

Newsletter

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: https://www.shdiamondcreek.catholic.edu.au/newsletters-forms/

Newsletter No 6 Term 3 18 August 2022

Dear Sacred Heart families and friends.

SCHOOL CLOSURE THIS TERM:

Please note that there will be a school closure on **Monday 29th August and Tuesday 30th August** to enable staff to work with presenters from 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 enable 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.

DIAMOND CREEK TOWN FAIR We need YOU!

When: Saturday 10th September, 2022

Theme: Superheroes!

Where: Diamond Creek Netball Courts

Time: Assemble at 9.30am for a 10.00am start

This year Sacred Heart Primary School will once again participate in the Grand Parade at the Town Fair.

The theme for this year's parade is 'Superheroes'

Sacred Heart students will march in the parade wearing their sports uniform with more exciting details to come.

All students are expected to participate in the parade, if possible, especially those who hold or have held leadership positions within the school during the year. This is an opportunity for all students to represent our school with pride in our local community.

All parents are required to check in their child with a staff member upon arrival. At the conclusion of the parade all children must be collected immediately and checked off by a staff member from Coventry Oval.

We thank you for your support of this event.

Kind regards Jim & Gina



Catholic Identity

Good luck to our Year 6 students who will be celebrating the Sacrament of Confirmation on Friday night at 7pm.

On Tuesday these Confirmation candidates visited the Mary Mackillop Heritage Centre in East Melbourne as part of their final preparations for receiving this Sacrament.

As well as learning more about the life of Mary Mackillop, the first Australian saint, they learnt about other Catholic traditions and practices so that they are more fully informed about what the Sacrament of Confirmation is asking of them - to personally commit to being an active member of the Catholic faith.

Bishop Terry Curtin, visited the centre and spoke with the Confirmation candidates about the Sacrament itself and about what happens during the celebration of the Sacrament.



SACRED HEART PRIMARY SCHOOL Heneral News

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.

DISTRICT ATHLETICS

On Thursday 25 August, a number of students will represent Sacred Heart in the DVPSSA District Athletics Carnival to be held at Meadowglen International Athletics Stadium, McDonalds Road, Epping. Good luck to the following students:

3/4 NJ	3/4 RM	5/6 JD	5/6 MR
Annabelle R	Rachael H	Tom O	Madi A
Evie J	Lucy J	Charlie R	Mikayla B
Dominic A	Heidi M	Lachie A	Grace T
Rupert B	Nala S	Roy H	Ruby V
Finn G	Erica M	Tadhg O	Sienna N
Patrick O	Caitlin W	Alfie R	Jacoby T
	Harry L	Harper B	Miller B
	Rook B	Oliver P	Isaac S
		Bella Rose S	Kayde K
		Isla B	
		Rhylee K	
		Grace O	
		Georgia F	
		Maia H	
		Mitali P	
		Tess P	
		Zara C	_

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 celebrated Science Week this week with the theme Glass: More than meets the eye.

WHOLE SCHOOL EVACUATION DRILL

On Tuesday 23 August, the whole school will participate in an evacuation drill with students and staff under the guidance of Dynamiq. Dynamiq works with the school to enhance our emergency management framework by understanding our workplace risk and improving our emergency response and recovery planning.

DADS AND DONUTS

On Friday 2 September we will celebrate our Dads and father figures with a special assembly followed by a small presentation of donuts and a handmade gift. The assembly will begin at 2.45 pm in the Community Centre and we would like to see as many Dads and father figures that are able to attend to come along.



MINISTER FOR TREATY AND FIRST PEOPLE VISIT

Next Tuesday Sacred Heart will be hosting a very important event: A Conversation about Treaty in Victoria.

As Victoria continues on the path to Treaty, Vicki Ward, MP for Eltham, has invited our FIRE Carriers and those of other local Catholic Primary Schools to attend, 'A Conversation with the Hon. Gab Williams MP, Minister for Treaty and First Peoples'. This is a wonderful opportunity for these students to hear directly from the Minister about Treaty and discuss its meaning and ask any questions that they may have about Treaty, the process and what Treaty means for our state and Victorians of the Kulin Nation.

