



Sacred Heart Catholic Primary School Diamond Creek

Sacred Heart Newsletter

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

Newsletter No 5 Term 3
13 August 2020

Dear Sacred Heart Families and Friends,

Well done to all our families for navigating another week of remote learning, thank you all again for your efforts in supporting your children. Please continue to let us know when specific activities are causing issues for you at home, as everything we ask them to do is negotiable. We do need your support and value everything you do to assist them at home.

We are continuing to ask for your assistance in checking that your child does not have their mobile phones next to them during their learning time. We would like them to focus on the set task and not have extra distractions during the suggested time for each task. We have also been alerted to a number of students setting up their own google meets and chat bars. Please be aware that if your child is on a google meet it is not necessarily a school directed meet. We are aware of the importance during this pandemic that the students remain connected to each other but please also speak to them about the use of these resources in breaks or after school hours. Please encourage your child not to use these platforms during learning time as there are a number of students distracting others or being distracted themselves. Please continue to monitor that your child is on school directed work during the day and leave the social component until the end of the day.

Stage 4 restrictions have placed extra pressure on everyone. A difficulty we faced with the introduction of Stage 4 is the collection of home learning packs - we will be unable to offer this service and therefore have mailed out a smaller pack to all families. If you do not receive this pack by early next week please make contact with your class teacher.

All communication in Stage 4 needs to be emailed directly to the appropriate staff member. 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.



House Points:

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

MACKILLOP (RED)	BUNJIL (BLUE)	CORDNER (GREEN)
760	820	850

Fathers Day Stall:

Unfortunately due to stage 4 restrictions we are unable to have an online store for the Fathers' Day stall. A huge thank you to Liz Nardella who has organised all the items and was ready to go but due to restrictions this is not allowed.

CareMonkey Update:

CareMonkey is rebranding to 'Operoo'

The digital forms platform provider, CareMonkey, has rebranded as 'Operoo' as of 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.

Family Wellbeing:

As we all move through these challenging times together, parents, carers and teachers have the added responsibility of supporting the young people in their care as they grapple with rapid change and uncertainty. Mindfulness is an active, practical and appropriate response to the sense of feeling overwhelmed.

Below is a link for parents and children to discover new activities to do and some occasions for reflection during this challenging time.

[Helping Children Manage Worry and Anxiety](https://smilingmind.com.au) contains four specific mindfulness topics to progress through, to turn towards the positive, especially in times of challenge. smilingmind.com.au

Prep 2021:

We have had a number of prospective new families come to visit the school. In the current Stage 4 climate, school tours are unable 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.

Enrolments for Catholic Ladies College Year 7 2022:

CLC have been advised by Catholic Education Melbourne that due to the COVID-19 pandemic, the Key Enrolment Dates for 2022 have been revised. Applications for Year 7 2022 are now due **Friday, 9 October**.

If you have a daughter currently in Year 5 and would like her to attend Catholic Ladies' College, please complete the Enrolment Application form from the [College website](#) and email to enrolments@clc.vic.edu.au.

Please be aware that siblings of current students are not automatically offered a place at CLC. A completed application form for your Grade 5 daughter needs to be submitted by the application deadline.

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 UpschoolA 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.

Something in here for all ages and growing weekly.

Science Week:

This year the school theme is 'Deep Blue: innovation for the future of our oceans'. Australia's vast oceans are at the heart of the energy, food and economic future of our country. Their value to all Australians is matched only by the enormous economic and environmental wealth afforded us by this national asset.



national science week 2020

Backyard Science – Recycled Weather Station

Lovely day for it! Why do people talk about the weather so much? Why not spice up the conversation with some real weather science and build your own weather station.

Safety

When doing science activities outdoors, wear sun protection and comfortable, closed-in shoes. Take care when disposing of balloons or any other materials that could cause harm to the environment.

