



Sacred Heart Catholic Primary School Diamond Creek

Sacred Heart Newsletter

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Newsletter No 5 Term 2
14 May 2020

Dear Families and friends,

Fr. Steve's Mass and Homily:

The link to last weekend's Mass can be found here:

https://www.youtube.com/watch?v=UD5_e3PzWws

Thank you for all your support during these past few weeks of remote and flexible learning.

Following advice from the Chief Health Officer, the Victorian Government and the Catholic Education Commission of Victoria Ltd (CECV) have advised that schools can begin a phased return to onsite schooling.

In the **first stage**, students in Prep, Grade 1 and Grade 2, senior secondary students (Years 11 and 12 VCAL and VCE) and all students in specialist schools will return to school from Tuesday 26 May.

To support all school staff to prepare for this transition, Monday 25 May will be a student-free day.

In the **second stage** of our return to onsite schooling, all other year levels will return to school from Tuesday 9 June.

For those students who cannot be supervised at home and vulnerable children, the existing model of onsite schooling will remain in place during the two-week period from Tuesday 26 May to Tuesday 9 June. The current process that we are using to enable parents and carers to indicate the days or part-days for which onsite schooling is required will continue for this two-week period.

All other students in those year levels will continue learning from home until Tuesday 9 June.

Once a year level has returned, all students will be expected to attend school as normal. This means if you choose to keep your child/children home after their year level has returned to onsite schooling, we can no longer support their learning from home.

This does not apply to children who need to be absent for health or medical reasons. For those families, please contact us so we can make an appropriate plan.

This same approach is being taken by all Catholic and government schools in Victoria.

To support the health and wellbeing of all students and staff, our school will continue an enhanced cleaning routine and will encourage frequent handwashing.

If your child is ill or is feeling unwell, they must not attend school. They must remain home and seek medical advice.

While the Chief Health Officer has advised that students will not be required to maintain physical distancing at school, there will be a number of important changes to our school operations, consistent with health advice to all schools that will be made available in coming days. These will apply until further notice. I will provide more details about our local school context as soon as possible, but it is important to note that changes will include:

- adjusted arrangements for drop-off and pick-up (whether by car or on foot),
- restrictions on access to the school site for anyone other than immediate school staff and students
- the way we conduct parent–teacher meetings and interviews

We understand that some families may feel anxious about this move back to classroom teaching and learning. I can assure you that this decision has been taken on the basis of the best health advice available to our state.

More information about the return to school and coronavirus (COVID-19) can be found on the CECV website, which will continue to be updated: www.cecv.catholic.edu.au/Coronavirus-information-for-parents.

Thank you for your continued support and patience during this time. We look forward to welcoming students back to the classroom.

Oshclub:

Due to the lack of bookings and the opportunity to re-allocate staff, Sacred Heart Primary School has requested OSHClub to not run the Before School Care program until 26 May, however the After School Care Program will still be operating as usual.

Yours sincerely

Jim O'Sullivan

Principal



Student Wellbeing & P. E.



As a school, and particularly in my role as wellbeing leader, we are thinking carefully about how the time away from school may have affected students, not just academically but socially and emotionally, too. We are giving a lot of thought to how we address this when we return to Sacred Heart. School life will be different, but we have to help our students adjust and process what they have been through and will continue to go through as school may look a little different in regards to drop offs and pick-ups and general hygiene and expectations in the classroom with cleanliness and space.

Coronavirus: The impact on pupil mental health:

Here's how we're planning to do it:

1. Take time to reconnect

Returning may feel strange for some children, especially with new social distancing rules to follow and hygiene expectations. It's important to give them time to reconnect with each other and with school. At the beginning of each year we start with a SWELL (Student Wellbeing) Week. We will take the same approach with transitioning students back into the school environment.

This may involve creating a team flag made up of smaller flags. Each one should share a value that pupils feel is important. This will "remind each team member that they are part of something bigger than

themselves and that they belong". Other ideas are gratitude trees to focus our attention on the things in life that we are grateful for during this uncertain time for many.

The simple act of discussing the idea of belonging again will help students to reconnect to one another with something familiar to them all.

