurating the kingdom of God & his entire behaviour in life.
- What Jesus proclaimed about the compassion & forgiveness of the Father is true - God is what Jesus revealed in his parables.
- Jesus' prophetic way of life is consistent with what the Father's desire is for us; the solidarity of Jesus with those who suffer, his defence of the poor, his forgiveness of sinners, his inclusion of the rejected – this is what the Father wants for us.
- Jesus is right when he seeks a more dignified & joy-filled life for all, beginning with the least – this is the greatest desire God has at heart for us.
- You see, in the resurrection, it wasn't just Jesus who was raised – his life & message was vindicated.
- Evil is powerful & widespread in a wide variety of forms that impact on everyone, & especially on the vulnerable – but only till death.
- Throughout the ages Christendom & the Christian Churches can, & should be held accountable for the ways they have not been faithful to the life & message of Jesus, but it is because of him, & as a result of the resurrection, that we can be outraged by any societal actions that rob the dignity of humans & all creation, BUT consistent with his life & message, & enlivened by the power of the resurrection we have a responsibility to strive to be compassionate & caring of all life.
- The Jewish authorities & the strength of the Roman forces killed Jesus, but they didn't annihilate him because God's love for his creation wins – for all creation.
- In our Western theology, which tends to be more individualistic, we have focused too much just on the resurrection of Jesus, but Eastern Christianity takes its ramifications even further.

- In our Creed we declare that after Jesus was raised, he descended into hell.
- The current language is unfortunate because we think of hell as the place of damnation by God's judgement of us, but our belief is really about Christ descending even further than human life, into human death and raised up all who had died.
- Eastern Christianity makes much of this & as such declares that Christ broke into the place of death & destroyed its power; that he raised all humanity out of the power of death, & then uplifted humanity to a place of dignity.
- Eastern Christianity projects a hopeful message that is not only about Jesus, but about society, humanity & indeed all of history.
- It means that we don't have to resign ourselves to just accepting everything that is wrong, unjust & oppressive is the end of the story of individuals or societies.
- If we don't believe that every proverbial crucifixion ever since Jesus — war, poverty, torture, hunger, pandemics — can somehow be redeemed by God's power, who of us would not be angry, cynical, & feel hopeless?
- We should have a wider and cosmic vision of Jesus' resurrection, because Easter is not just the final chapter of Jesus' life, but the final chapter of history. Death does not have the last word.
- The resurrection of Jesus is for us the ultimate reason for our hope, inspiring us to work for a more humane world according to the heart of God & empowering us to wait with confidence for his promise of life fulfilled.
- In the resurrected Christ, in whom is our hope, we find the profound will of God confirmed forever: fullness of life for the whole of creation, a life freed forever from evil & death — the kingdom of God come true.
- We are still on the way — everything is mixed & confused — justice & injustice, death & life, light & darkness — everything is unfinished, incomplete, & in process, but the unseen power of the risen Christ is drawing us towards a definitive LIFE.
- In these days in which crisis seems to extend to all the areas of human existence, as followers of Christ, as Church, we need to remember that we have the "responsibility of hope" - This is our primary task.
- God is in our tears & sorrows; in our failures & helplessness; in our depression, loneliness & sadness & sins as the God who sustains us with power, who understands us & is patient with us, who always forgives & welcomes us; who is even in our death as the breath of eternal life that triumphs when everything seems lost.
- We can begin to live eternal life now, not by grasping onto life, but by spending it for others & living out values that are life-giving, loving & eternal.
- So, returning to the question I asked at the beginning: Do you believe in the resurrection & eternal life? Is its importance just limited to us as Christians?
- If you do believe, how does that belief practically affect the way you live your life on a daily basis?

Term 2 will certainly be a unique experience for us all but if we accept that there will be many challenges for us to problem-solve and opportunities for growth and new learning, then we will ensure that we and our children not only survive this pandemic but come out of it better prepared for our increasingly global society.

Thank you to Gina Murphy and the staff of Sacred Heart for their fantastic work in preparing for the continuity of learning for our students in a remote learning situation. The successes experienced yesterday (Day 1) are evidence of this hard work and collaborative team efforts. At the end of each school day each Year Level provides me with a review of the day and yesterday's reviews had the consistent theme of overwhelming success, some challenges to be considered and addressed and wonderful support from students and parents.

The keys to our surviving this current situation are remaining positive, seeing problems as opportunities for new learning and problem solving skills, and communicating with each other.

Each week we will continue to issue a school newsletter to keep all of you connected.

