



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 1 Term 1

3rd February 2022

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,

It is with a great sense of optimism and hope that we write to you as we commence another exciting year at Sacred Heart Primary School. The challenges of 2020 and 2021 have taught us a great deal about how to be adaptable, self-reliant and resilient, how to be problem solvers and innovators and it has mostly taught us that by working together we can accomplish great things. This year at Sacred Heart we will be engaging in a range of important initiatives which will continue to support the future growth and development of our school as a vibrant and innovative learning community.

We would like to welcome all those who are new to our school in 2022, particularly our new Foundation students and their families along with students and families new to other year levels. We pray that your time at Sacred Heart is fulfilling and productive for you all. This past year has reminded us of the worth of community. It is the strength of our community which gives us the greatest cause for hope here at Sacred Heart. It is our pleasure also to welcome Erin Ward to the staff of Sacred Heart Primary School. Erin will be working across all levels as a Learning Support Officer supporting the staff to further support our students.

Commencing a new year can be an exciting and stimulating experience as well as a daunting and anxious one, particularly for those new to the school. The staff are acutely aware of this and will do all what they can to ensure a smooth and supportive start for all our students. The first week of school is used to take the time to get to know each other, develop clear goals and expectations and give students the opportunity to build friendships and working relationships in the classrooms and across all levels of the school. It is important to create a sense of belonging in a safe and secure environment to enable better learning. The next few weeks are very important here at school as everyone settles into the new school year. Our aim is to make our students feel comfortable and successful in their new year level and classroom. Your child's teacher will be working closely with the class to establish classroom rules and routines. They will discuss behaviour and work expectations and set the tone for the year. Teachers are also currently working on developing a picture of the capabilities of each student. Lots of assessment happens at the beginning of the year so that we gain an understanding of what your child already knows and what skills they need to develop or refine. Teachers can then use this information to develop programs that provide support and challenges for every student. Our curriculum is designed around building upon what a child already knows and using this to learn and discover more.

We are aware that in the first couple of weeks there is often information overload and we are busy trying to get back into the routine of lunches, after school activities and everything else that goes with school. Please feel free to contact your child's teacher or the office to make time to meet if there are any questions or concerns. Otherwise we look forward to a fantastic 2022 working together as a community to make this place the best possible place to learn and play for our wonderful students.

COVID-19 Update:

Free rapid antigen tests

Free rapid antigen tests will be available for the first four weeks of Term 1 2022.

The Department of Health is strongly recommending that students complete a test twice a week to help proactively identify any cases, reducing the risks of an outbreak.

Students and staff will do the tests at home; they only need to report their result if it is COVID-positive. They must report a COVID-positive result to:

- the school by phone or the [VicEd COVID Portal](#); this is so that we can support students, record that they will be absent while in 7-day isolation, and let the rest of the school community know there has been a positive case onsite and that they should monitor for symptoms
- the Department of Health via the [COVID-19 Positive Rapid Antigen Test Self-Reporting Form](#) or call centre on 1800 675 398.

Information about how to do a test and how to read RAT results, including a how-to video translated into 33 languages, is [available online](#).

If you have not received the first RAT pack, please contact the office.

Vaccination requirements

Parents and carers must have had two doses of a COVID-19 vaccine or have a valid medical exemption (with limited exceptions) to enter school buildings.

COVID-19 vaccinations for students are not required for them to attend school but vaccination for students is highly encouraged. If your child has not yet had their first dose, please try to organise this. For more information on how to book a vaccination, including important information about vaccination for children aged 5 to 11, visit the [Vaccination information for children and teenagers](#) page on the coronavirus.vic.gov.au website.

Ventilation

We will also make sure that classrooms are well ventilated by opening windows and doors, to minimise the risk of infection. We have received air purifiers, which will be used around the school as an added safety measure.

Vital COVIDSafe steps

Hand hygiene, mask wearing, and social distancing will continue wherever possible in Term 1.

Staffing our school

We know that many of you will have questions about what happens if your child's teacher gets COVID-19. While there may be some disruption because of staff absences, we will be able to bring in extra teachers and other staff if we need them, and will be doing everything that we can to make sure our school stays safe and open.

Other information about school operations

Our Outside School Hours Care (Village OSHC) program will also restart on Tuesday 1 February.

There's no doubt that this term is going to be challenging for all of us, but we are also very excited to kick off the school year and welcome back all of our students.

