

SACRED HEART PRIMARY SCHOOL

Newsletter

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

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Newsletter No 3 Term 3 28 July 2022

Dear Sacred Heart families and friends,

Athletics Carnival:

Well done to all of the Year 3 - 6 students who participated so enthusiastically in the annual School Athletics Carnival yesterday and to the Foundation - Year 2 students who participated in Kaboom Sports back at school. It was not an easy decision to make but with rain in the morning and the track not willing to allow Kaboom onto the field in the centre of the track, we felt the decision was the correct one at the time. It was a cool, overcast day but we did not experience any significant rain. The weather did not deter our students from enjoying another excellent program of events and both the students at the track and the ones back at school all appeared to have a great day.

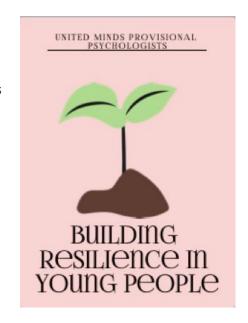
We are extremely grateful to all the staff at Sacred Heart and the many parents who volunteered to help out on the day. These wonderful people not only ensured that all of the programmed events could go ahead within the planned time table but also were constant teachers of skills and encouragers/supporters of our students whether they were champs or novices at an event. It was so great to hear feedback from staff, students, canteen staff and Kaboom staff in regards to how respectful and encouraging the students were with each other and the adults they were with. This is what makes our community so great to work with.

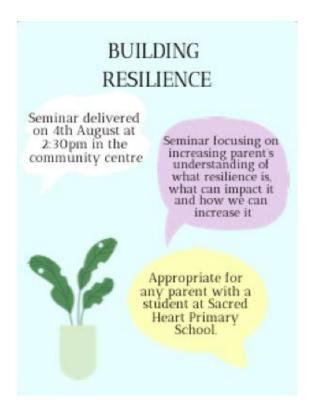
The district team will be selected from the results and students will be told next week. Congratulations to CORDNER house for winning on the day.

MACKILLOP (Red) 132 BUNJIL (Blue) 134 CORDNER (Green) 196

Building resilience in young people: Parent seminar:

On Thursday 4th August at 2.30 pm in the Community Centre, we will have three provisional psychologists who have been working at Sacred Heart this year, presenting a free parent seminar on building resilience in young people. This is a great opportunity to listen to ways we can support our children coming out of two years of COVID and an opportunity to ask questions in regards to how we can support the young people in our lives. All families are invited to attend this free parent seminar.





Kind regards Jim & Gina



Last week we experienced problems with people having access to the survey, we will send it out to you via Operoo tomorrow. This will be our preferred method of sending out these surveys in the future.

We have added a new section to the newsletter - Community Voice. Every now and then we will include a short survey, no more than 2 to 3 questions, this survey will be sent home to you via Operoo the day after the newsletter. This will be anonymous and the results of the survey will be shared the following week with the entire community. In this way we hope to be able to encourage families to respond to surveys as quickly as possible with little time commitment.

1. Catholic Identity

What makes Sacred Heart a Catholic school? What are the features of a Catholic school?

Tick which of these you feel apply to Sacred Heart/you may tick more than one box:

- · Religious education and formation of students
- · Celebrating faith together e.g. going to Mass
- · Using the scriptures at school
- · Prayer at school
- · Involvement in social justice programs e.g. Mini Vinnies
- Ecological awareness: care for nature and the environment
- · Knowledge about the Catholic religion



SACRED HEART PRIMARY SCHOOL Heneral News

STUDENT NEWS:

Under 9s Sacred Heart Netball Team

Congratulations to Sophie. Sophie was the player of the day in the under 9 Sacred Heart netball team. She played in defence and got the ball away from the Diamond Creek team. Well done.



100 DAYS OF FOUNDATION:

Congratulations to our Foundation students and staff who will celebrate 100 days of school on Wednesday.

SCHOOL CLOSURE THIS TERM:

Please note that there will be a two day school closure on Monday 29th August and Tuesday 30th August to enable staff to work with Berry Street and further develop skills in regards to Learning Diversity within the classroom.

