



SACRED HEART PRIMARY SCHOOL

Newsletter

Sacred Heart Primary School, Diamond Creek

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

Newsletter No 3 Term 3
29th July 2021

Fr Steve's Sunday Mass:

<https://www.youtube.com/watch?v=5TluIVsZwNE>

Dear Sacred Heart families and friends,

We hope that this newsletter finds you well and that the lock down period has been OK for you and your children. We were all very excited to welcome the students back to Onsite Learning on Wednesday and are extremely proud of how well the students transitioned back to school. This is not only a credit to the students themselves but also to the families.

There are significant changes to the operations of primary schools in Victoria, we are still awaiting official confirmation of all the conditions and expectations relating to specific events and will share details with you when they become available. Below are the changes that have been made for the next two weeks:

- Interschool Sport will go ahead - this restriction changed from last night
- 100 days of Prep will go ahead
- Assembly will be held in year levels and unfortunately parents cannot attend
- Athletics Carnival will go ahead (weather dependent)
- Staff Conference will be postponed (new date to be advised), school will occur on these days for students

Visitors to the school will be restricted and physical distancing protocols enacted at reception. We ask that parents do not enter the school buildings. Parents are still welcome to enter the courtyard in the morning but ask that you continue to wear your face masks and exercise social distancing.

Please take note of the following information regarding close contact arrangements:

Monitoring of close contacts in schools:

To minimise further community transmission of COVID-19, the Department of Health (DH) has introduced a new system for the identification, notification and monitoring of close contacts (primary and secondary).

In line with this, schools will now be advised if a student or staff member at their school has been identified by the DH as a close contact of a person with COVID-19.

Close contacts are contacted directly by the DH regarding requirements for quarantine and testing; the student or staff member should not attend school until they are advised by the DH that their quarantine has concluded. Students or staff members are required to bring a copy of the clearance message (text, email or letter) they receive from the DH indicating that their quarantine period has ended when they return to school.

Schools will be asked to confirm that the student or staff member identified as a close contact is not attending school during this time. If the student or staff member is attending school, they must be sent home immediately and schools must notify the COVID-19 Coordination Team and their regional office. The school is not required to close due to a close contact attending, unless advised otherwise by the DH.

Health and Hygiene:

We will continue with an increased level of cleaning throughout the day in all areas of the school but with a focus on areas subject to high levels of physical contact. To further ensure everyone's safety and wellbeing and in compliance with government and Catholic Education regulations,

- All adults must wear masks inside and outside apart from those with medical exemptions or while teaching students.
- Existing washing stations and sanitizing stations have been replenished throughout the school.
- We ask that all students bring a full water bottle each day.
- Parents are reminded to keep any student home who is presenting with cold or flu like symptoms and to inform the school.
- The Tuckshop will be open this week for lunch orders only. However, further information regarding the operation of the tuckshop will be available in due course via Operoo.
- All learning will occur face to face in the classroom. Teachers are not expected to teach both in the classroom and via the Remote and Flexible Learning Program.
- Due to the time away from school some activities will need to be rescheduled.

It is during these challenging times we can focus on the principles which underpin The Resilience Project, the core of the Sacred Heart Primary School Wellbeing Program along with Respectful Relationships:

Gratitude – Paying attention to the things and moments we have right now, and not worrying about what we don't have. We practice gratitude by noticing the positives that exist around us.

Empathy – Putting ourselves in the shoes of others so we feel what they are feeling. We practise empathy by being kind and compassionate towards other people.

Mindfulness – Our ability to be calm and in the present moment. We practise mindfulness by slowing down and concentrating on one thing at a time.

Emotional Literacy – Our ability to label our emotions, which helps us to manage them (soften negative emotions and find positive emotions). We practise emotional literacy by labelling our emotions as we experience them.

It is in reflecting on, and putting into practice, these key principles that can continue to navigate through these challenging and unpredictable times.



Here is the link to the Confirmation Faith Night for any families who were unable to attend or wish to catch up on parts missed due to technical issues. The Combined Parishes Faith Development Team apologises for the error regarding the person limit on Zoom, which was caused by forgetting to check that the limit was at the 1000 limit as per the last Zoom Faith Night. Fortunately we were able to rectify the issue early enough to allow most of those who were still waiting into the meeting.

Here is the link - <https://youtu.be/HIXpbhpyvw>



SACRED HEART PRIMARY SCHOOL

General News

ATHLETICS CARNIVAL

On Wednesday 4th August we will be able to hold our Athletics Sports Carnival at Meadowglen International Athletics Stadium in McDonald's Road Epping (weather dependent). Years 3-6 will have opportunities to participate in track and field events and Years P-2 will participate in track events only. The afternoon session will have Kaboom sport attend and run an Olympic style event for the students. Students will travel to and from the venue by bus, Years 3-6 leaving school at 9 am sharp and Years P-2 after recess. It is anticipated that all children will arrive back at school just in time for dismissal.