What you need

Reuse rain gauge – transparent container with straight sides, ruler, and a fine-tipped permanent marker

Milk bottle weathervane – tin full of sand or dirt, bamboo skewer, empty 2 litre plastic milk bottle, permanent marker, scissors, ballpoint pen

Balloon barometer – glass jar, balloon, scissors, bamboo skewer, sticky tape, cardboard



What to do

Reuse rain gauge – Use the ruler and permanent marker to draw a scale in millimetres on the side of the container. Leave it in an open area and check it after rainfall, or at the same time every day if there are a few rainy days in a row. Read the scale to see how many millimetres of rain has fallen. Be sure to empty the jar after recording the rainfall so it is ready to record the next



downpour. The container can be partially buried in the ground to prevent it falling over.

Milk bottle weathervane – Push the skewer down into the sand or dirt so it stands vertically. Cut out two sides of the milk bottle and fold the sides together. Use the marker to draw an animal shape, such as a fish, turtle, or shark. Cut out the shape with scissors and use a ballpoint pen to make a dent in the fold where the shape will balance. Place the shape on the skewer and leave it in an open area to catch the wind. You will need to know the cardinal directions: north, south, east, and west. These can be found by using a compass or a smartphone map app to find north.

Balloon barometer – Cut the neck off the balloon and stretch the round part of the balloon tightly over the top of the jar. Tape the flat end of the skewer to the balloon so the skewer is horizontal. Each day check the position of the pointy end of the skewer and mark it on the piece of cardboard.

Keep a record of your daily weather measurements in the table on the next page and compare them to the observations on the Bureau of Meteorology website: www.bom.gov.au



What's happening?

Official rainfall data is measured with a 203mm rain gauge, which consists of a round funnel that collects rain into a calibrated cylinder. Wind direction, wind speed and wind pressure are measured with an anemometer and the wind direction is named according to the direction the wind is coming *from*. For example, a wind blowing from the west to the east is called a westerly wind, and weather maps have arrows to indicate the direction the wind is blowing. A barometer measures atmospheric pressure, which is how much the Earth's atmosphere is pushing on everything, and it can be used to predict changes in the weather. The balloon barometer measures changes in air pressure: higher air pressure makes the tip of the skewer go up and lower air pressure makes it go down. Falling air pressure can indicate bad or changeable weather ahead.

Results

Fill in the table to compare your observations with the official observations. Search for local weather observations on the Bureau of Meteorology (BOM) website: www.bom.gov.au

	Date	Rainfall (mm)	BOM observation	Wind direction	BOM observation	Air pressure (high, medium or low)	BOM observation
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							

Did you know?

Seven-day weather forecasts are fairly accurate but forecasting further into the future is a lot less reliable. Weather forecasting is a complicated process that relies on past weather observations and mathematical modelling. Advances in computer power are making it possible to process huge amounts of data, and this could revolutionise weather forecasting and make it possible to more accurately forecast the weather for months into the future.

Extreme weather records from the Bureau of Meteorology:

Highest temperature 50.7°C, Oodnadatta Airport, South Australia, 2 January 1960

Lowest temperature -23.0°C, Charlotte Pass, New South Wales, 29 June 1994

Highest daily rainfall 907.0mm, at Crohamhurst, Queensland, 3 February 1893

Find out more

- Discover a wealth of information from the Bureau of Meteorology www.bom.gov.au
- Keep track of the weather with Weatherzone www.weatherzone.com.au
- Explore the Indigenous seasons calendar with CSIRO bit.ly/2zAEvIr
- Find out how climate change is affecting the weather <https://www.climatechangeinaustralia.gov.au>

Help Your Child Combat Loneliness and Feel Connected

For families quarantining and social distancing, it's important to look for opportunities allowing children to enjoy meaningful interactions with others.

For Younger Children

- Write or draw pictures to pen pals.
- Write or draw pictures for neighbors.
- Write messages for the neighborhood on the driveway in chalk.
- Hang signs and/or make cards for delivery people, including the mail carrier.
- Call or connect online with family members.
- Look through family photo albums.
- Create silly videos to send family and friends.
- Take part in the Original Flat Stanley Project.
- Does your child miss visiting the local pizza joint? Have them write a letter to the restaurant.
- Have Zoom playdates with their friends. Fun activities include playing games together they both have, crafts, and putting on puppet shows or storytime for each other.
- Working from home? Let your child be your "intern" for the day. Set up space next to your desk where they can quietly color or read.