Can I leave you with the words of a modern poet, Donna Ashworth that I discovered in the most recent Parade College newsletter;

History Will Remember

History will remember when the world stopped
And the flights stayed on the ground
And the cars parked in the street
And the trains didn't run.

History will remember when the schools closed
And the children stayed indoors
And the medical staff walked towards the fire
And they didn't run.

History will remember when the people sang
On their balconies, in isolation
But so very much together
In courage and song.

History will remember where the people fought
For their old and their weak
Protected the vulnerable
By doing nothing at all.

History will remember when the virus left
And the houses opened
And the people came out
And hugged and kissed
And started again.
Kinder than before.....

Regards

Jim O'Sullivan



Student Wellbeing & P. E.



Holidays and beyond - keeping safe, well and positive. Welcome back!

It goes without saying we're living in extraordinary times. For many students, those much-anticipated end of term holidays will now blend into a longer period away from their schools, teachers and friends. This will inevitably mean meeting the challenges of finding new ways of learning and of keeping physically and mentally fit and healthy. We know that the ingenuity and enthusiasm of the Sacred Heart staff has resulted in innovative approaches to keeping the community, especially students, connected and supported in their learning and wellbeing.

Welcome back to a very different Term 2! I hope everyone managed to have a safe and happy holiday with family. Now we are establishing routine for what school looks like in the home while many adults are still juggling the demands of working from home.

Yesterday was a day to go down in history and one that will not be forgotten. I heard there were challenges for some, anxiety for many but there was also a lot of relief for many. Keep in mind while this program unfolds, the staff at Sacred Heart have both the academic progress and the wellbeing of your children as our number one priority moving forward. We are here to teach your children but we also ask that if you have concerns you email the staff rather than raising these online with students present. Staff over the term will also make phone contact with each family to ensure our families and students are OK. Staff are working extremely hard to get this right and along the way will also learn other ways of doing things. Communication is great but also be kind in judgement especially in the first couple of weeks.

We sincerely hope that yesterday and today were a success for everyone. Success doesn't mean that everything had to be perfect, but it means we're feeling a bit more confident about what we're doing, that one or two of the things we were anxious about are no longer a worry. We want everyone to be confident that we can manage our Remote Education Program. We received information from the Department of Education and Training that is included in this newsletter - a parent information letter and a parent information fact sheet. Please take the time to read these.

We are proud of the way our staff has embraced the challenge of Remote Education and we thank them for the energy and commitment they have given in recent weeks to prepare for the delivery of online lessons. We know that students and families will also do their best to adapt to this new way of learning and acknowledge, perhaps more than ever, the importance of the partnership between students, their parents and their teachers.

We are mindful of the demands being placed on families at present. On behalf of all staff, I wish you and your family good health and thank you for your continued support of your child's education during these unprecedented times.

Prep 2021:

We had a number of prospective new families come to visit the school during Term 1. In the current climate these school tours are unable to take place physically but we ask anyone that knows of families looking for a Primary School, we have a great Website now that has virtual tours for the families. If any parents know of families who have a child ready to start school next year, please let them know about this

and if any of our families have students ready to start school in 2021 please ensure you complete an enrolment form and get it to the office ASAP.

Year 7 2021:

All Year 6 students will receive in the next week, via Care Monkey, a letter outlining the process for enrolment into Secondary School for 2021. This is an important decision that must be made about which school your child will attend for Year 7 next year. To support your decision making, the Department of Education provides access to a website to help you locate your local school and give you transparency of choice in public school across the Victorian public-school system

<https://www.education.vic.gov.au/parents/going-to-school/Pages/year-6-to-7.aspx>. Families with students attending Independent and Catholic Schools will still be asked to fill out the form and return it to the office.

Message from Commonwealth Bank:

The health, safety and wellbeing of our communities and our people remains our highest priority. Due to the ongoing uncertainty surrounding coronavirus, the School Banking program will remain on hold. We will continue to monitor the situation and keep you informed with any updates including how we will be managing Dollarmite tokens for students.

In the meantime, here are some handy online resources for parents who wish to maintain momentum with their child's financial education:

[Start Smart](#): these resources have been created to improve children's money management skills, and is aligned to the Australian Curriculum and the National Consumer Financial Literacy Framework.

[The Beanstalk](#): offers videos and fun activities for children to learn about money.

Wellbeing:

Included each week with the newsletter email, will be articles and activities that the students can do. Please have a look at these with your children and if there are any wellbeing concerns please contact the class teacher or myself gmurphy@shdiamondcreek.catholic.edu.au to discuss this further. These resources are also available on our website. This week's attachment is Peaceful Kids – Home Learning Wellbeing Activities.



