

Sacred Heart Catholic Primary School Diamond Creek

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Sacred Heart Newsletter

Newsletter No 5 Term 1
4th March 2021

Dates for the Diary

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
Tues 9th Mar	Advisory Board Meeting – Staff Room 7.30 pm – All Welcome

Dear Sacred Heart families and friends,

Fr. Steve's Mass and Homily:

<https://www.youtube.com/watch?v=z-E87uw6ec0>

School Closure:

Reminder tomorrow is a school closure. The staff will be involved in Professional Learning along with the staff members of St Marys, Greensborough and St Thomas the Apostle North Greensborough. The focus of this day is Religious Education, The Pedagogy of Encounter, enabling us to be able to use our questioning to integrate our Catholic faith and beliefs into the everyday life and activities of our students. At the end of the day Fr. Steve, Fr. Dixon and Fr. Tao will celebrate mass for the combined staff to celebrate the beginning of another school year.

General Faith Night:

Thank you to all families and staff that were able to attend the General Faith Night on Tuesday night. Reminder to those that may have missed this session another session runs tonight 7.00 - 8.15 pm. To attend you will need to register via the link that was sent out last week on Operoo.

Camp:

On Monday 15th March until Wednesday 17th March all our Year 5 and 6 students along with Mr Jim O'Sullivan, Mrs. Gina Murphy, Mrs. Helen Maxey, Mrs Jacinta Dalton, Mrs Rachel Murphy and Fr Dixon will be attending camp at The Briars in Mount Martha. Thank you to the families that were able to attend the camp meeting last night.

Evacuation Drill:

As part of our Emergency Management Plan, all staff and students participated in an Evacuation Drill today. The drill was supervised by staff from Dynamiq, the company that we have contracted to develop our Emergency Management Plan, train our staff in it's implementation and monitor the plan annually to ensure that our students, staff and visitors are safe in many different circumstances.

Clean Up Australia Day:

As part of Clean Up Australia Day, next week our students will be involved in the cleanup of the school grounds and our sustainability group will work together to clean up along the creek near the school.

Advisory Board:

Reminder to anyone that would like to be part of the School Advisory Board the first meeting for this year will be held on Tuesday 9th March at 7.30 pm in the school staff room. All parents are invited to attend, if you are interested or would like further information about the operations of the School Advisory Board, please contact Jim O'Sullivan or Gina Murphy. For our first meeting the SAB will be reviewing the change in governance for Catholic schools in the Archdiocese of Melbourne and the impact that this new governance model will have on the School Advisory Board.

Ride2School Day:

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 Day of Anti Bullying:

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. Ed Sheeran made a point of sharing his feelings about bullying at one of his concerts a few years ago he talked about the devastating effects of bullying – it ended with 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.' Next week staff will be involved in Professional Learning around Bystanders and how to teach students to reach out for help and not support this type of behaviour.

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 on Wednesday 24th March at 7 pm in the Community Centre (Multipurpose Room).

Division Swim Carnival:

The Division Swimming Carnival was held on Monday 1st March at Northcote Swimming Pool. Well done to Hector Santostefano and Claire Waddington who were not only representing Sacred Heart at this next level but also the Diamond Valley Sports District. It is an amazing achievement to get to this level and they both should be extremely proud of this achievement. I know we are. Thank you also to Peta for providing transport and supervision on the day.

House Points:

At the conclusion of week 6 the results were as follows:

MACKILLOP (RED)	BUNJIL (BLUE)	CORDNER (GREEN)
2584	2011	1701

Easter Raffle:

We are requesting donations of Easter Eggs! They can be big or small. Please bring your donations to the office by Friday 26th March.

Easter Raffle tickets have been sent home. Tickets are \$1 each and there are 20 tickets. The Raffle will be drawn on Thursday 1st April.

