



# Sacred Heart Catholic Primary School Diamond Creek

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## Sacred Heart Newsletter

Newsletter No 6 Term 4  
12<sup>th</sup> November 2020

### *Dates for the Diary*

<b>Friday 20 Nov</b>	Free Dress for all students (House Points over 2020)
<b>Tuesday 24 Nov</b>	Uniform Shop open for 2021 Preps 2.30-3.30 pm
<b>Wednesday 25 Nov</b>	16 Days of Activism starts
<b>Thursday 26 Nov</b>	2021 Prep Orientation Uniform Shop open for 2021 Preps 1.20-2.00 pm
<b>Friday 27 Nov</b>	Year 5 Leadership Speeches 2021 Orientation Session Year Prep – 5 students
<b>Tuesday 1 Dec</b>	2021 Prep Orientation Uniform Shop open for 2021 preps 1.20-2.00pm
<b>Thursday 3 Dec</b>	Prep Celebration (format to be confirmed)
<b>Friday 4 Dec</b>	Reports go home 2021 Orientation Session Year Prep – 5 students
<b>Monday 7 Dec</b>	Student Support Group Meetings this week Final assembly and presentations
<b>Wednesday 9 Dec</b>	Year 6 Graduation (format to be confirmed)
<b>Monday 14 Dec</b>	End of Year celebrations
<b>Tuesday 15 Dec</b>	End of Term 4 – students dismissed at 1.30pm

*Full School Calendar available at <http://www.shdiamondcreek.catholic.edu.au>*

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

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

[https://www.youtube.com/watch?v=kySI\\_B2DQXA](https://www.youtube.com/watch?v=kySI_B2DQXA)

Dear Sacred Heart families and friends,

## WELLBEING FEEDBACK

Over the past couple of weeks our staff have continued to monitor the overall wellbeing of students, keeping in mind that all families and students have experienced huge change and trauma during 2020. Our Year 3-6 student's participated in a survey called the Six Star Wellbeing Survey and our Prep – Year 2 students were involved in observation and discussions in regards to wellbeing and ways to deal with emotions and support students and families. The Six-Star Student Wellbeing Survey was designed to gain an overall gauge of a student population in six general areas of wellbeing.

Proactively measuring and monitoring the well-being of students may be important for their overall wellbeing. Students with high levels of well-being may be more motivated and display greater levels of engagement compared to students with low wellbeing. Higher wellbeing may also be associated with fewer mental, emotional, and behavioural concerns. The six categories that define the Six-Star Student Wellbeing Survey are: mood, resilience, school engagement, communication, positivity, and relaxation.

There are many potential uses and benefits of the survey. These include:

- Identifying a baseline for wellbeing of the overall student population or specific groups of students
- Monitoring the wellbeing of individual students and groups of students over time
- Identifying strengths and potential target development areas for specific student wellbeing programs to develop and enhance wellbeing of individuals and groups of students
- Monitoring the impact of existing wellbeing programs
- Gaining data and insight into specific areas of wellbeing
- Compare individual student wellbeing with groups of comparable students or the overall student population

