



SACRED HEART PRIMARY SCHOOL

Newsletter

Sacred Heart Primary School, Diamond Creek

Telephone: 03 9438 1590

Email: principal@shdiamondcreek.catholic.edu.au

Website: www.shdiamondcreek.catholic.edu.au

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

Newsletter No 4 Term 1

24th 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,

The commencement of the year in schools is always an interesting time to observe a community as it reconnects with school and with each other after a period away. We find there is always a little nervousness and apprehension, mixed with excitement and anticipation at what is to come. That feeling doesn't just relate to students, it goes for teachers, support staff and parents. We are sure that as parents you experienced this mixture of feelings as your child/ren made their way to Sacred Heart on the first day this year. Whether they are in Foundation, Year 6 or any level in between, that mix of trepidation and expectancy is always there in our heart and gut. We feel these things because we care for these children, we are fully invested in them, and we want them to experience success and happiness in this place called Sacred Heart.

Over the past couple of weeks, as we settled into the year, we've had many incidental conversations with students and parents around the school about their experience being back at school. The commentary they provide varies in detail and content, however the general sentiment is the same. Our students are all very happy to be back at school full-time and have settled well into the learning routine and social interactions.

There have been a couple of events which have occurred or about to occur over these first weeks that remind us of how fortunate we are to be physically present at Sacred Heart and for a number of events we have been able to welcome our families back to reconnect with the school. It is important to reflect on the fact that for some, the commencement of this year may not have been all they had hoped for. Some may be experiencing continued apprehension or worry for a whole range of reasons. It is important as the broader Sacred Heart family that we work together to support and encourage those who are finding the start of the year a little more challenging. Our advice is to figuratively or literally, **put your hand up for help**. Reach out to those who will be walking most closely with you and your children. We all know that small problems become big ones when left unattended.

We have been told that rapid antigen surveillance testing will continue until the end of Term 1. These will be provided to families once we receive them. RATs have proved to be an important COVIDsafe tool to help reduce the number of COVID-19 cases and ensure our school is as safe as possible. Their use will remain voluntary for staff and students, but is strongly encouraged.

We welcome our Foundation students to full time school next week. They have transitioned so well to schooling and we thank all parents, grandparents and Gemma, Kerry and Tash for this smooth transition and look forward to watching the students grow academically as well as socially and emotionally.

Thank you to our families and staff for the Learning Conversations that have happened this week. The partnership between school and home is extremely important to a child's development.

Kind regards
Jim O'Sullivan
Principal

Gina Murphy
Deputy Principal



SACRED HEART PRIMARY SCHOOL

Catholic Identity

Enhancing Catholic School Identity (ECSI) Survey

Soon each school family will be receiving an invitation to participate in the Enhancing Catholic School Identity (ECSI) Survey which will assist us in better understanding how our Catholic identity is expressed in work and practice here at Sacred Heart.

The Catholic University in Leuven was commissioned by the Catholic Education Commission of Victoria Ltd (CECV) to design a process and tools, based on sound research, to accomplish the goal of understanding our current Catholic identity and where the school community might like to see itself in the future.

The ECSI Survey is a key element of this process and we request your participation. The online survey gathers responses from students in Years 5 and 6, all staff and a representative sample of parents.

You are asked to complete the survey online; it may take up to an hour to do so. Try not to get caught up in the questions or the language being used, simply respond intuitively. Keeping a record of your individual user code and password will allow you to complete the survey over two or more sessions.

You will receive a letter inviting you to participate and instructions about how to access the website and register as a member of the Sacred Heart community.

The survey is open until the end of this term but I would encourage you to attempt to complete it as soon as possible to avoid other 'life' matters getting in the way.

The survey is only available through the project website; please refer to the *Instructions for Survey Completion for Parents*. Your responses to this survey are guaranteed to be kept anonymous.

If you have any questions, please contact me

Jim O'Sullivan.

Ash Wednesday/Lent

Next Wednesday we will be celebrating the start of the church season of Lent with our whole school mass for Ash Wednesday. Lent is focussed on preparing us for the celebration of Easter.

Fr. Steve has often spoken about the three ways in which we can use Lent as ways of building relationships. He spoke about the role of prayer, almsgiving and fasting.

Prayer during Lent builds our relationship with God, almsgiving builds on our relationship with our community and fasting builds a relationship with ourselves.

