



# Sacred Heart Catholic Primary School Diamond Creek

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## Sacred Heart Newsletter

Newsletter No 7 Term 3  
27 August 2020

### Fr. Steve's Mass and Homily:

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

<https://www.youtube.com/watch?v=ThZm0ReUSms>

Dear Sacred Heart families and friends,

### End of Term 3:

Term 3 will finish on Thursday 17<sup>th</sup> September for the students. This will allow the staff to plan on the Friday for whatever school may look like in Term 4 for the community.

### Book Week 2020:

In response to the COVID-19 pandemic, Book Week 2020 has been postponed to Term 4. The new dates of celebration are: 17TH TO 23RD OCTOBER, 2020.

### A Healthy Challenge:

Thank you to the many families that have embraced this challenge and continue to send kilometres my way. Thank you to families that have sent through their travel distances this week; Audley, Burns, Fitzmaurice, Furness, Hosking, Jones, Keating, Madden, McIlroy, Molinaro, Motschall, Nardella, Nicholson, Nugent, Parisi, Pearce, Fernando/Perera, Ross, Sparks-McPherson, Vassallo, Jacombs, Neale and Murphy.

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.edu.au](mailto:gmurphy@shdiamondcreek.catholic.edu.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 4 of the challenge we travelled 1138.60 km and have made it to Gordonvale Queensland - just before Cairns.

**House Points:**

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

MACKILLOP (Red)	BUNJIL (Blue)	CORDNER (Green)
1580	1585	1590

**Wellbeing Wednesday:**

On Wednesday we had a day where there was no official Maths, Literacy, Inquiry and Religious Education sessions but rather we celebrated the great work of the students, parents and staff with a Wellbeing Day. There was a selection of activities from mindfulness to art and craft, cooking and games as well as the Tim Credible Family Magic Show. Thank you to the number of families that struggled but persisted to get onto this Zoom platform. It was so great to see the many smiling faces of the students and to see how much fun they gained from this activity. Well done to all our students on their ability to adjust to the current situation and continue to show great resilience in the current climate. This day allowed parents and students to refocus and celebrate their achievements during the Remote Learning period.



Thank you for your ongoing support, remember we are all in this together, stay safe and stay active!

Jim & Gina

# Wellbeing Support For Families:

## Online Wellbeing Support For Families:

The Victorian Government is helping parents and carers manage home learning and stay resilient during the coronavirus pandemic by providing a range of free online resources.

Minister for Education James Merlino introduced child psychologist Dr Michael Carr-Gregg for a webinar on Tuesday 25 August – and following high demand, a second will be held, Tuesday 15 September – aimed at providing parents and carers with practical skills, knowledge and strategies for managing the lockdown period and remote learning. The webinars will focus on strategies and tools to help families manage their wellbeing, including establishing a supportive parental role and dealing with uncertainty and disappointment. Families will have an opportunity to ask Dr Carr-Gregg questions.

The Government has also partnered with *Raising Children Network* and funded a 10-episode podcast called 'Raising Learners' featuring parenting experts from organisations including the Murdoch Children's Research Institute, Career Education Association, Victoria and eSafety Commissioner, Julie Inman-Grant.

Raising Learners will provide parents with practical advice, tips and ideas for supporting children's health, wellbeing and engagement at school. Topics will include connecting with your child's school community, how to best support your child's learning, what to expect for VCE and VCAL students and how to keep your child safe online.

These themes were drawn from common parent questions received by the Department's coronavirus hotline and Parentline. The first three episodes will be launched on 1 September, the remaining episodes will be available throughout Term 3 and 4. Raising Learners will be available via Raising Children Network and podcast apps.

Following an unprecedented response with more than 12,000 registrations, a second webinar will now be held on Tuesday 15 September at 7:30pm.

