

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

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

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

Newsletter No 3 Term 2 12 May 2022

Dear Sacred Heart families and friends.

Tomorrow we will be running a SELebration Day. This day is an opportunity to celebrate Social Emotional Learning at Sacred Heart.

On this day, we have planned the first block as a Diversity Dash (coloured fun run) sponsored by Safe Schools - this was part of the positive start to schools program. This event is about inclusion and the engagement of all students no matter their background, gender or ability.

We ask students to come to school in clothes they can wear for the fun run and to bring a change of clothes, which can be casual clothes, to wear for the rest of the school day. Please ensure all items are clearly labelled.

Thank you to the parents who have volunteered to provide support on the day. If you are able to help from 9.00 am - 10.50 am please check in at the front office when you arrive and then meet on the basketball court. Please ensure you are vaccinated and have a current Working With Children Check. If there is drizzle we will go ahead with the run but will have all presentations in the afternoon.

We will be distributing the Sacred Heart Emotions book that the students created as part of 16 Days of Activism last year. One book will be provided for each family. We are asking that teachers and parents read this with their class and use it as a springboard to discuss some of the different emotions that we can all experience.

The student leaders will also present the movie Inside Out during play breaks. This movie is rated PG so if there are any parents who do not want their child to view this movie please email gmurphy@shdiamondcreek.catholic.edu.au

Kind regards,

Jim & Gina





Jesus is present in the Eucharist

In the 3/4 level students have been learning about how Jesus is present in the Eucharist.



The Vatican explains that through the Eucharist we are united with the liturgy of heaven. We do the Eucharist as a memorial to Jesus as it makes present and actual the sacrifice for all of humankind of Christ

on the cross. The sacrifice of Jesus with his crucifixion and the sacrifice of the Eucharist are one and the same sacrifice.

Jesus Christ is present in the Eucharist in a unique way; *Transubstantiation* means the change of the whole substance of bread into the substance of the Body of Christ and of the whole substance of wine into the substance of his Blood.

The 3/4 students were able to visually show their understanding of this in their artwork which has been displayed in the classroom. If you look closely you will see that from one side you can see an image of Jesus, and from the other side you can see the host.





SACRED HEART PRIMARY SCHOOL Heneral News

STAFF NEWS

Congratulations to Jim and Karen on the arrival of their beautiful granddaughter 'Norah Elise, 9.5 pound, 52cms.

WORKING BEE: - RESCHEDULED

The Working Bee has been moved to Saturday 4 June.

If families would like to take up the option of mini-working bees before this date the link to book in is https://docs.google.com/spreadsheets/d/10g1M509arSVDdvLpaeaVSHzjMKvht0Jw2sK3eskN0vw/edit?usp = sharing

We would strongly encourage families opting for mini - working bees over this term to focus on the log fort garden and the driveway gardens.

NATIONAL WALK SAFELY TO SCHOOL DAY:

Walk Safely to School Day (WSTSD) is an annual, national event when all Primary School children are encouraged to walk and commute safely to school. The objectives of WSTSD are:

- To encourage parents and carers to walk to school with primary school age children and reinforce safe pedestrian behaviour.
- To promote the health benefits of walking and help create regular walking habits at an early age.
- To help children develop the vital road-crossing skills they will need as they become mature pedestrians.

For Walk Safely to School Day, which will be held Friday 20th May, staff members have volunteered to be present at four assembly points around Diamond Creek (Mitre 10 car park, Brooks Street, Everleigh Drive, St John's Anglican Church) at 8.00am to depart for Sacred Heart at no later than 8.15am. A permission form and further information was sent home via Operoo today.

FOUNDATION 2023:

We have had a number of prospective new families come to visit the school during Term 1. Our 2023 Enrolment Information Night will be held from 7.00pm on Tuesday 24th May. If any parents know of families who have a child ready to start school next year, please let them know about this date. If any of our current families have children ready to start school in 2023 please ensure you complete an enrolment form and get it to the office ASAP.



INFORMATION EVENING



STUDENT NEWS:

Congratulations to Miller for playing his 50th football game for Diamond Creek Under 11's on Sunday. Well done, Miller, such a great achievement especially with two years of limited games due to COVID.





PARENTS ASSOCIATION:

The Parents Association have been working hard behind the scenes on the social and fundraising event of the year – Bogan Bingo – to be held in the Parish Hall this Saturday 14th May. Wishing all those attending a hilarious evening and much success to the organising team lead by J'Rhette Bishop.

Save the date:







THE RESILIENCE PROJECT:

This week's presentation from <u>The Resilience Project</u> focuses on Gratitude.