Sport:

Each week I will add more classes to the Specialist Link on Google Classrooms but I will try to provide extra resources both on the Google Classrooms PE link but also through other avenues. Find your 30, there are activities and links for kids to complete at home.

<https://www.sportaus.gov.au/findyour30/at-home>

The idea for Sport is to try and encourage the students to do 30 minutes of exercise each day. This does not have to be structured activities; it is just about keeping the body moving. Please encourage the students to complete the quiz at the end of the PE link each week to allow me to gauge participation. Any questions please ask the students to email me at gmurphy@shdiamondcreek.catholic.edu.au and we would love some photos of the students doing sport to include in the newsletter please send these to newsletter@shdiamondcreek.catholic.edu.au

Our children are little heros, too.



Missing their grandparents, extended family, friends and school.

**Lack of normal routines.
Loss of structure to their day.**

Parents who are stressed, worried, scared and just *different*.

Overhearing talk and news without an understanding of what they hear.

NoCrySolution.com

Give your little hero more cuddles, more one-on-one playtime, and an extra dose of patience and forgiveness.

LEARNING FROM HOME: INFORMATION FOR PARENTS AND CARERS

Advice, tips and resources to support children as they learn from home.

ABOUT LEARNING FROM HOME

The most important thing you can do to help your child learn from home is to continue to provide routine, support and encouragement. No one expects you to be a teacher or subject matter expert.

It is important to keep up to date with communication from your child's school.

Your child's school will:

- clearly communicate the responsibilities of your child's teacher as well as what students and parents and carers need to do
- provide learning activities for your child to do
- communicate with parents and students through their normal channels, for example via the school website, newsletters and email
- advise parents and students about the online tools your child can use to support their learning from home.

If you do not have a computer or internet at home, your school will contact you to discuss whether your child needs to borrow one and how your child can receive learning materials.

SETTING UP A LEARNING ENVIRONMENT

Every home is different. Where possible, learning should take place in a space your family shares. For example, a lounge room or dining room. These spaces are better than a bedroom, where your child can feel isolated and supervision can be more challenging.

It should be a place:

- that can be quiet at times
- where you or another adult is present.

STUDENT RESPONSIBILITIES DURING REMOTE LEARNING

Depending on the age and stage of your child, they may be expected to:

- regularly monitor digital platforms for announcements and feedback from teachers
- do their best work when completing tasks
- do their best to meet timelines and due dates
- communicate openly with their teachers and raise any concerns or issues
- continue to follow their school's behaviour guidelines.

ESTABLISHING ROUTINES AND EXPECTATIONS

It is important to develop a routine to support your child as they learn from home. This provides an environment that encourages learning.

Start and end each day with a check in to help your child:

- clarify and fully understand the instructions they get from their teachers
- help them organise themselves and set priorities for their learning at home.

Encourage regular exercise breaks. Your school is likely to provide some suggested activities.

Encourage healthy eating habits and make sure they drink enough water.

Try to keep normal bedtime routines for all children, especially for younger ones.

MANAGING SCREEN TIME AND ONLINE SAFETY

As your child is likely to be spending time online, it is important that you talk to them about online safety. This will help them to make good digital choices and use information and communication technologies responsibly.

You may wish to speak to your children about:

- using only the online tools recommended by their school or the Department of Education and Training (DET)
- being respectful when communicating online, just as they would be when speaking face-to-face
- using digital devices in open areas of the home.

For more online safety advice (in English) for parents and carers go to: www.esafety.gov.au

MENTAL HEALTH AND WELLBEING CHECK IN

It is important to make time each day to check in on your child's mental health and wellbeing.

It may take your child some time to adjust to their new routine for learning and changes such as not seeing classmates in person. Every child will react differently to new circumstances – feelings of sadness, frustration, anxiousness and even anger are normal.

You can help your child by:

- providing an opportunity to talk about how they feel and listening to what they say
- identifying things they can do themselves or with you to address any concerns they might have
- asking how they are feeling about learning remotely, and if there is anything they'd like your help with.

If you have any other concerns about the health and wellbeing of your child, please contact your school for help.

ADVICE FOR PARENTS AND CARERS OF CHILDREN WITH ADDITIONAL NEEDS

If your child has additional needs, you should talk to their teacher about an individual education plan. This will help guide their learning from home.

The parents' page of the DET website (www.education.vic.gov.au/parents) has more information in English to help parents and carers support learning from home.

