

View the Newsletter online: https://www.shdiamondcreek.catholic.edu.au/newsletters-forms/

# Sacred Heart Newsletter

Newsletter No 8 Term 1 25th March 2021

# Dates for the Diary

Fri 26<sup>th</sup> Mar Thur 1<sup>st</sup> Apr Fri 2<sup>nd</sup> Apr School Photographs Easter Bonnet Parade & Raffle, Special Lunch Day, Students dismissed 2.30 pm Good Friday/SCHOOL HOLIDAYS

Mon 19<sup>th</sup> Apr

Term 2 Commences

Dear Sacred Heart families and friends,

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

https://www.youtube.com/watch?v=oi6iN919WwM

### **Religion News:**

Thank you to our families who were able to attend the Eucharist Commitment Masses over the last weekend. It was wonderful to present our young people to the parish and to have the parish pray for our students as they prepare for the Sacrament of First Eucharist in May. I have included the prayer from our masses over the weekend below for families to use throughout their preparations at home.

Loving God,

bless these young people who are preparing to celebrate the Sacrament of Eucharist and bless their families.

Bless each one of us. Deepen our awareness of your love for us as we come to share in the Eucharist.

Help us to be nourished by the Eucharist and bring us ever closer to your Son, Jesus.

A reminder that our Eucharist Faith Night for parents will be held on Tuesday 20th April when we return from holidays. There will be two sessions offered at 5:30pm and 7pm.

Holy Week begins this weekend on Palm Sunday. At Sacred Heart all students will be looking at the events of Holy Week in their classrooms, with different activities such as our Year 1/2 students making palms, our Foundation student leaders washing the feet of their peers, and our Year 3/4 and 5/6 students examining

in detail the Last Supper and the Stations of the Cross. We will share some photos of these special activities with you in next week's newsletter.

### Parenting Seminar - Kids and Anxiety:

Thank you to the number of families that were able to join us for the Parent Seminar held last night. Anna Johnson was our presenter. Anna 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.

The topic of the seminar was Kids and Anxiety which was a fitting topic after 2020 and the impact COVID-19 has had on many children and their families both directly and indirectly. 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 explored 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 included some tips on how you and your family can experiment with reclaiming authority over anxiety. Thank you to the families that were able to attend this session and support the children and school in dealing with a common childhood issue.

### Interschool Sport:

Last week we played Glen Katherine Primary School and the results were:

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

This week we will play Hurstbridge Primary School at our home grounds.

### Ride2School Day:

Last week we celebrated Ride2School Day on Friday 19th March. We encouraged children to use active transport to get to school on this day. Congratulations to all members of the community that were able to ride, scoot or walk to school on this day. The tally for the day was:

Ride	56
Scoot	18
Walk	17

### Easter Raffle:

Easter Raffle tickets have been sent home. Tickets are \$1 each and there are 20 tickets. The Raffle will be drawn on Thursday 1<sup>a</sup> April. At this stage there are 21 prizes. Thank you to the generous Parents Association for organising this for the community.

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

Direct deposit payments to:	
BSB: 633000	A/C Name: Sacred Heart Parents Association
A/C No: 136609054	Reference: Your SURNAME and EASTER

### Hot Cross Bun Fundraiser:

Collection of Hot Cross Buns will take place on Monday 29<sup>th</sup> March in the community centre from 3.15 pm.

### **House Points:**

At the conclusion of week 8 the results were as follows:			
MACKILLOP (RED) BUNJIL (BLUE) CORDNER (GREEN)			
4099	2981	2567	

### **School Photos:**

We have school photos tomorrow and we would like to thank the small number of parents who have provided feedback in regards to the school photos and choice of uniform for Friday.

