



# Sacred Heart Catholic Primary School Diamond Creek

## Sacred Heart Newsletter

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Newsletter No 4 Term 3  
6 August 2020

Dear Sacred Heart Families and Friends,

We believe that a critical role that schools are playing during the pandemic is to promote wellbeing by giving children a purpose for getting up each day and engaging in some meaningful activities. Academic rigour is difficult when teaching remotely, but is something we strive for. However, for some children, and their families, the more rigorous the academic tasks, the bigger the impact there is on wellbeing when the children aren't able to access immediate support with their learning tasks.

And we know that being isolated from friends and extended family, the lack of normal routines and the lack of access to facilities and resources can all cause great anxiety for children and adults alike, and we would never want school assigned tasks to exacerbate that anxiety.

We are constantly looking for a balance, for each child and each family, between sustaining academic progress and promoting positive mental health and wellbeing. Clearly, tasks that one child finds fulfilling and appropriately challenging, another child in the same class could be overwhelmed by. We do continue to target teach students in Remote Learning and therefore have the capacity to change groups for students if they are feeling overwhelmed. Our staff are working hard to set a variety of activities to try to meet the needs of all children and, ideally, to give each child the chance to find something they can fully engage in, enjoy and have a sense of success.

Interestingly, many children love their regular zoom meetings when they can connect with staff and peers, but even these, seemingly simple, undemanding meetings are a cause of great anxiety for some children who struggle to gather the strength to participate. Amongst this, the health crisis underlying all that is happening has continued to spread. First and foremost, in any decision making is the wellbeing of the child, parent and staff. Without wellbeing, learning is severely compromised. We ask parents to let teachers and Learning Support Officers know if there are difficulties with the work requirements – we know that we are going to be in remote learning for the rest of this term at least, but we reiterate the principle we have expressed previously that no school set task or activity should have a negative impact on the relationship between parent and child. Sometimes children have to struggle with a particular task - and that is OK. It is in that struggle that they actually learn. They not only learn to solve the academic problem, but they learn that they can overcome setbacks, that they can bounce back when things are difficult. However, we don't want remote learning to be a negative experience for your child. So, if there are ongoing difficulties - let the school know.

Stage 4 restrictions have placed extra pressure on staff. Staff are restricted in their ability to meet onsite to plan and prepare the learning. It is always easier for staff to meet in person to generate ideas, prepare tasks and share the workload. However, this may not be permitted. Our staff have developed great skills in sharing and working on documents together and continuing communication with their level partner and the whole staff. Another difficulty is the collection of home learning packs, we will be unable to offer this service and will therefore mail out a smaller pack to all families. Our staff are currently working to ensure

hard copy materials needed for the next four weeks are ready to be mailed out mid next week. This will be a limited pack.

**All communication in Stage 4 needs to be emailed directly to the staff member required. Due to restrictions, the office may not be staffed at all times.**

On behalf of all staff, we wish you and your family good health and thank you for your continued support of your child's education during these unprecedented times.

#### **A Healthy Challenge:**

Last week we communicated our new challenge for our amazing community. We are aware that under the new restrictions you are only allowed to exercise within a 5km radius and only for one hour a day. Therefore, we need more families to get involved to reach our challenge. Thank you to families that have sent through their travel distances this week; Audley, Nicholson, Neale, Murphy, Pendry, Waddington and Dalton.

We want to try and get everyone in our school community to travel around Australia with us by foot or bike – you can help by letting us know when you walk or go for a run or ride. We will keep a tally of how many kilometres people in our community travel. We need to get to 17,000 km.

If you walk as a family, for example Mum and two children, and you all walk 4 kilometres together, you would let us know that your family has walked 12 kilometres.

Send to [gmurphy@shdiamondcreek.catholic.edua.au](mailto:gmurphy@shdiamondcreek.catholic.edua.au) how many kilometres your family has travelled over the week. We will show you each week how far around Australia we have travelled as a school community.

So, get out there everyone and help us get around Australia. In week 1 of the challenge we travelled 276.7km and have made it to Lakes Entrance.