The Berry Street Education Model (BSEM) provides strategies for teaching and learning that enables teachers to increase engagement of students with complex, unmet learning needs and to successfully improve all students' self-regulation, relationships, wellbeing, growth and academic achievement. Our pedagogical strategies incorporate trauma-informed teaching, positive education, and wellbeing practices. We believe that this is of extreme importance following two years of lockdown and the impact this has had on people.

WORKING BEE:

We have scheduled a working bee for Saturday 13th August 9am - 12pm for families that are able to help out with a number of tasks around the school.

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/10g1M509arSVDdvLpaeaVSHzjMKvht0Jw2sK3eskN0vw/edit?usp=sharing

UPSCHOOL:

A Community Resource on our Sacred Heart Website

If you haven't visited our school website recently, please do so. One of the features of the website is the Upschool digital platform, which is constantly being added to with interesting and informative items from the school and from educational experts.

"Education is so much more than books and pencils, homework and study. Education is life, the experiences we share, the hurdles we overcome, the relationships we build and the lessons sometimes hard won. How we interact with the world, our peers and our parents are governed by what we learn in school as well as from the world around us.

Shared experiences, community and family are fundamental in shaping our children into positive, self-aware and intelligent little people and communication is key to keeping a community together. We believe

education should be creative, inspirational and inclusive so we decided to create a specially designed resource centre to keep our families connected.

Packed with creative and fun ideas in health and self-awareness, kids activities, educational resources, school updates and support, Upschool is designed to keep you engaged, connected, informed and inspired to live, learn and play as a happy, mindful and sharing community.

This free and growing resource centre is our way of sharing positive and inspiring messages that we feel will have a direct and positive impact within our community.

Something in here for all ages and growing weekly."

SCHOOL HISTORY PROJECT - Jim O'Sullivan:

I have contacted the Nillumbik Historical Society to assist with the development of a history of Sacred Heart School. They have replied and will discuss this at their next meeting, which was last Saturday. The working title for the history is "Sacred Heart Primary School – 60 years of memories".

I envisage that the book will be a photo journal/coffee table type book with photos of significant events from Sacred Heart and the Diamond Creek area, accompanied by explanatory paragraphs. Each decade will be a different chapter in the book.

I have received expressions of interest from members of our Parents' Association, who suggested this idea.

The first stage will be to collect photos, discern the ones with greatest relevance/interest and divide them into decades. The second stage will be to organise/arrange this material into a format ready to be printed. If you are able to assist with any of this project please contact Jim O'Sullivan (principal@shdiamondcreek.catholic.edu.au). We would like to have this project ready for printing by the middle of Term 4.

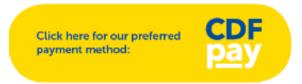
Alternatively, if you have any photos that could be used, please send these to principal@shdiamondcreek.catholic.edu.au.

PARENTS ASSOCIATION: School Disco – save the date!



Okka Pie Drive:

Pies can be ordered by returning the form TOMORROW or online via CDFPAY



Sacred Heart Primary School



The Parents Association will be holding a pie drive fundraiser from Okka Pies. Please see the attached form for products available to order and prices.

To order, we kindly ask that you fill out and return the attached form and the slip below, and make payment by 29th July, 2022.

All orders will be available for pick up on 4th August, 2022.

If you have any questions, please email the Parents Association: parentassociationsh@gmail.com

Please fill out and return by 29th July with your Pie order form

Student Name	Class
Payment Type - Please tick	
Cash (enclosed)	CDF Pay

Village OSHC:





Pie Drive

Name	
Phone	
Form return by	
Monies Paid when plac	ing order.
Collect Date -	

Packets of 2

Product	Qty	Price	Total
Sausage Roll		7.50	
Vegetable Pasties		9.00	
Spinach & Cheese Rolls		8.50	
Cauliflower & Cheese Pie		10.00	
Beef Pies		9.00	
Beef & Bacon Pie		10.00	
Beef & Onion Pie		10.00	
Beef & Mushroom Pie		10.00	
Beef & Curry Pie		10.00	
Chunky Beef & Pepper Pie		13.50	
Chicken & Vegetable Pie		10.00	
Butter Chicken Pie		13.50	
Apple Pie		9.00	
Apple & Blueberry Pie		10.00	

