



SACRED HEART PRIMARY SCHOOL

Newsletter

Sacred Heart Primary School, Diamond Creek

Telephone: 03 9438 1590

Email: principal@shdiamondcreek.catholic.edu.au

Website: www.shdiamondcreek.catholic.edu.au

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

Newsletter No 5 Term 4

4th November 2021

Fr Steve's Homily:

Please click on Father Steve's image using this link to view last week's mass:

<http://www.pol.org.au/diamondcreek>

Dear families and friends of Sacred Heart,

What a great day it was on Wednesday, with the return to school for all our students. It was wonderful to hear the chatter of our students and to experience the positive vibe and energy around the school; as we also welcomed back staff who have been working remotely.

Thank you to all parents and families for all you have done during these challenging times to support your children. I take this opportunity to acknowledge all staff, especially your child/rens teachers for their encouragement, flexibility and commitment to their students' learning and wellbeing during this extended period of lockdown.

It is important to take a moment to reflect and recognise our capacity to have remained resilient, optimistic and adaptable during these uncertain times. Undoubtedly, we have learnt lots about our own selves, developed our skills and the communities which we belong to. Despite the trying circumstances beyond our control, we have much to be proud of as the students, family and staff of the Sacred Heart community.

The month of November in our Church calendar is a time of remembrance. We take the opportunity to think and pray for family members, friends and colleagues who have been part of our lives, especially on the special Church days, All Saints and All Souls.

Yours sincerely

Jim & Gina



SACRED HEART PRIMARY SCHOOL

Catholic Identity

Reflecting on All Saints and All Souls

Leader: Let us gather to remember all those through whose lives we have experienced the love of God.

All: In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

On the feast of All Saints, we are asked to reflect on the lives of the saints. We can often think of saints as perfect people, but their greatest witness is how they coped with the ordinary difficulties of their life, and how they courageously showed the love of God to others.

We also remember and pray for all those who have died on the feast of All Souls.

Some of these people may only be known to God. Others are people whose love, sacrifice and fidelity we have seen for ourselves and who have inspired us. They saw God in this world and are now fully alive to him in the next.

Together we pray:

Lord God, we remember with love all those who have died... (Pause for silent reflection)

We ask the support of all your saints who by their persistence and example have shown us how to live and love in Your ways.

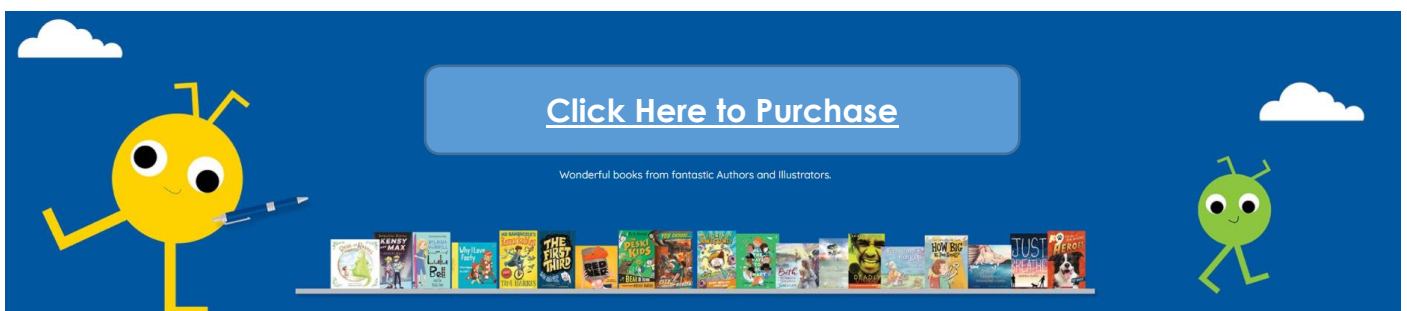
Give us strength to cope with the daily routines that wear us down.

Help us to act as your witnesses when we respond to each other with love, not with impatience, carelessness, rudeness or fear.