Thank you for your continued support.

Kind regards

Jim & Gina



SACRED HEART PRIMARY SCHOOL

General News

Uniform

The Uniform Shop is open each Monday from 3.15pm – 3.45pm in the Community Centre. All orders made online will be processed also at this time and sent home via the tub system.

Sport Uniform

Foundation - Year 2: Monday & Friday

Year 3 - 6: Tuesday & Friday

Beginning of School Year Mass

Friday 11 February, we will celebrate the beginning of the 2022 School Year with a whole school Mass. At the end of Mass, we will present to our Year 6 students their Year 6 badges and jumpers in recognising their roles as leaders and mentors in our school community. Parents are welcome to attend this mass, however in keeping with current COVID-19 regulations, any adults attending the mass will have to be fully vaccinated and use the QR code at the entry to the Church.

Assembly

Our whole school Assembly will be held each **Friday afternoon at 3.00pm** in the Community Centre. Our Student of the Week awards and specialist class awards will be presented at the assembly. Students of the Week and specialist class award winners will be announced on the Thursday before the assembly in the newsletter. We welcome parents and family members to share these assemblies with us. In keeping with current COVID-19 regulations for school's, any adults attending the assembly will have to be fully vaccinated and use the school QR code at the entry to the Community Centre.

School Leaders

Last year we announced our 2022 school leaders at our final assembly. We would like to congratulate the students in their various roles. Class Leaders will be established over the next week.

2022 SCHOOL LEADERS

Amelia Campbell
Miki Berriman

BUNJIL HOUSE LEADER MACKILLOP HOUSE LEADER CORDNER HOUSE LEADER

Zara Campbell
Maddi Arvaji
Tom O'Keefe

FIRE Carrier Leaders Mini Vinnies Leaders Sustainability Leaders Religious Education Leaders Wellbeing Leaders Languages Leaders

Charlie Rowley, Isla Brooks and Miaa Mitrovski
Jeremy Collins
Zarah Clough and Grace Topolcsanyi
Grace O'Keefe and Scarlett Oke
Rhylee Keating and Bella-Rose Sparks
Jacoby Turner and Liam O'Reilly

School Advisory Council (SAC) & Parents Association AGMs

The first meeting of the Parents Association has been set for Monday 7 February at 7.30pm and the School Advisory Council (SAC) AGM and first meeting for 2022 will be conducted at 7.30pm on Tuesday 1 March. Please feel free to come along to these meetings to self-nominate for 2022. Alternatively feel free to speak to Jim or Gina or current parents on the committees. These both will take place in the staffroom.

The Sacred Heart 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 SAC, or several smaller projects throughout the year. The Parents' Association fills many varied roles 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. We look forward to seeing many new faces.

Mini Working Bees

Thank you to the number of families that were able to support us over the holiday break by completing a mini Working Bee. This enables the gardens to be kept healthy and the yard to remain tidy over the holiday period.

Now that we are back at school and in light of the 'growing season' that January has been, we are in need of more people to help out with maintaining our school grounds. This would primarily be weeding garden beds, trimming areas where the grass has become overgrown (such as around the log fort), etc.

We are also in need of someone to be able to repair a hole in the flying fox platform, if you can help or can offer advice as to who might be able to help, please see Jim or Gina.

The link to the Working Bee document is:

<https://docs.google.com/spreadsheets/d/1Og1M5O9arSVDdvLpaeaVSHzjMKvht0Jw2sK3eskN0vw/edit?usp=sharing>

More information in regards to Working Bees will be shared soon.

Running Club

On Friday 11th February the school running club run by Dale Nardella (Sienna, Jack and Beau's dad) will start up again each Friday. Dale has a current Working With Children Check and will supervise the students. This takes place on the school oval starting at 8am each Friday. This is a great opportunity for students to increase their fitness but also for our Year 3-6 students to obtain some support with running leading up to the District Cross Country trials early in Term 2.

Morning Tea

The Welcome Morning Tea will take place tomorrow in the Welcome Courtyard straight after drop off. All welcome to attend and thank you to the Parents Association for hosting this event.

Swimming Trials

Students in Year 3-6 have been given the opportunity to trial for the Sacred Heart District Swim team on Monday. Students that were interested received a permission form on their half day orientation. If your child did not receive a form and would like to attend please let Gin know alternatively can permission forms please be returned.

Congratulations

Congratulations to Amy Stephens on her recent engagement.