To pray means that we are communicating with God and therefore building a relationship through dialogue. This can be as simple as a short prayer at the commencement of each day or as we finish our activities at the end of the day.

Almsgiving can be seen in supporting a charity such as supporting Caritas through Project Compassion, we are helping our global community through almsgiving.

Fasting is not denying ourselves food but rather choosing to take on some healthier options during Lent. This is improving our health and building a relationship with ourselves.

These are very practical and helpful strategies for all ages to help us better understand Lent.



SACRED HEART PRIMARY SCHOOL

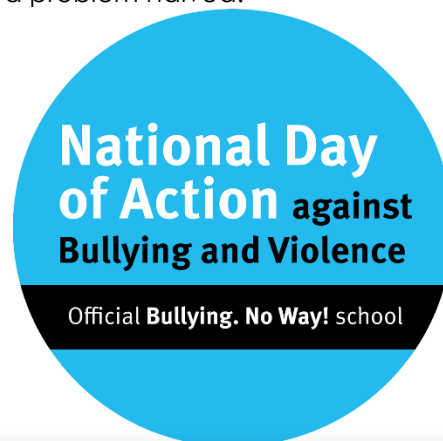
General News

Ride2School:

We will again be participating in the Ride2School Day on Friday 25 March. We encourage children to use active transport to get to school on this day. This may be riding a bike, a scooter or a skateboard, or even walking some of the way to school if riding skills are not developed enough yet. National Ride2School Day is the perfect opportunity to kick-start new healthy habits and promote the many benefits of active travel. We encourage all students and their families to leave the car at home and give riding, walking, scooting or skating to school a go, even if it is part of the way.

National Day of Action against Bullying & Violence:

Friday, 18th March is National Day of Action Against Bullying and Violence. There are many great websites that have lots of information and activities relating to bullying – how to recognise bullying and what to do if you are being bullied. There are many resources where a number of famous young people talk about the devastating effects of bullying. In previous years there has been the message, 'Speak... even if your voice shakes.' We encourage you to always speak up if you, or someone you know is being bullied. As the famous proverb goes, 'a problem shared is a problem halved.'



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. We have a number of vacancies this year so if you are interested in joining the Council or finding out more about the Council, 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 etc.

The link to the Working Bee document is:

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

KABOOM Twilight Family Carnival:

The Kaboom Kids Sport Twilight event is to be held **tonight** from 5.00pm – 7.00pm at Sacred Heart Primary.

- Events will commence at 5.00pm students should be at school approximately 10 minutes earlier.
- **Students are asked to wear their sports uniform however can wear their house colour t-shirt.**
- 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.

District Swim Carnival:

The District Swimming Carnival was held on Monday at WaterMarc, Greensborough. Well done to all students that represented Sacred Heart. Our students participated to the best of their ability with many students setting personal records. Congratulations and thank you to the following students: Alex C, Rupert, Heidi, Rachael, Tess, Scarlett, Grace T, Penny, Katiya, Zarah, Amelia, Madeleine A.

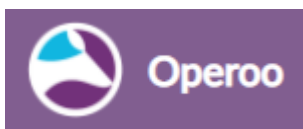
Interschool Sport:

Sacred Heart competes in the District Interschool Sport Competition conducted throughout the year. Interschool Sport will begin Friday 25th February with an away game against Glen Katherine Primary School.

Secondary School Applications:

Reminder to families of Year 5 students wishing to attend Catholic Secondary Schools, open days are currently happening and applications for 2024 close 19 August 2022. Year 6 students looking at applying for Government Schools information will be sent home early Term 2 via your child but I encourage families to start attending open days in the meantime.

Operoo:



Please download the Operoo app (from Apple app store or Googleplay) to your mobile phone and click on 'allow notifications' on your settings so that you receive push notifications/reminders to the face of your phone. Sacred Heart frequently sends out short news articles/reminders using this feature.

To help you further with using Operoo, below are the most common parent/guardian questions/issues. Click the link for the fastest way to get help.

