

Sacred Heart Catholic Primary School Diamond Creek

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Sacred Heart Newsletter

Newsletter No 4 Term 1
25th February 2021

Dates for the Diary

| | |
|---------------------------------|------------------------------------------------------------|
| Mon 1st Mar | Parents Association Meeting - 7.30 pm |
| Tues 2nd Mar | General Faith Night 7 - 8.15 pm |
| Thurs 4th Mar | General Faith Night 7 - 8.15 pm |
| Fri 5th Mar | SCHOOL CLOSURE DAY – Staff Professional Development |
| Mon 8th Mar | PUBLIC HOLIDAY – No students |

Dear Sacred Heart families and friends,

Kaboom Twilight Sport Carnival – POSTPONED

Fr. Steve's Mass and Homily:

https://www.youtube.com/watch?v=DG0imM7F_zQ

School Closure:

Just a reminder to all families that Friday 5th March is a school closure day. The staff of Sacred Heart Primary School will be working with the staff of St Marys, Greensborough and St Thomas the Apostle, North Greensborough.

School Advisory Board:

The Sacred Heart School Advisory Board is an important part of the operations of Sacred Heart ensuring that the voice of the parent community is authentically included in the school's decision making processes.

Under the new governance model for all Catholic schools in the Melbourne Archdiocese, the role of the Advisory Board will assume greater responsibilities while still retaining its advisory capacity. The School Advisory Board is not a decision making entity as in other school governance models.

The first meeting of the School Advisory Board is at 7.30 pm on Tuesday 9th March in the school staff room - if you are interested in joining the Board or finding out more about the Board, please contact either Gina Murphy or Jim O'Sullivan.

Parents Association:

Parent Association Meeting will be held Monday 1st March in the staffroom at 7.30pm for all members.

General Faith Night:

All parents but especially the parents of 2021 Sacrament Candidates in the Combined Parishes of Sacred Heart, St. Thomas the Apostle and St. Mary's are invited to attend one of the two evenings of Faith Formation to be held on Tuesday 2 March and Thursday 4 March. These evenings are aimed at providing a contemporary adult perspective on the Catholic faith, especially the Sacraments, for adults to assist them with understanding the programs that their children will be participating in as they prepare to receive a Sacrament this year.

These nights will be facilitated by Sharon Boyd, who is a Professional Specialist in Liturgy Education at the ACU Centre for Liturgy. Since 1994 Sharon has been actively involved in liturgy education across all levels of parish life, in religious communities, parishes and Secondary Colleges.

Year 5/6 Camp Information Evening:

All parents of students in Year 5/6 are invited to a meeting to discuss what camp will look like this year and to ask any questions you may have. This will be held at 6 pm in the Mackillop Block (Year 5/6 classrooms).

Website:

During the week we will have Richard, who developed our website, to take more videos and upgrade the site. Keep your eyes out for the new material.

Preps:

We welcome our Prep students to full time school next week. They have transitioned so well to schooling and we thank all parents, grandparents and Kerry and Jess for this smooth transition and look forward to watching the students grow academically as well as socially and emotionally.

Reconciliation:

Congratulations to the following students that received the Sacrament of Reconciliation on Tuesday night: Rook, Matthew, Luke, Nicholas, Ayendha, Rachael, Xavier, Levi, Lucy, Megan, Harry, Heidi, Daniel, Marcus, Eva, Annabelle, Hunter and Caitlin.

Mini Working Bees:

Thank you to the families who took up the opportunity to do grounds maintenance tasks at the school on weekends over the past few months. This initiative has been very successful in keeping the grounds safe and well-maintained during the summer holiday period and allowing families flexibility in choosing the times that suited their busy schedules.

Unfortunately, due to a possible technical error, the names of any families who have already selected dates for their Working Bees in the near future have been lost. If you have already selected a date for a mini working bee in the next few weeks could you please let Allison Garrard know so that we can coordinate keys and tasks. Once we have confirmed which dates have already been selected by which families we will advertise the remaining dates for this term for other families to select.

Parenting Seminar - Kids and Anxiety:

Anxiety can be a pain. It can stop us from doing things that we want to do, and when it takes control of a child's life, it can take control of whole families as well. It is very common for people to struggle with anxiety, but it's become even more common recently. Over the last 12 months, our world has been turned upside down and become predictably unpredictable. It's been hard to navigate for adults, but for many kids it's been confusing and overwhelming. Unsurprisingly, we're noticing more kids (and adults) struggling with anxiety, some who were pretty familiar with it before COVID-19, and some who are new to the frustrations

that anxiety can cause when it takes control of us. Anxiety can be scary, and can make us feel stuck and powerless.

