



SACRED HEART PRIMARY SCHOOL

Newsletter

Sacred Heart Primary School, Diamond Creek

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Newsletter No 6 Term 3
26th August 2021

Fr Steve's Sunday Mass:

<https://www.youtube.com/watch?v=RJ9eBxFso6U>

Dear Sacred Heart families and friends,

We hope all of you were able to take the opportunity on the weekend to get out and enjoy the beautiful sunshine with your family, within your 5 km limit of course. The sunshine has a great effect on our mood, whether we are sitting in the sunshine reading or exercising with our family members. Next week we enter the season of Spring. Along with the blossom on the trees, the days will be getting noticeably longer and, most importantly, the AFL finals commence.

As we continue our journey with Remote Learning, we are continually looking at our practice and what works best for our students, staff and families. As we have said on many occasions in this newsletter, we are under no illusions as to how hard it is to be working from home and supervising the education of your children and we are constantly in awe of your efforts and thank you for your cooperation and forgiveness when things go a little bit awry. Our students too are doing a fantastic job adapting to learning remotely and we, staff and parents, are very proud of their ability to adapt to new technologies and their perseverance and commitment.

Many of our teachers also have school aged children and are juggling educating our Sacred Heart students, as well as supervising their own children's education. We have acknowledged how difficult it is for our students to learn on-screen but spare a thought for our staff who have made the forced leap from being classroom teacher/support staff to being an on-screen presenter to multiple different households, all at the one time and without any option of a re-take. We appreciate constructive feedback and are open to modifying our program if we believe it is in the benefit of the majority of the children. However any acknowledgement to our staff of how great a job they are doing would be a real pick me up for their spirits.

All of us in Melbourne are under enormous stress at the moment and it is only natural that we are all feeling a little bit 'flat' and negative about things. We all need to remain positive at this time because we *will* get through this and hopefully soon return to the 'normal' way of educating our children.

Jim and Gina



HELPFUL TIPS FOR LOOKING AFTER YOUR MENTAL HEALTH IN HOME ISOLATION



Remind yourself that this is a temporary period of isolation.



Remember that your effort is helping others in the community.



Stay connected with friends, family and colleagues via email, social media, or phone.



Try to maintain physical activity.



Start a gratitude practice to build a habit to search for what's good. Find 3 good things each day.



Engage in healthy activities that you enjoy and find relaxing.



Keep regular sleep routines and eat healthy foods.



For those working from home, try to maintain a healthy balance by allocating specific work hours, and taking regular breaks.



Avoid news and social media if you find it distressing.

www.humanconnections.com.au



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

STAFF NEWS:

Congratulations to Jess, Tom, Oliver & Ruby on the safe arrival of their beautiful daughter and sister Isla Jean Clark.



MAGIC SHOW

Tim Credible is inviting you to a scheduled Zoom meeting.

Topic: Sacred Heart Primary School - Tim Credible's Magic Show

Time: Sep 1, 2021 01:30 PM Australia/Melbourne

Join Zoom Meeting

<https://us06web.zoom.us/j/88278622981?pwd=QTVndTd4VkdBWTV6ejRGY053b1NGQT09>

Meeting ID: 882 7862 2981
Passcode: SCeb29

SACRED HEART PRIMARY SCHOOL

Tim Credible

TIM CREDIBLE'S FAMILY MAGIC SHOW
Wednesday 1st September - 1.30 pm

TimCredible.com.au

Tim Credible is inviting you to a scheduled Zoom meeting.

Topic: Sacred Heart Primary School - Tim Credible's Magic Show
Time: Sep 1, 2021 01:30 PM

Join Zoom Meeting
<https://us06web.zoom.us/j/88278622981?pwd=QTVndTd4VkdBWTV6ejRGY053b1NGQT09>

Meeting ID: 882 7862 2981
Passcode: SCeb29

BOOK WEEK PARADE:

Well done to all staff and students that got involved in Book Week and sent photos through. It was great to see so many families get involved even in lock down.

UPSCHOOL

A Community Resource on our Sacred Heart Website

If you haven't visited our school website recently, please do so. One of the features of the website is the Upschool digital platform, which is constantly being added to with interesting and informative items from the school and from educational experts.

