



SACRED HEART PRIMARY SCHOOL

# Newsletter

Sacred Heart Primary School, Diamond Creek

Telephone: 03 9438 1590

Email: [principal@shdiamondcreek.catholic.edu.au](mailto:principal@shdiamondcreek.catholic.edu.au)

Website: [www.shdiamondcreek.catholic.edu.au](http://www.shdiamondcreek.catholic.edu.au)

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

Newsletter No 2 Term 1

10<sup>th</sup> 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's been really fantastic to see such excitement about the return to school and we want to keep it that way. A crucial part of that is getting as many students vaccinated as possible.

Alongside ventilation and other vital COVID Safe steps such as regular rapid antigen testing, supporting as many students as possible to be vaccinated will help make our school as safe as possible.

Bookings for children aged 5 to 11 to receive the paediatric Pfizer vaccine are open and we encourage parents and carers to get your child vaccinated, if you haven't already done so.

The [Pfizer vaccine is safe and recommended for children](#). The vaccine will help protect your child from getting sick from COVID-19, reduce the spread of COVID-19, and ensure kids can have more time at school and playing with their friends.

Vaccinations for children aged 5 to 11 years old are delivered at two appointments, eight weeks apart. Children with specific medical vulnerabilities can access their second dose three weeks after their first dose.

If you'd like more information about this, you can read a recent statement from the Australian Technical Advisory Group on Immunisation (ATAGI): [www.health.gov.au/news/atagi-update-following-weekly-covid-19-meeting-19-january-2022](http://www.health.gov.au/news/atagi-update-following-weekly-covid-19-meeting-19-january-2022).

### **To book an appointment**

You can book an appointment at your local GP or pharmacy: <https://covid-vaccine.healthdirect.gov.au/booking>.

You can also book at a family-friendly vaccination centre by calling the Coronavirus Hotline on 1800 675 398.

You can make vaccination centre bookings for your children online, though you will need to use an email address that has not been used in the system before: <https://portal.cvms.vic.gov.au>.

### **Helping children to get their vaccination**

Vaccination centres understand that children may feel anxious about vaccination or have other support needs. A range of options is available to help children get vaccinated. Please discuss your child's needs with the vaccination centre when you book an appointment.

Find out more about vaccination for kids: [www.coronavirus.vic.gov.au/vaccination-information-children-and-teenagers](http://www.coronavirus.vic.gov.au/vaccination-information-children-and-teenagers).

### **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.

We will send home another box for each student on Monday 14th February in their school bag. Any concerns please let us know.

Thank you again for your support in ensuring children and schools are as safe as possible.

Kind regards

Jim O'Sullivan  
Principal

Gina Murphy  
Deputy Principal



### **General Faith Night - Tuesday 15 February:**

The parents of 2022 Sacrament Candidates in the Combined Parishes of Sacred Heart, St. Thomas the Apostle and St. Mary's are invited to attend the Faith Formation to be held online on Tuesday 15 February at 7 pm. The session is aimed at providing a contemporary adult perspective on the Catholic faith, especially the Sacraments, for adults to assist them with understanding the programs that their children will be participating in as they prepare to receive a Sacrament this year.

Invitations to this evening have been sent to the parents of 2022 Sacrament Candidates via Operoo, if any other families are interested please contact the School Office for the appropriate links.



# SACRED HEART PRIMARY SCHOOL

## *Student of the Week*

Foundation	Maddie Black & Eddie Davidson
1/2 NS	Leo Van Rooyen
1/2 PA	Alexander Hernandez
3/4 NJ	Matthew Brady-Diaz
3/4 RM	Nala Santostefano
5/6 JD	Alfie Rowley
5/6 MR	Scarlett Oke
PE	Harry Lord
LOTE	Luke Dooley
STEM	Jacoby Turner
Science	Harley Chatfield
Performing Arts	Grace O'Keefe
Visual Arts	Isaac Sciberras



# SACRED HEART PRIMARY SCHOOL

## *Learning & Teaching*

In Year 1/2 we started the school year by completing a bioglyph ice-cream activity to learn about each other and our families.

We have started to learn about Baptism and its place in our church family. We have learnt about how water is used in the sacrament and its cleansing power.







## SACRED HEART PRIMARY SCHOOL

# General News

### Class Captains for Term 1 (Year Foundation - 2) and Semester 1 (Year 3 - 6):

Congratulations to the following students who have been nominated class leaders for this Term/Semester. These students will be presented with their badges at assembly on Friday.