We will be running a 1 hour seminar on understanding anxiety for parents. We will explore questions such as:

What is anxiety?

Why do we experience it?

What can we do about it?

How can we help our kids?

The seminar will include some tips on how you and your family can experiment with reclaiming authority over anxiety.

Anna Johnson is a Registered Psychologist working in Private Practice in Diamond Creek, and has over 14 years' experience in the field. She works with many children, teenagers and their families to reduce the power of anxiety in their lives. Anna will be presenting this seminar at Sacred Heart Primary School on Wednesday 24th March.

Ride2School:

We will again be participating in the Ride2School Day on Friday 19th March. We encourage children to use active transport to get to school on this day. This may be riding a bike, a scooter or a skateboard, or even walking some of the way to school if riding skills are not developed enough yet. National Ride2School Day is the perfect opportunity to kick-start new healthy habits and promote the many benefits of active travel. We encourage all students and their families to leave the car at home and give riding, walking, scooting or skating to school a go, even if it is part of the way.

National Day of Action against Bullying & Violence:

Friday, 19th March is National Day of Action Against Bullying and Violence. There are many great websites that have lots of information and activities relating to bullying – how to recognise bullying and what to do if you are being bullied. There are many resources where a number of famous young people talk about the devastating effects of bullying. In previous years there has been the message, 'Speak... even if your voice shakes.' We encourage you to always speak up if you, or someone you know is being bullied. As the famous proverb goes, 'a problem shared is a problem halved.'

Year 1 -6 Learning Conversations:

Thank you to all families that were able to meet with their child/ren's 2021 homeroom teacher on Monday or Tuesday. This was a great opportunity to form partnerships and meet each other and to also set goals for the students in 2021.

Interschool Sport:

Last week was the first week our Year 4-6 students participated in Interschool Sport and what a great privilege it was to share this with our students. The students, generally, were very excited to be able to be back playing sports against other schools. Last week we played Diamond Creek Primary School and the results were:

| SPORT | RESULT | SPORT | RESULT |
|------------------|--------|------------------|--------|
| Boys Volleyball | Won | Girls Basketball | Won |
| Girls Volleyball | Lost | Cricket | Won |
| Boys Basketball | Won | Rounders | Won |

This week we will play Laurimar Primary School away.

District Swim Carnival:

The District Swimming Carnival was held on Monday 22nd February at WaterMarc, Greensborough. Well done to the following students that represented Sacred Heart at this event; Isaac Sciberras, Harper Bishop, Tadhg O'Neill, Penny Motschall, Nala Santostefano, Tess Pearce, Heidi Madden, Harrison Oke, Kieran Madden, Hector Santostefano, Xavier Sciberras, Scarlett Oke, Zarah Clough, Alice Brunnen, Claire Waddington, Evelyn McIlroy and Ally Blakely. Congratulations to all these students, for many of them it was an opportunity to step out of their comfort zone and challenge themselves. I was so proud of each and everyone of them. Huge congratulations and good luck to Hector Santostefano who placed second in freestyle and first in backstroke and to Claire Waddington who placed second in backstroke and now will compete at Division level.

House Points:

At the conclusion of Week 4 the results were as follows:

| MACKILLOP (RED) | BUNJIL (BLUE) | CORDNER (GREEN) |
|-----------------|---------------|-----------------|
| 1024 | 842 | 747 |

Kaboom Kids Sports Twilight Event:

After a review of the current COVID-19 restrictions and in consultation with Kaboom Sports it was decided to postpone today's Kaboom Twilight Sports until later in the year. We apologise for any inconvenience this may have caused.

Running Club:

On Friday 19th February the school running club run by Dale Nardella (Sienna & Jack's Dad) started up again and will continue each Friday for the remainder of Term 1. This takes place on the oval starting at 8am each week. This is a great opportunity for students to increase their fitness but also for our Year 3-6 students to obtain some support with running leading up to the District Cross Country trials early in Term 2. There was a great turn up last week so please if you are interested come along. Unfortunately, there will be no running club next week due to the school closure.

Rescheduled Pancake Tuesday:

Due to the circuit breaker lock down we rescheduled Pancake Tuesday to Tuesday 23rd February. Thank you to our wonderful parents that were able to come along and cook and serve for the students. It is always so lovely to see the excitement in the students' faces when these opportunities arise.

Welcome:

Next week we welcome four of our past students, Ben, Kelly, Riley and Liam, from Loyola College who will be completing their community placement at Sacred Heart. We also have two students from Parade College, Liam and Liam, working each Tuesday in PE. Two students from La Trobe University will be doing placement in the Foundation area over the next four weeks and Erin is completing placement for her Learning Support Teacher qualification.