This was not an easy decision. This year we have gone with a different photo company. The reason for this was that last year we received a grant to get a professional produced virtual tour of our school done for our website but this grant only covered only a percentage of the virtual tour. If we wanted to have the complete virtual tour, we either needed to pay extra money or utilise the same company for photos for three years to obtain the entire virtual tour free of charge. After some research looking at a few photography companies and schools we decided to make this change as each company offered very similar products. The new company had two styles of photos, traditional and contemporary. After consultation with a parent representative group, we decided for one year to go with the contemporary style photo as the company had told us many schools were taking this option now. This was shown on the front of the envelopes sent home last week. We had decided we would ask for feedback in regards to this after photo day.

The subject of uniform was then considered. As Friday is a sports uniform day for the entire school, and unfortunately, we were unable to get any other day, we spoke about the need for all Year 4-6 students to wear sports uniforms in the morning for Interschool Sport. We discussed that if we asked students to bring school uniforms to change into, we would then face students who forget the summer uniform or even parts of it and possibly lose uniforms in the change. As we had made the decision to change to contemporary, we thought that this uniform may suit the style also.

After discussion with parents, we would still like to have the class photos done in SPORTS uniform but would like to allow individual families to make the decision in regards to individual and sibling photos on the day. For many of you, individual and sibling photos will still suit their children to be in Sports Uniform and therefore you do not need to do anything further. All students are asked to wear SPORTS uniform on the day for their class photos but if you as a family would prefer the individual and sibling photos in summer uniform can you please send an email to gmurphy@shdiamondcreek.catholic.edu.au. On the day if you send your child/ren with their summer uniform and you email Gina to add this to the list we will ensure these students are changed before their individual and sibling photos.

Once again thank you to the parents who communicated this with the school and we apologise for the concerns this has caused.

### Earth Hour at Sacred Heart:

The Sustainability Team is very excited about Earth Hour on Friday, last session. They are asking everyone in the school to turn off their lights and screens and to take some time out to appreciate nature. They have put together a

range of activities that students could choose from on the day, the idea being that the whole school is out and about being Earthy together. In the spirit of the day, the office is even going to switch off the bell and we will use the old-fashioned bell!

### Sacred Hearts Got Talent:

To finish off a busy Term 1, the student leadership group are organising a 'Sacred Hearts Got Talent' show next week to promote the various talents of students across the levels. Students have been invited as individuals and groups to put together an act to present to an audience at recess on Monday and Tuesday.

### Easter Bonnet Parade:

We will be having an Easter Bonnet Parade on Thursday 1 April. Ms Neilson has organised a second session for students to create their bonnets at school alternatively they can be made at home – this will be on Wednesday at first recess in the Art Room. The parade will take place at 9.10am in the courtyard and families are welcome to attend.

### **Student Leaders:**

This year we will showcase our students that hold leadership roles in the school to not only share with you these impressive young people but to inspire our younger students to take on these roles as they become senior students within our community.

### Xavier Sciberras

I'm Xavier and I am the 2021 Fire Carrier leader.

My favourite school subjects are P.E and writing. In P.E a lot of the time you do a circuit which is hard but fun. In writing we have either stories or questions we have to write about. My favourite things to do outside of school are riding my bike, going on the trampoline, and swimming. In the future I want to be an Aussie engineer, a good Dad and husband and a kind person in general.

I think being a Fire Carrier will teach me and the school more about the people who were on this land before us, such as the Wurundjeri people.

### Rory Audley

I'm Rory and I'm the Wellbeing Leader for 2021.

My favourite subjects in school are Maths and Writing. In Maths you need to keep everything precise or else you cannot get the answer. With writing you get the freedom with writing whatever you want. My interests outside of school are Basketball and Football or pretty much any type of sport. Also, I like playing and having a good time with my crazy family (Also eating!!!!). When I grow up, I would love to be an Australian Sports Star, a good father and husband and just a kind person in general.

I think that being the Wellbeing Leader is a big opportunity for me as a person and the school. I'm able to help and look after the wellbeing of the school students. Lastly, I think that Sacred Heart is important to me because I love being involved in lots of activities also because I think my education is a lot to me.

