



SACRED HEART PRIMARY SCHOOL

Newsletter

Sacred Heart Primary School, Diamond Creek

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Newsletter No 7 Term 1

17 March 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>

*Working together to build a learning community that embraces
faith, diversity and personal growth.*

Dear Sacred Heart families and friends,

There are global events currently playing out which may be having an impact on the feelings of safety and wellbeing for children and young people in our school communities. When we combine this with the stresses and complex needs of families as a result of the challenges of the COVID 19 pandemic, we know we need to pay particular attention to the mental health of ourselves and our young people.

Constant media coverage through television, radio and the internet, while necessary, exposes children and young people to disasters and traumatic events which may increase their anxiety and reduce their sense of safety and wellbeing. The resources below may assist you in raising concerns with the adults in your communities – staff, parents and carers.

- [Talking to children about natural disasters, traumatic events, or worries about the future](#) – This Emerging Minds video introduces ways for parents and carers to manage media coverage of traumatic events, and talk to their children about their worries and fears
- [Traumatic events, the media and your child](#) – This Emerging Minds fact sheet provides guidance on how to support and reassure children during ongoing media coverage about traumatic events. Also attached.
- [Disaster news, distressing news events and teenagers](#) - This link is to the Raising Children site. This resource provides guidance in how to support teenagers who are often very smart consumers of social media to make sense of all the media messages they're exposed to, interpret disaster news and cope with their feelings about it.
- Supporting Children through Difficult Times, from Seasons for Growth and The Mackillop Institute
The Rockhopper Toolkit: Finding your feet during times of change, is a free resource with 3 short video sessions and accompanying discussion prompts for primary aged students.
The Seasons Toolkit: Riding the waves of change, is a free video resource suitable for young people of high school age and may be suitable for some Year 6 student school groups.
<https://www.mackillopinstitute.org.au/resources>
- Times Like These: Some ways adults can support their children who feel affected by big world problems. Poster from Childhood Foundation
<https://professionals.childhood.org.au/app/uploads/2022/03/Times-Like-These-High-Res.pdf>

Kind regards

Jim O'Sullivan
Principal

Gina Murphy
Deputy Principal



SACRED HEART PRIMARY SCHOOL

Catholic Identity

Enhancing Catholic School Identity Survey - Strengthening the Catholic identity of schools

Currently we have 4 families who have completed the Enhancing catholic School Identity survey and 2 families who have started it but have not yet completed it.

I encourage all families to participate in this survey to enable us to identify how we can further strengthen our Catholic identity as a school and as a community.

To participate in the survey

1. Access the surveys at www.ecsi.site/au/user/
2. Enter the case-sensitive password **Ghj654** and click login.
3. If you're a new user: Click the **New user** button.
If you wish to continue a previous session: Enter your **User-ID** and **Password**.
4. Enter our school's **Survey Access Code - J8S53Y** - so that your input will be linked to your school
5. You are now logged in. Displayed on the screen is your unique **User-ID** and **Password** (case-sensitive).
Save this information (write, print, or email it) to access the website at a later time.
6. From this point forward, please follow the on-screen instructions to complete the surveys.

About the Survey

The main questions being explored through the survey are:

- *How is Catholic identity lived and shaped in this school?*
- *What is the preferred situation?*
- *What is the potential present in this school to realise its preferred Catholic Identity?*

The survey includes:

The Profile Questionnaire: which is a short introductory set of questions to gather information about the respondents. This will allow the results to be differentiated in terms of groups of respondents according to categories such as age, role in the school, religion, Church practice.

The Post Critical Belief Scale (PCB): which will assist in measuring the different attitudes toward religion that exist among our community. It looks at how people in this community see their world and the place of religion, particularly the Catholic religion, in it.

The Melbourne Scale: which profiles the characteristics and response of the school in a diverse context. The Melbourne Scale has two parts: Part A identifies how community members perceive the Catholic school responding to its situation, while Part B identifies how the community would ideally like the school to respond to this situation.

The Victoria Scale: which explores the ways in which a Catholic school, in a multicultural and multi-religious society, manages the two fold challenge of defining its individual character as well as exercising its Catholic

identity. Part A identifies how community members perceive the Catholic school responding to this challenge while Part B identifies how the community would ideally like the school to respond.

The Doyle Questionnaire: which is a set of questions about relevant aspects of Catholic school identity that should be included in a thorough investigation of school identity and that may not be represented, or may be under-represented, in the other parts of the survey. This is also in two parts.



SACRED HEART PRIMARY SCHOOL

General News

Congratulations Rook:

Congratulations to Rook who competed in the Victorian Primary School Golf event today and finished in second place. Rook has progressed straight into the semi finals at the end of the year. Well done Rook, we are super proud of you!