Children are required to wear their sports uniform, including the encouragement of the tracksuit as it may be quite cold. They are encouraged to add their house colour to their sports uniform in an appropriate manner such as pinned ribbons or hair accessories or a coloured t-shirt. Children will be very active over the course of the day, but a coat may also be a good idea. They will need to bring their lunch and a drink bottle. All belongings should be clearly labelled. The canteen will be available on the day.

If you have indicated that you are able to help out as an official on the day you are still able to do this but will need to sign in using the QR code when you arrive. I will be in need of as many helpers as possible especially for the morning session. When you arrive please report to Gina for your allocated role. In the event of the weather being unkind, a decision will be made by 8.30 am and this will be communicated on Operoo if the carnival is to be postponed. If you indicated on the form that you would be taking your child home from the event this is still possible but unfortunately we are unable to let spectators into the stadium and therefore you would need to wait outside the gates to collect your child/ren. If you no longer want to pick your child up as you cannot come in to watch can you please change this on your Operoo response.

Duplication of the Railway Line works:



As you all know there is significant work happening to duplicate the railway lines between Diamond Creek and Wattle Glen. As part of their duty of care, the construction company is checking the health of the trees along the fence between Sacred Heart and the railway line. We had been informed that this would require the trees to have fences put around them but had not realised that this OH&S matter was to protect our students should the tallest tree fall. Therefore this morning this temporary fencing appeared on our oval while the health of the trees is assessed and appropriate actions were taken to ensure the ongoing safety of our students and staff members. Our students were once again very cooperative and sensible in their choice of games and play areas.

LIONS HEARING AND SIGHT TESTS FOR CHILDREN 3½ to 6 YEARS OF AGE

Like many other Lions clubs across Victoria, Diamond Valley Lions Club is offering pre-schoolers and prep children (3½ - 6yrs) hearing and sight tests as part of its community service program.



Students under supervision from Melbourne University will carry out the play-based testing, and parents will be informed immediately and referred to their GP if hearing or sight abnormalities are detected. Early detection of hearing and vision loss is critical for the development of normal reading, speech and language skills. Statistics indicate that around 3% of children tested are found to have to have difficulties with hearing

These tests are **FREE OF CHARGE**, and will be held between 9am & 3:30pm on **Saturday, 14th August at Wattle Glen Primary School.**

Parking is available on Reynolds Rd and Sunnyside Crescent. Entry to the school is on Sunnyside Crescent. Testing can take up to 40 minutes, and only one parent or guardian can be present.

To book, go to www.diamondvalley.vic.lions.org.au , click on 'Hearing Test' in the top left corner of the home page, and follow the directions.

If you have more than one child to test, choose following appointment times with the same tester (eg 10am & 10:40am with Amy)

Contact Lions member **Fiona Kates 0404 180 772 / kateschiro@icloud.com** if you require further information or assistance with booking an appointment.

We are hopeful we will be able to hold it on this date in a COVID safe way. If we have to cancel due to restrictions, we will let you know as soon as we can!

GREEN & GOLD DAY

To show support for the amazing Australian athletes competing in the Olympics in Tokyo, and for a bit of fun, we encourage all students to wear the Aussie Green and Gold tomorrow. If students do not wish to wear green and gold, they wear their sports uniform as per usual. Reminder that Year 4-6 will be involved in Interschool Sport and therefore need to be dressed in clothes appropriate for sport.



STUDENT NEWS

We are extremely proud of two of our students that made it through to Regional Cross Country earlier in Term 2 that now has been postponed a few times from last term through to this term. Even though the event continues to be put on hold both Miller Burns and Maddi Arvaji continue to train for the event. Miller continues to train hard for this event and recently completed a 10km run. This was his first attempt at this distance and he completed it in 45 min and 45 seconds. Amazing effort Miller.

Maddi often competes in Park Runs both in Diamond Creek and Westerfolds Park. Maddi has started jogging around Coventry oval and recently met a running coach (who was training another person) who went through some tips that Maddi can use to help improve her run times and expectations. Maddi also has been completing hill training.





SACRED HEART PRIMARY SCHOOL

Wellbeing

PARENT/CARER WEBINAR:

eSafety's parent guide to popular apps

Learn how to help young people safely use popular apps including TikTok, Instagram, Snapchat and YouTube.

Join the eSafety Commissioner's expert education and training team for a FREE live webinar. It is designed for parents and carers of young people aged 8 - 13.