### Staff Bios:

### Brenda McMahon

My name is Brenda McMahon, I'm a Library Technician and I work here at Sacred Heart on Mondays and Wednesdays.

My job is to find resources and make sure they're available to the school community, I love helping students and staff find the book, website or video that they need – or possibly one they didn't know they needed.

I was born in the Wimmera and went to primary school in a tiny two-teacher school where the library was one bookshelf. We moved to Melbourne when I was twelve (Mum and Dad wanted their children to be able to go to university), it was a bit of a shock!



I studied Agricultural Science at Melbourne University, and went back home to work on the farm for several years. I married Paul and moved to Wattle Glen in the 80's, and we've been in the same place ever since! We have two very grown-up children; our daughter is a secondary school teacher and our son is a product design engineer. We're a bit excited because our first grandchild is due later this year.

It took me a long while to decide "what I want to be when I grow up" – when our children were in their teens I went back to school and studied the Diploma of Library and Information Studies. I was very lucky to find this job before I was fully qualified.

Since I started this career, the changes have been enormous, we now have access not just to physical books, but also to lots of digital resources. I love finding new ways to do the ancient occupation of library management.

My hobbies are patchwork and quilting and knitting (mostly socks).

I've been a member of the Wattle Glen CFA auxiliary for over 30 years, and Paul and I have both just completed our basic CFA firefighter qualifications, so soon we'll be allowed to turn out when the siren goes off. This is also exciting. I recommend that anyone who's interested join their local CFA brigade, it's a wonderful way to contribute to the community, and there are lots of ways you can join in without holding a hose.

Pat Ashworth



I grew up in Eltham and went to school at Our Lady Help of Christians Eltham then Whitefriars College. I knew from early on that I wanted to be a teacher and studied teaching at Australian Catholic University.

I've been teaching at Sacred Heart since 2013 and have taught Years 1-6 in the classroom and the whole school as an ICT specialist.

Over the past couple of years, I have taken on the responsibility of being the eLearning Leader and implementing the change from ICT to STEM. I really enjoy working at Sacred Heart because of the community. I love that all of the students are in the same place at play time and get to mix throughout the year levels. I find it great that I am able to know every student in the school.

### CALENDAR

March

IVIAICII						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 WEEK 10 B	30	31				
Assembly						

<u>April</u>

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

### **Other Dates:**

Tuesday 27 April – Interrelate Family Night Friday 7 May – Colour Fun Run Thursday 13 – Friday 14 May – Year 3/4 Camp Wednesday 9 June – Sacred Heart Day Thursday 10 and Friday 11 June – School Closure Wednesday 4 August – Sacred Heart Athletics Carnival Thursday 21 October – School Production

# Value = Emotional Literacy



Prep NC	Emily Matulick
1/2 CN	Charlotte Lewis
1/2 PA	Erica Motschall
3/4 NJ	Isaac Sciberras
3/4 RM	Harry Lord
5/6 JD	Nicole Harris
5/6 MM	Issy Jones
PE	Meliz Hoe
LOTE	Tyler Stacey
STEM	Zara Campbell & Maddi Arvaji
Performing Arts	Zara Campbell
Visual Arts	Xavier Hernandez









# **Parents & Carers**

Implementing GEM Chat at home - Gratitude Questions

These daily questions have been developed to help families practise the GEM principles. They are a great way to facilitate positive conversations as your family shares a meal either in the morning, afternoon or evening or at a time that works best.

Check out some great GEM CHAT questions here:

- What were three things that went well for you today?
- · Who is someone you feel really grateful for today? Tell us why.
- What is it about our home that makes it our home/special family place?
- What is something you are looking forward to tomorrow?

Want to look further into the benefits of Gratitude? Follow this LINK!







# **Parents & Carers**

### Listen to The Imperfects Podcast

Teaming up with one of Australia's most successful comedians, **Ryan Shelton**, and his very talented brother J**osh van Cuylenburg**, **Hugh** has put together a podcast which is all about how perfectly imperfect we all are.

