

### SACRED HEART PRIMARY SCHOOL

## Newsletter

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

Website: www.shdiamondcreek.catholic.edu.au

Newsletter No 2 Term 3 22nd July 2021

Fr Steve's Sunday Mass:

https://www.youtube.com/watch?v=ZexYAm-Hxlk

Dear Sacred Heart families and friends,

As parents and teachers part of our role is to present a positive face to the young people in our lives - our children, our students. At this moment though, we can all be forgiven for taking a brief moment to feel a little downhearted. We understand the need for this current lockdown and are supportive of it, however that does not stop people from being worried and even a little anxious for the students, their families and staff. It is important to acknowledge there are times when you find things tough. The trick is not to stay in that space too long. It does not serve people well.

We continue to be in awe of our staff, students and families as they navigate Remote and Flexible Learning and gain as much as they can from this learning experience. Nothing can replace the engagement of students with their teachers in the classroom, but the Remote Learning Program is as close as it gets.

Each time we enter this space our thoughts and concerns also turn to the activities and events impacted by lockdown. We are currently rearranging calendars and contacting venues in an effort to ensure our students can participate in as many events as possible. We will keep you informed as further details come to hand in this regard.

We now look forward to welcoming our students and staff back to school on Wednesday 28 July and working with them to keep all in our community safe and supported during the remainder of 2021. Meanwhile, all we can do is work hard, stay positive and focus on the things in our control, rather than worrying about the things we cannot control.

Stay safe, take care.

Jim & Gina



Pope Francis has proclaimed the First World Day for Grandparents and the Elderly, to be held on Sunday 25 July 2021 (Feast of Saints Anne & Joachim, grandparents to Jesus).

In announcing this, Pope Francis has chosen the theme "I am with you always" (cf. Mt 28:20) to express the closeness of the Lord and the Church to every older person, especially in these challenging pandemic times.



This promise of closeness and hope is one that can be shared by young and old alike. Not only are young people called upon to be present in the lives of grandparents and older people, but the elderly also have a mission – to pass on their faith.

Each of us, whether married or single, religious or priest, share this mission. Let's reflect on the particular ways in which this is lived out by grandparents and the elderly.

#### THE ELDERLY HAVE EARNED RESPECT IN ALL CULTURES

"When a grandfather dies, a whole library is buried with him" (African proverb).

"Our grandmother used to tell us stories of our dreamtime. Much of our sense of being part of a people comes from her" (Aboriginal parent).

Children and the elderly build the future of peoples: children because they lead history forward, the elderly because they transmit the experience and wisdom of their lives Pope Francis - Angelus, Rio de Janeiro, 26 July 2013, quoting Aparecida Document, 447.

#### LONG DISTANCE (TECH SAVVY) GRANDPARENTS

Whats App, Facetime, Zoom...

.. and a host of other apps are good but prepare for them. Have a news item or interesting fact to pass on at each video-chat. Put a prompt in your calendar to remind you at a regular time.

#### Texting is quick...

.. and perfect for passing on jokes, today's photo or interesting quotes. Get your grandkids to show you how to include emojis and gifs to take it up a level.

#### Email is so easy...

.. and perfect for sharing an attachment from a store of photos, news items or interesting family history.

#### Snail mail is slow...

.. yet unsurpassed in communicating your personal attention and delivering the delight of a physical letter or package.

We know very little about Saints Joachim and Anne. Whatever their names or the facts of their lives, we can assume that Mary was raised in a Jewish family home, faithful to God and to the religious traditions of her day such that she was led to respond wholeheartedly to God's request with faith, "Let it be done to me as you will."

SAINTS JOACHIM AND ANNE, PRAY FOR US;

PRAY FOR OUR GRANDCHILDREN WHO ARE SO DEAR TO US



#### THE OLDER GENERATION: THEY'VE 'SEEN IT ALL BEFORE'

In the confusion of a pandemic, older people are the ones with the longest experience of unpredictable and challenging times. They are survivors whose experiences often include migration, war, droughts, bushfires, financial recessions, business failures, to name just some. They can provide perspective in the face of uncertainty.

