



# Sacred Heart Catholic Primary School Diamond Creek

## Sacred Heart Newsletter

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

Newsletter No 7 Term 2  
28 May 2020

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

**Mon 8 June** Queen's Birthday PUBLIC HOLIDAY

**Tues 9 June** Year 3 – 6 students return to school

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

Dear Sacred Heart 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=S922e4b-kTA>

#### **Transition to on-site learning:**

The transition back to school for our Prep, Year 1 and Year 2 students has gone very smoothly. It is a credit to you all, to our school staff and to the students themselves how well this transition from Remote Learning to face to face on-site learning has transpired.

It is important that we use the term 'Transition' because that is the word that best sums up the approach that the school staff have taken throughout this entire pandemic lock-down situation. In planning for the Remote Learning program the school staff ensured that, as much as possible, the students had a normal class day starting with a prayer, the attendance roll and morning welcome, done remotely via their Google Class Meet; then the staff (teaching and support) ensured that the students were provided with teaching groups and constant feedback on the standard and correctness of their work; activities were deliberately designed to be able to be done in a range of modes (on-line, in workbooks, with families, inside/outside, etc.)

Now that the students from Prep to Year 2 are back at school we have to ensure that we 'transition' them into this space as well. We spoke about how this would be achieved at our planning meeting on Monday, acknowledging the need to 'travel gently' with the students. Accordingly the staff ensured that afternoons were focussed on wellbeing and social emotional activities and that the potential for tiredness/fatigue (both mental and physical) was acknowledged. However they also understood and acknowledged the need to ensure the continuity of learning and so the structure of the 'Remote Learning' school days continued into this week. These routines will be maintained on a sliding scale over the next week

Over the next week, the staff will prepare for the transition of the Year 3 to 6 students and will ensure that it is a transition, not an abrupt change by 'walking gently' with these students and their families over the next two weeks.

**Adjusting morning traffic routines:**

From tomorrow we will make a slight adjustment to the Kiss and Drop Zone. In order to enable as many cars as possible to enter the school grounds safely and minimise the number of cars idling on Gipson Street, we will be placing a STOP sign on the Kiss and Drop Zone outside the School Office.

We want all cars to either stop at this point or as close to this point as you can before allowing your children to alight from the car. Please do not stop close to the entry driveway as this is causing safety concerns for pedestrian traffic and for cars entering the school after you.

**Letter from Fr. Steve:**

We have sent home, via CareMonkey, a letter from Fr. Steve regarding the change in our Sacramental programs this year. This information will be of particular interest to families with students in Year 2 (Reconciliation), Year 3 (First Eucharist) and Year 6 (Confirmation) however we have sent it out to all families for your general information.

**Refurbishment/Landscaping/Playground Program Update:**

The recent wet weather has caused delays in the settling of the base for the asphaltting of the new staff carpark but most other aspects of the Refurbishment Program have been completed and are ready for the return of our Year 3 – 6 students.

The landscaping of the Welcome Garden and entrance to the school is moving ahead rapidly. The Landscape Architect has agreed to set Sacred Heart Day (19 June) to have our students involved in professionally supervised planting activities in the Welcome Garden and around the Log Fort. The Prep – Year 2 students are thoroughly enjoying the Log Fort and tyre maze.

Regards

Jim O'Sullivan  
Principal



## Student Wellbeing & P. E.



It has been such a great joy to welcome back to physical school our Prep to Year 2 students this week. They have all adjusted so well to face to face learning and we are so proud of them (and their parents/carers) for the way they have transitioned. We are now also looking forward to our Year 3 to 6 students returning on Tuesday 9<sup>th</sup> June.

*A Thank You to all  
Parents and Carers  
who became Teachers  
in the time of COVID from our children*

On behalf of all of us, we wanted to say a big thank you for all that you have done and are doing for us during the COVID-19 emergency.

