



SACRED HEART PRIMARY SCHOOL

Newsletter

Sacred Heart Primary School, Diamond Creek

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Newsletter No 8 Term 4

25th 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 Sacred Heart families and friends,

As you would be aware the directives are constantly changing impacting day to day decisions. We will continue to provide information regarding updated COVID-19 regulations issued by the Catholic Education Commission of Victoria as we receive it.

As of Monday **29 November 2021**, all visitors attending any event or activity inside a school building, including, but not limited to, tours, transition, and other school events, are required to show evidence of vaccination.

Meetings and other discussions (such as Program Support Group meetings) with visitors who do not meet vaccination requirements must be held virtually.

Visitors attending the school for drop off and pick up, who do not enter school buildings, do not need to comply with vaccination requirements.

If you require further clarification, please contact the office.

Quarantine Regulations:

In last week's newsletter and through Operoo we sent home information in regards to quarantine and if there was a case at Sacred Heart Primary School. Those directives have changed again and below are the new directives:

The Victorian Government has announced important changes to the management of COVID-19 cases and close contacts in schools and other settings as we reach the 90% double dose milestone for eligible people in the coming days.

This means that students who are exposed persons (previously identified as close contacts in education settings) from an exposure at school, no longer have to quarantine for between 7 and 14 days. They can instead return immediately to school after providing evidence of a negative result from a standard PCR test to our school.

In exceptional circumstances the Department of Health may determine that close contacts in significant school outbreaks are still required to quarantine for seven days. In this scenario, students will be notified directly of any additional quarantine arrangements.

If your child is currently in quarantine as a contact, you are now able to send your child back to school if you follow these steps:

- your child isn't a household contact and is instead in quarantine due to a COVID-19 exposure at a school setting

- your child must get a standard test at your local [COVID-19 testing site](#). If the PCR test is negative, please provide the results to our school
- your child can then return to school
- your child will be strongly recommended to take a rapid antigen test at home on days each school weekday morning until you run out of tests. These testing kits will be available from testing centres from Monday 22 November.

Rapid antigen tests are strongly recommended for those students who have returned a negative PCR result and return to school.

They are a great tool for families to use to keep our school safe and ensure that positive cases are identified at the earliest possible time. You will get a pack of five tests and you should use them each day before your child attends school until you run out.

Families should also use a rapid antigen test whenever their child is visiting a high-risk location or setting during this period. This includes visiting elderly or immunocompromised relatives or friends.

Thank you for supporting this important approach, which will help keep our school safe and reduce the disruption to the entire school community.

Out of School Hours Care:

For many years now OSHClub has provided Before and After School Care programs for Sacred Heart. These have consistently been high quality programs and our students and their families have always felt respected and well cared for by the OSHClub staff and by the company itself. OSHClub has maintained the provision of both programs (Before and After School care) even though the Sacred Heart programs are small and not profitable, with the Before School program costing OSHClub to maintain it. It is to OSHClub's great credit that they did this for a number of years in order to continue to meet the needs of our community.

The last two years have been difficult for businesses of all types, including OSHClub, and last year they made a business decision to stop providing a Before School care program for Sacred Heart. However OSHClub decided to retain the Before School Care program for the remainder of the existing contract period after further discussion with MACS.

As this contract period ends in July 2022 we entered into discussions with OSHClub to ascertain whether the provision of both programs could be guaranteed in the next contract. They were not able to give us the certainty that we desired for our families post July 2022. We informed OSHClub that, due to this uncertainty, unfortunately we would not be continuing with them in 2022.

Therefore we investigated other Out of School Hours Care providers and are delighted to inform you that for the next 3 years VillageOSHC (part of the Extend OSHC group) will be the providers for both Before and After School Care programs at Sacred Heart PS. We look forward to working with VillageOSHC to continue to meet the needs of our families for this service.

We are also delighted to inform you that Leanne Trevor, our current program coordinator, has been employed as the coordinator for our program with VillageOSHC.

Yours sincerely

Jim & Gina



Congratulations to the Year 2 students who celebrated their First Reconciliation on Tuesday night. These students, their families and the school staff continued their preparations throughout the lockdown periods

earlier this year and when we returned to onsite learning and teaching. Thank you to Fr. Steve, Fr. Dixon and Fr. Tao for making this such a special occasion for each of these students and their families.

Sunday 28 November is the First Sunday in Advent.

The Advent Wreath

Most churches have at the heart of their worship an Advent wreath. The origins of the evergreen wreath are ancient and probably pagan, but there is a symbolism with the wreath and its five candles that is useful in retelling the Christmas story.

The circle of greenery reminds us that God is eternal, the Alpha and Omega without beginning or end, and also of the hope we have in God, of newness, renewal and eternal life.

The candles symbolise the light of God entering the world through the birth of Jesus, and the four outer candles represent a period of waiting, perhaps the four centuries between the prophet Malachi (the last book in the Old Testament) and the birth of Jesus. Whilst the light from the candles reminds us that Jesus is the light of the world that comes into the darkness of our lives, it also reminds us that we are called to be a light to the world as we reflect the light of God's love and grace to others.

