

# Sacred Heart Catholic Primary School Diamond Creek

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## Sacred Heart Newsletter

Newsletter No 2 Term 1  
11th February 2021

### *Dates for the Diary*

<b>Mon 15<sup>th</sup> Feb</b>	<b>STUDENTS DISMISSED AT 1.30 PM</b> Learning Conversations 2pm – 5pm
<b>Tues 16<sup>th</sup> Feb</b>	Learning Conversations 3.45 pm – 7pm Shrove Tuesday – Pancake Day
<b>Wed 17<sup>th</sup> Feb</b>	Ash Wednesday Mass 2.30 pm (staff and students only)
<b>Thurs 25<sup>th</sup> Feb</b>	KABOOM Sports Carnival 5pm -7pm

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

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

<https://www.youtube.com/watch?v=QM-WnDtIS5k>

This year at Sacred Heart we will be engaging in a number of initiatives which will continue to enhance our school with regards to the development of a vibrant learning community. These include a partnership with The Resilience Project to support our personal and social wellbeing curriculum, re-establishing learning opportunities in the community and upskilling our staff and students in dealing with social and/or emotional issues.

On Wednesday night, in our staff meeting, we focussed on The Resilience Project, feedback from the beginning of the year in regards to both the academic and wellbeing support for all students and the small group transition. The overwhelming feedback was that this has enabled levels to set up routines and gain a greater understanding of the needs of each student as an individual as well as enabled each student a voice in the transition process. If any parents have feedback please do not hesitate to provide this to Jim or Gina. Another discussion was in regards to a consistent approach to terminology in the school. Moving forward we will refer to the Prep level as Foundation, our outside breaks will be referred to as recess and lunch, groups of students with the individual teacher will be known as homerooms and then we have the levels working together and within the levels we have Years, for example Year 3 not Grade 3.

#### **Sun Smart:**

Our Sun Smart policy, stipulates that hats are to be worn from Mid-August until the end of April each year. It also advises that all children should apply sunscreen before coming to school and have a small roll-on in their school bags to reapply later in the day. The school is making sunscreen available for children to

reapply before playing at lunchtime. On days when the temperature reaches 33 degrees, or whenever it is judged to not be suitable for the students to be outside, possible activities will be conducted indoors. If students forget their hats they will be asked to remain in the Mackillop Courtyard in a shady area. Hats are available from the office for \$15.

**Secondary School Applications:**

Reminder to families of Year 5 students wishing to attend Catholic Secondary Schools, open days are currently happening and applications for 2023 close early this year. Year 6 students looking at applying for Government Schools information will be sent home early Term 2 via your child but I encourage families to start attending open days in the meantime.

**House Points:**

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

MACKILLOP (RED)	BUNJIL (BLUE)	CORDNER (GREEN)
889	652	632

**Learning Conversations:**

Early in the Year we have the parent, staff and student learning conversations to allow goals to be established for the year ahead and encourage students to have a positive approach to their learning. This will also be an opportunity to share information that will enable a successful year for all involved. These will take place on Monday 15<sup>th</sup> February and Tuesday 16<sup>th</sup> February. More details have been sent home through Operoo. Foundation (Prep) families will not need to attend these sessions as they will have the opportunity to attend Wednesday testing and parent/teacher conversations and students who have SSG (Students Support Group) Meetings will also not need to attend as their meetings will take place in the following two weeks. On the Monday all students (including Foundation students) will be dismissed at 1.30pm to allow staff to meet with families. If you are unable to organise collection of your child at 1.30pm can you please contact the office to let us know to allow adequate supervision for students. Please remember to bring a face mask with you to the Learning Conversations.

**KABOOM Twilight Family Carnival:**

This year we will be holding our annual Twilight Sports on Thursday 25 February 5-7pm. It is hoped that all families could attend this event. If students are unable to attend could they let their class teacher know. This is a fun community event for all families. There will be a BBQ available on the night to purchase dinner otherwise you can BYO. The sport component will finish around 6.15pm with food available to purchase afterwards.

**Foundation (Prep) BBQ:**

Thank you to all the staff and families that were able to attend the Foundation BBQ on Tuesday night.

