



SACRED HEART PRIMARY SCHOOL

Newsletter

Sacred Heart Primary School, Diamond Creek

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

Newsletter No 7 Term 4

18th 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,

Rapid Antigen Testing:

We are writing to provide you with the latest information from the Victorian government with regards to the response from schools in a situation where the school has a confirmed case of COVID-19.

The Victorian Government has implemented a rapid antigen testing program for students who are identified as close contacts of a confirmed COVID-19 case from Monday 15 November. It will be available to students who have been identified as a close contact because of school community contact, but not to those identified because of household or other contact. This program will help unvaccinated or partially vaccinated students to safely return to school as quickly as possible after being identified as a primary close contact (PCC), reducing their isolation period to 7 days instead of 14.

To support the roll-out of this program, resources to help parents and carers can be found at coronavirus.vic.gov.au. This information will be added to over the coming weeks.

How the rapid antigen testing program will work

The at-home rapid antigen testing program is an opt-in program for unvaccinated, or partially vaccinated, students. Parents and carers can choose if their child will participate. Our school will provide you with rapid antigen test kits if you opt in. You do not need to buy these test kits.

Following an exposure at our school, you will be notified that your child has been identified as a primary close contact (PCC) of a confirmed COVID-19 case.

If your child is eligible (meaning they are unvaccinated, or partially vaccinated and not a household PCC) and you want to take part in the at-home rapid antigen testing program, your child must first quarantine at home for seven days.

On day six of quarantine, your child must get a standard (PCR) test at your local COVID-19 testing site. If the test is negative, you must bring evidence of the negative test to the office.

We will then provide you with a supply of rapid antigen tests which come with instructions.

Your child will then be required to complete a rapid antigen test at home before they come to school on any day between days 8 to 14.

Before coming to school each day, you must report the result of each test using a web page (we will provide you with the link). If the test is negative, your child can come to school. If the test did not work for some reason, your child cannot attend school. And if the result is positive, you must take your child for a PCR test as soon as possible. Your child does not need to complete the tests on weekends.

Parents should continue to follow current school policy and public health advice. If your child is unwell, even with the mildest of symptoms, they must stay at home and get tested for COVID-19 with a standard (PCR) test, regardless of a negative rapid antigen test result. Rapid antigen tests do not replace PCR tests for the diagnosis of COVID-19.

We have had a number of students present to school with hay fever symptoms and cough and cold symptoms over recent weeks. This is a timely and friendly reminder to parents/guardians of the items outlined below to assist with the health of our community.

- Asthma, allergy and COVID-19 or other viral symptoms can be similar. It is advised that those with asthma and allergy have these conditions well managed and students require up to date management and action plans from their GP.
- The peak time for seasonal allergies and thunderstorm asthma has started and usually lasts from August to March, so good management now is important.
- If routine or preventative medications are part of the plan, these should be taken in the morning before school and before exposure to allergens.
- Medications required at school require written documentation – please contact the office to discuss.
- Asthma, Allergy and Allergic Rhinitis (Hay Fever) plans are all available. Please ask your doctor to use the coloured forms supplied to ensure the information to support students is consistent, accurate and up to date with Department and school requirements.
- If symptoms are new or different to usual asthma or allergy symptoms, the person must be tested for COVID-19 and remain at home until a negative result is obtained. If they are unsure about their symptoms, they must be tested. The state COVID hotline (1800 675 398) is also available.
- Usual symptoms that are not controlled by treatment prescribed in a management plan require medical review.
- Please do not send an unwell child to school, even if they have tested negative for COVID-19.

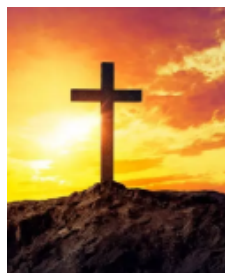
Please refer to the links below for Action Plans:

[Allergic Rhinitis \(Hay Fever\) Treatment Plan](#)

[Asthma Action Plan](#)

Yours sincerely

Jim & Gina



SACRED HEART PRIMARY SCHOOL

Catholic Identity

Congratulations to the 2020/2021 Confirmation candidates, their sponsors and their families for finally being able to receive the Sacrament of Confirmation last Tuesday night. While we had to restrict the number of attendees, due to the current restrictions, it was a very rewarding sight to see so many people in the church. While we are proud of our current Year 6 students and their families, as Fr. Steve said on the night, it is a special credit to the 2020 Year 6 students and their families for placing such importance on this sacrament by choosing to return to Sacred Heart when they did not have to.

