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View the Newsletter online: <u>https://www.shdiamondcreek.catholic.edu.au/newsletters-forms/</u>

Newsletter No 4 Term 4 28th 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,

SCHOOL CLOSURE:Monday 1 NovemberMELBOURNE CUP:Tuesday 2 November

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. As we follow the ever changing Road Map out of Lockdown developed by the State Government, we welcome all students back to full time onsite learning from Wednesday 3 November. We have also been reviewing the new Operation Guidelines and have changed events in accordance with the new directives.

Last week Swimming was postponed until early Term 1, 2022, however with changes to the guidelines we are able to proceed with lessons this term. More information will be sent home after the long weekend.

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. Please make sure that you are familiar with the implications of family members being exposed to the various tiers of exposure to Coronavirus. It is important for the safety of all members of our community, that we follow closely the relevant periods of quarantining and testing for each specific tier.

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.

Reminder that Monday 1 November is a school closure day and Tuesday 2 November is a public holiday. Enjoy the long weekend!

Yours sincerely

Jim & Gina

World Teachers Day:

Australia will celebrate and thank the teaching profession on World Teachers' Day on Friday 29 October 2021.

Teachers (with support from parents and carers) have ensured education continues across the country this year, despite major challenges. It's reinforced the significant role Teachers play in the lives of children and students, their families, and communities.

A message regarding World Teachers Day at Sacred Heart was sent home yesterday on Operoo, please check your emails (including SPAM) and consider acting on this email request.

Returning Computers & Learning Packs:

We ask that any materials from previous packs and work completed is returned on your child/rens first day back on Wednesday 3 November. 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. <u>All borrowed computers should be returned to school with the children, please make sure that the chargers are returned at the same time.</u>

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.



For those families who were unable to attend the recent Reconciliation Faith Night here is a link to the recorded event <u>https://youtu.be/vMZpdVL72kQ</u>

Letter to Parishioners regarding the Celebration of the Sacraments after Lockdown

Dear Parishioners of Sacred Heart, St. Mary's and St. Thomas',

You may well be aware that as of Thursday 21st October at 11.59 pm the Victorian Government will commence an easing of restrictions over three phases. What is relevant for us who would want to gather for Mass and other religious ceremonies is that in the **first phase** gatherings in churches in Metropolitan Melbourne are limited to **20 people** (who are **vaccinated** and only **10** if there are any who are **unvaccinated**) maintaining the density quotient of 1 person per 4sq. metres. It is anticipated that in the **second phase after November 5th 150 people** may gather in the church (this cap will probably be less if unvaccinated people come) and in the **third phase**, the **date** of which is **not known** at this stage, everyone, those vaccinated and those who have for whatever reason not been vaccinated, will be able to gather together.

We welcome the opening up of our places of worship and opportunities for gathering but remain mindful and respectful that many in our community remain feeling cautious and anxious, and that density quotients will prevent our full communities gathering as they would wish.

Recording and Live Streaming of Masses:

For the last 2 weekends of October the Sunday Mass will continue to be recorded and made available on the Parish Websites on the YouTube channel. In the future it is planned that either the 6 pm Mass at St. Thomas' or the 6.30 pm Mass on Saturday evenings be livestreamed and left available for viewing afterwards.

Those who have been vaccinated and those who have not been vaccinated:

Tao, Dixon and I have been fully vaccinated. At this stage only those who are **fully vaccinated** can exercise various ministries such as Eucharistic ministers, Lectors, Sacristans, welcomers and COVID Check-In Marshalls. They will need to provide their parish offices with evidence of their double vaccination status.

At this stage it is important for the health of those who are vaccinated and of those who for whatever reason are not vaccinated that we provide for the needs of both and as such we will have separate Masses for both. The details of this will follow in the next section. We look forward to when we can be together as one.

Resuming Weekday and Sunday Masses:

In consultation with others in the parishes, I have decided that weekday Masses will recommence at the normal times of **9.15 am from Friday 22nd** (Sacred Heart on Wednesday and Friday; St. Mary's on Tuesday to Friday and St. Thomas' on Tuesday and Thursday). **Please Note that in the next two weeks if unvaccinated people wish to come to Mass, then only 10 can stay for the Mass**. The normal schedule of **Sunday Masses will resume on the weekend of the 6/7th of November**.

The Archbishop has indicated that at least one **"Unknown Vaccination Status"** Mass per week be made available. As such, until further notice the **Saturday 6.00 pm Mass at St. Thomas'** and the **5.00 pm Sunday Mass at St. Mary's** will be available for parishioners whose vaccination status is "Unknown". I request that those who have not been vaccinated for one reason or another, come to either one of these Masses and not to any other.