**Interschool Sport:**

Sacred Heart competes in the District Interschool Sport Competition conducted throughout the year. Sacred Heart will have teams competing, from Years 4 to 6. Teams that are being fielded for Summer Sport (Term 1 and 4) include Volleyball (girls and boys), Basketball (boys and girls) Rounders (girls) and Kanga Cricket (boys). The teams fielded for Winter Sports (Term 2 and 3) are soccer (girls and boys), softball (boys and girls) and netball (girls). Interschool Sport will begin Friday 19<sup>th</sup> February.

**Running Club:**

The Running Club will be starting up again on Friday 19<sup>th</sup> February. This will be run by one of our dads, Dale Nardella, it will begin at 8am on the school oval. If you are interested please turn up on Friday.

### **Psychologist:**

We welcome Suli Tera back to work each Friday fortnight at Sacred Heart, starting Friday 19<sup>th</sup> February. Suli is a registered psychologist who currently works with children and adolescents who are experiencing social, emotional and behavioural difficulties. Suli works from a strengths-based approach and is trained in Solution Focused Therapy, Cognitive Behavioural Therapy and Narrative Therapy. Suli adopts family sensitive practice that is inclusive of parents and caregivers valuing collaboration amongst the family, teachers, and mainstream and community services. Suli works from a Social Determinants of Health approach acknowledging that the circumstances in which people are born, grow up, live, work and age and the systems put in place to deal with mental illness impact on a person's mental health. Suli has a Master's degree in Applied Psychology (Community Psychology) with a particular interest in culturally and Linguistically Diverse communities. Suli has spent time working within not-for-profit Disability and Community Mental Health, government and private sectors. If you want more information in regards to Suli please do not hesitate to contact Gina.

### **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 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.

#### 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.

Thank you to the following parents that have volunteered to fill this role in 2021:

Prep	Stephanie Lewis & Angela McIlroy
Year 1 & 2	Michelle Berriman & Emma Dovile
Year 3 & 4	Sarah Ross
Year 5 & 6	Michelle Berriman, Karen Oke & Kristina Hoel-Turner

If there are any parents that could support Sarah Ross in the 3/4 level please let me know. Sarah currently is focusing on supporting the Year 3 families so it would be great to have a parent of a Year 4 student to work alongside her in this role.

### **Resilience Project:**

Introducing The Resilience Project – Parent and Carer video series:

We are pleased to be introducing The Resilience Project's online wellbeing curriculum into our classrooms. The Resilience Project delivers emotionally engaging programs and provides evidence-based, practical strategies to build resilience. The Digital Program consists of online presentations and lessons for students, professional development for staff, and a video series for our parent and carer community. Over the coming weeks, we'll be sharing the Parent and Carer Program with you. The videos are 5-10 minutes long and will walk through the key pillars of resilience: Gratitude, Empathy and Mindfulness. You'll hear stories and be introduced to activities to show how these strategies can support our kids learning and development, and also support you as parents and carers.

This program is an important part of our school's effort to look after the mental health of our community. View the first presentation of the series here: Part 1: Meet Martin and learn about The Resilience Project: <https://theresilienceproject.com.au/parent-and-carer-hub/>

For mental health resources and support information, visit [The Resilience Project's Support Page](#).

### Parent and Carer Hub.

This hub gives parents and carers access to 5 x video presentations, the research and supporting activities for their wellbeing:

<https://theresilienceproject.com.au/parent-and-carer-hub/>

### Staff Bios:

#### Jacinta Dalton

Another year, being part of this wonderful community comes with much enthusiasm and excitement. I am Jacinta Dalton, one of the 5/6 homeroom teachers and the Learning and Teaching Facilitator here at Sacred Heart.

At home I am a busy parent of three beautiful and lively children; Finn 16yrs, Jevon 13yrs and Lottie 10yrs old. We live in leafy Eltham and enjoy any opportunity to be outdoors entertaining, walking or bike-riding. In between sporting obligations we love getting away to Gippsland and the Coast in that region.