Family Vegetable Pastie	13.00	
Beef Pie	13.00	

Family Pies (9") 23 CM

15.00	
15.00	
15.00	
15.00	
13.00	
15.00	
	15.00 15.00 15.00

Family Quiche (9") 23 CM

Egg & Bacon Quiche	13.00	
Spinach Quiche	13.00	
Vegetable Quiche	13.00	
Cherry Tomato, Spinach & Fetta	15.00	Ĵ

8 Party Sausage Rolls	7.50
8 Party Spinach & Cheese Rolls	9.00
12 Party Beef Pies	14.00

Nationally Consistent Collection of Data (NCCD) On School Students with Disability

What is the Nationally Consistent Collection of Data?

Schools must now complete the Nationally Consistent Collection of Data on School Students with Disability (NCCD) every year. It counts the number of students who receive additional adjustments or "help" at school because of a disability. The NCCD helps governments plan for the needs of students with disability.

Who is counted in the data collection?

To count a student in the NCCD, schools must think through some key questions:

- Is the student getting help at school so that they can take part in education on the same basis as other students?
- Is the help given because of a disability? The word 'disability' comes from the <u>Disability</u> <u>Discrimination Act 1992</u> (DDA) and it can include many students.
- 3. Has the school talked to you or your child about the help that they provide?
- 4. Has the school kept records about the help they provide, the student needs and the reasons that the student needs this help? The school will need to keep copies of tests, student work, assessments, records of meetings, medical reports or other paperwork and information about how the student's learning is moving along over time.

Once the school decides that the student should be counted in the NCCD, they then choose a disability group and one of four levels of help that has been given to the student.

What does the word 'disability' mean in the NCCD?

In the NCCD the word 'disability' comes from the <u>Disability Discrimination Act 1992</u> (DDA). There are four types of disability that the school can choose from: sensory, cognitive, social-emotional and physical.

Many students that need help at school can be counted in the NCCD. For example, students with learning problems, e.g. specific learning disability or reading difficulty (sometimes called dyslexia), health problems (e.g. epilepsy or diabetes), physical disability (e.g. cerebral palsy), vision/hearing loss and social-emotional problems (e.g. selective mutism, Autism Spectrum Disorder, anxiety).

Letters from doctors or specialists can be very helpful for schools as they plan how to support students with their learning. Schools do not need to have these letters before they can count a student in NCCD. Teachers can use all that they know about the student's learning and the records that they have collected over time to decide if a student can be counted in the NCCD.

What sort of help does the school give students?

Students need different types of help at school. Some students need a little help sometimes while other students need a lot of help nearly all the time. The type of help given depends on the needs of the student. The help can include changes to the school buildings or grounds (e.g. ramps or things like special desks or chairs), extra teacher help in classes, special learning programs, changes to the work they give the student or extra adult help.

What happens to the NCCD data? Who will have the NCCD information?

Each school principal must check the NCCD data in August of each year. The school will give the information to the Catholic Education Office. The school will work with the Catholic Education Office to make sure that the NCCD data is OK before they give the data to the government. The government will not be given the names of any students or any letters or records. Please ask your school for their privacy policy if you need to know more.

Does the school need me to agree with them about counting my child in the NCCD?

Amendments were made to the <u>Australian Education Act 2013</u> and <u>Australian Education Regulation 2013</u>]. Schools do not need you to agree to let them count a child in the NCCD. You cannot ask the school not to count your child.

Where can I find out more?

Please contact your child's school if you have further questions about the NCCD and/or refer to the national NCCD Portal.

How will the NCCD be different this year?

All schools have been counting students in the NCCD since 2015. The government will use the NCCD data as part of the funding to schools.

What will the school need to know about my child for the NCCD?

Schools work together with families to understand the needs of each child. It is helpful if families give their child's teacher a copy of any letters or reports they have. The letters or reports will help the school understand the child and the help that they might need. Letters from doctors, psychologists, speech pathologists, doctor, and occupational therapists etc. can be very helpful for schools. These reports along with information that the teacher has (i.e. school based tests, your child's work and learning plans) helps the school to understand and meet your child's needs.



SACRED HEART PRIMARY SCHOOL

Wellbeing

The Resilience Project:

We are excited to bring you our fourth edition of PROJECT+ for 2022.