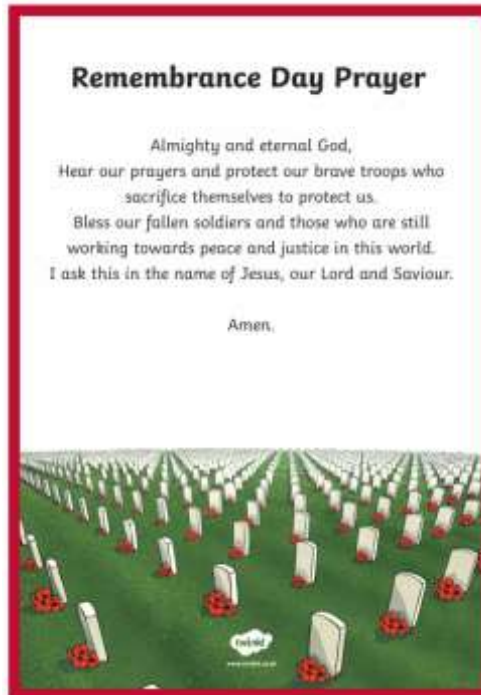
<b>Mood</b> This sub-category reflects worry, mood changes and happiness. Assessing mood allows specific staff within schools to play a critical role in positive mood development and preventative mental health programs. Assessing mood also allows for schools to consider whether students require further follow-up with internal or external professionals.	<b>Resilience</b> Resilience represents successful adaptation in the face of challenges. This sub-category measures an individual's capacity to value effort, stay determined and bounce back from challenges. Resilience is both a positive wellbeing construct, as well as an important target for identifying students with concerns. Research indicates that the resilience of students can be developed, and schools can play a critical role in this.
<b>Engagement</b> School engagement is beneficial for learning as well as personal development. The engagement subcategory provides information about effort, feeling safe at school, and feeling comfortable with peers and teachers. Engagement can also be related to motivation which many teachers and schools are interested in or link with school retention and performance.	<b>Communication</b> Communication is critical for students to be able to function in a school environment. This sub-category encompasses questions related to listening, speaking with others and asking for help. Effective communication is often associated with healthy relationships and is also an area that can readily be developed through programs conducted either with individuals or groups in schools.
<b>Relaxation</b> This sub-category is an inverse reflection of frustration and anger. The capacity for children and adolescents to be able to relax, both physically and emotionally has also been recognised as an important skill, as well as being shown to be able to be developed as a skill with intervention. The subcategory specifically identifies tension, managing frustration and a capacity to relax or calm down.	<b>Positivity</b> This sub-category reflects confidence, optimism and positivity. It also identifies how well students know their strengths. There is growing evidence that being positive through a range of strategies, is a skill that assists individuals to flourish and high positivity has been linked to health and wellbeing. It is also an area that can impact on the culture of a group or broader school environment.

This information will enable us to not only see the overall wellbeing of the student population but also how students are tracking individually. With this information we are able to support students individually, as a cohort and as a whole school.

## REMEMBRANCE DAY

Remembrance Day is an opportunity to pay respect and remember the service men and women that have served in and died in wars and armed conflicts. This year, thank you to Sandy Morgan and Norah Jacombs, the students participated in activities and a reflection in regards to Remembrance Day. Thank you also to Michelle Lord (mother of Harry and Justine) who over Remote Learning time made a number of poppies

that she gave to the school. With these poppies we were able to create a display acknowledging this day of remembrance.



### KEY ENROLMENT DATES

Key enrolment dates for Year 5 students in 2021 starting Year 7 in 2023. Main Points:

- applications for Year 5 students starting Year 7 in 2023 will open on 27 January 2021
- applications will close on 20 August 2021
- offers will be posted to prospective Year 7 applicants on 22 October 2021
- parents/carers will be required to accept offer made by school by 12 November 2021.

### NAIDOC WEEK 2020

National Aborigines and Islanders Day Observance Committee (NAIDOC) Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. Due to the impacts of COVID-19, this year's date was moved from July and is celebrated from Sunday 8 November to Sunday 15 November. This year's theme is 'Always Was, Always Will Be'. It recognises the continuous connection that Aboriginal and Torres Strait Islander peoples have with this land, and that the nation's story began at the dawn of time and not after European contact.

Thank you to Rosanne Mitrovski and the FIRE Carrier student representatives for your contribution this week.

### CHANGES TO BYOD PROGRAM - Nov. 2020

Due to upgrades of our server and Wi-Fi systems at the school, we are making changes in regards to which devices will be able to connect to the schools network, should families wish to provide for their students, as long as they have the following specifications:

- Chromebook
- Able to connect wirelessly.
- Use of School provided account for login .e.g. studentname@shdiamondcreek.catholic.edu.au

Unfortunately, from the end of the 2020 school year, Windows Devices, MacBook's are no longer accepted and no new devices will be connected. iPads, tablet devices, mobile phones are not accepted and will not be connected to our system.