F NG	Eddie Davidson & Maddi Black
1/2 PA	Emily Lamb & Alexander Hernandez
1/2 NS	Sebastian Zagami & Justine Lord
3/4 NJ	Finn Gallagher & Saige Down
3/4 RM	Nala Santostefano & Daniel Buttigieg
5/6 MR	Scarlett Oke & Miaa Mitrovski
5/6 JD	Isla Brooks & Maia Hankinson

## Year 1 -6 Learning Conversations:



School  
Interviews

# Learning Conversations

Early in the Year we have the parent, staff and student Learning Conversations to allow goals to be established for the year ahead and encourage students to have a positive approach to their learning. We encourage students to be part of this conversation if possible. This will also be an opportunity to share information that will enable a successful year for all involved. These will take place on Monday 21st February and Tuesday 22nd February. Foundation families will not need to attend these sessions as they will have the opportunity to meet on a Wednesday for testing and parent/teacher conversations. On Monday 21st February students will be dismissed at 1.30pm to allow staff to meet with families. We will still have the option of students remaining at school and these students will be supervised, however, if you are able to collect your child or organise for your child to be collected at 1.30 pm this would be greatly appreciated due to the need for the majority of our staff to be online. If your child/ren needs supervision please contact the office to ensure we have adequate supervision for the students. If you opt for a Google Meet the link will be shared with families on Wednesday 16th February. **Reminder this will close on Wednesday 16th February at 12 pm to enable staff time to set up links.**

Parents can book for this event by going to the School Interview website: <https://www.schoolinterviews.com.au> and entering the event code **jm8m5**. Alternatively you can scan the QR code below to book.

BOOKING QR CODE



### Beginning of the Year:

Thank you to all our families for the support with transitioning our students back to school. We would love to hear any feedback in regards to how your family felt this went. Please email [principal@shdiamondcreek.catholic.edu.au](mailto:principal@shdiamondcreek.catholic.edu.au).

### Tuckshop:

Thank you to the parents that inquired about supporting the Tuckshop in 2022 and we look forward to your ongoing support. A big thank you to Chiquita Keating who has volunteered to take on the role in 2022 for the final year. Chiquitta has been in the role of Tuckshop Manager for a number of years and has been amazing at coordinating this and the students were all sad at the idea of not having Chiquitta in the tuckshop each Friday. We welcome Chiquitta back into the role for her final year. Tuckshop over the counter sales and lunch orders will begin this week.

### Uniform:

The Uniform Shop is open each Monday from 3.15 pm – 3.45 pm 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:**

Tomorrow we will celebrate the beginning of the 2022 School Year with a whole school Mass at 9.15am. At the end of Mass, we will present to our Year 6 students their badges and jumpers in recognising their roles as leaders and mentors in our school community. Parents are welcome to attend however must use the QR code on entry and show evidence of vaccination.

### **School Advisory Council (SAC) AGM:**

The Sacred Heart School Advisory Council is an important part of the operations of Sacred Heart ensuring that the voice of the parent community is authentically included in the school's decision making processes. Under the new governance model for all Catholic schools in the Melbourne Archdiocese, the role of the Advisory Council will assume greater responsibilities while still retaining its advisory capacity. The School Advisory Council is not a decision making entity as in other school governance models.

The first meeting of the School Advisory Council is at 7.30 pm on Tuesday 1st March in the school staff room. If you are interested in joining the Council or finding out more about the Board, please contact either Gina Murphy or Jim O'Sullivan.

### **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>

### **Running Club:**

On Friday the school running club run by Dale Nardella (Sienna, Jack and Beau's dad) will start up again each Friday for the remainder of Term 1. Dale has a current Working With Children Check and will supervise the students. This takes place on the 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.

### **KABOOM Twilight Family Carnival:**

The Kaboom Kids Sport Twilight event is to be held on Thursday 24<sup>th</sup> 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**. 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.

If families are able to help out on the evening please return the slip sent home or email [office@shdiamondcreek.catholic.edu.au](mailto:office@shdiamondcreek.catholic.edu.au)

#### **Parent Welcome Morning Tea:**

Thank you to the Parents Association for organising and hosting the Parent Welcome Morning Tea last week and to the number of parents that were able to attend.

#### **District Swim Carnival:**

The District Swimming Carnival will be held on Monday 21st February at WaterMarc, Greensborough. Good luck to the following students that will represent Sacred Heart Primary School at this event; Alex C, Rupert, Heidi, Rachael, Caitlin, Tess, Scarlett, Grace T, Penny, Katiya, Zarah, Amelia, Madeleine A. Congratulations to all students that trialled for this event. I was extremely proud of all the students for stepping out of their comfort zone and challenging themselves. Well done everyone for giving it a go.