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

Parent/Carer Support (click this link)

Families will learn about Mindfulness as well as gain some insight into devices, online safety and the use of family tech agreements from the eSafety Commissioner.

Tickets are on-sale for our Kids Show Tour with Martin Heppell

We're rapt to continue supporting student mental health with our first ever high-energy kids show tour around Victoria - '3 Happy Tricks' with Martin Heppell. Tour tickets are available now, and you can catch us in the Term 3 school holidays in Frankston, Moonee Ponds, Narre Warren, Shepparton & Wodonga.

Child Safe Standards:

New Child Safe Standards to strengthen child safety will commence in Victoria on 1 July 2022. The Child Safe Standards commenced in Victoria in January 2016. After five years, we have seen how the Standards improve safety for children and young people. Changes are being made to make our Standards even stronger. The new Standards set out minimum requirements and outline the actions organisations must take to keep children and young people safe. They provide more clarity for organisations and are more consistent with Standards in the rest of Australia. On the School Advisory Council (SAC) we have membership from two parents, Ronan McIlroy and Anita Buttigieg who will be supporting the school with the implementation of these standards across the school community.

What are the new Child Safe Standards?

There are eleven new Child Safe Standards:

<u>Child Safe Standard 1</u> – Organisations establish a culturally safe environment in which the diverse and unique identities and experiences of Aboriginal children and young people are respected and valued

<u>Child Safe Standard 2</u> – Child safety and wellbeing is embedded in organisational leadership, governance and culture.

<u>Child Safe Standard 3</u> – Children and young people are empowered about their rights, participate in decisions affecting them and are taken seriously.

<u>Child Safe Standard 4</u> – Families and communities are informed, and involved in promoting child safety and wellbeing.

<u>Child Safe Standard 5</u> – Equity is upheld and diverse needs respected in policy and practice.

<u>Child Safe Standard 6</u> – People working with children and young people are suitable and supported to reflect child safety and wellbeing values in practice.

<u>Child Safe Standard 7</u> – Processes for complaints and concerns are child focused.

<u>Child Safe Standard 8</u> – Staff and volunteers are equipped with the knowledge, skills and awareness to keep children and young people safe through ongoing education and training.

<u>Child Safe Standard 9</u> – Physical and online environments promote safety and wellbeing while minimising the opportunity for children and young people to be harmed.

<u>Child Safe Standard 10</u> – Implementation of the Child Safe Standards is regularly reviewed and improved.

<u>Child Safe Standard 11</u> – Policies and procedures document how the organisation is safe for children and young people.

parenting *ideas

INSIGHTS

Supporting a highly sensitive child



Does your child cry easily? Is she prone to becoming overwhelmed in loud or busy places? Does your child seem sensitive to the moods and emotions of others? Does he tend to "meltdown" or "shutdown" when there is a lot going on? Does your child startle easily? Do you consider your child to be highly sensitive?

Raising a highly sensitive child can come with a unique set of parenting challenges but it also gives you—the parent—more influence to positively shape your child's development! Yes, that's right. Parents have even more influence on the development and wellbeing of their highly sensitive child compared to less sensitive kids.

Research shows that highly sensitive children are more strongly affected by their environment, including parenting, than less sensitive children. Let me explain.

Just as we all differ on temperament traits such as extroversion, agreeableness, and consciousness, we also differ on another temperament trait: sensitivity. All of us fall somewhere on the sensitivity continuum from low sensitivity to high sensitivity.

Approximately 30% of us—and our kids—are highly sensitive. Highly sensitive kids tend to process information from the environment more deeply, are prone to overstimulation, have greater emotional reactivity (think more crying and more intense emotions) and higher empathy, and have a greater capacity for sensing subtleties in our environment. We can think of highly sensitive kids as living smoke detectors who are capable of detecting subtle changes in the environment that the majority of people may miss. It is thought that a finely tuned, highly reactive nervous system underpins high sensitivity.

Research shows that highly sensitive kids tend to do exceptionally well in nurturing and supportive environments but are at higher risk for developing a range of physical and mental health conditions in harsh and unsupportive environments compared to children who are less sensitive. In other words, highly sensitive children are more sensitive to their environment for botter and for words.