Tuckshop

At this stage we do not have a tuckshop manager. If are any parent/s are willing to take on this role or you know of any companies that offer a canteen service to schools, please let us know.

KABOOM Twilight Family Carnival

The Kaboom Kids Sport Twilight event is to be held on Thursday 24th February, 2022 from 5.00pm – 7.00pm at Sacred Heart Primary. The carnival is designed to be a fun family event when the whole school community can come together and celebrate the beginning of a new school year. In keeping with this philosophy many of the activities are non-competitive and focus on fun participation for all including parents, siblings and the wider community.

This year we will be using Kaboom! Kids Sport. Emphasis is placed on all the children being actively involved in a non-competitive environment. It involves fun filled challenges that enhance the development of basic PE and social skills common to modified and traditional sports. It uses exciting and safe equipment tailored to the developmental stages of the children. All activities are designed so the children are working on fun activities developing their hand eye coordination skills and getting active without needing a specific sports skill base to start with, so the activities overcome that initial barrier to participation that some children can have if they are not confident with their ability levels in any one specific sport. Kaboom! Kids Sport encourages teamwork, communication, problem solving, wellbeing and positive leadership skills. The students interact using fun, safe and specifically designed equipment for a wonderful evening. This event will be run in small groups.

- Events will commence at 5.00pm students should be at school approximately 10 minutes earlier.
- Students are asked to wear their sports uniform.

- When families arrive at the venue the children are to head to the marshalling area on the school oval.
- There is plenty of space for picnic rugs or fold up chairs around the oval and on the courts for families to have dinner together.
- BYO dinner, although the Parents Association will be selling drinks, icy poles, sausages and burgers.
- Parents/siblings are welcome to move around the oval participating in the events.
- Please ensure your son/daughter has a hat, sunscreen and drink bottle.
- It is recommended that the students have a snack before the event and then the formal side of the sports will be finished by 6.00pm where they can then join their families for dinner.

We look forward to an exciting community building event fun for all ages and it is **anticipated that all families will attend the evening**. More information has been sent out via Operoo to help cater for numbers. If there are any older siblings that would be prepared to help with the supervision of stations if they could please see me on arrival and I will allocate them a position.

School Fees

Fee and Levy statements will be emailed to all families within the next few days.

Should you wish to pay your fees via a regular payment (weekly, fortnightly, monthly), please complete the Direct Debit Authority (attached to the newsletter email) and return it to the office as soon as possible. If you have any queries regarding fees, please do not hesitate to contact Allison Garrard on 9438-1590.

2021 CSEF – Camps, Sports & Excursions Fund

The Camps, Sports and Excursions Fund (CSEF) provides payments for eligible students to attend activities like school camps or trips, swimming and school-organised sport programs, outdoor education programs and excursions and incursions.

Who can apply?

Families holding a valid means-tested concession card or temporary foster parents are eligible to apply. A Special Consideration category also exists.

Payment amounts

Payments amounts for 2022 are:

- \$125 per year for eligible primary school students

Payments are made directly to the school and are tied to the student.

If you have received the CSEF previously, please forward a copy of your Concession Card to school. New applicants can download the form or collect one from the office:

[Camps, Sports and Excursions Fund application form \(pdf - 441.28kb\)](#)

Staffing 2022:

STAFF	POSITON	DAYS	EMAIL
Gemma Greenwood	Foundation	Thursday/Friday	ggreenwood@shdiamondcreek.catholic.edu.au
Kerry Neilson	Foundation	Mon, Tuesday & Wed	kneilson@shdiamondcreek.catholic.edu.au
Tash Llewellyn	Foundation - LSO	Full Time	nllewellyn@shdiamondcreek.catholic.edu.au
Pat Ashworth	1/2 PA & STEM	1/2 PA - Mon, Wed, Thur, Fri	pashworth@shdiamondcreek.catholic.edu.au
Claudia Neale	1/2 NS, NCCD & L&T	1/2 NS Mon, Tues, Fri	cneale@shdiamondcreek.catholic.edu.au

