

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

Sacred Heart Primary School, Diamond Creek Telephone: 03 9438 1590 Email: principal@shdiamondcreek.catholic.edu.au Website: www.shdiamondcreek.catholic.edu.au

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

Newsletter No 5 Term 3 11 August 2022

### Working Bee Saturday 13 August 2022 9 am to 12 pm

Dear Sacred Heart families and friends,

Last Friday was Census Day for schools. Our Census Day figure was 142 students enrolled at Sacred Heart.

- Schools must submit a Student Enrolment Census twice each year:
  - o on the last school day in February, and
  - o on the first Friday in August
- Provide student enrolment data to Melbourne Archdiocese Catholic Schools and the Department of Education, Skills and Employment for funding allocation, provisioning, planning and national reporting.

We will now begin the process of planning class structures, program provision and budgets for the 2023 school year. In order for us to be able effectively plan for the 2023 school year, it is essential that you inform the School Office if you will not be attending Sacred Heart in 2023, otherwise we will assume your ongoing enrolment and support.

Sacred Heart's enrolment over the past few years has maintained a steady balance with exiting students in Year 6 and other year levels being balanced by our Prep intake and the enrolment of students in other Year levels.

This year we have been delighted with an increased Foundation enrolment for 2023 and are seriously considering capping this class enrolment and implementing a waiting list for enrolments in Foundation. We have also had a number of enrolments in classes other than Foundation and have been approached to enrol a Ukrainian refugee family.

When Gina or I (or other staff members) take prospective families for school tours, we are often told that they have heard great reports about the school from you, our families. This is always exceptionally pleasing to hear because positive word of mouth is one of the most effective promotional tools that any school can have. In part, this is why we implemented the Community Voice section into the newsletter as an occasional opportunity to hear from you regarding different aspects of the school.

The Melbourne Archdiocese Catholic Schools (MACS) – School Improvement Surveys (MACSSIS) that will be provided to you at the end of this month are another important method of us receiving feedback about our overall performance.

MACSSIS is a set of surveys that have been built specifically for Catholic schools in Melbourne by the Learning Services team at MACS, in partnership with researchers at Learning First and in wide consultation with Principals in Catholic schools. Our community's opinions are critical to understanding how our school is performing – MACSSIS is a key data source for guiding the ongoing work to improve our school.. Jim & Gina



#### The Assumption of Mary

The Assumption of Mary is a Holy Day of Obligation (unless the date falls on a Monday) and is celebrated each year on the 15th of August.

It is a day that celebrates the Blessed Virgin Mary being taken up into Heaven, body and soul, at the end of her life. Pope Pius XII declared the doctrine of the Assumption a dogma:

"By the authority of our Lord Jesus Christ, of the Blessed Apostles Peter and Paul, and by our own authority, we pronounce, declare, and define it to be a divinely revealed dogma: that the Immaculate Mother of God, the every Virgin Mary, having completed the course of her earthly life, was assumed body and soul into heavenly glory."

Mary was assumed into Heaven, which is different to Jesus ascending into Heaven. Jesus went up into Heaven by His own power. Mary, however, was taken up into Heaven by God.

On the Solemnity of the Assumption, we remember the role Mary played in Jesus' life and the role she continues to play as a Mother to us all.

"Mary, give me your Heart: so beautiful, so pure, so immaculate; your Heart so full of love and humility that I may be able to receive Jesus in the Bread of Life and love Him as you love Him and serve Him in the distressing guise of the poor." ~ Saint Mother Teresa









Some exciting opportunities for our students.

#### **SPELLING BEE**

Over the course of the next few weeks students will have the opportunity to take part in the National Spelling Bee online, opening 15th August, during school time. Look out for a consent form on **Operoo** for your child/ren to take part in this learning opportunity. We are encouraging all students to take part in this.

#### WRITE4FUN - 2022 'Unleashed' Writing Competition

This competition is designed to encourage creativity and imagination and to acknowledge the wonderful writers within the school. Students have the opportunity to record a 'Short story or Poem of their choice.