- Thank you for taking on yet another role in your life at very short notice.
- Thank you for installing a school in your home.
- Thank you for persisting with online classroom applications and programs.
- Thank you for listening and being encouraging when school work felt too hard.
- Thank you for offering to find out the answers together.
- Thank you for sharing motivation when the days felt so long.
- Thank you for balancing this on top of so much that has changed for you.
- Thank you for the hot meals and the full fridge at lunch time.
- Thank you for bringing some fun to home-school.
- Thank you for reading books together and sharing ideas about them.
- Thank you for the late nights that you are working to fit everything in.
- Thank you for continuing to try.
- Thank you for turning up every day.
- Thank you for not giving up.
- Thank you for being a teacher to us not just now, but throughout our lives.

Years from now, we probably won't remember much of what you said or tried to teach us. But we will remember that you were there, beside us, day after day. We will remember how you looked after us. We will remember the laughs we shared. We will remember that it was so different to what normal school was like. We will remember how much you tried. Most of all, we will remember how much you loved us and cared about our education.

 Australian Childhood Foundation

childhood.org.au

Thank you for the amazing efforts each of you has gone to in support of your child/ren and our staff throughout this very different and challenging time. I can say without equivocation that it has been the strength of the relationship which exists between home and school that has been a significant factor in the success of our Remote Education Program.

Below is an article I came across that I thought would be great to share during this transition time with families:

## [Preparing your Child and Adolescent to go back to School after Home-based Isolation.](#)

It is possible that your child will have mixed feelings about going back to school. They have spent weeks in isolation, adjusting to learning from home and socialising differently. Some young people will have thrived with the reduced pressure of face-to-face learning and socialising. They may be feeling highly anxious at the thought of returning to school. Other children may be excited initially to return, but the adjustment back over days and weeks might be the next roller-coaster you face as caregivers!

Here are some ideas to help the school return and don't forget to monitor your child's mental health during this transition.

### **PREPARE**

- Discuss with your child their feelings about returning to school. Reassure them that it is ok to feel whatever they are feeling and that they can discuss any concerns with you, anytime they need too.
- Ask them if they have any questions about returning to school and if they need you to do anything to make the process easier.

### **REDUCE ANXIETY THROUGH ORGANISATION**

- Help your child re-organise their school supplies and make sure they have everything they need.
- Have your child try on their school uniforms, making sure everything fits (we know they can grow quickly!) and clean, press and hang it up ready to go.
- Help your child catch up on any work or skills that they are worried about, but balance this with reassuring them that their teachers will be there to help on their return.

### **HYGIENE**

- Go through and practice specific hygiene practices so they are clear on what to do. This could be practising washing their hands whilst singing, where they are going to sit in class and what games will they play with their friends at lunchtime.

### **REDUCE ANXIETY WITH YOUR ATTITUDE**

If you are positive, this will help your child be positive!

- Get together as a family and reflect on all the positive and challenging things you have learned and done together in isolation. Discuss what you are looking forward to doing as isolation directives change. What are the things you will still do as a family that you didn't do prior to isolating?
- Ease off pressuring your child regarding their academic output on returning to school. Allow them time to get back into a learning routine.
- Be compassionate and flexible regarding your child's mood and attitude during their return to school. It may take some time for your child to adapt into their new school routine.

### **ENCOURAGE RE-ESTABLISHING SOCIAL CONNECTION**

- Where possible assist your child/adolescent in connecting with their friends and classmates prior to returning to school.
- When able and safe to do so encourage a play date or social outing with a friend.
- If your child has difficulty with social connection make contact with the school and ask for support and raise awareness with your child's teacher about the concerns.

### **GENERAL HEALTH**

- Help your child/adolescent adjust back in to a good sleep routine.
- Prepare health snacks and school lunches with your child. Get them involved in planning and making their school lunch menus, if this is something they enjoy.
- Encourage keeping any physical exercise routines that were useful in home based isolation.

