



SACRED HEART PRIMARY SCHOOL

Newsletter

Sacred Heart Primary School, Diamond Creek

Telephone: 03 9438 1590

Email: principal@shdiamondcreek.catholic.edu.au

Website: www.shdiamondcreek.catholic.edu.au

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

Newsletter No 5 Term 3

12th August 2021

Remote Packs – Pick Up Tomorrow 2 pm to 3.30 pm (from the Office)

Fr Steve's Sunday Mass:

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

Dear Sacred Heart families and friends,

Each week, Gina Murphy and I meet on Monday morning to look at the week ahead and plan what our goals/tasks are for the week ahead and beyond.

On Monday our conversation was focussed on you, the parents and carers for our students. We both expressed a sincere concern for your wellbeing as we were both sensing a growing fatigue among you with the proliferation of rumours and general uncertainty of the Government's reactions to the spread of the Delta variant - another lockdown, an extension to the lockdown for how long?

'Home Schooling' the media cries. We prefer to call it Remote and Flexible Learning but we acknowledge that in your household at any given time, it is you who are often the first contact for your child for Remote Learning.

You, who are juggling family and home responsibilities, work responsibilities and Remote Learning responsibilities often all at the same time. And, the last time I checked the family files, not a lot of you are teachers. But you are being required daily to fulfil the role of assistant teacher, despite our best efforts and intentions, and we know that many of you are struggling with these expectations and, I use that word again, fatigued.

We have and continually strive to provide an online learning environment for your/our children that, as closely as possible, initiates a 'normal' on-site classroom day.

We have deliberately not gone down the seductive pathway of providing packs of activity sheets that would keep our students busy but not linked to or continuing their learning.

We have reflected on our Google classrooms and have modified our timetables to ensure that Specialist classes are held in the afternoon of the day on which they would normally be held to enable a consistent flow of work expectations for our students in the first part of each day.

We have listened to your requests for more online interactions between staff and students. Accordingly, we have increased the number of class meets, focus and support group meets, wellbeing meets, question time sessions, open meets, and show and tell sessions to enable all students frequent access to their teachers and support staff.

BUT

Ultimately, due to the challenging nature of the Delta variant and the need for lockdowns to contain its spread, this all still happens in your household while you are still attempting to balance a lot of other demands and responsibilities.

Gina and I are constantly discussing how we can support the wellbeing of our students, the wellbeing of our staff AND the wellbeing of our parents and carers.

From the beginning of next week we will attempt to contact all of you by phone during the day. We will be asking how YOU are. Your children/our students' wellbeing is constantly monitored by our staff. We are looking after the wellbeing of our staff. We just want you to know that we respect what you are doing and we are there for you if you need us.

And here's some good news to hopefully make us all feel better.

Late yesterday afternoon I received a call from our local Member of Parliament, Danielle Green, informing me that we had been successful in our application to the 2021-2022 Victorian Non-Government Schools Capital Fund. We will receive \$1.6 million from the State Government for Stage 2 of our Whole School Refurbishment Project which will see the refurbishment of the Administration and Staff facilities.

This is great news for all who have worked for so long in our tired and restrictive admin and staff facilities and will complement the wonderful student facilities that we gained in Stage 1.

Jim



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/HIXpbohpyvw>



KEY ENROLMENT DATES FOR YEAR 5 STUDENTS IN 2022 STARTING YEAR 7 IN 2024:

The key enrolment dates for students in Year 5 in 2022 who will be starting Year 7 in 2024 have been agreed after consultation with the Executive of the Principals Association of Victorian Catholic Secondary Schools (PAVCSS).

The timeline of events and dates are as follows:

- applications for Year 5 students starting Year 7 in 2024 will open on 28 January 2022
- applications will close on 19 August 2022
- offers will be posted to prospective Year 7 applicants on 21 October 2022
- parents/carers will be required to accept an offer made by a school by 11 November 2022. .

CONGRATULATIONS:

Congratulations to Brenda McMahon and her family on the safe arrival of their beautiful granddaughter Pascale Freddie McMahon-Assouad, born Monday.

COMMONWEALTH SCHOOL DATA COLLECTION NOTICE:

The Australian Government Department of Education, Skills and Employment (the department) would like to advise all parents and guardians that it collects certain information about your child's school, its staff, and student body. More information has been sent with this newsletter.

POSTPONED EVENTS:

The following events have been postponed until further notice:

- Science Week - Unfortunately due to the extension of Lockdown we have decided to postpone planned Science Week activities until week 9.
- School Advisory Council
- Confirmation Reflection Day - this will now take place online
- Year 3/4 Hoop Time
- Mackillop Free Dress

THINK UV NOT HEAT:

We've got a few more weeks of low UV levels and then we'll see them start to rise again around mid-August. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher.