***The Diamond Valley Primary School Sports Association, in line with the School Sport Victoria COVID-19 Safe Plan, are informing all parents that they are unable to attend Interschool Sport and District carnivals until further notice.***

#### **Interschool Sport:**

Sacred Heart competes in the District Interschool Sport Competition conducted throughout the year. Interschool Sport will begin Friday 25<sup>th</sup> February.

***The Diamond Valley Primary School Sports Association, in line with the School Sport Victoria COVID-19 Safe Plan, are informing all parents that they are unable to attend Interschool Sport that is played indoors and District carnivals until further notice.***

#### **Website UPSCHOOL - A Community Resource on our Sacred Heart Website:**

If you haven't visited our school website recently, please do so. One of the features of the website is the Upschool digital platform, which is constantly being added to with interesting and informative items from the school and from educational experts.

"Education is so much more than books and pencils, homework and study. Education is life, the experiences we share, the hurdles we overcome, the relationships we build and the lessons sometimes hard won. How we interact with the world, our peers and our parents are governed by what we learn in school as well as from the world around us.

Shared experiences, community and family are fundamental in shaping our children into positive, self-aware and intelligent little people and communication is key to keeping a community together. We believe education should be creative, inspirational and inclusive so we decided to create a specially designed resource centre to keep our families connected.

Packed with creative and fun ideas in health and self-awareness, kids activities, educational resources, school updates and support, Upschool is designed to keep you engaged, connected, informed and inspired to live, learn and play as a happy, mindful and sharing community.

This free and growing resource centre is our way of sharing positive and inspiring messages that we feel will have a direct and positive impact within our community.  
*Something in here for all ages and growing weekly."*

#### **School Fees:**

Fee and Levy statements have now been emailed to all families.

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.



CAMPS, SPORTS AND EXCURSIONS FUND (CSEF)

### 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 \(pdf - 441.28kb\)](#)

### Scholastic Book Club:



To place your order, please visit [scholastic.com.au/LOOP](http://scholastic.com.au/LOOP). Alternatively, you can order by completing the order form at the back of the catalogue and returning it with the correct cash amount in an envelope, addressed to "Book Club" through the classroom tub system.

### VillageOSHC:



### Always Learning and Always Evolving

VillageOSHC's valuable and informative monthly publication, 'The Network - Community Hub' is back with another edition.

This will provide you with interesting articles, reviews and ideas for our community.

Please click below to download the February Edition

- [The Network - Community Hub February 2021](#)





# Wellbeing

parenting \*ideas

## INSIGHTS

## Managing school stress during the pandemic



The pandemic continues to bring challenges to families in another year where learning may take place in person, online or somewhere in between. The Scouting motto "Be prepared" with the addition of "for anything" comes to mind as we approach another school year of uncertainty.

Here's what you can do to take the stress out school this year.

### If your child attends class in-person

#### Ask about their concerns

Avoid generalised assumptions about COVID. Your child may not be bothered by the virus, but they may be worried about wearing a mask to school or making friends if they've spent time in remote learning. Drill down to their specific worries about going to school and allay their fears by helping them come up with simple solutions to address their concerns.

#### Allay your own fears

It's natural to be concerned about your child's health so get the facts about social distancing, sanitising and other COVID-safe measures teachers are taking at school. Having accurate information will allay your own fears and minimise the chances of your child being unduly anxious about going to school.

#### Put your own germ-avoidance measures in place

Initiate habits to reduce the risk of your child bringing COVID home to your family. Changing out of clothes, showering as soon as they get home, washing hands regularly and social distancing from older relatives are the types of measures that help reduce the spread of coronavirus. Keep up to date with the latest health advice and involve everyone in creating a COVID-safe family plan.

### If your child learns remotely

#### Create a personal learning space

Anchor your child's learning to a familiar place at home. Your child may need a private space away from others for them to focus on specific tasks. If you don't have a separate nook or cranny, consider hanging an old sheet from the ceiling or using a temporary divider to provide privacy. Be mindful that there will be times when your child or young person wants to work in the company of others so be prepared for them to set up a work station near in a public place.

## Get them moving about

Kids are used to moving around during the school day so encourage them to spend learning time in different places. Perhaps they can spend some time in a bean bag reading a book, use an ironing board as a stand-up desk or prop up on their elbows in the hallway to complete a set task. Get them outdoors as well. Neuroscience informs us that outdoor activities supports kids' mental and physical health and promotes learning.

