



Sacred Heart Catholic Primary School Diamond Creek

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Sacred Heart Newsletter

Newsletter No 8 Term 4
26th November 2020

Dates for the Diary

Friday 27 Nov	Year 5 Leadership Speeches 2021 Orientation Session Year Prep – 5 students
Tuesday 1 Dec	2021 Prep Orientation Uniform Shop open for 2021 preps 1.20-2.00pm
Thursday 3 Dec	Prep Celebration Friday 4 Dec Reports go home 2021 Orientation Session Year Prep – 5 students
Monday 7 Dec	Student Support Group Meetings this week Final assembly and presentations
Wednesday 9 Dec	Year 6 Graduation
Monday 14 Dec	End of Year celebrations
Tuesday 15 Dec	End of Term 4 – students dismissed at 1.30pm

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

2021 dates for the Diary

Wednesday 27th January 2021	Staff resume
Thursday 28th January 2021	8.50am – 12.00pm & 12.30pm – 3.25pm (small groups of students begin)
Friday 29th January 2021	8.50am – 12.00pm & 12.30pm – 3.25pm (small groups of students begin)

Fr. Steve's Mass and Homily:

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

<https://www.youtube.com/watch?v=ze7lekjH5hg&t=11s>

Dear Sacred Heart families and friends,

First Sunday of Advent:

The season of Advent begins Sunday. Advent comes from the Latin word meaning “coming”. Jesus is coming, and Advent is intended to be a season of preparation for His arrival, for the birth of the Saviour. It is also a time to keep in mind that Jesus will come again.

Advent is a time to pause, to reflect on God’s love for us, so great that He sent His Son Jesus into the world to save us and to teach us how to live a good life, according to God’s will. And so during Advent we wait with joy and anticipation, of the birth of Christ and of hope for the future. We do so as people in a community of shared belief and love of God.

Latest Changes to Restrictions:

We received an updated Schools Operation Guide this morning and most of the restrictions for schools remain in place at this stage. The main change that impacts the end of the year events is that face to face year level assemblies and graduations can occur at full capacity if they are exclusively attended by staff and students only. Although this is disappointing for families we will ensure our end of year activities such as Graduation Mass and Prep Celebrations are shared with our families.

Staff for 2021:

All students in Prep to Year 5 will be involved in some transition activities in order to support them with transition into 2021. The first session will take place tomorrow and will be held with the staff in that level for 2021. Next Friday the students will have another session specifically with their teacher for 2021. The staff for 2021 are:

Prep	Kerry Neilson & Jess Clark
1/2 CN	Claudia Neale
1/2 PA	Pat Ashworth
3/4 NJ	Norah Jacombs
3/4 RM	Rosanne Mitrovski
5/6 JD	Jacinta Dalton
5/6 MM	Helen Maxey/Claire Molina (from Term 2)

Year Level Parent Representative:

In 2021 we are going to continue with a level parent representative or a couple of parent representatives for each class to play an important role in facilitating the continued building of our school community culture, starting from the ground up at class level. Other key aspects of the role include communication between school and parents, parents and school, support for the teacher and class activities.

Aim

To enhance the school environment, community and programs through the voluntary contribution of parents/guardians.

Appointment

If parents are willing to volunteer, please email gmurphy@shdiamondcreek.catholic.edu.au with the Year level your child is in then we will be able allocate parents either at the end of the year or at the beginning of next year. More than one person may fill the position to share the load.

Activities

Year level representatives may, for example:

- Liaise with the teacher in regards to questions parents may have.
- Organise play dates and class events outside school.

- Help welcome new families.
- Organise meal rosters for families with new babies or going through hardships.
- Request parent help with classroom activities.
- They may be requested to facilitate fundraising activities or enlist volunteers for whole school activities.
- Circulate and promote information regarding fundraising projects and special activity days on behalf of the Teacher.
- Other activities as appropriate.

Staff News:

Congratulations to Gemma, Tom, Lily and Charlie on the birth of Daisy May Greenwood born 21/11/2020 at 1.27 pm, weighing 2.98 kg. All well.



Beginning of 2021:

To encourage a positive and personal start to the new school year in 2021, we are staggering students’ return to school, across all year levels. Students in Years One to Six will be allocated a morning or afternoon session on Thursday 28th January or Friday 29th January.

During this session, teachers will spend time engaging with their students in a small group setting designed to enhance student wellbeing. These sessions may include time for the teachers and students to engage in various activities including reading, number work, classroom organisation and social and emotional (SEL) activities. We anticipate this personalised opportunity will promote a calm and positive approach for students returning/commencing their 2021 school year.

Students are expected to wear full summer uniform, including school hats. They are asked to bring a snack, drink bottle and pencil case with them to this session. Students’ days and times will be shared with families over the coming weeks.

What A Wonderful Community:

Our staff were elated last week to receive a hamper from the members of the “Help 3095 & Surrounds” Facebook group. This was an incredibly kind & thoughtful gesture by the group which is sending similar hampers to schools all around the area. We know that people in our community are a part of this group and we are very thankful to all concerned.