I love baking - especially brownies, doing jigsaws, shopping and keeping up with world events as I love the opportunity to travel.



Nigel, my husband is a gardener and says "Find a job you love and you'll never work a day in your life". Although teaching brings about hours of work it is definitely one of the many loves of my life. I have a real passion for facilitating students with skills and strategies for being the best person they can be. I love motivating students to lead successful and fulfilling lives. Whether that includes learning multiplication facts or having enough confidence to share and justify an opinion, I love to observe and be part of the development of young children. Working in a collaborative environment where students learn from each other, have a chance to share ideas and develop their thinking is an area I love to pursue. This is the future direction we want for our students and I love having the opportunity to be part of this.

#### Suzie Collins

My name is Suzie Collins and I am the Visual Art Teacher at Sacred Heart. I am also the mother of two Sacred Heart students – Jeremy (Year 5) and Benjamin (Year 2). My husband, Stewart, and I have lived in Diamond Creek for 10 years and are so happy we found our home here. Our house is also home to our cat, two dogs and two birds.

Following my primary and secondary education, my passions for both the visual arts and working with children led me to complete a Bachelor of Teaching (Primary) and a Bachelor of Arts (Fine Art). Since completing my degrees, I have worked as a primary classroom teacher, in academic support roles in the tertiary education sector and spent time raising my two boys. A few years ago I completed a Master of



Education (Arts Specialisation), which was a great opportunity to enhance my knowledge of current leading educational ideas on arts education.

I feel very grateful to be able to share my knowledge, skills and love for art with young people, while fostering their creativity and imagination. I love working with children. I love the way they see the world, their energy, enthusiasm and unique personalities – and I enjoy helping them express these qualities through their art making experiences.

I have been part of the Sacred Heart School community for five years as a parent and two years as a teacher. I am lucky to have the opportunity to be a member of the caring, talented and devoted teaching team within the greater school community of children, parents, staff and volunteers who make it such a wonderful place.

## CALENDAR

### February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15 WEEK 4 B	16	17	18	19	20	21
Assembly  Learning Conversation Meetings 2-5pm Students finish at 1.30pm	Learning Conversation Meetings 3.40 pm – 7pm  Shrove/Pancake Tuesday	Preps no school  Ash Wednesday Mass 2.20pm		ISS v		
22 WEEK 5 A	23	24	25	26	27	28
Assembly  District Swimming 9.30am – 1.00pm SSGs this week	2020 Reconciliation 6:30pm Sacred Heart	Preps no school	Kaboom Kids Sports Twilight Sports 5-7pm	ISS v		

### March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 WEEK 6 B	2	3	4	5	6	7
Preps Full Time  Loyola Students doing community service  Assembly	Advisory Board 7.30pm  General Faith Night- 7pm-8:15 St Thomas	Parent Session - Anna Johnson	General Faith Night- 7pm -8:15 St Thomas	<b>School Closure –</b> Pedagogy of Encounter (St Mary's & St Thomas)		
8 WEEK 7 A	9	10	11	12	13	14
LABOUR DAY HOLIDAY				ISS v		
15 WEEK 8 B	16	17	18	19	20	21
Assembly  5/6 Camp – The Briars	5/6 Camp – The Briars	5/6 Camp – The Briars  St Patrick's Day		ISS v  Ride2School Day  National Day of Action against Bullying & Violence	Commitment Mass for Eucharist	Commitment Mass for Eucharist
22 WEEK 9 A	23	24	25	26	27	28
Assembly  Harmony Week		The Annunciation		ISS v		
29 WEEK 10 B	30	31				
Assembly						

# April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			END OF TERM 1 2.30PM	GOOD FRIDAY		EASTER SUNDAY



## Student of the Week

<i>Prep NC</i>	<i>Jojo McIlroy</i>
<i>1/2 CN</i>	<i>Audrey Hodgson</i>
<i>1/2 PA</i>	<i>Justine Lord</i>
<i>3/4 NJ</i>	<i>Penny Motschall</i>
<i>3/4 RM</i>	<i>Tess Pearce</i>
<i>5/6 JD</i>	<i>Noah Hosking</i>
<i>5/6 MM</i>	<i>Harrison Oke</i>
<i>P E</i>	<i>Levi Johnstone</i>
<i>LOTE</i>	<i>Stevie Liddiard</i>
<i>STEM</i>	<i>Saige Down</i>
<i>Performing Arts</i>	<i>Roy Hunter</i>
<i>Visual Arts</i>	<i>Harrison Oke</i>



1/2 CN - Resilience Project Grateful Giraffe



## ***News from the Office***

### **2021 SCHOOL FEES**

The 2021 Fees and Levies statements have now been emailed to all families.