Places are still available for *Managing the Coronacoaster – Tips for building resilient families* webinar on Tuesday 15 September at 7:30pm. For more information and to register, visit: [eventbrite.com](https://www.eventbrite.com)

## Quote attributable to Minister for Education James Merlino

*"The health and wellbeing of students and families is particularly important during this uncertain time. That's why we're providing tailored resources to help parents and carers support their children – and themselves."*

## Quotes attributable to child psychologist Dr Michael Carr-Gregg

*"Coronavirus has turned the lives of many Victorian families upside down, asking them yet again to navigate a new reality of remote learning, working from home and for some, financial hardship."*

*"Never has it been more important to provide families with simple, practical and evidence-based strategies to help them maintain the family's wellbeing and build resilience."*

## Quote attributable to Raising Children Network, Executive Director, Professor Julie Green

*"All parents need support to help their children thrive, and podcasts are great ways to deliver engaging, reliable and credible information on topics that are on parents' minds. Raising Learners will focus on how parents can support their children's learning at school, and at home."*

I was able to attend the webinar on Tuesday night and have included a summary of what was discussed. If you are able to attend the webinar, I encourage you to register for this on Tuesday 15 September alternatively below are some notes in regards to what was covered.

## Managing the Corona-Coaster

### Summary of Webinar

**Dr Michael Carr-Gregg**

**PHDMAAPI – Child and Adolescent Psychologist**

On Tuesday night Michael Carr-Gregg presented a webinar for families. The purpose of the webinar was to help parents and carers build family resilience in these difficult times. This webinar gave families some practical skills, knowledge and strategies for managing the lockdown period and remote learning. This link was shared with all families but in case you didn't get a chance to view this webinar we have included a summary of the webinar.

#### THE CHALLENGE:

Navigating the reality of remote school work, lots of family time, and a ton of uncertainty about what happens next. Show empathy for how their lives are changing. For families not used to this much together time, irritability and tempers may flare. Setting and enforcing rules for calm, respectful interactions in your home promotes critical stability and mental health in your kids.

#### KEY MESSAGES:

Parents should be purveyors of hope.

- Set the emotional tone – taking the coronavirus seriously but convey we are not panicking
- This is all very inconvenient but our grandparents faced worse
- Politicians are doing their best to flatten the curve, while also supporting families/businesses
- If we keep doing the right thing, we may return to normality sooner

#### WHAT PARENTS CAN DO:

- Check in regularly to see how they are doing – Intervening early is important. When the situation and relationship get to a certain level of stress, it can be much harder to decompress
- Go for a walk together – Getting outside of the house together is a good way to get the active, as well as connecting with them, or just being quiet together
- Help them keep in touch – Organise, or help them to organise, closed social media groups for those people teenagers are closest to
- Stay calm when talking about COVID-19 – Explain the dangers of COVID-19 calmly and without sensationalising it. Remind them that there are trustworthy news sources and not to spend too much time researching
- Accept that we can't control everything – Focus on the important issues and try and manage those
- Give them space - Make sure your child gets some confidential private space when they're at home, as well as time away from siblings or elderly family members
- As lock down relaxes, renegotiate young people's options for leaving the house
- Reward them for complying – Small fun treats or start a little fund of money saved to do something fun
- Have something to look forward to – Plan something big, like a party, celebration, day out or weekend away at the end of all of this
- Try not to over rely on them – While everyone has their jobs within the family, try not to over rely on them occupying younger siblings, for example. And if they do agree to help with them, acknowledge and reward their efforts.
- Have fun - Make time to do fun things as a family, whatever that looks like for you. Try and stick to some kind of routine – It's worth repeating: trying to maintain a normal sleep, food, exercise, school work, free time and family time routine will help things not feel so chaotic. Healthy eating and sleeping routine are also important for their overall physical and mental health.
- Increase your child's trusted circle – Meaning, make sure they still have contact with extended family or other important people in their lives. Think about who your child goes to with their issues and problems. This is someone who cares about your child's safety, who offers good practical advice, who recognises how hard it is and who can help them think about some good solutions.

- Make sure they know support lines they can use to talk to someone. (Kids Helpline - 1800 551 800). Help them develop different coping strategies – home exercise, cooking, relaxation techniques. Talk to them about the things they find relaxing and encourage them to take part in them.
- Keep connected – Catching up and staying connected with friend apps such as Houseparty, Facetime, Zoom and Online games can be great, but also make sure to talk to teenagers about their safety online. Let them know that they can talk to you if they are worried about anything online.

#### RESILIENCE:

Kauai is the 4th largest island in the Hawaiian chain and was the setting for the 1993 Jurassic Park where terrifyingly realistic dinosaurs ran amok trying to chow down on Sam Neil and Laura Dern. More importantly, it was the setting for one of the most important studies in the field of child psychology - with findings highly relevant to parents in the coronavirus era.