The school will provide the following through the initial setup and connection to the school network on chrome books only:

- Zscaler certificate
- Wireless connection to the network and the internet
- Limited Printers

**Students who have previously had PC's and MacBook's connected will continue to be able to use these at school.**

These devices remain the property of the families providing them and **beyond the initial setup, the school will be unable to provide technical assistance for computer issues caused by students**, other than suggesting a factory reset. It is the family's responsibility if any damage occurs to the device and these will need to be followed up through the manufacturer or point of sale by each individual family. Families are responsible for their own backup as School are not responsible for missing data. The School will take all due care to ensure that the device/s is look after properly while it is on the school site.

It is recommended that when purchasing a device families consider purchasing an extended warranty, insurance and a sturdy carry bag.

If you have any further queries please contact Pat Ashworth  
[pashworth@shdiamondcreek.catholic.edu.au](mailto:pashworth@shdiamondcreek.catholic.edu.au)

## **CANCELLATIONS**

Reminder with the need to work out financial reimbursements last week we made the decision, with support from the pool, to cancel swimming lessons for 2020. We have also had to make the hard decision to cancel Christmas Carols and 5/6 Camp. We feel we need to apologise but we know you understand that these decisions need to be made and are out of our control in many respects.

## **FINANCES**

In the coming weeks we will communicate the reimbursement of fees that have not been used in 2020. Please be patient as we work this out.

## **ADVISORY BOARD AND PARENTS ASSOCIATION 2021**

The Annual General Meeting of the Advisory Board and Parents Association will be postponed until the start of 2021. This is an opportunity to elect new members and welcome back existing members, especially after a different year. Both these representative groups impact the school and can make a difference to your children's school.

### Parents Association

It is primarily a group of interested parents/carers who organise and run various social, fundraising, and 'service' activities throughout the year, with a view to providing a sum of money at the end of the year for something the school requires, usually earmarked by the Principal in consultation with the School Advisory Board, or several smaller projects throughout the year.

The Parents' Association also provides gifts for teachers/staff members leaving or retiring, bereavement cards for school families, etc.; assists or conducts various morning teas or suppers associated with school functions e.g., first day of school, grade six parent's farewell, prep parent's information night etc.

Sometimes charitable donations are made in special cases with the approval of the Committee.

You can see that the Parents' Association fills many varied rolls and is a vital part of school life. The various roles within the committee can be whatever people can manage, or as involved as they have the energy to make them. The challenge is to get people interested and continually renew the committee.

## Advisory Board

The responsibilities of the Board are:

- To actively support Catholic education as described in the Code of Canon Law (canons 793–806) and in the directions and guidelines determined by the Archbishop, by:
- maintaining the Catholic identity and nature of the school
- sponsoring a comprehensive curriculum which underpins the specific Catholic ethos of the school
- promoting the best possible pastoral care of students and of members of the school community
- Monitoring and maintaining the schools Child Safe Standards
- Maintaining the physical environment of the school.

Nominations can be made this year or at the beginning of the 2021 school year. If you are interested in either of these committees please send an email to Jim [jossullivan@shdiamondcreek.catholic.edu.au](mailto:jossullivan@shdiamondcreek.catholic.edu.au) to let us know or if you have further questions please ask.

## **VCE**

Best wishes to all our former students and other family members participating in their VCE exams in coming weeks. With most of the students having their final classes this week, I hope the coming weeks can be utilised for them all to show their best. After such a tough final year of school for them in this year's trying circumstances, let's hope they still manage to shine.

## **A HEALTHY CHALLENGE**

Thank you to the many families that have embraced this challenge. We have done it! We made it around Australia in 12 weeks and now with the opening of some of the borders we may actually be able to travel soon. Thank you to the families that have sent through their travel distances during this challenge. Our top five contributing families were: Burns, Davison, Nicholson, Keating and Jory.



Jim & Gina

## INSIGHTS

### The power of sorry



Our boys tend to get into trouble more than our girls. There are lots of cultural and biological reasons for this but much of it boils down to the fact that boys are still soft-wired to be 'mammoth hunters', ready to react to any threat.