The Rules:

- One entry per student either a poem or a short story
- Short story must not exceed 500 words
- Poem must not exceed 16 lines
- All entries must be typed / handwritten on one side of a single A4 sheet of paper.
- Entries must be handed to Mrs Dalton 5/6 JD, by Thursday 25th August.

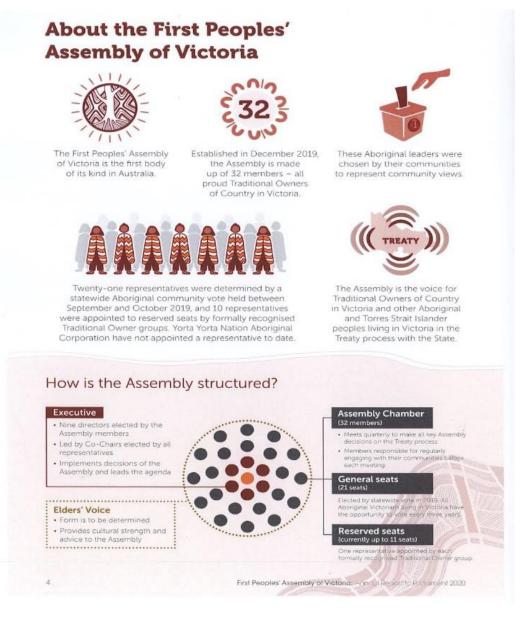


SACRED HEART PRIMARY SCHOOL Carriers

#### Do you know about the First Peoples' Assembly of Victoria?

The First Peoples' Assembly of Victoria is the democratically elected representative body of Victorian Aboriginal people developing the structures for treaties. It was set up by the Victorian Government in December 2019. The Assembly is the voice for Traditional Owners of Country in Victoria and other Aboriginal and Torres Strait Islander peoples living in Victoria in the Treaty process with the State.

On Thursday 23rd August, the FIRE carrier leaders will be hosting a meeting with Vicki Ward (MLA for Eltham), the Hon. Gab Williams MP, Minister for Treaty and First Peoples with the FIRE Carriers from the Catholic Primary Schools in the electorate, some members from the Nillumbik Reconciliation Group and the Reconciliation Captains from CLC, to have a conversation with the Minister about Treaty, it's meaning and to ask any questions they may have. We are looking forward to this opportunity to be involved in this significant event.





#### **BOOK WEEK PARADE**

A reminder to all families that we have our annual Book Week parade on Monday 22nd August. We encourage all students to come to school dressed as their favourite book character. We will be having a parade at 9.10am and invite all families and friends to attend.

#### **SCIENCE WEEK**

National Science Week is Australia's annual celebration of science and technology. Running each year in August, it features more than 1000 events around Australia, including those delivered by universities, schools, research institutions, libraries, museums and science centres. These events attract a wide audience from children to adults, and science amateurs to professionals. Over one million people participate in science

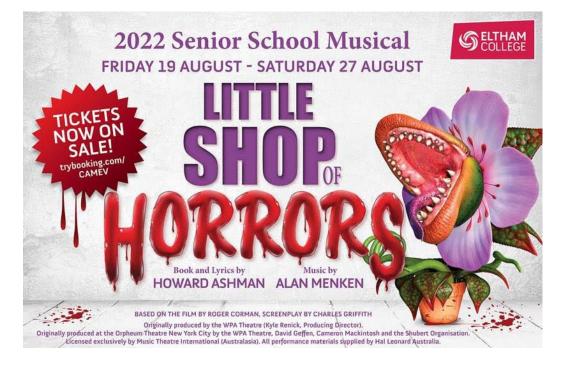
events across the nation. Established in 1997, National Science Week provides an opportunity to acknowledge the contributions of Australian scientists to the world of knowledge. It also aims to encourage an interest in science pursuits among the general public, and to encourage young people to be fascinated by the world we live in. Sacred Heart will celebrate Science Week next week with the theme Glass: More than meets the eye.