### **MENTAL HEALTH**

- Help your child remember the aspects of school they enjoy.

- Allow for relaxation and play at the end of each school day to assist your child to unwind and stabilise their mood.
- If there are significant worries or behaviours that your child is displaying regarding returning to school make sure you assist them with how to manage these concerns.
- You may need to enlist the support of the school or a mental health professional if your child is experiencing distressed behaviour, low mood, school refusal or their anxiety is increasing.

Be well!

**Building/Landscape Update:**

We are in our final stages of the landscape and building program. The final stages are coming together with the new driveway being completed and the landscaping taking form. We have had delivery of new furniture for the Year 3 to 6 classrooms over the past week and are now excited to fill these spaces with students.

**Reporting/Learning Conversations:**

Reports and Learning Conversations will be available for parents early Term 3.

**A note from Fr. Steve regarding applications for Loyola College:**

Dear Parents,

The last page of the Application for Loyola College has a section asking about the ways in which you contribute to the life of the parish community. Please write in this section any ways in which you support the parish. You are then required to have the parish priest sign this section. In the current circumstances with the COVID-19 virus, the simplest way to achieve this is for you to leave your completed form with the parish secretary, who will then make it available to me for signing. I will do so when I visit the parish every few days and so you can collect the signed application a few days later.

Take care of each other and keep safe.

Fr. Steve

**House Points:**

At the conclusion of week 6 the results were as follows:

BUNJIL (BLUE)	CORDNER (GREEN)	MACKILLOP (RED)
4100	4260	4310

**Riddles of the Week:**

Last week’s riddles and answers were:

- Take off my skin – I won’t cry, but you will! What am I?
- An Onion
- How many bricks does it take to complete a building made of brick?
- One brick (the last one).
- There are ten birds perched on a fence. A farmer aims his rifle and shoots one. How many birds are left?
- One. The other birds, startled and flew away.

Riddles for next week will be included in the next assembly.

**Birthdays:**

Happy Birthday to the following students and staff that have a birthday in this newsletter time (Thursday to Thursday): Caitlin Waddington, Pat Ashworth, Emily Lamb, Sienna Nardella and Olivia Modine.



**May**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25 WEEK 7 B	26	27	28	29	30	31
						Pentecost Sunday

**June**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 WEEK 8 A	2	3	4	5	6	7
Assembly - online						
8 WEEK 9 B	9	10	11	12	13	14
QUEENS BIRTHDAY HOLIDAY	RETURN TO SCHOOL YEAR 3-6					
15 WEEK 10 A	16	17	18	19	20	21
Assembly - Remote				Sacred Heart Feast Day		
22 WEEK 11 B	23	24	25	26		
Assembly - Remote				Finish Term 2 2.30pm		



INSIGHTS

## Successfully transitioning students back to school



The recent home-schooling experience of Australian students is about to end with most states and territories transitioning kids back to school. For parents, many of whom have discovered just how complex teaching can be, the return to school will be a welcome relief. For children, going back to school may bring a mixed bag of feelings. Eager anticipation about reconnecting with friends and teachers will probably be accompanied by a level of anxiety about what school may be like upon return.

School undoubtedly will be a different experience for students post COVID-19. For a start they've just experienced a prolonged period of remote learning and an absence from their friends, which will take time to process when they return to school.

With organised extra-curricular activities put on hold most children have had a great deal of free time, which has placed the locus of control firmly in their hands. I suspect many kids will grieve their lack of freedom, as they've had a glorious glimpse of what an unstructured life is like. It may take some time for them to get back into the swing of school life.

With the return to school imminent here are some sensible strategies to make adjustment easier for students.

### Get ready for a return

Worriers and anxious types in particular like to know what's ahead so your approach will make a difference. Prepare your child for a return by discussing the safety procedures the school will be implementing. Let young children know that an adult won't be accompanying them past the school gate. Ask your child what they are looking forward to and check in with how they are feeling about a return. Validate any fears and apprehensions and correct any misconceptions.