Easter Bonnet Parade:

We will be holding our annual Easter Bonnet Parade again this year on Friday 8 April. Students are asked to make a bonnet for this day and bring it to school to parade in the courtyard to celebrate Easter. If you are unable to make this at home the students will be given the opportunity to make a bonnet at school in the lunch breaks. Parents are invited to attend the parade.

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 and Violence:

On Friday, Sacred Heart will participate in the National Day of Action against Bullying and Violence (NDA). The NDA is Australia's key bullying prevention initiative, connecting schools and communities to find workable solutions to prevent bullying.



The theme for the 2022 NDA is Kindness Culture. Sacred Heart will demonstrate Kindness Culture by promoting inclusiveness, respect and community belonging for all students.

Planning for a safe and supportive school community requires a whole-school community approach. Whole-school responses to bullying prevention build positive and supportive school environments by incorporating strategies for intervention at all levels, inclusive of students, teachers, parents and carers. Three key characteristics outlined in the national definition of bullying distinguish bullying behaviours from other forms of peer aggression behaviours which do not constitute bullying. The key characteristics of bullying include:

1. power imbalance
2. deliberate intent to cause harm, and
3. ongoing and repeated behaviour.

While the following behaviours of peer aggression do not constitute bullying, these behaviours may still be serious and require intervention at home and at school:

- arguments and disagreements (where there is no power imbalance)
- single acts of social rejection or meanness, or
- isolated incidents of aggression, intimidation or violence.

It is important for our entire school community, including our staff, parents, carers and students to have a clear understanding of the definition of bullying to be able to distinguish these behaviours from peer aggression, and correctly identify and respond to incidents of bullying.

The Parents Association will provide each student with an orange ribbon. The colour orange represents the need to unite for kindness, acceptance, and inclusion to prevent students being bullied. We thank Michelle Lord for making these ribbons for the community.

Mini Working Bees:

We are in desperate need of someone to weed and trim around the Log Fort as the grass is invading this play area and the area behind the fort has become quite overgrown. Please click on the link below to enter your details and preferred date to help out. A reminder that your \$150.00 maintenance levy will be refunded to your fees account upon attendance of a working bee.

The link to the Working Bee document is:

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

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.

Parents Association Easter Raffle:

We are requesting donations of Easter Eggs! They can be big or small. Please bring your donations to the office.

**SACRED HEART PRIMARY
SCHOOL**

Easter Raffle

Dear families,

We are requesting donations of Easter eggs for our annual Easter Raffle. Any donation, big or small, will be greatly appreciated. Please send any Easter egg donations to the office by Friday 1st April.

Thank you,
Parents Association





SACRED HEART PRIMARY SCHOOL

Wellbeing

One element of our Wellbeing Program is a partnership with The Resilience Project. This is a social emotional learning program designed to develop resilience, nurture mental health & foster a culture of kindness at the school.

An important ingredient in the wellbeing of your child/ren is the partnership we share with you in this regard. To ensure that parents/guardians can be armed with the skills, strategies and mindset to support their child/ren's well being, The Resilience Project is offering an online information evening for parents/guardians with Martin Heppell on Wednesday **23rd March, 6.30pm-8.00pm (90 minutes)**. During this presentation, Martin will share his experiences and combine them with practical strategies that can be implemented everyday to improve our overall well being.

Parents will need to register using the following registration link:

https://us02web.zoom.us/webinar/register/WN_gNTFIOMqTz2uy3yZEKfHdw

Once you have registered, you will receive a link to attend the webinar, along with a reminder the day prior.

I hope you are able to attend the evening and as always, we will continue to work together in support of your child/ren's wellbeing.

Parent & Community Presentation

At The Resilience Project, our mission is to teach positive mental health strategies to help people build happiness and resilience.

Some of the mental health statistics in our country are startling. Looking after our mental health doesn't have to be.

We are especially committed to delivering programs in primary and secondary schools. These settings have the greatest opportunity to instil positive wellbeing habits in our youth, and rewrite the confronting mental health statistics.

One in four adolescents will experience mental health problems this year and nearly two thirds of them will not seek help.

Alarming, one in seven primary school students are also likely to experience mental health problems this year.



Through engaging presentations, student curriculum, teacher resources and digital content, our School Program supports mental health not just in the classroom, but also in the family home.

During our Parent & Community Presentation, Hugh van Cuylenburg or Martin Heppell will share their experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing.