Generally, boys have more muscle than girls and, with that, a physicality that gets them in strife. There's also brain research that shows that, while females tend to quickly shift emotions from the brain's limbic system to the word centres of the brain, males tend to shift them into their bodies.

This is more obvious as our boys become teens as they can be as big and strong as men, but their brains are under construction and their bodies are flooded with testosterone.

Author and counsellor Michael Gurian writes that boys tend to seek external measures of success to feel good about themselves. It is critical they maintain credibility and status in the eyes of the 'tribe'... that's their peers, not you.

Inevitably, all this means your son will probably make many mistakes; or hurt himself; hurt someone else; or make a very poor, thoughtless, seemingly stupid or cruel choice.

#### React with compassion not shame

How you react as a parent can significantly impact how your son recovers from mucking up. Your first reactions may be anger, disappointment or the urge to discipline harshly. However, there are other ways of reacting that can strengthen your bond with your son and ensure he learns from the experience through growth rather than shame.

Listen to him, guide him to see the impact of his poor choice, help him make it right, forgive him and ask him what he might do next time he's in the same situation.

#### Break down the old male-code

This code told us that men don't apologise as it's a sign of weakness. One of the most powerful things we can teach our boys is that when we make mistakes, we own up to them and we apologise if need be. Teach your boys that saying sorry when they really mean it is a sign of courage and strength, not the opposite. It is also about taking responsibility for your actions, which is important for boys to learn. They need to see the men in their lives – particularly dads – apologise.

#### Don't force an apology

Forcing a boy to apologise can be problematic. A genuine apology is very different to a forced apology. A genuine apology has a real sense of remorse attached to it. Coach your son to see the situation through the other person's eyes. If someone has been impacted, he needs to apologise and make amends even if he didn't intend for the consequences of his poor choice to happen. It doesn't mean he's wrong. It just means his choice affected someone.

## Embrace failure

To help your son better learn about failure, have conversations about things you hear in the media where boys and men have experienced failure and recovered. Steve Smith, the former captain of the Australian cricket team who was involved in a ball-tampering scandal, is a great example. He owned his mistake, publicly apologised and he went on to have a very successful return to cricket.

Your son is going to make poor decisions repeatedly until he has enough myelin in his brain to be more mindful of the choices he makes. That is just a fact of life. As parents, your job is to, day-by-day, help your son learn a culture of accountability without a need for severe punishment, shaming or ridicule.



### Maggie Dent

Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators, with a particular interest in the early years, adolescence and resilience. She has written seven major books including the bestselling *Mothering Our Boys* and her 2020 release, *From Boys to Men*. Maggie is host of the ABC podcast, [Parental As Anything](#). For further details visit [maggiedent.com](http://maggiedent.com)



## Student of the Week

**Prep NG**

**1/2 CN**

**1/2 PA**

**3/4 JD**

**3/4 NJ**

**5/6 CM**

**5/6 RM**

**Visual Arts**

**PE**

**STEM**

**Performing Arts**

**LOTE**

**Conor O'Reilly**

**Erica Motschall**

**Finn Ohlsen**

**Harper Bishop**

**Zarah Clough**

**Noah Brooks**

**Ally Blakely**

**Benji Collins**

**Macy Liddiard**

**Matthew Brady-Diaz**

**Luke Dooley**

**Elliot Lee**



Week 4 & 5 Students of the Week







## News from the Office

### CSEF

The Camps, Sports and Excursions fund application lodgment date has been extended until the end of November.

Families could receive up to **\$62.50 per child** if you hold a valid means tested concession card (such as a health care card). Please note, this does not apply for families who have already received a CSEF rebate earlier this year. CSEF usage is normally restricted to camps, sports and excursions activities. As there is limited opportunity to undertake these activities this year, it was announced earlier that CSEF could be used for technology devices and internet access. CSEF usage has now been expanded further to include voluntary school charges, books and stationery. It may not be used for school uniforms, before/after school care, music lessons, formals/graduations or compulsory fees.