### Go slowly

This period will mirror the start of the school year when your child had to adjust to new teachers, different classmates and a new year level. Adjusting to change takes a great deal of personal energy, so your child or young person may become tired, grumpy, even moody at home. Make allowances for these personal changes and make sure they have plenty of free time to unwind after school.

### Focus on reconnection

Make reconnection the theme for your child's return to school. He or she will have to reconnect with friends, teachers and learning, which takes time. In all likelihood, your child's teachers will use many strategies to help your child connect with their friends, reflect on their time at home and move them back into full-time learning mode. Support these activities and keep your learning expectations for your child in check.

It may take the rest of the term for some children to adjust to their life back at school.

# parenting \* ideas

## Stay calm

Anxiety is very contagious, so it's easy for us as parents to take on our children's worries and fears. The reverse is true, and kids can pick up our worries, taking them on as their own. As a buffer against anxiety ensure you do something each day that brings you some joy, whether it's listening to music, going for a walk or having a coffee with a friend.

## Look after yourself

In recent months parents and teachers have been doing significant emotional labour. The learning and adjustment curves have been massive, with little time to relax and take a break. Consider your own emotional resources and make your wellbeing a priority, which will make it easier for you to stay calm if your child experiences difficulties.

## Communicate confidence

It's a fine line that many parents walk between being flippant ('you'll be right') and showing confidence ('you'll do okay') when kids struggle to adjust to change. My research into childhood anxiety reveals that children and young people want parents and teachers to understand their fears and anxieties, and to coach them to negotiate difficulties including adjusting to change. You can support your child through sharing stories of resilience, focusing on the positives and letting them know that will eventually adjust.

The COVID-19 pandemic has thrown up many difficulties requiring us all to quickly adapt to new situations. Flexibility is a prime characteristic of resilient people, so if nothing else, getting through these challenging times will make us all more resilient.



### 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.



## Building Update



Work continues on the Welcome Garden



Preps trying out the new log fort



The Year 1/2s having fun on the new log fort







Log Fort play area

The view to the front gate from the basketball court




Staff carpark under construction

# Webinars for Parents in 2020

This school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents in this school community can attend some fantastic webinars in 2020 at no cost. Enjoy this exclusive benefit by redeeming online today.



 Watch from any device, any location

 See the experts as they speak

 Catch up recordings available

**Valued at  
\$37 per webinar**



## Redeem your webinars – it's easy

To redeem your webinar vouchers, visit [www.parentingideas.com.au/parent-resources/parent-webinars](http://www.parentingideas.com.au/parent-resources/parent-webinars). Choose the webinar you would like by clicking 'add to cart'. At the checkout, add the voucher code for the webinar. Enter your school's name to verify your eligibility. The \$37 discount will then be applied. If you're unable to make the broadcast time, just register anyway and you will get access to the recording. Webinars need to be redeemed individually before their expiry date, but you can register for as many as you like!



# 2020 Parent FREE Webinar Program



17  
JUN  
8 - 9PM  
AEST

## Understanding techno tantrums

In this digital era, chances are we've all experienced our children throwing a techno-tantrum. Techno-tantrums are completely normal and often a result of the neurobiological changes that occur when kids use technology. But this doesn't mean that we have to simply accept that they're part of our modern parenting reality. In this webinar Dr Kristy Goodwin helps parents and carers understand why children and teens emotionally combust when they digitally disconnect, and how to establish new, healthy technology habits.

