



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 5 Term 2
26 May 2022:

Student Free Day – Report Writing Day – Monday 30th May

Dear Sacred Heart families and friends,

Next Monday is a Student Free Day to enable the staff time to work together to develop the Semester 1 reports for our students. This process requires staff to review the accumulated data from numerous data sources and moderate each student's progress according to the Victorian Curriculum Progression Points for each curriculum area. Staff also have to consider the progress and challenges of each individual student and compose a written summary for you to read and understand.

As you would appreciate it takes a great deal of time for staff to collate this data and translate into the State mandated Report format as well as making it specific to each individual student.

We do not take the decision lightly to declare Student Free Days and having examined the timetable and the calendar for the remainder of the term, this day will cause the least disruption to programs. Thank you for your ongoing support and understanding of the reasons for Student Free days and staff professional learning needs.

Congratulations and thank you to the Parents Association and the number of volunteers who were able to support the BBQ, cake stall and coffee van last weekend at the Election Polling Booth. What a great community to get behind this event helping raise approximately \$3500 for the school.

Kind regards

Jim & Gina



SACRED HEART PRIMARY SCHOOL

Catholic Identity

Education in Faith

Stewardship of Creation, also known as Care for our Common Home, is one of the Catholic Social Teachings which underpin what we do here at Sacred Heart. This Catholic Social Teaching encourages us to stop and think about what we are doing to the Earth. We all live here with animals, insects, and other

people, and we need to think about how we look after the planet. Caritas Australia explains that "we are responsible for taking care of the world we live in and for sharing all the wonders and resources the Earth gives us." To learn more about this Catholic Social Teaching you may wish to read Pope Francis' encyclical, *Laudato Si'* and the section 'On the Care for our Common Home.'

In Environmental Science this week our Foundation and Year 1/2 students learnt about the Helmeted Honeyeater which is the critically endangered bird emblem of Victoria. Students discovered what this bird needs to live and what has been happening to the environment which has caused them to become so critically endangered that in 2013 there were only 50 birds left. Students discussed what we could do to look after the environment and ensure that this bird does not become extinct.

To demonstrate their understanding, the students built nests for the Helmeted Honeyeater.





SACRED HEART PRIMARY SCHOOL

General News

CONGRATULATIONS BLACK FAMILY:

Congratulations to the Black family (Jack - Year 3 and Madison - Foundation) on the safe arrival of their beautiful baby brother Edward.

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/1Og1M5O9arSVDdvLpaeaVSHzjMKvht0Jw2sK3eskN0vw/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.

DISTRICT CROSS COUNTRY:

A number of students represented Sacred Heart in the DVPSSA Cross Country event, held at Bundoora on Tuesday. Well done to the following students who participated at the event with a number of personal bests and all students completing the course. The students should be proud of themselves:

UNDER 12/13 BOYS

Name
Tom O'Keefe
Jacoby Turner

UNDER 12/13 GIRLS

Name
Maddi Arvaji
Miki Berriman
Zara Campbell
Isla Brooks
Rhylee Keating
Grace O'Keefe

UNDER 11 BOYS

Name
Miller Burns
Lachlan Audley
Alfie Rowley
Kayde Keating
Hilton Christian
Tadhg O'Neill
Roy Hunter
Harper Bishop

UNDER 11 GIRLS

Name
Georgia Fitzmaurice
Grace Topolcsanyi
Sienna Nardella
Amelia Campbell
Ruby Vassallo
Penny Motschall

UNDER 9/10 BOYS

Name
Harry Lord
Patrick O'Neill
Xavier Hernandez
Alex Campbell
Daniel McIlroy
Matthew Brady-Diaz
Finn Gallagher
Rupert Berriman
Marcus Mennilli

UNDER 9/10 GIRLS

Name
Erica Motschall
Evie Jones
Audrey Hodgson
Rachael Hardy
Annabelle Ross
Lucy Jones
Tess Pearce

Congratulations to both Madeleine Arvaji and Miller Burns for qualifying for the Division Cross Country to be held on Wednesday 1st June. The best of luck to Maddi and Miller.

NAPLAN:

Well done to all our Year 3 and 5 students who have been involved in NAPLAN over the past weeks. Thank you also Jacinta Dalton for coordinating this program.

PARENTS ASSOCIATION

WOW! What an amazing, amazing day!

Weather was top notch, lines of people were so supportive and we walked away at with thousands of dollars for our children and school.