"Education is so much more than books and pencils, homework and study. Education is life, the experiences we share, the hurdles we overcome, the relationships we build and the lessons sometimes hard won. How we interact with the world, our peers and our parents are governed by what we learn in school as well as from the world around us.

Shared experiences, community and family are fundamental in shaping our children into positive, self-aware and intelligent little people and communication is key to keeping a community together. We believe education should be creative, inspirational and inclusive so we decided to create a specially designed resource centre to keep our families connected.

Packed with creative and fun ideas in health and self-awareness, kids activities, educational resources, school updates and support, Upschool is designed to keep you engaged, connected, informed and inspired to live, learn and play as a happy, mindful and sharing community.

This free and growing resource centre is our way of sharing positive and inspiring messages that we feel will have a direct and positive impact within our community.
Something in here for all ages and growing weekly."

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. .

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 gift packs will be collated and available for pickup from the Front Office next week.

Tape Measures \$2.00 each



Beanies



\$8.00

Car Kit Set (Air

Freshener/Shammy/Sponge/Cleaner) \$10.00 each



LED Fan (Best Dad Ever) \$4.50



Multi Tool Pen \$4.00 each



Golf Ball Set \$5.00 each



Uno Card \$3.00 each



Travel Mug \$6.00 each



Hats \$6.00 each



Soap Bags/Soap on a Rope \$10.00 each



Water Bottle \$6.00 each



Zipped Black Toiletries Bag x 10 \$5.00 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



Weighted Jump Rope \$6.00



Sunglasses \$10.00





SACRED HEART PRIMARY SCHOOL

Wellbeing

#CHATSTARTER:

The Federal Government has launched [#ChatStarter](#) to support the mental health of Australia's children, young people and parents. #ChatStarter was developed by the [National Mental Health Commission](#) in partnership with parents and young people who have experience of mental health challenges and Australia's national mental health organisations - [ReachOut](#), [Butterfly Foundation](#), [Orygen](#), [batyr](#), [headspace](#), [Beyond Blue](#) and [Kids Helpline](#).

Overview

Conversations play an important role in recognising when someone is going through a difficult time and connecting them to right type of care. While we all like to have conversations in different ways, talking to someone about what's challenging us can be difficult. Having a small chat can make a big difference. The easy-to-use tips and resources below have been developed by mental health clinicians to help build your confidence and capability to support a friend or loved one who may be experiencing distress or a mental health challenge today.

Before having a chat

Before starting a conversation, ask yourself what support you have in place for yourself:

Are you doing OK?

It is important that you prioritise your own mental health before helping others.

Do you have someone you can talk to if a conversation has been challenging?

It's absolutely OK to seek support, in fact it is essential.

Then think about the person or people you are going to chat with:

- Have you noticed a change in their behaviour?
- Have you noticed a change in their mood?
- Do they have support people around them?
- What do they like to do in their spare time?

[How to create your own #Chatstarter?](#)

#ChatStarters

Here are some ways that you can connect with those around you.

For parents

Supporting our children in difficult times and finding out how they are doing means we often need to find alternative ways to start a chat and to listen.

For young people

Doing things together is a great #ChatStarter, especially when we may not know how to start or what to say.



Here are some **#ChatStarter** ideas - why not try them out?

Walk & Talk

Walking and talking can break down barriers and help people feel less confronted than chatting face-to-face.

Yarn & Learn

Storytelling can help us understand what people are going through. You might like to yarn with Elders or friends about your experiences and how you're feeling. You could yarn with members of your household or virtually with others you trust.

Drive & Debrief

Going for a short drive with someone, or taking them for a drive if they're not up for it, can provide a short-term escape and provide the opportunity for uninterrupted conversation and a place to calm down or clear heads.

Bake & Bond

Keeping our hands busy can help someone feel more comfortable in having conversations about challenges. If your child or friend likes baking, encourage them to choose a recipe to make together.