Constantly comparing ourselves to others can not only be exhausting, but extremely harmful. However, when we share our struggles, we start to realise that everyone, no matter how successful, has something they are battling with.

In this podcast **Hugh** will be chatting to a variety of interesting people who will be bravely sharing their struggles and imperfections. **Ryan** will then join him to discuss some valuable take-aways we can all apply to our own imperfect lives.

<u>CLICK HERE</u> to listen directly to **The Imperfects** or find out what platforms you can stream through for your next walk, run, ride or road trip with friends or family!





# parenting **\***ideas

### INSIGHTS

# Managing anxiety before it becomes a problem



The president of Australian Primary Principals Association (APPA) recently highlighted the enormity of the anxiety problem that children are facing. A survey of primary schools across Australia conducted by the APPA showed that 80% of school leaders regard anxiety as a significant issue for children.

Research shows that childhood anxiety left unmanaged will almost certainly re emerge, highlighting the importance of early detection and management of anxiety. Parents, as first responders, play an important role by minimising the impact of stressful moments before they lead to full-blown anxiety. Here's how they can help.

### **Recognise anxiety triggers**

Recognising the events that trigger anxiety is the first step in helping a child to manage their stress. Rapid or unpredictable change, new social situations, unfamiliar events and difficult experiences are the most common anxiety stressors for kids.

### Know how it shows

Stress and anxiety show in many ways however most children display anxiety behaviours that are unique to them. Typically, anxiety shows through physical signs such as chest pains, nausea and headaches. Anxiety can be observed through behavioural clues such as avoidance of activities, aggression, concentration difficulties and constant fiddling and movement. Worrying, overthinking and catastrophising are also common in children who experience anxiety. Knowing how anxiety shows in your child will alert you to respond appropriately with support and understanding.

### Give kids tools to manage their states

Once anxiety is experienced it never truly disappears. It's always there in the background. Anxiety needs managing so kids can get on with their lives rather than become overwhelmed by stress and worry. Providing children with tools to manage their thinking, emotional and physical states prevents anxiety from becoming debilitating. Management tools such as deep breathing, mindfulness and exercise as well as techniques to help kids distance themselves from their anxiety-inducing thoughts help them minimise the impact of stress.

### Help them understand how anxiety works

Children who understand what happens in their brains and bodies when they are stressed are better able to manage their anxious states. Providing children with a thorough knowledge of how anxiety works and how it shows empowers them to push their worries into the background while they get on with their lives. Managing anxiety takes practice, but it's absolutely essential if children are to flourish rather than become overwhelmed by stress and worry.

# parenting **\***ideas

### In closing

Stress and anxiety have accelerated with the impact of the pandemic. The growing rate of anxiety is no one's fault, however it does mean that parents need to become more knowledgeable about how anxiety works, how it shows and how you can help your children.



### 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

### PARENT'S ASSOCIATION

Thank you to the families who have donated Easter chocolates and gifts for our Easter Raffle. Check out the awesome yummy prizes in the Office window – there are so many prizes to win! The raffle will be drawn after the Easter Bonnet Parade next Thursday.

Don't forget to return your raffle tickets – Tickets are only \$1.00 each and more books can be collected if you are able to sell to your family and friends. Tickets only \$1.00 each

Awesome Easter Prizes

# 2021 PRODUCTION

# <u>CAST</u>

**KATE 1- SOPHIE** KATE 2- ALICE MALLORY- ALLY **MRS KELLY- CLAIRE** TOBY-RORY EMILY- KRYSTAL MADISON- MIKI **BILLY-XAVIER** AARON- KIERAN MRS HOLT- BELLA PRINCIPAL SKINNER- HECTOR **SERGEANT STEVE- HUGO** DR. LUNA- IZZY, (UNDERSTUDY - RUBY) HAMLET-LEO PAPER KIDS- SNEHATH & HALIEE DJ'S-ISAAC, MICHALA, LAILA