In 1955, Emmy Werner and Ruth Smith began a longitudinal study of 698 children born on the island during that year. They selected that island because at the time, there were high levels of unemployment, drug and alcohol use and mental illness amongst the adults and they wanted to see what happened to children growing up in circumstances of pervasive adversity.

Following up the children for 40 years, the investigators' landmark finding was that while two thirds of the sample cohort crashed and burnt, one third of the cohort displayed extraordinary resilience and developed into caring, competent and confident adults, despite their environment.

The ones that made it, had access to mitigating elements known as protective factors, which helped to balance out risk factors at critical times in their development. Among these factors were a strong bond with a charismatic adult, good social skills, positive self-talk and involvement in a church or community group like the YMCA.

The study reinforces the fact that kids do best when they have someone in their lives who will make them feel safe, valued and listened to, have a sense of connection, meaning, purpose and belonging and are adept at conflict resolution, anger management and problem solving. Our job is to prepare our young people for an uncertain future and Werner and Smith offer us all a much-needed template to follow, so that our kids do not end up like the brachiosaurus and dilophosaurus, of Jurassic Park.

#### DEPARTMENTAL RESOURCES:

The Department's [education.vic.gov.au](https://www.education.vic.gov.au) has information and advice regarding learning from home, how to talk to your child about coronavirus, bullying prevention, looking after yourself and your child's mental and physical health and wellbeing.

FUSE, <https://fuse.education.vic.gov.au> - the Department's online learning hub has activities and tips that will help your family to keep healthy and active as well as links to further resources and ideas for getting through lockdown.

#### OTHER RESOURCES:

Schooltv - <https://schooltv.me>

Building Resilience in Children 0-12 - A Practice guide for professionals <https://www.beyondblue.org.au/who-does-it-affect/children/building-resilience-in-children-aged-0-12>

Smiling Mind - <https://www.smilingmind.com.au>



**Pat Cronin Foundation Book Launch:**

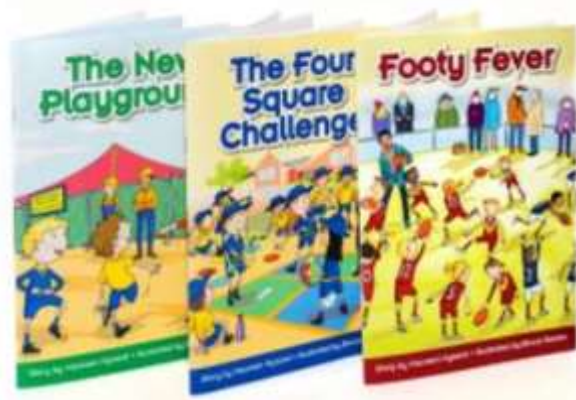
The Pat Cronin Foundation, has launched a series of books aimed at Primary School aged children. You may recall that Pat Cronin was killed in a coward punch incident several years ago. We are very proud to support the foundation and all it stands for in reducing violent incidents in our community. The Pat Cronin Foundation Story Books were launched on Tuesday the 25th of August 2020.

We have three inspirational and touching story books written for primary school students that we hope will be shared with every young student in Australia.

We know that it is very important that from the earliest possible age, children are taught and learn to understand that physical aggression is never okay.

The three books are written by Maureen Hyland who taught at Pat’s primary school and was inspired by Pat in creating the characters, colours and commentary. They feature wonderfully expressive illustrations by educational illustrator, Bruce Rankin.

Each book includes a story around Patch, a boy who goes to Searchers Road Primary School, starting with him in early primary; mid primary; and upper primary. Teacher notes and activities that are age specific are included at the back of each book and via a website link.



The first book called The New Playground revolves around children desperately wanting to get into the new school playground and how one child makes a wrong choice in pushing a playmate off the slide because he wanted to be first.

The second book called The Four-Square Challenge centres on children playing a ball game, which leads up to a challenge that takes an unexpected turn in the final practice game and leaves one girl learning an important lesson.

The third book called Footy Fever covers an important Aussie Rules football match in which Patch is captain of the Rockets and Maya is captain of the Sharks, both players in year 6. While everyone on the ground was well behaved, one player wanted to make a name for himself at all costs and soon learnt a valuable lesson about teamwork.