1st Prize - Easter Hamper

2nd Prize - Easter Hamper

3rd Prize - Easter Hamper

Please return your money and tickets to the office no later than Monday 29th March. Direct deposit payments to:

BSB: 633000

A/C No: 136609054

A/C Name: Sacred Heart Parents Association

Reference: Your SURNAME and EASTER

Hot Cross Bun Fundraiser:

We are running a Ferguson Plarre Bakehouses Hot Cross Bun fundraising drive to raise money for Sacred Heart Primary School. Ferguson Plarre Bakehouses is a proud, 4th generation family business that has been baking for over 115 years. Like all of their products, their Hot Cross Buns are time tested and made with the very best ingredients and always Australian sourced when possible. We encourage you to hand your order form around to friends, family and work colleagues. You will probably find that they are enthusiastic to purchase from you, so they can also enjoy the famous Ferguson Plarre products and help out Sacred Heart Primary School. Remember, **for each bag of Hot Cross Buns purchase, \$5 goes to school**. Obviously, the more products we sell, the more funds we will have to spend on School. The cost per dozen hot cross buns is \$16.00. Forms have been sent home or you can go onto CDF pay and order online. Thank you in anticipation of your support for our Ferguson Plarre Hot Cross Bun Drive.

Please see the flyer below for a link to the CDF Pay online shop.

Mindfulness:What is it?

Many people think that mindfulness is 'clearing your mind' or 'stopping your thoughts'. However, this is a misconception. Rather, mindfulness is simply observing your experiences, with curiosity and without judgement. This means being present with our thoughts and feelings and allowing them to exist without trying to resist or 'get rid' of them.

What does the research say?

There is a wealth of research out there, which says that engaging in mindfulness can improve our health and wellbeing. More interestingly, research from Boston University has shown that mindfulness can change our brain activity! Functional magnetic resonance imaging (fMRI), which records brain activity, has shown that engaging in mindfulness can lead to changes in our brain patterns, even when we are not meditating. These changes occur in the part of the brain called the amygdala. The amygdala is the part of our brain that activates our anxiety and fear emotions, telling us to be afraid of something. According to neuroscience research, mindfulness can dampen activity in our amygdala. This means we are more likely to be less reactive to stressful situations and we can recover better from stress when we experience it. Pretty amazing!

How can I practice it?

There are many ways you can practice mindfulness! Mindfulness practices can be formal or informal.

Formal Mindfulness: This is when we set some time aside a block of time to engage in mindfulness. Some great apps that have formal mindfulness practices include:

- Smiling Mind
- Headspace
- Calm (requires a subscription)

Informal Mindfulness: Informal mindfulness is when we weave mindfulness into our existing routines; we lead busy lives so it is sometimes hard to find the time to do formal mindfulness practices. During informal mindfulness, we should try to really pay attention and focus on what we are doing (noticing the body movements, the taste, smell, sight, touch, temperature, etc. Some ideas may include:

- When brushing your teeth: notice the taste of the toothpaste and how it changes, notice the temperature and the sensation of the bristles against your teeth and gums, notice the smell of the toothpaste. When your thoughts come up, bring your attention back to brushing your teeth
- When you shower: notice the sounds of the water as it spits out of the nozzle and as it hits your body then gurgles down the drain. Notice the temperature and feeling of the water in your hair, on your shoulders and as it runs down your back. Notice the smell of the shampoo and soap!

Staff Bios:

Maureen Pilatti:

Hi my name is Maureen Pilatti and I am currently running one of the support programs at Sacred Heart this year and I am the classroom teacher for 5 / 6 JD on a Friday. I live in Wattle Glen with my husband Paul and our three girls Caitlin (23), Bridget (21), Niamh (19) and our son Connor (16). All four children went to Sacred Heart and then followed on to CLC and Parade College respectively.

I am a loyal and devoted St. Kilda fan and have managed to pass that passion on to 3 of my children (sadly one jumped ship and became a Bulldogs supporter at the age of 4). As my children were growing up, I was involved in the Sacred Heart Netball Club as a team manager, coach and committee member for over 10 years, seeing it grow from under 60 members to the strong club that it is today. My children have also been involved in Greensborough Hockey Club, Diamond Creek Cricket Club and Diamond Creek Baseball Club. My husband and I have loved raising our children in this community, believing that we have given them the best of semi-rural life. To us, Sacred Heart has always been a special place where everyone is welcomed.

Rosanne Mitrovski:

Hi my name is Rosanne Mitrovski, I have been part of the Sacred Heart family since 1990. I am married and have three sons, who spent their Primary school years at Sacred Heart, I also have a granddaughter in Year 5/6. During winter, I love to spend my Saturdays watching my boys play football for St Mary's Football club and watch my granddaughter playing netball.