\* RUBY TO SING SOLO CHORUS IN CLASS ITEM \*

# This week @ Sacred Heart





Justine's (Prep NC) Show and Tell - 'something green theme'

# Mrs Ticklebottom's Plastic Problem



On Friday, the Prep to Twos were excited to watch a play called Mrs Ticklebottom's Plastic Problem in the Community Centre. We had a great time watching Mrs Ticklebottom learn the different ways that plastic can affect the environment and animals. She started by dropping her rubbish all over the place, but with the help of a ghost pigeon named Bob, she realised that she needed to Reduce, Reuse, Recycle and Rethink. The play was very funny but we also learnt not to litter and why it is important to pick up litter when we see it, even if it is not ours! We recommend watching the play if you ever have the chance. By 1/2 PA









Artwork by Yr 5/6 students

Re-telling the Easter Story through symbols and images.



Nature Eggs by Prep

# **Community News**







### Parade College - Term 2 Family Tour Dates

Week 2 –	Tues 27 April – Preston,
	Wed 28 April – Bundoora
Week 4 -	Tues 11 May – Preston,
	Wed 12 May – Bundoora
Week 5 -	Tue 18 May – Preston,
	Fri 21 May – Bundoora
Week 7 -	Tue 1 June – Preston,
	Fri 4 June – Bundoora
Week 8 -	Mon 7 June – Preston,
	Tues 8 June – Bundoora
Week 10 -	Tues 22 June – Preston,
	Wed 23 June – Bundoora





### Fr Noel Kierce, O.Carm Scholarship 2022 Applications Now Open

This scholarship recognises outstanding achievements in the arts, sport, leadership and community service.

Applications close Friday 23 April 2021.

To find out more about the criteria and application process visit whitefriars.vic.edu.au/scholarships

Whitefriars College 156 Park Road Donvale



### LIL DRIBBLERS INTRODUCTORY BASKETBALL PROGRAM

Lil' Dribblers is Diamond Creek Basketball Clubs introductory program designed to develop fundamental basketball & social interaction skills and the confidence to move into competitive basketball. The program is open to children between 5 & 7 years of age of all abilities.

The program runs each term with 7 × 45 min sessions run by a Head Coach and 1 assistant per 5 participants. Sessions are Mondays between 5:00pm and 5:45pm at Community Bank Stadium, 129-163 Main Hurstbridge Rd, Diamond Creek.

The cost for each term will be \$85. Each participant is required to purchase a beginner pack at a cost of \$30 which will include a reversible singlet, basketball and drink bottle.

For further information, email us at lildribblers@dcbasketball.com.au



**Eltham Rugby Union Football Club** 

 2021 Season

 50 seasons of rugby union in Eltham

 Want a new sport in 2021?

 Rugby union is a sport for all body shapes, gender and ability levels – a game for all the family

 Boys and girls of all ages are welcome – for training times see website and facebook

Address: 58 Bridge Street, Eltham VIC 3093

Facebook: http://facebook.com/elthamrugby

www.elthamrugby.com.au

membership@elthamrugby.com.au

All registered players are fully insured through Rugby Australia.

Rugby Victoria manage the local rugby union competitions.

Registration is via RugbyXplorer app – download to your mobile device

App Store

Email:

Web:



# **"JOIN US"**

# Come and play FOOTBALL with us in a FUN and SAFE environment

Want to join a club who are focussed on developing female players? NEW PLAYERS WELCOME from 7 yrs+.

All enquires contact

Gavin at juniorsvp@dcwfc.com.au or M: 0411 679 609

Karyn at registrations@dcwfc.com.au or M: 0419 356 413



### WHATS ON?

Fun tennis for all ages and abilities. A great way to make new friends and an awesome introduction to tennis with the help of experienced coaches.