#### PAST STUDENT

Congratulations to Kate Maloney, past Sacred Heart student, who recently competed in the Commonwealth Games, winning gold in a thrilling 55-51 win over Jamaica. The brilliant finish secured the 1000th gold medal for Australia in Commonwealth Games history, while the Diamonds also became the first netball side to win it after losing a pool match in the lead up. After the shock loss to Jamaica earlier this tournament, the Diamonds had to reach the gold medal match the hard way, knocking out 2018 champions England along the way. Well done to the Diamonds and our very own Kate Maloney!



You can see past Sacred Heart student Bree Morgan, starring as Chiffon in ELHAM College's production of Little Shop of Horrors. Bree's passion for musical theatre began in Sacred Heart's own biannual productions. Break a leg Breanna!



#### YEAR 3/4 HOOP TIME:

The Year 3/4 Hoop Time Basketball competition was held on Monday. Well done to the students involved in this event. I was very proud of the efforts and the behaviour of all teams. Thank you to the number of parents that were able to support the students on the day and score for the three teams. A special thanks to Mrs Jacombs, J'Rhette and Jerzie Bishop and Hector Santostefano who took on the role of coaches for the day. Gina Murphy

SH HEAT	SH HAWKS	SH HOTSHOTS
Harry Dom		Jack B
Rupert	Finn G	Nicholas
Rook	Daniel M	Benji
Patrick	Marcus	Jacob
Lucy	Nala	Erica
Evie	Caitlin	Audrey
Rachael	Heidi	Saige
	Sophie	Ayendha
	Annabelle	

Congratulations to the Sacred Heart Heat team that made it through to the finals only narrowly missing out on the Grand Final.







#### **CONGRATULATIONS:**

Congratulations to Charlotte for player of the day in the Under 9's netball for Sacred Heart. She has been a team player working hard on her shooting skills. Well done, Charlotte.



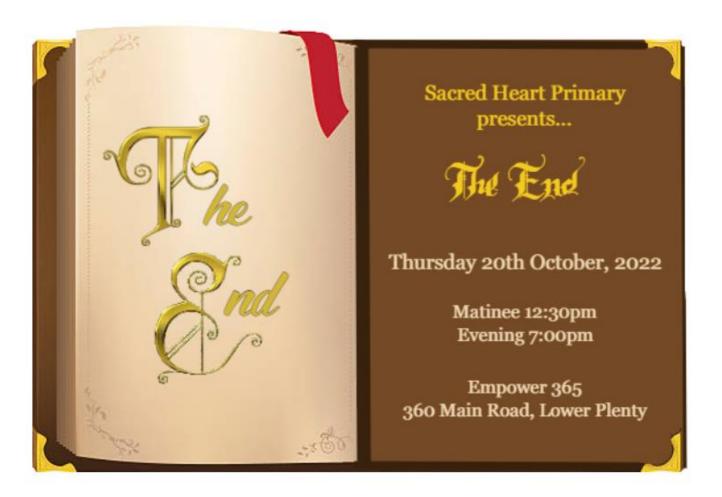
#### LAMONT BOOK FAIR:

Thank you to Brenda McMahon for organising the Lamont Book Fair for the community. Thank you also to those who were able to purchase books and support the school in doing this.

#### **CONFIRMATION REFLECTION DAY**

Year 6 students will be visiting the Mary Mackillop Heritage Centre in East Melbourne next Tuesday. Our students will be involved in a range of activities which will give them an insight into her life and the dedication and devotion she gave to helping those in need. They will also meet Bishop Terry.

#### SAVE THE DATES:





# Book Parade

Annual

Come dressed as your favourite book character



Monday 9.10am 22nd August Basketball Court, all welcome

## Sacred Heart Special Lunch Order

## PJ and Pasta Day Friday 26th August

There will be a PJ and pasta day on Friday 26th August. Students are invited to wear their pyjamas to school and there will be a special lunch order of pasta available. Money raised will be put towards new play ground equipment.

- Please choose from these options:
- 1. Bolognaise, with a special treat & prima \$10
- 2. Carbonara, with a special treat & prima \$10
- 3. Napoli, with a special treat & prima \$10

If your child does not want pasta but would still like to wear their pyjamas to school, please bring a gold coin donation on the day.