The research is clear; the more positive emotion you experience, the more resilient you will be. For that reason we focus on three key pillars that have been proven to cultivate positive emotion; **Gratitude, Empathy and Mindfulness (GEM)**.

Key Takeaways

As parents and carers, we know you want to show up for your kids, support their mental health, and encourage them to be the best they can be. An important part of showing up for our children, however, is first showing up for ourselves.

Our Parent & Carer Presentation will help you...

- **Equip yourself with simple, practical tools** to look after your own wellbeing.
- **Be informed** of the confronting mental health statistics in our country, and **understand why prevention is the key** to changing this narrative (especially for our children).
- **Learn about GEM (Gratitude, Empathy & Mindfulness)** - the evidence-based principles your kids' are living and breathing at school to feel happier and build resilience.
- **Feel confident** in holding positive wellbeing discussions with your family.

INSIGHTS

Growing up is not straight-forward



The pandemic has delivered change and upheaval to families on an enormous scale. However upheaval is not new for some children, particularly those who've experienced illness, a loss of a loved one or who've moved home and changed schools. Each change requires acceptance, adjustment and an attitude realignment to help them fit the new circumstances. Every change is an opportunity for a child to grow and develop, if they are supported, and they're not overwhelmed by the experience.

The twists and turns of development

A child's pathway to adulthood, and the accompanying journey of their parents, is generally viewed as linear. Growing up is seen as a straightforward march from infancy, early childhood, childhood, adolescence, post-adolescence to adulthood. If COVID has taught us anything it's that a child's journey is full of twists and turns.

While your child has a developmental clock that keeps ticking over, it's their experiences that determine their maturity and their ability to reach fully-fledged adulthood with the resilience, grit and adaptability needed to thrive. These experiences that develop maturity and coping capacities fit into two broad areas – challenging experiences and positive experiences.

Challenging Experiences

The challenging experiences that a child encounters enable them to build their coping capacities and develop their emotional resources that contribute to their maturity. These challenges include:

Conflict

Disagreements, arguments and rivalry is part of growing up. Whether it's a dispute with siblings or a fallout with a friend, negotiating conflict is a developmental task.

Rejection

Rejection by a friend or group is hurtful and feels horrible, but it also builds a level of social smarts and judgement necessary for navigating relationships in later life.

Loss

This takes many forms including a friend moving away, the death of a pet or the passing of a family member. Loss is the cause of sadness, grief and heartbreak that can feel overwhelming. However, with time and support kids learn to cope and get on with their lives.

Disappointment

Losing a game, not being picked for a team, not receiving a gift they wanted are unpleasant but character-building experiences that help kids develop perhaps the most treasured resilience capability of them all – acceptance.

Failure

Mistakes are seen in three ways. They are activities to be avoided, signs of failure, or opportunities for further learning. Resilient learners know that mistakes, even initial failures, are part of every learning process so the risk of failure doesn't hold them back. Children and young people grow from these experiences as coping and recovery generally build character, confidence and resilience.

Positive experiences

Though children and young people will inevitably experience challenging experiences, positive experiences help to balance the experience ledger by building a child's identity, wellbeing and emotional collateral.

Love

Knowing that a child is loved and loveable is at the core of their self-worth. Self-esteem and identity built in adolescence needs a solid foundation of self-worth.

Friendship

Making and keeping friends is an essential life task linked to many aspects of happiness and wellbeing.

Contribution

The ability to belong to groups through contribution fulfils a basic need. It allows children to experience real gratitude and feel needed, which builds self-esteem.

Excitement

Fun, joy, excitement! Any activity that shifts a child's emotion from unpleasant, low energy to pleasant and high energy is a good thing.

Play

Involvement in enjoyable activities such as hobbies, interests, sports, music, games, creative and performance arts are central to healthy wellbeing. Activities that are fun, freely chosen and create flow (the ability to lose track of time) fit the criteria of play.

In closing

A child's age and related milestones is a recognised marker of their development. However, their life experiences, as much as the number of birthdays they've had, contribute to their maturity, resilience and readiness for the wider world.