BushFire Preparedness:

By nature of our location, the Catholic Education Commission of Victoria Ltd (CECV) has classified Sacred Heart Primary School as High Risk; this means that on Code Red Fire Danger Rating Days in this District, the CECV, on advice from the Bureau of Meteorology will advise school closure. Where possible, three days' notice of a planned closure will be provided. Further details will also be available on the following websites: www.cecv.catholic.edu.au and www.education.vic.gov.au. The students will be involved in a practice evacuation exercise on Thursday 4th March.

Student News:

On Sunday Hector and Nala Santostefano both represented Diamond Creek Swimming Club in a Swimming competition. Nala came second in the 8 y/o 50m Freestyle event. Hector came 1st in 50m Backstroke, 1st in 50m medley relay, 2nd in 50m freestyle and 2nd in 50m Breaststroke. Great effort Hector and Nala!

Madeleine Arvaji also ran a Personal Best of 8.25 for 2km over the weekend. Congratulations Madi, all the hard work is paying off.

Staff Bios:

Amy Stephens:

Hi, my name is Amy Stephens and I live in Hurstbridge. From Monday to Wednesday I support students in Years 1 to 6, and on Thursday and Friday I run the Tutoring Learning Program within the school.

Upon finishing my teaching degree I worked as a Relief Teacher for ten months, then followed my dream of teaching in another country and moved to Japan. For two years I lived in the beautiful countryside of Kochi and taught English to students in Kindergarten, Primary School and Junior High School. This rewarding experience blessed me with practical teaching strategies that I can use in my roles at Sacred Heart, as well as a deeper understanding of the culture and language of such an amazing country.

I still thoroughly enjoy learning Japanese, and spend the rest of my time playing piano, riding horses, playing tennis, and walking my two beautiful German Shepherd x Husky pups, Nox and Shiva.



Duncan Rough:



Hi, my name is Duncan Rough and I live in Heidelberg West with my partner Maggie. We have two beautiful dogs named Pablo and Schnitty. Pablo is a rescue dog from Lost Dogs Home. We believe he is mostly Border Collie and Kelpie. However, he is 45kg so he may have lots of other breeds in him! Schnitty is named after Schnitzel Von Krumm from the popular picture book Hairy Maclary. Hence, she is a Miniature Dachshund. The four of us love walking every day, although Schnitty struggles to keep up with her little legs. We also love going to the gym, watching movies, sport and cooking.

Upon completing VCE, I enlisted in the Australian Regular Army (ARA) as a cavalryman. I served in the 2nd Cavalry Regiment based in Darwin. In this role I conducted mounted (armoured) and dismounted reconnaissance. After serving five years in the ARA I transferred to the Army Reserve where I am currently posted as a Patrol Commander at 4/19 Prince of Wales's Lighthouse located in Simpson Barracks, Watsonia. As a reservist, I was able to complete my Bachelor of Teaching (Primary) graduating in 2019.

I spent the early part of 2020 in East Gippsland supporting local communities with the Army Reserve, before returning to work as a CRT. This is my first year at Sacred Heart and I consider myself very fortunate to be here. I hope to bring my Army values to PE and the classroom. These include courage, teamwork, initiative and respect. I look forward to supporting students at Sacred Heart and becoming a valued member of the community.

CALENDAR

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 Parents Association 7.30pm Assembly | General Faith Night- 7pm-8:15 online | Year 5/6 Camp Parent Information Evening 6pm | General Faith Night- 7pm -8:15 online | School Closure – Pedagogy of Encounter (St Mary's & St Thomas) | | |
| 8 WEEK 7 A | 9 | 10 | 11 | 12 | 13 | 14 |
| LABOUR DAY HOLIDAY | Advisory Board 7.30pm | | | ISS v Apollo | | |
| 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 GK 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 Team Vic Division Tryouts - Netball, Basketball, Soccer, AFL | | ISS v Hurstbridge School Photos | | |
| 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 |

INSIGHTS

Grandparents as carers



At school pick up time it's common to see people in their '60s, '70s and older greeting young children after school. In secondary school many students are welcomed home by someone in that age group. You may well think that these are grandparents doing a spot of childcare while parents are at work, but increasingly grandparents and relatives of a grandparenting age are caring full-time for children.

A time of mixed feelings

Grandparents who care full-time for children usually do so following a family crisis or loss. Becoming the full time carer can come as a shock. Many grandparents report that their world is turned upside down when they take on full time parenting roles. Not only are they prevented or restricted from participating in their ongoing interests, many experience their life in limbo as they may not know whether the parenting role is permanent or temporary.