Being the first state in the country to be on the path to negotiating the nation's first treaty with Traditional Owners and Aboriginal Victorians, the journey to Treaty is a significant and incredibly proud step forward for our state.

A key part of Treaty is the chance to build new relationships, learn from each other and build a new shared future for Victoria, starting with our adults of the future.

FIRE Carriers are one of our student leadership groups, responsible for ensuring that our school community is constantly reminded of the need for us to acknowledge the important part played by First Nation Peoples in our history and to be able to build respect and relationships among all Australians for the future.

FIRE Carriers stands for Friends Igniting Reconciliation through Education.

CHANGE TO FATHERS DAY STALL

The Father's Day Stall has been moved to Friday 26th August. Thank you to Liz Nardella who has organised this opportunity for our students and families.

WORKING BEE

Thank you to the number of families who were able to support the school and attend the Working Bee last Saturday. A number of tasks were completed around the school including:

- filling in holes and tyre ruts on the oval
- filling the sandpits
- painting the external 1/2 door
- moving the Parents Association equipment to the new shed
- general gardening around the school

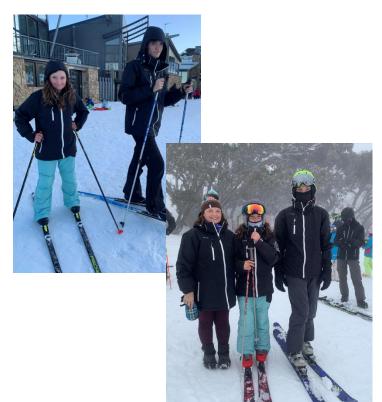
If you were unable to attend this working bee but are able to take up the option of mini-working bees the link to book in is:

https://docs.google.com/spreadsheets/d/10g1M509arSVDdvLpaeaVSHzjMKvht0Jw2sK3eskN0vw/edit?usp=sharing

GOOD LUCK

We wish Eliza Moore the best of luck next week as she competes for Sacred Heart Primary School in the Alpine Giant Slalom and Ski Cross. Eliza is in Grade 5, so Division 4. Her first race will be on Monday 22nd August and her second race will be on Tuesday 23rd August.

Below are some photos of the lessons she has been to during this season. We wish Eliza the best of luck.







WELCOME

This week we welcomed Alena and Ivan to the Sacred Heart community. Alena and Ivan have made Diamond Creek their new home after leaving the Ukraine. Ivan is in Year 4 in Mrs Jacombs class 3/4 NJ.

SCHOLASTIC BOOK CLUB

ORDERS DUE BY- MONDAY 29 AUGUST 2022



To place your order, please visit <u>scholastic.com.au/LOOP</u>. Alternatively, you can order by completing the order form at the back of the catalogue and returning it with the correct cash amount in an envelope, addressed to "Book Club" through the classroom tub system.

MINI VINNIES NEWS



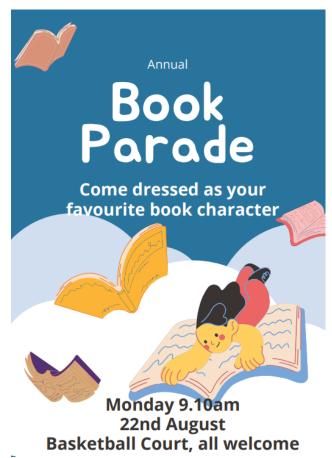
Just some clues to get you thinking about what the Mini Vinnies group are busy organising for WEEK 10 this Term......







SAVE THE DATES











Wellbeing

#CHATSTARTER:

The Federal Government has launched <u>#ChatStarter</u> to support the mental health of Australia's children, young people and parents. #ChatStarter was developed by the <u>National Mental Health Commission</u> in partnership with parents and young people who have experience of mental health challenges and Australia's national mental health organisations - <u>ReachOut</u>, <u>Butterfly Foundation</u>, <u>Orygen</u>, <u>batyr</u>, <u>headspace</u>, <u>Beyond Blue</u> and <u>Kids Helpline</u>.

Overview

Conversations play an important role in recognising when someone is going through a difficult time and connecting them to the right type of care. While we all like to have conversations in different ways, talking to someone about what's challenging us can be difficult. Having a small chat can make a big difference. The easy-to-use tips and resources below have been developed by mental health clinicians to help build your confidence and capability to support a friend or loved one who may be experiencing distress or a mental health challenge today.