Gratitude is paying attention to the things that we have right now, and not worrying about what we don't have. We practise this by noticing the positives that exist around us.

Research shows that practicing gratitude rewires our brains to overcome the negativity bias (which can lead to anxiety and depression) and see the world for what we are thankful for. It is also shown to broaden thinking, and increase physical health through improved sleep and attitude to exercise.

View Part 2 of the series here Gratitude - https://theresilienceproject.com.au/parent-and-carer-hub/. There are many ways in which you can practise gratitude, including starting a Wellbeing Journal. Source: Psychology Today.

For mental health resources and support information, visit <u>The Resilience Project's Support Page</u>.

parenting *ideas

INSIGHTS

Does NAPLAN help children succeed academically?



NAPLAN is upon us again, arriving as it does every year, as Term 2 begins to build. And while many parents, teachers, and students are generally ambivalent and nonchalant about this "high-stakes" \$100 million plus test, others take NAPLAN very seriously.

For those who are focused on NAPLAN results, there are NAPLAN preparation books for sale in stores around the country.

Learning time in class is being disrupted so students can practice taking NAPLAN exams. And to highlight how high the stakes are in some families, "I'm buying my daughter a puppy if she scores in the top band" one mother informed me.

But is NAPLAN useful for understanding your child's academic capability? How helpful is NAPLAN when it comes to your child receiving an excellent education?

The short answer: not very.

The trouble with NAPLAN

Since its inception, NAPLAN has been contentious, for a number of reasons. Let me summarise, very briefly, some of the main concerns about NAPLAN:

- There have been statistical and moral questions raised about the fairness, equity, reliability, and validity of NAPLAN for many years. (Too many to go into here, but important to mention.)
- NAPLAN is a ranking system... but education should not be about ranking or competition. It should be about teaching and development, mastery and competence.
- Kids get stressed about the test. While it's true that kids get stressed about tests all the time and they do need to leam
 to manage that stress NAPLAN seems to create high levels of stress, and based on the points above, it's unnecessary.
- NAPLAN has been blamed for kids missing class learning, opportunities to perform musicals, sports, and more due to an ever-crowded curriculum and the push for better results.
- It is not helpful to use NAPLAN diagnostically. The test is completed in May and results are returned at the year's end. To know how your child is performing at school it's more helpful to ask the teacher than to wait for a NAPLAN result.
- You can actually guess how a school will perform based on the average income of the parents whose children attend.

Additionally, NAPLAN doesn't tell us anything helpful about a school other than how its students scored on that test. It tells us nothing about the teachers and their involvement with students, the culture of the school, what happens on the playground, or how students feel while they're at school.

For all of these reasons – and more – the Gonski Institute for Education issued a report last year suggesting that NAPLAN be scrapped!

If you want your children to thrive at school, NAPLAN results aren't a useful measure. But fortunately we know what is.

Helping Children Thrive at School

The following factors generally matter most when it comes to your child doing well at school:

- Reading. If there is only one thing that you do with your children for their education, read to them. This should start as
 young as possible and continue through toddler years, preschool years, and into big school. Read to them and have
 them read to you as they go through their early primary years. And keep books around right through high school.
 Reading is one of the best predictors of children's academic success, and it is associated with increased resilience,
 particularly for kids from challenged or traumatic backgrounds.
- Be involved. Research shows that parents who ask about school, check in on what students are learning, talk with the
 school teacher from time to time, and continue to monitor and stay up to date on what is happening at school have
 children who do better academically when compared with students whose parents are uninvolved. Getting involved
 shows you care.
- Relationships with peers. Children who enjoy a sense of school belonging, according to Dr Kelly Allen at Monash
 University, do better at school. They also have higher levels of life satisfaction.
- 4. A sense of progress and purpose. These are two separate things, but I'm including them together because they often follow one another. When our children make progress, they feel competent and capable. This increases their motivation, and makes school feel purposeful. If parents can work to help children see the progress they're making, it will boost desire for more progress, and the work becomes easier and more enjoyable.
- 5. People who love them. There is no way of getting around this fact kids do well for those they love. When a student loves his science teacher, science becomes the best subject ever and he tries hard as a result. Same goes with PE, English, or any other subject. Helping children feel like they are known, numbered, and missed combined with teachers who are enthusiastic about their topics, helps kids do better at school.

Often people will say, "But what about my child?" So many parents are dealing with ADHD, autism, ODD, sensory issues, depression, or other additional health or developmental needs. My response is always the same: those points above become even more vital. Read, be involved, help them make friends, challenge them to progress and find purpose, and make sure someone loves them.