Key learning and discussion points include:

- The science behind why kids and teens have techno tantrums and find it challenging to switch off screens
- How to establish and enforce firm guidelines and boundaries
- How to be the pilot of the digital plane
- Researched based, realistic strategies to help develop healthy digital behaviours so that screen time doesn't always end in 'scream time'

PRESENTED BY DR KRISTY GOODWIN



VOUCHER CODE **TECHNO** EXPIRY DATE **17 SEP 2020**



09  
SEP  
8 - 9PM  
AEST

## Teaching young people about healthy relationships

In a world where young people are bombarded by adult themes, sexualised and destructive media messages, it can be hard for parents to feel confident to take on delicate topics with their child. In this webinar Collett Smart gives parents the tools to build a strong relationship with their child where no topic is off-limits and they can come to them with any questions.

Key learning and discussion points include:

- The foundations of healthy relationships and relationship intelligence
- How to help a child develop flourishing relationships at each age and stage of their development
- Appropriate age guidelines for talking about body safety, sex and sexualised media
- How to respond when a child comes across pornography
- Conversation ideas on consent and respectful relationships

PRESENTED BY COLLETT SMART



VOUCHER CODE **HEALTHY** EXPIRY DATE **09 DEC 2020**



11  
NOV  
8 - 9PM  
AEDT

## Parenting like a cat and dog

Effective parents use more than one style when communicating with their families. They know how to alter their style to suit the situation. In this webinar, Michael Grose uses cat and dog metaphors to introduce parents to two diverse styles of parenting. This will increase their ability and confidence to manage, nurture and build relationships with their children. The cat-dog approach to parenting is fun, easy to use, respectful and maximises parent effectiveness in challenging situations.

Key learning and discussion points include:

- How parents can identify their natural style and work harmoniously with their partner and/or support networks
- Building confidence to manage children who relish getting their own way
- Constructive ways to adjust communication so that it meets the individual needs of children
- Effective methods to communicate with anxious children so they feel supported, safe and listened to
- Techniques to adapt parenting styles as children move into adolescence

PRESENTED BY MICHAEL GROSE



VOUCHER CODE **METAPHOR** EXPIRY DATE **31 DEC 2020**



# Welcome Back Preps, Year 1s & 2s







## News from the Office

### SCHOOL FEES – 2<sup>ND</sup> Instalment due 01/05/2020

Please note, that the [2<sup>nd</sup> fee instalment of \\$1105.00 was due by 1<sup>st</sup> 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.

### ONLINE UNIFORM SHOP (CDF PAY)

We are currently in the process of migrating our existing Administration system and so have had to temporarily close our CDF Pay online Uniform Shop.

You are still able to view and download the Uniform Order Form from our school website and/or email your order through to the office: [office@shdiamondcreek.catholic.edu.au](mailto:office@shdiamondcreek.catholic.edu.au). All payments can be made via credit card through the office or electronic transfer to the Uniform Shop bank account as shown below:

BSB: 633-000

ACC: 145331476

NAME: SHPA Uniform Shop

DESCRIPTION: YOUR NAME

The CDF Pay online Uniform Shop will be open for business as usual on the 9th June 2020.

## News from Oshclub



Welcome back to families from OSHClub Sacred Heart! For those of you who don't know us, we are the before/after school care service provider at Sacred Heart Diamond Creek. Our hours are 7-9 am for before school care and 3.25-6 pm during after school care.

The past couple of weeks we have been providing before and after school care to children who couldn't learn from home, now we're open for any families needing our services.