For any skin you can't protect with covering clothing, remember to SLOP on SPF30 or higher broad-spectrum, water-resistant sunscreen before you go outdoors. A wide-brimmed hat will help protect the face, neck and ears from direct UV but UV is also reflected and scattered so some UV can still reach these delicate areas. It's important to remember to also apply sunscreen to protect the face and neck. With this in mind and presuming we are back onsite, hats will need to be worn from Monday 23 August.

CHANGE TO STAFF CONFERENCE:

Our staff conference has been cancelled due to current restrictions. Unfortunately at this stage we will be unable to run the planned two day agenda, however, we have negotiated with the facilitator to be able to run an abridged version of the conference. Therefore we will have a school closure day on Friday 17th September to be able to continue the process of embedding the outcomes of our 2019 review.

TEETH ON WHEELS:

Last week each student received a consent form for Teeth on Wheels. Between family commitments, work and school, finding the time to visit the dentist is often tricky. Teeth on Wheels makes it easy by bringing their mobile dentists directly to you. Their professional team provides comprehensive and affordable dental care in a fun and friendly environment, taking the fear out of visiting the dentist. They are the LARGEST Mobile Dentists in Australia that are accredited by Quality Innovation Performance (QIP) who are recommended by the Australian Dental Association (ADA). If you are interested in your child/ren using this service please ensure you read the consent form in detail and fill this out and return to the office by Monday 23 August. If you have not received this form please see Allison in the office.



SACRED HEART PRIMARY SCHOOL

Wellbeing

THE RESILIENCE PROJECT

We wanted to share some resources and tips which could help you look after yourselves and the people around you during this challenging time.

- **Aim for a positive headspace** by focussing on what we have or the things we still get to experience. Try not to worry about the plans that aren't happening, or the things we can't do.
- **Show kindness for others** and feel the incredible benefits attached to practising empathy.

- **Pay attention to how you feel.** Set boundaries on the activities which bring negative emotions, like scrolling through social media or watching the news.

In addition to our TRP resources, we feel incredibly grateful to share our positive wellbeing advice through other podcasts and articles in the community:

- For more support in navigating lockdown, head to the [Mamamia No Filter podcast episode with Mia Freedman](#).
- Learn the impact of GEM (Gratitude, Empathy & Mindfulness) through the [Victoria State Emergency Service](#) and [Seize the Yay](#) podcasts.
- Get inspired by Hugh's journey in this [Capsule NZ article](#).

Mindfulness and meditation are often put forward as solutions to our stresses and anxiety - but what exactly is mindfulness and meditation, how do they differ, and what are some tips to get started? Check out our [quick guide to mindfulness and meditation](#) to learn more. Or get some courage to be vulnerable from our latest Everyday GEM, [Paige Hobbs](#).

THE POWER OF PRAISE:

When children receive praise, this leads to an increase in positive feelings, helps motivation and encourages effort to work harder. Receiving regular praise from parents and caregivers also helps young people to develop self-esteem and confidence. Praise can be given verbally, such as "I love how hard you tried in practice today," but can also be given through a range of other gestures such as displaying a happy facial expression, giving a thumbs up, through a hug or with a high five. When children and young people receive this type of positive praise, it can lead to an increased sense of safety, security and love, and encourages healthy development.

We can give praise in two ways: praise for being and praise for doing.

Praise for Being

This type of praise lets a young person know that they are valued for who they are and allows them to feel important. Praise for being validates a young person's existence and lets them know that you love them unconditionally. Examples of this type of praise include

- I love you very much
- I am glad to have you in my life
- You are a great friend to those around you
- I believe in you
- That's a great question
- You did your best, you can always try again.

Praise for Doing

This type of praise focuses on specific behaviours and actions that a young person is doing well. Praise for doing works by stating exactly what a young person did that you liked, which encourages further positive behaviour. When praising for doing, it is important to focus on the effort, rather than the result. This helps young people understand that working hard will help you achieve your goals. Examples of this type of praise include:

- I am proud of how much effort you put into studying today
- I love how well you tried at basketball practice
- Thank you for taking the time to clean your room this afternoon
- It is great how nicely you are playing with your sister.

All people love to receive compliments and praise and it can feel great giving it! Think of whether you are currently praising for being or praising for doing and give out a new complement today.

For further reading about the positive benefits of praise via the link below.