Relate over Reels

Young people enjoy watching content they relate to - this includes reels and videos on social media. They might share links with you that can help you understand what they're going through that can help guide conversation. Alternatively, you can sit down and watch some videos together which may help conversation flow.

Create & Connect

This is just for fun - what we draw, write, paint, cook, dance, capture and play can help give insights into someone's experiences. Try photography – why not go bush? Go outside to the backyard or the park nearby if possible and spend time taking photos. You don't need a special camera to capture beautiful colours, textures and reflections.

Dance & Download

Dancing is a great way to express yourself. You, your family, Elders, friends or anyone in your household might like to pick some songs and dance. If you're in different households, a video call to dance and move is a great alternative to face to face when restrictions are tight.

Stretch & Reflect

Stretching and self-reflecting can spark insight, which can alter the way we see ourselves and those around us.

Celebrate & Share

Celebrate the small things together, a home-cooked meal, a friendly message from a friend, a smile or even a wave from the neighbour, or anything that makes you feel good.

DIY & Decompress

Remember that cool cupboard you wanted to build? Ask your parents or siblings to give you a hand at starting a DIY project to focus your mind on.

Mental Health Support Lines

Where to get help

- headspace (ages 12-25) - **call 1800 650 890**
- Kids Helpline (ages 5-25) - **call 1800 551 800**
- Lifeline (24/7 crisis support) - **call 13 11 14**
- Beyond Blue (mental health support service) - **call 1300 224 636**
- Butterfly National Helpline (eating disorders) - **call 1800 334 673**
- 1800RESPECT (People impacted by sexual assault, domestic violence, and abuse) - **call 1800 737 732**
- Suicide Call Back Service (all ages) - **call 1300 659 467**

- Mensline (24/7 counselling service for men) - **call 1300 789 978**
- QLife (LGBTI peer support and referral) - **call 1800 184 527**

Crisis Support

Here are contacts to call if you are worried about the immediate safety of yourself or the person you are chatting with.

If life is in immediate danger call **000**

If the person you are supporting is in crisis call:

- **Lifeline 13 11 14**
- **Suicide Call Back Service 1300 659 467**

#ChatStarter will harness the power of social media to engage parents and young people with Facebook Australia providing significant support as a major partner to reach millions of Australians across the country using Facebook and Instagram.

The campaign will also be promoted on TikTok to extend awareness of the importance of #ChatStarter conversations.

SUPPORTING YOUR CHILD'S MENTAL HEALTH



How to support your child's mental health through the pandemic

Access webinar recording here: <https://www.youtube.com/watch?v=y1DizMUOeng>

The COVID-19 pandemic has challenged all of us, including our kids. So, we want to help! Our Facebook Live session on Wednesday 25 August 2021 brought together an expert panel to discuss this important topic, with lots of practical advice, and you can watch the replay here.

Hosted by Dr Anthea Rhodes (Paediatrician) with special guests Dr Ric Haslam (Director, Mental Health), Dr Alice Morgan (Clinical Psychologist) and Prof Harriet Hiscock (Paediatrician).

RCH Factsheet: [Supporting your child to cope with the COVID-19 pandemic](#)

Building resilience during the COVID pandemic



The pandemic continues to bring worry and anxiety to children and young people. Resilience can help kids get through these difficult times, but it is not something they are born with. Resilience is built up over time as kids interact with the environment and each other. Emerging relatively unscathed from a setback or hardship can boost future resilience. On the other hand, if experiences are too overwhelming or stressful, kids can be traumatised, making it difficult to respond with future hardships with resilience.

The Harvard University Centre for the Developing Child depicts resilience as 'a see-saw or balance scale, where negative experiences tip the scale toward bad outcomes, and positive experiences tip it toward good outcomes. The point where the scale balances is called the "fulcrum," and if it is more to one side or the other, it can make it harder or easier to tip the resilience scale to the positive.' Everyone's fulcrum is in a different spot—which explains why hardships impact on people so differently.

Reduce the impact of COVID by reducing stress

During the pandemic there has been a constant build-up of stress and disappointment for many kids. Remote learning, postponement or cancellation of highly anticipated events such as graduations and formals, limited access to community activities and extra-curricular activities are just some of the negative outcomes that kids have experienced.