#### **GRANDPARENTS HAVE THE GIFT OF 'PRESENCE'**

Grandparents often have time to 'do' things, like driving kids to school or sport, playing games or teaching them to cook or build things, or reading stories. But their main gift is their presence - just 'being around'. Their own love and care and their observations are all part of creating a culture of security and care for the younger generations.

#### THE ELDERLY: GOOD FOR MENTAL HEALTH

The mental health of young people is enhanced by knowing their place in their own particular family's history. In the early days of Canberra, as young families moved there for work, a sociological challenge was the relative lack of the older generation. In today's world, the range of contacts of youth are hugely increased by modern social media but very often these are limited to their own narrow age range. The presence of the elderly can help to reduce that imbalance.

#### THE ELDERLY ALSO BENEFIT FROM THE YOUNG: IT WORKS BOTH WAYS.

Both generations benefit from each other. As one grandmother said, 'We enjoy playing kids' games that we would never play with friends of our age. And we enjoy taking the grandkids to movies that we would never watch on our own. So while we're teaching them things, they're helping us to keep abreast of new trends and new technologies. They keep us young.'

#### **GRANDPARENTS: OUR PERSONAL BANK OF MEMORIES**

Memories help us understand who we are. And when planning for the future, we call on our memories to help us to prepare. The elderly often can remember their own parents and grandparents as well as knowing the two generations that follow them. Only they carry with them the collective experience of five generations. That's a huge wealth on which to draw.





## SACRED HEART PRIMARY SCHOOL Heneral News

#### **OUT OF HOURS CARE TERM 2 REPORT:**

What have we been up to this Term? Moving into Term Two, our children have continued to demonstrate a keen interest in being creative within their drawings, crafts and the puppet show playing conversations. On many occasions the children have come up with their own ideas and what they want to do during our session so the educators have scaffolded this learning and allowed them to use their imaginations and

follow their own spontaneous play. Whilst the weather was still nice and sunny we spent as much time outside as possible, we utilised this time to have picnics for our afternoon tea. The children continued to love playing in the GaGa pit, climbing on the log fort and playing 'shops'.

Our numbers throughout the term were still very low having two to three families utilising the service consistently. With this, it did allow staff to create strong relationships with the children and allow each child to express themselves individually and have their individual interests extended on. Our key interest of activities throughout the term consisted mainly of experiences centred around drama, creativity and use of imagination. Such as, drawing, cooking, make believe play (Shops, mums and dads etc.) Moving into Term 3 we will see a change in our staffing at Sacred Heart. The service Coordinator Mimi has decided to move on due to family/personal reasons. We are looking forward to having a new team in Term 3 and providing the continued high-quality care to the children at Sacred Heart.













# SACRED HEART PRIMARY SCHOOL Wellbeing

#### THE RESILIENCE PROJECT:

#### The Academy of Imperfection - Dr Billy Garvey, Paediatrician

Go get your pens and notebooks everyone! In this edition of The Academy of Imperfection, students Hugh, Ryan, Josh sit down with famed paediatrician, Dr Billy Garvey of The Royal Children's Hospital. Currently, Billy regretfully has a two and a half year waiting list to see him in person, but is keen to reach as many of you as possible NOW. And with all the talk on our podcast about parenting recently, we felt this was a very necessary episode. Billy may not look like one of Australia's most respected and in-demand paediatricians, as we speak about in the episode, but gee whiz, he sure does talk like it!

- Apple Podcasts Click Here
- iHeart Radio Click Here
- Spotify Podcasts Click here
- Stitcher Click Here

## REGISTRATION INFORMATION FOR PARENTS/CARERS - SUPPORT YOUR CHILD'S LEARNING AND HELP THEM GET THEIR SPARK BACK:

Home schooling and the uncertainty of 2020/21 have left families feeling anxious and perhaps a little overwhelmed.