Other Sacramental Celebrations:

Until further notice, to avoid the necessity of engaging COVID Check-in Marshals, the Sacrament of Reconciliation will only be available by appointment with one of the priests.

After November 5th the celebration of Baptisms will resume and will need to comply with the regulations at the time of social distancing and with a cap on numbers being determined by whether participants are fully vaccinated or not. Please organise bookings with the parish offices.

The Sacraments of First Reconciliation, First Eucharist and Confirmation will be celebrated after November 5th and are to be organised through the schools or the Catechist coordinators in consultation with the priests.

Booking in through TryBookings:

While we can almost be assured that no more than 20 will gather for Mass on weekdays, and therefore bookings aren't anticipated to be necessary, we will again need to book through TryBookings for the weekend Masses and all other ceremonies such as Baptisms, Confirmations, First Communions and Funerals.

QR Code or Manual Check-in:

You are also asked that whichever ceremony you come to, that you will use the electronic Check-in through the Victoria Services App on your Smart phones. This will also need to indicate a Proof of vaccination, or vaccination exemption status that you will need to show to the COVID Check-In Marshals at the doors of the church. If you do not have a Smartphone, would you kindly sign-in and show evidence of your vaccination status as a hard copy certificate. You are required to wear a face mask throughout the ceremony and use the hand sanitiser when you enter the church and as you approach for communion.

You are also asked to sit in designated areas in the church and maintain social distancing of 1.5 metres unless you come from the same household.

Sanitising the church after Masses:

A huge amount of work was done by a faithful and dedicated team to sanitise the church after Masses. With the resumption of Masses, this will have to be done again. Would you please consider assisting the team in doing this important work.

COVID Testing:

Under no circumstances should anyone awaiting a COVID-19 test verification attend a church or parish setting until a diagnosis is confirmed. Additionally, under no circumstances should anyone attend who is closely connected to people who have recently contracted COVID or who are awaiting results from tests.

Sunday Obligation:

For the time being, all Catholics in Melbourne continue to be dispensed from the obligation to attend Sunday Mass until further directed by the Archbishop. However, you can continue to carry the obligation to keep Sunday holy, whether you can attend Mass or not, and can do so by any kind of prayer with members of your household and parish, reading Scripture, and encouraging one another in our faith. Prayerfully participating in online Mass continues to be a great source of comfort for many on Sundays.

I know the pain many of you have been experiencing during these all too many months in not being able to gather to celebrate Mass. Reception of the Eucharist on a weekly, or even daily basis has been a fundamental part of your faith. I look forward to gathering with you in increasing numbers in the weeks and months ahead.

For further detailed information and the latest update on the Archdiocesan General Liturgical Guidelines please go to: <u>https://melbournecatholic.org/covid-19-guidelines</u>

Take care of each other and keep safe.

Fr. Steven Rigo (Parish Priest)



Class Captains Term 4:

With the lockdown occurring for the majority of Term 3 we have reinstated our Term 3 class leaders across the school and introduced new leaders for Term 4 in Foundation to Year 2.

Congratulations to the following students.

FOUNDATION	Eloise Ross, Beau Foster, Alfie Parisi & Ava Brack
1/2 CN	Rupert Berriman, Finn Ohlson & Patrick O'Neill
1/2 PA	Benji Collins, Jacob Sciberras, Rosie Hankinson, Alex Campbell & Jack Black
3/4 NJ	Madison Lewis & Isaac Sciberras
3/4 RM	Miller Burns & Macy Liddiard
5/6 JD	Noah Hosking & Leo Liu
5/6 MM	Charlie Rowley & Zara Campbell

Thankyou:

Thank you to Mick Rowley for providing new nets for our new Basketball backboards.

Upschool Platform on school website:



Click here to view

POST TITLE: "Wominjenka is a Promise"

Who is this Post for? Kids & Families

A Brief Summary of the Post:

Womenjenka is how to say hello to one another in the Wurundjeri Woiwurrung language. The Wurundjeri are a tribe of first nation peoples whose land surrounds the Yarra River – Birrurang.

Woiwurrung is the language spoken by the Wurundjeri, who originally come from the Yarra and they are a tribe of landowners that are a part of the Kulin nation of Victoria.