At the moment I couldn't imagine teaching anywhere else! Our school has always had such a wonderful "community presence", perhaps that's why there are some former students enrolling their own children at our school. I consider myself fortunate to be working with such a dedicated staff, who are passionate about teaching and helping all of our students experience success.

I am currently teaching Year 3/4 and am looking forward to watching this group of students grow and develop their love of learning. Teaching is such a rewarding career, no matter what level you're teaching, (I have been lucky enough to have taught all year levels).



March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 Harmony Week	5/6 Camp – The Briars	5/6 Camp – The Briars St Patrick's Day		ISS v Glen Katherine 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		The Annunciation Team Vic Division Tryouts - Netball, Basketball, Soccer, AFL Parenting Seminar – Kids & Anxiety		ISS v Hurstbridge		
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

Supporting boys in upper primary school



The upper primary school years are the start of big physical changes and boys can struggle more than girls. Even though some of our boys are growing physically, this time can be challenging, unpredictable and full of big emotions and awkwardness.

Some anxiety can also occur as the end of primary school approaches and some boys can fight with their physiology. Parents need to be mindful to recognise that for many pubescent boys, every day at school feels like going into a war zone because it is so unpredictable.

The following ideas will help to guide you through this time.

Have realistic expectations

Create a calm, predictable environment to counteract the stress many boys may experience. Parents can do this by avoiding asking too many questions and placing too much pressure especially around homework. Especially avoid criticism, nagging and lecturing — they won't improve anything.

Keep things light

Boys appreciate lightness and humour, especially when they may be struggling with anxiety or worry. Maybe you could find some funny, goofy cat or dog videos to show them or share some funny experiences that might trigger the beautiful happy neurochemicals in their brain. Be a bit ridiculous — intentionally.

Share developmental changes

Have brief conversations with your son about the coming brain changes, especially pruning, which is a 'trimming down' process in the teenage brain where irrelevant/unused mental connections from childhood are lost. These conversations can help him understand why he may be struggling with organisation and be forgetting things that he used to remember. Once he knows there is a reason, he'll tend to manage it better — indeed many boys are relieved! Help your son to work out ways to remember important stuff.

Make home a welcome base for his friends

Ensure that you make your home a welcome base for his friends, regardless of gender. The hunger to 'hang out together' is still strong even for our digital natives, and they will always turn up to a place where they are welcome and where there is a familiar space to gather. It's really good to give your son's mates the message that 'our door is always open for you'. We never know when a family conflict becomes too painful for a boy or that just having some calm down time is what the whole family may need.

Stoke his spark

Help you son identify his passion whether sport, games or music that will keep him engaged in the years ahead. Disengagement is very common among boys in early to middle secondary school and those who have an interest they love and are capable at, tend to struggle less. In primary school boys should sample many activities so that they can discover their real interests.

Help manage anxiety

Many boys experience anxiety as they move toward adolescence and the end of the primary school years. Some boys display anxiety through silliness, inappropriate behaviour, an increase in aggression (often toward siblings), disrespectful language towards parents, changes in eating patterns and struggles with sleep. If you have ongoing concerns check in with your son's teacher and seek help.

Practise kindness

Even though this sounds counterintuitive if you are experiencing some hot moments with your pre pubescent or pubescent son, kindness especially in small unexpected ways has enormous power. Many boys struggle with low self-worth and when they muck up they struggle even more with feeling acceptable and loved.

Above all, reassure your son often that you love him fiercely and unconditionally, no matter what.

Maggie Dent presents a related webinar: Communicating with teenage boys

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Communicating with teenage boys' at no cost.

About

In this webinar, Maggie Dent shows how using compassionate, empowering communication with teenage boys can better guide them across the bridge to healthy manhood to a place where they feel worthwhile and engaged in respectful relationships.

