



Sacred Heart Catholic Primary School Diamond Creek

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Sacred Heart Newsletter

Newsletter No 8 Term 3
3 September 2020

Fr. Steve's Mass and Homily:

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

<https://www.youtube.com/watch?v=utmYliQi7Fg>

HAPPY FATHERS DAY

To all the special Dads and males in our community

Dear Sacred Heart families and friends,

Over the past week we have made contact or left messages with all families to thank them for the amazing support they have given to the school and their child/ren during this time and to ensure we are doing what we can to support the community. We value these important connections and although it is always encouraging to hear the positive stories it is just important to hear the challenges that many families are facing. It is also reassuring for families to know often these are normal struggles and it does not mean we are failing. A very common theme in the conversations with both parents and staff was that the experience of this period of working from home and remote education had been a little more challenging than the last one. We think it is mainly because of the loss of human connection that we all crave. Speaking to staff and through our own experience, as people who work in schools, we gain much of our sense of purpose and meaning, our drive and motivation from being in communion with others. We are community people and that is why we choose to work in schools. There are others in our community who have thrived in the remote learning environment. They appreciate the opportunity to work in a setting with less distractions, a sense of independence and self-direction and one with greater flexibility.

We are encouraged by the fact that there is a decrease in the number of new infections of COVID-19, but we know that there will continue to be varying levels of restrictions for some time to come. We await to find out how the restrictions will impact on education. Regardless of what the future holds, we'll continue to look for ways to have our children engage in learning. Things are difficult right now for parents, staff and students, but as a school we know we have to persist in keeping the best interests of the children front of mind.

Do not forget during these times to look after yourself. Self-care isn't selfish, it's essential. No-one's perfect. But so often we compare our insides to other people's outsides. This month we're encouraging

everyone to be kinder to themselves (as well as others), especially when things go wrong. Self-care increases our resilience and helps us get more out of life. It also helps us accept others as they are too.

ACTION CALENDAR: SELF-CARE SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 7 Remember it's ok not to be ok. We all have difficult days 14 Talk kindly to yourself like you would to someone you love 21 Remind yourself that you are loved and worthy of love 28 Accept your mistakes as a way of helping you make progress	1 Remember that self-care is not selfish. It's essential 8 Notice the things you do well today, however small 15 Find a caring, calming phrase to say to yourself when feeling low 22 Look at photos from a time with happy memories 29 Write down three things you appreciate about yourself today	2 Be willing to share how you feel and ask for help when needed 9 Avoid saying 'I ought to' or 'I should' to yourself 16 Notice what you are feeling today, without any judgment 23 Let go of other people's expectations of you today 30 You matter. Remember that you are enough, just as you are	3 Free up time in your diary by cancelling any unnecessary plans 10 Give yourself permission to say No to requests from others 17 Leave positive messages for yourself to see regularly 24 Ask a trusted friend to tell you what they like about you	4 Forgive yourself when things go wrong. We all make mistakes 11 Aim to be good enough, rather than perfect 18 Don't compare how you feel inside to how others appear outside 25 Release yourself from inner demands and self-criticism	5 Plan a fun or relaxing activity this weekend and make time for it 12 Let go of being busy. Allow yourself to take some breaks today 19 Get active outside and give your mind & body a natural boost 26 Find a new way to use one of your strengths or talents today	6 Focus on the basics: eat well, exercise and go to bed on time 13 Make time today to do something you really enjoy 20 No plans day - make time to slow down and be kind to yourself 27 Take your time. Make space to just breathe and be still

Self-care is not selfish. You can't pour from an empty cup

ACTION FOR HAPPINESS

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/self-care-september

Keep Calm · Stay Wise · Be Kind

Father's Day:

To all the Fathers and male role models in our community, we wish you an amazing Father's Day and hope that you have a great day spent with family.

There's no manual to show you how to be
A GOOD PERSON.
Instead, there are
DADS.

To the dad who believes in me and supports me each day, each time.....

With all my heart, I wish you

Happy Father's Day



© www.bestmessage.org

Congratulations:

Congratulations to Cinzia, Bud, Orlando and Julian on the safe arrival of beautiful Dylan Egodagamage. Born Sunday, August 30th at 5:50 pm weighing 3.05kg. Mum and baby are doing great.



End of Term 3:

Term 3 will finish on Thursday 17th 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, Buttigieg, Campbell, Campbell, Fitzmaurice, Hunter, Jones, Keating, Lord, McIlroy, Motschall, Nardella, Nugent, Parker, Pearce, Fernando/Perera, Perera, Ross, Valentine, Waddington, Ward, Neale, Pendry, Garrard, McMahon 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.

Send to 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 5 of the challenge we travelled 1548.88 km and have made it to Nicholson, Queensland just short of the Northern Territory.



