



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 8 Term 3

2<sup>nd</sup> September 2021

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

Fr Steve's Sunday Mass:

[https://youtu.be/p\\_Ql-Znlcu8](https://youtu.be/p_Ql-Znlcu8)

Dear Sacred Heart families and friends,

Yesterday the Premier of Victoria announced that, due to an increase in COVID-19 cases, there will be no return to onsite learning for Term 3 and a plan for Term 4 will be announced at a later date. Students will continue to learn remotely for the rest of this term, which finishes on **Friday, 17 September**. Friday, 17 September, was previously scheduled as a school closure but due to our inability to go ahead with our staff Professional Learning on this day, we will provide a 'normal' remote and flexible learning day with a focus on Footy Day. Details about returning to on-site learning in Term 4 will be announced at a later date.

As a result of this announcement the school will have a **pack pick up on Friday 3<sup>rd</sup> September** to cover work for the remainder of the term. This will take place between 2pm – 3.30pm from the front office. This letter is to provide you with some clarity around the learning program and student attendance onsite within the current restrictions. These changes remain subject to the advice of Victoria's Chief Health Officer. Below is a list of categories for students who can attend onsite learning. If you are in any of these categories and wish to have supervision for your child please contact the office 9438 1590. Please note with the increase of restrictions and ability for staff to supervise you need to be able to **provide evidence** (e.g. working permits for both parents) to support your child attending onsite for all students.

### Student attendance onsite

Consistent with previous arrangements, Sacred Heart will continue to provide onsite supervision for students in the following categories:

1. Children where both parents and/or carers are authorised workers who **cannot work from home**, work for an essential provider and **where no other supervision arrangements can be made**:
  - o Where there are two parents/carers, both must be authorised workers, working outside the home in order for their children to be eligible for onsite provision
  - o For single parents/carers, the authorised worker must be working outside the home in order for their children to be eligible for onsite provision.

2. Children experiencing vulnerability, including:

- o children in out-of-home care
- o children deemed vulnerable by a government agency, funded family or family violence service, and is assessed as requiring education and care outside the family home
- o children identified by a school as vulnerable, including via referral from a government agency, or funded family or family violence service, homeless or youth justice service or mental health or other health service.
- o Where a parent/carer indicates that a student with a disability is vulnerable because they cannot learn from home, and/or informs the school the student is vulnerable due to family stress, the school must provide onsite supervision for that student. This may apply to students enrolled in specialist schools and students with a disability enrolled in mainstream schools.

The uncertainty surrounding this lockdown has been particularly challenging. If you feel that your child is in a heightened state of concern and anxiety. I encourage you to reach out to your child's classroom teacher or Mrs Gina Murphy.

Thank you for your ongoing support and take care of yourselves.

Yours Sincerely,

Jim & Gina



## SACRED HEART PRIMARY SCHOOL

# General News

### **What if instead of 'falling behind', this group of lockdown kids are actually ahead?**

What if they have more empathy, enjoy family connection, can be more creative and entertain themselves, love to read, love to express themselves in writing?

What if they enjoy the simple things, like their own garden and sitting near a window in the quiet? What if they notice birds and the dates the different flowers emerge, and the calming renewal of a gentle shower of rain?

What if they learn to ride a bike, play a board game, do simple crafts, climb a tree, play without a screen?

What if they learn to understand the value of money, what's important and how to live with less?

What if they learn the value of eating together as a family and sharing in the small delights of the everyday?

What if they learn to just be: to be resilient, to be content?

What if they are the ones to place great value on our teachers and educational professionals, librarians, public servants and the previously invisible essential support workers?

What if among these children, a great leader emerges who has the benefit of a slower pace and a simpler life to truly learn what really matters?

What if they are ahead?

What if I am ahead?

What if WE are ahead?

### **CONGRATULATIONS**

We had a telephone call this afternoon to the office from a gentleman who's sister was involved in a car accident this afternoon – he called to warmly thank and praise the actions of two of our students, Xavier and Roy, who offered their help to unload the driver's car and jumped in without hesitation. Great community spirit boys!