If you have recently qualified for a healthcare card or think you may be eligible, please contact Allison at the office as soon as possible.

PHOTOS – LAST DAY TO FOR ONLINE ORDERS (NO CHARGE) Click here:

<https://www.advancedimage.com.au/PublicPortal/Home.aspx?nbnhmHqqedBBSepA7YGxD8y+ceJwx6RC>

**advancedlife**  
photography · design · printing

### Late Photo Orders 2020

Dear parents and students of Sacred Heart Primary School,

**IT'S STILL NOT TOO LATE TO ORDER 2020 SCHOOL PHOTOS BEFORE LATE FEES ARE INCURRED**

Your school photo day was held on 6-11-2020 and all students are photographed regardless of purchase. If you did not place an order but would like to, it's not too late to order online.

**ONLINE ORDERING** Your child's photos are now available for secure online purchase

**4 EASY STEPS TO ONLINE SCHOOL PHOTO ORDERING**

**Step 1:** [Click Here](#) - For online ordering process for your school, or  
Go to [www.advancedlife.com.au](http://www.advancedlife.com.au) before photo day and enter your school code X76 78L 9X2

**Step 2:** Enter your student's details

**Step 3:** Choose the package that best suits your needs (all orders will be returned to the school for collection)

**Step 4:** Pay for the photos via the shopping cart (upper right corner of the page)

Please Note: Online ordering is available up to 7 days after photo day and after this time, processing fees will apply to all orders.

Place your order on or before **12-11-2020** to avoid the processing fees!

# Sacred Heart Christmas Candle Drive

## CLAIR SCENT DÉCOR

The Sacred Heart Parents' Association together with Clair Scent Décor will be running the annual Candle Drive with 20% of all sales donated to the school.

Clair has a wide range of candles and delicious scents - this year you can even design your own. These candles make the perfect teacher gift, Kris Kringle pressie and special something for family and friends.

All candles and gifts will be available to purchase via CDF Pay on the School Website click on this link:

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

Simply add the item to your cart and choose your favourite scent then checkout.

**The Pop Up Candle Shop is open to 16<sup>th</sup> November**

Please note: DIY Candles - a template can be collected from the Office or emailed to you on request.



## This week @ Sacred Heart



Remembrance Day 11-11-20



This week we celebrated NAIDOC Week, the acronym NAIDOC stands for National Aborigines and Islanders Day Observance Committee.

Each year NAIDOC week celebrations are held all across the country, to celebrate the history, culture and achievements of the Aboriginal and Torres Islander peoples.

This year at Sacred Heart, the FIRE Carriers visited each of the year levels teaching them about NAIDOC week and its importance to us following the theme: "Always Was, Always Will Be".

Tadhg Keating

A NAIDOC lesson for our Fire Carriers



**NEW ADDITION TO ISSUE 8**

Code Name Bananas  
David Walliams  
RRP: \$22.99

CLUB PRICE  
**\$18**

**ORDER ON LOOP  
ITEM #084**



**Teacher Essentials**  
DOUBLE-UP BOOK SUPER

**Book Club**  
Bonus Christmas titles INSIDE

**BROWSE  
ISSUE 8 NOW!**

Book Club continues to partner with your school by giving back **20%\*** of your order value in **Scholastic Rewards**



**SCHOLASTIC  
REWARDS**

These can be used to purchase resources and get books into the hands of the children in your school!

*\*10% on orders delivered to home*

**Orders for Issue 8 are due by Friday 27<sup>th</sup> November 2020**

To place your order online, please go to [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP) and login or set up your LOOP account. Cash payments can still be made by returning your completed order form and correct money in a sealed envelope to the office.

Thanks,

Sasha Topolcsanyi

# This week @ Osh Club



Hello 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.

In the past couple of weeks we have been doing lots of fun activities like making Halloween spiders, playing Halloween games such as 'bucket of guts', cooking sushi, and of course, Lego!