#### Please return order form and payment by Friday 19th August

Student Name	Class	Option 1, 2 or 3
GLUGEN NEME		Option 1: 2 Of 0
Student Name	Class	Option 1, 2 or 3
Student Name	Class	Option 1, 2 or 3
Payment Type - Please tick		
Cash (enclosed)	CDF Pay	

ACRED HEART SACRED HEART SCHOOL DISCO SAVE THE DATE

FRIDAY OCTOBER 7TH 4.30-7.00





#### THE POWER OF PRAISE

When children receive praise, this leads to an increase in positive feelings, helps motivation and encourages effort to work harder. Receiving regular praise from parents and caregivers also helps young people to develop self-esteem and confidence. Praise can be given verbally, such as "I love how hard you tried in practice today," but can also be given through a range of other gestures such as displaying a happy facial expression, giving a thumbs up, through a hug or with a high five. When children and young people receive this type of positive praise, it can lead to an increased sense of safety, security and love, and encourages healthy development.

We can give praise in two ways: praise for being and praise for doing.

#### Praise for Being

This type of praise lets a young person know that they are valued for who they are and allows them to feel important. Praise for being validates a young person's existence and lets them know that you love them unconditionally. Examples of this type of praise include

- I love you very much
- I am glad to have you in my life
- You are a great friend to those around you
- I believe in you
- That's a great question
- You did your best, you can always try again.

#### Praise for Doing

This type of praise focuses on specific behaviours and actions that a young person is doing well. Praise for doing work by stating exactly what a young person did that you liked, which encourages further positive behaviour. When praised for doing, it is important to focus on the effort, rather than the result. This helps young people understand that working hard will help you achieve your goals. Examples of this type of praise include:

- I am proud of how much effort you put into studying today
- I love how well you tried at basketball practice
- Thank you for taking the time to clean your room this afternoon
- It is great how nicely you are playing with your sister.

All people love to receive compliments and praise and it can feel great giving it! Think of whether you are currently praising for being or praising for doing and give out a new complement today.

For further reading about the positive benefits of praise via the link below.

https://raisingchildren.net.au/toddlers/connecting-communicating/connecting/praise

## parenting **\***ideas

#### INSIGHTS

## How to change your parenting for the teenage years



Parenting teenagers is traditionally seen as the most difficult parenting stage. However, many parents have discovered that raising teenagers is a lot easier than raising younger children. For this to be the case, there are three changes parents make to survive their kids' adolescence.

#### Step up the coaching

When kids are young it's common for parents to take over many aspects of their lives. They establish bedtimes, cook meals and make doctor's appointments. Parents decide where they will go to school, if they go to camp and where the family will take a holiday. Children are content with this approach and will enjoy having their days organised by loving adults.

Teenagers, on the other hand, need to start managing their own lives, which can put them at odds with over-protective or over-controlling parents. Wise parents will aim for redundancy well before the teenage years so handing over control isn't so foreign.

Psychologists William Stixrud and Ned Johnson, authors of *The self-driven child* believe parents need to hand over a great deal of decision-making to adolescents. Not straight away and not in a way that negates their need to take responsibility for their actions. They advise parents to gradually involve teens in creating rules that govern their own behaviour, keep challenging their choices and provide emotional support when they make poor decisions. A parent gives up being a manager and takes up the role of life coach.

#### Influence teens differently

Most parents would like to download all their knowledge of the world into their teenage children's brains so that they could always make good decisions. Giving teenagers information doesn't guarantee that you can influence them as you did in childhood. Teenagers are highly attuned to status and hypervigilant to the way they are treated by adults. If you talk down to them, they will turn off as you are talking to the low status or child-like part of the brain. Talk to them as if they are autonomous young adults and they are more likely to listen, as you are talking to the high-status part of their brains. If you wish to discuss to pics such as respectful relationships, the use of alcohol or preparing for life after school, avoid talking to them as if they are children. Speak to them as you would to someone with the highest possible status – someone you respect, and they are more likely to engage with you.