We also recognise and are grateful for the understanding and support of the family members who were unable to attend the Confirmation Service due to the current level of restrictions, we know that your prayers and thoughts were with the Confirmation candidates.

On Tuesday 23 November we will be celebrating the First Reconciliation in the Sacrament of Penance for students in Year 2. Our students and their families have been preparing for this sacrament during Remote & Flexible Learning and continued this preparation since they have returned to on-site learning.



SACRED HEART PRIMARY SCHOOL

Student of the Week

Value = Gratitude

Prep NC	Finn Connolly
1/2 CN	Miles Valentine
1/2 PA	Sophie Lewis
3/4 NJ	Lucy Jones & Kayde Keating
3/4 RM	Matthew Brady-Diaz
5/6 JD	Snehath Perera
5/6 MM	Grace Topolcsanyi
PE	Claire Waddington
LOTE	Megan Lamb
STEM	Emily Matulick
Performing Arts	Harrison Oke
Visual Arts	Hilton Christian







SACRED HEART PRIMARY SCHOOL

General News

16 Days of Activism:

This year, the Sacred Heart community will once again participate in the United Nations 16 Days of Activism. The theme for this year is 'Orange the world: End violence against women'. During this time, from the 25th November to the 10th of December, students will engage in discussions around equality and respect for everyone, and will participate in creating a book about emotions as part of their Social Emotional Learning.

We thank Nillumbik Council for once again providing a grant towards this project.

16 Days of Activism connects to our work at Sacred Heart in Respectful Relationships, and this term, all classes are learning about positive gender relations as part of the Resilience, Rights and Respectful Relationships program. On Friday 10th December, students will be invited to wear free dress for our house points celebration, and we will be selling icy poles for \$1 each to raise money for the United Nations Trust to End Violence Against Women.



ANZ Tennis Hot Shots:

The ANZ Tennis Hot Shots Racquet Roadshow again provided 30,000 racquets to foundation students around Australia, thanks to ANZ and Tennis. We were 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! Below is a photo of our Foundation students with our local Hot Shots Coach receiving their racquets.



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



Beginning of 2022:

To encourage a positive and personal start to the new school year in 2022, we are staggering students' return to school, across all year levels. Students in Years One to Six will be allocated a morning or afternoon session on Tuesday 1st February or Wednesday 2nd February.

During this session, teachers will spend time engaging with their students in a small group setting designed to enhance student wellbeing. These sessions may include time for the teachers and students to engage in various activities including reading, number work, classroom organisation and social and emotional (SEL) activities. We anticipate this personalised opportunity will promote a calm and positive approach for students returning/commencing their 2022 school year.

Students are expected to wear full summer uniforms, including school hats. They are asked to bring a snack, drink bottle and pencil case with them to this session. Students' days and times will be shared with families over the coming weeks.

Year Level Parent Representative:

In 2022 we are going to continue with a level parent representative or a couple of parent representatives for each class to play an important role in facilitating the continued building of our school community culture, starting from the ground up at class level. Other key aspects of the role include communication between school and parents, parents and school, support for the teacher and class activities.

Aim

To enhance the school environment, community and programs through the voluntary contribution of parents/guardians.

Appointment

If parents are willing to volunteer, please email gmurphy@shdiamondcreek.catholic.edu.au with the Year level your child is in then we will be able to allocate parents either at the end of the year or at the beginning of next year. More than one person may fill the position to share the load.

Activities

Year level representatives may, for example:

- Liaise with the teacher in regards to questions parents may have.

- Organise play dates and class events outside school.
- Help welcome new families.
- Organise meal rosters for families with new babies or going through hardships.
- Request parents help with classroom activities.
- They may be requested to facilitate fundraising activities or enlist volunteers for whole school activities.
- Circulate and promote information regarding fundraising projects and special activity days on behalf of the Teacher.
- Other activities as appropriate.

Thank you to Emma Dovile, Stephanie Lewis and Michelle Lord for volunteering to cover Year 1/2 and Year 4.

Interschool Sport:

Well done to all our students who participated in ISS last week. It was so nice to see the students back enjoying sport and having a good time. This week we will play another Laurimar team at their home grounds.

Transition:

All students in Foundation to Year 5 will be involved in some transition activities in order to support them with transition into 2022. These will occur at the following dates and times:

Friday 26 November 11.40am – 1.30pm (Year Level)
 Friday 3 December 11.40am – 1.30pm (Class Teacher)

Parents Association AGMs

The Parents Association AGM date has been set for Monday 29 November at 7.30pm in the Community Centre. If you park down the driveway between the railway station and school. Please feel free to come along to self-nominate for 2022. Alternatively feel free to speak to Jim or Gina or current parents on the committee. The Parents Association will open up all positions. We thank J'Rhette Bishop who has held the position of President over a number of years and has led a great team to ensure families and students had opportunities while raising funds for the school. We would love to welcome new people to this committee to ensure great things continue for the community especially after the last two years and the impact COVID has had on a number of planned events.