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](mailto:sacredheartdiamondcreek@oshclub.com.au)



## Community News



It has been such a hard year on all who live in our community. We want to thank local residents for supporting us and local business during such hard and difficult times. If ever there was a time to show our Community Spirit -then this is the year.

The Community Christmas....."Light Walk" will be held on

**Friday 4<sup>th</sup> December starting at 8.00pm**

We are encouraging all who reside in Diamond Creek, to come out of their homes for one night only for a group community walk. (masks may be required)

We ask that you please help us to 'spread the word' about this free event via your newsletters and talk to students about how they can use light to make something to carry or hold or to dress up for the event. We encourage lanterns, solar lights, glow sticks.

We want everyone that join us, to feel that warm glowing feeling we get at Christmas and to know that we have all been in this together.

Along the way there will be lights in trees and shop windows, there will also be numerous lit up Christmas items to be found along the way - for one night only.

We are encouraging local businesses to be open at this time, so pop in and say Merry Christmas to your local traders on the night.

We thank you for all your support of local business during 2020 and look forward to the people of Diamond Creek helping us to 'light up' our town and feel the Community Spirit we are known for.

For more details see the Facebook event - <https://fb.me/e/fWAqv7268>



OUTDOORS  
NON-CONTACT

# HAVE A BLAST!

GET INTO WOOLWORTHS CRICKET BLAST. IT'S A FUN AND ALL-INCLUSIVE PROGRAM FOR KIDS WITH A DISABILITY - WHETHER IT'S YOUR FIRST TIME WITH A BAT OR YOU'RE A BACKYARD CRICKET STAR!

Diamond Creek Cricket Club
Saturday Jan 30 - Saturday Mar 27
Maria Jory - 0409564256
maria.jory6@gmail.com
Coventry Oval 10-11am



JOIN A CREW NEAR YOU TODAY

PLAY CRICKET

OFFICIAL KIDS PROGRAM



WORLDWIDE RENEGADES



## GIRLS CRICKET JOIN THE FUN



HURSTBRIDGE CRICKET CLUB

Fun comp for girls aged 11-17

Wednesday nights from 4.30pm

Come and try cricket! Register online at [playcricket.com.au](http://playcricket.com.au) and search for Hurstbridge Cricket Club

CONTACT JULIE WARD PH 0431257 258 FOR MORE DETAILS



# TSMASH T-Ball

FOR GIRLS AND BOYS AGED 5-8  
NORTH EAST MELBOURNE SUBURBS

LEARN MORE AT [juniorbaseball.com.au](http://juniorbaseball.com.au)  
Starting Friday, November 27

# What's On

## Parent Support Webinars



Due to COVID-19, we are providing parents access to parenting seminars via live webinar. Each webinar's details will be emailed directly to your inbox once you register via TryBooking.

### Details

**Hosted:** Family Support Worker Joan Lauricella

**Suitable for:** Parents/carers of pre or primary school aged children

**Time:** 1 pm – 3pm

**Cost:** \$25 per adult, \$40 per couple

### Wednesday 18 November

**Practical tips on getting your child to listen:**

- How to give great instructions
- Ways to encourage cooperation
- Common mistakes to avoid

<https://www.trybooking.com/BMGTY>

### Wednesday 25 November

**How to confidently help your child's behaviour:**

- How to encourage desirable behaviour
- How to help your child co-operate
- Use parenting tips for challenging behaviour

<https://www.trybooking.com/BMJFY>

### Wednesday 2 December

**How to build a close relationship with your child**

- Tips for listening to children well
- How to have conversations with kids
- Improving the relationship with your child through improved communication

<https://www.trybooking.com/BMQCH>

### Wednesday 9 December

**How to build your child's emotional intelligence**

- What emotional intelligence is
- How to help your child identify and manage their emotions
- Understand why feelings matter

<https://www.trybooking.com/BMTQO>

### For more information

Please contact Joan Lauricella, Family Support Worker at  
Joan.Lauricella@healthability.org.au or  
Phone 9430 9100.