Your child may (or may not) be about to sit the NAPLAN test any day now. Let them know that it's not about them. It's for the school only. Don't make a deal about their results when they show up in the post. It's old news by then. And when it's done, give them a hug, share a milkshake, and ask them about their friends, their teacher, or their favourite book to read... because those things will matter more for their education than their performance on this year's NAPLAN test.



Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel 9's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families podcast. He has written 6 books about families and parenting. For further details visit www.happyfamilies.com.au.



SACRED HEART PRIMARY SCHOOL

Student of the Week

Value = Mindfulness

Foundation Elly Gallagher 1/2 NS Justine Lord 1/2 PA Meliz Hoe

3/4 NJ Audrey Hodgson3/4 RM Daniel Buttigieg5/6 MR Madison Fitt

5/6 JD Penny Motschall
PE Harley Chatfield
LOTE James Molinaro

STEM Ruby Vassallo & Sienna Nardella

Performing Arts Grace & Lily Buhagiar

Visual Arts Lily Arvaji Science Meliz Hoe









Term 2 Week 2 Students of the Week



Term 2 Dates 2022 - FAMILIES

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

May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 WEEK 3 A	10	11	12	13	14	15
FAMILY WEEK Winter Uniform to be worn	NAPLAN until 20 May Free dress day for Winning House	Year 5/6 Mass	NAPLAN - Year 3 & 5 Writing	No ISS Wellbeing Day - Diversity Dash (colour fun run) Assembly 3pm	Bogan Bingo	
16 WEEK 4 B	17	18	19	20	21	22
'Train like a Vixen' Year 3/4 NAPLAN - Year 5 Language Convention & Reading	SAC 7.30pm	NAPLAN - Year 3 Language Convention & Reading Year 3/4 Mass	Year 1/2 Excursion Sovereign Hill Foundation Excursion Melbourne Zoo NAPLAN - Year 3 & 5 Writing	Walk Safely to School Day ISS v Laurimar (away) Assembly 3pm	Election	
23 WEEK 5 A	24	25	26	27	28	29
PSGs this week	District Cross Country 2023 Enrolment Information Evening 7pm	Foundation Mass	Sorry Day	ISS v Apollo B (away) Assembly 3pm National Reconciliation Week until 3 June		
30 WEEK 6 B	31		•		•	•
SCHOOL CLOSURE - Report Writing						

June

Day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		Year 1/2 Mass		ISS v Glen	Working Bee	
				Katherine B	9am -12pm	
				(home)		
				Assembly		
				3pm		
6 WEEK 7 A	7	8	9	10	11	12
Parents	SAC 7.30pm	Year 5/6 Mass	Year 3/4	ISS v Green		
Association			Immigration	Parkways		
7.30pm			Museum	(home)		
			Excursion			

		Staff Meeting CPR Update 3.40-5.40pm		Assembly 3pm		
13 WEEK 8 B	14	15	16	17	18	19
QUEENS BIRTHDAY HOLIDAY		Foundation Excursion - Melbourne Museum Year 3/4 Mass		ISS v Diamond Creek (away) Assembly 3pm Reports	Confirmation Commitment Mass	Confirmation Commitment Mass
				sent home		
20 WEEK 9 A	21	22	23	24		
Awards Ceremony &	Learning Conversations	Learning Conversations 2-		ISS v BYE		
Final	4-6pm	7pm		SACRED		
Assembly				HEART		
		Students Finish at 1.30pm		FEAST DAY		
				FINISH		
				TERM 2 2.30pm		

Village OSHC News:



Always Learning and Always Evolving

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

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

Please click below to download the May Edition

• The Network - Community Hub May 2022

We sincerely hope you find this resource useful and insightful.

VillageOSHC



VillageOSHC Newsletter



Welcome back to Term 2!

Term 2 has arrived and you still need to book your VillageOSHC Outside School Hours Care?

Not to worry! Pay the cheapest price when you book more than 24 hours in advance!

We have some exciting activities coming up this Term that will keep your children actively engaged and learning during their time at VillageOSHC.

Enrol and Book your children at VillageOSHC.com.au

Activities you will be seeing at your VillageOSHC service

- Painting Plaster
- Crystal Making
- Plaster and Playdough bridges
- Animal yoga for kids
- Capture the flag





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











This week at Sacred Heart

In Visual Art in Term 2, students from Years 1-4 have been exploring art-making through three-dimensional form...



Years One and Two students have been looking at how artists tell stories through art. They viewed artworks that tell biblical stories and watched the story of Jonah and the Whale. In response to this, students recreated the story in clay and are looking forward to painting them once they have been fired in the kiln.