It will cover:

- popular apps used by young people
- include case studies, research, and targeted advice
- how you can support the young people in your life to have safe, enjoyable online experiences.

Dates (Australian Eastern Standard Time)

Monday 16 August 12.30 to 1.30 pm

Tuesday 31 August 7.30 to 8.30 pm

[Register Now](#)

Guide to popular apps

Free webinar



Taking a look at TikTok, Instagram, Snapchat and YouTube

Join the eSafety Commissioner's expert education and training team for a FREE live webinar.

It is designed for parents and carers of young people aged 8 - 13.

This webinar focuses on popular apps used by young people. It will include case studies, research, and targeted advice so you can support the young people in your life to have safe, enjoyable online experiences.

Register now

Monday 16 August 12:30 pm – 1:30 pm

Tuesday 31 August 7:30 pm – 8:30 pm

[Register](#) or for more information please visit esafety.gov.au/parents/webinars

UNDERSTANDING BULLYING:

At different times, it is important to communicate issues that may impact our students. Although we hope bullying does not impact our children, it is important during difficult times that as the adults in a young person's life we have a shared understanding of what bullying is and is not.

A shared understanding of bullying is fundamental to leading effective and appropriate responses to generate long lasting positive changes.

Bullying. No Way! provides the national definition of bullying for Australian schools. The full national definition can be read below.

3 key characteristics outlined in the national definition of bullying distinguish bullying behaviours from other forms of peer aggression behaviours. The key characteristics of bullying include:



While the following behaviours of peer aggression do not constitute bullying, these behaviours may still be serious and require intervention:

- Arguments and disagreements (where there is no power imbalance)
- Single acts of social rejection or meanness, or
- Isolated incidents of aggression, intimidation or violence.

It is important for all educators, parents and carers to have a clear understanding of the definition of bullying to be able to distinguish these behaviours from peer aggression, and correctly identify and respond to incidents of bullying.

The national definition of bullying for Australian schools says:

Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening. Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records). Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying

INSIGHTS

The perks and pitfalls of being born first



The birth of a first child is a big event. Such is the excitement and emotion that parents often don't realise that the baby that they bring home is a ground breaker, taking them headlong into every stage of development.

First-borns are born into a privileged position. Living in the spotlight, they get piles of attention and as they grow up, they are given more responsibility than other children in other positions. They lead the way, break new ground, and rule the roost if others follow. Parents expect a great deal from first-borns, so to avoid disappointing them many become low risk-takers. Parental expectation and their tendency for perfectionism and conscientiousness can make first-borns more anxiety prone than children in other birth order positions.

First-born children can be bossy, responsible, and achievement-oriented but they are more neurotic, more intense, and more inflexible than children in any other birth order position. Taking life and themselves too seriously is a problem for many first-borns. Here are some tips for parenting children and young people in this privileged but anxiety-prone position:

Encourage rather than praise or criticise

First-borns respond to encouragement as it releases the pressure on them to perform. When they know that effort, improvement, and contribution matter more to parents than good results they're more likely to take risks and stretch themselves as learners.

Save responsibilities for others

First-borns know all about responsibility, as they get more than their fair share of jobs and reminders to be good role models. Share chores, responsibilities, and expectations among all children in the family, including youngest children.

Enjoy two-on-one time

First-borns love having both parents to themselves, if applicable, as that's the way life was until a second-born came along and robbed them of their privileged position. Only children are fortunate that they don't experience the 'disgrace' of dethronement.

Embed wellbeing practices into family life

Help anxiety prone first-borns develop positive wellbeing habits including healthy eating, adequate exercise, and sleep and relaxation techniques such as mindfulness and meditation.

In Closing

The drive, leadership and attention to detail of first-borns contributes enormously to society. We need to help them lighten up and enjoy themselves as well.



SACRED HEART PRIMARY SCHOOL

Student of the Week

Value = Gratitude

Prep NC	Ava Clark
1/2 CN	Emily Lamb
1/2 PA	Daniel Buttigieg
3/4 NJ	Rachael Hardy
3/4 RM	Caitlin Waddington
5/6 JD	Hugo Hunter
5/6 MM	Evelyn McIlroy
STEM	Tyler Stacey
Performing Arts	Ella Burton
Visual Arts	Roy Hunter