Clinical psychologist and family therapist **Andrew Fuller** is holding a webinar which is applicable to every family and empowers parents to guide their children (and themselves) towards success.

Andrew's webinar will help parents with practical tips on remote schooling and show them how to get their kids' mojo back by finding their particular learning strengths and identifying 10 things highly successful students do to study. He will also help parents to deal with the after-effects of 20/21 with tips and information on how to overcome anxiety in children.

Andrew Fuller combines the latest research from brain science, positive education and resilience to create strength-based education.

There will be a presentation and then the opportunity for parents to ask questions directly.

Andrew Fuller - Clinical Psychologist, Author and Family Therapist

- 2 additional free webinars (Monday 26 @ 1-2pm or Tuesday 27 July @ 5.30 6.30pm)
- each webinar is capped at 500 participants
- · webinars are not able to be recorded
- registration details below

#### Monday 26 July 26 @ 1 - 2pm

Register for tickets here: https://www.eventbrite.com.au/e/support-your-childs-learning-and-help-get-their-spark-back-3-tickets-163955391991

#### OR

#### Tuesday 27 July 27 @ 5.30 - 6.30pm

Register for tickets here: https://www.eventbrite.com.au/e/support-your-childs-learning-and-help-get-their-spark-back-2-tickets-163954894503

#### **ONLINE SAFETY WEBINARS FOR PARENTS:**

Earlier this year CSPV conducted research of parents to understand areas of concern for them when it comes to their children's learning. One of the areas of concern was online safety. The eSafety Commissioner provides opportunities for parents to be more engaged in their children's safety online through a series of webinars on specific topics that are challenging for parents to monitor and manage.

Please share this information with your parent network as they begin term 3 to support them in their efforts to keep their children safe online.

#### eSafety's parent guide to online sexual harassment and image-based abuse

**Free webinar** for parents and carers of secondary school students

1 in 3 young women and 1 in 5 young men have experienced online sexual harassment. When young people experience this type of online harassment and abuse it can have serious impacts. This webinar is designed for parents and young people to attend together to learn how to report and where to go for support.

Visit <u>esafety.gov.au</u> for <u>more information</u> on parent webinars and to register.

#### eSafety's parent guide to popular apps

**Free webinar** for parents and carers of primary and secondary school students
Understand the risks when using apps like Tik Tok, Snap Chat, YouTube and Instagram. This webinar also covers strategies for staying safer on social media and how to report if something goes wrong.

Visit esafety.gov.au for more information on parent webinars and to register.

## parenting \*ideas

INSIGHTS

### **Riding the COVID waves**



The disruption caused by the coronavirus pandemic continues, with the scale of its impact dependent on geography. Families in the nation's two most populated states are no strangers to lockdowns and the disturbance they bring to normal life. Regardless of where you live, the sense of the pandemic is always present, ready to disrupt daily life at short notice.

#### We crave connect and certainty

Human beings crave certainty and human connection, both of which are severely impacted by the current pandemic. Just when life appears to return to normal, coronavirus case numbers can flare, sparking changes to our daily lives. As demonstrated by the massive increase in people seeking psychological support services over the last 18 months, these are difficult times for us all.

Every family has its own coronavirus story consisting of loss, disappointment, hardship, frustration or overwhelm of some kind. While there is no magic bullet that will make living through these uncertain times easy, here are some strategies to help you and your family stay upright while you ride the COVID waves of uncertainty and change.