		Learning & Teaching - Wed NCCD - Thur	
Amy Stephens	1/2 NS, 1/2 PA, 3/4 NJ & LSO in 1/2	1/2 LSO - Mon 1/2 PA - Tues 1/2 NS - Wed & Thur 3/4 NJ - Fri	astephens@shdiamondcreek.catholic.edu.au
Gloria Lewis	LSO 1/2	Tues-Fri	glewis@shdiamondcreek.catholic.edu.au
Rosanne Mitrovski	3/4 RM	Full Time	rosannem@shdiamondcreek.catholic.edu.au
Norah Jacombs	3/4 NJ	Mon, Tue, Wed, Thur	njacombs@shdiamondcreek.catholic.edu.au
Duncan Rough	PE & 5/6 JD & 5/6 MR	PE - Mon, Tue 5/6 JD - Wed 5/6 MR - Thurs, Fri	drough@shdiamondcreek.catholic.edu.au
Helen Pendry	3/4 LSO	Tuesday off	helenp@shdiamondcreek.catholic.edu.au
Maureen Pilatti	Intervention	Mon, Wed, Thurs	mpilatti@shdiamondcreek.catholic.edu.au
Suzie Collins	Visual Arts Reimagining Languages	V.Arts - Wed, Thur Languages - Tues Week A	scollins@shdiamondcreek.catholic.edu.au
Olivia Modine	LOTE - Indonesian	Tuesday	omodine@shdiamondcreek.catholic.edu.au
Jacinta Dalton	5/6 JD & L&T	5/6 JD - Mon, Tues, Thurs, Fri Learning & Teaching - Wed	jacintad@shdiamondcreek.catholic.edu.au
Helen Maxey	5/6 MR	5/6 MR - Mon, Tues, Wed	hmaxey@shdiamondcreek.catholic.edu.au
Claire Molina	REL & Environmental Science	Religious Education Leader - Wed Science - Mon	cmolina@shdiamondcreek.catholic.edu.au
Rachel Murphy	5/6 LSO & Performing Arts	Performing Arts - Tues 5/6 LSO - Mon, Wed, Thur, Fri	rmurphy@shdiamondcreek.catholic.edu.au
Sandy Morgan	Reading Recovery & Intervention/Extension	Mon, Tues, Wed, Thurs	smorgan@shdiamondcreek.catholic.edu.au
Erin Ward	LSO	Full time across levels	eward@shdiamondcreek.catholic.edu.au
Jim O'Sullivan	Principal	Full Time	josullivan@shdiamondcreek.catholic.edu.au

Gina Murphy	Deputy Principal Student Wellbeing Sport Coordinator	Full Time	gmurphy@shdiamondcreek.catholic.edu.au
Brenda McMahon	Library Technician	Mon & Wed	brendam@shdiamondcreek.catholic.edu.au
Allison Garrard	Office	Full Time	office@shdiamondcreek.catholic.edu.au

LSO - Learning Support Officer

Student News:

We like to acknowledge the successes of our students. If at any time your child has participated in an event that we can acknowledge and support them please send along a photo and a spiel explaining what the event was to gmurphy@shdiamondcreek.catholic.edu.au and we will endeavour to include this in the newsletter.

Miki (Yr 6) played in the Eltham Dandenong basketball tournament over the weekend with her Representative team. They played over 3 days and made it all the way to the Grand Final undefeated. They played so well and came runners up in the final game. Well done Miki, what a great achievement.



Best of Luck to Claire Waddington as she starts her Secondary School journey at St Helena College.





Welcome back to Term 1, 2022!

We can't wait to welcome back your children to our services this year!

As you return to work, study, and other pursuits throughout Term 1, you can be assured your child will have fun and be enriched whilst in the safety and reliability of our care.

We will continue to provide COVIDsafe practices throughout Term 1 to ensure families and the school community remains safe at all times.

Bookings just got easier for families!

Now, in less than 30 seconds, families can make ALL your bookings for ALL your children on one screen at one time in LookedAfter!

Plan ahead for Term 1 and book now at villageoshc.com.au.



www.villageoshc.com.au | support@villageoshc.com.au




Welcome Back Morning Tea:

SACRED HEART PRIMARY SCHOOL

WELCOME BACK MORNING TEA

FRIDAY 4TH FEBRUARY
9.05AM WELCOME COURTYARD

We would like to extend a very warm welcome invite to you as parents and caregivers of Sacred Heart to meet and greet over tea, coffee and biscuits in the Welcome Courtyard after drop off on Friday 4th February.





SACRED HEART PRIMARY SCHOOL

Wellbeing

parenting * ideas

INSIGHTS

Helping kids settle back into school



The start of the new school year brings a variety of challenges – from teacher and class changes, through to the transition from holiday mode back into the routine of school. This can make settling back into school difficult for some children and young people, especially after the extended summer break.