## Allow screen time with friends

Social isolation is a recognised problem for both primary and secondary school students during remote learning so give your child ample time for digital catch ups with friends. Socialising may mean playing online games, using Snapchat and other age-appropriate social media platforms.

## If your child does a hybrid model with some days in person and other days remote

### Make it clear what's expected each day

Have two charts – one with the in-person schedule and one with the remote schedule, where your child can see it clearly. Each night go over the required schedule with them for the following day. Encourage older students to create two schedules in their personal calendars or timetables to help them stay on track.

### Ensure remote learning days mirror in person days

Routines help kids feel safe and be ready for learning. On remote learning days your child should wake up at the same time as they do when they attend school, have breakfast and get dressed at the same time ready to settle into work.

### Reassure your child that this arrangement is temporary

Kids don't always have the same perspective as adults and may think the current measures will always be this way. Reassure them that they will go back to school, see their friends and enjoy activities as they did before the pandemic.

### Stay flexible

A hybrid learning model may not suit every child so be prepared to consult with your child's teachers if this system causes too much stress. It may be best if your child switches to a fully at-home learning model so work with teachers for a suitable solution.

## For parents

### Take a break yourself

Kids take their emotional cues from their parents so model self-care for your child. If you a tightly wound ball yourself, they'll more likely become anxious and worried themselves. Regardless of the situation, take a break each day. Go for a walk, read a book, do something that helps you to unwind, or engage in activity that you enjoyed as a child.



### 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

Please refer to the calendar each week for current up to date events. The calendar is subject to change.

### 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.

#### February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7 WEEK 2 B</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Specialist Classes begin  Swim trials 11.00 – 12.00pm Year 3-6  Parents Association 7.30pm		Foundation no school	Music classes begin  Prep BBQ Evening 6.00-7.30pm	Opening School Year Mass 9.15am  Assembly 3pm		
<b>14 WEEK 3 A</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	General Faith Night online	Foundation no school		Assembly 3pm	Eucharist Commitment Mass	Eucharist Commitment Mass
<b>21 WEEK 4 B</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
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		
<b>28 WEEK 5 A</b>						
PSGs this week  Foundation Full Time						

#### March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Shrove/ Pancake Tuesday  Division Swimming  SAC 7.30pm	Ash Wednesday Mass 9.15am		Assembly 3pm		
<b>7 WEEK 6 B</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Parents Association 7.30pm				ISS v  Assembly 3pm		
<b>14 WEEK 7 A</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
LABOUR DAY HOLIDAY	Harmony Week  Eucharist Faith Night 5.30pm & 7.00pm		St Patrick's Day	ISS v  National Day of Action against Bullying & Violence		



				Assembly 3pm		
<b>21 WEEK 8 B</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
		TRP Parent Webinar		Ride2School Day ISS v Assembly 3pm		Sacrament of First Eucharist
<b>28 WEEK 9 A</b>	<b>29</b>	<b>30</b>	<b>31</b>			
	School Photos – The School Photographer					

## April

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

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

### Family Maths Challenge:

Please email your answers to Mrs Claudia Neale: [cneale@shdiamondcreek.catholic.edu.au](mailto:cneale@shdiamondcreek.catholic.edu.au)

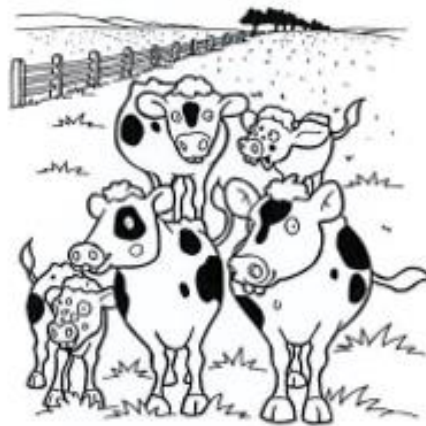
## A Fun Family Maths Challenge:

### Junior Challenge:



The farmer has 26 cows in one paddock and 39 cows in another paddock. How many cows are there altogether?

\_\_\_\_\_

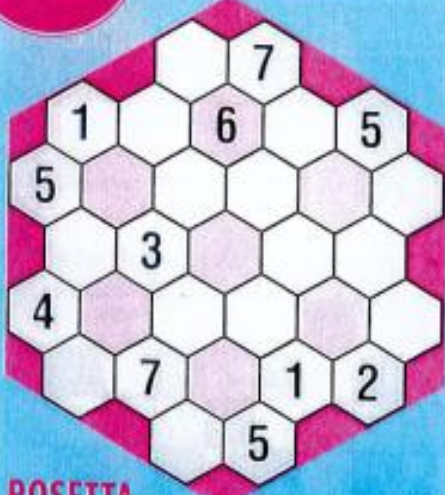


Daniel picked 49 mangoes from one tree and 37 mangoes from another tree. How many mangoes does he have?

