

SACRED HEART PRIMARY SCHOOL

Newsletter

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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.

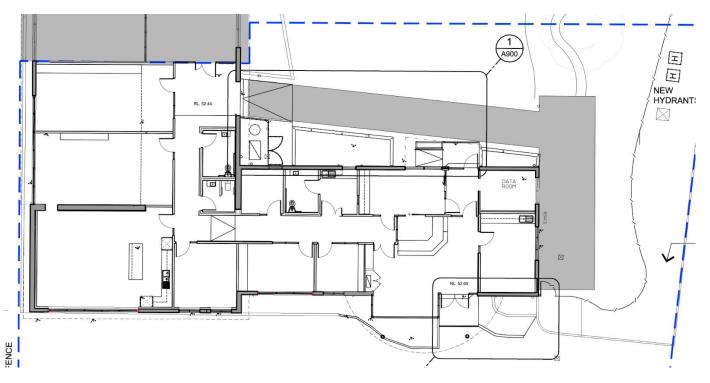
View the Newsletter online: https://www.shdiamondcreek.catholic.edu.au/newsletters-forms/

Newsletter No 8 Term 2 16 June 2022

Dear Sacred Heart families and friends,

Refurbishment Project:

It is another exciting time for Sacred Heart Primary School. Starting Monday 27th June we will be moving into the final stage of our program to refurbish our administration block including front foyer, staff offices, meeting rooms, staff and planning rooms as well as an intervention room. After a long period of consultation with the various funding bodies and meeting their compliance and administration requirements, we were informed this week that we have received the final approval for the funding arrangements for our Refurbishment Program and allocated a Builder for the project. We have now made contact with the builder, Spaces Australia, the successful tendering company, to finalise the timelines for this long-awaited project. Spaces Australia was the same company that completed stage one, all learning areas, of the project and we were extremely happy with the professional approach to this project. The project includes the building primarily being gutted and rebuilt inside. Below is a diagram of the new layout and a picture of the proposed entrance/foyer.







The project will require the temporary relocation of reception and all offices during this time. The main office will be moving to the Learning Diversity Room (Sandy Morgan's office) which is located down the driveway between the station and school and in the side entrance to the school from the basketball courts, and all other offices will be temporarily located in the Community Centre.

In preparation for this we are hoping any members of our community who could spare approximately 30 minutes this Sunday at 10am to help us relocate filing cabinets, fridges, tables and chairs to this space could meet at the front office at 10am.

FREE!

Sacred Heart is having a clean out! Items available include chairs, tables and desks. Photos below show what is available, some items have large numbers available. Contact the office for more details or to arrange pick up.















Awards Ceremony:

On Monday 20th June we will celebrate our awards ceremony for Semester 1. This will be held in the Community Centre at 2.45pm and parents are welcome to attend.

Finish of Term 2 & Start of Term 3:

Term 2 will finish on Friday 24th June at 2.30pm and Term 3 will begin Monday 11 July at 8.50am.

Kind regards,

Jim & Gina



Feast of the Sacred Heart:

On Friday the 24th of June we celebrate the Feast of the Sacred Heart. Known formally as the Solemnity of the Sacred Heart of Jesus, this Feast is celebrated on the Friday after the second Sunday following Pentecost. It is a day that celebrates the unconditional love Jesus has for us.

A feast in honour of Jesus' heart was first celebrated on 31st of August 1670. Due to the visions of Saint Margaret Mary Alacoque, a French nun, this notion of honouring the Sacred Heart of Jesus and the affection he has for everyone gained popularity. In an apparition on the 16th of June 1675, Jesus specifically asked for a feast of the Sacred Heart on the Friday after the octave of Corpus Christi—the celebration of the Body and Blood of Jesus. An "octave" in the Catholic Church means a theme remains the focus of the Liturgy for eight days. However, Pope Pius XII suppressed all octaves in 1955 so this is no longer observed.

In 1856 the Feast of the Sacred Heart was officially added to the Church's Universal Calendar.