#### Model a coping mindset

Let's start with a coping mindset, the hardest and most important strategy. The leader in any group is the person who remains calm in a crisis, so as parents we need to do all we can to keep our acts together, or at least look like we are in control. Kids of all ages, but especially primary-aged students, take their cues from parents, the most important people in their lives, about how to view events. If catastrophising, anxiety and anger are modelled, then inevitably younger family members will mimic these behaviours. More significantly, these behaviours contribute to their feelings of lack of control. Alternatively, when acceptance, perspective and optimism are on display, kids learn how they can cope with uncertainty and change. This is not to suggest that parents aren't struggling, and that we shouldn't show our vulnerability to children. However, children and young people feel safer and more secure when their parents radiate a sense of calm and composure in the face of difficulty. Challenging, but essential.

#### Act like a middle born

Despite the negative press that middle-borns receive including 'middle child syndrome', and 'middle-child complex', this cohort is generally very resilient. Their flexibility as a result of fitting into a life pattern set by an elder sibling enables them to more easily adapt to change. Often considered less ambitious and driven than first-borns, middle children generally expect less of themselves, and are more inclined to bide their time, letting the big waves pass before riding the more accessible, easier waves to achieve success. Birth order research reveals that middle children tend to have broader social circles than children born in other positions enabling them to form social connections in many different settings. Their adaptability, lowering of expectations and wonderful approachability are examples of how to survive challenging times.



#### Embed wellbeing strategies into family-life

If ever there was a time to make wellbeing come alive in a family, it's now. If you have previously believed kids' wellbeing is less important than homework, music or sports lessons and chores then it's time for a priority rethink. Mental health practices are most successful when they are embedded into family life, rather than being focused on when life gets hard. While no means limited to these, the most significant wellbeing practices include sticking to daily routines (to maintain feelings of control), taking regular exercise (to get rid of built-up stress and promote feel-good endorphins) and prioritising sleep (to maximise the brain's capacity to manage stress).

#### Only sweat the big stuff

If you find that you're arguing with your child over minor issues such as leaving clothes around the house, then it's time to let the small stuff go and focus on the bigger issues. You may need to set the parenting bar a little lower, focus less on academics, even relax screen time limits for a time if they are a source of conflict. Expect behaviour blow outs from children who have lost their own bearings – in some cases access to friends, school, and schedule. Give kids space if they regress, rather than reward tantrums with plenty of your attention, which will reward and keep the behaviour going.

#### Connect with your village

Are you an introvert or an extrovert? What about your kids? It matters because each group reacts differently during lockdowns. Those on the introvert end of the spectrum can feel a little too comfortable being home and away from work or school. Scheduling regular digital catch-ups with friends and family can overcome reluctance to connect. Extroverts, on the other hand, can really struggle being away from friends and need little encouragement to stay in touch, which is vital during times of uncertainty.

There are no hard and fast rules about living through this pandemic. COVID didn't come with a 'how to' manual, so most of us are writing our own rules as we go. Embrace any ideas that work for you and your family and let go of those that aren't right for you. Be mindful, that the tide will eventually turn, the waves more predictable and our capacity to deal with hardship will have been enhanced by this experience.



#### 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.



## Term 3 Dates 2021

#### July

Monday	Tuesday	Wednesday		Friday	Saturday	Sunday
26 WEEK 3 A	27	28	29	30	31	
Remote Learning	Remote Learning	Confirmation Faith Night for 2020 and 2021 candidates online 7pm		ISS v Green Parkways (home) Kate Wilde Year 5/6 (together) 2.20-3.20pm		