#### **CareMonkey Update:**

CareMonkey is rebranding to 'Operoo'. The digital forms platform provider, CareMonkey, will be rebranding as 'Operoo' beginning Monday 10 August 2020.

How you use the service, as well as the ownership and operation of the company, will remain unchanged. You can continue using the system, and its mobile application, as usual. From Monday 10 August, emails and notifications sent from the system will start appearing under the new name 'Operoo'. You will also be automatically diverted to the new Operoo website if you go to the old CareMonkey website.

**Morning Meets:**

Reminder also that the morning meets are important for the students to stay connected with the school and their peers. If your child misses the morning meet, they are marked absent, so if for any reason they miss the meet but are participating in work throughout the day please email the teacher to let them know. If you know your child is going to miss a day please also let the teacher know.

**Prep 2021:**

We have had a number of prospective new families come to visit the school. In the current climate school tours are difficult to take place physically but we ask anyone who knows of families looking for a Primary School that 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 return it to the office ASAP.

**School Website:**

During the pandemic we have continued to work on the website to support our current and prospective families. If you click on the link 'upschool' it will take you to a number of resources that may support you during this Remote Learning period.

**About Upschool - A Community Resource By Sacred Heart Primary School**

Education is so much more than books and pencils, homework and study. Education is life, the experiences we share, the hurdles we overcome, the relationships we build and the lessons sometimes hard won. How we interact with the world, our peers and our parents are governed by what we learn in school as well as from the world around us.

Shared experiences, community and family are fundamental in shaping our children into positive, self-aware and intelligent little people and communication is key to keeping a community together. We believe education should be creative, inspirational and inclusive so we decided to create a specially designed resource centre to keep our families connected.

Packed with creative and fun ideas in health and self-awareness, kids' activities, educational resources, school updates and support, Upschool is designed to keep you engaged, connected, informed and inspired to live, learn and play as a happy, mindful and sharing community.

This free and growing resource centre is our way of sharing positive and inspiring messages that we feel will have a direct and positive impact within our community.

Thanks,  
Jim & Gina



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

***Prep NG***

***1/2 CN***

***1/2 PA***

***3/4 JD***

***3/4 NJ***

***5/6 CM***

***5/6 RM***

***LOTE***

***Performing Arts***

***Visual Arts***

***PE***

***STEM***

***Nate Fitzmaurice***

***Lani Nugent***

***Christian Lentini***

***Kayde Keating***

***Roy Hunter***

***Rachel Turner***

***Natalia Bruzzaniti***

***Amelia Campbell***

***Jack Nardella***

***Zara Campbell***

***Christian Lentini***

***Harry & Justine Lord***



Attached to the newsletter is a pdf of a great resource for our student's to use.

If you're feeling frustrated while learning something new, it can be hard to think positively. This board is a great way to remind yourself about what makes you so amazing. You can use it the next time you need a confidence boost! Follow the steps to create your special board that's all about you!



## INSIGHTS

### Maintaining strong family traditions



Strong families develop their own traditions and rituals that define them and bind members together. Birthdays, Christmas, Diwali, bar mitzvahs, and Ramadan are some traditions and rituals that families enjoy. They are the coat hooks upon which we hang our family memories. By definition, they are permanent and not set aside when life gets busy.

Rituals can be as simple as a parent saying to a child 'I love you' each day as they go to school, a weekly game of cricket or another sport, or the bedtime-story routine that so many children love. The permanence and uniqueness of rituals give them their significance.

My own family, for example, has developed a very strong food culture that is shown through the traditions and rituals that we maintain. A meal takes time and effort to prepare and there's an expectation that everyone contributes in some way. When the children were young the contribution was in preparation, table-setting or post meal clean up. The tradition of contribution continues as a new generation of children visit and do their bit to assist. Like most traditions this mealtime ritual was nurtured as a result of past parental experiences and gradually became refined over time to reflect our own family's unique identity.