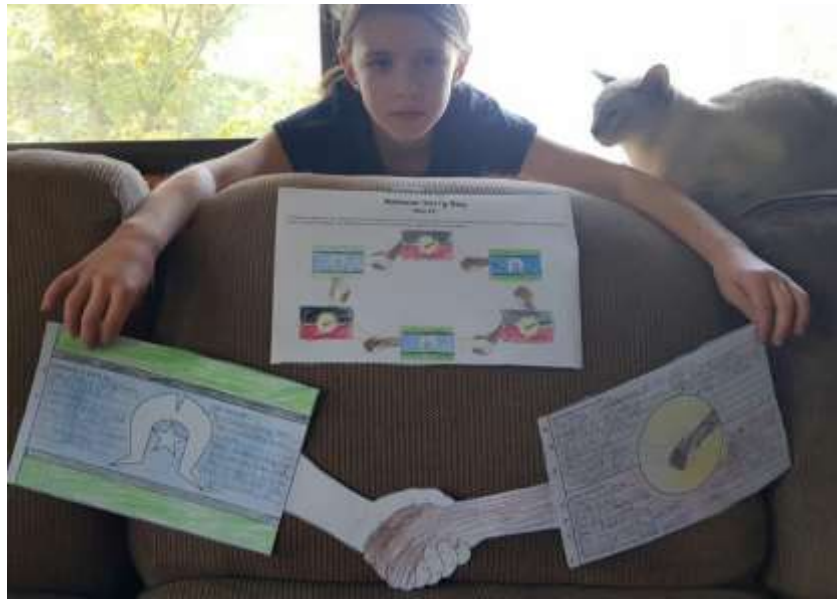
To register and enrol, visit

<https://www.oshclub.com.au/register/>

If you would like to talk to a member of our friendly staff, or even just want to check out our space and what we do, feel free to visit us in the new multipurpose room. Otherwise text or call Jaslyn Addamo, the coordinator of our service on 0478 182 335

or email us at [sacredheartdiamondcreek@oshclub.com.au](mailto:sacredheartdiamondcreek@oshclub.com.au)

# National Sorry Day - May 26



National Sorry Day activity by Madi A

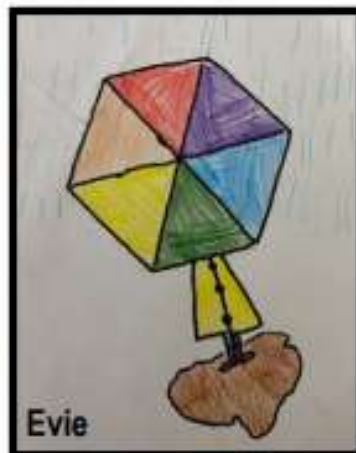


National Sorry Day activity by Grace T

# Remote Art @ Sacred Heart

## PREP-2 COLOUR WHEEL UMBRELLAS

Understanding Colour Theory



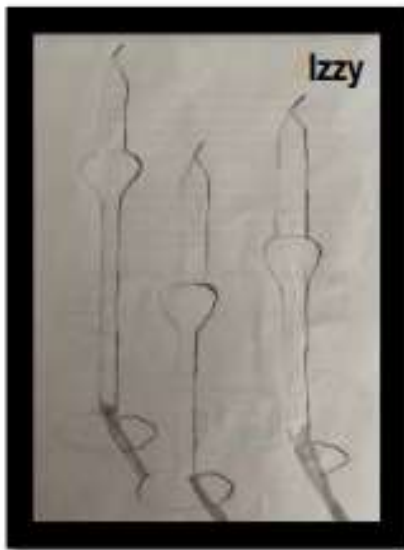




ONE-POINT PERSPECTIVE by Laila



## YEARS 5/6 OBSERVATIONAL DRAWING



## SUN & WAVES (warm & cool colours) by Georgia





# 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](mailto: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](http://loyola.vic.edu.au/bookatour)



## LOYOLA COLLEGE

A Catholic Co-Educational College in the Ignatian Tradition

A: 325 Grimshaw Street, Watsonia P: 9434 4466 W: [www.loyola.vic.edu.au](http://www.loyola.vic.edu.au)

## FOR SALE - PEARL VISION BIRCH DRUM KIT



18 x 22 Kick Drum.  
12 x 9 Rack Tom.  
14 x 14 Floor Tom.  
14 x 5.5 Steel Snare Drum.  
Single Yamaha Kick Pedal.  
Yamaha Drum Stool.  
Comes with mounting hardware and floor tom legs.

**\$600.**

Contact Oliver on 0421852686 or [ollie.midson@gmail.com](mailto:ollie.midson@gmail.com) !