## FUNDAMENTALS FOR FOUNDATION:

SACRED HEART PRIMARY SCHOOL

# FUNDAMENTALS FOR FOUNDATION

A structured program that assists preparation for preschoolers in their transition into formal schooling.





SESSION 1 MONDAY 30 AUGUST 9.30AM ONLINE  
SESSION 2 MONDAY 6 SEPTEMBER 9.30AM ONLINE  
SESSION 3 MONDAY 13 SEPTEMBER 9.30AM ONLINE  
SESSION 4 MONDAY 4 OCTOBER 9.30AM ONLINE  
SESSION 5 MONDAY 11 OCTOBER ONSITE 9.15AM - 10.00AM  
SESSION 6 MONDAY 18 OCTOBER ONSITE 9.15 - 10.00AM

### WHAT WE DO

This is the perfect time to begin preparing your child for school. Sessions facilitated by a qualified, registered and accredited teacher are FREE, with all materials provided. A variety of lessons and activities that focus on a child's academic development, learning readiness, social wellness and more is provided.

### HANDS ON LEARNING

Sessions will provide hands on learning experiences covering:

- pre-literacy skills
- pre-numeracy skills
- name recognition/writing
- fine motor skills including pencil grip
- gross motor skills
- social skills
- language skills

## 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."*



SACRED HEART PRIMARY SCHOOL

Wellbeing

**NATIONAL CHILD PROTECTION WEEK**  
5 - 11 September 2021



**NATIONAL CHILD PROTECTION WEEK**  
5-11 SEPTEMBER 2021

**THE RESILIENCE PROJECT**

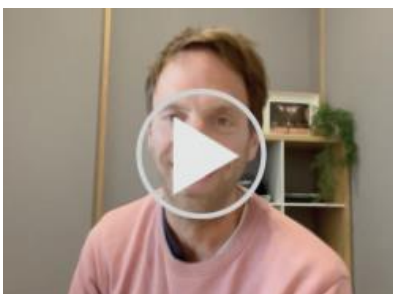
**What's  
News**

September 2021

**THE  
RESILIENCE  
PROJECT™**

So many of us are experiencing challenges right now. Over the last few weeks, we've been sharing some clips of Martin and Hugh where they've opened up about the things they are (and aren't) doing to help their mental health. Not only are the boys wildly different in personality, but so too is their approach to working on their wellbeing.

These tips may or may not work for you, however if you're keen to try something new, we hope they provide some inspiration.



Please find information for your interest.

### Kids-Aid Treatment Study Childhood Mental Health Research Clinic

- Research study seeking children aged 7-12 years who have experience a traumatic or stressful event and want support.
- The Kids Aid program offers individualised cognitive-behavioural based techniques (via telehealth) to support young people to build resilience and skills that will support them to feel mentally well both now and as they grow.

### Interactive Playgroups

(Playgroup Victoria [www.playgroup.org.au](http://www.playgroup.org.au))

With the number of families in isolation increasing, particularly in Shepparton, these interactive playgroup sessions have been something families across the state are actively engaged with. They are delivering the following sessions weekly.

- Baby Playgroup - Monday and Thursday at 10am
- Playgroup at Home Live - Tuesday and Friday at 10am

[Book an Online Playgroup Session | Playgroup at Home](#)



**ISN INNOVATIONS**

# KIDS-AID TREATMENT STUDY

Childhood Mental Health Research Clinic

## RESEARCH PARTICIPANTS WANTED

**We are looking for: children aged 7 to 12 who have experienced a traumatic or stressful event, and want support.**

Children who experience trauma are at twice the risk of developing mental health difficulties as an adult compared to the general population, 5 out of 6 children who experience trauma do not develop PTSD and are often ineligible for treatment, only to develop severe mental health difficulties later in life.

The Kids Aid program based at ISN Innovations offers individualised cognitive-behavioural based techniques to support these young people to build resilience and skills that will support them to feel mentally well both now and as they grow.

Children aged 7 to 12 who have a history of trauma or major life stress and are subsequently experiencing mild to moderate symptoms are eligible. Treatment will require a parent, guardian or permanent caregiver to attend sessions as well.

Kids can do hard things, but they shouldn't have to do it alone.