The story books form a critical part of the Foundation's Be Wise Education program by introducing children to its important messages of 'Be wise, think carefully and act kindly'.

The books can be purchased from [www.patcroninfoundation.org.au](http://www.patcroninfoundation.org.au) from Tuesday the 25th of August and are priced at \$20 each or \$50 for the set of three plus postage.

### **Matt & Robyn Cronin**

#### **Directors**

**A:** PO Box 4230, Balwyn East, VIC 3103

**M:** 0419 508 858

[info@patcroninfoundation.org.au](mailto:info@patcroninfoundation.org.au)

[patcroninfoundation.org.au](http://patcroninfoundation.org.au)

*Value = Kindness*



## **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**

**Harry Friedrich**

**Stevie Liddiard**

**Jacob Sciberras**

**Maia Hankinson**

**Leonardo Liu**

**Noah Hosking**

**Hayley Johnstone**

**Oliver Parisi**

**Hector Santostefano**

**Hayley Johnstone**

**Kayde & Rhylee Keating**

# Parenting Support

What to do if you feel your child does the bare minimum and just doesn't put effort into things?

**First**, it's important to realize there's always a reason for lack of effort. Sometimes it's because they don't have the skill, they're bored, anxious, hungry, tired, they don't learn the way it's being taught, etc.

It's important that you seek to understand what's happening with your child and WHY they aren't putting forth effort.

You can say:

*"I can see you were not feeling it today but it's really good that you still gave it a try. Is there anything troubling you that you want to talk about?"*

**Second**, help your child self-evaluate. As children become more self-aware, they're able to keep track of what they're doing and figure out what's working and what's not working. They are also able to think over things that happened to find ways to make things work better next time.

You can say:

*"Tell me how you think you did."*

If they respond, "I don't know," then reply with:

*"Maybe that is your answer. Because we usually know when we put in our 100% into something and do our best. Do you want to brainstorm ideas on how to best approach this task?"*

**Third**, pause and think about the true purpose of their task. Doing your best is not always necessary. For example, if the goal for a task is to develop the love for creative writing, problem-solving, or thinking skills, their perfect spelling in that specific task is not that important.

So ask yourself, "How did they do in the part that **really** matters? Do I really need to worry about them not doing their best in other parts?"

I hope this was helpful! You can download this week's tip cheat sheet below.

[Download This Parenting Tip](#)

That's it for now. Be sure to follow us on [Instagram](#) and [LinkedIn](#) where I also share my weekly parenting tips.

Warmly,  
Alexandra

[Big Life Journal](#), creator



# BODY CONFIDENT CHILDREN & TEENS FREE WEBINARS

SUPPORTING BODY CONFIDENCE AND HEALTHY RELATIONSHIPS WITH  
FOOD AND EXERCISE IN YOUNG PEOPLE

**31ST AUGUST 2020 11AM - 12.15PM**

OR

**2ND SEPT 2020 7- 8.15PM**

With so many confusing messages around weight, food and health and with so many adults struggling with their own body image it can be difficult for parents to know how to support their child as they move through adolescence. Join Butterfly for a relaxed and informative webinar for carers of primary and secondary age children to give knowledge, information and tips to help you better understand and promote positive body image in the home.

**AUDIENCE** - Parents & Community

**SESSION LENGTH** - 1hr 15mins

**COST** - FREE - Registration essential

**PLATFORM** - Zoom

[\*\*BOOK NOW\*\*](#)

Need more? You can find lots of resources to help create a body confident home environment by joining **Love Your Body Week for Families**. Click [HERE](#)

## TOPICS COVERED INCLUDE:

- Overview of body image and the importance of prevention
- The spectrum of body and eating issues from healthy to unhealthy, to disordered and clinical diagnosis
- Key influences on body image, including social media and the importance of positive following
- Diet culture and weight stigma
- Busting common myths around eating disorders
- Reducing appearance based talk and how to respond when a child expresses negativity towards themselves or others
- The power of role modelling positive body image and healthy behaviours
- Understanding early warning signs and the importance of early intervention
- Referral and support information, including Butterfly's National Helpline

"So glad I attended. There is so much pressure on kids these days and it's hard to know what to do. This has given me lots of practical ideas." **Parent, WA**

Butterfly is Australia's largest charity supporting all those affected by eating disorders and negative body image. These events are offered as part of Butterfly's new initiative, [Love Your Body Week for Families](#) to help Australian homes respect, appreciate and celebrate ALL bodies.

