



SACRED HEART PRIMARY SCHOOL

Newsletter

Sacred Heart Primary School, Diamond Creek

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Newsletter No 2 Term 4

14th October 2021

Fr Steve's Homily:

Please click on Father Steve to view last week's mass: <http://www.pol.org.au/diamondcreek>

Dear Sacred Heart families and friends,

Thank you to all our families for the work you have done to support your children during Remote and Flexible learning. We know at times it seems that each day may have been interminably long and frustrating for some, but we hope you can see that the efforts have been worthwhile for your most precious gifts - your children. Thank you, also, to our dedicated staff who have continued to ensure the Victorian Curriculum has been taught to the students and all students have been supported and continued to grow. With the challenges of Term Three behind us and now looking ahead with staggered starts for all levels, we would like to share with you further information about the expected return to onsite learning next week for Foundation and Year 1/2 students and then the following week all other levels as shown below.

Return to school plan – Metropolitan Melbourne/Restricted Areas

Remote and flexible learning will continue to be delivered to students on the days they are not attending onsite.

Year levels	From Wednesday 6 October	From Monday 18 October	From Tuesday 26 October	From Friday 5 November
Prep		Monday-Wednesday	Monday-Wednesday	✓
Year 1-2		Thursday-Friday	Thursday-Friday	✓
Year 3-4			Tuesday-Wednesday	✓
Year 5-6			Thursday-Friday	✓

Term Four is important for every student, and our staff will strive to deliver high-quality learning for everyone both onsite and remote. Our focus for Term Four is on making sure that every student is supported in their wellbeing, learning and transition needs.

Schools are not expected to provide remote and flexible learning where parents or carers of students elect to keep their child at home, except where this is based on medical advice.

Final Pack Pick Up:

We will have the final pack pick up on Friday 15th October between 2.00 pm - 3.30 pm from the front office. This does not include the Foundation students who will receive their pack each Wednesday at school for the Thursday and Friday remote and flexible learning.

Uniform:

All students returning to onsite learning are expected to wear their correct uniform. Sport uniforms can be worn on the following days.

- Prep - 2 - Monday & Friday
- 3-6 - Tuesday and Friday

From the beginning of next week any students attending school for supervision are also expected to wear their school uniform each day.

Masks:

Starting next week, when students are on site, we will direct students in Year 3 to Year 6 to wear face masks when indoors on school premises, unless an exemption applies. There is also a recommendation that all other children wear face masks when at school if they are able to.



MACSSIS

Imagine if, in about 20 minutes,
you could help improve your
child's school.



The MACSSIS family survey is open **7 October – 28 October 2021**.

Family School Improvement Survey

Last Friday you will have received an email inviting you to complete a survey to help improve our community. Sacred Heart Primary School is participating in Melbourne Archdiocese Catholic Schools – School Improvement Surveys (MACSSIS). MACSSIS is an annual process whereby schools listen to the thoughts and feelings students, families and staff have about how their school can improve. These surveys help inform the ongoing improvement of schools across the Archdiocese of Melbourne.

One of the main goals of the family survey is to identify the strengths and areas for improvement in our school. MACSSIS data benefits everyone within our school and provides valuable community insights on areas that each school can focus on. Our school believes it is important to encourage families to have a voice and contribute to shaping the ongoing improvement of the school.

The survey is available online, can be accessed from **Thursday 7 October** and needs to be completed by **Thursday 28 October 2021**. This survey may only be completed once.

For families with more than one child attending our school, we ask that you focus on the eldest child attending the school when completing the survey. The school has invited many families to respond via this survey and participation is completely voluntary. There are no 'right' or 'wrong' answers – all responses are completely anonymous and at no point are any of the responses from students, families or staff identifiable by the school.

To complete the survey, please access the following link: <https://www.orima.com.au/macsfamily>.

In the search box under School Name, you must type our school's name followed by the suburb before the portal will recognise and display the relevant school. Your family's personal identification number (PIN) for completing the survey has been shared via email (8/10/21) or you can contact the office for a new PIN if you do not receive this email.

If you have any questions or comments, please do not hesitate to contact ORIMA Research on 1800 654 585 or macssis@orima.com, or Melbourne Archdiocese Catholic Schools (MACS) on macssis@macs.vic.edu.au.

We thank you in advance for your participation in the MACSSIS family survey and making a difference to Sacred Heart Primary School.