Should you wish to pay your fees via a regular payment (weekly, fortnightly, monthly), please complete the Direct Debit Authority (attached to the newsletter email) and return it to the office as soon as possible. Direct Debit Authority forms can be emailed or collected from the office.

If you have any queries regarding fees, please do not hesitate to contact Allison Garrard on 9438-1590.

### **2021 CSEF – Camps, Sports & Excursions Fund**

The Camps, Sports and Excursions Fund (CSEF) provides payments for eligible students to attend activities like school camps or trips, swimming and school-organised sport programs, outdoor education programs and excursions and incursions.

#### **Who can apply?**

Families holding a valid means-tested concession card or temporary foster parents are eligible to apply. A Special Consideration category also exists.

#### **Payment amounts**

Payments amounts for 2021 are:

- \$125 per year for eligible primary school students

Payments are made directly to the school and are tied to the student.

If you have received the CSEF previously, please forward a copy of your Concession Card to school. New applicants can download the form or collect one from the office:

[Camps, Sports and Excursions Fund application form \(pdf - 441.28kb\)](#)

### **Year 1 -6 LEARNING CONVERSATIONS**



**School  
Interviews**

# Learning Conversations

Bookings are now open for the Year 1 - 6 Learning Conversations being held on Monday 15th February, 2 pm to 5 pm and Tuesday 16th February 3.45 pm to 7 pm. Please log on to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and enter the code **wvsc8** to secure a booking or click on this link: <https://www.schoolinterviews.com.au/code?code=wvsc8>.

The Learning Conversations will be a face to face meeting in the child's classroom (subject to any COVID restrictions). If you would prefer to have an online meeting with your child's teacher, please contact the office.

If your child is in Prep or is in a Student Support Group (SSG) you do not need to make a booking. Preps will be meeting with their teachers on Wednesdays and SSG Meetings will be held in Weeks 5 & 6. Please note, on Monday 15th February, students will be dismissed at 1.30 pm to allow staff to meet with families shortly after. If you are unable to pick up your child/ren at this time, please contact the office so that we can make suitable arrangements for supervision.

### CDF Pay

Please see below details on how to sign up to our Online Shop if you have not already done so. All uniform items, lunch orders and Pancake Day orders can be made via this link:

**Use our Online Store**  
Any device, any time!

**CDF pay**

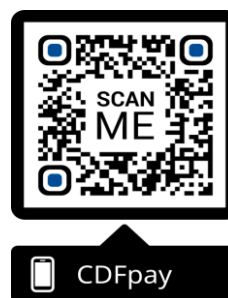
How to get started

Log onto online system → Select child or parent → Choose an item group → Select a Date → Review order and pay online

Say hello to a cash-free solution

The graphic features a blue and yellow color scheme. At the top, it says 'Use our Online Store Any device, any time!' with the CDF pay logo. Below this is a yellow banner with 'How to get started' and a five-step process flow: 1. Log onto online system (with a smartphone icon), 2. Select child or parent (with a family icon), 3. Choose an item group (with a shirt and apple icon), 4. Select a Date (with a calendar icon), and 5. Review order and pay online (with a dollar sign icon). At the bottom, it says 'Say hello to a cash-free solution'.