[How do I reset my password? / I forgot my password](#)

[I can't find the confirmation email](#)

[How do I sign up? My school/club is using Operoo](#)

[How can I give access to my spouse/partner?](#)

[How can I choose my preferred language to use in Operoo?](#)

[How do I respond to an eForm and sign it?](#)

[How can I change my response to an eForm?](#)

[I can't find the eForm I want to respond to in Operoo](#)

[Click here](#) to view additional questions and answers. If you still need help then please use the Operoo chat service found on the bottom right of the screen.



SACRED HEART PRIMARY SCHOOL

Wellbeing

The wellbeing of our students is highly valued at our school. We strive to provide an optimum learning environment in which students are empowered to reach their learning potential. We continue to endeavour to embed values such as respect and inclusion through our Social Emotional Learning (SEL) and Values Education Programs.

We use Restorative Practices which seek to repair and restore relationships. Students are assisted to reflect on their behaviour and make positive decisions with the help of the following questions: What happened? What were you thinking at the time? What have you thought about since? Who was affected by what you have done? In what way? What do you think you need to make things right? If the same thing happens again how could you behave differently? The philosophy and practice of restorative justice in schools is to promote resilience in both the one who is harmed and the one who causes harm. It is about helping young people become aware of the impact of their behaviour on others through personal accountability and being open to learning from conflict situations.

Circle Time and Class Meetings are other strategies used throughout the curriculum to assist students to verbalise their thoughts, feelings and opinions in a variety of situations. It contributes to the enhancement of self-esteem and confidence in an environment of positive sharing where no 'put downs' are allowed. School Wide Positive Behaviour Support (SWPBS) is a program the school has adopted which acknowledges positive behaviour across the school. SWPBS includes a broad range of systematic and individualised strategies for achieving important social and learning outcomes while preventing problem behaviour with all students. It is the redesign of the environment not the redesign of individuals. This program has had a very successful impact on the school and student behaviour. The Better Buddies system contributes to the creation of safe, friendly and caring environments in which respect is a key value and children learn the skills associated with empathy and compassion through consciously constructed activities and by looking after and caring for other people. This helps to combat bullying and other forms of anti-social behaviour such as harassment and teasing. We are also a lead school for the Resilience, Rights and Respectful Relationships program led so professionally by Norah Jacombs. This program provides comprehensive lesson plans for all levels of schooling to support the topics of emotional literacy, personal strengths, positive coping, problem-solving, stress management, help-seeking, gender and identity, and positive gender relations but it also enables the school to ensure all areas of the school are respectful and inclusive of all. Part of our Social Emotional Learning (SEL) enables us to partner with The Resilience Project. This delivers emotionally engaging programs to schools, sports clubs and businesses, providing practical, evidence-based mental health strategies to build resilience and happiness.

At Sacred Heart we use a POSITIVE APPROACH TO MANAGING STUDENT BEHAVIOUR which is used by many Catholic schools. The key to its success is achieving CONSISTENCY in managing inappropriate behaviours by taking a TEAM APPROACH. Having everyone 'on board' is essential as is having clear expectations. We

know that when their environment is predictable, with clear behavioural guidelines & expectations, students feel safe and are in a better position to learn effectively.

The plan we will follow consists of three elements:

1. RULES that students must follow at all times
2. POSITIVE RECOGNITION that students will receive for following the rules
3. CONSEQUENCES that result when students choose not to follow the rules.

AT SACRED HEART WE EXPECT EVERYONE TO...

- Speak in a friendly way
- Listen to the speaker without interrupting
- Move safely
- Follow directions
- Keep hands, feet and objects to yourself
- Take care of all property & environment

There is POSITIVE REINFORCEMENT designed to motivate all students to learn to make positive choices about their behaviour.

- Verbal – “Well done. I love the way you are moving safely.”
- Non-Verbal
- Material (Individual) – stickers, awards, rewards eg negotiated free time
- Material (Classwide) – rewards earned as a collective

There are logical CONSEQUENCES related to the poor choice made by the student. The steps will be followed sequentially. The poor choices made by the student will be discussed with them in light of who has been affected and what can be done to make things right.

1. Warning
2. Movement away from the group
3. Movement to a designated area within the classroom / yard
4. Exit to the Principal / Deputy Principal
5. Parents notified.



THE
**RESILIENCE
 PROJECT™**

Resilience, Rights and Respectful Relationships Implementation Model



parenting * ideas

INSIGHTS

How to help your child be a good friend



Winnie the Pooh once said that “a day without a friend is like a pot without a single drop of honey left inside,” and my bet is that when he said this, that he wasn’t talking about any friend, he was talking about a *good* friend.