#### Have hard chats

Conversations with preschool and early primary school years are comparatively easy compared to many conversations you have with tweens and teens that revolve around hot topics such as sexuality, school performance and the future. Avoidance of hard chats and the emotional minefields they lead to becomes the easiest option. Teenagers are dealing with some difficult issues, so parents need to create safe opportunities to talk about the hard issues.

## parenting **\***ideas

Christine Carter, author of *The New Adolescence* believes that parents should think beyond having a "big talk" about difficult topics and bring up these topics using short observations and simple questions. She writes, "Even when we have lots to say, it's more important to give them a chance to speak, and to work out what they are thinking in a low-risk environment." Practise staying calm despite your discomfort. Welcome it if your kids sense your discomfort as it reveals your human side.

#### In closing

Young children and teenagers have very different needs. Effective parents adapt their parenting style to meet the developmental and emotional needs of their children at each stage of growing up. Teens need greater autonomy, skilled guidance and plenty of chances to talk about the issues that bother them and worry their parents. That may mean that you need to shift your parenting gears a little to meet their needs in the teenage years.

#### Michael Grose presents: Changing parenting gears for the teenage years

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Changing parenting gears for the teenage years' at no cost.

#### About

In this webinar, Michael Grose discusses the importance of changing parenting gears during the teenage years. He shares the critical shifts parents need to make when raising teenagers.

#### When

Wednesday 31 August 2022 8:00pm AEST

#### Toredeem

1. Click this link: https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-changing-parenting-gearsfor-the-teenage-years

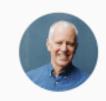
- 2. Click 'Add to cart'
- 3. Click 'View cart'
- 4. Enter the coupon code TEENS and click 'Apply Coupon' Your discount of \$39 will be applied.
- 5. Click 'Proceed to checkout'

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 30 November 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

Click Here to view a quick tip video by Dr Justin Coulson related to this insights article



#### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



### Term 3 Dates 2022 - FAMILIES

August						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 WEEK 5 A	9	10	11	12	13	14
				ISS v Diamond	Working	
				Creek (away)	Bee 9am -	
					12pm	
				Assembly 3pm		
	1/	17	18	19	20	21
15 WEEK 6 B Feast of the	16 Year 6 Mary Mackillop	17	Chocolate	ISS v Green	20	21
Assumption	Centre - Bishop Terry		Drive	Parkways		
Assumption	visiting Year 6 between		Dilve	(away)		
SCIENCE WEEK -	11.30 - 12.30			(away)		
Glass: more than	11.00 12.00			Assembly 3pm		
meets the eye						
,				Sacrament of		
				Confirmation		
				7pm		
22 WEEK 7 A	23	24	25	26	27	28
BOOK WEEK -			District	ISS v BYE		
Dreaming with			Athletics			
open eyes				Assembly 3pm		
Book Week Parade						
9.10am						
7.100111						
Music DJ Express						
yourself incursion						
29 WEEK 8 B	30	31		•	4	
STAFF	STAFF CONFERENCE		-			
CONFERENCE						
Berry Street: Body	School Closure					
School Closure						
LITERACY/						
NUMERACY WEEK						
NUMERACT WEEK						
MACSSIS 2022						
opens until 16						
September						

#### September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			Father's Day Stall	ISS V Glen Katherine B (away)	Reconciliation Commitment Mass	FATHERS DAY
			Hoop Time			
			Year 5/6	Assembly & Fathers Day		
			Hats to be worn	Celebration 3pm		

			Health & PE 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	Year 5/6 Sovereign Hill		Division Athletics Parish Pastoral Council Meeting	ISS Finals Assembly 3pm	Diamond Creek Town Fair	Reconciliation Commitment Mass
7.30pm TBC						
12 WEEK 10 B	13	14	15	16	17	18
FUNdamentals for Foundation Program	SAC 7.30pm		3/4 Netball Tournament	Footy Day MACSSIS Closes		
Special Lunch order				TERM 3 FINISHES 2.30pm		





### Value = Mindfulness

Foundation	Beau Nardella
1/2 NS	Lily Arvaji
1/2 PA	Alexander Hernandez
3/4 NJ	Finn Ohlsen
3/4 RM	Sarah Lyons
5/6 MR	Davey Dooley
5/6 JD	Tess Pearce
PE	Lex Ridd
LOTE	Daniel Buttigieg
Performing Arts	5/6 JD Class
Visual Arts	Finn Connolly
Science	Miki Berriman
STEM	Jasmina Khaira







Week 4 Students of the Week





## ENROLLING YOUR CHILD

Applications for Year 7, 2024 will close on Friday 19th August, 2022.