In your love, we can find our way forward into your promised heaven.

We ask this together through Christ our Lord, Amen.

In the name of the Father, and of the Son, and of the Holy Spirit, Amen.



The annual Book Fair will run from Thursday 4th November to Thursday 11th November. Only students will be able to view and select books at the Book Fair during school hours in the Community Centre. Unfortunately, parents will be unable to view the books due to current COVID restrictions. 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 a parent /carer can make the payment online (this includes inputting student name, grade and what books the students want). The student returns to school with the receipt to collect the book.

Payments can also be made by EFTPOS or cash at the Office.

Click on the link below to access the Lamont Book Fair Portal

<https://payments.lamontauthors.com.au/>



Swimming Program:

The intensive swimming program for Term 4 will be conducted over five weeks each Wednesday for Years Foundation – Year 6, beginning Wednesday 10th November and finishing Wednesday 8th December. This will take place at the Diamond Creek Outdoor Pool. Swimming is part of the Physical Education curriculum and consists of 5 lessons. We expect that all children would take part in the water safety program. If medical reasons prevent your child from taking part please send a note of explanation to your child's teacher. The Year 5/6 students will also take part in an Open Water Learning Experience run by Life Saving Victoria. This will occur on Tuesday 30th November, more information will be shared closer to the date.

The children will need to wear their bathers under their uniform on these days. Sports uniforms can be worn on a Wednesday to help with getting changed. All students are expected to wear a rash vest or T-shirt over their bathers for sun protection. Underwear, a towel, goggles etc need to be brought in a separate, clearly labelled, waterproof bag. At this stage due to COVID restrictions there may not be change rooms available for the students, therefore we may need to get changed at school. I encourage students to bring things to walk to the pool. Each class will walk to the pool supervised by their class teacher.

DATES & TIMES

- Wednesday 10th November
- Wednesday 17th November
- Wednesday 24th November
- Wednesday 1st December
- Wednesday 8th December

9:15 am - 10:00 am	Foundation
10:00 am - 10:45 am	Year 1/2
12:00 pm - 12:45 pm	Year 3/4
12:45 pm – 1:30 pm	Year 5/6

Your child will have their lesson at the same time on each of the five days.

Interschool Sport:

Interschool sport will resume for all Year 4-6 students on Friday 12th November and run for four weeks. Changes have been established to ensure the safety of our students. We will be playing in clusters and therefore Sacred Heart will only compete against Laurimar Primary School. There will be no sharing of buses and games will be played outdoors as much as possible or limited time indoors will be allowed. All COVID safety plans will be followed.

ANZ Tennis Hot Shots:

**SACRED HEART PRIMARY SCHOOL
PLAYS TENNIS**

play.tennis.com.au
#PlayTennisVictoria

**ANZ TENNIS HOT SHOTS
RACQUET ROADSHOW**

The ANZ Tennis Hot Shots Racquet Roadshow is providing another 30,000 racquets to first year students across the country. Thanks to the partnership between Tennis and ANZ, our prep students are receiving their very own tennis racquet to keep!

What better way to develop your love for tennis than by contacting your local ANZ Tennis Hot Shots deliverer.

**MARK SFILIGOJ, 0415 511 150
WATTLE GLEN TENNIS CLUB, WGTC.COM**

To register for a free trial of ANZ Tennis Hot Shots in your local community, scan our QR Code or visit hotshots.tennis.com.au



The ANZ Tennis Hot Shots Racquet Roadshow is again providing 30,000 racquets to foundation students around Australia, thanks to ANZ and Tennis. We are one of 774 lucky schools to be receiving racquets. It's a great opportunity to get our kids moving, both at home and at school! Once the racquets arrive we will be sending these home with all Foundation students.

Tuckshop Manager:

We are still looking for a Tuckshop manager for 2022. 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.

School Fees:

All 2021 school fees are now due. If you do not have a Direct Debit or Payment arrangement with the office, please ensure your outstanding balances are paid in full immediately. Thank you for your prompt attention to this matter.