So how do we support our sensitive kids and provide them with the nurturing environment they need?

Understand and accept your child's sensitivity

Our temperament is biologically based, it is not something we can simply switch on and off or turn up and down. Learning more about our child's temperament will help us to understand them better.

By seeing our child's temperament as an important part of who they are, we can practice accepting their sensitivity rather than seeing it as something problematic that needs to be changed or 'fixed'. Your child doesn't need to be less sensitive. They need their sensitivity to be understood.

This can feel like a relief to parents who have been thinking that perhaps they had somehow caused their child to be sensitive. While nature and nurture do interact to shape our child's development, your child was born with their own unique temperament, including their sensitivity.



Provide your highly sensitive child with the nurturing relationship they need to flourish

Highly sensitive children thrive in nurturing and supportive environments. We know that children don't benefit from harsh or punitive parenting, but this is especially true for our highly sensitive kids who need a more nurturing parenting approach. In healthy parent-child relationships, our kids use us as their "safe haven" to come back to for protection and nurturing when they are tired, sick, stressed, or experiencing big feelings.

Often parents of highly sensitive kids will report that their child is "clingy" and tends to stay close to their parent until they feel comfortable in a situation. This is rarely cause for concern. Clinging is a child's way of signalling that they need their parent to help them feel OK again. Sometimes they simply need our presence, other times they may need our affection and gentle words. We live in a society that has a history of discouraging children from being "too dependent" or "too clinging". Often this view comes from a place of not understanding child development and not understanding children's attachment needs. By trusting our child's needs and responding to those needs with atonement and sensitivity, we can provide our kids with the support they need so that they can grow-up feeling secure in their relationship with us (knowing that we have their back), and, in turn, feeling secure in themselves and the world.

Be an emotion coach for your child

Highly sensitive children often have big emotions and lots of them! This means that your highly sensitive child will need your help to understand and manage their emotions. From as early as you can, label your child's emotions to help them develop their own emotional vocabulary so that they can express their emotions as they get older. You can say things such as, "you look sad" or "I can see you are angry". Once you've labelled your child's emotion, it's important to show your child that you accept their emotions—the good, the bad, and the ugly.

It's important that you validate your child's emotions and avoid dismissing their emotions, even when your adult brain might judge their emotion as an "over reaction". Instead of saying, "don't be so sensitive" or "it wasn't a big deal, she didn't mean to hurt your feelings", you can say things such as, "it's okay to feel angry, I get it" or "I know you feel sad, that hurt your feelings". By accepting and validating the full range of our child's emotion, we not only help to soothe them in the moment, we also teach them healthy ways of responding to their own emotions—this is a lesson they will carry with them throughout their lifetime.



Rachel Samson

Rachel Samson is an Australian-based Clinical Psychologist and Family Consultant with a passion for supporting parents to develop healthy parent-child relationships that promote optimal child development. For further details visit lnstagram@australianpsychologist and facebook@sensitivityproject.

Free webinar

Popular apps

eSafety parents



Learn about TikTok, Instagram, Snapchat and YouTube to help your children stay safe online.

Join eSafety's expert education and training team for a FREE live webinar designed for parents and carers of young people aged 8 to 13.

It will include case studies, research and targeted advice so you can support the young people in your life to have safe, enjoyable online experiences.

Dates: (Australian Eastern Standard time)

Monday 1 August: 12:30 to 1:30 pm

Tuesday 16 August: 7:30 to 8:30 pm

Thursday 25 August: 12:30 to 1:30 pm

Register now: esafety.gov.au/parents/webinars







Term 3 Dates 2022 - FAMILIES

July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25 WEEK 3 A	26	27	28	29	30	31
				ISS v Apollo B (away)		
				Assembly 3pm		

