

SACRED HEART PRIMARY SCHOOL Neusletter

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Newsletter No 3 Term 4 21st October 2021

Fr Steve's Homily:

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

Dear families and friends of Sacred Heart,

We were so excited to welcome the Foundation and Year 1/2 students back to onsite learning this week and look forward to the Year 3 – 6s return. All students have adjusted so well to the return which is a credit to the children and families. Reminder that tomorrow the 5/6 students return with the year 1/2 students and then next week:

FoundationMonday - WednesdayYear 1/2Thursday & FridayYear 3/4Tuesday & WednesdayYear 5/6Thursday & Friday

As we follow the Road Map out of Lockdown developed by the State Government, we have been reviewing the events that we would usually have in Term 4 but may need to re-think due to probable COVID restrictions. The list that follows is not the complete list and other items might be added as we become clearer about the impact of COVID restrictions on specific public events.

The guiding principle that we have followed in reviewing these activities is to attempt to limit as much as possible any non-essential face to face contact/exposure.

If you have any concerns please let Jim know (principal@shdiamondcreek.catholic.edu.au) so that he can respond to you with the rationale that is behind these decisions.

Term 4 Public Community Events

- The 2022 Foundation Information Night will be filmed and a link will be provided to the families concerned.
- The celebration of Confirmation and First Reconciliation These will be held on-site in the Church with appropriate density limits and vaccination restrictions applied.
- Book Fair This will be held outside in the courtyard after school. Only vaccinated adults will be allowed on-site in the open, after school hours i.e. 3.30 4.30 with social distancing restrictions applied. This will mean that families may have to queue at the courtyard gates and leave by the gates next to the Community Centre.
- School Production This has been postponed to 2022
 - The Prep Production item will be recorded and included in the 2021 Prep Celebration Video
 - The Split Decision Cast will perform the play, which is the storyline of the Production, in the Church on 02/12, with a full dress rehearsal on 25/11 from 9-11. This public performance will be dependent on the density restrictions and performance restrictions at the time of the performance. Only fully vaccinated adults (over 12 years of age) will be allowed to attend.
- 2021 Prep Celebration This will be recorded (Production item included) and a link provided to all families.

- Year 6 Graduation
 - The Graduation Mass will be held at Sacred Heart Church with density limits and vaccination requirements applied. If these restrictions preclude it from being able to be held in a reasonable manner, it will be recorded during the day with only students and school staff present
 - The Year 6 Graduation Celebration will be organised by a Year 6 Parent committee and will take place according to a chosen venue, following restrictions applying at the time.
- Christmas Carols These have been cancelled due to density limits and vaccination requirements for all people over 12 years old. The normal 'picnics' on the oval after the carols and the arrival of Father Christmas cannot occur for the same reasons.
- The Final Assembly/Mass/Year 6 Leave Your Mark presentation these are scheduled to be held as per usual unless vaccination and density restrictions require them to be recorded, and will therefore take place with only students and school staff present.
- Swimming will be postponed until early Term 1, 2022. This year's Swimming Levy will be credited to family fee accounts or refunded to families not returning in 2022.
- Tuckshop will not occur for the remainder of the year. We will try and organise a special lunch order later in the term and any orders made prior to lockdown will be reimbursed.

The schools priority regarding the return of students to school is their safety and wellbeing. We will continue to adopt COVID Safe practices including the wearing of masks, social distancing, where practical, hand sanitising and appropriate ventilation of all classrooms and other places of gathering in our school.

A reminder that students must remain at home if they display any cold/flu-like symptoms. If they present to school demonstrating these symptoms or develop these symptoms throughout the day, parents will be contacted to collect their child as soon as possible.

We thank you for your continued support in these often challenging times. We appreciate your patience and flexibility as the school navigates its way through changing government directions and health advice. As with all that we have done over the past eighteen months, all decisions we make and practices we put into place are to protect as much as we can the health and safety of all students and staff.