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

Student of the Week

Value = Mindfulness

Foundation	Isla Wigmore
1/2 NS	Beau Foster & Charlotte Molinaro
1/2 PA	Ava Clark
3/4 NJ	Megan Lamb
3/4 RM	Lucy Jones
5/6 JD	Monique Motschall
5/6 MR	Amelia Campbell
PE	Rachael Hardy
LOTE	Eleanor Audley
STEM	Zara Campbell
Performing Arts	Alfie Hart
Visual Arts	Rook Bishop
Science	Jack Nicholson



Week 6 Students of the Week & Token Winners



SACRED HEART PRIMARY SCHOOL

Important Dates

March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21 WEEK 8 B	22	23	24	25	26	27
Harmony Week		TRP Parent Webinar		Ride2School Day ISS v Diamond Creek Assembly 3pm Hot Cross Buns orders due		Sacrament of First Eucharist School Tours - 10.30 am
28 WEEK 9 A	29	30	31			
Sacred Hearts Got Talent	School Photos – The School Photographer		Collect Hot Cross Buns			

April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				ISS v Greenhills Assembly 3pm	First Eucharist	First Eucharist School Tours 10.30am Daylight savings ends
4 10 B	5	6	7	8	9	10
Parents Association 7.30pm	SAC 7.30pm			Easter Bonnet Parade 9.10am Special Lunch Order Easter raffle drawn END OF TERM 1 2.30PM		

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



SACRED HEART PRIMARY SCHOOL

Learning & Teaching

Family Maths Challenge:

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

A Fun Family Maths Challenge #7:

Junior Challenge:

MISSING NUMBERS

Some numbers have been left out of the story. Put in the numbers so that the story makes sense.

6

11

9

1. Patty is the oldest child in her family.

She is _____ years old.

Helen is younger than Rina. Helen is _____ years old.

Rina is _____ years old.

Senior Challenge:

HOW MUCH?

1. Derek paid \$32 for towels that cost \$8 each. The next day he saw the same towels for \$6 each, so he bought twice as many as the day before. How much did he spend on towels?



2. Michael delivered 652 newspapers in seven hours. He can be paid by the number of newspapers he delivers or by the hour. The rate per newspaper is 5.5c and the hourly rate is \$4.25 for the first hour and \$3.50 for each other hour. Which option pays more money?



Foundation students dancing up a storm in Performing Arts class.



Yr 5/6 St Patrick's Day Antics



Just a little bit Irish ... O'Sullivan,
Murphy & O'Hanlon.





MINI VINNIES-TERM ONE



OUR FIRST TASK FOR THE YEAR

As leader I am here to promote our first event of the year.

Last week we wrote to let you know all about Project compassion. As a team we would like to fundraise during Lent.

We will be collecting money at:

- Kiss and Drop in the morning
- Tuckshop we will collecting money



Friday for Future Generations



ONE FOR YOU - ONE FOR THEM
Bring Tuckshop money for both!



VILLAGEOSHC NEWSLETTER



Free enrolment at VillageOSHC

Did you know VillageOSHC has no enrolment costs! That means \$0 upfront to enrol your children to use our services!

You only pay for what you use.
No additional or hidden costs!

Enrol and Book your children in at
villageOSHC.com.au

SOME ACTIVITIES YOU MIGHT HAVE SEEN AROUND YOUR VILLAGEOSHC SERVICE!

- Fireworks in a jar
- Electric Els
- Book Club
- Animal Dot to Dot
- Bumble Bee cooking



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



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 March Edition

• [The Network - Community Hub March 2022](#)

We sincerely hope you find this resource useful and insightful.

VillageOSHC



SACRED HEART PRIMARY SCHOOL *Community News*

The Parishes of Sacred Heart and St Thomas the Apostle Combined Social Justice Group has in recent years provided donations to the Wilai Foundation as our international project. The Wilai Foundation sponsors orphaned children from Thailand and Myanmar, and assists with their upbringing and education, as well as raising awareness of statelessness. Their Founder, Fr Jim Carty sm, walked the Camino two years ago at the age of 80, in order to raise much needed funds.

This year the Foundation is running an 'Australian Camino', The Walk for Wilai. It travels from Portland, Vic to Penola, SA, leaving 31 March arriving 10 April. It would normally cost \$1,500 but the Foundation have offered us a place on the walk for free. This is a wonderful opportunity for someone with a good level of fitness, some available time, and an interest in world problems.

We have opened up this opportunity to anyone from our Partnered Parish Communities, so please contact Michael Bates on 0418 104 206 to express an interest.

To assist your decision making in relation to your child's education for 2023 and beyond, please find below a link to the 136 page 2022 edition of the Catholic Education Guide.

