

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 4 Term 2 19 May 2022

School Closure - Report Writing Day - Monday 30th May

Dear Sacred Heart families and friends,

Congratulations and thank you to J'Rhette Bishop and her team for the successful Bogan Bingo event on Saturday night. From all accounts people had a great time while managing to raise approximately \$7000 for the school. Thank you to all families who supported this event either by their attendance or purchase of tickets for the raffle. A great community event for all.

Remember that this weekend the Parents Association will be running a BBQ, cake stall and coffee van at the polling booth here in the parish hall. Thank you to all members of the PA team who have organised this event and the generosity of the many volunteers on the day.

With borders opening and the arrival of colder weather, cases of influenza (the flu) are increasing throughout Victoria. Our community is at risk of higher rates of students and staff being affected by the flu or COVID-19 this season.

What to do if your child becomes unwell

To help keep your child and our school community safe, please take the following steps if your child has any cold or flu-like symptoms:

- take a COVID-19 test and follow the current <u>Department of Health isolation requirements</u> if a positive result is shown
- keep your child at home until their symptoms pass
- common flu-like symptoms include a high fever, cough, runny nose, loss of appetite, body aches and feeling extremely weak and tired
- diagnosis of the flu can only be confirmed by a doctor after a nose or throat swab
- encourage your child to wash their hands regularly and ask them to cover their nose and mouth when sneezing and coughing.

COVID-19 vaccination

COVID-19 vaccines are available free of charge to everyone aged 5 years and over in Australia.

It is important that children and young people have the best possible protection against the flu and COVID-19 by getting vaccinated.

Ensuring your children are protected against serious illness helps to protect everyone in our community, including older family members who may be at higher risk, along with younger children who can't receive vaccinations yet.

You can book COVID-19 vaccinations through the COVID-19 hotline on 1800 675 398 or at a participating GP, pharmacy, or community health service.

Some local schools are also holding walk-in COVID-19 vaccination clinics on school grounds. Vaccination settings can be found at the <u>Vaccine Clinic Finder</u>.

Flu vaccination

Flu vaccination is recommended for everyone aged 6 months and over.

Some people are more at risk of complications from the flu and are eligible for free vaccination under the <u>National Immunisation Program</u> including:

- anyone aged 65 years and older
- pregnant women (at any stage of <u>pregnancy</u>)
- all Aboriginal and Torres Strait Islander people aged from 6 months and over
- people 6 months or older with:
 - o <u>heart disease</u>
 - o <u>chronic lung disease</u> (including people with severe <u>asthma</u> who require frequent hospital visits)
 - o chronic neurological conditions
 - o impaired immunity
 - haemoglobinopathies (blood disorders caused by genetic changes)
 - o diabetes
 - kidney disease
- children on long-term aspirin therapy from 6 months to 10 years
- children aged from 6 months to under 5 years.

Flu vaccinations can be booked through GPs and pharmacies, many of which can also provide COVID-19 vaccinations. If you would like more information about the flu vaccination, visit the Better Health Channel.

Kind regards,

Jim & Gina



The Prayer of St Francis is a prayer for peace. In a world often troubled by war and violence, it calls us to be instruments of Christ's peace and love. Let us pray this prayer that was written many centuries ago.

Lord, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love.

For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.

Amen.



SACRED HEART PRIMARY SCHOOL Heneral News

EXCURSIONS THIS WEEK:

YEAR 4

1 st

2nd

3rd

BOYS

Harry Lord

Xavier Hernandez

Daniel McIlroy

A number of our students have been involved in excursions this week including our Year 3/4 students who 'Trained like a Vixen' at the State Netball centre in Parkville, the Foundation students who have visited the Melbourne Zoo today and the Year 1/2 students who ventured to Sovereign Hill also today.