Previous to the Sacred Heart of Jesus representing the love he has for us, the symbol of that love was the blood and water flowing from the wounded side of Christ as he hung on the cross. However, as the heart has been a symbol of human love for a long time, it made sense to change the symbol to the Sacred Heart of Jesus. Jesus told St Margaret Mary, "My Sacred Heart is so intense in its love for men, and for you in particular, that not being able to contain within it the flames of its ardent charity, they must be transmitted through all means."

The Feast of the Sacred Heart holds a place dear to our own hearts as it is the namesake of our School and Parish. We invite and welcome everyone to attend Mass at 9:15am on Friday the 24th of June at Sacred Heart Church to celebrate this day.

"For God did not send his Son into the world to condemn the world, but that the world might be saved through him" (Jn 3:17).



SACRED HEART PRIMARY SCHOOL Heneral News

REGIONAL CROSS COUNTRY:

Congratulations to Madeleine Arvaji for qualifying for the Regional Cross Country which was held on Wednesday 15 June. To make it to this level is an amazing achievement and we are extremely proud of Maddi and the way she has represented the school. Thank you also to the Arvaji family who were able to get Maddi to the events and support the school and Maddi in this high level of achievement. Maddi competed against a field of 72 Under 12 females who all qualified at this high level and represented the fastest runners in the region. Maddi represented the school beautifully and had a great 'never give up' attitude. Maddi, tripped over near the start of yesterday's race, got back up, was boxed in a group (between 30-40th position) but found the courage and positive attitude to persevere and come home in 19th position. She didn't allow those "hurdles" during the race to get her down. Below is a picture of Maddi running to the finishing line, it shows her determination to do well for the school she's proud to represent. Well done Maddi!





CONGRATULATIONS:



Well done to Harry Lord on his enormous gesture of compassion towards others. Harry has been growing his hair over the COVID lock downs to be able to support charitable organisations and wig makers. The hair that Harry has donated will be used to contribute to wigs for people suffering from alopecia, cancer or other medically induced hair loss conditions.

Well done Harry we are super proud of not only this action but the compassion that you show to those less fortunate than yourself. Congratulations Harry!



COMMUNITY NEWS:

Congratulations to Tricia and her husband Ted who recently featured in an article in the local paper about their contribution to the local community. We are extremely lucky to have Tricia work with our community who not only ensures they get to school safely but she has also has formed wonderful connections and friendships with all members of the community. Thank you Tricia for your contribution to our community.

Husband and wife team are real traffic stoppers

Crossing supervisors help our kids get to school safely.

If you've used the pedestrian crossing outside Sacred Heart Primary School in Diamond Creek, chances are you'll recognise Tricia Minogue.

What you may not know is that just a few kilometres away at the Eltham High School crossing, Tricia's husband of 35 years, Ted, is also helping kids get to school safely.

Ted has been a crossing supervisor for eight years and Tricia for six and they absolutely love their roles.

"The people are the best part of the job," Tricia said. "The community I look after really appreciate me – they're fabulous!"

The school community rallied around Tricla recently when she had a health scare while on the job.

"One of the mums is a nurse and she checked me over and called an ambulance. The mums even organised food for me for a few days. The kids are wonderful too – they all signed a get-well card. They think a lot of Ted at Eltham High. He is always invited to the end-of-year break up. We've both got jobs where we're really appreciated for what we do."

There are current vacancies for crossing supervisors with Council.

Contact the Community Safety team via nillumbik@nillumbik.vic.gov.au or phone 9433 3111.

Council careers

We're often looking for new team members – find out what career opportunities are available at nillumbik.vic.gov.au/careers



Husband and wife Ted and Tricia Minogue are both school crossing supervisors in Nillumbik.

REQUEST FOR HELP:

We have 11 Bollards, which were part of the 2020 Leave Your Mark project, which we would like to be placed in the garden (near the basketball court). We are hoping there may be a family who has a post digger and the skills to concrete these bollards into the required area. Each bollard is 1.5 metres tall and this would be considered as a working bee enabling your maintenance levy to be reimbursed. If you are able to help out please contact the office.