We are so appreciative of all the families who donated, supported and even gave up some time to help either at the BBQ or cake stall!

Both Tenielle and I are so happy with the outcome!

Emma Dovile
PA President





VillageOSHC Newsletter



Book for the remainder of Term 2!

Don't miss out on your spot at VillageOSHC

Book now and pay the cheapest price when you book up to 24 hours in advance!

We are offering fun activities for kids to enjoy as the term comes to an end!

Enrol and Book your children at VillageOSHC.com.au

Activities you will be seeing at your VillageOSHC service

- Mitten craft
- Popsicle stick snowflakes
- Jewellery making
- Lego challenge
- Winter glitter jar



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



SACRED HEART PRIMARY SCHOOL

Wellbeing

NILLUMBIK PARENTING HUB - ONLINE RESOURCE FOR PARENTS:

The Nillumbik PARENTING HUB



T

The Nillumbik Parenting Hub is an online portal providing information, workshops and tools to help families strengthen their skills and respond effectively during the most challenging times. The online portal at nillumbik.vic.gov.au/parenting-hub includes an A-Z Service Directory covering a range of topics with links to organisations and services that can provide practical advice and support. There are also details of local programs and webinars available in Nillumbik to support parents and carers through their child's development from birth to teens.

WELLBEING HUB:

United Minds Community Service is providing a wellbeing service to the staff, students, and parents of Sacred Heart Primary School. Vanessa, Barbara, and Daniella are Provisional Psychologists and will be at the school on Tuesdays and Thursdays. They are warm, approachable, and compassionate individuals who are passionate about working with children and building resilience and overall wellbeing.

To support the children with conflict resolution, prosocial behaviours, anxiety, self-esteem and confidence Vanessa, Barbara, and Daniella will be focusing on small groups and student drop ins. To support the parents, they will be providing workshops and resources based on building resilience and creating a positive and supportive home environment. Finally, to support the staff, professional development workshops will be provided to assist with managing challenging behaviours in the classroom.

Please note. The services provided by these Provisional Psychologists will not be a substitute for ongoing therapeutic intervention. The individual sessions provided will be infrequent and based on emotion regulation and problem solving on a case-by-case basis. No student will have individual sessions without parent contact.

Should parents have questions, concerns or recommendations for their child, Vanessa, Barbara and Daniella can be contacted through Gina gmurphy@shdiamondcreek.catholic.edu.au or Sandy smorgan@shdiamondcreek.catholic.edu.au

THE RESILIENCE PROJECT:

This next presentation from [The Resilience Project](#) is all about Empathy and Kindness.

Empathy is our ability to put ourselves in the shoes of others to feel and see what they do. We practise this through being kind and compassionate towards other people.

Brain imaging data shows that being kind to others registers in the brain as more like eating chocolate than like fulfilling an obligation to do what's right (e.g., eating brussel sprouts)!

Research shows that practising empathy, such as performing acts of kindness, taps into our brain's 'mirror neurons', builds compassion and our behaviour becomes more social and community-based.

View Part 3 of the series here - Empathy <https://theresilienceproject.com.au/parent-and-carer-hub/>

Here's an activity to practise empathy and kindness:

1. Reflect on someone in your life who could benefit from an act of kindness today. It could be a friend who would love some affirmation about their work, your pet who deserves an extra treat, or a family member who would love a phone call or text message.
2. Make a plan for who you are going to show an act of kindness to, and what you are going to do.
3. If you want to add accountability to your plan, share it with someone else and encourage them to do the same thing.
4. Follow up with each other in a few days time, to ask how it went!

Sources: [Psychology Today](#), [UC Berkeley](#), [Greater Good Science](#)

For mental health resources and support information, visit [The Resilience Project's Support Page](#).

INSIGHTS

Do's and don'ts of discipline



Season one of *Parental Guidance*, a reality TV program that aired in November 2021 on Channel Nine, brought several parenting controversies to the fore. One of these was a challenging conversation around discipline.

During the show some parents were aghast when a mum and dad from Newcastle, NSW, disclosed that their discipline included smacking. A couple from South Australia's Barossa Valley divulged the occasional washing of their boys' mouths with soap if they lied or swore. Meanwhile, our "attachment" parents from Melbourne were unwilling to countenance any form of punishment when their children had meltdowns or behaved in an oppositional way.

Discipline is one of the most confusing – and challenging – topics that parents grapple with. Unfortunately we have inherited centuries of unhelpful ideas, and they continue to interfere with what science is showing works best.