For further questions, or to see if your child is eligible contact:  
Dr Rebecca Grattan, Clinical Psychologist  
[rgrattan@isn.edu.au](mailto:rgrattan@isn.edu.au)  
+61 3 9008 1622

Please send study referrals to:  
[cmhrc@isn.edu.au](mailto:cmhrc@isn.edu.au)

<https://isn.edu.au/>



### Communication - Part 2

- Monday 6th September – 9.30 AM to 10:30 AM AEST
- Monday 13th September – 7:00 PM to 8:00 PM AEST



### **Interoception**

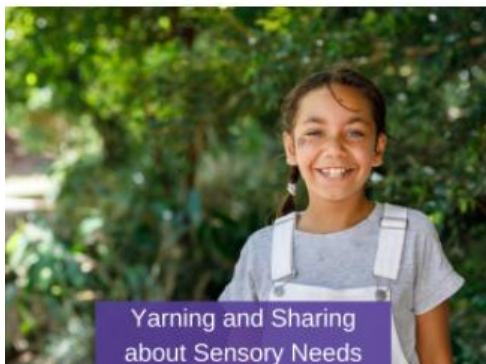
- Wednesday 6th October – 12:00 PM to 1:00 PM AEDT
- Tuesday 12th October – 7:00 PM to 8:00 PM AEDT

Positive Partnerships are excited to launch new online webinars dedicated to Aboriginal and Torres Strait Islander families and communities, 'Yarning and Sharing about Autism and Yarning and Sharing about Sensory Needs.'



### **Yarning and Sharing about Autism**

- Thursday 9th September - 1:00 PM to 2:30 PM AEST
- Friday 10th September - 10:00 AM to 11:30 AM AEST



### **Yarning and Sharing about Sensory Needs**

- Wednesday 15th September - 11:00 AM to 12:30 PM AEST
- Thursday 16th September - 11:00 AM to 12:30 PM AEST

All of our webinars are free and participants that attend receive a certificate following the completion of the webinar.

Registrations are now open for all of our September webinars. To register for any of the webinars, click on your preferred date above or [visit our website](#) for more information.

## INSIGHTS

### In praise of fathers: the place of the modern dad



Fatherhood has been transformed from the breadwinner and disciplinarian role of the past to a far more complex framework. Here's how:

#### Diversity rules

A look at different cultures even within our shores shows there's no one 'right way' to be a dad. Fathers have a strong biological urge to ensure their children's survival, which drives dads to be protective, some to have high expectations and others to promote self-sufficiency. Fathers may differ in how they parent, but ultimately, we all belong to the same valued club. Fathers almost universally want what's best for their child.

#### Recognising dads

Being a dad is not given the same attention as motherhood. The parenting advice industry is often skewed toward mothers as the direct or primary carers. The lack of recognition can also at times be seen in the mental health field. It's now recognised that men experience heightened anxiety at all stages of fatherhood, however, most simply suffer in silence because 'that's what men do.' The recent advances in mental health promotion still have some way to go when it comes to fathers.

#### Playtime is crucial

Fathers have long been seen as the kings of play. Science now shows that play is a critical part of the fathering toolkit. Whether it's engaging in rough and tumble play with toddlers, sharing pizza night with primary-school kids or laughing with teens over the latest cat video, dads bond best with their children through play. Oxytocin, the bonding chemical that promotes strong relationships is released most intensely for men when playing with kids. On the other hand, oxytocin spikes for women are prompted by affectionate activities such as stroking, cuddling and talking softly to kids. Activity is at the heart of effective fathering as it's through play that many men do their best fathering work.

#### Part of team parent

'I wish my partner raised children like me' is a common parent comment. While usually uttered out of sheer frustration this comment misses the point that evolution dislikes duplication. Put simply, if one parent is the disciplinarian the family doesn't need another. Better for the other parent to focus on nurturing, teaching or arranging daily timetables. In busy families it's better to ensure all the parenting bases are covered rather than duplicating roles and leaving out important functions. Working together as one part of team will ensure that most of the needs of a child are met. Alternatively, if you are parenting a child on your own stay connected with other families and reach out for assistance when required.