While grandchildren may feel safe being with grandparents after a crisis or experience of loss, it's difficult to move from a highly relational grandparent mode to be the person who sets boundaries, makes sure homework is done and gets kids to school on time each day. On top of this many grandparents experience a mixture of emotions including grief for the death or disappearance of a child, anger for being placed in a situation they didn't want or shame for a difficult family situation.

The benefits of being grandparent carer

Conversations with grandparent carers reveal that many grandparents cherish the opportunity to be close to their grandchildren. For men, in particular, the chance to make up for time and milestones that they missed with their own children helps make their time looking after grandchildren worthwhile. Some grandparents also report finding a new lease of life when they become carers.

Mark, a grandparent raising four primary-aged children appreciates the benefits that experience provides. He claims, "I don't stress nearly as much as I did when I was bringing up my two children. Some of the things I used to fight over with them seem ludicrous now. I'm more patient, more understanding and more fun to be around now with this lot. I laugh more now too."

Looking after yourself

According to the Raising Children Network, grandparents who care for children "have higher levels of depression and anxiety and (experience) more physical and emotional health problems than grandparents who aren't carers." The extra responsibilities that come with being a grandparent carer such as dealing with money worries, facing legal issues and lack of peer support means that grandparent self-care is paramount. Age-related exercise, social interaction, a good diet, enough sleep and regular medical check-ups need to be part of the wellbeing regimens for grandparent carers.

In closing

Like parents, grandparents benefit from being part of a school community. A welcoming school community can be a wonderful asset for those who are raising children the second time around.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



News from the Office

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.

CSEF

Do you have a health care or pension card? If so, you may be eligible to receive a **rebate of \$125.00** per child from your school levies. Forms can be collected from the school office and must be returned as soon as possible. If you received the rebate in 2020 and still have a current HCC/Pension Card, a new form is not required – just please send a copy of your card to the office asap. Please click on this link for further information:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

NUT AND NUT FREE PRODUCTS AT SCHOOL



We currently have a number of students at our school who are anaphylactic. Anaphylaxis is a severe, rapidly progressive allergic reaction that is potentially life threatening. Certain foods – particularly nuts and insect stings are the most common cause of anaphylaxis.

Therefore, in order to ensure the safety of all children, we request that students do not bring peanuts, tree nuts (such as almonds, walnuts, pecans, pine nuts, sesame seeds and cashews) or any foods that contain nuts as an ingredient, to school.

However, these guidelines do not apply to those foods with labels that state 'may contain traces of nuts'. Students are allowed to bring foods that state 'may contain traces of nuts'. Additionally, students are not allowed to share their food with other children. Also, it is important that parents are aware of these guidelines when bringing in birthday cakes and sweets to celebrate a child's birthday.

Thank you for your support and understanding.

Value = Empathy



Student of the Week

Prep NC
1/2 CN
1/2 PA
3/4 NJ
3/4 RM
5/6 JD
5/6 MM
P E
LOTE
STEM
Performing Arts
Visual Arts

Beauden Foster
Paddy O'Neill
Grace Broderick
Mitali Perera
Levi Johnstone
Scarlett Oke
Rory Audley
Leo van Rooyen
Dominic Arvaji
Charlie Rowley
Maia Hankinson
Harry Lord