Naturally, as a parent you want to help your child settle back into school as seamlessly as possible, but it can often be hard to know where to start. So, we've asked the experts- primary and secondary school teachers – for their top tips.

Get kids involved in the organisation process

Being organised for school isn't a parent-only activity. Involve your kids as fully as practical in the process. By doing this, you will be encouraging them to take responsibility for and ownership of their schooling, not to mention reducing your workload.

Specific tasks include:

- preparing their uniform for each day
- packing their school bag
- helping organise their lunch
- ensuring they have the correct school resources for each day

Use positive language

It's critical to use positive language when discussing school because children who hear their parents discuss education in a negative way typically model that behaviour. This is especially important in the first few weeks back. Sharing your own positive school memories is an authentic and relatable way to do this.

Add a personal touch

If your child is struggling being away from you, consider giving them a bit of you to take with them can help the transition. Whether it's a personal item of yours that they carry with them, or even a positive note that you leave in their lunchbox, a personal touch is a helpful way for your child to stay connected with you throughout the school day. It's a great reminder that it will be okay.

Trust and communicate with your child's teacher

Trust your child's teachers as they have their best interest at heart and know children well! Couple this trust with regular communication, which is particularly helpful at the start of the year when back to school worries are identified and addressed. Continue this communication throughout the years, especially if any issues or concerns arise.

It may be beneficial to arrange a meeting between you, the previous teacher and the current teacher to enable a smooth transition, particularly if problems emerge. It's a team effort, so working together is key.

Talk about how they are feeling

It is important to discuss with your child how they are feeling about being back at school. So be prepared to listen and be guided by your child's responses.

Avoid shutting them down if they are feeling unsettled, nervous or scared and validate their emotions and work through them. This is especially important with the added complexity of the pandemic. Ensure you offer problem solving advice about what they can control, such as washing their hands regularly, or wearing a mask if this is a school requirement. Provide some time after school for your kids to talk with you about their day. This also provides an opportunity for them to decompress.

Maintain a consistent routine at home

Moving from holiday mode into a more structured school mode is one of the biggest struggles for many kids. One way to reduce the impact of this transition is the maintenance of consistent routines at home over the weekends, especially in the first term.

Some specific ways include:

- Regular reading
- Limiting screen time
- Keeping mealtimes and bedtimes consistent

Using a visual 'back to school' schedule board or weekly planner can also assist in reminding kids what is coming up each week.

Limit after school activities in Term 1

As kids readjust to being back at school, they will probably be tired. So, limiting after school activities such as sport and music, at least in the first term, helps them maintain a sense of balance.

Avoid overloading the weekends with activities so they can really use that time to relax and prepare for the week ahead.

In closing

It is normal for every child to settle back into school differently. Some kids will be excited, and some may feel unmotivated or even anxious.

As parents, there is a variety of ways you can support your child as they transition back into the school routine. A critical first step is to work with your child and their teachers as a team and to keep those lines of communication open. This will also be beneficial throughout the school year as well, especially if any issues arise.



Shona Hendley

Shona Hendley is a freelance writer and a former secondary school teacher. Her work appears in Kidspot, ABC Everyday, The Guardian, Body + Soul, and News.com.au amongst others. Shona currently lives in regional Victoria with her family, including husband, two daughters, two cats, and three super cheeky goats. You can follow her on [Instagram](#).



SACRED HEART PRIMARY SCHOOL

Important Dates

Term 1 Dates 2022 - FAMILIES

Given our experience of the last two years we understand that families will appreciate that all public events on this calendar will be subject to the COVID restrictions at the time.

Please take note of dates each week as changes occur often due to changing restrictions.