Standard Practices For All Schools:

- Schools are required to have a COVIDSafe Plan in place that is frequently evaluated and updated as required.
- All staff are required to have had a first vaccination dose by 18 October and full vaccination by 29 November unless a medical exemption applies.
- Visitors to school grounds must be limited to those delivering or supporting essential school services and operations (e.g. student health and wellbeing services, safety, cleaning and maintenance workers).
- All unwell staff and students must stay home.
- All children and adults on site should undertake regular hand hygiene – on arrival, before & after eating, after blowing their nose, coughing, sneezing or using the toilet. Children will again be instructed about how and when to be washing/sanitising their hands.
- Students should bring their own water bottle as children should not be drinking directly from drinking fountains at this time.
- Maintaining a physical distance of 1.5 metres will not always be practical in the school environment and this may be particularly challenging in the younger years of primary school. In these contexts, a combination of health and safety measures should be utilised to reduce risk. Density quotients of one person per 4m² do not apply in classrooms and other spaces for the purposes of student use, including corridors and other shared areas.
- Density quotients do apply to staff areas such as staff lunch rooms and areas accessed by the public, such as reception areas.
- All school-based staff must wear face masks at school, and when travelling to and from school. Year 3- 6 students are also encouraged to wear a mask.
- School staff must wear face masks while teaching wherever practicable, except where removal of a face mask is necessary for effective communication.
- To ensure consistency with physical distancing measures, students and families will not be permitted to congregate at the school gate before or after school and will be required to maintain 1.5 metres between persons as far as is practicable at the start and end of school day.
- Playground equipment can be used by students. However, students should practise hand hygiene before and after use.
- School camps and excursions cannot take place at this time.
- Choirs are not permitted in schools, except where required for essential assessments.
- Based on the advice of the Acting Deputy Chief Health Officer, given the current levels of community transmission in Victoria, mandatory temperature testing of all students on arrival to schools will not be required in Term 4.

Wellbeing, health and hygiene:

The school has implemented increased health and hygiene measures including:

- hand sanitising stations near all classrooms;
- additional cleaning scheduled during the day;

- additional signage placed around the school to remind students and staff about social distancing protocols and health and hygiene practices;
- greater emphasis on ventilation in classrooms and using outdoor spaces for learning;

Your child/ren are required to bring their own water bottle for use at school as they must not drink directly from drinking fountains at this time. Taps may be used to refill individual water bottles only.

If your child/ren is unwell, they must stay at home. If our staff notice that your child is unwell, she/he will be isolated until she/he is collected from the school.

What is Being Implemented at Sacred Heart:

As many of the practices are internal, we will endeavour to indicate the important points here that directly impact on families or that may reassure you.

Start Of The Day:

Visitors to the school will be restricted to essential services and physical distancing protocols enacted at Reception.

We ask that parents not enter the school grounds, unless you are dropping off your child/ren and even then, it will be only out the front of the school. We will continue to use Kiss and Drop in the morning. There will be more staff present to support your son/daughter when arriving at school. In the morning if you are walking your child/ren into the school or in the afternoon when you are collecting your children, we ask that you not come through the front courtyard gates. We will ensure the safety and wellbeing of the child on the school grounds. The usual methods of communication with the school, phone and email, will continue and meetings with staff members will be conducted via phone or Google Meet. Please do not hesitate to contact your child's teacher if you have any queries about their learning progress or wellbeing.

Pick up:

All students will be dismissed at the usual time, 3.25 pm, the Year 5/6 students will use the driveway between the parish hall and school grounds, the Prep - 2 will be supervised by staff using the driveway between the railway station and the school and the Year 3/4 students will use the main entrance. Please remember social distancing while waiting for your children.

Dogs at Drop off & Pick Up:

For all families bringing dogs into the school grounds, please ensure they are on leads at all times and that you remain along the fence line at the front of the school. We do have students afraid of dogs and need to ensure at all times they feel safe. Thank you for your understanding.

Cleaning:

Extra cleaning will be conducted during school hours. High touch points will be sanitised. These include door handles, kitchen areas, handrails, drinking troughs & fountains, shared tables & chairs, electrical fixtures & appliances, toilets. Classroom and general use bins will be emptied during the day as well as at the end of the day. Quite stringent protocols are stipulated in the Schools Cleaning Guide for cleaners to follow. Shared chairs and tables will be cleaned between uses. Shared ICT devices will be used. Children will be required to wash/sanitise their hands before and after using any shared ICT device.

First Aid:

Standard precautions are appropriate for routine first aid cases, staff will be required to wash their hands before and after performing any first aid care. Students experiencing compatible symptoms with COVID-19, such as fever, cough or sore throat will need to be collected by a parent as soon as possible. Higher level precautionary procedures will be implemented in these circumstances. Schools have been advised that pre-emptively taking temperatures of students is no longer required before entering the school. However, if a child appears to be suffering a fever, the child's temperature may be taken as a means to gather information.