#### The school of dad

Traditionally, fathers have been heavily linked with children's learning, but not necessarily of an academic kind. The reinforcement of values, real-world problem-solving and teaching for self-sufficiency have been the usual domain of dads. Recent studies show that dads can also positively impact their children's academic achievement, but in different ways to mothers. While mothers are more likely to be involved in at home learning activities such as hearing children read and supervising homework, fathers are more likely to positively impact their children's attitude to learning. According to American educational researcher William Jeynes, dads focus more (than mothers) on moulding and modelling correct mindsets and behaviours, which provide the foundation upon which children and teens can build their academic journeys. It's this bigger picture focus where fathers can do their best work, particularly changing boys' attitudes to women and giving their daughters the confidence to stand up and be heard.

## Dads and kids' development

If a father wants to positively influence children and teenagers, it's important to ensure that their relationship is warm and supportive. While this may be at odds with men's natural tendency to push children's developmental boundaries, fathers should lean on their well defined ability to relate to their kids through play. As Australian educational leader Dr. Tim Hawkes noted in his book *"Ten conversations you should have with your son"* dads who engage in banter and fun are better placed to discuss issues of real substance with their children.

## Dads and resilience

Fathers who promote children's self-sufficiency are well placed to develop resilience in their children. In fact, a key role for modern fathers is to ensure, as part of team parent, that their children can confront and overcome the hardships, frustrations and difficulties that life throws at them. This is done less by adopting tough, hard-nosed tactics, and instead allowing kids to take physical and emotional risks in the knowledge that they can return to a warm and secure base.

## Dad is a social role

With children growing up in step, adaptive, single parent and same sex families fatherhood has become less a biological and more a social role. As society changes and assisted parenting techniques continue to advance, whoever answers to father takes on importance in a child's life. This is not denying the rights of a biological father, but rather acknowledges that for many children the person who shows up whether stepfather, relative or family friend, or even a single parent doing both roles, is the social father for a child.

## In closing

As society changes the role of fathers is also shifting as well. While the place of a father in a child's life has always been important, there's never been a greater need for fathers to be supported in their role and to widen our view of what it is to be a dad.



SACRED HEART PRIMARY SCHOOL

Learning & Teaching



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





SACRED HEART PRIMARY SCHOOL  
*Important Dates*

**Term 3 Important Dates**

**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
Fundamentals for Foundation Program online				Kate Wilde 11.40am-1.30pm online		
13 WEEK 10 B	14	15	16	17	18	19
Fundamentals for Foundation Program online				Footy Day Online  TERM 3 FINISHES for students	School Holidays	School Holidays

*Sacred Heart Primary presents...*

**SPLIT DECISION**



**Thursday 11th November 2021**

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

# Welcome to our Green Sea Turtles!!



Back in June, the 1/2 Level learnt about the endangered Green Sea Turtles, as part of our involvement in celebrating World Oceans Day. We learnt that global warming, along with littering, poaching and dangerous fishing practices, were threatening the existence of the green turtle species. We found out that we could help give marine Turtles new hope by virtually adopting a green sea turtle through WWF. Our target was to raise \$55 to adopt a turtle to share in our level. Several students gave up their play time to stand at the canteen with a donation container and to sell lolly bags we had left over from an incursion. Nate Fitzmaurice very generously decided to donate \$50 that he had been given for his birthday!! Suddenly we were in a position to apply to adopt 2 sea turtles - one for each grade! Our soft toy turtles arrived today, along with lots of information about how our money is helping our real turtles. Our money helps to promote sustainable fishing, ensure nesting beaches are free from feral species, expand and create marine sanctuaries, ensure strategic and sustainable coastal development, and reduce contaminants in our waterways.

**Well done 1/2s! You are superstars for caring about our planet!**



# Art @ Sacred Heart



**George**



**Jojo**



**Lily**

**Alfie**



**Anthony**

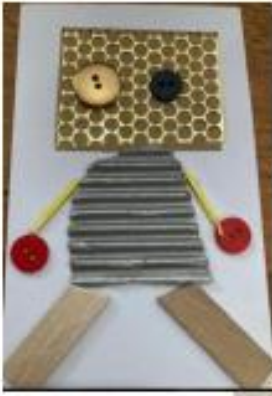


Foundation students celebrated the start of spring by creating these birds and nests through a combination of art and science. The nests were made through the scientific process of wet-felting where wool is turned into fabric. The birds were made using clay and other craft materials.