SACRED HEART PRIMARY SCHOOL

Important Dates

Term 3 Dates 2021

August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 WEEK 4 B Assembly (individual levels) 100 Days of Prep	3	4 SACRED HEART ATHLETICS CARNIVAL	5	6 Kate Wilde Year 5/6 (separate gender) 2.20-3.20pm	7	8
9 WEEK 5 A Mackillop Free Dress Day	10	11	12	13 ISS v Diamond Creek (away) Kate Wilde Year 5/6 (separate gender) 2.20-3.20pm	14	15 Feast of the Assumption
16 WEEK 6 B Assembly Confirmation Reflection Day - Mary Mackillop Centre Year 6 SCIENCE WEEK	17 Hoop Time Year 3/4 School Advisory Council 7.30pm	18	19	20 ISS v Green Parkways (away) Kate Wilde Year 5/6 (separate gender) 2.20-3.20pm Sacrament of Confirmation 7pm	21 BOGAN BINGO - Parents Association TBC	22

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					
Assembly LITERACY/ NUMERACY WEEK Fundamentals for Foundation Program begins MACSSIS School Improvement Survey to be completed over the next three weeks Book Fair this week						

September

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



Beanies and Biscuits Day!

Thank you to all the families who donated both biscuits and money to our cause. We have been able to send money to St Vincent de Paul who will use the money to support homeless families across Victoria.



With all of your help, we raised \$343.20!

We know that all the students enjoyed the biscuits and together we made a lot of money!

When many people put in a little bit of money, we get amazing results!

Congratulations to the entire school and thanks to the Mini Vinnies for baking and preparing the cookies.

Evelyn McIlroy.

ISSUE 5
2021

ORDERS DUE BACK BY: Friday 30 July 2021

Book Club

WELCOME TO Book Club

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

001 **NEW!** Megamonster
Cruel School stands on top

002 **NEW!** Spotty Puppy
Ella finds a snotty puppy in the...

003 **NEW!** Camp Gold Rush
Ella is at camp where they

004 **NEW!** Mega Rock, Fossil & Mineral Collection & Activity Kit
Learn about rocks and gems

over 250 genuine specimens

INCLUDES OVER 250 SPECIMENS

Orders due by Friday 30th of July

Please place your order online via LOOP at:

<https://mybookclubs.scholastic.com.au/Parent/Login.aspx>

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

Please help us win a \$20,000 Play-Based Learning Village for our School. All you need to do is click on the link below and enter both your and our schools details (the school email address is office@shdiamondcreek.catholic.edu.au). It's as simple as that!

[Click Here to Enter](#)

We're registered to
WIN a \$20,000
Play-Based Learning Village
for our School!

CASTLE & CUBBY

And if we WIN, so could YOU!

For the chance to win a \$2,000 cubby
for home simply register at
www.castleandcubby.com.au/pages/competitions



SACRED HEART PRIMARY SCHOOL

Community News



2023 YEAR 7 ENROLMENT

Closes Friday 20th August, 2021

DISCOVER OUR COLLEGE

Tours for 11th & 18th August are now open
Register online at loyola.vic.edu.au/bookatour



LOYOLA COLLEGE

325 Grimshaw Street, Watsonia VIC 3087
P 9434 4466 E registrar@loyola.vic.edu.au

www.parade.vic.edu.au



APPLICATIONS FOR YR 7 2023 FOR CURRENT YR 5'S CLOSE ON 20 AUG 2021



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!



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Tour dates added.
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www.clc.vic.edu.au





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2021 FREE
WEBINAR SERIES

Gain knowledge from
industry experts in
five 90-minute sessions.

Featuring representatives from CSIRO, CFA, Flinders University, University of Melbourne, University of Wollongong, La Trobe University, and clinical psychologist Dr Rob Gordon OAM.

You have the opportunity to send questions before each session or ask our subject matter experts live during Q&A.

When you register we'll also send you a link to the recording.

Presenters information br.org.au/presenters

Supporters and Sponsors:



DAVEY

About Bushfire Resilience Inc.
br.org.au/about



1

WEBINAR 1

Reduce your house and property risk

7.30pm Wednesday 21 July

- Justin Leonard, CSIRO

2

WEBINAR 2

Get water ready: tanks, pumps and sprinklers

7.30pm Wednesday 4 August

- Justin Leonard, CSIRO

3

WEBINAR 3

Your physical and emotional preparation

7.30pm Thursday 19 August

- Danielle Clode, Flinders University
- Rob Gordon OAM, Clinical Psychologist
- Jim McLennan, La Trobe University

4

WEBINAR 4

Triggers to take action

7.30pm Wednesday 1 September

- Kevin Tolhurst AM, University of Melbourne
- Katharine Haynes, University of Wollongong
- Danielle Clode, resident, Smiths Gully, Black Saturday 2009 and Adelaide Hills 2021
- Raphaelae Bianchi, CSIRO

5

WEBINAR 5

Your sheltering options

7.30pm Wednesday 15 September

- Raphaelae Bianchi, CSIRO
- Katharine Haynes, University of Wollongong
- Chloe Begg, CFA

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