Yours sincerely

Jim & Gina



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

This is the final week to complete the MACSSIS survey. Thank you to the families that have already completed this and we ask that if you have not yet completed it you take the time this week to complete the survey to support the school to improve the community for all.

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: <u>https://www.orima.com.au/macsfamily</u>.

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 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.



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 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 n Drop in the morning. There will be more staff present to support your son/daughter when arriving at school. In the morning and the afternoon if you are walking your child/ren into the school we ask that you not come through the front gates. We will ensure the safety and wellbeing of the child on the school grounds.

In order to streamline the students entering the school grounds tomorrow, the Year 5/6 students will enter the school via the driveway between the Hall and the school and assemble in the courtyard outside their classroom block; Year 1/2 students will enter through the gates into the main courtyard and students attending for supervision will be taken by their parents to the school foyer where they will be signed in and then taken by a staff member to the Community Centre. It is essential that all students attending for supervision are signed in by their respective adults.

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, 3.25pm, the Year 5/6 students will use the driveway between the parish 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:

Families bringing dogs into the school grounds, please ensure they are on leads at all times and you remain along the fence lines 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.

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 look at 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.

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:

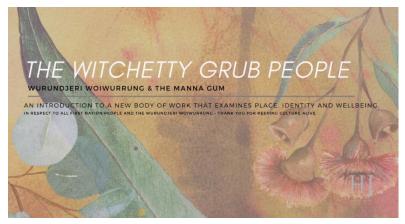
Fairly soon our teachers will start the process of organising next year's class groups. This process will take several weeks so that the groupings are as balanced as possible. We also use a program called 'Class Solver' that takes in information regarding academic, social, needs, preferences and requests 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.

Upschool Platform on School Website:



Two new posts have been loaded onto our Upschool Platform on our website. This is part of a new series and category on your platform called 'First Nations' peoples of Australia. This is part 2 of a new series and category on your platform called 'First Nations' peoples of Australia.

TITLE: The Witchetty Grub People & Garrong - The Grandfather Tree

Who is this content targeted for? Grown-Ups and Teens

A Brief Summary of the Post:

I crossed over the bridge to my place, and hedging the narrow walkway of the bridge and paths was the unmissable Carnival of fluffy yellow blossoms that exploded from nowhere. Everywhere were voluminous clouds of thickly packed gold wattle. A whole universe of yellow had consumed the bush overnight.

View Here

TITLE: The Witchetty Grub People & The Manna Gum - Part 2



Who is this content targeted for? Grown-Ups and Teens

A Brief Summary of the Post: For the next few weeks, take a walk with me through the place of the Wurundjeri Woiwurrung. I will help you see what I see as I walk the banks of the 'River of Mists'. It is where I have begun to learn what it means to have a place 'on country' here in Melbourne and how it finally feels to be connected to where I live from the ground up.

View Here

New Playground Equipment:

This week we have had new basketball backboards and a soccer goal installed for the students' return. We are still waiting on the nets to be delivered. A big thank you to Patrycja Ohlsen (Finn - Year 2) for organising a grant through Telstra to support this added extra to the yard for the students. This follows on from the basketball court markings being done, new down ball courts and new games painted in the rear courtyard.



Other Items:

An electronic gate is being installed on the driveway next to the new garden; it will have a pedestrian opening. This process has started and should be completed in approximately three weeks.

We have also had two meetings with the architect to develop drafts of Stage 2 with the intention of having a surveyor provide a cost plan by the end of November. The process has started and should be complete by the end of 2022.

We are also currently requesting quotes for shade sails under the Vic Government program, these are planned to be positioned over the meeting area outside the Out of School Hours Care entry to the Community Centre and Tuckshop servery windows.

Tuckshop Manager:

It is with great sadness that Chiquata Keating has informed us that due to changes for her in 2022 she can no longer manage the Tuckshop. We will be looking for someone or a couple of people to take on this role. If you are interested or want to know more please contact the office or Gina to discuss this further. Chiquata will be available to support and transition the new manager/s into the role. We would like to thank Chiquata for all her work in this role and her homemade cooking skills that will be missed by many.