Students in Years Three and Four are working on a project for Reconciliation Week.
These plaster hand casts are going to represent everyone working together for reconciliation and will make up part of a collaborative artwork the students are working together to make.
The artwork will be finished in time for Reconciliation Week.











Celebrating Mary in Year 1/2







Year 3/4s & 5/6s – Exploring Noah's Ark this week



Last Friday, our young Netballers were given the opportunity to meet the Premier, Daniel Andrews and local MPs, Vicki Ward and Danielle Green.

Two courts at the Diamond Creek netball complex will be permanently shielded from the elements after a \$1 million funding announcement by Victorian Premier Daniel Andrews.

The Premier made the announcement, which will see the construction of weather resistant roofing for two adjoining courts, during a visit with Minister for Community Sport and Youth, Ros Spence.













SACRED HEART PRIMARY SCHOOL

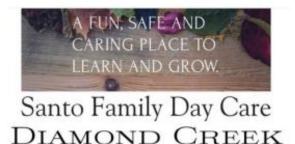
Thank you to our wonderful Bogan Bingo Sponsors – please support these businesses when you can.



Sacred Heart Catholic Primary School Diamond Creek and the Parents Association wish to thank these wonderful businesses for being Table Sponsors at our event that have generously donated to be Table Sponsor at our 2022 Bogan Bingo fundraising event.



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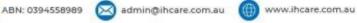


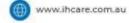














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COMPLETE BUILDING SOLUTIONS

http://scicon.net.au/ Domenic Sciberras - Project Director 0411883916 - scicon@scicon.net.au



HELPING YOUR CHILD

BE BETTER THAN OKAY

PRESENTED BY DR HELEN STREET & LOYOLA COLLEGE

This session will include a focus on **challenging** traditional notions of success, **supporting** autonomous motivation, taking a **positive approach** to feedback and **developing** effective communication with your adolescent children.

Thursday 26 May, 2022 | 7 — 8pm Inigo Theatre, Loyola College Open to local parents of primary & secondary students

BOOK NOW VIA LOYOLA.VIC.EDU.AU/TICKETS

ABOUT DR. HELEN STREET

Dr Helen Street is one of Australia's most highly respected experts in wellbeing and resilience.

She works as an education consultant, an applied social psychologist and an honorary fellow at The University of Western Australia. With a passion for educational reform and challenging the status quo, Helen has become known as a pioneer in the development and support of long-term learning engagement, motivation and wellbeing in schools.

Over the past twenty years, Helen has worked with schools in Europe, the UK, Australia and SE Asia, and published four books, several book chapters and more than 100 articles and academic papers supporting wellbeing in young people. Her fourth book, 'Contextual Wellbeing — creating positive school from the inside out' has become an international best-seller in education and has led to an increasing reconsideration of wellbeing at a systems level, involving every aspect of school context.



TO LEARN MORE, HEAD TO:

W: POSITIVESCHOOLS.COM

HELEN.STREET@UWA.EDU.AU

@DRHELENSTREET

ALL KIPS INVITED

JOIN US AS WE LAUNCH OUR FREE CLINIC AT:

Sacred Heart Diamond Creek Primary school 25 Gipson St, Diamond Creek VIC 3089 Tuesday 17th May 2022

3:45pm -4:45pm Ages 5-12 years old

JOIN YOUR LOCAL HEAD COACH Michael Zagami I 0406 805 074 vic34.football@sportstaracademy.com





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







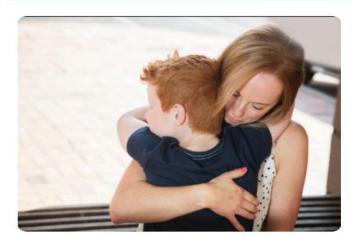
Parenting Support Groups - Term 2 2022

We are excited to present the Parent Support Group seminars and webinars for term 2 2022. This term features a range of both in person and online formats with a variety of topics. Please note sessions that are currently scheduled to occur in person may change to online sessions if Coronavirus restrictions change.