What is discipline?

The first definition of "discipline" in the dictionary is "punishment". But this is a relatively new way of understanding the word. Until a couple of hundred years ago, to be disciplined meant to be shown a way to follow. Discipline literally means to teach, guide, and instruct; or to show the right way.

Why traditional discipline doesn't work

Most parents think of traditional discipline as punishments to administer to their children when they misbehave. These punishments can take the form of smacking, time out, grounding, withdrawal of privileges, and so on. In the lead up to these punishments, many parents try bribing, threatening, and yelling. Eventually they crack.

While there may be, from time to time, a need for these discipline approaches (that is, for punishment), the reality is that science has shown us there are better ways. When we punish, we teach our kids all the wrong lessons:

- Might is right. If you're big, you can make the little people do what you want
- Power gets you what you want
- Other people's reasons don't matter
- Mistakes are bad

Perhaps most important, punishing our kids makes them more selfish. They sit in their room and hate us and their siblings. They blame others rather than taking responsibility. Traditional discipline ruptures the relationship between parent and child.

Traditional discipline lacks compassion, empathy, understanding, and perspective. It leaves our kids feeling unworthy. The real reason for this is simple: punishment is about making someone pay a price; exacting retribution. Punishment is about hurting others.

The secret to perfect discipline

Real discipline is not about hurting. Real discipline is about helping. When we teach, guide, and instruct, we show a better way for a child who is struggling. The following ideas will help you get your discipline aligned with the best outcomes:

Children are people too

Sometimes we forget that children are people. They seem like impediments in our otherwise well-ordered life! But they have feelings, hopes, dreams, and challenges. Seeing them as people helps us to respond to them with kindness, even when they're being challenging.

Understand Development

We forget that our children are wearing "L" plates while they learn how to do life. They don't quite know how to behave yet. But if it takes 5 years before they can tie a shoelace, it will take even longer before they can regulate emotions and behaviours. Some adults still struggle. Be patient while they develop.

Don't confuse motivation with ability

We sometimes get mad at our children when they're not playing by the rules. But often it's not because they don't want to be good. It's because they don't know how. They're too tired, they're hungry, they're stressed. Or maybe they're all of the above. We discipline best when we recognise their capability in the context.

Get curious, not furious

When a child is being challenging it's tempting to explode. It's better to explore. It's tempting to reprimand. It's better to understand. It's tempting to be furious. Instead, get curious. When we take the time to understand their perspective, problem solving gets easier.

As we focus on teaching and guiding our children, the data points to better outcomes in behaviour, both now and in the long term. Kids with parents who practice childrearing in this way are more likely to do well in school, with peers, and make better choices. It's a hard way to parent, but when we invest for the long-term, the results are worth it.

Dr Justin Coulson presents: Encouraging good behaviour

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Encouraging good behaviour' at no cost.

About: In this webinar, Dr Justin Coulson explores the concept of discipline and how parents can encourage good behaviour in children.

When: Wednesday 8 June 2022 8:00pm AEST,

To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-encouraging-good-behaviour>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the coupon code ENCOURAGE and click 'Apply Coupon' Your discount of \$39 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'

This offer is valid until 8 September 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



SACRED HEART PRIMARY SCHOOL

Student of the Week

Value = Mindfulness

Foundation

1/2 NS

1/2 PA

3/4 NJ

3/4 RM

5/6 MR

5/6 JD

PE

LOTE

STEM

Performing Arts

Visual Arts

Science

Evelyn Berriman

Charlotte Lewis

Delilah Hodgson

Daniel McIlroy

Lucy Jones

Ruby Vassallo

Madi Lewis

Thomas O'Connor

Nate Fitzmaurice

Nicholas Dovile

Thomas O'Connor

Ruby Vassallo

Eleanor Audley & Poppy Parker

Term 2 Week 4 Students of the Week





SACRED HEART PRIMARY SCHOOL

Important Dates

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
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 Day						

June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		Year 1/2 Mass		ISS v Glen Katherin B (home) Assembly 3pm	Working Bee 9am -12pm	
6 WEEK 7 A	7	8	9	10	11	12
Parents Association 7.30pm	SAC 7.30pm	Year 5/6 Mass Staff Meeting CPR Update 3.40-5.40pm	Year 3/4 Immigration Museum Excursion	ISS v Green Parkways (home) 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 sent home	Confirmation Commitment Mass	Confirmation Commitment Mass
20 WEEK 9 A	21	22	23	24		
Awards Ceremony & Final Assembly	Learning Conversations 4-6pm	Learning Conversations 2-7pm Students Finish at 1.30pm		ISS v BYE SACRED HEART FEAST DAY FINISH TERM 2 2.30pm		

3/4 NEWS FLASH!