### Contact:

**E:** [educattion@butterfly.org.au](mailto:educattion@butterfly.org.au)

**T:** 0406 993 995

[www.butterfly.org.au](http://www.butterfly.org.au)

# Upcoming Webinar for Parents

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. We're pleased to let you know about an upcoming webinar.

## Teaching young people about healthy relationships: 9 Sep 8-9pm AEST



Watch from any device, any location

See the expert as they speak

Catch up recording available

**Valued at \$37 per person**

### Webinar Overview

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



### Presenter Overview

Collett Smart is a psychologist, qualified teacher and author of 'They'll be OK: 15 Conversations To Help Your Child Through Troubled Times'. She has more than 20 years' experience working in private and public schools, as well as in private practice.



Collett appears regularly on national television and radio, as an expert in teen and family issues. Collett has taught and delivered psychology workshops and seminars around the world. She is an Ambassador for International Justice Mission Australia and is mum to 3 children.

### Redeem your webinar – it's easy!

To redeem your webinar click this link:  
[www.parentingideas.com.au/parent-resources/parent-webinars/webinar-teaching-young-people-about-healthy-relationships](http://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-teaching-young-people-about-healthy-relationships)

- Click 'Add to cart'
- Click 'View cart'
- Enter the voucher code HEALTHY and click 'Apply'
- Enter your school's name to verify your eligibility. The \$37 discount will then be applied.
- Click 'Proceed to checkout'
- Fill in your account details. These are the details you will use to login to your account and access your webinar and resources
- Click 'Place Order'



This offer is valid until 9 December 2020. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

### Articles for Parents

On the Parenting Ideas website you can also view and receive helpful articles to support your parenting journey.

### Read up on topics such as:

- Resilience
- Siblings
- Bullying
- Positive Parenting
- Digital and Social Media
- Behaviour
- Confidence
- Friendships
- Anxiety
- Girls
- Boys
- Learning and Education



Visit [www.parentingideas.com.au/blog](http://www.parentingideas.com.au/blog) to access today.

Redeem your webinar by clicking on this link and following the steps below:

<https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-teaching-young-people-about-healthy-relationships>

- Click Add to Cart
- Click View Cart
- Enter the voucher Code HEALTHY and click Apply
- Enter your school's name to verify your eligibility. The \$37.00 discount will then be applied.
- Click Proceed to Checkout
- Fill in your account details. These are the details you will use to login into your account and access your webinar and resources.
- Click Place Order



## News from the Office

### SCHOOL PHOTO DAY

**advancedlife**  
school photography & print specialists

### Exciting News!

Photo day is coming in Term 4

**Date:** Friday, 6 November 2020

Dear Parents,

Please rest assured that we have been working hard with your school during remote learning and have provided them with a document detailing COVID-19 safety and social distancing procedures for photography.

It is a privilege to work with your school and we are excited that we will again be able to provide your community with a memory of the 2020 school year.

Kind Regards,

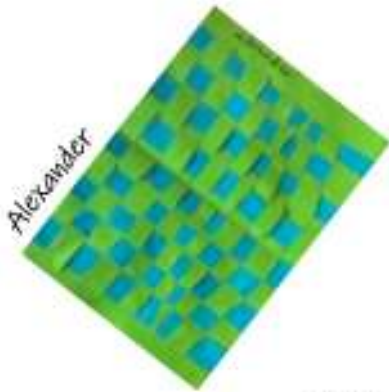
The *advancedlife* team

Phone: (03) 9852 1133 | [info@advancedlifevic.com.au](mailto:info@advancedlifevic.com.au) | [www.advancedlife.com.au](http://www.advancedlife.com.au)

### SCHOOL FEES REMINDER

Please ensure all outstanding school fee payments are brought up to date. If you would like a statement or have any questions regarding your account please do not hesitate to contact the office.