Before having a chat

Before starting a conversation, ask yourself what support you have in place for yourself:

Are you doing OK?

It is important that you prioritise your own mental health before helping others.

Do you have someone you can talk to if a conversation has been challenging?

It's absolutely OK to seek support, in fact, essential.

Then, think about the person or people you are going to chat with:

- Have you noticed a change in their behaviour?
- Have you noticed a change in their mood?
- Do they have support people around them?
- What do they like to do in their spare time?

How to create your own #Chatstarter?

#ChatStarters

Here are some ways that you can connect with those around you.

For parents

Supporting our children in difficult times and finding out how they are doing means we often need to find alternative ways to start a chat and to listen.

For young people

Doing things together is a great #ChatStarter, especially when we may not know how to start or what to say.

Here are some #ChatStarter ideas - why not try them out?

Walk & Talk

Walking and talking can break down barriers and help people feel less confronted than chatting face-to-face.

Yarn & Learn

Storytelling can help us understand what people are going through. You might like to yarn with elders or friends about your experiences and how you're feeling. You could yarn with members of your household or virtually with others you trust.



Drive & Debrief

Going for a short drive with someone, or taking them for a drive if they're not up for it, can provide a short-term escape and provide the opportunity for uninterrupted conversation and a place to calm down or clear heads.

Bake & Bond

Keeping our hands busy can help someone feel more comfortable in having conversations about challenges. If your child or friend likes baking, encourage them to choose a recipe to make together.

Relate over Reels

Young people enjoy watching content they relate to - this includes reels and videos on social media. They might share links with you that can help you understand what they're going through that can help guide conversation. Alternatively, you can sit down and watch some videos together which may help conversation flow.

Create & Connect

This is just for fun - what we draw, write, paint, cook, dance, capture and play can help give insights into someone's experiences. Try photography – why not go bush? Go outside to the backyard or the park nearby if possible and spend time taking photos. You don't need a special camera to capture beautiful colours, textures and reflections.

Dance & Download

Dancing is a great way to express yourself. You, your family, elders, friends or anyone in your household might like to pick some songs and dance. If you're in different households, a video call to dance and move is a great alternative to face to face when restrictions are tight.

Stretch & Reflect

Stretching and self-reflecting can spark insight, which can alter the way we see ourselves and those around us.

Celebrate & Share

Celebrate the small things together, a home-cooked meal, a friendly message from a friend, a smile or even a wave from the neighbour, or anything that makes you feel good.

DIY & Decompress

Remember that cool cupboard you wanted to build? Ask your parents or siblings to give you a hand at starting a DIY project to focus your mind on.

Mental Health Support Lines

Where to get help:

- headspace (ages 12-25) call 1800 650 890
- Kids Helpline (ages 5-25) call 1800 551 800
- Lifeline (24/7 crisis support) call 13 11 14
- Beyond Blue (mental health support service) call 1300 224 636
- Butterfly National Helpline (eating disorders) call 1800 334 673
- 1800RESPECT (People impacted by sexual assault, domestic violence, and abuse) call 1800 737 732
- Suicide Call Back Service (all ages) call 1300 659 467
- Mensline (24/7 counselling service for men) call 1300 789 978
- QLife (LGBTI peer support and referral) call 1800 184 527

Crisis Support

Here are contacts to call if you are worried about the immediate safety of yourself or the person you are chatting with.

If life is in immediate danger call 000

If the person you are supporting is in crisis call:

- Lifeline **13 11 14**
- Suicide Call Back Service 1300 659 467

parenting *ideas

INSIGHTS

Body safety and consent



We teach water safety and road safety to the children in our care, but too often 'Body Safety' is left in the 'too-hard basket'.

And yes, it is a difficult topic to discuss but our fear of this topic could be placing our children at risk. Below are 8 Body Safety and Consent Skills you can cover with your child formally and informally as your child grows. They're applicable (in different ways) for children at all ages.

