



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 6 Term 3

19th 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=A1oioTEPRSo>

Dear Sacred Heart families and friends,

Our staff have shown incredible dedication, innovation, and agility in their delivery of the Sacred Heart Remote and Flexible Learning Program. As parents, you have supported your children while juggling all the other demands and pressures in your own life, and our young students have done their best to engage and connect with school. However, even with the many layers of support on offer, individual levels of motivation and engagement can decline from time to time.

How do we as school and parents work together to continue to encourage and motivate our children during these times? I don't have a magic recipe for success in this area but perhaps the following simple suggestions might help.

- Reassure your child that we all understand the challenges of learning online and that their teachers are doing all they can to assist him
- Establish consistent routines, especially in the morning, to support your child to have a sense of control and certainty
- Encourage your child to stay connected and attend all classes
- Remind them to get up from their desk and get outside as they would at school at recess and lunchtime
- Reach out for help from their teacher, friends and family for support or just a listening ear.
- Show faith and belief in your child. *Academic self-efficacy is the belief that students have that they can do well. Students who feel they can be successful are more likely to succeed.* (Andrew Fuller)

Most importantly, look after yourself, be kind to yourself and know you are doing the best you can to support your child/ren under these challenging circumstances. We will continue to contact families over the next week to check in on your wellbeing and see if there is anything we can do to support you and your family but in the meantime continue to reach out if we can help in any way.

Jim & Gina



SACRED HEART PRIMARY SCHOOL

Catholic Identity

Due to the extended lockdown the Sacrament of Confirmation has been moved to Friday 8th October at 7pm.



SACRED HEART PRIMARY SCHOOL

General News

SUPERVISION AT SCHOOL:

Children will continue to be supervised at school, however with tighter restrictions being enforced, evidence is needed from families to demonstrate their eligibility. We understand it is a challenge to juggle your work and your children's remote learning but that is what we are asked to do by the Chief Health Officer. Children whose parents are at home, need to be at home. This is a highly contagious variant and one that is spreading quickly through communities and schools. If you have serious concerns for your children please do not hesitate to contact the school. We have said this before, please do what you feel is best for you and your family. If the day's activities become too much, it is ok to stop and take a break for a little while, or even for the day, all we ask is that you let your child's teacher know.

FOOTSTEPS ONLINE 'PYJAMA DANCE PARTY' SCHOOL DISCO:

Join Footsteps in our pre-recorded online dance party on Wednesday 25th August at 1.30 pm. The link will be shared with all families via your Google Classroom in the morning. The disco runs for 45 minutes. Make sure you send some photos of you at your disco to gmurphy@shdiamondcreek.catholic.edu.au.

BOOK WEEK PARADE:

The book week parade will run a little differently this year, instructions will be provided by your teacher but make sure you have your costume ready to go for next week and photos are sent to gmurphy@shdiamondcreek.catholic.edu.au.

STUDENT NEWS:

Congratulations to Xavier S who has been welcomed as one of the newest members at the Greensborough Triathlon Club. Below is a short snapshot of Xavier's drive to be part of this club.



Why I joined GTC: I wanted to get further in triathlons as I knew this was my sport. I wanted a team that could train me and push me to my limits.

My next Goal: Complete as many events as I can this triathlon season. Long term goal is to complete a few Ironman events and aim for the Olympic Triathlon team.

FATHERS DAY STALL:

The Father's Day stall has gone online. Please go online with your child/ren and pick a Father's Day present for all the Dads or special people in your child's life while supporting the school. A huge thank you to Liz Nardella for coordinating this event.

Click or Scan here to start shopping:



All items ordered today or tomorrow morning will be sent home with the Remote Learning Packs.

Car Kit Set (Air Freshner/Shammy/Spounge/Cleaner) \$10.00 each



LED Fan (Best Dad Ever) \$4.50



Best Dad Down Ball \$3.00 each



Multi Tool Pen \$4.00 each



Golf Ball Set \$5.00 each



Uno Card \$3.00 each



2 Pack Explorer Socks+Chocolate \$10.00 each



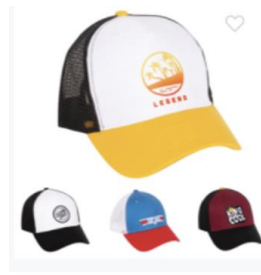
Tape Measures \$2.00 each



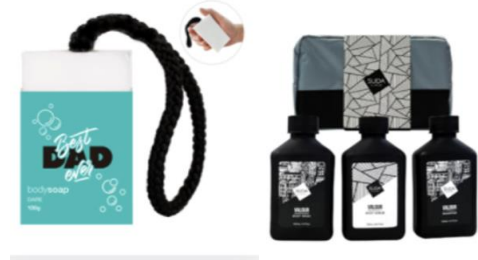
Travel Mug \$6.00 each



Hats \$6.00 each



Soap Bags/Soap on a Rope \$10.00 each



Water Bottle \$6.00 each



Portable Lantern \$5.50 each



Compact Screwdriver \$3.50 each



Tool Kit \$6.00 each



Pen/Note Book \$5.00 each



Dad's Glass \$6.00 each



Squeeze Balls \$2.00 each



Camping Coffee Mug full of chocolates \$6.00 each



Torch keyring \$2.00 each



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. .

