



Sacred Heart Catholic Primary School Diamond Creek

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Sacred Heart Newsletter

Newsletter No 2 Term 4
15 October 2020

Fr. Steve's Mass and Homily:

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

<https://www.youtube.com/watch?v=iXtS10bJgNo>

Dear Sacred Heart families and friends,

What an amazing return to onsite learning. The staff and students have transitioned back to face to face learning so incredibly well and the parents we have spoken with are so happy to have them back at school. The smiles on parent's faces each morning and afternoon is also a good sign that parents needed a break from the teaching role along with every other role they have in life.

We asked each teacher to provide one or two words that described the positive strength characters of each student during Remote Learning. This was then displayed as a welcome board for the students. These strength characters will be sent home with each student over the next couple of weeks.





Term Four is important for every student, and our staff will strive to deliver high-quality learning for everyone. Our focus for Term Four is on making sure that every student is supported in their wellbeing, learning and transition needs.

Once again, we thank teachers, staff, students and families for their incredible efforts during these challenging times. With your ongoing support we were confident that we could make a successful return to on-site learning and the students have proven this during the week. It is amazing to see how resilient and flexible the students are and how they adapt to so many changing situations, better than adults most of the time. We are so proud of our students.

Staff Commitment - above and beyond:

Last week our cleaners informed us that they were no longer able to continue at Sacred Heart and finished up at the end of the week. It is a huge credit to the Sacred Heart staff that they all took on the extra duties and ensured that the school was cleaned daily to the expected high COVID-19 hygiene standards without any questions or complaints. This is the commitment that your school's staff have towards ensuring that our students are cared for in every way necessary. We have secured the services of another cleaning company who will be starting next week.

Congratulations:

Congratulations to Claire and Lluís on the arrival of their beautiful son Reuben Joseph Molina James on Wednesday morning.



Past Student:

Congratulations to Gabbie Hardy (class of 2015) who has been appointed as Arts Captain at CLC in 2021. Well done Gabbie.

Resilience Project:

In response to the year we have all experienced, we have decided to implement the Resilience Project Digital Program at Sacred Heart Primary School in 2021. The Resilience Project will support our existing Social and Emotional Learning program, Respectful Relationships, ensuring the wellbeing of each child in these current times but also assist in the development of life skills for the future.

The Resilience Project's Digital Program supports the mental health of the whole school community. To support long term change, and embed mental health strategies, schools are provided with a year-long curriculum, mapped to Australian Curriculum Framework. This curriculum includes teacher resources, student journals, access to an online teaching hub, and exclusive content released throughout the year.

In addition to the curriculum the program also provides a series of highly engaging tailored presentations specific to teachers, students, and parents/carers that teach the program strategies and inspire regular practice.

The program focuses on three key pillars that have been proven to cultivate positive emotion; Gratitude, Empathy and Mindfulness (GEM), with Emotional Literacy being a foundational skill to practising these strategies.

Step by step, this is how the Partnership Program works:

- STAFF are engaged through professional development presentations and provide them with resources, activities and knowledge to support their work with students.
- STUDENTS are inspired across all year levels through the delivery of highly engaging presentations.
- PARENTS AND CARERS are empowered with presentations that provide practical strategies to help build their children's resilience, and support their own wellbeing.

We will provide more information before the end of the year and ongoing information in 2021.

The Polished Man:

Jim is fundraising for ygap's 2020 Polished Man campaign by wearing blue nail polish on one finger because he, along with many, believe we can create a world in which no child suffers from violence. The **Polished Man campaign** encourages everyone to take a stand and actively commit to ending violence against children. By painting one nail blue, and representing this harrowing statistic, people can start a conversation which raises awareness and funds to ensure no childhood is lost to violence. If you would like to make a donation and help support this worthy cause you can do so by using this link <https://my.polishedman.com/jim-o-sullivan>

Thank you to all those who have supported this cause, so far we have raised \$840 which is a great effort. There are still 2 weeks to go if anyone else wishes to support this campaign.



Footy Day:

Sacred Heart will hold Footy Colours Day in support of Kids With Cancer. This will be held on Friday 16th October (tomorrow). Students are encouraged to come dressed in their footy colours.