1. Encourage your child to talk about their feelings

From the earliest of years, encourage your child to talk about their **feelings**. This way they will learn from a young age how to express, manage and understand their emotions. Allow time for them to tell you exactly how they are feeling, and listen with empathy and intent. Provide a ready bank of 'feelings' words beyond 'happy' and 'sad'. (see www.e2epublishing.info for free posters on feelings)

2. Talk about feeling 'safe' and 'unsafe'

Children find it hard to distinguish between the two. It is important they understand what it is to feel 'unsafe', so if ever they are feeling this way at any time, they can talk to you or another trusted adult straightaway. Explain that our body is amazing, and when it feels 'unsafe' it always lets us know. For example, we might feel sick in the stomach or our heart might beat really fast. Tell your child that these are called their **Early Warning Signs**. Reiterate that if your child does feel any of their Early Warning Signs, they need to tell a trusted adult straightaway. Draw a body shape with your child and label their Early Warning Signs and discuss.

3. Allocate time for your child to choose 3 to 5 trusted adults

Your child can tell anything to these adults and they would be believed. These people are part of their **Safety Network**. One should not be a family member and all should be easily accessible by your child. For younger children, draw a large outline of a hand and have your child draw a picture of each person on their Safety Network. Add labels and phone numbers. Note: ensure you talk to these adults and let them know your child has chosen them and it is an honour.

4. Explain to your child that everyone has a body boundary

A **body boundary** is an invisible space around their body. No one should come inside their body boundary without them saying it's okay (consent). Your child has the right to say 'No' to kisses and hugs if they want to. They can always give a hi-five or blow a kiss instead. Have your child outline their body boundary.



5. Teach your child to respect another person's body boundary also, and that they need to ask for consent before entering it

That means, for example, if they want to hold another child's hand, they need to ask permission. And if that child says 'No', they need to respect and accept that child's wishes. Explain also that just because a person may say 'Yes' to handholding or a hug, consent can be withdrawn at any time.

6. Have your child practise the empowering 'pirate stance'

The 'pirate stance' is, hands on hips, legs slightly apart, shoulders thrown back and head held high. This is a very empowering stance and should be practised regularly. Once in the stance, your child can also practise saying 'No' or 'Stop! I don't like that!' Both these phrases are useful in bullying situations and also if anyone does try to touch their private parts. If your child can do this at 4 or 5 years old, then there is a good chance they will be able to do this at 13 or 14, and into adulthood.

7. From day one, call your child's genitals by their correct names

Ensure you child knows that their **private parts** (including the mouth) are private. Explain that private means 'just for you'. Tell your child that if anyone touches their private parts, asks them to touch their private parts or shows them pictures of private parts, they need to tell a trusted adult straightaway. They also have the right to say 'No!' or 'Stop' before alerting an adult on their Safety Network. At this point, talk about 'public' and 'private' places, for example, the kitchen is a public space, but the bathroom is a private space. Ensure your child knows the difference. Let them know that it is perfectly okay for them to touch their own private parts in a private place such as their bedroom.

8. Talk about the difference between secrets and surprises

Secrets can be asked to be kept indefinitely, whereas surprises will always be told and are only kept for a short time. Discourage the keeping of secrets in your family. Explain that your family has 'happy surprises' instead of secrets because happy surprises will always be told. Explain that if someone does ask them to keep a secret, they should tell that person that they don't keep secrets. Reinforce that if someone does ask your child to keep a secret that makes them feel unsafe or uncomfortable, they must tell an adult on their Safety Network straightaway!

In closing

In a perfect world, our kids would be safe. Full stop. End of story. But we know it's not a perfect world. We need to have the conversations. We must talk. These ideas will help.



Jayneen Sanders

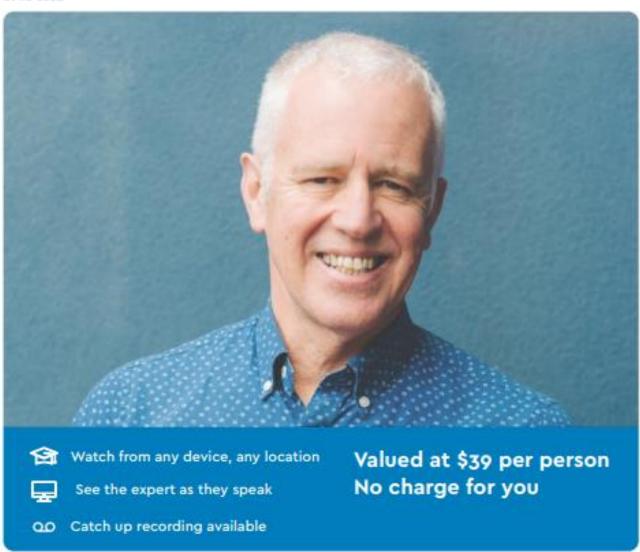
Jayneen Sanders is an author, teacher, mother of three and an advocate for the empowerment of children. Her books on Body Safety, consent, gender equality, emotional and social intelligence and many free resources including 'My Body Safety Rules' poster can be found at www.e2epublishing.info.