House Points:

At the conclusion of Week 7 the results were as follows:

MACKILLOP (Red)	BUNJIL (Blue)	CORDNER (Green)
1940	2015	2050

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

Wellbeing Support For Families:

Isolation is getting harder for our children. Here’s how to help.

Though families have felt palpable relief as restrictions have started to ease across the rest of the nation, our Victorian children are struggling more and more to follow the rules still in place. Isolation just seems to be getting harder, and the easing restrictions elsewhere make it more difficult to follow the rules in Victoria. Home schooling is causing more angst and friction. Children in isolation are chomping at the bit to have the parties that have been put off, and events that have been cancelled.

There’s a reason for this. The rules *are* getting harder to follow for children in isolation. It might seem counterintuitive but psychologically it gets harder for us to stick to rules the longer they go on. There are a few reasons for this.

Rules Get Harder to Follow the Longer They’re in Place.

The Reward Factor

Research suggests that at a very basic level human behaviour is motivated by a desire for rewards. In other words, we follow rules, because we want to be rewarded for doing so. The better the reward, the more we’re willing to stick to the rules.

But in our current situation, the reward is a ‘not thing’. Because we follow the rules, we won’t get sick. Many adults struggle with this, a ‘not thing’ is not really a reward.

Optimism Bias

Optimism bias is the idea that the best possible outcome is going to be the one that happens to you. In other words, ‘It won’t happen to me’.

A mountain of research shows that humans take into account positive information more readily than negative information when forming their beliefs. So, when our children hear that some restrictions are going to be lifted, they'll take that (positive) information to heart, and believe that the world is safe again. The (negative) information that there is still some risk impacts their beliefs much less. (Adults are also susceptible.)

The Rebound Effect

For over twenty years researchers have known that actively trying to avoid certain thoughts about behaviour can actually lead to that behaviour. In children this might be thinking about taking a sibling's toy. The more the child tries to stop thinking about taking the toy, the more likely they are to actually do it. In this same way, because our children have been actively avoiding thinking about all the things they've been missing, they're actually becoming harder and harder to resist.

Here's How to Help Children in Isolation.

At the end of the day, children in isolation are struggling for valid psychological reasons. But chafing under the rules (however valid) still means a lot of friction and challenges within our homes. But there are ways we can help.

Empathise.

Listen and empathise. Let them know you recognise that it's hard, and even that it's hard for you, too. This makes our children feel heard and understood which leads to feelings of safety, emotional openness and connection with you as the parent.

Use the 3 Es for Effective Discipline.

Explain. When rules get hard to follow, talk about why. If your children are old enough, explain the research. If they're not, just talk about how it **is** getting harder, for everyone.

Explore. Then brainstorm ways (together) that might help them to keep doing what they need to do. If your child is struggling with school work at home, maybe they can work in the garden this week. Or maybe they can take mornings off, and work in the afternoons instead.

Empower. Finally, help them to take those ideas and turn them into reality.

Create opportunities for independence.

Children have an innate need to have some choices in their lives. Allowing them to make their own choices where possible, creates motivation within themselves to do the right thing. It also builds psychological health.

Can they be in charge of choosing and making dinner? Or walking the dog around the block? Depending on the child's age and ability perhaps they can even be responsible for reading and updating the family as restrictions are eased.

Let them back into the world.

As restrictions ease (eventually) we might be tempted to hold our children close. But to the extent it's safe, let them back into the world. When allowed, let them visit friends, go out for smoothies or meet up at the skate park (as long as that's allowed and they're practicing appropriate hygiene and distancing!). The world is waiting, and as long as it's safe, it'll be wonderful for our children to be able to participate again.

Lightening the Lockdown Load:

Many of our parents and carers may have joined Dr Justin Coulson, one of Australia's most trusted parenting specialists, as he shared four secrets to make it through the pain of the winter COVID-19 Victorian lockdown. By the end of this webinar, you should:

- Have felt reassured, with less stress and pressure around your kids, their schooling, and life
- Have concrete strategies to start on immediately to make your family happier
- Know how to be on the same page as your partner
- Be able to develop habits and practices that will ensure your children – and YOU – can get your daily work done, even while everyone is stuck at home.

If you are interested in viewing this webinar, make yourself a cuppa, find a quiet space-even hide-and-enjoy!