Tuckshop Manager:

It is with great sadness that Chiquita 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. Chiquita will be available to support and transition the new manager/s into the role. We would like to thank Chiquita for all her work in this role and her cooking skills that will be missed by many.

Book Fair:

The annual Book Fair will run from Wednesday 3rd November to Thursday 11th November from 3.30 pm in the Welcome Courtyard. This year book orders can be made and paid for online - students browse the book fair and fill out their wish lists, they then take them home and then a parents /carer can make the payment online (this includes inputting student name, grade and what books the students want), then the student returns to school to collect the book from you at the book fair. Payments can also be made by EFTPOS at the Bookfair. The Bookfair is open each afternoon.







Helps your family to 'dis-connect' from devices...

...and 're-connect' with each other



Free Family Connection Kit:

Just as there is a First Aid kit in every kitchen cupboard for physical injuries – we believe there needs to be a Family Connection Kit on every kitchen bench for Family Wellbeing. In past newsletters we launched the Family Connection Kit which was also sent home as a hard copy with a pack pick up. The details of how to access this are below.

We would like to have a family gratitude challenge, acknowledgement of the people in your life that you are grateful for, and do something for these people without an expectation of a return. We are grateful for all the hard work that you do in keeping your families connected in a challenging world. As a school we appreciate all the work that goes into being parents and helping your children to thrive. So we hope this gift helps you create great family experiences for many years to come and some wonderful memories you can all treasure. We have purchased for you a gift of a Family Connection Kit from www.familyfunboxes.com. This kit is designed to support families. This toolkit can also help pry your child off screens and help you reconnect as a family. I urge you as families to accept this gift (usually \$12 per family - free to Sacred Heart Families) and enhance your family connectedness. To make this kit special I encourage you, as a family, to source and maybe decorate a special box to make into your family kit. And there's more.... one lucky family will win a designer family connection bamboo box. To enter the competition send in a photo of your family participating in a Family Connection activity to gmurphy@shdiamondcreek.catholic.edu.au. The winning entry will be published in the newsletter and on our social media pages. You have to be in it to win it!



A GIFT FROM US TO YOU AND YOUR FAMILY

Dear_

We would like to provide the school families we serve with a gift of a :

DIY Family Fun Boxes - Family Connection Kit

to encourage you through this challenging time. It's for you & your family to support you in building on family connections & creating fun experiences together during these restrictions and also into the future. We have purchased one for you from www.familyfunboxes.com. The instructions are below.

We appreciate all the work that goes in to being parents & helping your children to thrive. So we hope this gift helps you create great family experiences for many years to come & some wonderful memories you can all treasure.



Simple Instructions

- 1. Go to website www.familyfunboxes.com
- Select Single Copy Order Form no credit card details will be necessary, simply fill out the Gift Code section as below and process the order

Gift Code : SacredHeartDCFamily

You'll be directed straight away to your Family Fun Boxes – Family Connection Kit

4. Print off the download of the activity templates....&get your kids to cut them up

5. Find a little box from home to put your Family Connection Kit in to bring it to life....and in 20 minutes you're ready to go for dinner time tonight!

Lock in your first monthly family activity & have a great time creating many fun, treasured experiences & chats together for years to come!

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: <u>https://raisingchildren.net.au/guides/raising-healthy-minds</u> For other well-being Apps see: <u>https://eapassist.com.au/wellness-apps/</u>

parenting *****ideas

INSIGHTS

How birth order knowledge helps parents



Many parents struggle to make sense of the differences between their children. Same parents, same parenting, same school but completely different interests, strengths and personalities. So what's the difference? The solution can be found in the birth position of each child and understanding how it impacts on how they are raised and their relationship with other family members.

Defining children by their position

Parents tend to define their children according to their family positions. 'He's my eldest' or 'She is the baby of the family' are descriptors that many parents are familiar with. Expectations generally match those defining descriptions.

Just as relevant is how children see themselves in relation to their siblings. Eldest children are only children for a time, which is a treasured position that comes with perks, privileges and parental anxiety. A second child means dethronement, so the child born first will generally spend a great deal of energy keeping their sibling in their place. And so, the sibling dance begins. You now need family leadership skills to compliment the child-rearing skills you've developed that previously focused on raising one child.

Learning that one approach doesn't suit every child

Many parents discover that the techniques that were so successful with the first child can have the opposite effect another child. Parents who successfully develop independence and self-sufficiency in their eldest child scratch their heads as their youngest child turns dependency into an artform. Children often use their position to get their needs met. Many youngest children become expert at using charm and childishness to manipulate their siblings, while older children may push themselves to get approval from their parents.