**Will & Charlotte**





**Charlotte M**



**Emily**



**Finn G**



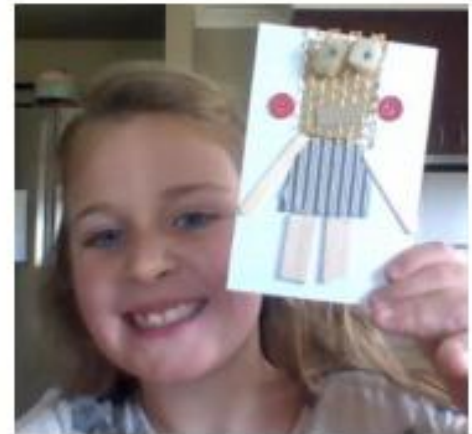
1/2CN made collographs in visual art this week. These are printing tools created by making a collage from different textured materials. They then experimented with a couple of different ways of printing.



**Harry F**



**Nate**



**Stevie**



**Jack Na**



**Rupert**

Years five and six students have been learning about street art and graffiti and questioning the difference between art and vandalism and where the line is drawn. This week they looked at graffiti writing styles and then created their own names in a chosen style...



## This week @ Sacred Heart



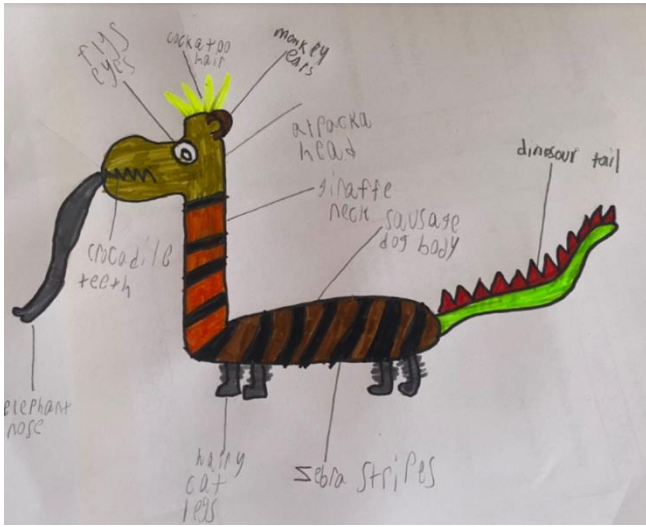
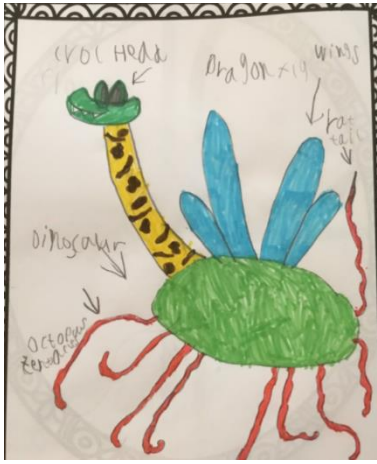
First Day of Spring – playtime break during Remote Learning



New line marking and games in the school grounds



# STEM @ Sacred Heart



## 'Silly Animals'



# 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](mailto:vicbookings@wwme.org.au) Website: [wwme.org.au](http://wwme.org.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.

*"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](http://2dreammusic.com)

For enquiries, contact:

Jason Stonehouse 0419 872 875 | [contact@2dreammusic.com](mailto:contact@2dreammusic.com)



## Expert Eco Chats

**Expert home sustainability advice – FREE**

Ask about energy efficient products, solar, draught proofing, going electric, water efficiency, sustainable building and much more.

**Saturday 18 September**  
**2pm – 4pm**

Eltham Community and Reception Centre

801 Main Rd, Eltham

(or online)

**Book now:**

[www.cleanenergynillumbik.org.au/eec](http://www.cleanenergynillumbik.org.au/eec)

Proudly supported by



## 2021/22 Baseball Summer Season

For Boys and Girls Aged 5+

Register for an online information session:

[juniorbaseball.com.au](http://juniorbaseball.com.au)