For Older Children

- Write to people they admire: Artists, singers, authors, illustrators, gamers — the list is endless.
- Research colleges, universities and trade schools.
- Spend time on social media (with boundaries!).
- Look through their yearbooks.
- Phone, Facetime, Google Hangouts, Zoom, and Skype are all modalities for "meeting" online.
- Connect with local online groups. Many Dungeons and Dragons aficionados have moved sessions online.
- Online gaming
- Scrapbook using photos of family members or friends who they miss.
- Create a how-to tutorial for YouTube or TikTok on something they enjoy doing.
- Research if your house of worship offers online teen meetups.
- Find a cause to advocate for online. Many organizations have found ways to utilize volunteers and activists during COVID.
- Make sure teens have access to a Teen Lifeline.
- They can be found in most communities and in countries around the world.

What Will I Do If...



...I get bored in a virtual lesson and want to play around online?



Why is it NOT a good idea?

I may miss important information from class.

I may be wasting my brain energy.

I may forget how long I've been off task and miss class events or time to complete my work.

What can I do to stay FOCUSED?

- ✓ Change my background on my meeting platform. Choose something I like.
- ✓ Keep some coloring pages and crayons or pencils to color while listening to lectures.
- ✓ Use one of my sensory tools: fidget spinners, putty, slime, stress balls, or squishy toys.



...I feel scared, angry, or out of control?

I will remember that these are uncertain times, and many people are feeling BIG emotions. And that's okay. **All of my feelings are okay.**

What can I do?

- ✓ Talk to an adult I trust.
- ✓ Use the calming activities I have learned.
- ✓ Do deep breathing to calm down.
- ✓ Imagine I'm a traffic light and imagine moving down from red to yellow, and then down to green.
- ✓ Ask questions if I'm scared or uncertain of something. If there is something adults don't know the answer to, I can imagine putting the question away on a shelf until someone can answer it.



INSIGHTS

Encourage kids to occupy themselves



A child's ability to fill in their own time and cope with moments of boredom are important independence skills to develop. Children have less practise at keeping themselves occupied than those of past generations. You have many jobs as a parent, but constantly entertaining your child, should not be one of them. These ideas will help:

Invite them to keep themselves busy

When your child tells you that he or she is bored they are bringing you a problem to solve. Boredom is your child's problem, not yours. If this happens, encourage your child to keep themselves busy by asking questions such as "How can you keep yourself amused?"

Make a list

If your child is stuck for ideas make a list of activities that they can refer to when they're bored. Include a variety of activities such as creative tasks, performance tasks, crafts, sports, indoor and outdoor games, music activities, reading and helping. Place the list in a convenient place with easy access and visibility.

Make a boredom buster jar

Cut up a list of boredom busting activities and place them in a jar. When your child is stuck for an idea to keep him or herself amused invite them to select an activity from the boredom buster jar. Ask your child to add enjoyable activities to the jar over time.

Encourage plenty of green-time

Today's children spend more time in front of screens, and less time outdoors than those of previous generations. Not only is time spent in natural environments refreshing, relaxing and rejuvenating, but it's also a wonderful way for kids to relieve boredom. Encourage your child to spend some of their free time outside in natural environments to promote good mental health and develop their confidence.

Help find their interests

If your child struggles to keep him or herself occupied, consider helping them identify a hobby or interest that they enjoy. Often finding that one activity a child loves or excels in makes a huge difference to their self-esteem and wellbeing, and can become the driver for future career choice.

parenting * ideas

Build in downtime

A trait common among healthy families is the propensity for everyone to enjoy spending downtime or unstructured time together. It's during downtime that parents and children share activities together, which promotes better relationships and helps children's informal learning.

Most children when given unstructured time will rise to the occasion (even after some complaining) and will find interesting things to do. By encouraging them to find something "to do", other than filling their time with screen-based activities, you are promoting a fabulous life-skill in your kids.



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.

Value = Integrity



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

Jack Nicholson

Rachael Hardy

Daniel Buttigieg

Mitali Perera

Georgia Fitzmaurice

Snehath Perera

Evelyn McIlroy

Laila Bruzziniti

Kieran Madden

Nate Fitzmaurice

Daniel Buttigieg & Nala Santostefano

Charlotte Molinaro



News from the Office

HURRY - COMPETITION CLOSES TOMORROW

Maxim Office Supplies – COLOURING COMPETITION

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

You only have one day to enter – winners will be chosen and announced TOMORROW.

