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# Sacred Heart Newsletter

Newsletter No 10 Term 3 17 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=2SaVthg9jbE

Dear Sacred Heart families and friends,

The period of remote learning has been a challenging time for us all, but despite the major disruptions to normal activities, there will be many valuable lessons derived from this period that we as a school, and the system, wish to take forward.

Below is a link to a survey developed by Catholic Education Melbourne in order to help capture the learnings from the remote learning period not only for Sacred Heart but also for the Catholic education system in the Archdiocese of Melbourne.

The surveys are designed to be a quick capture of learnings while the experience is fresh, and are not designed to capture every aspect of schooling during the lockdown period. Your feedback will be valuable in learning from the experience and improving education outcomes.

Here is the link to the survey. It is expected the survey will take approximately 10 minutes to complete.

### Parent / Carer survey

Thank you for taking the time to contribute to our learnings as a school and education system.

Below we have provided you with some clarity around the current situation in terms of the learning program and wellbeing which can be offered at Sacred Heart within the current restrictions. These changes remain subject to the advice of Victoria's Chief Health Officer.

### End of Term 3:

Term 3 will finish on Thursday 17<sup>th</sup> September for the students (today). This will allow the staff to plan on Friday for Term 4 both online and on site learning for the community.

### Week 1, Term 4, 5–9 October

The Remote Learning Program will continue for all students. Supervision will be provided for students of permitted workers.

# Week 2, from 12 October

Year Prep, 1 and 2 students will now attend on-site schooling full time. The day will begin at 8.50am and finish at 3.25pm. The Remote Learning Program will continue for all students in Year 3 to Year 6. A date for the return of these year levels to face-to-face learning will be subject to further health advice. Supervision will be provided for students in Year 3 - 6 of permitted workers.

## **Supervision of Students:**

We will be providing onsite supervision to support families who are classified as permitted workers. However, we are also mindful of the health and wellbeing of our staff, as well as all the children attending, so we remind you that the Government has made it clear that if children are at all unwell, they must not be sent to school. If you believe your child/ren fall into this category and you will need supervision at any stage in Term 4 could you please email <u>gmurphy@shdiamondcreek.catholic.edu.au</u> to request supervision, what days and times (all day or part of a day).

### Pack Pick Ups:

Our next pack pick up will be scheduled for Wednesday 7 October for all Year 3-6 students. This will be done via a Click and Collect system that we will provide more information about at the beginning of the term. We ask that any materials from previous packs and work completed is returned at this time for teachers to look through and organise for when the students return to on site learning.

We look forward to providing you with further updates as we receive them from the State Government via the Catholic Education Commission of Victoria.

### **Staff News:**

Congratulations to Gemma, Tom, Lily and Charlie on the news that Gemma is pregnant. Gemma will be taking Parental Leave from Week 6 of Term 4 and her position of Prep teacher on Thursday and Friday will be taken up by Mrs Jess Clark. Jess is an experienced Prep teacher who is currently leading our support programs. Kerry Neilson will continue in Prep Monday to Wednesday.

Thank you for your ongoing support throughout this term, remember we are all in this together, stay safe and have a well-deserved break from the online learning and juggling that has occurred in all households.

Jim & Gina

# 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; Bruzzaniti, Burns, Buttigieg, Campbell, Davison, Fitzmaurice, Hosking, Johnstone, Jory, Lentini, McIlroy, Motschall, Nicholson, Nugent, Pearce, Perera, Fernando/Perera, Ross, Vassallo, Neale, Pendry, Garrard, Murphy 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.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 7 of the challenge we travelled 2081.63 km and have made it to Pardoo, Western Australia. Go Sacred Heart! Please continue to email me over the holidays your distances.



# House Points:

At the conclusion of Term 3 the results were as follows:

MACKILLOP (RED)	BUNJIL (BLUE)	CORDNER (GREEN)
3125	3211	3239

Congratulations to CORDNER House. This was a very close term in regards to house points. Well done everyone.