Scholastic Book Club:

Orders due by Friday 12 November.

ISSUE 7 2021 **ORDERS DUE BACK BY: FRIDAY 12 NOV 2022**

WELCOME TO Book Club

Want to learn more?
See our Parents' Guide
scholastic.com.au/parents



001 **\$9**



002 **\$10**

INCLUDES APPLE POP-IT



Worst Week Ever! Monday
EWA RIMOVES & MATT COSGROVE

003 **NEW! Monday**
Justin's mum has just married a vampire. His dad is driving a giant toilet on wheels. And a psychotic bully is making life miserable...
192 pp. AGES 8+
~~\$24.98~~
CLUB PRICE \$12.00



INSIGHTS

Screen time habits for good eye health



Children and teens are spending an increasing amount of time on digital devices for both learning and leisure. Lockdowns, remote learning, and online learning have resulted in a surge of young people complaining about sore eyes, blurred vision, headaches, red eyes or general eye fatigue.

Research suggests that there has been an increase in myopia (nearsightedness) rates for children and teenagers during the pandemic. Myopia is a vision condition in which someone can see objects near to them clearly, but objects farther away are blurry.

One [study](#) revealed an almost 400% increase in six-year-olds presenting with myopia symptoms during the 2020 lockdown. The phenomenon referred to as 'quarantine myopia'. Experts believe that screen time may be to blame. HCF Health Insurance data shows over 20% more school-aged children had claims entered for glasses or contact lenses in 2020, compared to five years ago.

While it may seem logical to blame these negative impacts solely on screens, there's emerging evidence to suggest that screens alone may not be triggering or causing eye strain or myopia. The pandemic has not only led to an increase in screen time but has also resulted in kids spending more time inside and less time outdoors in natural sunlight. Family history is also a known risk factor for children developing myopia.

Given that kids will need to continue to rely on digital technologies for their learning and leisure, parents, carers and educators need to equip them with the strategies that will support their eye health and reduce the impacts of screen-related eye conditions such as eye strain and myopia. Following are some simple strategies to help keep screenagers' sight healthy and in optimum condition.

Keep an eye on their eyes

Be on the lookout for symptoms such as headaches, blurry vision, squinting, or rubbing eyes, as they may indicate potential eye issues. Take your child to an optometrist if symptoms persist.

Teach them the 20/20/20/20 rule

Every 20 minutes, they should take at least a 20 second break, look into the distance for 20 metres to develop depth of vision, and blink 20 times – because when they stare at a screen their blink rate declines by 66%.

Remind them to close their eyes

Learning through screens is mentally taxing, depleting the two regions of the brain which process what they see and hear online. Encouraging kids to close their eyes, even if just for 10 seconds, gives these regions of their brain a much-needed break. It increases alpha waves in their brains, leaving them feeling focused and alert after a short break.

Remember the arm's length rule of thumb

Remind your kids to keep all their digital devices and reading materials at least an arm's length away from their eyes.

Brighten up

Make sure kids read with appropriate lighting, as poor surrounding light increases eye strain. You may need to adjust the brightness on the screen they are using, or the lighting in the room.

Encourage them to head outdoors

Research shows that young children who spend more time outdoors are less likely to be short-sighted as teenagers, so ensure your children get at least two hours of 'green time' time a day. Evidence also reveals that just 40 seconds in nature will reduce stress levels.

Given that technology plays a pivotal role in kids' lives, it's essential that parents, carers and educators equip kids with the skills and strategies that will protect their eye health. This requires strategies to deploy when kids are using devices and ensuring that their tech time doesn't displace vital offline experiences, such as time in nature. Yet another reason why we need to balance their 'screen time' with their 'green time'.



Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit www.drkristygoodwin.com.

FREE Online Transition Session November 30th

At The Workshop we are aware of just how much has been missed by grade 6 students and their parents/carers this year and the anxiety many face getting ready for secondary school. We have decided to respond by offering a FREE online Family session (grade 6 students and their parents/carers) on Tuesday November 30th from 6.30 - 8pm.