When: Friday 16th October

Wear: Your favourite football/soccer/rugby colours

Bring: Gold coin donation to support Kids With Cancer.

Book Week:

We will celebrate Book Week from Monday 19 October - Friday 23 October. This year's theme is Curious Creatures, Wild Minds. Our annual book week parade will be held on Thursday 22nd October. We encourage all students to come to school dressed as their favourite book character. We will have a parade with the students, take lots of photos and have winning prizes up for grabs.

School Hats:

Please remember that, according to our SunSmart Policy, all students are now required to wear their school hats whenever outside the classroom. Please ensure that your child has their hat at school otherwise they will be asked to sit in a shaded area of the playground. Hats are available from the School Office or School Uniform Shop for \$15.

2021 Student Classes:

Fairly soon our teachers will start the process of organising next year's class groups. This process will take several weeks so that the groupings are as balanced as possible. We also use a program called 'Class Solver' that takes in information regarding academic, social, needs, preferences and requests to help formulate classes. Once the process is finalised, changes will only be made in exceptional circumstances. Over the last few years this process has run smoothly and we are aiming for similar results again this year.

Parent requests are being invited for consideration. Please note that ALL REQUESTS MUST BE IN WRITING.

- Placement requests will only be considered in relation to your own child and it is not appropriate to involve other students.
- Requests need to relate to social, academic and/or behavioural needs of students. It is not appropriate to request a particular teacher.
- All requests must be with Jim – josullivan@shdiamondcreek.catholic.edu.au or Gina – gmurphy@shdiamondcreek.catholic.edu.au prior to Friday 23rd October.
- We will attempt, as much as possible, to satisfy appropriate parent requests providing they are received by the due date.

In order for this process to be as authentic as possible it is essential that we know of any students who will not be continuing at Sacred Heart in 2021.

A Healthy Challenge:

Thank you to the many families that have embraced this challenge and continue to send kilometres to Gina. We are getting so close to finishing this challenge. Each student contributed this week at the beginning of their PE lesson. Thank you to the families that have sent through their travel distances this week; Boland, Brennan, Davison, Fitt, Jones, Jory, Junge, Keating, Mennilli, Nugent, Ross, Rowkey, Turner, Valentine, Vassallo, Neale and Murphy.

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 9 of the challenge we travelled 1694.86 km and have made it to Port Lincoln in South Australia.



Jim & Gina

ACTION CALENDAR: OPTIMISTIC OCTOBER 2020

"Choose to be optimistic. It feels better" - Dalai Lama

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Write down your most important goals for this month	2 Look for reasons to be hopeful even in difficult times	3 Take the first step towards a goal that really matters to you	4 Be a realistic optimist. See life as it is, but focus on what's good
5 Start your day with the most important thing on your list	6 Do something constructive to improve a difficult situation	7 Remember that things can change for the better	8 Make progress on a project or task you have been avoiding	9 Avoid blaming yourself or others. Just find the best way forward	10 Take time to reflect on what you have achieved this week	11 Focus on a positive change that you want to see in society
12 Look for the good intentions in people around you today	13 Put down your To-Do list and let yourself be spontaneous	14 Do something to overcome an obstacle you are facing	15 Look out for positive news and reasons to be cheerful today	16 Thank yourself for achieving the things you often take for granted	17 Share your most important goals with people you trust	18 Make a list of things that you are looking forward to
19 Set hopeful but realistic goals for the week ahead	20 Find the joy in completing a task you've put off for some time	21 Let go of the expectations of others and focus on what matters	22 Share an inspiring idea with a loved one or colleague	23 Write down 3 specific things that have gone well recently	24 Recognise that you have a choice about what to prioritise	25 Plan a fun or exciting activity to look forward to
26 Start the week by writing down your top priorities & plans	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?	29 Find a new perspective on a problem you face	30 Set a goal that links to your sense of purpose in life	31 Think of 3 things that give you hope for the future	

ACTION FOR HAPPINESS

www.actionforhappiness.org
 Learn more about this month's theme at www.actionforhappiness.org/optimistic-october
 Keep Calm · Stay Wise · Be Kind