Being a good friend and knowing what a good friend entails is an integral component of friendship. Research says that kids start making meaningful friendships from around the age of four and from that point onwards, friendships will contribute to their wellbeing, learning, confidence and mental health.

But understanding what a good friend is can be tricky, so here are some strategies you can use to help explain what being a good friend means to your child and how they can be one.

Defining what it means to be a good friend

While most adults know instinctively what a good friend is, explaining this to kids can be difficult, says Reach Out's Online Community Coordinator Janine Nelson.

Pinpointing some of those elements of what being a good friend means can be a great way to start.

For example, "being a good friend means including concepts of respect, loyalty, providing support and having fun together", Nelson explains.

"Good friends typically display behaviours such as being trustworthy, someone who is around for the hard times not just the good times, and someone you can laugh with. Good friends respect your boundaries, and make you feel comfortable being yourself."

Healthy Harold and the team at Life Education add that "generally, being a good friend involves loyalty, empathy and trust. A good friend would listen, be an upstander instead of a bystander, be forgiving, be patient, and respect your opinion. They are empathetic, and able to put themselves in your situation."

What a good friend is can vary and change

It is also critical for kids to know that a good friend can be different for different people and that what we view as a good friend can change over time and as we grow.

"As kids grow older, it's important to help them understand that there are many different types of friends and that these relationships can change over time," says Nelson.

Helping your kids understand that this is normal and that it doesn't equate to failure, while also supporting them through these changes is important.

Teach your child friendship values.

Life Education says that helping your kids understand what specific values are associated with friendship is key to understanding what a good friend looks like and how to be one.

"Friendship values include being a loyal friend, accepting differences in a friend, standing up for a friend, being kind and supportive to a friend and including a friend in games," they explain.

Teach and model the social skills that underpin successful friendships

While knowledge and values are a key underpinning, consolidating these with skills is the next step.

Life Education suggest you "explain to your child that just as they can get better at swimming by practising, they can also get better at making and keeping friends by practising social skills such as smiling and greeting classmates, sharing, cooperating, negotiating, being positive, having an interesting conversation, playing games well (e.g., being a good winner and loser)."

Praise the good stuff

Provide positive feedback when you observe your child using social skills or values that have the potential to contribute to the development of their friendships. This will help reinforce the values that make a good friend.

Empower them to find their own solutions

Don't always try to fix every problem that arises, be present and support the children as they try to find a resolution. Create an environment where no questions are off limits so that nothing is too uncomfortable to discuss.

Friendships in adolescence are different

As your kids grow into teens, friendships often take on a different significance and influence. Reach Out advises some additional strategies for parents with pre-teens and teenagers to use to help support them being a good friend. Work with your teen to set expectations around how they should treat their friends. A reminder of the values of a good friend and the skills that a good friend utilises can be helpful.

Be supportive if your teen comes to you about an issue with one of their friends without necessarily always trying to solve the problem. Listen openly and non-judgmentally without jumping into solution mode can be helpful. Model the behaviours of being a good friend. For example, you could get your teen involved if you are cooking a meal to support a friend and use the opportunity to talk about why that is important to you.

In closing

Helping your child understand the distinction between being a friend and being a good friend is important but supporting them to become one can be a tricky process. It can vary depending on you, your child/ren, the friendships and over time. Experiment with different strategies and techniques and see what works best for you and your child/ren.



SACRED HEART PRIMARY SCHOOL

Student of the Week

Foundation

1/2 NS

1/2 PA

3/4 NJ

3/4 RM

5/6 JD

5/6 MR

PE

LOTE

STEM

Performing Arts

Visual Arts

Amelia Stacey

Evren Ibrahim

Harry Friedrich

Stevie Liddiard

Harry Lord

Oliver Parisi

Madeleine Arvaji

Patrick O'Neill

Harry Lord

Patrick O'Neill

Elliot Lee

Tom O'Keefe



Week 3 Students of the Week & Token Winners



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.