#### Develop traditions early

Family traditions are best developed when children are pre-school or primary school aged. Parent approval is important so kids will generally comply when enjoyable family traditions engender a relaxed, calm atmosphere. Adolescents are likely to challenge many of their family's traditions and rituals, which is often difficult for parents to encounter. It helps to establish the traditions that are negotiable and those that are non-negotiable so you can approach adolescent challenges with some flexibility.

#### Defend them fiercely

When a child tells you that "everyone at school is allowed to do..." you can reply by saying, "In our family we do it this way." Leaning against family tradition in this way gives you a strength to resist children's pester power. Family traditions and rituals need to be fiercely defended by parents.

#### Make family meals non-negotiable

This writer recommends that shared mealtimes should be non-negotiable in families. It's no coincidence that countries with strong food cultures are also known for their strong family cultures. Shared mealtimes build connection, are great tools for developing children's manners and respectful actions. They've also been linked to the maintenance of good mental health in children and young people, presumably due to the opportunity it provides parents to stay in touch with their children.

Healthy families are built around traditions and rituals. It's useful to approach the concept of family traditions with a mix of firmness to insist that children adhere to family rituals but also flexibility to accommodate growing independence as children move into the next stage of development.



## News from the Office

### DENTAL HEALTH WEEK 3 – 8 August 2020

## How much sugar is in your trolley ?

The Dental Health Week's theme this year is 'How much sugar is in your trolley?' This year's topic about sugar is so relevant to the current pandemic because since the last lockdown, Teeth on Wheels have noticed an alarming increase in tooth decay in children.

Teeth on Wheels will continue to commit their time and resources to protect the oral health of our students and community, and therefore have developed an animation named 'The Dangers of Sugar'.

Click on the link to watch the video: <https://youtu.be/lmIYZ9mskg0>



### Maxim Office Supplies – COLOURING COMPETITION

## MAXIM'S COLOURING-IN COMPETITION

### Great prizes for your students!

Delight the imagination of your students by taking them on a trip to the zoo with all their favourite animals on view.

We welcome you to our first ever colouring competition where each student who participates will be judged on their use of colour and creativity in bringing the animals to life.



Attached to this newsletter is a pdf copy of the colouring competition:

You only have one week to enter – winners will be chosen and announced on the 14<sup>th</sup> August.

Get colouring and good luck!





# Remote Education 2.0 @ Sacred Heart



## Grades 1 & 2 Printmaking







Ayendha



Daniel B



Christian



Daniel M



Justine & Harry



Erica



Jack Nardella



Lani



Lucy



Megan



Levi





Maia



Penny



Zara Campbell

Grades 3 & 4 learnt about one-point perspective and artist Piet Mondrian and combined the two to create these Mondrian room make-overs! This was a challenging task but I think you'd agree they did a fantastic job!