Get colouring and good luck!



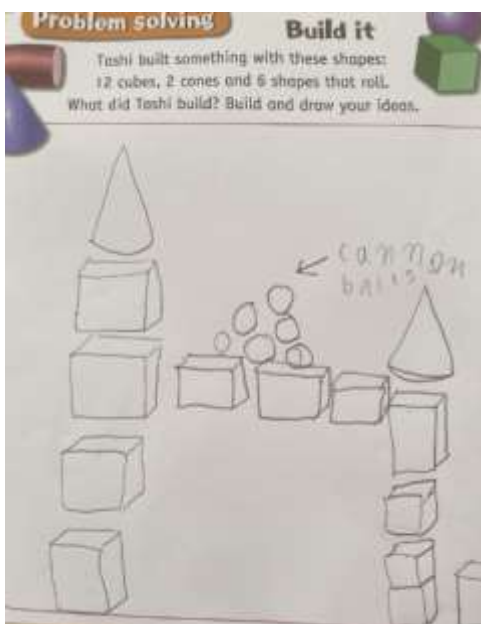
Remote Education 2.0 @ Sacred Heart



Jack's tasty writing prompt



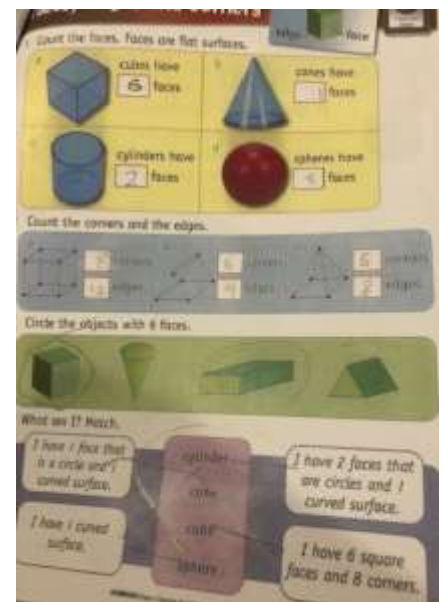
Roy & Hugo's Indonesian Learning



Nicholas



3D Shapes - Lani

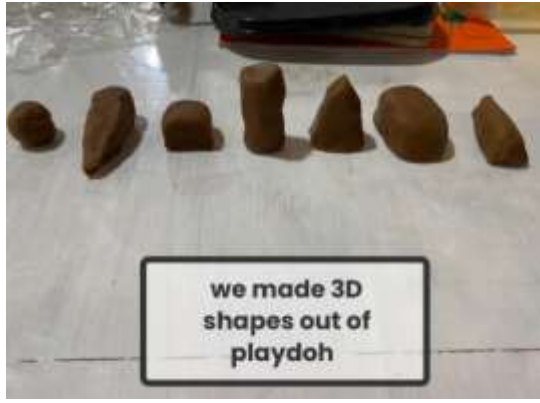


Matthew

Nala's 3D Shapes

Alex's Writing Task





Ollie's 3D Shapes



RE by Rosie and Annabelle

Remote STEM @ Sacred Heart



Rosie



Erica



Christian



Daniel B

Rook



Evie & Lucy



Charlotte



Finn G



Bird's Nest Designs



Remote Art 2.0 @ Sacred Heart



Grades 5 & 6 students were asked to transform their laundry into art to prove you can make art out of just about anything!





EVREN



INSECT CONSTRUCTION



JACK NICHOLSON



EMILY

JUSTINE



ALEXANDER H



XAVIER H



CHARLOTTE

Remote PE @ Sacred Heart



Grace T



Natalia



Daniel B



Lachlan A



Lachlan's early morning walk



Alex C- Karate practise

Community News



WHITEFRIARS
CATHOLIC COLLEGE FOR BOYS



Meet the Principal

Register now for our virtual
Question and Answer session with
Principal Mark Murphy at bit.ly/WFCTour

Applications for Year 7 2022 close October 2020.
To apply, please visit bit.ly/WFCApplication

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