Eating and Tuckshop:

The children are likely to be in the habit of 'grazing' or snacking whilst at home, we will allow extra brain food breaks during the day, so you may choose to include one or two extra healthy, no mess, no peel snacks please. We will communicate when Tuckshop will re-open.

Returning Computers & Learning Packs:

We ask that any materials from previous packs and work completed is returned on your child/rens first day back. This will allow teachers an opportunity to review students' work and help with planning individual student progress. Please ensure all materials are placed in a bag with the student name clearly labelled on

the front. All borrowed computers should be returned to school with the children on Friday 5 November, please make sure that the chargers are returned at the same time.

Finally, several staff will be on hand to greet the children as they arrive each morning. We expect that some of the children will be anxious about the return to school. Being anxious is generally related to worrying about the unknown. Whilst there are many changes forced upon us, we will be aiming to keep things as predictable and familiar as we can for the children. We'll be working to help the children who start the day feeling anxious, to end the day happy that they are back in a comfortable, familiar place.

If you have any concerns in regards to the transition of your child/ren back into the classroom please feel free to contact your classroom teacher or Gina Murphy to ensure we can put in place some support for your child.

School Hats:

Please remember that, according to our SunSmart Policy, all students are now required to wear their school hats whenever outside the classroom. Please ensure that your child has their hat at school otherwise they will be asked to sit in a shaded area of the playground. Hats are available from the School Office or School Uniform Shop for \$15.

2022 Student Classes:

Fairly soon our teachers will start the process of organising next year's class groups. This process will take several weeks so that the groupings are as balanced as possible. We also use a program called 'Class Solver' that takes in information regarding academic, social, needs, preferences and requests to help formulate classes. Once the process is finalised, changes will only be made in exceptional circumstances. Over the last few years this process has run smoothly and we are aiming for similar results again this year.

Parent requests are being invited for consideration. Please note that ALL REQUESTS MUST BE IN WRITING.

- Placement requests will only be considered in relation to your own child and it is not appropriate to involve other students.
- Requests need to relate to social, academic and/or behavioural needs of students. It is not appropriate to request a particular teacher.
- All requests must be with Jim – josullivan@shdiamondcreek.catholic.edu.au or Gina – gmurphy@shdiamondcreek.catholic.edu.au prior to Friday 29th October.
- We will attempt, as much as possible, to satisfy appropriate parent requests providing they are received by the due date.

In order for this process to be as authentic as possible it is essential that we know of any students who will not be continuing at Sacred Heart in 2022.



Due to the current COVID-19 restrictions, we have had to reschedule the celebration of Confirmation from Friday 8 October to Tuesday 16 November, we are grateful to Fr. Steve for making this alternative date available for our families.



SACRED HEART PRIMARY SCHOOL

General News

SPLIT DECISION - UPDATE

SPLIT DECISION



2021 has been a challenging year for all families, students and staff. Performing Arts in 2021 has also had its challenges, however the students have been amazing in their approach to remote learning, and practising their Production items. The cast have all attended rehearsal sessions online each week while remote.

Having spent many hours liaising with theatres and leadership, regarding Covid restrictions, density limits and options for us, we have now, unfortunately, made the decision to roll over this year's production, Split Decision, to next year.

It has also been decided that the cast, who have worked extremely hard this year learning lines, rehearsing and honing their acting skills, will be performing the script as a play in December. This, due to restrictions, will hopefully allow the families/parents of those students to attend. This will be held in the Church. If we are able to perform the play for the other students in the school, we would like to, however, as previously mentioned, restrictions and density limits will be the deciding factor.

Information will be sent to parents of the students who are acting in this play at a later date once we can confirm easing of restrictions and limits, as well as vaccination status requirements.

This has been an extremely difficult decision to make, however we look forward to working with all of the Sacred Heart students and staff next year to showcase Split Decision in all its glory, and at the theatre.

Rachel Murphy & Sandy Morgan

STAFF CONDOLENCES

Our thoughts and prayers are with Gloria Lewis and her family on the passing of Gloria's sister over the weekend.



SACRED HEART PRIMARY SCHOOL

Wellbeing

Free App to Support Children's Mental Health:

The Australian Government has just launched a new, free phone application with information, ideas and guidance for parents to help them provide additional support for their child's mental health and wellbeing.

The Raising Healthy Mind App was developed by the Raising Children Network as part of its program to support parents' mental health literacy by building knowledge and confidence concerning the social and emotional wellbeing of children.