All applications are now online. Hord copies will no longer be accepted.

Please refer to the College website to enrol.

www.loyola.vic.edu.au

# TRIVIA NIGHT SATURDAY 13 AUGUST

THE LPFA PRESENTS

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 S35 ENTERTAINMENT ONLY TICKETS ALSO AVAILABLE (ENTRY AFTER 9.30PM) BOOK NOW VIA LOYOLA.VIC.EDU.AU/TICKETS

## WANT TO PLAY BASKETBALL?









Discover Who You Are Enrol now for Year 7 2024 Applications Close 19 August 2022

Belong. Believe. Become.





Applications for students currently in Year 5 close Friday August 19 2022



Limited places available for Year 7 – 12 in 2022 & 2023.



www.parade.vic.edu.au









## Wattle Festival ArtsBridge Junior Exhibition

Presented by Hurstbridge Primary School Sunday, 28 August 2022 - 10am - 3pm

Students, aged 5-18, are invited to submit one artwork only. Awards presented to Primary & Secondary School entries. Registration form and \$5 entry fee due upon artwork submission on Wednesday August 24th, 2022, 8:30m - 9:30.

> Email: hpsartsbridge@gmail.com ONLINE REGISTRATION: www.hpsartsbridge.tumblr.com https://www.facebook.com/ArtsBridgeJnr/

ArtsBridge JUNIOR 2022 Registration Form - (ages 5 - 18) REGISTRATIONS AND ARTWORK DUE Wednesday 8:30am - 9:30am on AUG 24 Artwork to be delivered with \$5 fee (cash) and this registration form if no prior online registration			SALE OF WORK: Junior Artists work will not be available for sale through the school, however if an audience member is interested in buying a work we would be happy to pass on the parent / guardian contact details. Please indicate here if you are happy for us to pass on contact details for private sale arrangements.				
Juni	or Artist Name						
Artis	Artists Age (as of Aug 28, 2022)			Phone or email contact for sale interest (not compulsory - only if work is for sale)			
Artis	its School						
Pare	ant Name		PH:				
Pare	ent Email		EM:				
Pare	ent Phone						
	Title	Type of Artwork i.e drawing, painting	max 80cm Width (cm)	max.80cm Height (cm)	max. 50cm 3D only Depth (cm)		
Artwork							
	Please provide a brief description / summary about the artist or artwork. Maximum 100 words:						
PLEASE TICK to indicated that you have clearly labeled your name, the artwork name and a contact number on the back of the artwork PLEASE TICK to indicate you, or a parent / guardian, have read and understood the attached Terms and Conditions							



#### Electric vehicle bulk buy – Show and Shine event

Clean Energy Nillumbik, through the Yarra Valley Community Power Hub are excited to be working with The Good Car Company to bring to our community, an Electric Vehicle Bulk Buy offering. Find out more and try out the cars at the Show and Shine day.

Date: Saturday 13 August Where: Healesville To find out more and register, visit www.goodcar.co/healesville-0

#### **Expert Eco Chats**

Brought to you by Clean Energy Nillumbik and the Yarra Valley Community Power Hub What: Book two free 20 minute appointments with the sustainability experts of your choice. Ask your questions about solar, energy efficiency, sustainable home design and building, EVs and much more. Where: On Zoom

Time and date: Sunday 27 August 2:00pm – 4:30pm Registrations open Friday 29 July https://www.cleanenergynillumbik.org.au/eec



### **Come and Play Baseball This Summer**

From September to March you can play social games at the club or in a weekend competition team.

#### Sign up at juniorbaseball.com.au