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

Eleanor Audley

Jack Black

Sarah Lyons

Scarlett Oke

Lachie Audley

Sophie Wright

Will O'Keefe

Honor Christian

Meliz Hoe

Annabelle Ross

Honor Christian

Jack Nardella



Week 1 Students of the Week

INSIGHTS

Hopeful kids are happy kids



Think of two children who you have regular contact with: one who is resilient and happy, and one who is struggling and languishing. Imagine you are interviewing each of them and you ask them to rate their response to these six questionnaire items:

- I think I am doing pretty well
- I can think of many ways to get the things in life that are important to me
- I am doing just as well as other kids my age
- When I have a problem I can come up with lots of ways to solve it
- I think the things I have done in the past will help me in the future
- Even when others want to quit, I can find ways to solve the problem.

Chances are that the child who is resilient will respond affirmatively to these items. The child who is struggling is more likely to say 'no' than 'yes'.

These items form the basis of the internationally-recognised Children's Hope Scale that is used to assess the hopefulness of children and teens. Hope is a critically important predictor of their wellbeing and resilience.

Understanding hope

Psychologists say a person has hope when they believe that they can find ways to achieve their goals and to motivate themselves to try and follow those ways and meet those goals. Hope theory suggests we need three things to actually have 'hope':

- goals: something we are aiming to achieve in the future
- pathways: at least one way (and hopefully more than one) that we might follow to achieve those goals
- agency (sometimes called efficacy): the belief that we can actually make things happen along those pathways in order to meet the goals.

Hope or optimism

Hope sounds a bit like optimism. We hope good things will happen ... so we're optimistic. But there's more to it than that.

While optimism is the belief that good things will happen in the future, and the sense that the glass is half full, hope is about taking that optimism, making it goal oriented and putting legs on it to make things happen.

And while optimism is great for boosting wellbeing and can act as a useful tool for inoculating people against depression, it seems hope does it better. This may be because while optimism is a positive mindset, hope is about action.

In contrast, if you don't have hope, you're, well, hope-less. That's related to all the things we don't want for our children. Hopeless kids don't try, have poor relationships and feel helpless. They don't achieve goals, often because they don't set any. And when they do set them, that's where it stops because they don't have enough hope to find ways to achieve those goals.

parenting * ideas

Encouraging kids to be hopeful

Parents who want to instil hope in their children can try the following three ideas:

1. Build a future focus

Speak to your children about their possible futures. What do they want to achieve, and why? Have them imagine their potential best selves. Talk to them about what they're looking forward to. Ask them what they want to have, do and be.

2. Work with them on plans (or pathways)

When your child or young person says "I want to be a marine biologist", be encouraging and then ask them, "What do you need to do to get there?" Discuss pathways, options and possibilities. Thinking about the future and making plans is central to fostering hope.

3. Help them solve problems

When your child or young person is stuck, instead of giving them an answer, ask them, "What do you think is the next best thing to do?" or "When have you overcome something like this before?" This type of question promotes a sense of agency or efficacy. Rather than having our children rely on us for all the answers, they can rely on themselves, their resourcefulness and their initiative. They can recall times they've succeeded before and use that to build hope that they can succeed again.

As parents, our wish for our children is that they will grow up happy and resilient. Our wish can become 'hope' when we use these three keys to build hope in them as they look towards the future.



Dr Justin Coulson

Dr Justin Coulson is one of Australia's most respected and popular corporate and education keynote speakers, facilitators, authors and researchers. He has spoken to and worked with tens of thousands of people aiming to improve relationships, meaning and wellbeing in leadership, education and, especially, family life. Learn more about Justin at www.justinoulson.com.