2. Make time to talk

If a student suddenly mentions their sick grandparent or worries about their relatives, we will make time to talk about it – some of them may not have had the opportunity to have such conversations at home.

All children will have different family circumstances so space and time to talk could be vital.

3. Embed wellbeing

This is the time to ensure that wellbeing activities get the focus they deserve. In a busy timetable, that means clearly stating when they will take place.

Here are a few of the activities we regularly use as part of our Wellbeing program:

- Breathing exercises to relax students. It's important to do these regularly so children are familiar with them in



times of need.

- Regular brain breaks in between lessons, or during them, as needed. These could be simple yoga stretches or a burst of star jumps; and we also regularly use the guided dances and relaxation activities on www.GoNoodle.com.
- Gratitude journals and shared “what went well” moments. Fostering positive emotion helps to rewire our brains away from negative thoughts. This is particularly important at a time when students could have been overexposed to the news or dealing with difficult family situations such as bereavement or job losses.
- Teach students to name and label their feelings. People who can label their feelings using rich vocabulary were found to be 40 per cent less verbally and physically aggressive than those who had a tough time working out how they felt.

This chart is used in a variety of ways by our teachers to help students name their feelings and try to explain, if they feel able, why they think they feel that way.



- Allowing pupils time to choose independent wellbeing activities; reading, mindfulness colouring, relaxing music, drawing and so on. This can be whole-class for a short period of time and be up to individuals to identify when they need it.

4. Give time to adapt

Remembering and slotting into old routines takes time and patience even under normal circumstances; with social-distancing restrictions, it will take even longer. This means being patient and giving children more time, understanding they may not be quite at the level they were when you last saw them. Do whatever it takes to help them process everything.

5. Find ways to laugh

Laughter is so important for releasing tension and building a sense of connection. Even if you're not back in class yet, finding ways to help the children laugh at home is great, too.

These strategies are not exhaustive, but they are a good start to helping our students feel safe, supported, connected and emotionally ready to learn. If we are constantly teaching our students how to look after their wellbeing, we become better at looking after our own as teachers and as parents, too. If you have concerns in regards to the transition of your child back to school please make contact with their classroom teacher or myself to discuss this further and ensure we have strategies and routines in place to support

each child on their return. Children are resilient so most students will transition fine but we need to be aware of concerns too.

Condolences to the Lewis family:

Our thoughts and prayers are with Gloria Lewis and her family with the passing of her mother in law during the week.

International Nurses' Day:

Nurses around the world are dealing with coronavirus, a global pandemic and for many people, May 12 was a day to acknowledge the hard work of nurses as frontline health workers in this global battle. Nurses are always on the frontline. Nurses are the first in line to care for others. They are communicators and companions in a crisis. They are teachers, advocates, critical thinkers, researchers and innovators. They display humility, humanity and commitment to looking after us. May 12 was a day where we acknowledged the nurses, especially those who are part of our community and say thank you.



Perspective from a parent:

Emma Dovile, one of our amazing and very talented parents wrote the following poem from the perspective of the parent!

We're all in this together

The day we received the email saying remote learning was a go,
You could imagine the mums and dads and the sound of the word noooooooooooooo!

How can we teach our kids we all asked each other,
I'm in no way a teacher I'm just a father or mother.

The selfish thought that our free time was coming to an end,
That time between nine and three that was our time to mend.

From catching up with a coffee, an exercise class and that never ending pile of dishes,
We were praying that the restrictions were lifted, that was all our dreams and wishes.

But we are here now with kids, their computers and desks set up,
Parents sitting with them going through the list of tasks, drinking coffee from their cup.

'We've got this' they whisper to themselves each morning after the children meet,
But there is that thought in their mind that this is a massive feat!

We have always said that teachers don't have a simple day or easy ride,
And now that we are in week 4 of learning from home we do see your side.

But a positive that we can all take from this,
Is the moment we don't see while they are in class, the moments we do miss....

We miss the AH HA moment in our children's mind,
When they get an answer right, an answer they had to find.

So keep that in mind when we wake up to that mood,
When all we cop from our kids are grunts and attitude!