Helping young children return to school after remote learning

In some Australian states and territories children will return to school progressively over the next few weeks following lockdown periods. What can parents/carers and teachers do to help with this transition?

The Royal Children's Hospital (RCH) Melbourne recently presented a videoconference with an expert panel on helping Year F-2 children return to school. The panel included professors of medicine, developmental paediatric specialists, and an educational and developmental psychologist. <u>Click here</u> to see a recording. Below are some take-aways from this session:

While parents, teachers and children may have worries, the overall message is that with simple preparation, thoughtful conversations and discussions at home and school there are many benefits in restarting school in the lead up to the end of the year.

Back to school transition: a time to be positive

- While the transition back to school may initially be uncomfortable for some (as they leave the comforts of home), this feeling will pass. It's a time for positivity and optimism. Some children may be relieved to return to school. Remember, transition will be different for all of us.
- A return to school allows children to reconnect with friends, peers and teachers. Include activities to re-build a sense of fun and belonging and re-establish routines to promote feelings of control and safety.
- The risk of COVID-19 infection for young children is low, and most will have mild or no symptoms. 1% of infected children need hospital admission, usually for one or two nights.
- At a population level, Australian COVID-19 vaccination rates are very high.

Safety and learning at school

- State and Territory governments have initiated measures to help reduce spread of the virus in schools. COVID-safe plans include a focus on ventilation in indoor learning spaces, opening doors and windows, and increasing outdoor learning. In Victorian schools thousands of portable filtration systems will be introduced.
- Ensure a safe space for children to share feelings and thoughts. Encourage them to chat through what learning was like at home (or onsite for some). Brainstorm how our class can make school better than home.
- Provide children with a voice and some control. What might we do so we don't feel overloaded at school? How can we make school feel comfortable and welcoming over the next few months?

• Incorporate activities that promote kindness, gratitude and respectfulness.

Home preparation is a key

- Encourage parents to chat with their children about any concerns they have about returning to school, and things they are looking forward to at school. Ask for pressing concerns to be shared with teachers.
- Some children will find the mornings of returning to school exciting, but for others it may be worrying. Reassure parents that once the school routine is re-established, negative feelings will usually subside quite quickly. Each night over dinner for the first month back suggest

parents encourage each family member to share one or two good things that happened for them during the day.

- Suggest parents make or find keepsakes or small comfort toy for children who are anxious to take to school, such as, a photo of themselves with mum and/or dad or significant other, one or two gum leaves to smell, wrist band, popper, small car, footy cards or soft toy in their bag or pocket to share with others.
- Parents can help children to get used to wearing a mask at home in preparation for school. Make fun lips on a mask to wear on the first or second day.

Masks

- While mask-wearing may not be mandatory for junior school children, it is recommended in many jurisdictions. This will be challenging for some, particularly those with sensory sensitivities and neurodevelopmental disorders. Over time, some children may adjust to wearing a mask. Don't stress if they can't. The RCH Melbourne has made a video to explain why mask wearing for children is needed. <u>Click here</u> to see a recording.
- Make or buy 'fun' child-size masks. Have the class design a range of fun and creative mask designs on paper, then make their favourite design to wear the next day.
- Encourage students to give it a go. Many doctors, dentists and nurses have been wearing masks at work all day for years. Some children may like the idea of a challenge to be like a grown-up professional.

Face up to anxious feelings

- Anxiety is normal. Respond with empathy but encourage children to be brave and to face up to worrying feelings. Facing up to small anxious situations will usually help the feelings subside. Teach Window Breathing. Simply take a 4-second-deep breath in, followed by a 4-second-deep breath out and repeat, while your eyes follow around the four sides of a window. Do this several times to relax your body and mind.
- For students who feel fragile and need extra attention, offer additional transitional arrangements such as a little extra time before school, at recess or lunchtime with a teacher, teacher aide or special buddy.
- Remember to make simple wellbeing accommodations including academic, social and emotional adjustments for any children who require additional support.