Fact Sheet

Internet Safety Tips for Parents, Teachers & Carers

- ✦ The use of computers, laptops or any internet enabled devices (iPad, phone, iPod, Xbox) SHOULD be in a common area of the house NOT IN THE BEDROOM! Need an alarm – buy a clock radio!
- ✦ Parental monitoring is vital – walk past and see what your child is doing, who they are talking to and what sites they are on....be aware if their mood changes. This is NOT invading their privacy at all...it is parenting in the digital space.
- ✦ Make sure there is no response to rude or harassing emails. (keep a record in case of further investigation)
- ✦ Advise your student/child to immediately exit any site that makes them feel uncomfortable or worried. Basic protective behaviour principles apply.
- ✦ If the harassment continues....the current email account can be deleted and a new one started. The new email address should only be given to a selected few.
- ✦ If receiving harassing messages on social media – have the sender blocked & report to the site.
- ✦ If you have found inappropriate content about your child or one in your care on a website or are informed about this situation please contact the ISP and or Police or advise the parent to do so ASAP.
- ✦ Have a family internet contract and set house rules about what information your child can put onto websites or share with others.
- ✦ Be aware the majority of children WILL NOT tell a parent/teacher if bullied or harassed online for fear that they will lose internet access!!
- ✦ Make sure that your children understand that they will not get in trouble if they tell you about a problem.
- ✦ Parents must learn about the internet with their child – get students to share their knowledge of the internet with their parents in a fun environment



News from the Office



UNIFORM ORDERING

The Uniform Shop will be closed for face to face sales until restrictions are eased and parents are able to enter the school grounds. Uniform can be ordered via CDF Pay on the school website. Click on the following link below to access the online Uniform Shop:

<https://shdiamondcreek.cdfpay.org.au/MonitorOnline/app/#/login>

Simply login, click on the items required, add to cart and then checkout. All orders received will be sent home via the students.



SACRED HEART PRIMARY SCHOOL

FOOTY COLOURS DAY

SACRED HEART WILL HOLD
FOOTY COLOURS DAY IN
SUPPORT OF KIDS WITH
CANCER.

WHEN:
FRIDAY 16TH OCTOBER

WEAR:
YOUR FAVOURITE
FOOTBALL/SOCCER/
RUGBY COLOURS

BRING:
GOLD COIN DONATION TO
SUPPORT KIDS WITH
CANCER.



SUPPORTING KIDS WITH CANCER

News from OSHClub



Welcome back to all families from OSHClub Sacred Heart! 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.

This week we have been doing lots of fun activities such as creating a welcome back poster, making magic wands and salt paintings, even doing some puzzles!

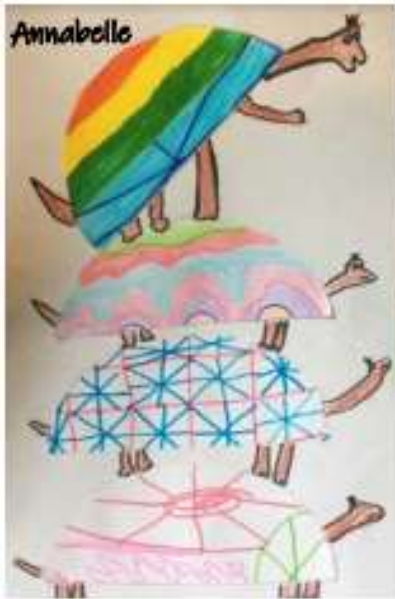
To register and enrol, visit

<https://www.oshclub.com.au/register/>

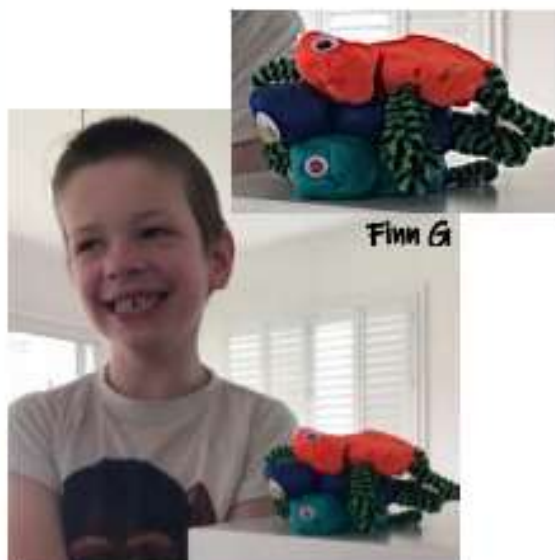
If you would like to talk to a member of our staff, or just want to check out our space and what we do, feel free to visit us in the new multi-purpose room. Otherwise text or call Jaslyn, the coordinator of our service on 0478 182 335 or email us at sacredheartdiamondcreek@oshclub.com.au



Art @ Sacred Heart



This term in Art, grades 1 and 2 students will be exploring the creative world of Dr Seuss and creating their own interpretations of the illustrations they see in the books, often transforming 2D images into 3D creations. Here are their interpretations of Yertle the Turtle...