<https://shdiamondcreek.cdfpay.org.au> or scan the QR code below to order online today





# Book Club

**Issue 1 Orders Due back Friday 19<sup>th</sup> February 2021**

*Our school will be participating again in Scholastic Book Club this year. Up to twice a term throughout the school year, a Club catalogue will be sent home with a different selection of books offered for all ages. Due dates for orders are published throughout the year in the weekly school newsletter.*

## How to order?

*It is easy to order. The Book Club Linked Online Ordering Platform, **LOOP** allows you to securely order and pay online credit/debit card. By ordering through **LOOP** you will also be eligible for bonus offers and rewards. Visit [scholastic.com.au/LOOP](http://scholastic.com.au/LOOP).*

*Alternatively, you can place your order by completing the order form at the back of the catalogue and returning it with the correct cash amount in an envelope, addressed to "Book Club" through the classroom tub system.*

## When will the orders be delivered?

*Your child's order will be delivered to class, approximately 1-2 weeks of orders closing. A "Gift" option is available through online orders. If this option is selected, we will notify you when your order is ready to be collected from the school office.*

## Why support Book Club?

*Your Book Club orders also help support our school as 20% of your order spend goes back to our school in valuable Scholastic Rewards that are then used by our library to purchase additional books and resources. Last year, despite the interrupted year, we raised approximately \$350 - thank you for your ongoing support!*

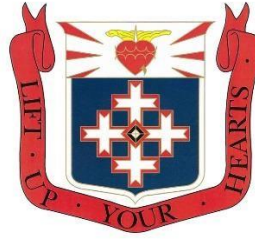
*If you have any queries, please feel free to email me at [sasha\\_t@hotmail.com.au](mailto:sasha_t@hotmail.com.au) or call/text on 0481394559.*

Sincerely,

Sasha Topolcsanyi



Shrove  
Tuesday



## It's that time of year again! We are serving pancakes for Shrove Tuesday on February 16<sup>th</sup>!

All children will get 3 pancakes each. The cost is \$5 for 1 child, \$8 for 2 kids and \$10 for 3 kids. Topping options may include lemon juice, jam, or maple syrup.

Complete the slip on the bottom of this page and either pay via CDF Pay- click on the link to login:

<https://shdiamondcreek.cdfpay.org.au/MonitorOnline/app/#/login> or send cash in an envelope with your child's name back to the classroom.

All money is due by Monday 15<sup>th</sup> Feb with all proceeds going towards the school.

If you can help out, we are looking for at least 8 volunteers from 9.30 am – 11.30 am. We will be cooking and serving in the Community Centre.

Family Surname \_\_\_\_\_

I have enclosed a total of \$ \_\_\_\_\_ or I have paid via CDF PAY

For my child/ren to participate in Shrove Tuesday:

\_\_\_\_\_ Class: \_\_\_\_\_

\_\_\_\_\_ Class: \_\_\_\_\_

\_\_\_\_\_ Class: \_\_\_\_\_

I would love to help:

Name \_\_\_\_\_ Mobile: \_\_\_\_\_

# Sacred Heart Primary School



Lunch Orders now Online – visit CDF Pay to order

## TUCKSHOP MENU 2021

### HOT FOOD

Hot Dog	\$4.00
Lasagne	\$4.00
Mac & Cheese	\$4.00
Sausage Roll	\$3.50
Margherita Pizza	\$4.00
Dim Sim	\$1.00
Chicken Nuggets	\$0.80
6 for	\$4.00
Party Pie	\$1.20
Sauce	\$0.10

### COUNTER SALES

Lamington	\$0.20
Choc Chip Cookie (home made)	\$1.00
Snowball	\$0.40
Popcorn	\$1.00
Chips	\$1.00
Sour Straps	\$0.20
Fruit Lolly Bag	\$0.60

### FRESH FOOD

Chicken Schnitzel	\$6.00
(Lettuce, Cheese & Mayo Salad Roll (Lettuce, Tomato, Cucumber, Beetroot, Carrot	\$3.50
Add Ham or Chicken	\$4.50
Vegemite Roll	\$2.50
Vegemite & Cheese Roll	\$3.00
Fruit Salad in a cup	\$3.00

### DRINKS

Nippys Choc/Straw milk	\$2.00
Glee Aerated Fruit Drink	\$2.00
Prima	\$1.00
Slushie	\$1.50

### FROZEN FOOD

Frozen Pineapple	\$0.50
Zooper Dooper	\$0.50
Moosie	\$1.00
Sourtube	\$0.60
Slushie	

All orders must be placed by Thursday morning.  
For any inquiries, please contact Chiquita Keating 0448 450 008.