August

September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 WEEK 4 B	2	3	4	5	6	7
PSGs this week	100 Days of Foundation School Advisory Council 7.30pm		2.30pm Parent Information Session - Building Resilience in Young People (run by Provisional Psychologists)	ISS v Laurimar C (away) Assembly 3pm		
8 WEEK 5 A	9	10	11	12	13	14
Lamont Book Fair this week Hoop Time Year 3/4			Parish Pastoral Council Meeting	ISS v Diamond Creek (away) Assembly 3pm	Working Bee 9am - 12pm	
15 WEEK 6 B	16	17	18	19	20	21
Feast of the Assumption SCIENCE WEEK - Glass: more than meets the eye	Year 6 Mary Mackillop Centre - Bishop Terry visiting Year 6 between 11.30 - 12.30		Chocolate Drive	ISS v Green Parkways (away) Assembly 3pm Sacrament of Confirmation 7pm		
22 WEEK 7 A	23	24	25	26	27	28
BOOK WEEK - Dreaming with open eyes Book Week Parade 9.10am Music DJ Express yourself incursion			District Athletics	ISS v BYE Assembly 3pm		
29 WEEK 8 B	STAFF CONFEDENCE	31				
STAFF CONFERENCE Berry Street: Body	STAFF CONFERENCE School Closure					
School Closure						
LITERACY/ NUMERACY WEEK						
MACSSIS 2022 opens until 16						

September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Father's Day Stall Hoop Time Year 5/6 Hats to be worn Health & PE Day	ISS V Glen Katherine B (away) Assembly & Fathers Day Celebration 3pm	Reconciliation Commitment Mass	FATHERS DAY
5 WEEK 9 A	6	7	8	9	10	11
Year 5/6 Sovereign Hill overnight excursion (Eco Camp) - Jacinta, Helen M, Duncan, Rachel FUNdamentals for Foundation Program begins Parents Association 7.30pm TBC	Year 5/6 Sovereign Hill		Division Athletics Parish Pastoral Council Meeting	ISS Finals Assembly 3pm	Diamond Creek Town Fair	Reconciliation Commitment Mass
12 WEEK 10 B	13	14	15	16	17	18
FUNdamentals for Foundation Program Special Lunch order	SAC 7.30pm		3/4 Netball Tournament	Footy Day MACSSIS Closes TERM 3 FINISHES 2.30pm		



SACRED HEART PRIMARY SCHOOL

Student of the Week

Value = Empathy

Foundation Thomas O'Connor 1/2 NS Charlotte Molinaro 1/2 PA George Topolcsanyi

3/4 NJ Jack Black

3/4 RM Rosie Hankinson
5/6 MR Miaa Mitrovski
5/6 JD Harper Bishop
PE Lily McIlroy
LOTE Luke Dooley
Performing Arts Jack Black
Visual Arts Jacoby Turner

Science Harry Lord & Monique Motschall

STEM Maddie Black









This Week at Sacred Heart

In Religion we have been studying scripture related to creation and have learnt about the feast day of Sts Joachim and Anne, the patron saints of grandparents. Here is some of our work!

Year 3/4



































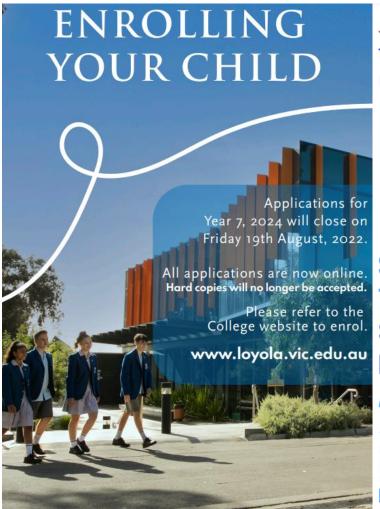








Community News





SATURDAY 13 AUGUST 7PM - MIDNIGHT \$65 PER PERSON RSL MONTMORENCY ADULTS ONLY

TICKET INCLUDES 3 COURSE MEAL, TRIVIA BY TRISTAR & ENTERTAINMENT BY THE ROBBIE WILLIAM EXPERIENCE **DRINKS AT BAR PRICES**

\$35 ENTERTAINMENT ONLY TICKETS ALSO AVAILABLE (ENTRY AFTER 9.30PM)

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

WANT TO PLAY BASKETBALL?



Diamond Creek Basketball Club are looking for players in the following age groups

- Girls U8, U12
- Boys U8, U10

If you are interested in joining a team, please email

contact@dcbasketball.com.au



















Discover Who You Are Enrol now for Year 7 2024

Applications Close 19 August 2022

Belong. Believe. Become.