Alternatively, if families would like to take up the option of mini-working bees the link to book in is https://docs.google.com/spreadsheets/d/10g1M509ar\$VDdvLpaeaV\$HzjMKvht0Jw2sK3eskN0vw/edit?usp=sharing



Learning Conversations:

Our mid-year Learning Conversations will be held on Tuesday 21 June (4 - 6 pm) for Phone/Google Meets only and Wednesday 22 June (2 - 7 pm) for Onsite Face to Face Meets only. Instructions on how to book your Learning Conversation are below:

Interviews are strictly 15 minutes. If you require more time with a particular teacher, please arrange a separate meeting by telephoning the school on 9438 1590. To book your Learning Conversation time, scan the QR code below or click on the link:



or click on this link: http://www.schoolinterviews.com.au/code/3w22y



Enter your details



Select the teachers you wish to see (choosing Virtual, Phone or Onsite)



Select the appointment times that suit your family best

When you click FINISH, your selected bookings will be emailed to you immediately. If you do not receive your email, please check your junk-mail, or enter the event code again and check your email address spelling. Update your details if the email address is incorrect. **DO NOT DELETE the email you receive. Keep it somewhere safe. You will need to refer back to it at a later date if you have booked a VIRTUAL MEETING.**

REMEMBER TO ADD YOUR APPOINTMENTS TO YOUR CALENDAR - reminders will not be sent home.

Bookings must be finalised by 20th June at 4pm

If you need to view, cancel, change or print your bookings:

- Click on the link in the confirmation email you received after you made your bookings
- OR return to <u>www.schoolinterviews.com.au</u> and enter the code and the email address you used when making your bookings.

TEETH ON WHEELS:

We are excited to have Teeth on Wheels Visiting our school for dental visits starting on the 19th of July. Below is a link to their E-form which needs to be completed by 19th of July for your child to participate. PLEASE KEEP IN MIND NO PAPER FORMS WILL BE GOING OUT FOR 2022. https://teethonwheels.com.au/consent-forms/consent-eform/

Teeth on Wheels are focused on providing a positive dental experience and specialise with working with children. They can provide check-up and clean appointments and more onsite and will be able to advise you if your child is eligible to receive dental care for FREE under the Child Dental Benefit Schedule. Complete your form today and the Teeth on Wheels team will be in contact to schedule your child's appointment.



LUNCH TIME CLUBS:

Over the past term students have had the opportunity to participate in a number of lunchtime activities. These activities have included lego club, mindfulness, art club, knitting club, Sacred Hearts 'The Voice' and much more. Below are some photos of the students learning new skills.















STAFF FIRST AID:

Congratulations to all our staff members who completed their CPR update last week.

FOUNDATION 2023:

We have had a number of prospective new families come to visit the school during Term 1 and 2. The numbers for Foundation 2023 are positive and therefore we are needing to make a date for the first round of offers to close to ensure class sizes are maintained. <u>The first round of enrolment offers for Foundation 2023</u> will close at the end of this term i.e. Friday 24 June.

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 by the end of this term.

SACRED HEART DAY:

Next Friday, the 24th June, we will celebrate Sacred Heart Feast Day. Families are invited to attend the whole school mass and family craft activity in the morning. Please ensure if you intend on coming to the family craft activity you must have a working with children check and sign in at the front office.

SACRED HEART DAY Friday 24th June, 2022

9:10-10:00 am	Whole school mass
10:00-10:40 am	Family craft activity
10:40-11:00 am	Special lunch
11:00-11:40 am	Recess break
11:40 am-12:10 pm	Teachers Vs Year 6 netball match
12:15-1:45 pm	Movies
1:45-2:05 pm	Lunch break
2:05-2:30 pm	Pack up / clean up classrooms / dismissal

PARENTS ASSOCIATION:

Order forms for the Special Pizza Lunch have been sent home with students. Please return the completed order to the office by TOMORROW. Payment can be made via CDFPAY- Scan or click on the link:

Sacred Heart	Special L	unch Order	[1274.W(a)
	🔀 Pl	ZZA DAY	. 34 46 50	SCAN W
Frida	y 24th (June	ë	
Please choose from 1. Simply Cheese Pitreat & a prima - \$6 2. Ham and Cheese special treat & a prima 3. Pepperoni Pizza, treat & a prima - \$1 Please return order	zza, with a sp Pizza, with a ma - \$8 with a specia 8 form and pay	pecial al		CDFpay
Student Name	7th June	Option 1, 2 or 3		pay
Student Name	Class	Option 1, 2 or 3		
Student Name	Class	Option 1, 2 or 3		
Payment Type - Please tick Cash (enclosed)	CDF Pav			

Term 3 Upcoming Events:



Olive Oil

Mini Vinnies - Winter Appeal



As Winter arrives we take this time to look at how we can support others. Help us make a difference to families in need.

We are asking families for donations of non-perishable goods during Week 8/9.

The Mini Vinnies group will provide families with some ideas of donations next Tuesday.

Chocolate

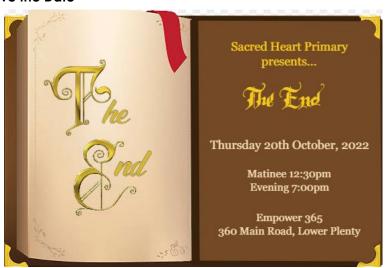
Jelly

Popcorn / Pretzels

If you are able to support this appeal, we would appreciate donations of the following items:

HOUSEHOLD ITEMS BREAKFAST ITEMS LUNCH/DINNER ITEMS Breakfast cereals Toilet rolls Tin soups Cleaning Wipes Tin stew Oats Toothpaste Spaghetti Long life milk Body Wash Tea Baked Beans Deodorants Coffee Pasta sauce Shampoo Milo Pasta Pancake Mix Tin fish Vegemite Tuna bake sauce Peanut Butter Dishwashing detergent Beans Washing powder Jam Rice Scourer/Sponges Couscous Tin fruit - Peaches, Apricots Two fruits, Pears Multi - purpose cleaner Noodles Up and Go Milk Juice Sugar Flour Biscuits - Sweet/Savory Herbs Muesli Bars

Production News: Save the Date





SACRED HEART PRIMARY SCHOOL Wellbeing

THE RESILIENCE PROJECT:

We are delighted to bring you our third edition of PROJECT+ for 2022.

Click on the links below to view the third edition of PROJECT+:

• <u>Parent/Carer Support (click this link)</u>
Families will learn about empathy by showing kindness and compassion towards others.



EMPATHY & KINDNESS



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



DID YOU KNOW?

Every time you do **something kind for someone** else your brain releases the hormone, **oxytocin**. Oxytocin leads to increased:





RANDOM ACTS OF KINDNESS

Scan the QR code or click on the link to watch this YouTube clip and see how random acts of kindness can go a long way.



As a family, **challenge yourselves** to work through the kindness bingo below and **do a random act of kindness for someone else**. Talk about who you will do the act of kindness for and work together to organise this. Discuss **how it made you all feel** and how you think it **made others feel**.



Design a 'Thank You' card for someone special, thanking them for everything they do.

Invite some friends over for afternoon tea.



Pick some flowers and deliver them to someone you think might need them.

Write anonymous kindness notes and put them in your neighbours' letter boxes.



Smile at a neighbour and ask how their day is going.

Volunteer at a local organisation.



Offer to do a chore for a friend, family member or neighbour.

Bring your neighbours' bins in.



Bake some goodies for some friends or neighbours.

MORE FAMILY ACTIVITY IDEAS...

KIDS

As a family, **create your own kindness bingo.** Include acts of kindness that you can do for others.

Click on the image below or scan the QR code for a **template you could use**.





TEENS

A great way to **show empathy** is to **give back to the community**. This can be done through donations, volunteering or understanding and gaining awareness. **As a family discuss a community organisation you would like to give back to.** Make an action plan together.