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.



SACRED HEART PRIMARY SCHOOL

Wellbeing

MANAGING STRESS DURING COVID-19

Here are some ideas:

Express gratitude. It sounds so simple, but appreciation for the good things in our lives is one of the keys to managing stress. Each morning, express gratitude for three things. Make sure the expressions are specific. For example, be grateful for the hilarious joke your son told last night. Write it down in a notebook, and when things get stressful, read your moments of gratitude. A daily gratitude practice can boost the immune system, improve mental and physical health, and create a sense of calm during stressful times.

Play some music. Music is an amazing tool to help calm the mind. Put aside work for a few minutes and lose yourself in music. For some, quiet music is the answer. Others need more upbeat tunes.

Meditate. I know this might not be the easiest time to start a new meditation practice. For now, spend about 2-3 minutes on a guided meditation when you start to feel the stress and negative thoughts take over.

Give back. Giving back is another tool that has been shown to reduce stress. Consider ways to pay it forward. For example, when you're at the drive-thru window, you can pay for the car behind you.

Get outside for a walk. Many companies have asked employees to work from home. It's hard to stay at home with no social interaction. Get outside for at least a 10-minute walk.

Schedule a virtual coffee. Working from home can make anyone a bit stir-crazy. Set up a few virtual coffee dates where you can meet with a colleague and have a light conversation.

Remind yourself of your shared purpose. Connect to your organizational values and mission. Remember the greater good that your organization is serving.

Share kindness. Many are going through the day worried about their own health and the wellness of their family and friends. Assume positive intent if a colleague becomes a little cranky. Share kindness by showing up for those who need extra support. Even a simple "How are you?" can show people you care.

Detach from the media. Have periods of your day away from the media, so you aren't marinating all day in negative news. Instead of watching the news, find a feel-good movie or series to catch up on.

THE RESILIENCE PROJECT:

In light of everything happening across our nation currently, I thought it would be beneficial to share a clip of Hugh appearing on Channel 10's 'The Project' last week. In this Hugh discusses strategies to support our mental health during this difficult time.

[The Resilience Project on "The Project"](#)

APPROACHING MENTAL HEALTH CHALLENGES ONLINE:

Social media helps young people connect with friends and express themselves. It can also be a place for people to share mental health challenges they may be facing. In some cases, young people may see friends or influencers sharing images, videos or messages of self-harm or promoting unhealthy eating habits.

With so many of us in lockdown, there may be more opportunities for young people to be exposed to troubling content online. As parents, it's vital our children can come to us for open, non-judgmental discussions about what they are seeing online.

You may not have all the answers but you can help them find out what to do when they encounter distressing content and get access to the right support. Start with our [online safety basics](#) which includes links to support services. You may also find the [COVID-19 advice booklet for parents and carers](#) very useful during this time.

Our [free parent webinars](#) are also a great way to help your children navigate the online world. Scroll down to register and look out for our upcoming webinar on digital technologies and mental health.

parenting * ideas

INSIGHTS

Prioritising mental health in the digital world



Whilst there may not yet be conclusive evidence linking digital media use to poor mental health outcomes there's no denying that it's one of the chief concerns facing parents and educators of children and adolescents, growing up in a digital world. The contradictory research findings confirm that this is a complex topic.

There's certainly consensus in the research that young people are heavy technology users, which comes at a cost of their psychological and physical needs. Their digital behaviours eat into the time that was once available for three pillars of mental health – sleep, relationships and exercise.

Minimising sleep disruption

Sleep is vital for mental wellbeing and emotional regulation in childhood and adolescence. Inadequate amounts or poor-quality sleep can cause mental health issues. Studies consistently show that Australian children and teens aren't getting enough sleep. Digital device use is also linked to sleep disruption, impacting the sleep-wake cycle. The Lancet study suggested that nearly 60% of the impact of young people's psychological distress could be attributed to disrupted sleep and exposure to cyberbullying.

Parents need to remind children and young adolescents about the critical role sleep plays in their psychological wellbeing. Parents can help adolescents foster healthy social media habits by establishing a digital curfew, keeping devices out of bedrooms and discouraging teens from 'bookending' their day with social media as it can easily trigger the stress response at these times.

Maintaining healthy relationships

Positive relationships are fundamental to a young person's psychological wellbeing. Adolescents are biologically wired for relational connection. They want to be part of a tribe. Whilst teens and pre-teens may insist that technology connects them and caters for their relational needs, if used excessively or inappropriately, technology use can compromise their relationships and deteriorate their mental health.

Parents need to encourage and sustain opportunities for real interactions amongst adolescents. When we connect in-person the brain releases oxytocin, the social bonding hormone, which isn't replicated online. The need for keeping a balance between digital and face-to-face interactions is paramount.