All we can do is take this journey week by week and day by day,
And remember we have options of a Merlot, a Pinot or even Chardonnay!

This will not be forever so enjoy it while it will last,
As our kids are growing up in front of us way too fast!

And to the kids that are struggling in your new way to learn,
Please don't be angry at us while we need to be stern.
We all have new roles to fill each day to get us all through,
We will never go back to normal, the way we were... this is the new way to do, this is our new!

I will need to put a part in here for any terrible punctuation or grammar,
Am i using full stops, exclamation marks right... do I need a question mark or even a comma,
Did I use the text in the right way so in the end it will all flow and rhyme,
Maybe I need the boys scrapbook to write words that will work like dime, mime or time.

Anyway....

Let's not dwell on the negatives as they will get us nowhere,
But remember we are all in this together and we need to show love, support and care!

To the staff and teachers from Sacred Heart, we would all love to say,
Thank you for what you all have put together for our kids, for us to teach them each day.

50 Days of School:

Congratulations to our Prep students who will be celebrating 50 days of school on Wednesday. This really goes down in history with the 50 days being physically at school and remotely. Have a great day to all our Prep students. Well done also to our Prep teachers, Kerry and Gemma, for providing a great program for these students remotely and will have fun activities for the students to complete on Wednesday.

Wellbeing Wednesday:

Thank you to all families that sent in photos from Wellbeing Wednesday, I hope all parents, carers and students used this day to relax. This was a great opportunity for staff to stop and reflect and plan for the next stage of learning. I have heard from a number of families that also used this time to discuss the return to school and how people are feeling.

Remaining Active - e- Challenge Get active Together – Online:

Take part in this school vs. school e-challenge for the chance to WIN!

Sacred Heart Primary School has entered the e-Challenge run through RHSports. The school with the most participants and the school with the best results for both primary and secondary schools will win a NYDA sports equipment voucher each from RHSports!

It's so easy!

A link has been sent to all families via Care Monkey, now we encourage you to be physically active at home!

STUDENTS - Complete the tasks and fill in the form online to enter your results for our school! Students can complete the tasks multiple times and enter their results.

You can also enter the competition by clicking on the link below:

<https://sites.google.com/view/rhsportsfitnesschallenge/home?authuser=1>

Competition starts Monday 4th May and ends Sunday 31st May. Below are the activities that you need to do. Remember you can do this as many times as you want and enter your results.



Running/Walking

Measure your backyard.

How many metres is this?

Now just run or walk the laps for 20 minutes!

Once you are finished calculate: $Laps \times (metres) = Total\ Metres$

Jump Rope

Grab a skipping rope and find a hard surface to skip on.

How many skips can you do in 2 minutes?

You will enter number of jumps into the results sheet.

Speed Dribble

Grab a basketball or basketball size ball.

Find a hard surface to bounce on. Bend really low for this one!

Speed Dribble the ball beneath your knees.

How many bounces can you achieve in 2 minutes?

You will enter number of bounces into the results sheet.

Wall Catch

Grab a tennis ball.

Find a wall where the ball will bounce back to you.

Throw and catch the ball as many times as you can in 2 minutes.

How many catches can you achieve in 2 minutes?

You will enter number of catches into the results sheet

Year 7 2021:

All Year 6 students will have received, via Care Monkey, a letter outlining the process for enrolment into Secondary School for 2021. Thank you to those who have returned these. Families with students attending Government Schools I need this back to ensure your application is submitted by tomorrow. Families with students attending Independent and Catholic Schools will still be asked to fill out the form and return it to the office. However, if your child has been accepted into a Catholic or Independent school at this stage, if you could send an email stating what school they have been accepted into then I will not need to follow this up.