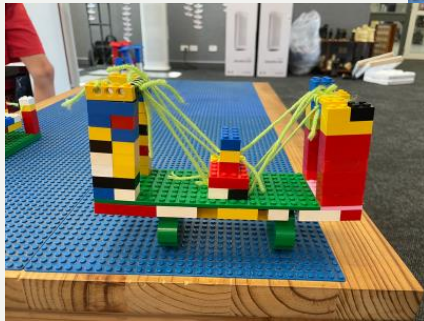
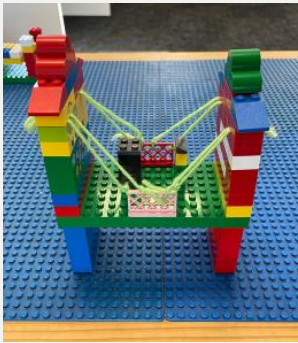
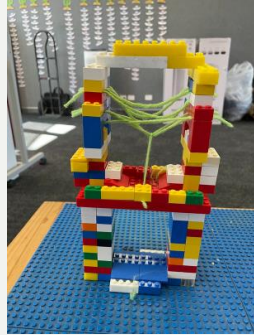
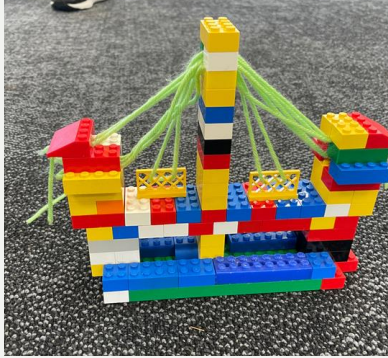


The 3/4s have had a very positive first half of Term 2, Congratulations to our Year 3 students who conquered NAPLAN, we are very proud of you. Also this Term, students had a wonderful day at the State Netball Centre training like a Vixen- we have some future Netball stars for sure!

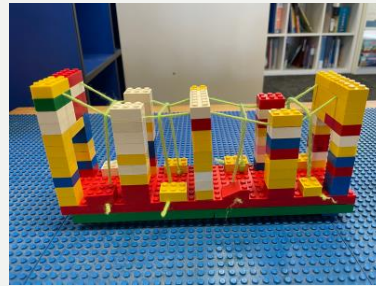
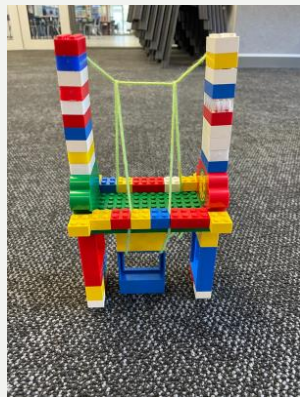
In Inquiry we have been learning about the Aboriginal connection to Country and worked together to create a mural showing Bunjil's journey to the Stars.



This Week in STEM



This week in STEM saw students in Years 3-6 building their own suspension bridges using lego and wool. We had some terrific ideas and worked really hard to bring their ideas to life.



Online safety picture book and song

CYBERSAFETY NEWS

It can be daunting raising a child in our increasingly online world.

The eSafety commissioner is Australia's independent regulator for online safety and has a great website to assist in many areas.

<https://www.esafety.gov.au/> has a fantastic parents section with loads of ideas, advice and resources to assist you in keeping your child safe online at home.



Webinars for parents and carers



Skills and advice



Downloadable resources



Cyberbullying



The big issues



Children under 5



Cross Country Event – Bundoora Park



News from the FIREcarriers



On Thursday 26th of May, the FIREcarrier leaders went to a Sorry Day Ceremony in Eltham. There were lots of other schools. Some people read including a really nice FIREcarrier from Catholic Ladies College. We went for a reconciliation walk and participated in a Smoking Ceremony. Sorry Day is a day where we remember the Aboriginal and Torres Strait Islander people that were taken away from their family and adopted by white people, many were mistreated.

On 13th February 2008, the then Prime Minister Kevin Rudd made an apology to the stolen generation in parliament.

Importantly, the apology was the first order of business in parliament for a new government.