Tyler



The same day that Tyler created this very impressive 17-turtle-stack, his family rescued this real-life Yertle they found on the road and relocated it safely to a nearby dam!

Rosie



Jacoub



Owen & Miles



Megan



Matthew



Lani



Xavier



Rupert

During their last week of remote learning, grades 3 & 4 students explored contrast while developing their drawing skills. Aren't these bird silhouettes great?

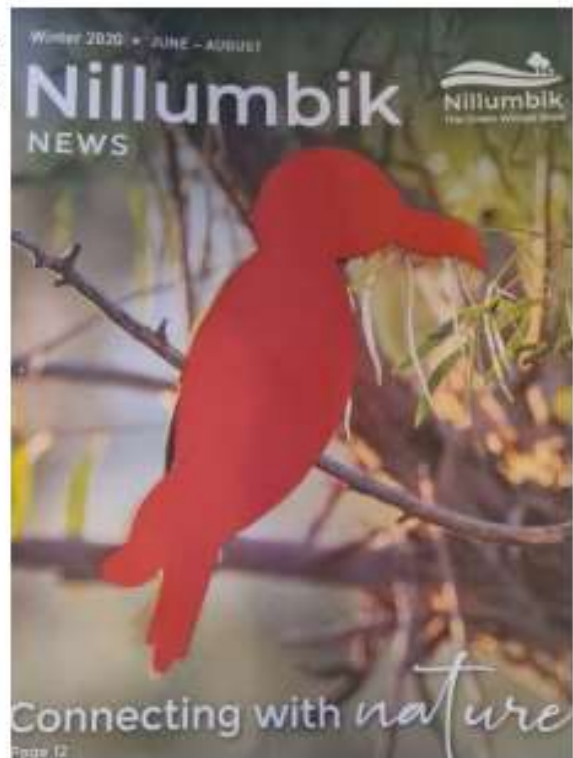


Maia



Lola

Oliver



Connecting with nature
Page 12

Grace T



Community News

ZOOM WITH THE PRINCIPAL



The Parade Community takes great pride in our school and students and we appreciate that the best way for you to see what we are all about, is to visit us when we are in action. However, this is not at all possible at present due to COVID-19 social distancing restrictions, so we have in place the next best thing.

We now extend an invitation to our prospective families to join us in a conversation and to ZOOM with the Principall

Using online conferencing and taking approximately 30 minutes, this event will be hosted by Parade College leadership personnel and specialists teachers. This ideal setting is a perfect opportunity for you to meet key staff members, explore Parade history, have curriculum and pathways explained and all your enrolment questions answered. Bookings are essential so please register.

ZOOM Dates and Times

- Thursday 15/10 10.00am
- Thursday 22/10 1.30pm
- Thursday 29/10 10.00am

Please Note: If restrictions are eased, we have tentatively nominated the following dates for our normal Family Tours, which can also be booked via our website – www.parade.vic.edu.au

Preston Campus – 5th & 26th November

Bundoora Campus – 12th November

Cross your fingers we can
play ball soon!
For boys and girls aged 8-12

learn more at
juniorbaseball.com.au

connect
The power of connection

Connect Webinar Series hosted by Catholic Schools Parents Victoria

FREE WEBINARS - SAVE THE DATES!
CSPV invites you to save these dates for our Connect Webinar Series for parents.

Conversations about what we have learned during remote learning and how to continue to leverage parent engagement to support student learning.

 Conversation with Anne T Henderson
The power of parent engagement for student learning and wellbeing
Saturday 10th October 2020
9.50am-10.30am

 Conversation with Dr Debbie Pushor
The power of parent knowledge for learning and wellbeing
Wednesday 21st October 2020
7.00pm-8.00pm

Parents and school staff will benefit from learning from two international experts in parent engagement.


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