Most of these stressors are out of parents' control however any efforts to lighten the load on kids and tip the balance to a more positive side will help build resilience. Reducing sources of stress on kids include:

- facilitating visits to recreation areas for play and contact with friends
- ensuring academic expectations are realistic and reflect the circumstances of each child
- back and forth parent-teacher communication responding to pandemic-induced problems
- alleviating unnecessary family conflict such as temporarily loosening digital limits

Build up positive outcomes through supportive relationships

The presence of healthy supportive adult relationships with children and teenagers is a recognised contributor to resilience. Harvard University state, "The one thing that most children who develop resilience have in common is a stable, committed relationship with a supportive parent, caregiver, or other adult. Adults need those supportive relationships, too!"

Parents can build more positive outcomes for kids by strengthening the connections they have with friends, family and members of the community. Relationship-building activities can include:

- increasing family connections through shared mealtimes and enjoyable family activities
- positive one-on-one activities between parents and kids
- encouraging regular digital or face-to-face connection with friends
- maintaining contact with extended family

Strengthening core skills and coping capacities

Children and adults need a set of core skills to manage their daily lives. These skills include planning, ability to focus, self-control, self-awareness and adaptability. When children and young people are under extreme stress it's difficult to apply these core skills so the ability to manage even simple tasks can be compromised.

Parents can strengthen these skills in children and young people by:

- building daily organisational skills at age-appropriate levels including the use of schedules, timetables and other visual organisers
- encouraging children to relax and enjoy regular downtime
- developing anxiety-management tools such as deep breathing and mindfulness
- embedding wellbeing strategies of relaxation, exercise and play into family life

Building resilience in children and young people during the current pandemic is a continuous task for families. Resilience is best promoted by relieving stressors on kids, ensuring they experience a variety of supporting relationships with adults and other children, and building core executive functioning skills so that they can successfully manage their daily lives during these times of change.


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:

[Register Here](#)

1. Click 'Add to cart'
2. Click 'View cart'
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.



parentingideas.com.au

parenting * ideas



SACRED HEART PRIMARY SCHOOL

Important Dates

Term 3 Important Dates

August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 online		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 TBC School Advisory Council 7.30pm TBC		Footy Day TBC TERM 3 FINISHES for students	SCHOOL CLOSURE - Staff PL		

Sacred Heart Primary presents...

SPLIT DECISION



Thursday 11th November 2021

Matinee show 12:30pm Evening Show 7:00pm
Empower365 @ 360 Main Road, Lower Plenty

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!**



Winner drawn 1 September – Get your entry in now!

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

Learning & Teaching



Shelley Waldon:

LET'S INVENT Free Workshop for Primary school students - spaces available for Saturday morning 28th August
Girls Invent is providing a Free creative thinking workshop for boys and girls aged 6 - 12 - 'My Invention, My Story'
['My Invention, My Story' Bookings](#)



**Click here
to book
your tickets**



Dear Parent,

We are delighted to let you know about an education resource that is available to your child at home as part of our school subscription – **Story Box Library**.

Your child can watch favourite stories, read aloud by fabulous storytellers, at home as well as in the classroom.

Reading aloud to children, in particular by diverse and engaging storytellers, greatly improves language and literacy skills, especially in the early years of a child's development. Story Box Library is committed to supporting and engaging the practice of storytelling. It is intended for use as a complementary form of delivering the precious experience of being read aloud to, in order to improve children's lives. Connecting children with literature through the complementary medium of film, providing a vibrant, interactive experience via a diverse range of storytellers sharing the best of our local children's picture books.