Next week is National Reconciliation Week. During this week we are reminded to “Be Brave for Change.”



Walk to School Day





SACRED HEART PRIMARY SCHOOL Community News



Sacred Heart
Catholic Primary School
Diamond Creek

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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Facebook: @footballstaracademy.com.au



<https://reachsocialmedia.com.au/>
Julie Merrett 0450 158 515
Facebook: @ReachSocialMediaAustralia
Instagram: reachsocialmedia



Contact: Eamon Duggan
0478 063 091



1st Floor, 81 Burgundy Street, HEIDELBERG 3084
0394558989
ABN: 0394558989
admin@ihcare.com.au
www.ihcare.com.au



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0411883916 - scicon@scicon.net.au

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

ALL KIDS 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 | 0406 805 074
vic34.football@sportstaracademy.com

COACHING FULLY QUALIFIED STAFF

SPORTSTAR ACADEMY

1300 372 300
SPORTSTARACADEMY.COM

SSAF MORE THAN SPORT
2018 AWARDS Voted Best national school aged activity (5-12 years old)

Facebook, YouTube, Instagram icons



PARISH NEWSLETTER NOTICE

VOLUNTEER OPPORTUNITY ASSISTING REFUGEE STUDENTS

MERCY CONNECT MELBOURNE/ Mercy Works Ltd. is currently recruiting volunteers to academically support Refugee and Asylum Seekers in Primary and Secondary schools across the Melbourne Archdiocese and also adult centre. Experience working in an educational setting is preferred but not limited to. Please contact Sr. Mary Lewis RSM for an application form and further information. The training day is in July.

Email: somml@bigpond.com (preferred for contact)

Website: www.mercyworks.org.au

Tel: 9326 1895



AUSTRALIAN GIRLS CHOIR

COATS 4 KIDS

Act NOW to keep a child warm this winter.
Donate your pre-loved coat.



Big Group Hug is a not-for-profit supporting disadvantaged and vulnerable children across Victoria



In partnership with



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Is this your daughter?

Look no further than the Australian Girls Choir because we encourage, challenge and inspire girls as they learn to sing, dance and perform.

**Join us at our
JUNE OPEN DAY**
New venue opening in Glen Waverley!

Other rehearsal venues located in Berwick, Box Hill, Caulfield North, Cheltenham, Essendon, Greensborough, Ivanhoe, Kew, Ringwood and Yarraville.

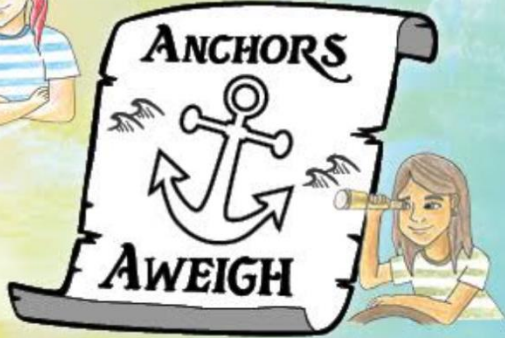


AUSTRALIAN SCHOOL OF PERFORMING ARTS

aspagroup.com.au



Going Bananas 2022



Holiday Program for Primary School Children

Sail the seven seas with us on a **PIRATE ADVENTURE** and enjoy games, bible stories, songs, craft and more!

WED 29 JUNE - FRI 1 JULY

Plus Family Fun Night Friday 1 July, 7pm

1 Child \$20 (single day) \$50 (3 days)
Family (2 or more siblings) \$95 (3 days)

Start 9:30am - Finish 3:00pm
includes all activities
BYO MORNING TEA AND LUNCH
(no nut products please)
Come dressed as a Pirate!

Registrations essential - don't miss out!

stjohnsdc.org.au/GoingBananas



WINTER SCHOOL HOLIDAYS PROGRAM

Book now
9433 3744
or online

Eltham

Yoga for kids

30 Jun & 7 Jul 9.30am - 10.15am \$24

Yoga for tweens and teens

30 Jun & 7 Jul 10.30am-11.30am \$24

Pottery for kids

6 Jul 10am - 12pm & 1pm - 3pm \$35

Diamond Creek

Drama for Kids

6 Jul 9.30am - 12pm \$25

Diamond Creek

LEGO building

28 Jun 10am - 11.30pm \$35

Panton Hill

Bush Magic

30 Jun 1-2pm \$20

Nature Journaling

4 July 10-11.30am \$25



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