Condolences:

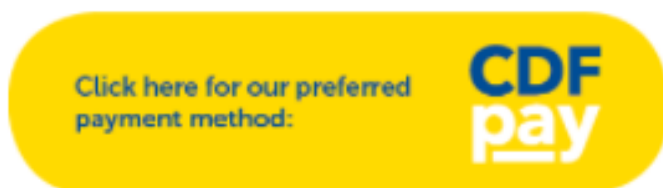
Our thoughts and prayers go out to Brenda McMahon (Library Technician) who recently lost her younger sister to an illness.

Foundation 2022 Orientation Session:

On Tuesday we welcomed our 2022 Foundation students and parents to the school for the first of a number of orientation sessions. It was so great to see the new and old faces for next year and thank Gemma Greenwood, Kerry Neilson and Tash Llewlyn for the great work they provided for these students. We welcome the children back next week on Wednesday 24 November for their second session.

Uniform Shop:

The easiest and quickest way to order uniform for your child is to login into CDFPay and order online. Uniform orders will be collated and sent home with your child via the tub. Click or scan to order:





Wellbeing

Have you noticed your child being kind and supportive to their friends...but SO **tough on themselves**?

Sometimes they are just so self-critical: "Arhh! I can't believe I got that wrong!"

You worry: How can my child be so kind to others but lack self-compassion?

It's time to teach them to treat themselves with the same kindness they give others.

The next time you hear your child being self-critical, try chiming in with:

"Hey, I wonder how you would talk to [their best friend's name] if they were in your situation? Could you try speaking to yourself more nicely?"

Your child may be surprised to realize they usually treat their friends with more kindness than themselves!

TEACH YOUR CHILD TO PRIORITIZE THEIR MENTAL HEALTH

When your child learns to ignore their mental well-being...They grow into an anxious, stressed, co-dependent adult. It's time to teach your child to be selfish as it comes to prioritizing their own mental health.



USE THESE PHRASES TO MODEL SELF-COMPASSION

- ◇ "If I ignore my emotions, I end up feeling worse. I feel better when I let myself cry."
- ◇ "I will treat myself like I would treat my best friend."
- ◇ "I don't want to stop crying. I feel hurt and this is how I need to express myself."

USE THESE PHRASES TO MODEL SELF-KINDNESS

- ◇ "I put in an awesome effort, even if I didn't succeed."
- ◇ "I made a mistake. It's a learning experience, not a failure."
- ◇ "I can try again tomorrow."

USE THESE PHRASES TO MODEL SELF-RESPECT

- ◇ "My opinions are worth expressing."
- ◇ "I can disagree with them and still have a valid belief."
- ◇ "I don't want to do that—I want to take care of my body."

USE THESE PHRASES TO MODEL SELF-PATIENCE

- ◇ "I gave it my best effort. I need to learn a new skill to do even better."
- ◇ "It just takes practice—I can do this."
- ◇ "I can only focus on what's within my control."

By being selfish when prioritizing their mental health, your child develops the resilience to cope with whatever life throws at them.

INSIGHTS

Turn your anger around without yelling



We've all had those days. You know the ones... the days where your child has refused to get ready for school, thrown food at their brother and is in a right mood. Your teenager slams the door when you ask them to clean up their bedroom. You ask and ask again. And again. And the kids just won't listen. That, or if they listen, they won't do as they're told!

When days like this happen – and they do – you can get so angry that you lash out only to regret your actions later on. With smacking now widely regarded as less acceptable, the lashing out often takes the form of yelling. It's probably fair to say that yelling is the new smacking.

Yelling is harmful

Researchers believe that yelling at kids can be just as bad as smacking. Yelling has also been linked to lower self-esteem in children and young people. Children who are raised in a home where yelling is common have a higher risk of developing psychological issues. When parents use yelling as a discipline measure, kids have an increased risk of developing behavioural problems, anxiety, stress and depression.

Understand, don't reprimand

When your kids are really getting under your skin, instead of getting furious, be curious. You need to connect before you correct. Children don't wake up in the morning and think, 'How can I make life horrible for my parents?' They might be having a hard time. Work out what needs aren't being met and help meet them.