# This week @ Sacred Heart



2021 Foundation Families  
Welcome BBQ

# Community News



You are invited to the

## *40th Anniversary College History Book & Artwork Launch*

FREE EVENT

SUPPER & REFRESHMENTS PROVIDED

FEBRUARY 22, 2021 AT 6:00 PM

Magis Performing Arts Centre, Loyola College

DUE TO COVID RESTRICTIONS, ALL ATTENDEES MUST  
RSVP BY 15TH FEB VIA THIS [LINK](#)

**park sounds**

Live Music and Food Trucks

**Sunday 21 Feb 2021**

Two shows only 12pm & 5pm

SILLS BEND, WARRINGAL PARKLANDS,  
BEVERLEY RD, HEIDELBERG

Featuring:  
The Mik Maks  
Velvet Archers  
Jourdain  
The Voices

**Bookings Essential!**  
To book your tickets head to  
[banyule.vic.gov.au](http://banyule.vic.gov.au)

Banyule  
CITY COUNCIL

ELTHAM REDBACKS FC

**SATURDAY PROGRAM  
2021 SEASON**

**BOYS & GIRLS TEAMS**

**U3 - U7**

**STARTS FEBRUARY 27TH**

**MORE INFO:**

[SATURDAYPROGRAM@ELTHAMREDBACKSFC.ORG.AU](mailto:SATURDAYPROGRAM@ELTHAMREDBACKSFC.ORG.AU)

[ELTHAMREDBACKSFC.ORG.AU](http://ELTHAMREDBACKSFC.ORG.AU)



2DMW

## 2 DREAM MUSIC & WELLBEING

Building self-esteem & confidence through music performance!



### DRUMS



### GUITAR



### PIANO



### SINGING & DANCE



Teaching a wide range of music styles such as pop, rock, funk and jazz, along with accompanying music theory and history!

All lessons are held weekly and timetabled during school hours

**Why learn music?** Learning music helps develop left and right brain coordination, listening and comprehension skills, positive feedback and greater self belief. Our lessons nurture creativity, confidence and independence.

**Music Performance Concerts** are hosted every year to showcase our students' exceptional progress and build performance skills.



For enquiries, contact:

Jason Stonehouse 0419 872 875 | [contact@2dreammusic.com](mailto:contact@2dreammusic.com)

"My children are very different personalities and one is on the spectrum. We have watched all of them grow with 2DMW from Prep for 5 years and witnessed the transformation of their abilities and confidence.

We are consistently amazed at the positive attitude, confidence, discipline and great standard achieved with 2DMW Teachers."  
- Sarah and Dev, Parents

To enrol or learn more about our programs, head to our website  
[2dreammusic.com](http://2dreammusic.com)

### YARRAMBAT PERFORMING ARTS

Linda Jean Dancing Academy

NEW PRESCHOOL CLASSES  
THURSDAY AFTERNOONS



NEW BEGINNER CLASS  
THURSDAYS 4PM -  
TAP/JAZZ/BALLET



ENROL 0419 586 886  
YARRAMBAT



## DCWFC Pre-Season Training

DCWFC are very excited to get season 2021 started. We cannot wait to see you all come back and have a kick.

**Location:** Diamond Hills Reserve (244 Plenty River Drive, Greensborough)

**Training Days:** Tuesdays & Thursdays

**Snr's** - 6.30pm to 8.30pm commencing 28<sup>th</sup> Jan.

**Jnr's** Commencing Thurs 11<sup>th</sup> Feb.

U10's & U12's - 5pm to 6pm

U14's Red & Blue - 5pm to 6pm

U16's Red & Blue - 5.30pm to 6.30pm

U18's - 6pm to 7pm

**New players welcome for all age groups.**

For enquiries contact:

Karyn Tait [registrations@dcwfc.com.au](mailto:registrations@dcwfc.com.au) M:0419356413

Ruth Bailey [secretary@dcwfc.com.au](mailto:secretary@dcwfc.com.au) M: 0438051887

# OPEN DAY

SUNDAY 14 FEBRUARY



10am-2pm **Preston Campus** 8 Clifton Grove  
10am-2pm **Bundoora Campus** 1436 Plenty Rd

Come and help us celebrate 150 years of educating well-rounded young men.