The centre candle is white and is called the Christ Candle. It is traditionally lit on Christmas Eve or Day where there is a service on these days.

- Candle one (purple) represents hope. It is often called the prophets' candle.
- Candle two (purple) represents peace. It is often called the angels' candle.
- Candle three (pink) represents joy. It is often called the shepherds' candle.
- Candle four (purple) represents love. It is often called the Bethlehem candle.



May this eternal truth be always on our hearts
That the God who breathed this world into being
Placed stars into the heavens
And designed a butterfly's wing
Is the God who entrusted his life
to the care of ordinary people
became vulnerable that we might know
how strong is the power of Love
A mystery so deep it is impossible to grasp
A mystery so beautiful it is impossible to ignore



SACRED HEART PRIMARY SCHOOL

Student of the Week

Prep NC	Will Lewis & George Topolcsanyi
1/2 CN	Rupert Berriman, Finn Ohlsen, Charlotte Lewis
1/2 PA	Nathaniel Dovile & Evren Ibrahim
3/4 NJ	Annabelle Ross
3/4 RM	Megan Lamb
5/6 JD	Grace O'Keefe & Jacoby Turner
5/6 MM	Ayush Perera
PE	Alfie Rowley
LOTE	Harry Lord
STEM	Jack Black
Performing Arts	Maddux Lemi & Rupert Berriman
Visual Arts	Amelia Campbell





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.



Student News:

Congratulations to Krystal Burns who won the 3rd Best and Fairest and Kieran Madden who placed 2nd in the Under 12 Diamond Creek Junior Football presentation held during the week.



Year 5/6 Open Water Learning Experience:

All Year 5/6 students will participate in a Life Saving Victoria Open Water Learning Experience (OWLE) program. This will take place at Sandridge Beach in Port Melbourne on Tuesday 30th November.

LSV's Open Water Learning Experience (OWLE) program creates 'Everyday Lifesavers' out of Victorian students, by teaching them practical and engaging water safety, lifesaving and emergency response skills. The OWLE program is designed to empower students to make safe aquatic related decisions while enjoying

their local waterway. The OWLE program is ideal to enhance our school's swimming and water safety program.

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

Interschool Sport:

Unfortunately due to the need for students to be vaccinated, we have made the decision to cancel Interschool Sport for the remainder of the year. The students will still participate in sport at school each Friday morning. If your child has any borrowed uniforms can you please ensure these are returned.

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 7.30 pm in the Community Centre. Please 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 our community especially after the last two years and the impact COVID has had on a number of planned events.

We Need Your Help



The Sacred Heart School's Parents Association is primarily a group of interested parents/carers who organise and run various social, fundraising, and 'service' activities throughout the year, with a view to providing a sum of money at the end of the year for something the school requires, usually earmarked by the Principal in consultation with the School Advisory Board, or several smaller projects throughout the year. The Parents' Association fills many varied rolls and is a vital part of school life. The various roles within the committee can be whatever people can manage, or as involved as they have the energy to make them. The challenge is to get people interested and continually renew the committee. Without the Parents Association we would not be able to run our Tuckshop, offer school discos special lunches and raffles or purchase valuable school resources such as playground and sports equipment or extra computers for the classroom.

We invite Dads, Mums, Carers and Grandparents to come along to the **Annual General Meeting on Monday 29th November 2021 at 7.30 pm** in the Community Centre - find out more about what we do and nominate for a position on the committee. The positions currently open are:

- President
- Treasurer/Secretary Role (this can be shared)
- Tuckshop Manager (this is a paid role)
- General Committee members

We would really love to see many new faces and you can make a difference!

The Parents' Association.

(We ask you scan the QR code upon entry and allow us to sight your vaccination status)

Annual Christmas Raffle

Unfortunately due to many events being cancelled over the last 2 years, we have been unable to raise the funds we would normally do to put towards value resources and programs that enhance our children's school experience. We are really hoping you and your family and friends can support our major fundraising activity for 2021 – the Annual Christmas Raffle. There are fantastic prizes to win – so get selling and good luck! Raffle books will be sent home with students by the end of the week.



Sacred Heart Christmas Raffle



It's that time of year already!

Please find attached your Christmas Raffle tickets for 2021.

Tickets are \$2 each and there are 25 tickets attached.
(Feel free to purchase as many as you like)

The Raffle will be drawn on Wednesday 15th December



- 1st prize \$300 Crown voucher**
- 2nd prize Clare Scent Candle Hamper value \$150+**
- 3rd prize \$100 Endota spa voucher**
- 4th prize \$50 Bunnings voucher**

**Please return your money and tickets to the office
no later than Monday 13th December.**

Name _____

- I have paid via CDF
- I have enclosed a total amount of \$ _____

Quantity _____



Wellbeing

parenting * ideas

INSIGHTS

Parent self-care matters



Parents are known for putting their children's needs ahead of their own. With the mantra of 'be involved' in your child's life a dominant parenting message, it's now common for parents to neglect their own social and wellbeing to give their children the best possible start in life. This selfless approach is commendable, but questionable if it means you are constantly stretched, stressed and tired. Parenting is draining. Kids by their very nature take more than they give. Even the most loving, affectionate child will exhaust you at times so it's important to replenish, refresh and reinvigorate yourself.