DIVERSITY DASH COLOUR FUN RUN:

Thank you to everyone for an amazing Diversity Dash (Colour Fun Run) event. The students appeared to have a great time and some of our parents and staff appeared to have an even better time! Congratulations to all of our students on running the required distance and a big congratulations to our place getters in each level:

FOUNDATION	BOYS		GIRLS	
1 st	Shea Down		Poppy Parker	
2 nd	Beau Nardella		Maddie Black	
3rd	Harley Chatfield		Emmy Foster	
YEAR 1	BOYS	GIRLS		
] st	George Topolcsanyi	Emily Matulick		
2 nd	Beauden Foster	Lily McIlroy		
3rd	Leo Van Rooyen	Ava Clark		
YEAR 2	BOYS		GIRLS	
] st	Nate Fitzmaurice	Lillian Arvaji		
2 nd	Conor O'Reilly	Eleanor Audley		
3 rd	Jack Nicholson	Meliz Hoe		
YEAR 3	BOYS		GIRLS	
] st	Dominic Arvaji	Erica Motschall		
2 nd	Patrick O'Neill	Evie Jones		
3rd	Alex Campbell	Audrey Hodgson		

Rachael Hardy

Annabelle Ross

Lucy Jones

GIRLS

YEAR 5	BOYS	GIRLS	
1 st	Miller Burns	Georgia Fitzmaurice	
2 nd	Lachlan Audley	Sienna Nardella	
3rd	Alfie Rowley	Ruby Vassallo	

YEAR 6	BOYS	GIRLS
] st	Tom O'Keefe	Madeleine Arvaji
2 nd	Charlie Rowley	Grace Topolcsanyi
3 rd	Jacoby Turner	Amelia Campbell

A huge thank you to the parents who were able to come along and support the students on this day, without your help this would not have been as successful. The school Cross Country team for Year 3-6 students has been announced and permission forms sent home via Operoo. This event is taking place next Tuesday 24th May.

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/10g1M509arSVDdvLpaeaVSHziMKvht0Jw2sK3eskN0vw/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 tomorrow, 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 8.00 am to depart for Sacred Heart at no later than 8.15 am. Information was provided via Operoo.

The routes will be:

- Start at St John's Anglican Church car park, proceed along Main Street and cross at pedestrian lights at Rainflorest Florist, then continue along Main Street to Elizabeth Street, along Elizabeth Street to supervised crossing at Gipson Street, and arrive at Sacred Heart.
- Start at the car park on the corner of Brooks Crescent behind Austin Hospital Opportunity Shop, proceed to pedestrian lights at the main shopping strip, cross Main Street and proceed to railway line pedestrian crossing, cross railway line and proceed to Sacred Heart.
- Start at Wadeson Park at Everleigh Drive, proceed along Everleigh Drive to Broad Gully Road, proceed along Broad Gully Road to supervised crossing, proceed along western side of Gipson Street to supervised crossing, and arrive at Sacred Heart.
- Start at the car park outside Mitre 10, proceed along Main Hurstbridge Road to railway line pedestrian crossing, cross railway line and proceed to Sacred Heart.

Normal supervision will be provided at school from 8.30am and Before School Care will operate as per normal.

FOUNDATION 2023:

Our 2023 Enrolment Information Night will be held from 7.00 pm 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 event.



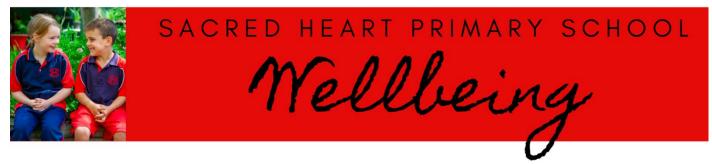
INFORMATION EVENING



PARENTS ASSOCIATION:



A huge thank you to the families who have volunteered to bake, donate bacon, eggs and breadrolls, or work at the Election Day Stall on Saturday. There is still time for people to join in....please return the form/s to the office by Friday or contact Tenille directly on 0433 282 787.



NILLUMBIK PARENTING HUB - ONLINE RESOURCE FOR PARENTS:



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.

THE RESILIENCE PROJECT:

Throughout 2022, we are working closely with The Resilience Project to support the wellbeing of our school community. <u>The Resilience Project</u> delivers emotionally engaging programs and provides evidence-based, practical strategies to build resilience. Our Partnership Program consists of online presentations and weekly lessons for students, professional development for staff, and Parent & Carer Hub (inc. digital presentations) for our parent and carer community.

The Parent & Carer Hub contains videos that are 5-10 minutes long and will walk through the key pillars of resilience: Gratitude, Empathy & Mindfulness. You'll hear stories and be introduced to activities to show how these strategies can support our kids' learning and development, and also support you as parents and carers.

This program is an important part of our school's effort to look after the mental health of our community.

View* the first presentation of the series here: Part 1: Meet Hugh and learn about The Resilience Project – https://theresilienceproject.com.au/parent-and-carer-hub-hugh/

In this presentation, Hugh shares a personal experience about his sister's battles with Mental Illness. *Note: This video contains a story about an Eating Disorder that may be triggering. Please consider this before watching. For mental health resources and support information, visit The Resilience Project's Support Page.