Click on the image or scan the QR code for an **action plan template** you could use.





parenting *ideas

INSIGHTS

Building and maintaining school belonging



Though there have been a few positive effects of the COVID-19 pandemic, the loss of traditional school routines has not been one of them. Lockdowns and remote learning over the past couple of years contributed heavily to a decline in physical school connection, but the continued experience of often unpredictable isolation periods continues to challenge a sense of belonging for many students.

Studies have shown a positive sense of school belonging among adolescents can increase life satisfaction, self-confidence, well-being, and other positive emotions. The lack of a sense of belonging can contribute to higher levels of anxiety, depression, stress, and overall negative feelings. Critically, a strong sense of belonging at school can be a protective factor for mental health, reducing the likelihood of mental illness well into adulthood.

Among the many variables found to help build a student's sense of belonging, there are three key relationships: teachers, parents, and peers; and parents can have a role in safe-guarding all three.

Student-teacher relationship

It is well-known that a positive student-teacher relationship is essential for fostering a sense of belonging at school. When teachers provide academic and personal support to students and show they care for them, they can promote a sense of belonging in their students. It may be no surprise that teachers who are approachable, likeable, and have a sense of belonging to the school themselves are teachers who are more likely to grow or maintain a sense of belonging for students as well.

Whether in-person or online, school staff can positively impact students' sense of belonging and connection. In fact, students emphasise that the same strategies that help their belonging face-to-face are also helpful online. Each interaction is a chance to build relationships with students, reach out, and identify potential vulnerabilities in belonging and school connection. Young people want to be noticed and known by their teachers.

Parents can help the student-teacher relationship by keeping communication channels open, attending school events that might allow opportunities to meet teachers, and encouraging their children to ask their teachers for help when needed. Parents could reflect on their own school experiences, share information about their favourite teachers when at school, and help their children identify a teacher's positive aspects, especially for those teachers their child is struggling to build rapport with.

Student-parent relationship

We know from research that different parenting styles significantly impact how a young person copes with stress and perhaps even grows from the experience. During the COVID-19 pandemic, many parents reported spending more time with their kids but we also saw increased mental health problems and experiences of stress among many adolescents.

Parents who can easily recognise and work with children's inherent strengths and abilities are more likely to have children who are better equipped to manage their emotions and cope with challenges.

parenting *ideas

Parents can use a strength-based approach to build school belonging in their children by:

- 1. Identifying their children's strengths
- Teaching their children to be able to harness their strengths within their learning contexts, particularly when challenges and stress arise
- 3. Showing an interest and support for their child's learning
- 4. Having expectations and trust that your child can meet their goals at school
- Strength-based parenting is one of the most recommended and effective ways to maintain or rebuild child-parent relationships by supporting and nurturing children's character strengths.

Peer relationships

Many large-group and extracurricular activities were eliminated due to COVID-19 restrictions, thus preventing students from forming positive relationships with their classmates. And remote learning and online groups, despite some benefits, did not have the same scope of effectiveness as face-to-face interactions for many students. This may have impact student's social identity, but also important connections for social support.

Many young people, following COVID-19, have identified that they want help making connections with peers and friends.

Parents can organise "play" dates (outdoor or virtual) and facilitate interactions through helping their children find opportunities to mix with others and build friendships. Parents might have a role in helping to break the ice with other kids or helping their kids to initiate the first steps to reconnecting.

Other strategies that build belonging

Recognise that some children may have a slower pace in reconnecting.

This past year, some children and young people experienced a wide range of experiences. Reconnecting can take time.

Be a role model

Endeavour to maintain your own social needs and connections. Was there a hobby or group you dropped during lockdown? What can you do to make sure you are feeling a sense of belonging as well?

In closing

Taken together, the most important messages to remember are that belonging is important, it can take time to grow, and the relationships your child builds through school are key to them building a sense of belonging.