There is also a detailed guide available (in English) called *Understanding learning difficulties for parents: a practical guide*. It includes practical advice about learning difficulties as well as a list of recommended apps. It is available from www.uldforparents.com

LITERACY AND NUMERACY RESOURCES AND TIPS

In addition to the resources and materials that your school will provide, you could use the following resources to support your child as they learn from home. These resources are all in English:

Literacy and numeracy:

Tips for parents and carers to build their child's literacy and numeracy skills can be downloaded from www.education.vic.gov.au. Search: *get involved in literacy and numeracy*

Premiers' Reading Challenge:

The challenge encourages children and students from birth to Year 10 to read a set number of books over the year and record their efforts online. Register at www.education.vic.gov.au. Search: *premiers reading challenge*

Mathematics and numeracy at home:

Parents and carers play an important role in helping develop their child's numeracy skills. Advice and resources for families can be downloaded from www.education.vic.gov.au. Search: *mathematics and numeracy at home*

© State of Victoria (Department of Education and Training) 2020. Except where otherwise noted, material in this document is provided under a [Creative Commons Attribution 4.0 International](https://creativecommons.org/licenses/by/4.0/). Please check the full [copyright notice](#)

[Learning from home: Information for parents and carers - English](#)

The Family Survival Guide for COVID-19

Surfing the (Coronavirus) Anxiety Wave



There is much anxiety being generated within our community due to the outbreak of the Coronavirus (COVID-19). It is important to note that not all of the anxiety is related to the fear of catching the virus. In a pandemic, or any other global disaster, there is a threat to our personal control and safety. When people sense that they have not got control over their daily lives and safety, anxiety can develop.

The loss of autonomy

- People no longer have the freedom to go where they want, when they want.
- Our options for entertainment have been altered considerably.
- Many people have lost their form of income.
- People may feel that they have lost their sense of belonging to a community with the social distancing practices and restrictions on visiting family and friends or gathering in groups.

Enormous changes to our lives

- Conversations revolve around the topic of C-19.
- News telecasts and broadcasts are repeating messages regularly.

- Family lives have changed as sport and other extracurricular activities have ceased.
- Many parents have been forced to work from home.
- Sadly, many parents have been temporarily stood down or lost their jobs.
- University students are doing their lectures and seminars/tutorials online.
- Many children are doing their schoolwork from home.

All of these things have caused enormous changes to our daily lives.

Importantly, even in the most desperate circumstances and difficult times, people can gain a sense of control, even if in a different way. People can still make decisions about their lives and daily routines within the bounds set by the authorities.

Surfing the Coronavirus Anxiety Wave

A simple to implement, family survival guide – this resource offers some very simple, practical suggestions for families to take control at a time when a sense of control seems very distant. It is intended for families to work together on the activities to promote a sense of cohesion and direction.

We hope that by engaging with these activities, you will not only safely surf the waves of the coronavirus threat but will come out with a stronger sense of unity and resilience.



Talking to Your Child About the Coronavirus

It is important to talk to your child about the Coronavirus, at a level they can understand.

- Just give facts NOT speculation.
- You do not have to provide lengthy information, just simple points.

They will have heard a lot of incorrect information from classmates and possibly others.



- Try to avoid news on TV and radio as much as possible.

Your opportunity to catch up on updates is when your child is not around (or sitting in front of the TV). Children seem to have a super power when it comes to hearing things parents don't want them to hear!

- Remind your child that everyone is in this together.

It is your job as parents to make the grown-up decisions about school and other related issues.

Facts such as these may help

- 1 Most people who get C-19 recover and kids who get it, usually only get mild symptoms
- 2 There are things you can do to try to stop the spread, such as:



Cover your mouth with your elbow or a tissue when coughing or sneezing. If you use a tissue, put it in the bin straight away.



Wash your hands with soap and water and avoid touching your face.



Keep your distance from other people (approximately 1.5 metres)



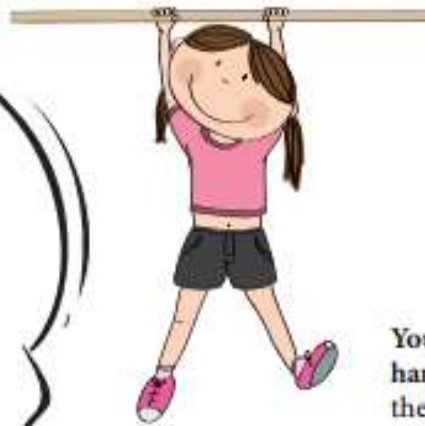
Stay home as much as possible.

Remind your child that if they get worried,
to talk to you about it.