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.

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 school's 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

Jim & Gina

INSIGHTS

Managing the mother load



"The mental load means always having to remember."

Emma, a French cartoonist summed up the mental load that most mothers carry in her 2017 viral comic, "You should've asked". In the opening scene a very hassled mother was preparing for a dinner party, while feeding her two young children, dealing with a noisy dog and answering the phone, all while she was hosting a colleague for dinner. As the dinner boils over the stove and onto the floor she looked at her partner imploringly. He unwittingly answered, "But you should've asked! I would have helped."

This scene artfully exemplifies the many invisible layers of responsibility that mothers carry including arranging most household tasks, managing the family home and being on top of the fine detail in every family member's life.

This is not the case in all families, but current research reveals that the great majority of women bear the load when it comes to housework (mums do twice as much as dads), caring for children (again, mums doing twice as much as dads) and carrying the mental load for their family.

There's only so much we can manage. For those of us who are anxious, there will be times our plates will fill, and overflow. While there's no single way to ease the mental load that mothers carry the following ideas will help to make life more manageable:

Stop making life easy for others

Anecdotal evidence suggests that many mums will overdo preparation rather than expect others to step up and help. I have been known in the past to cook and freeze up to a week's worth of meals prior to travelling for work. Not any more though. Magically, my husband and two school-aged children have become very capable in the kitchen as I've stepped back.

Delegate and let go

Delegate some household jobs to your children. Leah Ruppner, professor of sociology at Melbourne University says, "Unless death is impending from poor domestic decisions, step back, support and allow others to learn from their mistakes." Letting go of jobs and allowing kids to do things in their own way is hard for perfectionist personality types, but it's essential if you are going to last the parenting journey. Surprisingly, both guilt and perfectionism ensure that many mums keep their children dependent upon them.

Diarise and check

One way to ease the mental load is to lessen the number of mental notes and details that you carry around. Set up recurring electronic calendar entries for routine tasks and check regularly. This way you have less to remember and a place to find what you need, which is more efficient and mum-friendly way of being organised.

Lower the bar

Many mothers confess that they constantly feel guilt, if they don't put their children first. That's a heavy burden to carry. If anxiety is a constant companion, it's essential to lower the bar on your self-expectations. Unfulfilled expectations are proven stressors for mothers so take away tasks, rather than add to your mother load.

In closing

There's little doubt that many mothers carry an overwhelming mental load that adds to their anxiety and stress. I'm not suggesting that you abandon your job entirely but rather to look for ways to make the mental load you carry a little lighter. In doing so, life will become easier to manage. As with all behavioural change its easiest to start small. But whatever you do, if you're straining under the mother load make a start at releasing and sharing the load.

Parents can learn more about minimising anxiety as a mum in Dr. Jodi Richardson's book *Anxious Mums: How mums can turn their anxiety into strength* published by Penguin Random House.



Dr Jodi Richardson

Dr Jodi Richardson helps people to reduce their anxiety, strengthen their wellbeing, live by their personal values and achieve resilience and lasting happiness. Her research-based advice is grounded in a career of extensive university studies, clinical practice, education and endless compassion. Jodi is the co-author of the highly acclaimed book *Anxious Kids*. Her latest release is *Anxious Mums: How mums can turn their anxiety into strength*. For further details visit www.drjodirichardson.com.au



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

Maddux Lemi

Hunter Sparks-McPherson

Megan Lamb

Miller Burns

Monique Motschall

Will O'Keefe

Ayush Perera

Heidi Madden

Heidi Madden

Miles Valentine & Nala Stantostefano

Heidi Madden

Hector Santostefano



Week 7 Students of the Week



News from the Office



JAM HOT MUSIC
Building self-esteem & confidence through Music Performance!

We offer music lessons for:
Guitar | Keyboard | Drums | Singing and dance

Teaching all styles of music and music theory, including pop, funk & jazz!

Bruno Mars | AC DC | Ed Sheeran | Katy Perry | Drake

All lessons are timetabled during school hours

**Enrol online at jamhotmusic.com.au or
return your form to the office!**

For enquiries, please contact:

Jason Stonehouse 0419 872 875	visit our website jamhotmusic.com.au	email jamhotmusic@hotmail.com
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**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 27th November 2020

To place your order online, please go to 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

For Sale - Shelving Units - Perfect for the shed/garage! Make us an offer!



Kingfisher shelving: 3 bay double-sided units 1500mm high, 2700mm long.

~~2 Units available - \$100.00 each~~

\$50.00 each



Raeco shelving:
4 bay units - single-sided, 1200mm high x 3600 mm long.

~~4 Units available - \$100.00 each~~

\$50.00 each



Kingfisher shelving: 1 unit, 1800mm high x 1200mm wide, double-sided with display shelves and castors.

~~\$70.00~~

\$50.00 each

Shelving will be available soon - Please call the office if interested.

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 4th 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



MELBOURNE 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 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
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.