Need extra help?

There are a range of supports available. Talk to or request to see the following people.

- •School Principal or Wellbeing Teacher/Coordinator
- •School psychologist or counsellor
- •General Practitioner
- •Kids Helpline on 1800 55 1800.

As we gradually resume many of our usual activities, and as family, school and community supports are put back in place, along with organised physical and other extra curricula activity – comfort and happiness will return for most children and their families as well as school staff.

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Helping your family manage uncertainty



Uncertainty is part of life and yet our brain, which creates our thoughts and feelings, loves certainty and predictability.

The pandemic has created more uncertainty in families, schools and communities than most people can recall in their lifetimes. With no clear end point, more stress and anxiety may well be triggered. In small doses anxiety heightens your sense of focus, giving you an increased level of energy, and increases your chances of managing a potential challenge that has appeared. In large doses, this anxiety is problematic, as it can cause feelings of being overwhelmed and even panicked,

The lesson of being real

Many fears and unexpressed emotions lie beneath the stress of navigating uncertainty. Be prepared to share your emotions with your children, especially feelings of sadness. They experience grief every time they lose the opportunity to spend time with loved ones, go on holiday or return to school to see friends.

Grief is not a sign of weakness. It shows you are human. Let your children see you cry and give them the agency to know what to do. They can grab a tissue, they can give you a hug and, if they're old enough, they can make you a cuppa.

Your children need to see that when bad things happen to adults, they can feel upset for a time. There are many ways you can help children cope with uncertainty.

Normalise uncertainty

Teach your children that nothing is permanent. Good things come and go. So will tough times. Change is a part of life and can be positive or challenging. Share stories about how your family recovered from hard times. Adaptability and flexibility are key components of resilience, which can be nurtured in childhood.

Make choices that ease fear and anxiety

Remind your children and young people that they are not powerless. Resting, reading and relaxing are great tools to ease fear and anxiety. This might include taking deep breaths, listening to music, or making others laugh. Getting outside to play or walk the dog is another simple way to ease the nervous system.

Focus on the things you can control

Simple habits and routines really make a difference. When everything is changing routines and rituals such as regular family mealtimes, bedtimes and wake up times help maintain a sense of normality. These rituals provide an important anchor helping them feel in control.

Encourage your kids to have a 'gratitude attitude'

Though times are no doubt really tough for many, you can choose to feel grateful for the things you have, and the people love, and you can model this mindset with your children.

Maintain hope

Hope is an important antidote to feeling stuck in fear. Encourage feelings of hope by sharing wonderful memories via photos or videos which can lift everyone's spirit. Plan a new experience to happen when that becomes a possibility.

Children and young people need to understand that life can be an unpredictable ride and together you can adapt and find a way through to each new day.

The greatest tool you have as a parent in these times is to remember that you are the 'safe base' for your children and young people. If you can embody that, and help them feel that no matter what, your love and support is a certainty, then the uncertainty around us all becomes a lot more manageable.

Upcoming Webinar for Parents

Michael Grose presents: Using birth order knowledge for a parenting edge

Michael Grose, the founder of Parenting Ideas, is a bestselling author of 12 parenting books and an award-winning speaker. He is a former primary school teacher with 15 years experience and a parenting educator with 30 years experience. Michael holds a Master of Educational Studies from Monash University specialising in parenting education, a Bachelor of Education and a Diploma of Primary Teaching from SCV Toorak (now Deakin). He is a member of the Professional Speakers Australia Hall of Fame, receiving their Educator of the Year award in 2013.

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
- OO Catch up recording available

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



Watch an overview from Michael Grose

parentingideas.com.au

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About the webinar

Effective parents and carers are always looking for an edge to help them raise happy, confident, resilient kids. Many people do a brilliant job of learning on the run, but can miss a rich vein of knowledge that's right in front of them – a child's birth order position. In this webinar, Michael Grose explains how birth order position impacts on a child's personality, attitudes and behaviour. He provides insights to help bring out the best in every child, reduce destructive sibling rivalry and increase family harmony.