- Talk to our Principal and all our staff
- Listen to our College bands
- Watch the awesome Science Show
- Enjoy our free BBQ and café
- Pick up an information pack with a special gift for your son
- Listen to the Principal's address at 10.30, 11.30 & 1.00.

Register [www.parade.vic.edu.au](http://www.parade.vic.edu.au) ■ p. 9468 3300 ■ [registrar@parade.vic.edu.au](mailto:registrar@parade.vic.edu.au)



Year 7 2023 Enrolments Now Open! ■ Limited places available in other year levels



DIAMOND CREEK JUNIOR FOOTBALL CLUB



## 2021 FOOTY SEASON REGISTRATIONS NOW OPEN



Diamond Creek Junior Football Club "FUN, FAIR, FOOTY" are currently seeking players for our Primary School age groups, U9, U10, U11, U12.

Registrations can be completed online via the NFNL Website: [www.nfnl.org.au](http://www.nfnl.org.au)

- Log onto: [www.nfnl.org.au](http://www.nfnl.org.au)
- Click onto "Football" tab
- Click onto "2021 Football Player Registration Forms"
- Click onto "Diamond Creek"

For any further information please contact our Secretary, [secretary@diamondcreekjfc.com.au](mailto:secretary@diamondcreekjfc.com.au)

Diamond Creek Auskick registrations are also now open. Auskickers run, jump, kick, laugh, express themselves and create their own special moments that just happens to be footy. No matter if you know the game or not, Auskick is inclusive for everyone aged 5 – 12 at any ability to play.

Auskick Registrations via: <https://play.afl/auskick/2021-registration>

For any further information please contact our Auskick Co Ordinator, [auskick@diamondcreekjfc.com.au](mailto:auskick@diamondcreekjfc.com.au)



WHITEFRIARS  
CATHOLIC COLLEGE FOR BOYS

# OPEN DAY

## Sunday 14 March



Tours from 10.30am bookings required  
Register at [whitefriars.vic.edu.au](http://whitefriars.vic.edu.au)

156 Park Road Donvale Vic 3111

*Belong. Believe. Become.*



**Judo – The Gentle Way**  
**@ Holy Trinity Primary School**  
**Eltham North**  
**4 x Free trial classes**

Judo is a martial art that focusses on grappling only (throws and hold-downs) for the young ones. There is no kicking or punching in the sport and no manipulation of still developing joints for judoka U15.

One of our unique features is that parents/caretakers join U7 year old children on the mat and participate in the action. This really helps to settle in shy, nervous, introverted or reluctant children. Parents also get a good feeling for the sport. Parents and children love the physical interaction and all the fun playing games like "Crazy Horse", "Bulldozers", "Ninja Control", "Toe Tapping" and many more.

**Benefits of judo**

- Developing physical fitness.
- Growth in strength and flexibility.
- Increased speed and agility.
- Greater endurance.
- Good static and dynamic balance.
- Improved reaction time.
- Improved coordination.
- Increased self-confidence.
- Can be used for "gentle" self-defence

**More benefits contributing to other sport and general safety**

- Great for rugby, AFL, basketball, soccer and other sports
- Learn to fall safely - reduce injury and concussion risk in falls on the playground, at home or in other sports
- Learn to 'ride out' bumps/body crashes - stay on feet, reduced injury
- Increased overall body strength reduces concussion risk in above mentioned contact sports
- Confidence in one-on-one situations in sport and in general

**Training times - Saturdays**

09h00 – 09h45 : 4 – 6 yrs

10h00 – 11h00: 7+yrs

**Contact Detail**

[yarrajudo@gmail.com](mailto:yarrajudo@gmail.com)

Yarra Judo Instagram account

Yarra Judo Facebook Page