February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21 WEEK 4 B	22	23	24	25	26	27
			Kaboom Kids Sports Twilight Sports 5-7pm	ISS v GK (away) Assembly 3pm		
28 WEEK 5 A						
PSGs this week						
Foundation Full Time						

March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	Shrove/ Pancake Tuesday Division Swimming SAC 7.30pm	Ash Wednesday Mass 9.15am		Assembly 3pm		
7 WEEK 6 B	8	9	10	11	12	13
Parents Association 7.30pm				ISS v Assembly 3pm		
14 WEEK 7 A	15	16	17	18	19	20
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		School Tours - 10.30 am
21 WEEK 8 B	22	23	24	25	26	27
		TRP Parent Webinar		Ride2School Day ISS v Assembly 3pm		Sacrament of First Eucharist School Tours - 10.30 am
28 WEEK 9 A	29	30	31			
	School Photos – The School Photographer					

April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				ISS v Assembly 3pm	First Eucharist	First Eucharist School Tours - 10.30 am
4 10 B	5	6	7	8	9	10
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

A Fun Family Maths Challenge #3:

Junior Challenge:

Comparing Objects Place Value Cards

Marcel gives some clues about how many pencils he has in his pencil case.



I have 1 more pencil than
my friend Andy.

Andy has 1 more pencil
than Sarah.

Sarah has 19.

How many pencils does Marcel have?

How many pencils does Andy have?

Senior Challenge:

Place Value Riddle

The number has five digits.

The ten thousands digit $33 \div 11$.

The thousands digit is 5 more than the ten thousands digit.

The hundreds digit is the thousands digit divided by 2.

The tens digit is $2 \times 2 \times 2$.

The ones digit is a quarter of the tens digit.

Email your answers to Mrs Neale:

cneale@shdiamondcreek.catholic.edu.au



The End

PRODUCTION 2022

Due to the chance that COVID-19 could possibly interfere with students who are a part of the cast for the Split Decision production, it has, after careful consideration, been decided that we will not be doing the Split Decision script in 2022.

This year we will be writing a new script centred around fractured fairy tales. The "cast" will be narrators, as well as walk on parts of the story. All of these parts can be played by other students at the last minute if a student who has been cast is away at the time of the production.

I trust that all of the students and their families will be supportive of this decision and look forward to WHEN we can finally perform at the theatre in October.

Information pertaining to casting, as well as confirmation of performance dates will be relayed to all students and families as soon as possible.

Regards,

The End Production Team
Rachel, Sandy and Suzie.




**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.

2022 Sacred Heart District Swim Team



Year 1/2 STEM





SACRED HEART PRIMARY SCHOOL

Community News



WHITEFRIARS
CATHOLIC COLLEGE FOR BOYS

OPEN DAY Sunday 6 March



Bookings required

Register at whitefriars.vic.edu.au

156 Park Road Donvale Vic 3111

Belong. Believe. Become.

LOYOLA COLLEGE

— CLASS OF 2021 —

UNIVERSITY OFFERS

96%

UNIVERSITY ENROLLED

79%

TAFE/VET ENROLLED

16%

EMPLOYMENT

5%



Year 7 2024 Enrolments now open
Close 19 August 2022



Open Day

Explore | Learn

Sunday, 27 March

11am - 2pm

*Register your
attendance*

marcellin.vic.edu.au

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



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/BWVKW

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.

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

Phone: (03) 9430 9100 | Email: contact@healthability.org.au
Box Hill: 43 Carrington Road, Box Hill, VIC 3128
Eltham: 917 Main Road, Eltham, VIC 3095



healthAbility | By your side
healthability.org.au



Catholic Ladies' College

GIRLS CAN FLY.

This complimentary 3 week after-school program is designed for girls in Years 5 to ignite their passion for the 'Girls Can Code' revolution.

The coolest intersection of STEM learning and fun. The students will get a taste of cutting-edge technology and learn about coding, problem-solving, engineering, design, and more! They will code their flight path and watch in wonder as their drone takes off, then navigate through an obstacle course designed by them.

Get in quick! These programs book out extremely fast.

WEDNESDAY 2, 9, 16 MARCH
4:00 - 5:15PM
19 DIAMOND STREET, ELTHAM
WWW.TRYBOOKING.COM/BXROQ



NEW PLAYERS WELCOME

U10's, U12's, U14's, U16's,
U18's & Seniors

Enquiries: secretary@dcwfc.com.au

M: 0438051887

www.dcwfc.com.au