February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
				All Foundation start - Full Day Welcome Back morning tea for community 9am – Community Centre		
7 WEEK 2 B	8	9	10	11	12	13
Specialist Classes begin Swim trials 11.00 – 12.00pm Year 3-6 Parents Association 7.30pm		Foundation no school Jason & Michelle to promote music in classrooms/	Music classes begin Prep BBQ Evening 6.00-7.30pm	Opening School Year Mass 9.15am Assembly 3pm		
14 WEEK 3 A	15	16	17	18	19	20
	General Faith Night online	Foundation no school		ISS v Assembly 3pm	Eucharist Commitment Mass	Eucharist Commitment Mass
21 WEEK 4 B	22	23	24	25	26	27
Learning Conversations 2-7pm Students finish at 1.30pm/optional supervision District Swimming Watermarc	Learning Conversations 3.40pm – 5pm	Foundation no school	Kaboom Kids Sports Twilight Sports 5-7pm	ISS v Assembly 3pm		
28 WEEK 5 A						
PSGs this week Foundation Full Time						

March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Shrove/ Pancake Tuesday Division Swimming SAC 7.30pm	2 Ash Wednesday Mass 9.15am	3	4 Assembly 3pm	5	6
7 WEEK 6 B	8	9	10	11 ISS v Assembly 3pm	12	13
Parents Association 7.30pm		Eucharist Faith Night 5.30pm & 7.00pm				
14 WEEK 7 A	15	16	17	18 ISS v National Day of Action against Bullying & Violence Assembly 3pm	19	20
LABOUR DAY HOLIDAY	Harmony Week		St Patrick's Day			
21 WEEK 8 B	22	23	24	25 Ride2School Day ISS v Assembly 3pm	26	27 Sacrament of First Eucharist
		TRP Parent Webinar				
28 WEEK 9 A	29 School Photos – The School Photographer	30	31			

April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 ISS v Assembly 3pm	2 First Eucharist	3 First Eucharist
4 10 B	5 SAC 7.30pm	6	7	8 END OF TERM 1 2.30PM	9	10
Parents Association 7.30pm						

- GOOD FRIDAY – 15 April
- EASTER SUNDAY – 17 April



SACRED HEART PRIMARY SCHOOL

eLearning

Safer Internet Day is happening next Tuesday the 8th of February. This years theme is #Play it Fair Online. It is a great time of year to have those conversations with your child about staying safe online. You may be interested in the free webinar for parents to improve your confidence in having these conversations.

#Play it Fair Online

Through simple actions like being safe, respectful and kind
we can all #PlayitFairOnline

Be respectful

Consider others when you are online. There is no place for abuse, hate or discrimination in any aspect of life.



Be kind

Be a positive role model. Treat people with kindness, respect and understanding online.



Be resilient

Don't let a bad experience online get you down. Stay strong and get the right support, so you can bounce back as soon you're ready.



Be prepared to ask for help

Everyone needs support. Reach out to friends, family and eSafety if something goes wrong online.



Be safe

To stay happy and healthy, avoid situations that pose risks to yourself or others online.



Be responsible

Respect others online. Think how your actions might affect other people.



Be an upstander

You can help others when they experience abuse online by showing support and speaking up - if it's safe to do so.



To get advice and support or make a report go to esafety.gov.au

eSafety's Parent Guide to Helping Kids Thrive Online

This free Term 1 webinar in 2022 offers tips about how to support young people to socialise, learn and have fun online safely.

It explains how to access information, use technology safely and navigate new online platforms.

The presentation is designed for parents and carers of young people aged 5 to 12 years old.

It will cover:

- how to talk to young people about online risks on different social media platforms and games
- how to help young people develop skills to protect themselves when they are online
- where to go for help if things go wrong and how to access mental health support and information through eSafety.

To Register for the event: <https://attendee.gotowebinar.com/rt/7210543797385704461>

2022 dates (Australian Eastern Daylight Time)

- Tuesday 8 February 12.30 to 1.30 pm
- Thursday 10 February 12.30 to 1.30 pm
- Wednesday 23 February 7.30 to 8.30 pm

BYOD at Sacred Heart

A reminder that, should families wish to provide a device for their students, they must have the following specifications (unless previously connected):

- Chromebook
- Able to connect wirelessly.
- Use of School provided account for login .e.g. studentname@shdiamondcreek.catholic.edu.au

IPads, Windows devices, Macbooks, tablet devices, mobile phones are not accepted and will not be connected to our system.

The school will provide the following through the initial setup and connection to the school network on chromebooks only:

- Zscaler certificate
- Wireless connection to the network and the internet
- Limited Printers

Students who have previously had PC's and MacBook's connected will continue to be able to use these at school.

These devices remain the property of the families providing them and beyond the initial setup, the school will be unable to provide technical assistance for computer issues caused by students, other than suggesting a factory reset. It is the family's responsibility if any damage occurs to the device and these will need to be followed up through the manufacturer or point of sale by each individual family. Families are responsible for their own backup as the School is not responsible for missing data. The School will take all due care to ensure that the device/s is looked after properly while it is on the school site.