Each year, more than 300,000 Australian children experience a mental health disorder, and diagnosis and treatment at an early stage is important because it can reduce the length and severity of the problem.

Parents can play a crucial role in early diagnosis and this new app will give parents and carers the confidence to recognise early signs of social or emotional problems and help them to seek support if it's needed.

The app is targeted towards parents with children aged 12 years and under and includes information on health, development and wellbeing based on the child's age. The app also includes information and support for parents and carers to ensure they are looking after their own mental health and wellbeing.

To download the App go to: <https://raisingchildren.net.au/guides/raising-healthy-minds>

For other well-being Apps see: <https://eapassist.com.au/wellness-apps/>

Join one of our free webinars for parents and carers. These live webinars explore the latest research and they are a great way to learn how you can help your child develop the skills to be safer online. All sessions are delivered by eSafety's expert education and training team.

eSafety's parent guide to digital technologies and mental health

This Term 4 webinar will provide parents and carers with strategies to help young people and their mental health when they are online.

It is designed for parents and carers of young people aged 10–18.

It will cover:

- what do to about accidental exposure to content about suicide, self-harm or eating disorders
- using games, apps and social media to support mental wellbeing
- the pros and cons of digital mental health platforms
- strategies for young people to support friends online.

REGISTER NOW

Dates (Australian Eastern Daylight Time)

Tuesday 19 October 7.30 to 8.30 pm

Wednesday 20 October 12.30 to 1.30 pm

Thursday 21 October 12.30 to 1.30 pm

Tuesday 26 October 7.30 to 8.30 pm

Tuesday 9 November 7.30 to 8.30 pm

Thursday 18 November 12.30 to 1.30 pm

eSafety's parent guide to online gaming

This Term 4 webinar will provide parents and carers with an understanding of the benefits and risks of online gaming.

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

It will cover:

- eSafety's State of play research
- the games young people are using and how they are engaging with them
- the benefits of gaming and how to mitigate risks
- practical strategies to use at home and where to find help and support if things go wrong.

REGISTER NOW

Dates (Australian Eastern Daylight Time)

15 November 12.30 to 1.30 pm

24 November 7.30 to 8.30 pm



SACRED HEART PRIMARY SCHOOL

Important Dates

Term 4 Dates 2021

October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11 WEEK 2 B	12	13	14	15	16	17
	Reconciliation Faith Night 7pm online			Pack Pick Up 2.00-3.30pm		
18 WEEK 3 A	19	20	21	22	23	24
PHASE A Foundation onsite	Foundation onsite	Foundation onsite	Year 1/2 onsite	Year 1/2 onsite		
25 WEEK 4 B	26	27	28	29	30	31
Foundation onsite	PHASE B Foundation & Year 3/4 onsite	Foundation & Year 3/4 onsite	MACSSIS closes Year 1/2 & 5/6 onsite	Year 1/2 & 5/6 onsite World Teachers Day (Australia)		

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 WEEK 5 A	2	3	4	5	6	7
REPORT WRITING DAY – SCHOOL CLOSURE	MELBOURNE CUP PUBLIC HOLIDAY	Foundation & Year 3/4 onsite Book Fair Starts	Year 1/2 & 5/6 onsite	PHASE C All students return		
8 WEEK 6 B	9	10	11	12	13	14
		Swimming Lessons 9am – 2pm TBC	Remembrance Day	Book Fair finishes		
15 WEEK 7 A	16	17	18	19	20	21
	Foundation 2022 Orientation Session 1 – 2.00pm – 3.15pm Confirmation 7pm	Swimming Lessons 9am – 2pm	Teeth on Wheels visit			
22 WEEK 8 B	23	24	25	26	27	28
	Reconciliation 7pm	Foundation 2022 Orientation Session 2 – 2.00pm – 3.15pm Swimming Lessons 9am – 2pm		Transition 2022 1-6 11.40am - 1.30pm (Year Levels)		First Sunday of Advent
29 WEEK 9 A	30					
	Open Water Learning Experience (OWLE) – Port Melbourne – Year 5/6					

December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Swimming Lessons 9am – 2pm	2 Foundation 2022 Orientation Session 3 – 2.00pm – 3.15pm	3 Change over day 2022 (Year 1-6 Transition) 11.40am – 1.30pm	4	5 Second Sunday of Advent
6 WEEK 10 B	7	8	9	10	11	12
Awards Ceremony and Final Assembly 2.20pm		Foundation 2022 Orientation Session 4 - 2.00pm – 3.15pm Year 6 Graduation Mass and Supper Swimming Lessons 9am – 2pm				Third Sunday of Advent
13 WEEK 11 A	14	15	16	17	18	19
End of Term Celebrations		End of Year Mass 12pm Leaving Ceremony Students dismissed at 1.30pm				Fourth Sunday of Advent



Hello from WA! The Jones family doing their Maths work in Cottesloe – what a life!