House Points:

At the conclusion of week 4 the results were as follows:

CORDNER (GREEN)	MACKILLOP (RED)	BUNJIL (BLUE)
1960	2100	2180

Riddles of the Week:

Last week's riddles and answers were:

- What is as light as a feather, but even the world's strongest man can't hold it for more than 10 minutes?
His breath
- There is a low railroad bridge in your town. One day you see a large truck waiting just before the underpass. The driver tells you that his truck is 2 inches higher than the indicated height of the gap. What can he do to get through the easiest way?
He can let some air out of the wheels.
- Using only addition, how do you add eight 8s and get the number 1,000?
 $888+88+8+8+8=1000$

This week's riddles are:

- Forward I'm heavy, but backwards I'm not. What am I?
- Someone falls out of a 30 storey building but lives. Without any luck or a landing pad, how could he have survived the fall?
- How can you place a pencil on the floor so that no one can jump over it?

Birthdays:

Happy Birthday to the following students and staff that have a birthday in this newsletter time: Allison Garrard, Dominic Arvaji and Rupert Berriman.



Establishing a personal learning centre at home



With many students learning remotely during the COVID-19 pandemic a suitable home workspace becomes a significant issue. Meal tables, breakfast benches, even couches are now being turned into place of learning. Many parents report that their children have difficulties concentrating for significant periods and are easily distracted by digital games and videos. These concentration issues may be due to your child's choice of workspace rather than with lesson difficulty or mode of learning.

Location carries memory

If you've ever established a dedicated children's play space in your home then you'll know how powerful location can be for shaping attitudes and behaviour. Your children will have learned to associate play with those designated areas – as location consistently carries memory of use. The same principle applies with school work. If your child is working in the same place that they normally eat a meal then it's more than likely they will associate that place with pleasurable family activities rather than learning.

Establish a personal learning centre at home

The same principle applies with a child's learning or work space. At Parenting Ideas, we recommend that you establish a personal learning centre at home so that your child will begin to associate learning with that designated space. The concept of a personal learning centre is central to the notion of establishing a lifelong learning mindset in your child or young person.

Features of a personal learning centre

A personal learning centre can be established anywhere in a house or apartment, including in a child's bedroom or any quiet space. (Check with your child's school to find out if a bedroom is recommended.) It has some or all of the following features:

- Comfortable place for reading – bean bag, couch or chair
- A bookshelf with a variety of fiction and non-fiction books
- A digital screen (portable or fixed) for research
- Materials for writing, recording and note taking
- Digital device equipped with age-appropriate apps and programs that enable learning, research and content creation
- A place for a water bottle or jug of water
- Table or desk and suitable lighting

What's in a name?

A quick glance at the list above may have you thinking that a personal learning centre is basically a desk with a few fancy gadgets attached. On one level this is correct however there are three advantages a personal learning centre has over a simple work space or desk.

parenting *ideas

First, the name says it all. A personal learning centre is a place children can go to learn, not necessarily to work.

Second, the nature of a personal learning centre implies that it's something to build upon rather than a finite entity. You can start a personal learning centre very simply by establishing a bookshelf and some comfortable chairs, and build from there.

Third, a personal learning centre is a concept that your child can take into adulthood that's easily adapted to suit any situation. When I travel, my personal learning centre consists of a phone, a book and any comfortable couch or chair I can find. It's the idea rather than the furniture and physical setting where the learning magic lays.

The changes brought about by the COVID-19 pandemic offer a great opportunity to try new ideas. The establishment of a personal learning centre is an idea worth trying as it will help establish in your child or young person's mind that learning is a lifelong journey rather than something that happens during the school years.



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 – 2ND Instalment due 01/05/2020

Please note, that the 2nd fee instalment of \$1105.00 was due by 1st May 2020. This can be paid via eft to the school's bank account or you can call the office to pay by credit card. This does not apply to families who have elected to pay their fees via direct debit. Account statements will be sent to families via email on request.

Should you experience any difficulty in paying fees, please contact the Office or Jim O'Sullivan to discuss.