Parenting author Maggie Dent says, "If we don't care for ourselves, not only do we run the risk of parenting less effectively and compassionately, but we are not modelling self-care for our children." Taking time for yourself seems obvious, however, the reality for many parents is that they are hard-wired to prioritise the wellbeing of others.

Start by giving yourself permission. Setting strict boundaries around key self-care activities help to make sure self-care happens. Turning occasional self-care into an ongoing habit is a great way to make sure you look after yourself. First, you need to give yourself permission to prioritise mental health and wellbeing, at least some of the time. So, what self-care activities should you be prioritising?

Get physical

Exercise is great for both mind and body. It releases endorphins, the feel-good hormone that enhances mood and helps put you in a positive state of mind. Exercise releases cortisol, the stress hormone, which builds up gradually over time, leading to anxiety and depression if not managed. You don't need to go to the gym to get the benefits of exercise. A brisk daily walk is an excellent self-care strategy for busy parents. It's affordable, accessible and has the bonus of taking you outside, which has added wellbeing benefits.

Stay social

Alfred Adler, the father of individual psychology, maintained that the people who lived the most content lives paid close attention to their social lives. When children come along, a parents' social life can easily play second fiddle to that of their children. Alternatively, social media becomes the main mode for staying in touch with friends, which is a poor replacement for face-to-face contact. One way of staying social is to schedule activities such as playing sport, joining a book club or sharing a coffee that keeps you connected to other adults.

Be mindful

Staying in the present moment, even for just a minute or two, can help you better manage parenting stresses. Engaging your senses is a good way to relax and find some inner peace. Enjoying the present moment, or mindfulness, can be practised by taking a walk, listening to music, or a taking a five minute meditation. Breathing exercises help reduce stress, so incorporate deep breathing into your daily routine to help stay fresh and alert.

Seek out play

If you think that play is just for kids, then think again. Everyone needs activities in their lives that sustain them and bring them joy. It's important to expand the definition of play to include hobbies and interests such as music, collecting things, making, tinkering and performing. Playful activities that contribute to parent self care are freely chosen, fun and create a state of flow so that you become lost in the activity. Playful activities boost your mood and help you manage the challenges and enjoy the pleasures of family life.

Decide to savour

If you feel that you're always in rush, the chances are that you don't have the opportunity to savour anything. Whether it's the first cup of coffee in the morning, snuggling up to your child at bedtime or reading a favourite book before bed, commit to savouring something and make it a daily habit.

In closing

in.

Taking care of your physical, psychological and social needs helps you be the best parent you can be. Set aside time for self-care even when you feel like you don't have a single second to devote to yourself. Experiment with different self-care activities to figure out which strategies work best for you, your family and your lifestyle.



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.



SACRED HEART PRIMARY SCHOOL

Important Dates

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 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 Reports go home	4	5 Second Sunday of Advent
6 WEEK 10 B	7	8 Foundation 2022 Orientation Session 4 - 2.00pm – 3.15pm Year 6 Graduation Mass 6pm and Dinner 7pm Swimming Lessons 9am – 2pm	9 CHANGE OF DATE: Awards Ceremony and Final Assembly 2.20pm	10	11	12 Third Sunday of Advent
13 WEEK 11 A	14	15 End of Year Mass 12pm Leaving Ceremony Students dismissed at 1.30pm	16	17	18	19 Fourth Sunday of Advent

This week @ Sacred Heart

The 1/2s doing some 'maths' shopping





SACRED HEART PRIMARY SCHOOL

Community News

Coronavirus
(Covid-19)

Panton Hill COVID-19 pop-up vaccination clinic

Tuesday 30 November, 1pm – 6pm.

A.E. Cracknell Recreation Reserve Hall: 580
Kangaroo Ground-St Andrews Road, Panton Hill.

Bookings and walk-ins welcome.

Community transport bus available 1pm – 5pm.
Bookings required.

**Call the Nillumbik COVID-19 vaccination hotline on
9433 3223 to book a vaccination appointment or a
seat on the bus.**



Proudly supported by





DO YOU WANT TO PLAY BASKETBALL

Diamond Creek Basketball Club are looking for some additional players in the following age groups

- U8, U10, U12 & U14 Girls
- U10, U16 Boys

If you are interested in joining a team, please email coordinators@dcbasketball.com.au



WWW.DCBASKETBALL.COM.AU | [E. CONTACTUS@DCBASKETBALL.COM.AU](mailto:CONTACTUS@DCBASKETBALL.COM.AU) | [f DCBASKETBALL](https://www.facebook.com/dcbasketball) | [i CREEKERSBALL](https://www.instagram.com/creekersball) | [FIND US ON THE TEAM APP](#)



Due to popular demand.

Additional College Tour dates added.
Bookings online
www.clc.vic.edu.au



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

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