<u>August</u>

next three weeks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 WEEK 4 B	3	4	5	6	7	8
Assembly		SACRED HEART	2 Dream Music	ISS v Laurimar C (home)		
100 Days of Prep		ATHLETICS CARNIVAL	Concert 2.20-3.15pm	Kate Wilde Year 5/6 (separate gender) 2.20- 3.20pm		
9 WEEK 5 A	10	11	12	13	14	15
STAFF CONFERENCE School Closure	STAFF CONFERENCE School Closure			ISS v Diamond Creek (away) Kate Wilde Year 5/6 (separate gender) 2.20- 3.20pm		Feast of the Assumption
16 WEEK 6 B	17	18	19	20	21	22
Assembly  Confirmation Reflection Day - Mary Mackillop Centre Year 6  SCIENCE WEEK	Hoop Time Year 3/4 School Advisory Council 7.30pm			ISS v Green Parkways (away)  Kate Wilde Year 5/6 (separate gender) 2.20- 3.20pm  Sacrament of Confirmation 7pm	BOGAN BINGO - Parents Association	
23 WEEK 7 A	24	25	26	27	28	29
Assembly  BOOK WEEK  Book Week Parade 9.10am  Hats to be worn			District Athletics	ISS v BYE  Kate Wilde Year 5/6 (all together) 2.20-3.20pm		
30 WEEK 8 B	31	ļ				
Assembly  LITERACY/ NUMERACY WEEK – Book Fair this week  Spring into Prep Program begins  MACSSIS School Improvement Survey to be completed over the						

September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
			Father's Day	ISS Finals		FATHERS
			Stall			DAY
				Family Day Breakfast		
				Kate Wilde Year 5/6 (all		
				together) 2.20-3.20pm		
6 WEEK 9 A	7	8	9	10	11	12
Assembly			Division	Kate Wilde transition Year 6		
			Athletics	only 11.40am-1.30pm		
Spring into Prep						
Program						
13 WEEK 10 B	14	15	16	17	18	19
Assembly	F-2 Scienceworks			Footy Day		
	excursion					
Spring into Prep				MACSSIS closes		
Program	School Advisory					
	Council 7.30pm			Kate Wilde transition Year 6		
				only 11.40am-1.30pm		
				TERM 3 FINISHES 2.30pm		





## YOUR CHANCE TO WIN

In the Bogan Bingo Reverse Draw

#### GET IN NOW - ONLY 100 TICKETS FOR SALE

#### TICKETS - \$30 EACH OR 2 FOR \$50

Tickets can be purchased via CDFPay CDF or EFT or Cash BSB: 083-347



Account: 423962316

Reference Name/Reverse Draw

The last ticket drawn on the night is the winner. BE QUICK! FIRST IN, BEST DRESSED.

Name:	Phone No:		
No. of Tickets:			
Payment Type: (please circle) EFT	CASH	CDFPAY	



#### Sacred Heart Primary School **Bogan Bingo Night Sponsorship Opportunity**

**Help Support the Sacred Heart Primary School** Bogan Bingo Fundraiser by advertising your business!

#### Table Sponsorship is \$100 with the following benefits:

- Your business logo/advert promoted in the school newsletters prior to the event
- Your business logo/advert promoted on the night on the sponsors table
- facebook post with sponsor mention & link/tag

#### Sponsoring is simple!

1. Return the slip below letting us know you are interested 2. Transfer funds to the school fundraising account via EFT or Credit Card

> Any questions please contact J'Rhette Bishop on 0408 661 808 jerziegirl@bigpond.com

We are interested in s	porisoring the	sacreu meart bo	gan bingo Nignt	as a lat	ne sponsor:
Name:	Business:		Contact N	lumber: .	
Please charge my Masterca	ard/Visa the amo	unt of \$			
			Expiry	/_	ccv
I have deposited \$	directly in	nto the Parents'	Association acco	unt	
BSB# 083-347 Acc#4239	962316 and my	reference num	ber is		



### Orders due by Friday 30th of July

Please place your order online via LOOP at:

<a href="https://mybookclubs.scholastic.com.au/Parent/Login.aspx">https://mybookclubs.scholastic.com.au/Parent/Login.aspx</a>
Or alternatively, return your order form and payment to the school for processing.

#### THE JONES FAMILY ROAD TRIP UPDATE

Hi everyone,

We were able to leave the day before we planned. Hillston NSW, Hebel QLD and Millmerran QLD were our first three stops and they were all very long driving days each day was about over seven hours.