<https://raisingchildren.net.au/toddlers/connecting-communicating/connecting/praise>

Child Safety

At Sacred Heart Primary School, we continue to foster a child safe culture at our school. The purpose of this very important work is:

- To promote and create a safe environment for all students at Sacred Heart Primary School – including physical, mental, social and emotional

- To ensure students are empowered and play an active role, working in partnership with adults, in contributing to the safety of the students at the school
- To discuss, formulate and implement (or recommend the implementation) of child safe programs and practices
- To review and formulate child friendly/accessible child safe policies and processes
- Discuss and act on safety issues at the school in relation to the following areas (but not restricted to): Yard, Class, Online, OH&S – buildings and equipment.

The language of respectful relationships



"Sticks and stones may break my bones, but words will never hurt me."

This reply to playground name-calling has been taught to children by generations of parents. While the sentiments are true, it demonstrates how destructive language can be when it's used to hurt or humiliate.

Name-calling dehumanises the child or young person on the receiving end, making it easier for a perpetrator to bully, put down or abuse. The language of bullying and sexual abuse is deliberately vague and generalised making it easier to hurl insults about gender or ethnicity. It's much harder to insult someone when real names are used as it becomes personal.

Bullying uses language that dehumanises. Respectful relationships has its own language, and it's through this language that respect is shown, and personal safety and integrity are assured.

Parents can help children and young people to develop the language of respectful relationships in the following ways:

Use first or preferred names

The sound of a person's name respectfully spoken is music to the listener's ears. Teach kids to refer to other people by their first or preferred name. If a relative prefers to be called aunt or uncle rather than by their first name, then out of respect, encourage children and young people to adjust their language accordingly, even though you may not subscribe to such formalities. Politeness is respect in action.

Differentiate between behaviour and the person

It's incorrect to define a child's character through their poor behaviour. A child who tells lies is frequently called a liar, someone who steals is often labelled a thief, or someone who inadvertently shares secrets is deemed untrustworthy. In sporting parlance, focusing on the behaviour rather than on the person teaches kids about to play the ball, not the person. It may sound like splitting hairs but the focus on character traits rather than on a person's behaviour is hurtful, often degrading, and leads to resentment rather than change.

Call out disrespectful behaviour

The standard of behaviour you ignore is the standard of behaviour you accept. Disrespectful behaviour needs to be called out by adults so kids learn that bullying, racism and other forms of disrespectful language are not acceptable. When discussing the behaviour and character of friends, fictional characters in books and personalities on film differentiate between the behaviour and the person, calling out the use of negative labels when you hear them. It's easy to ignore disrespectful language when you hear it, but this one area where a consistent approach by adults is critical.

Frame behaviour as a choice

Framing behaviour as a choice is an essential respectful relationships strategy that needs to be reinforced for children and young people. "That's a smart/good/helpful choice!" is the type of response kids should repeatedly hear, reinforcing that their behaviour is a result of choice rather than driven by others, circumstances, or emotion. Personal choice negates the idea that somehow other people or circumstances determine behaviour, or become convenient scapegoats for all types of abuse and disrespectful behaviour. "She/he made me do it" just doesn't wash in a civilised society.

Develop a wide vocabulary

Build a wide vocabulary of terms essential to respectful relationships. Terms such as safety, choice, respect, acceptance, tolerance, love, likeable and host of others should be familiar to kids as well as phrases that emphasise fair and respectful treatment of others in all types of environments.

In closing

Respect is shown not only through the treatment of others but through the language kids use every day. By focusing on the language of respect you are laying the basis for kids to enjoy respectful relationships both now and in the future.

Upcoming Webinar for Parents

Dr Kristy Goodwin presents: Taming digital distractions

Dr Kristy Goodwin is a digital wellbeing and peak-performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!) She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy worked as an educator for fourteen years before becoming an academic and speaker who's on a mission to help children, teens and adults tame their technology habits so they're not a slave to the screen.

This school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents in this school community can attend this webinar at no cost.



 Watch from any device, any location

 See the expert as they speak

 Catch up recording available

Valued at \$39 per person
No charge for our school community

About the webinar

Technology is an integral part of life for our children – it's the portal for their leisure, learning and connection. However, digital technologies can also disrupt a child's focus, put a dent in their learning and compromise their wellbeing. In this webinar, Dr Kristy Goodwin helps parents and carers understand why children and adolescents are vulnerable to digital distractions. She provides science-backed solutions to help kids and teens develop healthy digital behaviours so that they can focus, learn and thrive online.