The session will cover:

- Getting ready for secondary school: The 'easy' stuff (routines, public transport, homework, etc.)
- Getting ready for secondary school: The 'tricky' issues (new friends, bullying, anxiety, etc.)
- Parents/Carers only session last 30 minutes: Managing technology, supporting your child's resilience

Booking is now open on TryBooking: <https://www.trybooking.com/BVEYP>

Please share this with your grade 6 students and their families and anyone else you think might find it useful. Thanks and regards, Kate

Kate Wilde
Director – The Workshop
0419 810 002
www.theworkshop.org.au

@theworkshopmelbourne

theworkshopmelbourne



SACRED HEART PRIMARY SCHOOL

Important Dates

Term 4 Dates 2021

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 WEEK 6 B	9	10	11	12	13	14
		Swimming Lessons 9am – 2pm	Remembrance Day Music classes resume	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	2	3	4	5
		Swimming Lessons 9am – 2pm	Foundation 2022 Orientation Session 3 – 2.00pm – 3.15pm	Change over day 2022 (Year 1-6 Transition) 11.40am – 1.30pm Reports go home		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



DRUMS



GUITAR



PIANO



SINGING & DANCE



ENROL NOW FOR 2022!

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.

"My children are very different personalities and one is on the spectrum. We have watched all of them grow with 2DMW from Prep for 5 years and witnessed the transformation of their abilities and confidence.

We are consistently amazed at the positive attitude, confidence, discipline and great standard achieved with 2DMW Teachers."

- Sarah and Dev, Parents

To enrol or learn more about our programs, head to our website **2dreammusic.com**



For enquiries, contact:

Jason Stonehouse 0419 872 875 | contact@2dreammusic.com | 2dreammusic.com



SACRED HEART PRIMARY SCHOOL *Community News*



**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 ❤️

PIC•COLLAGE

Woolworths CRICKET BLAST

OUTDOORS NON-CONTACT

HAVE A BLAST!

GET INTO WOOLWORTHS CRICKET BLAST. IT'S A FUN AND ACTIVE PROGRAM FOR KIDS OF ALL ABILITIES – WHETHER IT'S YOUR FIRST TIME WITH A BAT OR YOU'RE A BACKYARD CRICKET STAR!

DCCC Blasters Cricket
Saturday Nov 13, 2021 - Saturday Feb 12, 2022 10-11am
Coventry Oval
Maria - 0409 564 256
Boys and Girls of all abilities welcome



JOIN A CREW NEAR YOU TODAY

PLAY CRICKET

OFFICIAL KIDS PROGRAM



NETBALL OF AUSTRALIA RENEWALES

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



MONTSALVAT ARTS FESTIVAL SUNDAY NOVEMBER 21



MONTSALVAT ARTS FESTIVAL FAMILY EVENTS

SUNDAY
NOVEMBER 21

11AM 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

Family wellbeing during COVID-19



Practical tips and strategies to make the most of family time and manage family conflict.

In this practical 90 minute parenting seminar, hosted by Family Support Worker Joan Lauricella, you will learn positive parenting strategies to help in managing household conflict.

Suitable for parents with preschool or primary school aged children who want positive family relationships during COVID-19 and beyond.

What will be covered:

- Making the most of family time
- Using routines to support wellbeing
- Communication tips for building positive relationships
- Managing sibling flights and family conflict

"I thoroughly enjoyed Joan's parenting webinar, I learnt some great practical tips and tricks, but more than anything it gave me insight to view my situation from a different perspective, all from the comfort of my lounge room".



When: Tuesday 23 November 21

Time: 7.00pm to 8.30pm

Cost: \$25 per adult, \$40 per couple

Bookings: Essential via

<https://www.trybooking.com/BUTUH>



For more information

Please contact Joan Lauricella, Family Support Worker at joan.lauricella@healthability.org.au or phone 9430 9100