After those long days we finally got to Burleigh Heads and we stayed there for five nights. It was the best because the waves at the beach were great for boogie boarding and also because we went to MOVIE WORLD!!!!! It was awesome because we went on so many cool rides, like the Wild West Log ride and the Justice League ride where you had to shoot star fish. There was also a stunt show, a Charlie and the Chocolate factory shop where they sold Wonka bars and a Space Jam New Legacy basketball game that we could join in with. We also did lots of other things as well like going to an alpaca farm in the hinterlands and a hike in the mountains and from up there you could see Surfers Paradise and the beach.

Our next stop was Tewantin with our Nanny and Pa and was a five minute drive into Noosa. We did a lot of things here-Tree Tops Adventure Park that was near the Big Pineapple, going to the Eumundi market with our friend, driving to Noosa North Shore, having sandcastle lessons, Happy Pops (ice cream shop), boogie boarding and more. We left Tewantin this morning after staying there for six nights, the last two weeks have been a lot of fun!!!

From the Jones Family!!







## Remote STEM @ Sacred Heart

This week Foundation and 1/2 students were asked to build a zoo enclosure.



Jack N



Ollie P



George T



Rupert B



Sade A



Emily L



Erica M



Charlotte L



Daniel B Charlotte M

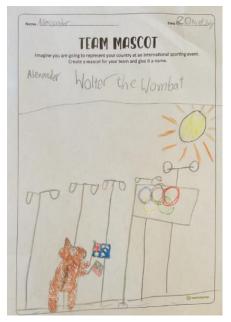
## **Olympic Team Mascots**





















**Olympic Uniform Designs** 

## **Art @ Sacred Heart**

## **ELMER THE PATCHWORK ELEPHANT**



## PATTERNED LANDSCAPES

For art this week, Years One and Two students learnt about how artists use patterns and repetition to create visual effects and then created their own patterned landscapes...







Finn G

**Emily** 

Patrick









Charlotte M

Rupert

Christian

Jack Na







Harry

Charlotte L





## SACRED HEART PRIMARY SCHOOL

## monunity News



Limited places are available in some other year levels. Contact the College Registrar on 9468 3304 (enrol@parade.vic.edu.au) for further information

PARADE COLLEGE - A WORLD OF OPPORTUNITIES!





**Diamond Creek Living & Learning** Centre invites local parents and carers to book in for a free child car restraint fitting or safety check!

WHERE 119 Cowin St. Diamond Creek

WHEN Fortnightly starting on Friday 6 August 2021

HOW Bookings are essential. Parents and carers (including grandparents!) can book in a free child car restraint fitting or check by registering via:

https://safeseatssafekids.com.au/venues-mec/

Please use location drop down box to find the venue. Please note, if you need to have more than 1 child car restraint fitted/checked, you will need to book multiple appointments.

WHY 70% of child car restraints are incorrectly installed or used, posing a serious safety risk to children travelling in those restraints. For peace of mind, have a professional fitter check your restraints so you know your child is safe. For more information about the program, please visit

kidsafevic.com.au/road-safety/free-child-car-restraint-checking-program

These events are hosted by Kldsafe Victoria in partnership with Neighbourhood Houses Victoria, with support by the Victorian State Government.



Due to popular demand.

Additional College Tour dates added. **Bookings online** www.clc.vic.edu.au





### LIL DRIBBLERS INTRODUCTORY **PROGRAM**

Lil Dribblers is Diamond Creek Basketball Clubs introductory program for children aged between 5 & 7 of all abilities.

Lil Dribblers is a fun environment aiming to develop fundamental basketball & interaction skills as well as confidence to move into competitive basketball.





The program runs for 7 weeks each term out of Community Bank Stadium in Diamond Creek.

Sessions are run by a Head Coach and include 1 assistant for every 5 participants.

Full details including price & how to enrol can be found at https://www.dcbasketball.com.au/lil-dribblers or email us at lildribblers@dcbasketball.com.au