Seminars

Helping your child with their emotions





Developing emotional intelligence

Would you like to:

- Understand why feelings matter
- Help children identify and manage their feelings
- Learn ways to develop our child's emotional skills

Details

When: Wednesday 18 May Time: 9.30am to 11.30am

Where: healthAbility,917 Main Rd, Eltham Cost: \$25 per adult, \$40 couple and \$16.50

concession

Bookings: Essential

via trybooking.com/BYZWX

Bringing out the best in your child's behaviour



Would you like to learn:

- How to encourage desirable behaviour
- Encourage your child to cooperate
- Use parenting tips for challenging children

Details

When: Wednesday 25 May Time: 9.30am to 11.30am

Where: healthAbility, 917 Main Rd, Eltham Cost: \$25 per adult, \$40 couple and \$16.50

concession

Bookings: Essential via trybooking.com/BZDJJ

Getting your kids to listen



How to give great instructions

Would you like to learn:

- How to give great instructions
- Ways to encourage cooperation
- · Common mistakes to avoid

Details

When: Wednesday 1 June Time: 9.30am to 11.30am

Where: healthAbility, 917 Main Rd, Eltham Cost: \$25 per adult, \$40 couple and \$16.50

concession

Bookings: Essential

via trybooking.com/BZDMA

Building your child's resilience



Would you like to learn:

- What is resilience
- Where does resilience come from
- Why is resilience important
- How you can build resilience in your child
- Tips for building supportive relationships
- Tips for building confidence

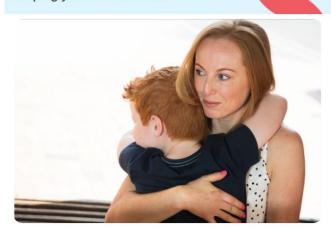
When: Wednesday 8 June Time: 9.30am to 11.30am

Where: healthAbility, 917 Main Rd, Eltham Cost: \$25 per adult, \$40 couple and \$16.50

concession

Bookings: Essential via trybooking.com/BZFXA

Helping your anxious child



Would you like to learn:

- How anxiety can affect children
- What you can do to support your anxious child
- Helpful and unhelpful responses to your child's anxiety
- Where to do for further help

Details

When: Wednesday 15 June Time: 7.00pm to 8.30pm

Where: Online, access details will be sent to your

email when you purchase a ticket

Cost: \$25 per adult, \$40 couple and \$16.50

concession

Bookings: Essential via trybooking.com/BZHEV

Family wellbeing: ways to reduce conflict



This webinar will cover how to:

- Make the most of family time
- Use routines to support wellbeing
- Use communication tips for building positive parent and child relationships
- Manage sibling flights and family conflict

Details

When: Wednesday 22 June Time: 7.00pm to 8.30pm

Where: Online, access details will be emailed to

you once you purchase a ticket

Cost: \$25 per adult, \$40 couple and \$16.50

concession

Bookings: Essential via trybooking.com/BZIAX

Coronavirus (Covid-19)

Pop-up COVID-19 vaccination clinics

Friday 13 May, 2.30pm-7pm Nillumbik Shire Council offices Civic Drive, Greensborough

Saturday 28 May 9am-1pm Plenty Hall, Memorial Drive, Plenty

First, second and third doses. For those eligible, fourth doses are also available.

Walk-ins and bookings are accepted for all age groups.

Book online via https://portal.cvms.vic.gov.au or by calling the Victorian Coronavirus Hotline on 1800 675 398.

your

Proudly supported by







JOIN US IN THE SPOTLIGHT

Dear Parents and Guardians,

It is with pleasure that we write to you regarding the wonderful performing arts programmes of Stage School Australia.

Since 1984, Stage School has been providing young people with amazing performing opportunities. Through a friendly, supportive environment and a dedicated team of professionals, we develop young people's natural abilities and foster a lifelong love of learning and creativity.

We believe that participation in the performing arts provides a valuable foundation for young people's lives. Improved confidence and self-awareness, enhanced public speaking and language skills, and increased creativity, are just a few of the benefits to be gained from performing arts training.

Beginners OnStage (Song, Dance & Drama) for 4 - 7 years.

for 4 - 7 years

Australian Youth Theatre (Acting & Drama)

for 8+ years

Young Australian Broadway Chorus (Musical Theatre) for 8+ years.

Australian Boys Dance Academy (Jazz, Tap, Classical & Hip Hop)

COURSE ADMISSIO

COURSE ADMISSION

Additions are held before students are offered a place in classes to determine that students have a willingness and aptitude to develop these skills. Various short activities will be conducted by the teacher during which performance and participation levels will be assessed. Successful applicants will be offered a place after the audition.

These sessions are fun, relaxed and complimentary. Sessions are designed to give prospective students and parents an insight into who we are and how we run our classes.

Bookings are essential as students are grouped by age. Bookings can be made through our head office on (03) 8199 8344 or you can register your interest at any time via our wash-tite.

We look forward to hearing from you soon!

The Stage School Team

Developing young people through the performing arts.



(03) 8199 8344 stageschool con