### WHEN AND WHERE?

Day 1: Thursday 8<sup>th</sup> April 9:30-12:30PM Day 2: Thursday 15<sup>th</sup> April 9:30-12:30PM All clinics will be @ UC tennis club, located on Challenger St, Diamond Creek

### HOW MUCH?

1 Day: \$35 Per Student Both Days: \$60 Per Student

### HOW TO ENTER?

Message Jarryd Wildsmith on 0452581804

- The name/s and contact info of the participants

BRING A FRIEND AND YOULL RECEIVE AN

ADDITIONAL \$5 OFF

- Age
- Which days (or Both)

LIMITED SPOTS AVAILABLE!!!!

# TUNING INTO KIDS

Tuning into Kids (TiK) is an online

TiK is a **free** program run by Kids First for parents who live in Yarra, Darebin, Whittlesea, Banyule and

### Session dates and times

Session 1: Tuesday May 4 Session 2: Tuesday May 11 Session 3: Tuesday May 18 Session 4: Tuesday May 25 Session 5: Tuesday June 1

### Location

### For all enquiries please contact

**n** 

LINDA JEAN DANCING ACADEMY - YARRAMBAT CALL 0419 586 886 FOR TRIAL

# **Come Join our Beginners** on Thurs 4.15-5.30pm

Includes Tap, Jazz & Ballet

Special 10% Disc Term 2 for New Students







# Tennis Coaching Sacred Heart Primary School DID YOUR CHILD ENJOY TENNIS AT SCHOOL PROGRAM TERM 2 COACHING IS AVAILABLE

### School Holiday Program

Venue:	Wattle Glen Tennis Club		
Days:	Tuesday 13th April	Wedne	sday 14 <sup>th</sup> April
<u>Time:</u>	9.30am – 2.30pm	Cost:	\$45 per child per day
Includes:	BBQ Lunch, tennis coaching, fun activities & prizes		

# Wednesday Morning Tennis Coaching

<u>Time:</u>	8.10am – 8.45am	35min lessons (Wednesdays)
Cost:	\$12 per lesson	
Start Date:	Wednesday 28 <sup>th</sup> April -	16 <sup>th</sup> June (8 week program)
Venue:	Sacred Heart Primary S	chool – Basketball Court

## After School Program

Venue:	Wattle Glen Tennis Club		
<u>Time:</u>	30min class	Days:	Lessons available Monday – Friday
Start Date:	From Monday 19 <sup>th</sup> April		
Lessons:	Group, Private, Adult Lessons	available	•

### For all Bookings, please contact Mark Sfiligoj

Mob: 0410 60 44 50

Email: marksf.tennis@gmail.com

# Get on the ball with the Australian Open



If you're aged between 12 to 15 years and want to get up close with the world's best, become a ballkid at Australian Open 2022.

Applications close 31st March 2021.



Head to ballkids.tennis.com.au to apply now.





BOYS & GIRLS JUNIOR PROGRAM Winter U11, U13, U15 & U17 All games Saturday morning 9am start NEW PLAYERS WELCOME

U15's Training starts 6th April 5:30-7pm U11's & U13's Training starts 7th April 5:30-7pm U17's Training starts 8th April 6-7:30pm

@ Glenauburn Park, Lower Plenty
 Come down and Join the Roadrunners
 Season Starts 24th April

www.juniorbaseball.com.au

Email: rlpbc@outlook.com Phone: Chris 0407 858 629

Malahang



ZZ Banyule

 $\otimes \otimes$ 



# **SAND SCULPTURES 2021**

Were Street, Montmorency | From April 9 The Walk, Greensborough (Outside Watermarc) | From April 10 Macleod Village Park | From April 10

WATCH THE ARTISTS BRING THESE AMAZING SCULPTURE'S TO LIFE!

FREE Sand Workshops at The Walk Greensborough from 10am – 2pm Saturday's April 10, 17, 24 and May 1.

# 5-9pm March 25-28

ESTIVA

A mesmerising display of illuminated large scale lanterns

> Malahang Reserve, Southern Road, Heidelberg West

Stay tuned for updates and booking information via banyule.vic.gov.au

 $\otimes$   $\otimes$ 

Banyule

banyule.vic.gov.au