CLICK HERE:

<https://victoriaschoolguides.starcommunity.com.au/catholic-education/>



You are invited

Small Business Breakfast

Proudly presented by Loyola College Alumni Association in conjunction
with VCAL/VET Small Business students

29 March 2022

7:30am - 8:30am

Magis Performing Arts Centre
Loyola College

Keynote address

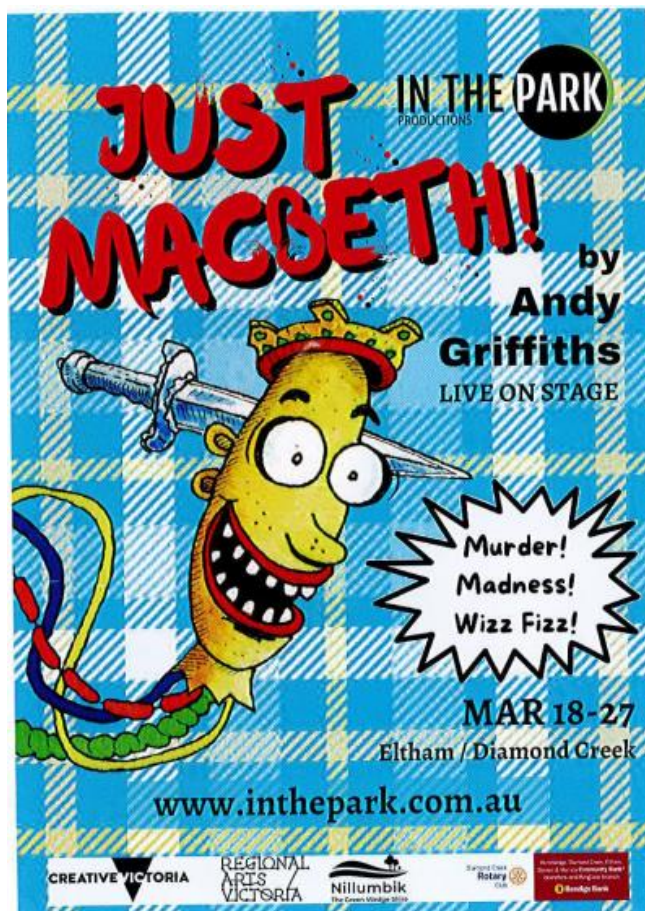
Small Business surviving post COVID

\$10 registration at Trybooking

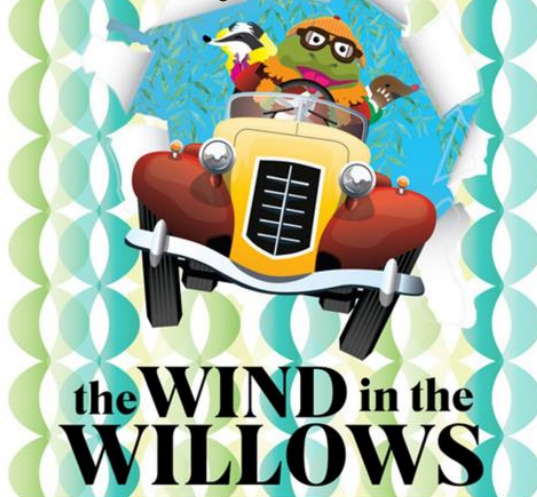
www.loyola.vic.edu.au/tickets/

RSVP 25 March





Auditions at ELT 26th and 27th March 2022



If you are between the ages of 10 and 18 years of age, Eltham Little Theatre invites you to audition for their production of the musical *Wind in the Willows*. We are looking for enthusiastic performers who can help bring this classic children's story to life. Acting, dancing and singing skills are required for all characters. Strong dancing skills are not necessarily required but they would be an advantage.

Auditions will be held at the Eltham Performing Arts Centre, 1603 Main Rd Research 3095.

Details on roles available and how to register for auditions can be found on the ELT website - Acting and Directing at ELT menu - Auditions.

www.elthamlittletheatre.org.au

Primary School children are invited to take part in a workshop at Edendale Farm to learn how to harness the power of the sun to create a unique sun print. This will be run by Clean Energy Nillumbik a volunteer organisation <https://www.cleanenergynillumbik.org.au/> as part of the

Clean Energy Nillumbik Clean Energy Expo

Solar printing for kids

In this one-hour workshop children will learn how to harness the power of the sun to create a totally unique sun print.

Where: Edendale Farm

When: Sunday 3 April

Cost: FREE

Times: 11:00am, 12:00pm, 1:00pm or 2:00pm

Bookings essential: www.cleanenergynillumbik.org.au/kids

Wear: Old clothes or smock – fabric dyes may stain

Age: 5+ (children under 7 will need adult assistance)



Is your daughter keen to play AFL? We have spaces available for new players.

U12's

Players aged 10 or 11 on Jan 1 2022

Training: Tues & Thurs 5.00 pm to 6.00 pm

Diamond Hills Reserve

244 Plenty River Drive, Greensborough

Enquiries: Contact Ruth Bailey. secretary@dcwfc.com.au

M : 0438051887

www.dcwfc.com.au