To access Story Box Library at home:

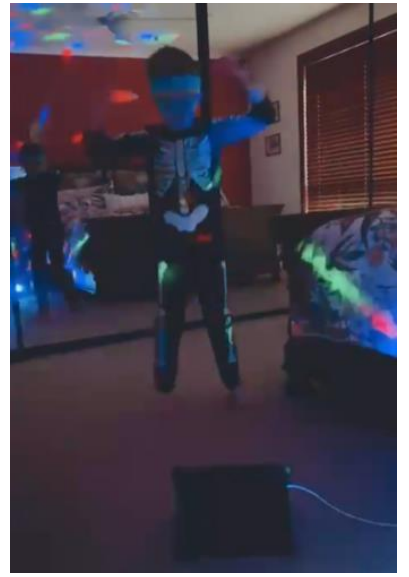
- 1) Visit [Story Box Library](#)
- 2) Choose Log In from the top right corner of the screen
- 3) Log in using the username and password provided below
- 4) Enjoy the library of stories on any device with internet connection

USERNAME:	Heart
PASSWORD:	stories26

Please note the following features:

- Story Box Library regularly adds new stories, so is an ever-growing library
- Content is aimed at Prep/Foundation through to Year 6 students
- Includes a range of short films to inspired by our stories, creators and storytellers
- Resources are provided for each story, including Classroom Ideas, Activity Time and Student Task Sheets – all designed to assist at-home learning
- Captions can be turned on or off for each story
- Story Box Library is a safe online space free from advertising

DISCO @ Sacred Heart



Science Week Food Art



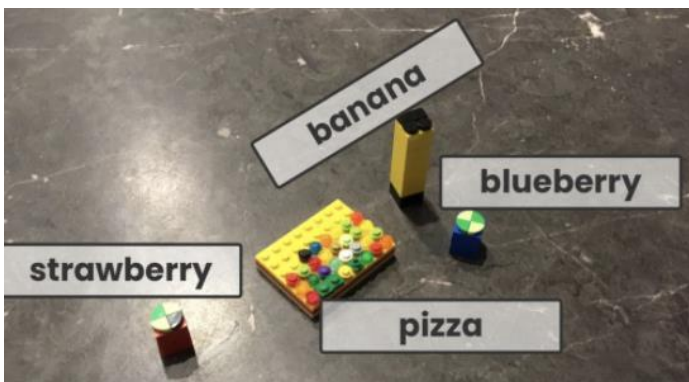
Heidi



Xavier H



Maia



Nala



Katiya



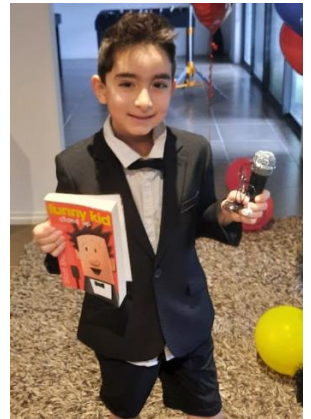
Harry



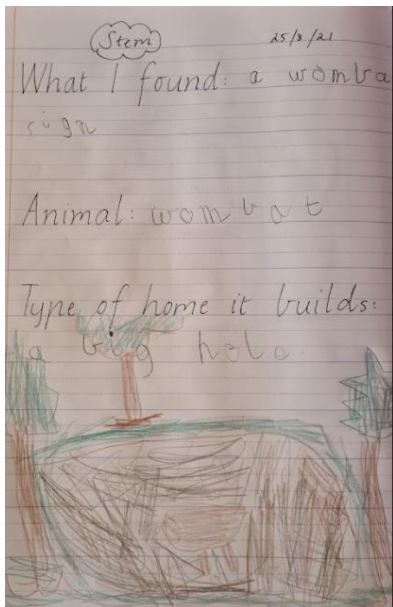
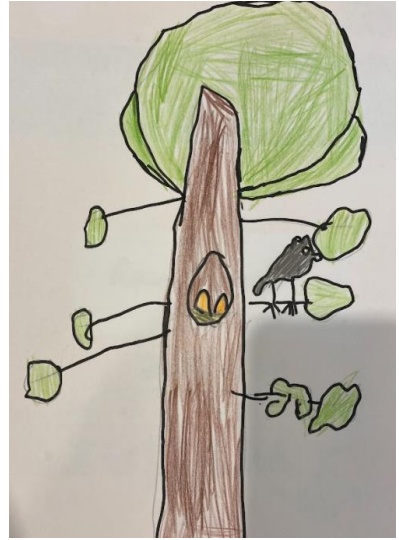
Kadye

Book Week @ Sacred Heart





STEM @ Sacred Heart



Madi and her new puppy



SACRED HEART PRIMARY SCHOOL *Community News*



MARRIAGE ENCOUNTER WEEKEND

An opportunity to spend a weekend improving your communication.