Use humour

Humour is one of the best ways to take away anger and reduce stress. A good friend of mine was teaching his daughter to drive. The whole family was in the car while the daughter was driving when she missed a corner and ended up crashing into a petrol station sign. My friend looked at his daughter and at his family and said, "Well, while we're here, does anyone need to use the bathroom?" By using humour, my friend released the tension in the situation. Then they could calmly talk about what had happened and how to resolve it. What a wonderful way to turn away from anger!

Stay calm and kind

Self-talk is now recognised as a great way to regulate your emotions and change your behaviour. When you're starting to get upset there's a mantra that you can use: 'I'm going to be calm and kind.' When you repeat this phrase, it reminds you of what you want, and helps you to better regulate your own emotions. Calmness is something of a superpower that can have such a positive impact on those around you.

Create psychological distance

All parents seem to have just a bit more patience with someone else's child or young person. Pretend that you're 'a favourite aunt who rarely ever gets cranky at the kids. She always finds a way to be kind, even with the challenging child or teenager. If that doesn't work for you, pretend your child is a neighbour's kid!

In closing

Yelling turns children and young people away. Speak softly. Speaking softly forces them to listen closely, and it make everyone feel better.

Most parents hate yelling (as do their kids). When you are calm and kind, and look to understand, not reprimand, you will be able to keep anger and yelling out of your home. That's better for your kids and for you.



Dr Justin Coulson

Dr Justin Coulson helps families be happier. His Goalcast and TEDx positive parenting videos have been viewed by more than 100 million people. He is the author of 6 books about creating flourishing families and raising resilient children. Justin and his wife, Kylie, are the parents of 6 daughters. Find the Dr Justin Coulson's Happy Families podcast on Apple Podcasts and Spotify. For further details visit www.happyfamilies.com.au



Term 4 Dates 2021

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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		Second Sunday of Advent

				SPECIAL LUNCH ORDER DAY		
				Reports go home		
6 WEEK 10 B	7	8	9	10	11	12
		Foundation 2022 Orientation Session 4 - 2.00pm – 3.15pm	CHANGE OF DATE: Awards Ceremony and Final Assembly 2.20pm	Free Dress Day – Icypoles for sale		Third Sunday of Advent
		Year 6 Graduation Mass and Supper				
		Swimming Lessons 9am – 2pm				
13 WEEK 11 A	14	15	16	17	18	19
End of Term Celebrations		End of Year Mass 12pm				Fourth Sunday of Advent
		Leaving Ceremony				
		Students dismissed at 1.30pm				

This week @ Sacred Heart



The Foundation students loving their swimming lessons each week



The Australian Maths Competition



The Australian Maths Competition is an engaging 30-problem competition that demonstrates the importance and relevance of mathematics in students' everyday lives; it is open to students in Years 3 to 12 across Australia. In August of this year, we had a sizable collection of students from Years 3 to 6 engage in the unique set of problems developed for the 2021 competition. We congratulate all of our students who took on this challenge. Please find below the 2021 results for our talented Sacred Heart students:

Year 3

Certificate of Credit:

Ayendha Fernando, Megan Lamb, Harry Lord, Daniel McIlroy

Certificate of Proficiency:

Marcus Menilli, Annabelle Ross

Certificate of Participation:

Caitlin Waddington

Year 4

Certificate of Credit:

Lachlan Audley, Roy Hunter

Certificate of Proficiency:

Miller Burns, Katiya Ibrahim

Certificate of Participation:

Alfie Rowley

Year 5

Certificate of Credit:

Scarlett Oke

Certificate of Proficiency:

Mikayla Berriman, Zarah Clough, Jeremy Collins, Grace Topolcsanyi

Year 6

Certificate of Credit:

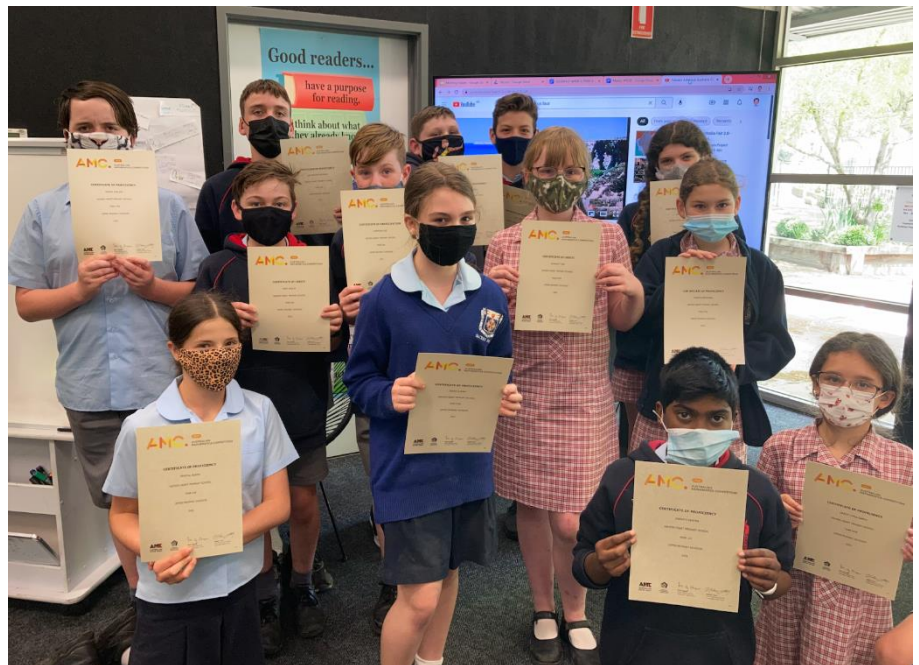
Rory Audley

Certificate of Proficiency:

Krystal Burns, Noah Hosking, Hugo Hunter, Evelyn McIlroy, Snehath Perera, Hector Santostefano

Certificate of Participation:

Harrison Oke





The Eltham Copper Butterfly Colouring Competition

Congratulation Miles, Charlotte, Stevie, Lily, Grace B & Christian on your beautiful colouring in .





SACRED HEART PRIMARY SCHOOL

Community News

LOYOLA COLLEGE PRESENTS

COMMUNITY

CAROLS & FOOD TRUCK
NIGHT

FRI 26 NOV

5.30PM - 9PM | LOYOLA COLLEGE GROUNDS
LIVE ENTERTAINMENT, CHILDRENS ACTIVITIES
& MARKET STALLS | GOLD COIN ENTRY

COVID SAFE EVENT



Due to
popular
demand.

Additional College
Tour dates added.

Bookings online
www.clc.vic.edu.au



Are you looking for a babysitter?

Hi, my name is Hannah O'Neill, and I am 14 years old and am about to complete Year 8 at Loyola College.

I am currently available for babysitting work in the area over the weekends and holiday period.

I have two younger brothers who attend Sacred Heart and have had experience looking after children of varying ages. I am also more than happy to assist with homework requirements and can be available at short notice.

Please don't hesitate to contact me with any enquiries at all that you might have.

Hope to hear from you soon!

Hannah - 0480 214 258

CAN YOU HELP?



CHRISTMAS TOY DRIVE

CAN YOU HELP CARENET SUPPORT FAMILIES IN HARDSHIP OVER THE CHRISTMAS PERIOD?

This Christmas CareNet aims to assist all our CareNet families to be able to provide a gift to their children or grandchildren aged 0 to 18 this Christmas.

Can you help?

CareNet is looking for donations of new toys and gift certificates for all ages.

Gifts will be distributed in the first two weeks of December.

FOR MORE INFO FOLLOW US ON
For updates on new programs and community updates follow us on:

Facebook & Instagram: MCC CareNet



MCC

CAN YOU HELP?



COMMUNITY FOOD RELIEF

CAN YOU HELP CARENET SUPPORT FAMILIES IN HARDSHIP OVER THE CHRISTMAS PERIOD?

- 1L long life milk
- Breakfast cereal
- Pasta & rice
- Meal bases
- Pasta
- 2 minute noodles,
- Baked beans
- Canned spaghetti
- Canned soup

- Canned veg
- Canned fruit
- Canned tuna
- Crackers
- Sweet biscuits
- Muesli bars,
- School snacks
- Tea bags
- Instant coffee

- CHRISTMAS ITEMS**
- Christmas Pudding/cake
 - Custard
 - Lollies
 - Bon bons

- Chocolates
- Jelly
- Anything else fun and festive

FOR MORE INFO FOLLOW US ON
For updates on new programs and community updates follow us on:

Facebook & Instagram: MCC CareNet



MCC

JUNIORS SUMMER PROGRAM

Baseball is Back - Come and Play!

TBall (ages 5-8) & Baseball (ages 9-13)

Friday nights over Summer starting this week

"Come & Try" Session this Wednesday 5:30pm-7:00pm

Glenauburn Park, Lower Plenty

Register at join.juniorbaseball.com.au

2 DREAM MUSIC & WELLBEING

Building self-esteem & confidence through music performance!

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 ZDMW 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 ZDMW 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