Practical activities to reinforce these ideas

Teach your child how to wash their hands properly
(See Hand Hygiene Australia website for a visual
step by step guide to hand washing – hha.org.au)



Your child can design a poster to promote good hand washing practices at home. Display poster in the bathroom as a reminder for all family members.



Role-play social distancing so that your child gains an understanding of the distance they should keep from others.



Your child can create a rap/dance/video/song promoting the prevention of the corona virus.



Check out the ways that some other countries are promoting good health during this pandemic, (e.g. Instagram – Danial Kheirikhah from Iran).





News from the Office

MOTHER'S DAY STALL – ONLINE POP UP SHOP NOW OPEN

This year, the Parents Association will be running the Mother's Day Stall a bit differently – your child can now purchase a special gift for mum, grandmother or special lady using our CDF online store on how to You can also access CDF Pay either via your app on your device or on our website by clicking on the following link:

<https://shdiamondcreek.cdfpay.org.au/MonitorOnline/app/#/login>

Once you have purchased items, the Parents Association will arrange local delivery or pick up at school. There are some wonderful gifts available – please start shopping today.



Lots more available online....

OFFICE HOURS DURING COVID-19

During this period of social isolation and working remotely, the School Office may not always be manned. If you have any queries regarding remote education for your child – please contact their teacher via email. All other queries may be sent to office@shdiamondcreek.catholic.edu.au. Teacher's email addresses are listed below:

Pat Ashworth (STEM)	pashworth@shdiamondcreek.catholic.edu.au
Suzie Collins (Visual Art)	scollins@shdiamondcreek.catholic.edu.au
Jacinta Dalton	jacintad@shdiamondcreek.catholic.edu.au
Gemma Greenwood	ggreenwood@shdiamondcreek.catholic.edu.au
Norah Jacombs	njacombs@shdiamondcreek.catholic.edu.au
Helen Maxey	hmaxey@shdiamondcreek.catholic.edu.au
Rosanne Mitrovski	rosannem@shdiamondcreek.catholic.edu.au
Sandy Morgan	smorgan@shdiamondcreek.catholic.edu.au
Olivia Modine (Indonesian)	omodine@shdiamondcreek.catholic.edu.au
Claire Molina	cmolina@shdiamondcreek.catholic.edu.au
Sandy Morgan	smorgan@shdiamondcreek.catholic.edu.au
Gina Murphy (PE)	gmurphy@shdiamondcreek.catholic.edu.au
Rachel Murphy (Performing Art)	rmurphy@shdiamondcreek.catholic.edu.au
Claudia Neale	cneale@shdiamondcreek.catholic.edu.au
Kerry Neilson	kneilson@shdiamondcreek.catholic.edu.au

Remote Education @ Sacred Heart



Daniel B - doing his PE Lesson today



Laila & Natalia - Fort Making during STEM



Mrs Neale - Guiding our Parents



We would like to announce an additional 2 categories now open within the competition as well as a larger total prize pool!

Student at Home Art Competition
ENTER NOW!
for your chance to **WIN *\$700** of Art & Craft materials for you and your school. 6 prizes up for grabs. Total prize pool value **\$4200**
Competition opens Monday 6th April 2020 & closes Thursday 7th May 2020. *See below for terms & conditions.

WIN!
Create an artwork celebrating:
Home is where the art is

The 2 NEW competition categories are:

NEW Category 1: Special Education Primary - Foundation to Level 6

NEW Category 2: Special Education Secondary - Level 7 to Level 12

Full competition details - click on the link

<https://www.zartart.com.au/zartstatic/page/home-art-competition>

COMPETITION FAQ

How many times can one Student enter the competition?

Each Student may enter the competition once, we recommend creating multiple art pieces over the next few weeks, closer to the closure of the competition (7th of May) upload the Students favorite piece.

Can Home-schooled Students enter the competition?

Yes a home-schooled Primary or Secondary Student may enter the competition. They will be eligible to win the student Prize and if selected the school materials prize will be divided equally between the other category schools of winning students.

My student receives Special Education, where can they enter?

We have 2 Categories split into Primary and Secondary for Special Education entries.

What will the Student personal details be used for?

Personal details are taken upon competition entry for the purpose of verifying Student educational status as well as contact information in the event their art is selected as a winning piece.

Will Students name and School be published?

For privacy reason only the student's FIRST name and school will be published. All other details will remain confidential and will not be used for any other purpose than to verify that student meets our terms and conditions of entry, and to contact the student in regards to their participation in this competition.

*All details must be provided otherwise the entry will be invalid.