Key learning and discussion points include:

- how long we should expect focused attention from children and teens
- the research behind why digital distractions are interfering with our children's attention
- how some technologies have been intentionally designed to be captivating and alluring
- why banning technology isn't the solution
- how to teach children and teens how to build a 'fortress around their focus' and leverage the benefits that technology offers them

The webinar will be held on 8 September 2021 at 8-9 PM AEST.

Redeem your webinar – it's easy!

To redeem your webinar click or copy and paste this link:

[Click Here](#)

1. Click 'Add to cart'
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3. Enter the voucher code TAMING and click 'Apply'
4. Enter your school's name to verify your eligibility. The \$39 discount will then be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. 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 8 December 2021. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

Articles for parents

On the Parenting Ideas website you can also view and receive helpful articles to support your parenting journey.

Read up on topics such as resilience, siblings, bullying, digital and social media, friendships, confidence, behaviour, anxiety, girls, boys, learning and education.

Subscribe today – it's free.





SACRED HEART PRIMARY SCHOOL

Important Dates

Term 3 Dates 2021

August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				13	14	15
						Feast of the Assumption
16 WEEK 6 B	17	18	19	20	21	22
Confirmation Reflection Day - online Year 6				ISS v Green Parkways (away) Kate Wilde Year 5/6 (separate gender) 2.20-3.20pm Sacrament of Confirmation 7pm		
23 WEEK 7 A	24	25	26	27	28	29
Assembly BOOK WEEK Book Week Parade 9.10am Hats to be worn	Book Week incursion (F-6) Taskworks Incursion 3/4		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 SCIENCE WEEK Fundamentals for Foundation Program			Division Athletics	Kate Wilde 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 TERM 3 FINISHES for students	MACSSIS closes SCHOOL CLOSURE - Staff PL		

HELP US WIN:

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!





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



STEM @ Sacred Heart

This week, the Foundation and Years 1/2 students have been building bridges.



Visual Arts @ Sacred Heart

Rosie



ROBOT PRINTS



Benji



Year 1/2 students made collographs in visual art this week. These are printing tools created by making a collage from different textured materials. They then experimented with a couple of different ways of printing.

Alexander H



Charlotte L



Contrast Set

RED	WHITE
PALE	PINK





Nicholas



Xavier H



COLOUR SCHEMES

Year 3/4 students revised and expanded on their knowledge of colour theory and responded to their learning by drawing a picture which they coloured using a chosen colour scheme.



Madison L



Megan



Caitlin



Oliver P



Maia



Harry



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!



Due to popular demand.

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



WHO COULD YOU BECOME?

Enrol your son for Year 7 in the
Manchester City Football School
at Parade College



**FOOTBALL
SCHOOL**



mancity.parade.vic.edu.au



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



Soccer Time Kids is a soccer based sports activity that concentrates on cognitive learning, gross motor skills as well as developing social skills.

Join us for a free event as we celebrate the launch of our new location and business owners Sunday 8th AUGUST!

- Koala - 2-3 yo - 9:00 AM
- Emu - 3-4 yo - 9:45 AM
- Joey - 4-5 yo - 10.30 AM

BOOKINGS ARE ESSENTIAL. Please registers for this FREE event by clicking this link below <https://sportstaracademy.com/soccer-time-kids/programs/clinic?id=9326>

OR email Michael & Carmen vic34@soccertimekids.com.au

HURSTBRIDGE CRICKET CLUB



FRIDAYS 4:30-6:00PM

SEPTEMBER 3RD, 10TH & 17TH

Ben Frilay Oval, Graysharps Road, Hurstbridge

FREE For beginners to learn basic cricket skills. Boys & girls age 6-14

Register at trybooking.com/BTBVS



For more info contact: Sam Avard Phone: 0418 288 232

HURSTBRIDGE CRICKET CLUB
MEN | WOMEN | BOYS | GIRLS

 
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HURSTBRIDGE CRICKET CLUB

WOMEN'S & GIRL'S CRICKET

NOW RECRUITING
SENIOR WOMEN AND U16 PLAYERS

Hurstbridge CC girl's cricket pathway:

- > BLASTERS 6-8 years
- > MODDIES 8-10 years
- > UNDER 13 GIRLS
- > UNDER 16 GIRLS
- > WOMENS 13+



For more info, contact Julie Ward on 0431 257 258 or secretaryhurstbridgecc@gmail.com

HURSTBRIDGE CRICKET CLUB
MEN | WOMEN | BOYS | GIRLS

 
@hurstbridgecricketclub



Come and Try Tball Family Day

Sunday 29th August 11am-1pm Glенаuburn Park, Lower Plenty

For more information and to register your interest please visit

juniorbaseball.com.au