Key learning and discussion points include:

- . how birth order works and why it sometimes doesn't make sense
- why birth order applies to both large and small families
- . how to conduct a birth order audit for your family
- . the impact that your own birth order has on your parenting
- · essential parenting strategies for kids who don't quite fit the birth order mould

The webinar will be held on 10 November 2021 at 8-9 PM AEDT.

Redeem your webinar - it's easy!

To redeem your webinar click or copy and paste this link: www.parentingideas.com.au/parent-resources/parent-webinars/webinar-using-birth-order-knowledge-for-aparenting-edge

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This offer is valid until 31 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.



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October

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31
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)		
	26 Foundation & Year	26 27 Foundation & Year Foundation & Year	262728Foundation & Year 3/4 onsiteFoundation & Year 3/4 onsiteMACSSIS closes Year 1/2 & 5/6	26272829Foundation & Year 3/4 onsiteFoundation & Year 3/4 onsiteMACSSIS closes Year 1/2 & 5/6Year 1/2 & 5/6 onsiteWorld Teachers Day	2627282930Foundation & Year 3/4 onsiteFoundation & Year 3/4 onsiteMACSSIS closes Year 1/2 & 5/6Year 1/2 & 5/6 onsite World Teachers Day

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	All students return		
8 WEEK 6 B	9	10	11	12	13	14
			Remembrance Day	Book Fair finishes		
15 WEEK 7 A	16	17	18	19	20	21
	Foundation 2022 Orientation Session 1 – 2.00pm – 3.15pm		Teeth on Wheels visit			
	Confirmation 7pm	0.4	05		07	
22 WEEK 8 B	23	24	25	26	27	28
	Reconciliation 7pm	Foundation 2022 Orientation Session 2 – 2.00pm – 3.15pm		Transition 2022 1- 6 11.40am - 1.30pm (Year Levels)		First Sunday of Advent
29 WEEK 9 A	30		•		•	•

December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
,		1	2	3	4	5
			Foundation 2022 Orientation Session 3 – 2.00pm – 3.15pm	Change over day 2022 (Year 1-6 Transition) 11.40am – 1.30pm		Second Sunday of Advent
				Reports go home		
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				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				Fourth Sunday of Advent
		1.30pm				

This week @ Sacred Heart



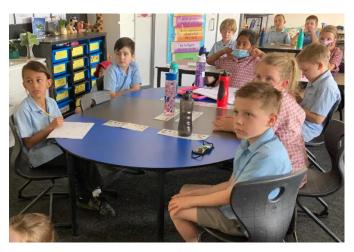
The Foundation students were so happy to bounce back into school on Monday





It's all smiles in the Year 1/2 classrooms today!





Art @ Sacred Heart

PAPER SCULPTURES

Foundation - Year 2







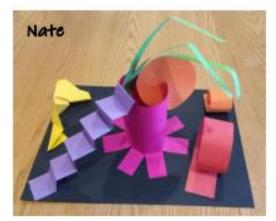
In visual art, Foundation to Year Two students learnt about the difference between two-dimensional and threedimensional art through a lesson about sculpture and a look at local sculptural public artworks, followed by an activity involving making their own paper sculptures.

























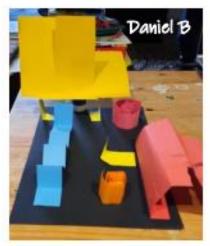






















POP ART COLLAGE

Years 5 and 6 students have been learning about the Pop Art movement and contemplating what inspired this group of artists and the meaning behind their artworks. They have also studied their use of art elements and principles such as colour, repetition and emphasis and applied these to their own collages of popular culture images.







Join Us! Come and Try Baseball (ages 8-16) Wednesday 27 October, 5:30-7pm Glenauburn Park, Lower Plenty Register at join.juniorbaseball.com.au