Click here to view a quick tip video by Dr Justin Coulson related to this Insights article



Dr Kelly-Ann Allen

Dr Kelly-Ann Allen, PhD FAPS, is an Educational and Developmental Psychologist, a Senior Lecturer in the Faculty of Education, Monash University, and an Honorary Senior Fellow at the Centre for Wellbeing Science, University of Melbourne. Her research underscores the importance of a sense of belonging as a universal human need and she has built an international reputation for her work in the area of school belonging.



Term 2 Dates 2022 - FAMILIES

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

June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 WEEK 8 B	14	15	16	17	18	19
QUEENS		Foundation		ISS v	Confirmation	Confirmation
BIRTHDAY		Excursion -		Hurstbridge	Commitment	Commitment
HOLIDAY		Melbourne		(away)	Mass	Mass
		Museum				
				Assembly		
				3pm		
				Reports sent		
				home		
20 WEEK 9 A	21	22	23	24		
Awards	Learning	Learning		ISS ∨ BYE		
Ceremony	Conversations 4-	Conversations 2-				
2.45pm	6pm	7pm		SACRED		
				HEART FEAST		
		Students Finish at		DAY		
		1.30pm				
				FINISH TERM 2		
				2.30pm		



SACRED HEART PRIMARY SCHOOL

Student of the Week

Foundation James Molinaro 1/2 NS Evren Ibrahim

1/2 PA Will Lewis

3/4 NJ Hunter Sparks-McPherson

3/4 RM Rachael Hardy
5/6 MR Sienna Nardella
5/6 JD Grace O'Keefe
PE Charlie Rowley
LOTE Tadhg O'Neill
STEM Finn Ohlsen

Performing Arts Amelia Campbell Visual Arts Zarah Clough









Term 2 Week 7 Students of the Week

PE at Sacred Heart

Over the past several weeks, students have been participating in a rugby program during PE. Students have learnt new skills such as passing, kicking, completing a conversion and scoring a try.









This week in Foundation



Yesterday the Foundation students went on an excursion to the museum.

We learnt so many new and interesting things about dinosaurs. Did you know that the Triceratops grew up to 2 metres tall and 8 metres long?

We got to see a 67 million year old fossil of a Triceratops called Horridus. It was enormous! We watched a presentation, all about Triceratops and other dinosaur fossils that have been found in Australia, including some found in Victoria!

We explored and learnt about many other dinosaurs at the museum. We had a fabulous time!













Year 1/2 Visual Arts at Sacred Heart

Following their excursion, Year 1/2 students worked collaboratively on constructing a miniature replica of Sovereign Hill.



















THANK YOU TO OUR GENEROUS BOGAN BINGO DONORS. PLEASE SUPPORT THESE BUSINESSES WHEN YOU CAN.

































CLAIR Solly



DECOR















SPECIAL INVITATION TO ALL PARENTS AND STAFF

Would you like to participate in a discussion exploring questions about life, meaning and faith?

Alpha is a series of interactive sessions in a safe, welcoming and honest space, where participants share their insights and points of view. There is absolutely no pre-requisite other than an eagerness to be a part of the conversation. No pressure. No fee.



We share a meal

We watch a video

We engage in discussion

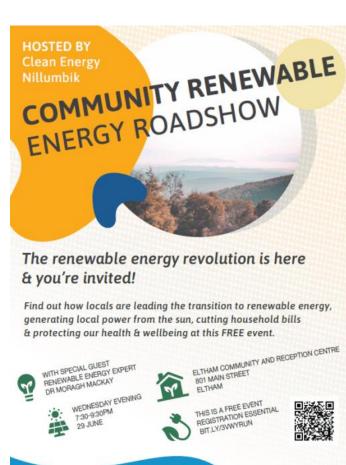
When: Starts 26 July - 6:30 pm every Tuesday (10 weeks, with a break over the school holidays)

Where: St. Mary's Greensborough (church foyer)

Email AlphaVic3088@gmail.com or call Trevor on 0435 823 002. **Enquiries:**

To learn more about Alpha, visit https://www.alpha.org.au/try





S Sustains Victoria

Clean Energy Nillumbik