When

24 March 2021 8:00pm AEDT

To redeem

1. Click this link: www.parentingideas.com.au/parent-resources/parent-webinars/webinar-communicating-with-teenage-boys
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code COMMUNICATION and click 'Apply Coupon' Your discount of \$39 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'

This offer is valid until 24 June 2021. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



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](#). She is the mother of four sons and a very grateful grandmother. For further details visit maggiedent.com



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

Eloise Ross

Christian Lentini

Jacob Sciberras

Nala Santostefano

Daniel McIlroy

Claire Waddington

Ayush Perera

Olie Parker

Emily Lamb

Miller Burns & Snehath Perera

Beauden Foster

Rupert Berriman





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.

BYOD

Should families wish to provide their own device for their child/ren to use at school, they must 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, Macbooks are no longer accepted and no new devices will be connected.
- I pads, 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 Chromebooks only:

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

Students who have previously had PC's and Macbooks 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. You are responsible for your own backup as School is 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 question please contact Pat Ashworth - pashworth@shdiamondcreek.catholic.edu.au




PARENT'S ASSOCIATION

The Parent's Association are running 2 Easter Fundraisers – the annual Easter Raffle and a Ferguson Plarre Bakehouse Hot Cross Bun Drive. A request for donations of Easter Treats and Raffle Tickets have been sent home to all families. An order form for Hot Cross Buns has also been sent home however you can also order via our CDF Online Shop.

We really appreciate your support – all funds raised go towards purchasing the resources and equipment for all our children to use!



Freshly baked, kid friendly Hot Cross Buns. All buns come bagged and ready on our easy-to-handle bun-board.

-  Our Traditional Hot Cross Buns contain more fruit than flour
-  Our buns have been made with a time tested Plarre family recipe for over 50 years
-  Every one of our buns are hand crafted, rolled and piped

[CLICK HERE](#)





SACRED HEART PRESENTS
"SPLIT DECISION"

2021 is going to be another busy year in Performing Arts, as it is a Production year. We have our fingers crossed that we will have a more "normal" year compared with 2020.

We are currently fine-tuning the script and have also opened up to the students in Years 3-6 the opportunity to show interest in auditioning for a role. We had over 60 students show their interest in auditioning, this is wonderful and a great experience for students whether they receive a role or not. Auditions will be held during the day on Tuesday 9th March.

By the end of the term we will have selected our final cast. This is a time consuming task and will be undertaken by myself, Mrs. Morgan and Mr. Jim O'Sullivan.

All students at Sacred Heart will be involved in the production through their class items.

I look forward to working with all of the students as we prepare for this year's production, Split Decision.

Further detailed information regarding venue, times and ticket sales will be published in the school newsletter closer to the Production date.

Mrs. Rachel Murphy
Performing Arts Coordinator.

Save the date
- Thursday
21st October
2021

ISSUE 2021 **2**

ORDERS DUE BACK BY: **17-3-2021**

WELCOME TO Book Club

Want to learn more?
See our Parents' Guide
scholastic.com.au/parents

001
NEW! 4-in-1 Solar Robot
Make four different robots and watch as they come to life using solar power!
AGES 8+
~~\$34.95~~
CLUB PRICE \$22.00

002
NEW! Ninja Toys!
Grandma has invented a glove that can bring toys to life!
192 pp. AGES 7+
~~\$15.99~~
\$10

003
NEW! The Dangerous Gift
Tensions are higher than ever as the dragons prepare to fight for the survival of dragonkind!
336-pp hardcover.
AGES 10+
~~\$24.99~~
CLUB PRICE \$16.00

Orders due by Wednesday 17th of March

Please place your order online via LOOP at:

[CLICK HERE](#)

Or alternatively, return your order form and payment to the school for processing.

UNIFORM SHOP

The Uniform Shop is OPEN from 3.15 pm to 3.45 pm in the Community Centre each Monday or alternatively, uniform orders can be made via the CDF Pay Online Shop. Orders placed online will be prepared each Monday and sent home with students via the tubs.



This week @ Sacred Heart



Running Club



1/2 CN - Mixing Art with Inquiry

Community News



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

"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



OPEN DAY

WHITEFRIARS
CATHOLIC COLLEGE FOR BOYS

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)

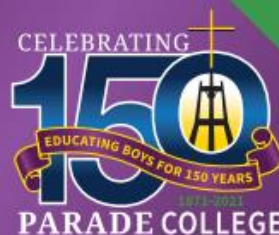
Book your place online
www.clc.vic.edu.au



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