Thi week @ Sacred Heart



Pancake Day

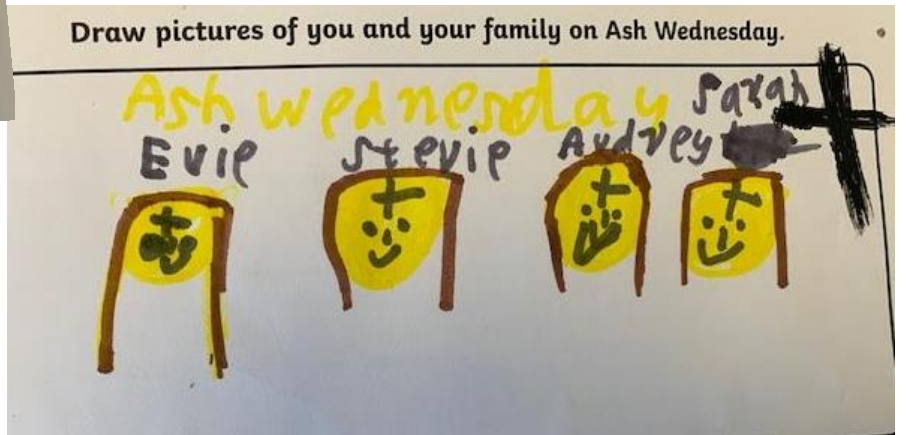
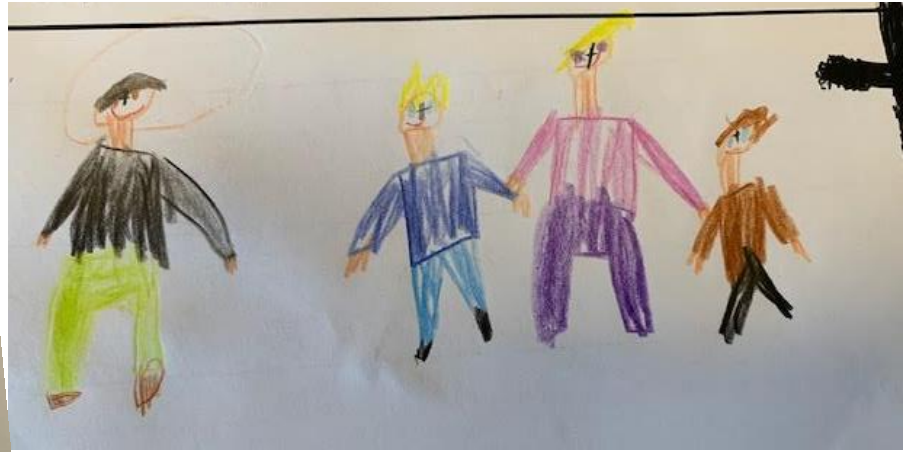


District Swimming Carnival





1/2 CN Ash Wednesday Art Reflections



GaGa Pit fun!

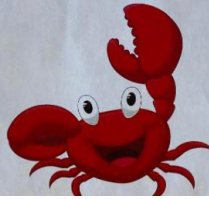


Foundation Art



For their first lesson of Art at Sacred Heart, Foundation students discussed their favourite Summer activities. They then learnt about what a collage is and made these artworks of crabs on the beach.

We will be following this up by looking at the colours that represent Summer and how and why artists use warm and cool colours in their art.



Community News



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

"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



WHITEFRIARS
CATHOLIC COLLEGE FOR BOYS

OPEN DAY

Sunday 14 March



Tours from 10.30am bookings required
Register at whitefriars.vic.edu.au

156 Park Road Donvale Vic 3111

Belong. Believe. Become.



Catholic
Ladies' College

See yourself here.

Year 7 2023 applications
close August 20th 2021

Thursday 25 February
9.15am – 11.15am
(On campus)

Thursday 4 March
9.15am – 11.15am
(On campus)

Wednesday 17 March
4.30pm – 5.30pm
(On campus)

Tuesday 23 March
9.15am – 11.15am
(On campus)

Tuesday 20 April
4.30pm – 5.30pm
(Virtual Principal Q&A)

Tuesday 27 April
9.15am – 11.15am
(On campus)

Book your place online
www.clc.vic.edu.au



OPEN DAY

SUNDAY 21 MARCH

COVID DELAYED



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

Register www.parade.vic.edu.au ■ p. 9468 3300 ■ registrar@parade.vic.edu.au



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

Loyola College celebrates InterCultural Night



Loyola College celebrates InterCultural Night

ALL WELCOME



Date / Time: 26 March 2021 (Friday) / 6:00 PM

Venue: 325 Grimshaw St., Watsonia VIC 3087

Registration fee: \$10.00/person (Book tickets trybooking or tickets on sale at the door)

Attire: National Costume or traditional dress or colours (only if possible)

Special Mass: 6:00 PM in Old Loyola Chapel

Mass President: Msgr Joselito Asis, Melbourne Episcopal Vicar for Migrants & Refugees

Followed by a celebration commencing at 7:00 PM held at Loyola College Companion Hall (Entrance via Grimshaw Street – Gate 1)

Featuring different cultural presentations in dance, music from communities of Filipinos, Vietnamese, Indonesians, Italians, Sri Lankans, Indians, Chinese, Maltese...followed by dance dance dance

BYO Food / Free coffee and tea

Some packed Food and drinks available for sale

Exchange gifts (Bring enclosed food, souvenir items, gifts of your country). Free music and tables.

Trybooking: www.loyola.vic.edu.au/tickets/ or

Please contact Sr Nella or Mr John Tran 9433-0265 / 0411 361 081

Funds raised for the Cambodia, East Timor, Philippine Immersion Programmes

Ticket
101

Ticket no.
101