### **Congratulations:**

Congratulations to the Nugent family on the birth of Lety, a baby sister for Lola (3/4), Lani (1/2) and Lulu (Prep 2021). The girls are besotted.



# parenting **\***ideas

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 bestseling *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.

# News from the Office



# SCHOOL FEES REMINDER

An account statement will be sent to all families via email this week. Please note the final instalment of \$695.00 or outstanding balance is due and payable in full by the 16<sup>th</sup> October 2020. Families who have a regular direct debit/payment plan arrangement will continue with their normal deductions as per usual. If you have any questions regarding your account please do not hesitate to contact the office

### OSH CLUB NEWS



Hello Sacred Heart families! 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.

For the past few weeks, we have been engaging in fun activities before and after school during this period of remote learning.

We will be running vacation care at several different services throughout the area during these school holidays.

To check out these locations, or to register and enrol, visit <a href="https://www.oshclub.com.au/register/">https://www.oshclub.com.au/register/</a>

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 multi-purpose room. Otherwise text or call Jaslyn, the coordinator of our service on 0478 182 335 or email us at <u>sacredheartdiamondcreek@oshclub.com.au</u>

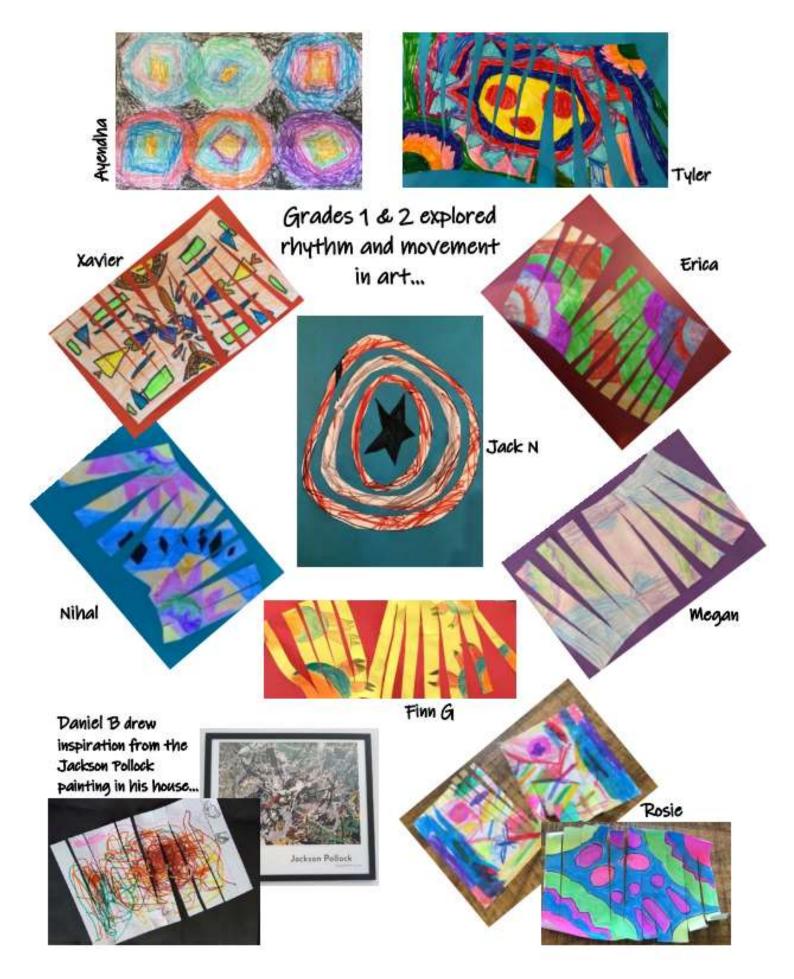
We hope you all have a great school holidays, see you in Term 4!