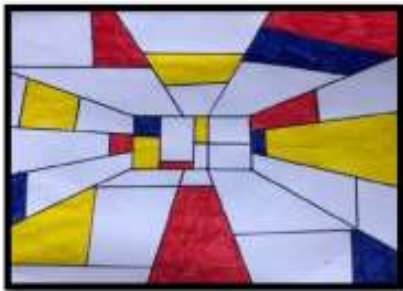
Miki



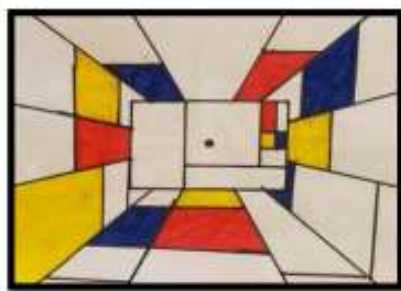
Georgia



Monique



Grace T



Lachie



Mitali





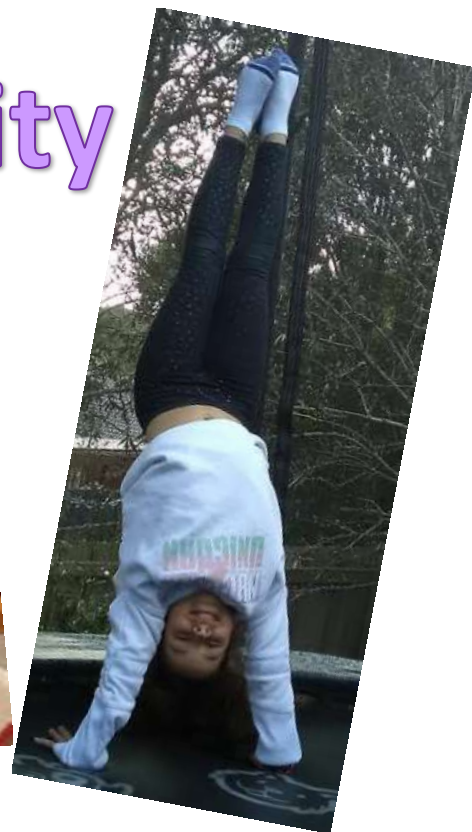
# Wall of Positivity



Lani, Lulu & Lola



Miaa



Laila



Rosie & Maia



Jacob



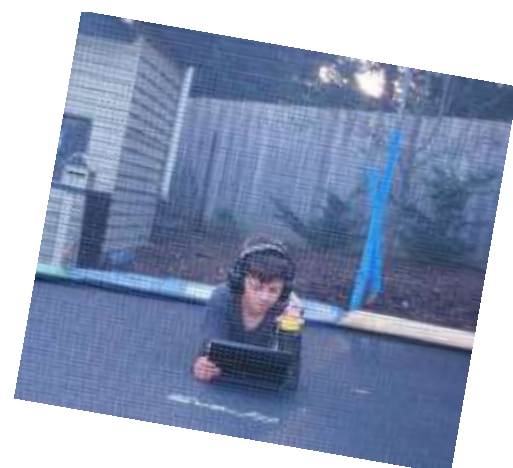
Christian



Krystal



Harry & Justine



Miller



# Remote Education 2.0 @ Sacred Heart

## Year 1/2 Literacy



Lani  
Erica



Dominic



Daniel Mc



Megan



Aydena

Annabelle



Stevie





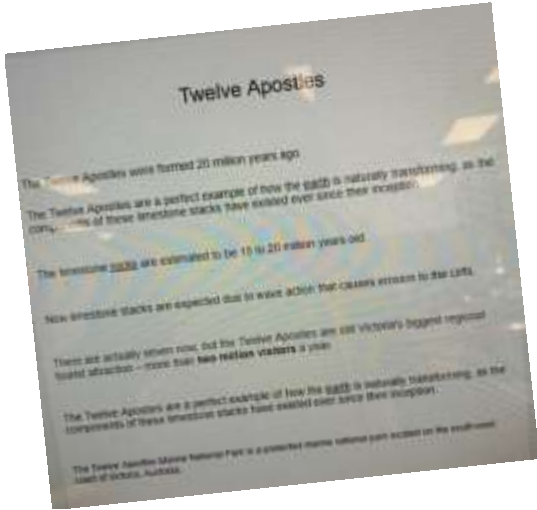
Amelia - Indonesian Lesson



Alexander & Dad - PE



Ollie



Grace O's Inquiry

## Community News

### PARENTING THROUGH STRESS & SOCIAL ISOLATION



A FREE WEBINAR FOR  
PARENTS/CARERS OF  
CHILDREN 0-12 YEARS

Thursday 30 July, 7-8:30pm

Join **Bec Filiponi** (Accredited Mental Health Social Worker) in this practical **All The Feels** webinar as she takes you through simple strategies to:

- increase your ability to regulate your emotions while parenting, and dealing with stress and isolation
- support your children to understand and manage big feelings, and improve their wellbeing

JOIN US FOR THIS 90 MIN WEBINAR VIA ZOOM.  
**FREE** BOOKINGS ESSENTIAL.

[HTTPS://WWW.TRYBOOKING.COM/BKMQW](https://www.trybooking.com/BKMQW)



THIS WEBINAR IS SUPPORTED BY YARRA RANGES COUNCIL & THE LIVES YARRA PARTNERSHIP'S LEARNING LEARNING NETWORKS