EXPLORING POSITIVE AND NEGATIVE SPACE89



Michala



Daniel



Caitlin

In art, student in years 3 and 4 have been exploring positive and negative space, contrast and symmetry. They were asked to create a design that has both interesting positive space and interesting negative space...



Mitali



Nala



Oli



Sienna



Maia

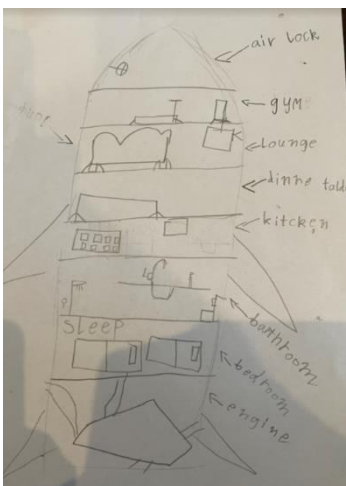
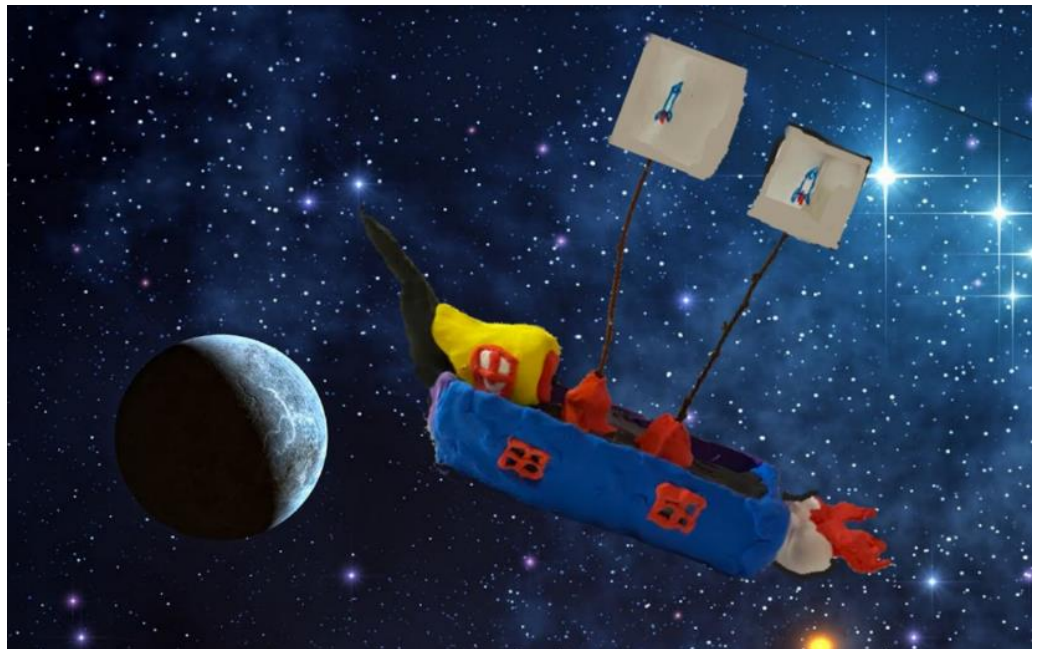


Mitali



Megan

STEM @ Sacred Heart



Students have been making Rockets in STEM this week.



SACRED HEART PRIMARY SCHOOL

Community News



connecting & communicating with your young person: parent / carer webinar

headspace National, are presenting a webinar for parents and carers of young people.

Information presented will cover:

- Understanding your young person, and recognising mental health difficulties
- Managing the challenges of parenting young people today
- Having better conversations with your young person
- Connecting your young person with the right help and support

The webinar will consist of a presentation on mental health, with a focus on noticing mental health difficulties in young people and supporting them to open up and communicate with you about their challenges, in order to seek help if needed.

When: Wednesday 24th November
7pm AEDT

Where: online via zoom

How do I register?

[Click Here](#)

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar. *Please note this webinar will not be recorded.*

All those who register will receive a digital information pack, after the webinar, that includes key messages as well as links to resources & support services.

Contact

For more information email:
programsupport@headspace.org.au