# Remote Art @ Sacred Heart





Oli





Grades 3 & 4 Collage



Rhylee



Lola





Sienna

Monique

Kayde





Miki



Roy

Jacoby

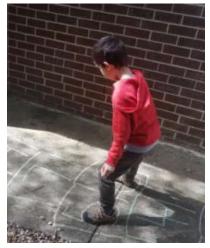


Cooper G's drawing

# **Remote PE @ Sacred Heart**



Natalia - Netball Goals!



Daniel B





Jack N

Rosie

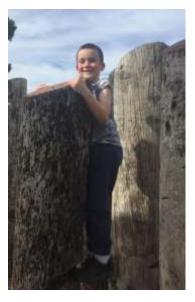




Alex

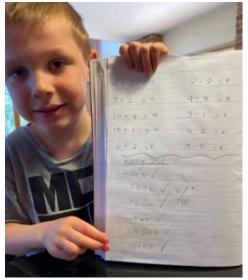






Rupert

# **Remote Education @ Sacred Heart**





Super Maths work - Paddy & Alex



Luke's Artwork





Rosie's Everyday Food & Sometimes Food

Day & Night - by Charlotte & Emily

My Window By Jack Nardella

I see green leaves on the trees blowing in the wind. My dog Sadie is sleeping on her bed peacefully. I hear the mulcher chopping up the branches. My cat Dusty feels soft and warm as I cuddle him. I smell my olives on my plate. They are delicious. I am also eating vegemite toast and it is yummy.



Keeping Safe! Tyler



Finn G



Lucy

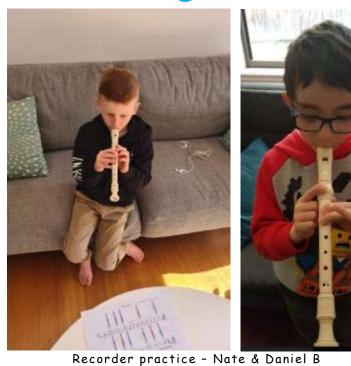


Evie

# **Remote Performing Arts**



Charlotte - Footloose



# Year 5/6 RM - Mini Masterchef

Natalia



Pat W



Laila

Isabella



Our amazing Year 5/6 chefs!

# **Remote STEM @** Sacred Heart STEM PROJECT -DAY AND NIGHT



Audrey



Amazing work Christian!

Evie



Owen



Emily

Caitlin

Tyler



Daniel B

Finn G

Lucy

Hunter



# Loyola College - Year 7, 2022 Enrolment Applications

A friendly reminder that enrolment applications for current Grade 5 students wishing to enrol at Loyola College for Year 7, 2022 are due on Friday, 09 October, 2020. To obtain an Enrolment Application, please visit our website or email our Community Liaison Officer, Dianna Alonso – <u>alonsod@loyola.vic.edu.au</u>

For any queries, please call Registrar, Anita Plant on 9433 0203

To book and view our Virtual tour – Meet the Principal, please visit website – www.loyola.vic.edu.au/bookatour



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

Applications for Year 7 2022 close October 2020. To apply, please visit <u>bit.ly/WECApplication</u>

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

Thursday 8 October 7pm via Zoom Book your ticket via the below link https://www.trybooking.com/BLIII



Nillumbik Shire Council Civic Drive (PO Box 476) Greensborough Victoria 3088 03 9433 3111 | <u>nillumbik@nillumbik.vic.gov.au</u> nillumbik.vic.gov.au | @ @ @ ©

As we continue to feel the effects of COVID-19, we recognise that for many this is a difficult time, and that health, livelihood and connections may have been impacted.

Nillumbik Council would like to invite the community along to a "Together in Nillumbik" focus group this Saturday as an opportunity to come together and help unpack some of the impacts of COVID-19 on the Nillumbik community to help Council determine what further support is required.

To be involved please register here.

You can also have your say via the Together in Nillumbik survey online at <u>https://participate.nillumbik.vic.gov.au/together-in-nillumbik</u>.

The survey will close 11.55pm Friday 2 October 2020.