**Senior Challenge:**

**Email your answers to Mrs Neale:**

[cneale@shdiamondcreek.catholic.edu.au](mailto:cneale@shdiamondcreek.catholic.edu.au)



**ROSETTA**

A rosetta is made up of a centre coloured hexagon surrounded by six white hexagons. To complete the puzzle, fill in all seven rosettas with each number between 1 and 7 in no particular order while also ensuring that:

1. No number is repeated in a horizontal row
2. Each number from 1 to 7 is represented in the seven coloured hexagon cells.



# 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 8 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
- Check out our sporting programs 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](http://www.parade.vic.edu.au) ■ p. 9468 3300 ■ [enrol@parade.vic.edu.au](mailto:enrol@parade.vic.edu.au)



  
**WHITEFRIARS**  
CATHOLIC COLLEGE FOR BOYS

**OPEN DAY**  
Sunday 6 March

Bookings required  
Register at [whitefriars.vic.edu.au](http://whitefriars.vic.edu.au)

156 Park Road Donvale Vic 3111 *Belong. Believe. Become.*

Do you love to swim?  
*What next?*  
**Come and join**  
**Victoria's Proudest**  
**Swim Club**

**YARRA PLENTY**  
SWIMMING CLUB

Our programs offers swimmers an opportunity to develop key skills and have great fun in the process. Contact us for your free try out!

Yarra Plenty Swimming Club based in Greensborough  
[yarraplenty.swimming.org.au](http://yarraplenty.swimming.org.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](mailto:vic34.football@sportstaracademy.com)  
[sportstaracademy.com](http://sportstaracademy.com)

 Voted Best national school aged activity (5-12 years old)

**SSA** MORE THAN SPORT  
Discover our programs  
[SPORTSTARACADEMY.COM/FOOTBALL](http://SPORTSTARACADEMY.COM/FOOTBALL)  
1300 372 300  





# Ask the experts COVID-19 Vaccination and your family

Free webinar

Parents and guardians are invited to join North Eastern Public Health Unit (NEPHU) specialists Professor Paul Johnson (infectious diseases) and Dr Lizzy Phuong (paediatrics) at our free upcoming Zoom webinar.

With so much information around about COVID-19 and vaccination, it can be difficult to work out what to believe and how best to protect your family's health.

This session will provide accurate information regarding COVID-19 and vaccination for children aged 5 to 11 years old.

It's also a great opportunity to ask specialists in the field any questions you have.

**Date:** Monday 14 February 2022

**Time:** 7pm – 8pm

**Location:** Click this Zoom link to join:

<https://us02web.zoom.us/j/81820704929?pwd=aVA0MUlsVUtERE9uMGplWGdgSkRKZz09>



# 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:** 9<sup>th</sup> 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](mailto: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](https://trybooking.com/BWVKKW)

### For more information

Please contact Joan Lauricella, Family Support Worker at [joan.lauricella@healthability.org.au](mailto: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](https://trybooking.com/BWWAF)

### For more information

Please contact Joan Lauricella, Family Support Worker at [joan.lauricella@healthability.org.au](mailto: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).



Nillumbik

# REPAIR CAFE

Don't ditch it. Fix it!

## SATURDAY 12TH FEBRUARY

HURSTBRIDGE COMMUNITY HUB, 50 GRAYSHARPS RD, HURSTBRIDGE

9.30am to 12.30pm

Repair cafes are a place you can bring your broken stuff to receive a new lease on life. At the repair cafe, skilled volunteers perform simple repairs on items that would otherwise be thrown out and sent to landfill.

We can repair bikes, tools, musical instruments, toys, mechanical items, clothing, manchester, small furniture, bric a brac ... and more!

BOOKINGS AT:

<https://events.humanitix.com/repair>

*(It's not compulsory to book, but it helps us organise our fixers on the day.)*

Presented in partnership with **SHIFT (Sustainable Hurstbridge: Ideas for Transition)**, the **Edible Hub**, and generously supported by seed funding from Nillumbik Shire Council.

Contact us at: [Nillumbik.Repair.Cafe@gmail.com](mailto:Nillumbik.Repair.Cafe@gmail.com)

**FREE  
EVENT**