Seconds and middle children often experience less time alone with their parents, which may be why this group are more likely to look outside their family for a sense of belonging. They generally have wider friendship circles than first borns and are usually the first child to leave the family nest. And first borns, just love to have their parents to themselves as that was how it used to be. Understanding these birth order differences helps parents to better manage, motivate and communicate with each child.

Motivating children

Want to motivate a child to do their best at school, tidy their bedroom or get behind a good cause? Birth order knowledge provides vital clues to help hit the best motivational button for each child. For instance, it may come as no surprise that youngest children are less concerned with gaining parental approval than their siblings. They just want to be noticed. Making a fuss over their accomplishments can do wonders for the achievement and contribution levels of this group. First borns on the other hand, usually yearn for parental approval, which if not carefully managed can cause them to take fewer learning risks.

parenting *****ideas

Managing children's behaviour

First borns generally don't need a lot of discipline or behaviour management from parents. Limits, boundaries, reasoning and consequences usually do the trick for these rule followers and conformers. But these methods probably won't work with children in other birth order positions. They've had the advantage of having an eldest sibling break their parents in and they've seen most of your management playbook already, so you need to come up with something new.

Doing the sibling shuffle

Sibling rivalry comes with the family territory. It's most intense when there are only two children in a family as it's hard to escape a single sibling. Knowing how to reduce sibling rivalry so it's healthy rather than toxic requires an understanding of birth order personalities, acceptance of individual differences and the ability to build closeness through common purpose, fun and rituals.

In closing

Birth order knowledge is fascinating, providing a rich vein of information to help you raise children to be successful, happy and most importantly, content in their own skins. It's too important to be ignored.

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

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Using birth order knowledge for a parenting edge' at no cost.

About

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.

When

Wednesday 10 November 2021 8:00pm AEDT

To redeem

Click this link: <u>https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-using-birth-order-knowledge-for-a-parenting-edge</u>

2. Click 'Add to cart'

3. Click 'View cart'

4. Enter the coupon code ORDER and click 'Apply Coupon' Your discount of \$39 will be applied.

5. Click 'Proceed to checkout'

Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources

7. Click 'Place Order'

This offer is valid until 31 December 2021. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



Term 4 Dates 2021

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	All students return to full time onsite learning Book Fair Starts				
8 WEEK 6 B	9	10	11	12	13	14
		Swimming Lessons 9am – 2pm	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 TBC			
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 Awards Ceremony and Final Assembly 2.20pm	7	8 Foundation 2022 Orientation Session 4 - 2.00pm – 3.15pm Year 6 Graduation Mass and Supper Swimming Lessons 9am – 2pm	9	10	11	12 Third Sunday of Advent
13 WEEK 11 A End of Term Celebrations	14	15 End of Year Mass 12pm Leaving Ceremony Students dismissed at 1,30pm	16	17	18	19 Fourth Sunday of Advent

Art @ Sacred Heart

VISUAL ART

Years Three and Four students learnt about contrast and warm colour schemes before creating these sunset silhouettes...



 GEORGIA
 ISAC
 SIENNA
 OLI

Years Five and Six students learnt about Op Art this week and applied what they learnt to make Op Art of their own on...



GRACE T



LAILA



HAYLEY



SNEHATH

Foundation students returned to the art room this week for some fun experimenting with creating different textures and patterns with a variety of paint tools...













THINKING OF PLAYING NETBALL IN 2022? COME AND JOIN SACRED HEART NETBALL CLUB THE FAMILY FRIENDLY CLUB

WE WELCOME NEW PLAYERS OF ALL AGES!

REGISTER YOUR INTEREST FOR 2022 AT SACREDHEARTNETBALLCLUB@GMAIL.COM



2022 WILL BE AN AWESOME YEAR AT OUR CLUB PLAYING AT NEW FACILITIES IN DIAMOND CREEK.

SO COME ON, COME BE A PART OF IT!

GO HEARTS 🖤







MONTSALVAT ARTS FESTIVAL SUNDAY NOVEMBER 21



MONTSALVAT ARTS FESTIVAL FAMILY EVENTS

SUNDAY NOVEMBER 21

HAM THE BIG FUNNY GIANT

12PM - 2PM KIDS CLAY HANDBUILDING

12PM - 3PM FACE PAINTING

ALL DAY KIDS CRAFT ACTIVITIES FAMILY FRIENDLY TUNES

BOOK NOW AT WWW.MONTSALVAT.COM.AU