Click on the Webinar Link below:



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

Jim & Gina



Student of the Week

Prep NG	Alexander Hernandez
1/2 CN	Rupert Berriman
1/2 PA	Evie Jones
3/4 JD	Penny Motschall
3/4 NJ	Jeremy Collins
5/6 CM	Xavier Sciberras
5/6 RM	Xavier Rowley
LOTE	Ayush Perera
STEM	Nate Fitzmaurice
Performing Arts	Audrey Hodgson
Visual Arts	Georgia Fitzmaurice
PE	Evelyn McIlroy & Tadhg Keating

Remote Art @ Sacred Heart



JAKE



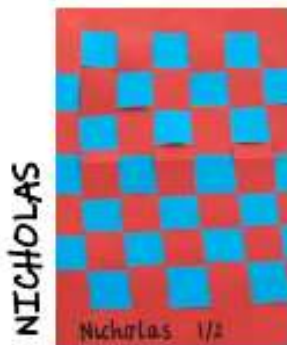
JACOB



GRADES 1 & 2 WEAVING

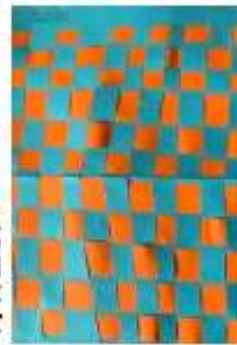


AYENDHA



NICHOLAS

Nicholas 1/2



XAVIER



ROSIE



DANIEL W



DANIEL B



RUPERT



EVIE



LANI



TYLER



JACK

MEGAN



CHRISTIAN



FINN G

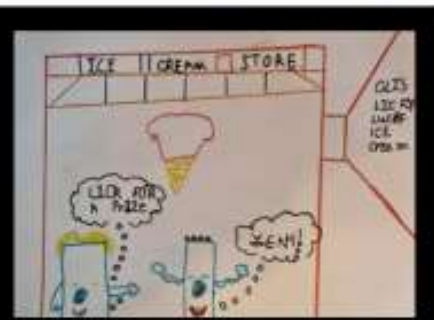


HARRY



With a focus on creativity, grades 3 & 4 students were asked to design an imaginary shopfront, while considering how design elements may be used to attract customers...

Oliver's magical ice-cream shop...
there is every flavour & topping in the world and you could win \$1M with one lick!



Georgina's Flying Snow Machine shop!

Madison



Lola's Enchanted Seeds shop

...the seeds grow into fruit & vegies that can make a sick person better!



Malia



Michala J

Roy's furniture shop for frogs
shaped like a frog lounge!



Zara Campbell's design process for her Unicorn Pet Shop

Spring into Prep - Class of 2021



Poppy



Eloise

Remote PE @ Sacred Heart



Natalia



Isabella



Xavier and Alexander



Amelia - hard at work cleaning up the rubbish and doing her PE



Nick & Nate



Rupert & Miki

Remote Education @ Sacred Heart



Kadye



Tadhg



Rhylee



Jake



Annabelle

Year 5/6 Mini Masterchef



Ally



Tadhg

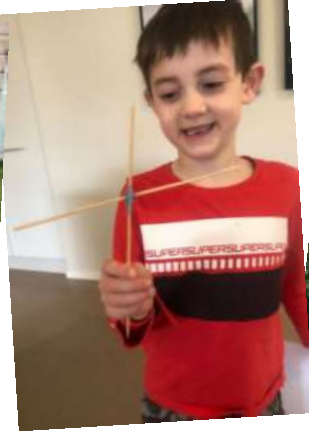
Remote STEM @ Sacred Heart



Harry



Finn G



Jack



Heidi



Caitlin

Kite Making



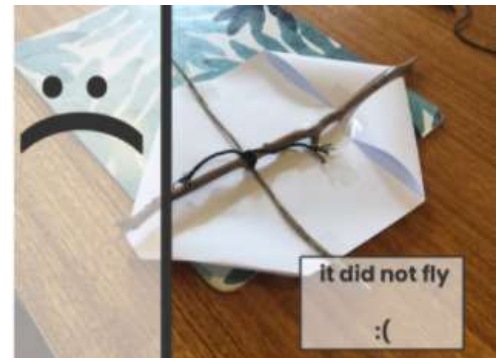
Annabelle



Tyler



Nate



Luke Ayendha



Rupert



Lola, Lulu & Lani



They flew and the wind blew my kite round.



Community News

The Nillumbik Trail – Sustainable House Day – Saturday 19 September

Re-imagine the possibilities for your home to be more comfortable and inexpensive to run. Insulation, double glazing, solar, heat pumps, draught proofing... sometimes it's hard to know where to start! Join video tours and live online Q&A sessions with home owners to gather inspiration about simple actions that you can take. Their first-hand experience will show you it's possible.

Event: The Nillumbik Trail – Sustainable House Day

When: Saturday 19 September

What: Zoom Q&A sessions with local homeowners

Time: Choose 30 minute sessions during 9:00am – 4:30pm

Register: www.cleanenergynillumbik.org.au/events



Catholic Ladies' College

See yourself here.

Year 7 2022
Applications close
Friday 9th October 2020

Upcoming Virtual Tours

- 17 August 4:30pm
- 2 September 4:30pm
- 9 September 4:30pm
- 16 September 4:30pm
- 6 October 8am

Book your place online
www.clc.vic.edu.au



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

info@whitefriars.vic.edu.au | 9872 8200