It is recommended that when purchasing a device families consider purchasing an extended warranty, insurance and a sturdy carry bag.

If you have any further queries please contact Pat Ashworth: pashworth@shdiamondcreek.catholic.edu.au

Family Maths Challenge:

Please email your answers to Mrs Claudia Neale: cneale@shdiamondcreek.catholic.edu.au

A Fun Family Maths Challenge:

Junior Challenge:

- . In the garden, a caterpillar ate 23 leaves in the morning and 6 leaves in the afternoon. How many leaves did it eat altogether?



- There are 16 kookaburras in the trees. 8 more fly in to join them. How many kookaburras are there altogether?

Senior Challenge:

Three friends have ordered frappuccinos at their local cafe. From the clues, can you tell what size and flavour of drink each ordered, and their extra requirement?

CLUES

1. Mary ordered a mocha flavoured drink.
2. Alex's espresso-flavoured drink didn't come with added whipped cream, so she asked for it to be added to her order.
3. The small drink wasn't the one ordered without cream.
4. Glen ordered a large drink but with no sauce.

Each time you rule out a match, put a cross where the vertical and horizontal squares meet in the grid. When you find a match, put a tick in the grid. Also put a cross in the other two squares horizontally and vertically in the same line, as no other combinations can be true. By doing so, you'll gradually be able to solve the puzzle.

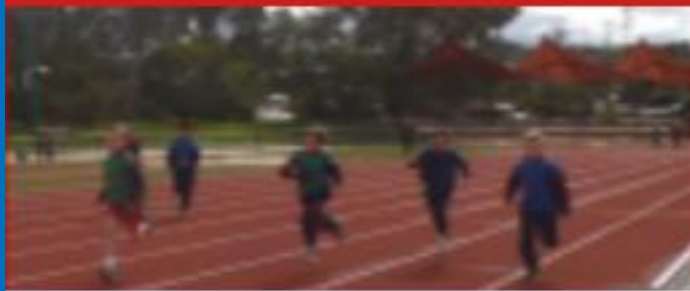
WHO ORDERED THE CARAMEL FRAPPUCCINO?	LARGE	MEDIUM	SMALL	CREAM	NO CREAM	NO SAUCE	CARAMEL	COFFEE	MOCHA
ALEX									
GLEN									
MARY									
CARAMEL									
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EXTRA ORDER			



SACRED HEART PRIMARY SCHOOL

RUNNING CLUB



Sacred Heart Running Club

Friday 8.00am - 8.30am

Starting Friday 11 February (each Friday)

Students are to meet on the oval at 8am where they will have the opportunity to work on their running capacity and technique in a fun, inclusive and safe session. This will be run by one of our Dads who is a Level 1 Community Athletics Coach. This can be done for fun or in preparation for the Athletics and Cross Country carnivals. This is a FREE activity.



SACRED HEART PRIMARY SCHOOL
Community News

SUNDAY 13 FEBRUARY
PARADE COLLEGE
OPEN DAY

10am - 2pm Preston & Clifton Grove Bundoora 1436 Plenty Rd

Come and help us celebrate 150 years of educational opportunities

- Speak with our Principal and meet our staff
- Watch the awesome Science Show
- Listen to our College bands and facilities
- Enjoy our free BBQ and café
- Listen to the Principal's address at 10.00am, 10.45am, 11.45am, 12.45pm
- Year 7 2024 Enrolments Now Open! Limited places available in other year levels



Register online www.parade.vic.edu.au ■ p. 9468 3300 ■ enrol@parade.vic.edu.au

Free TRIAL
Session

AVAILABLE CLASSES
WEDNESDAY, FRIDAY
SATURDAY, SUNDAY

Learn the skills of football in a fun and professional environment

JOIN US AT OUR NEXT PROGRAM

The Lakes South Morang College
Themeda CI, South Morang 3752

YOUR LOCAL HEAD COACH

Michael Zagami
0406 805 074
vic34.football@sportstaracademy.com
sportstaracademy.com



SSA *MORE THAN SPORT*

DISCOVER OUR PROGRAMS
SPORTSTARACADEMY.COM/FOOTBALL
1300 372 300   



Triple P Fear Less Seminar

A free online parenting seminar
for parents of children aged 6 to 14 years experiencing anxiety.