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

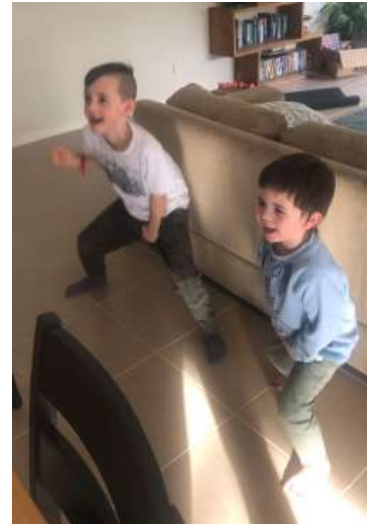
Remote Education @ Sacred Heart



Krystal - preparing afternoon tea



Miller - Outdoor Time



Jack & Beau Performing Arts



Christian's Legoland



Mother's Day Menu @ The Burns'



STEM by Roy



STEM - Save the Extinct - Miki B



The Lord Family - Running the 2020 Mothers Day Classic together

STEM by Charlie





Save the Black Rhino
By Ruby



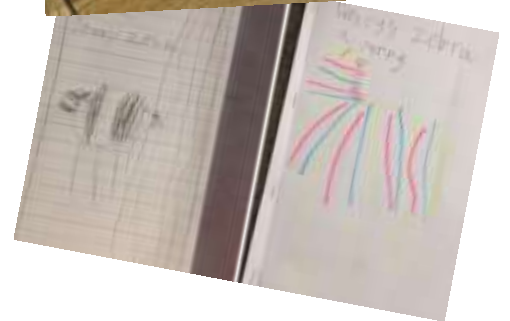
Save the
Black Rhino
by Maia



Pygmy Hippo
By Madi F



By Michala J



Wellbeing Wednesday



The Motschall girls - sharing afternoon tea



Nate & Georgia -making Pencil Tins



Nick & Nate D - Bunning's Paint Cards Rainbow

Remote Art @ Sacred Heart

P-2 Shadow Drawing



Evlie



Harry L



Lani



Jack N



Finn G



Jake



Justine



Lucy



Megan



Ayendha



Nate F



Rosie



Xavier H



Alexander H

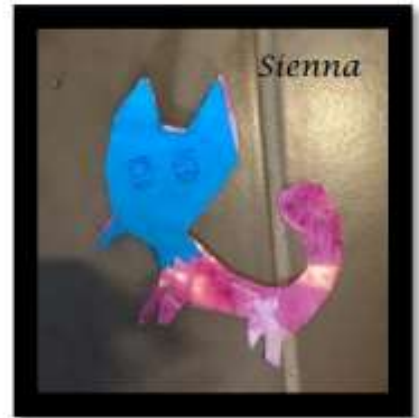


Charlotte

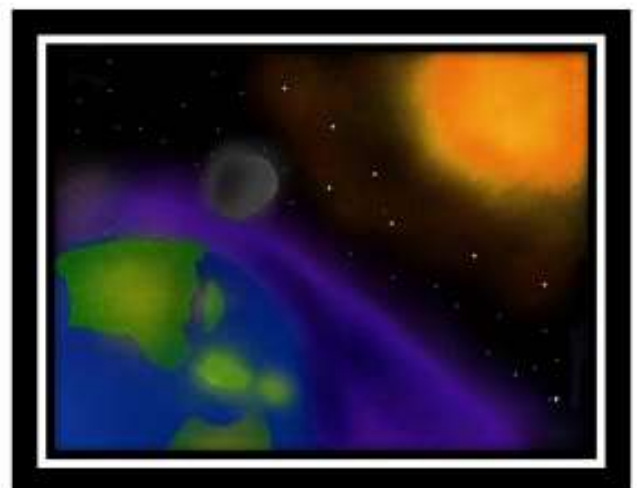


Daniel B

GRADE 3/4
COLLAGE CHARACTERS



DIGITAL ART@HOME BY TOM FURNESS...



Community News



ENROLMENT

Limited places available for Year 7 2021.
Enrolment applications for Year 7 2022
closing 21 August 2020.

For information please contact our College Registrar:
03 9433 0203 or registrar@loyola.vic.edu.au

VIRTUAL TOURS

Visit our website and explore our campus through a virtual
tour, then meet our Principal live online to
answer all your questions.

Tuesday 5 May
Wednesday 13 May

Friday 22 May
Tuesday 26 May

TO REGISTER FOR A VIRTUAL TOUR VISIT
loyola.vic.edu.au/bookatour



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