Ensuring sufficient exercise

Sedentary social media and digital consumption frequently replaces physical movement on weekends and after school, which are the opportunity times for kids' sport, free play and outdoor activities. Brain science now informs us that physical exercise boosts serotonin and neurotransmitters such as dopamine and norepinephrine that play a critical role in regulating adolescents' mood. Lack of exercise is now being linked to the current anxiety epidemic that we are seeing in young people.

Parents need to ensure that children experience a minimum of 30 minutes exercise, and teens a minimum of 60 minutes. "Go outside and play" is a term that this generation needs to hear as frequently as children in past eras.

In closing

The research into the links between kids' digital technology use and their mental health presents a complex picture that defies simplistic conclusions. Blanket statements and headlines that suggest screens and social media are to blame for kid's poor mental health aren't helpful as technology is now a part of all our lives. However, there is enough evidence to suggest that the key pillars of mental health outlined above can be severely impacted by the overuse of digital technology. All things in moderation, a common guideline for healthy living, is best when considering kids' social media and digital technology use.

Dr Kristy Goodwin presents a related webinar: Taming digital distractions

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

About

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.

When

Wednesday 8 September 2021 at 8:00 PM AEST

To redeem

[Click Here](#)

1. Click this link: [Click Here](#)
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the coupon code TAMING and click 'Apply Coupon' Your discount of \$39 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'

This offer is valid until 8 December 2021. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and 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 translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit www.drkristygoodwin.com.



SACRED HEART PRIMARY SCHOOL

Important Dates

Term 3 Important Dates

August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
23 WEEK 7 A	24	25	26	27	28	29
BOOK WEEK Book Week Parade online this week	Book Week incursion (F-6)			Kate Wilde Year 5/6 (all together) online		
30 WEEK 8 B	31					
LITERACY/ NUMERACY WEEK Fundamentals for Foundation Program begins online						

September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
				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 online				Kate Wilde 11.40am-1.30pm		
13 WEEK 10 B	14	15	16	17	18	19
Assembly Fundamentals for Foundation Program online	F-2 Scienceworks excursion School Advisory Council 7.30pm		Footy Day TERM 3 FINISHES for students	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!**



**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

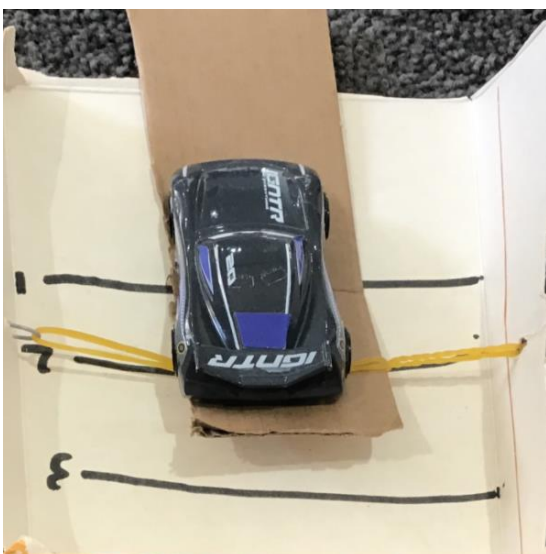


Science Week @ Sacred Heart



Kite Making in STEM





This week, the Year 1/2s have been learning about Force in Inquiry – here they are putting their car launchers to the test!

Visual Arts @ Sacred Heart

PICASSO COWS



Charlotte
M

Foundation to Year Two students learnt about Picasso and Cubism linked this to the "food" theme of this year's Science Week by drawing these fabulous Picasso cows!



Christian



Alfie P



Ashlea



Harry F



Audrey



WILLIAM



Finna



Nate F



Finn O



Emily



SACRED HEART PRIMARY SCHOOL Community News

HURSTBRIDGE CRICKET CLUB

JUNIOR CRICKET CLINICS



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 @hurstbridgecricketclub

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+

Join the fun!

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

HURSTBRIDGE CRICKET CLUB
MEN | WOMEN | BOYS | GIRLS @hurstbridgecricketclub


2DMW
2 DREAM MUSIC & WELLBEING
Building self-esteem & confidence through music performance!



DRUMS



GUITAR



PIANO



SINGING & DANCE



Teaching a wide range of music styles such as pop, rock, funk and jazz, along with accompanying music theory and history!

All lessons are held weekly and timetabled during school hours

Why learn music? Learning music helps develop left and right brain coordination, listening and comprehension skills, positive feedback and greater self belief. Our lessons nurture creativity, confidence and independence.

Music Performance Concerts are hosted every year to showcase our students' exceptional progress and build performance skills.

"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



For enquiries, contact:

Jason Stonehouse 0419 872 875 | contact@2dreammusic.com

To assist your decision making in relation to your child's education for 2022 and beyond, please find below a link to the 2021 edition of the [Enrolments Guide](#).

CLICK HERE: victoriaschoolguides.starcommunity.com.au/enrolments-guide