Fear-Less Triple P supports parents to learn new strategies for managing their child's anxiety. This seminar is for parents that are concerned about their child's anxiety that would like to learn strategies they can put in place to support the wellbeing of their child and the family. Content is suited to parents or caregivers of children aged from 6 to 14 years.

The topics covered in this program include:

- Understanding how anxiety works
- Becoming the best possible model of anxiety management for their children
- Becoming effective emotion coaches
- Understanding and teaching the value of flexible thinking
- Managing their children's anxiety effectively
- Using constructive coping

Date: 9th March
2022

Location: Online
via Zoom

Time: 10:00am –
12:00pm

How to book:

Contact the Triple P Team by emailing us at triplep@berrystreet.org.au with your full name and the subject line 'Fear Less Seminar Enrolment'. Alternatively, you may contact us on 9450 4700.

Enquiries for enrolment must be made before 5pm on 1/3/22.

BERRY STREET
Believing in
Children,
Young People,
Families &
Their Future.





Parenting Support Groups - Term 1 2022

We are excited to resume face to face parent support groups for term 1 of 2022. Although sessions are currently scheduled to occur in person this may change to online sessions if Coronavirus restrictions change.

Parenting with less stress

Practical tips and strategies to promote positive relationships and behaviour in children.

Through this practical four session positive parenting program, delivered across four weeks and hosted by Family Support Worker Joan Lauricella, you will learn positive parenting strategies.

Parenting with less stress is suitable for parents with children under 12 years of age.

What will be covered:

- Learn positive parenting strategies
- Acquire skills to help make parenting less stressful and more enjoyable
- Promote positive behaviour and enhance relationships with your children

"Joan's parenting programs offer honest, achievable and practical advice and solutions that can be applied in realistic family situations".



When: Tuesdays- 8, 15, 22, 29 March 22
Time: 12.45pm to 2.45pm
Where: healthAbility, 917 Main Rd, Eltham
Cost: \$100 per adult, \$50 concession and \$160 per couple
Bookings: Essential via trybooking.com/BWVKKW

For more information

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

Note: Please note sessions are currently scheduled to occur in person however this may change to online sessions if Coronavirus restrictions change. Participants will be notified if this occurs.

Tuning in to Kids™

Practical tips and strategies to show parents how to help their child develop emotional intelligence.

Through this practical six session positive parenting program, delivered across six weeks and hosted by Family Support Worker Joan Lauricella, you will learn positive parenting strategies.

Tuning into Kids™ program is suitable for parents of children aged 9 years and under.

Topics covered:

- Improve talking to and understanding your child
- Help your child learn to manage their emotions
- Prevent behaviour problems with your child
- Help your child deal with conflict

"Emotional intelligence may be a better predictor of academic and career success than IQ".



When: Mondays- 21, 28 February, 7, 21, 28 March, 4 April 22
Time: 6.30pm to 8.30pm
Where: healthAbility, 917 Main Rd, Eltham
Cost: \$150 per adult, \$75 concession and \$250 per couple
Bookings: Essential via trybooking.com/BWWAF

For more information

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

Note: Please note sessions are currently scheduled to occur in person however this may change to online sessions if Coronavirus restrictions change. Participants will be notified if this occurs.

Tuning in to Kids™



[Book Now](#)

Tuning in to Kids™, shows you how to help your child develop emotional intelligence. This six session Tuning in to Kids™ program is for parents of children aged 9 years and under.

Sessions times: Monday evenings 6.30pm-8.30pm- 21 February, 28 February, 7 March, 21 March, 28 March, 4 April

Topics covered

- Improve talking to and understanding your child
- Help your child learn to manage their emotions
- Prevent behaviour problems with your child
- Help your child deal with conflict

Monday 21 February 2022 6:30 PM - 8:30 PM (UTC+11)

Tuning in to Teens™



[Book Now](#)

Understand and communicate better with your teen

- Guide your teen in managing their emotions
- Teach your teen to deal with conflict
- Help to prevent behaviour problems

This six session Tuning in to Teens™ program is for parents of adolescents aged 10-18 years. Learn how to help develop your teen's emotional intelligence, which may be a better predictor of academic & career success than IQ. Sessions times: Mondays 6.30pm-8.30pm, 21, 28 February, 7, 21, 28 March, 4 April 22
Monday 21 February 2022 6:30 PM - 8:45 PM (UTC+11).