We are thrilled to bring you our second edition of PROJECT+ for 2022.

The second edition of PROJECT+ and the necessary links can be found below.

Parent/Carer Support

Practical ideas for families to embed gratitude into their daily routines, as well as a link to the new look TRP@HOME!

Free online support for the whole school community with TRP@HOME

Practise feeling happier anytime, anywhere with <u>TRP@HOME!</u> This online hub is filled with inspiration and fun activities for kids, teens, adults and parents to build resilience and improve wellbeing.

parenting *ideas

INSIGHTS

Connecting with your kids



Most of us get a bit "judgey" when we see a parent staring at their screen rather than engaging with their kids at the park or the shops – or worse, in a restaurant. And if a parent publicly berates their child, it often sends shivers down our spine.

Even though we are almost all guilty of it from time to time, it's like there's some intrinsic mechanism inside us that loads up on guilt each time we see a parent do something that impacts or severs the connection that they share with their child. We know it's a concern and we draw back from it – and then we remember we do it sometimes too, and the parent guilt sets in.

I think it's because connection is not a luxury item. It's an essential: for your relationship, for your child's wellbeing, and for their future.

What does a positive connection between parent and child look like?

Life Education Learning Manager, Lisa Woodward, says that positive connections are all about love, caring, nurturing, and safety. "In a positive parent-child relationship, family members feel safe and connected to one another."

"It's also about being in the moment with your child", adds Derek McCormack, Director of the Raising Children Network." It's in a day-to-day setting, having quality time with your child whenever you can. Spotting the opportunities and making the time is really important."

And from my perspective? We run our economy on dollars, and we run our relationships on connection. If there's no dollars in the bank, we're financially kaput. If there's no connection in the relationship, we're relationally broke.

There are great benefits

The benefits of positive connections between parent and child are significant and wide ranging says Woodward.

"Children learn and thrive when they have strong, loving and positive relationships with their parents and carers, and it's the foundation for a child's development physically, emotionally, and socially."

Connection also helps develop important skills needed for a child's future. "Strong relationships set the child up for success in their lives, they are more confident and resilient, better able to regulate their emotions, make friends and connections with others, and do better at school."

Connections will change over time

As your child develops, your relationship with them will too. This is normal. "For example, your pre-teen might no longer want you around at the park with their friends, even though your child used to love playing there with you. This doesn't mean that the connection is not still healthy and positive," explains Woodward.



McCormack says one of the key principles of a positive connection is communication.

When your child is younger the opportunities for communication are really there any time you want but as a child grows you will need to look out for them more actively and make time for them.

"As your child becomes a teen, communication can be more of a one-way street and involve tuning into feelings and being a support for them," he explains.

How to achieve positive connections

"Positive connections are based on time together, being present, and building trust and respect", says Woodward. For example:

Make moments together matter

Booking in "quality time" doesn't guarantee positive, bonding time. We may have the best intentions but sometimes these special times will not work out the way we had intended. Often the best conversations happen in the car, at bedtime, or when doing things side by side, like washing up or walking the dog. These moments give you the chance to communicate positive messages with smiles, laughter, eye contact, hugs and gentle touches.

Tune in to your child

Tuning in to your child and thinking about what's going on for them shows them that you care about the things that matter to them, which is the basis for a strong relationship. This could be noticing what your child is doing and commenting or encouraging them. For example, with younger children it might be talking about the Lego creation they are building, or the picture they are drawing.

Nurture trust and respect in your relationships

Be available when your child needs support, care, or help. For example: giving them a hug when they fall over. Stick to your promises. If you've agreed to help them with a school assignment, make sure you follow through.

Value your child and their opinions. This could be showing interest in the things that interest them. Or listening without judgement when they express an opinion different to yours.

Label emotions and listen

Let's say you notice your child seems upset, instead of saying – "Are you ok?", try something like "I notice you seem a bit down – do you want to talk? Or maybe we could just hang out for a while and watch a show together."

In closing

To a child, love is spelled t-i-m-e. That connection helps on a personal level but also by teaching key skills such as communication and resilience.

It's important to remember that the connection will change and evolve as children do. But at the heart of it all is communication and that your child feels safe, secure and respected.