# Remote Art @ Sacred Heart



Emily



Nate

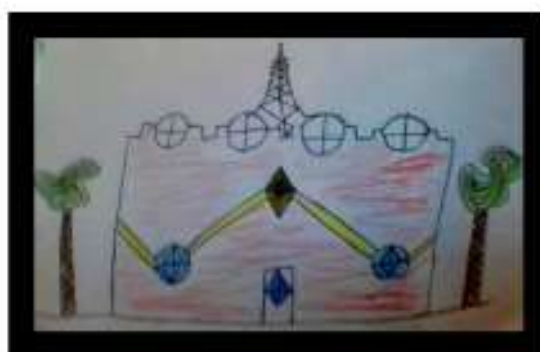


In Art this week, Prep students learnt about the history and art of weaving and made their own artworks by weaving.

Charlotte



...meanwhile, years 5 & 6 students learnt about the art elements and principles used by artist and architect Friedensreich Hundertwasser and drew inspiration to create their own artworks...



# Yr 5/6 RM - Mini Masterchef

A huge thanks to Pat, Will and Tadhg for organising a Mini Masterchef competition for the students from 5/6 RM.

Participating students formed two teams and organised Meets with their team and posted a recipe for the students in their team to follow. These are the delicious end results of Will and Pat's team.



Pat



Will

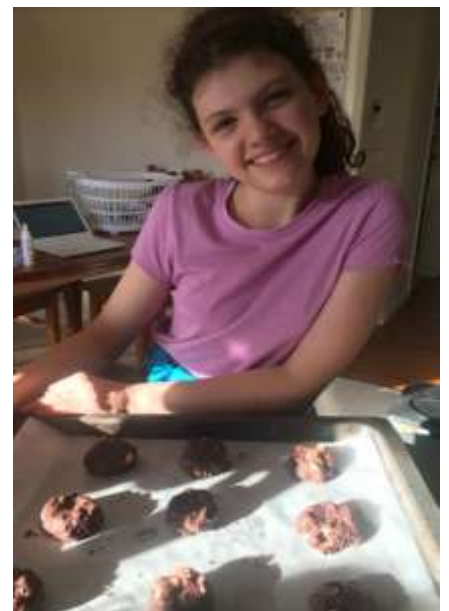
Isabella



Natalia



Evelyn



# Remote PE @ Sacred Heart



Shaye -Indoor Gymnastics



Christian's Indoor Auskick



Justine & Harry Rollerskate fun



Heidi & Kieran - Outdoor fun



Bek & Miller clocking up the kms

# Remote Education @ Sacred Heart

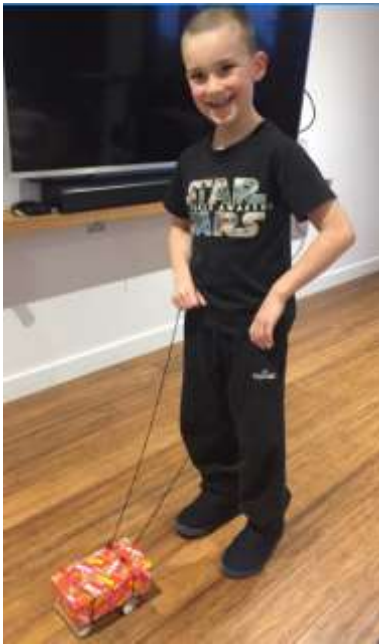


Nick's Invisible Ink



Xavier & Alexander's Literacy Lesson

Rupert's STEM



Heidi's Literacy



# Wellbeing Wednesday



Georgia with Squeaker & Dottie  
Nate with Hazel



Jack & Toby the Cat



Lucy



Natalia



Laila



Evie



Harry and Justine's Animal Kingdom



Madison, Robbie & Jake



Bubbletime Fun

## Community News

**Catholic Ladies' College**

See yourself here.

Year 7 2022  
Applications close  
Friday 9<sup>th</sup> October 2020

Upcoming Virtual Tours

- 27 August 4:30pm
- 2 September 4:30pm
- 9 September 4:30pm
- 14 September 4:30pm
- 8 October 9am

Book your place online  
[www.clc.vic.edu.au](http://www.clc.vic.edu.au)



### Meet the Principal

Register now for our virtual  
Question and Answer session with  
Principal Mark Murphy at [bit.ly/WFCTour](https://bit.ly/WFCTour)

Applications for Year 7 2022 close October 2020.  
To apply, please visit [bit.ly/WFCApplication](https://bit.ly/WFCApplication)

[info@whitefriars.vic.edu.au](mailto:info@whitefriars.vic.edu.au) | 9872 8200