This experience gives married couples the tools to keep your passion alive in a gentle, nurturing environment, away from pressures and distractions of daily living.

The weekend we offer is based around Catholic values but couples of all faiths are welcome.

Please check our website for more details.

Next **on-line** weekend is on **10 – 12 September 2021**

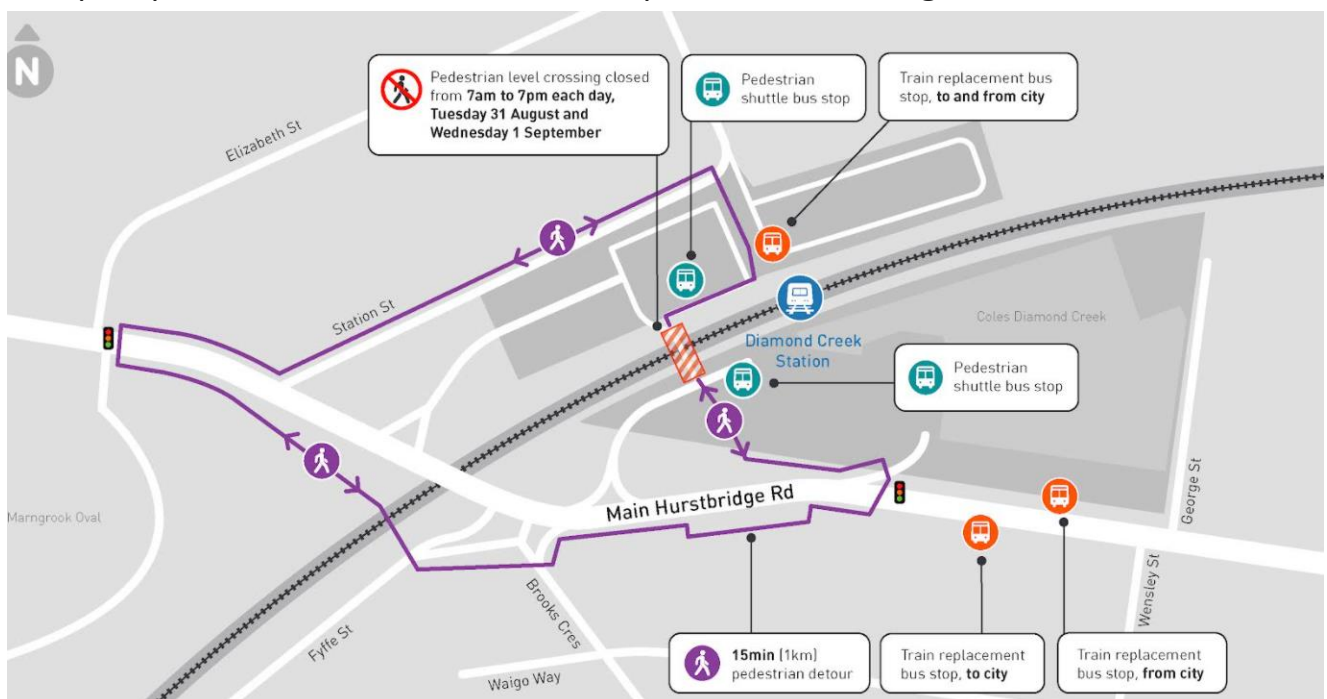
Next **Non-Residential** weekend is on **16 – 17 October 2021**

Information/Bookings: Phone **Mercy & James 0409 183 676** or

Email: vicbookings@wwme.org.au Website: wwme.org.au



The Diamond Creek Station pedestrian level crossing will be closed between 7am and 7pm each day on Tuesday 31 August and Wednesday 1 September. Pedestrians can cross the rail line via the Main Hurstbridge Road level crossing. An accessible shuttle bus will be in place to transport pedestrians between the closed pedestrian crossing.





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