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

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

Thomas O'Connor Nathaniel Dovile Jack Nicholson Finn Gallagher Rook Bishop Zarah Clough Tom O'Keefe Tadhg O'Neill

Mitali Perera

Elliot Lee

All students in 3/4 RM

Poppy Parker

Alexander Hernandez





Term 2 Week 3 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
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 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 Day						

June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		Year 1/2 Mass		ISS v Glen Katherin B (home)	Working Bee 9am -12pm	
				Assembly 3pm		
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	Learning	Learning		ISS v BYE
Ceremony &	Conversations	Conversations 2-		
Final	4-6pm	7pm		SACRED
Assembly				HEART FEAST
		Students Finish		DAY
		at 1.30pm		
				FINISH TERM 2
				2.30pm

This week at Sacred Heart

NEWS FROM YR 5/6 CLASSROOMS

Flower Display-Representing Mary and all her qualities.

Prayers from the students

We pray to MARY:

May we show empathy to all people we come into contact with.

May we be like her when she showed Empathy - she understood the embarrassment that the wedding organisers must have had when there was no wine left for such a big celebration.

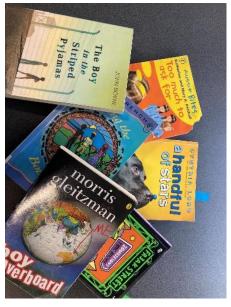
May we show Compassion to all, like when Mary promised Jesus that she would take care of Jesus' disciples whilst he was gone.

Let us be Brave in all we do as Mary was when she accepted the news from the angel Gabriel who came to visit, she must have been afraid.



Literature Circles

During our English sessions we have been doing Literature Circles. The books are really entertaining and everyone loves their book! After reading a section we are given a role that can be either Discussion Director, Illustrator, Connecter, Summariser or Passage picker. It is fun discussing what we have read and sharing our opinion about the book.



Maths



We have been learning how to use a compass. We all have been learning about North, South, East, West. We have all been doing a times table sheet to improve on our times tables. We have all improved this term.



Inquiry

We have started talking about Politics - Voting and Elections. We have found out about different Political Parties. We have learnt that you need 1,500 people to run or create a party. If you do that you are an Independent Party. We are going to create a Political Party for the town that we created in Term One. We made rules and set up a Government to run the town as well. In a few weeks we are going to look at Migration in Australia.





Religion

Just before Easter Week we looked at the disappearance of Jesus from the tomb. We read a passage from a different person's perspective who was involved in the event. The people were Mary, a Religious Leader, a disciple and a roman soldier.

We all had to contribute our ideas and then find out who helped with the disappearance of Jesus. Who was responsible?



<u>Indonesian</u>

Halo semua, this is a short update on the Indonesian in our Level. I hope you enjoy it. Everyday at lunch, Liam and Jacoby (the Indonesian Leaders) have been going up in front of the entire class to complete the week's words. We also do this at the whole school at Assembly every Friday afternoon. We love doing this and so do the students.

We get new words every 2 weeks and they are all really fun and enjoyable and we are getting better and better everyday and we all love it.

Jacoby and I really hope you enjoyed this short update on the Indonesian in our Level, Sampai jumpa.



Diversity Dash – SELebration Day

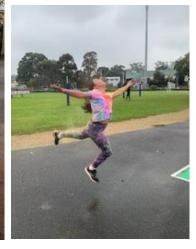




































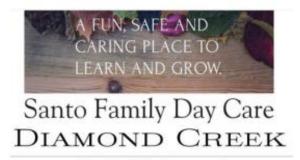
Thank you to our wonderful Bogan Bingo Sponsors – please support these businesses when you can.



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.



https://www.poolsafeinspectionsvictoria.com.au/ 03 8609 0366 Facebook: @poolsafevictoria



https://santofamilydaycare.com.au/ 0433 282 787 Facebook: @santofamilydaycare Instagram: santofamilydaycare



https://sportstaracademy.com/football 1300 372 300 Facebook: @footballstaracademy.com.au







1st Floor, 81 Burgundy Street, HEIDELBERG 3084



0394558989









Phone: 0431 340 429
Facebook: @davespartyanimals
Instagram: famerdavespartyanimals



Digital Creators Facebook: @tenpineapples Instagram: tenpineapples



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



Contact: Eamon Duggan 0478 063 091



COMPLETE BUILDING SOLUTIONS

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



aged activity (5-12 years old)





















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.









Coronavirus [Covid-19]