Upcoming Webinar for Parents

Michael Grose presents: Changing parenting gears for the teenage years

Michael Grose is one of Australia's leading parenting educators and an award-winning speaker who has been informing and inspiring audiences around Australia and internationally for more than 20 years. He is a bestselling author of 12 books for parents including the best-selling Why First Borns Rule the World and Later-Borns Want to Change It. Michael has had parenting segments on The Project, The Today Show, Weekend Sunrise, 3AW, ABC radio and more. He has contributed to Huff Post, Kidspot and Mamma Mia, and is a former columnist with News Ltd and Fairfax newspapers.

We have a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents and carers in our community can attend this webinar at no cost.



About the webinar



Changing parenting gears for the teenage years

Many parents discover that the approaches they successfully used when their children were young don't stand up during the turbulent teenage years. Well-intentioned advice receives eye rolls and groans. Previous approaches to discipline no longer work, and enjoyable conversations are replaced with conflict, or worse, silence. 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.

Key learning and discussion points include:

- why giving teenagers information to keep them safe doesn't work and what to do instead
- · how to talk to teens about hard topics so that they take ideas on board
- how to support young people when they are experiencing friendship and other challenges
- why mistakes are an essential part of growing up and what parents can do to minimise harm
- . the three stages of adolescence and the parenting approaches that each requires

The webinar will be held on 31 August 2022 at 8-9 PM AEST.

Redeem your webinar - it's easy!

To redeem your webinar click or copy and paste this link:

Click here

- 1. Click 'Add to cart'
- 2. Click 'View cart'
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- 4. Enter our organisation's name to verify your eligibility. The \$39 discount will then be applied.
- 5. Click 'Proceed to checkout'
- Fill in your account details. 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.



Term 3 Dates 2022 - FAMILIES

August

AUGUST Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 Father's Day Stall PJ and Pasta Day Assembly 3pm		
29 WEEK 8 B	30	31		ı		
STAFF CONFERENCE Berry Street: Body School Closure	STAFF CONFERENCE School Closure					
LITERACY/ NUMERACY WEEK MACSSIS 2022 opens until 16 September						

September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			Hats to be	ISS V Glen	Reconciliation	FATHERS DAY
			worn	Katherine B	Commitment	
				(away)	Mass	
			Health & PE			
			Day	Assembly &		
				Fathers Day		
				Celebration		
			_	2.45pm		
5 WEEK 9 A	6	7	8	9	10	11
Year 5/6 overnight			Division	ISS Finals	Diamond	Reconciliation
excursion (Eco			Athletics		Creek Town Fair	Commitment
Camp) - Jacinta,				Assembly 3pm		Mass
Helen M, Duncan,			Parish			
Rachel			Pastoral			

FUNdamentals for Foundation Program begins			Council Meeting			
Parents Association 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		

VILLAGE OSHC NEWS:

Always Learning and Always Evolving

VillageOSHC's valuable and informative monthly publication, 'The Network - Community Hub' is back with another edition.

This will provide you with interesting articles, reviews and ideas for our community.

Please click below to download the August Edition

• The Network - Community Hub August 2022

We sincerely hope you find this resource useful and insightful.





AROUND THE COUNTRY

Homeless Persons Week	1-7
Dental Health Week	1-7
National Aboriginal & Torres Islander Children's Day	4
International Day of the World's Indigenous People	9
International Youth Day	12
World Elephant Day	12
National Science Week	13-21
Keep Australia Beautiful Week	15-21
Book Week	20-26



SACRED HEART PRIMARY SCHOOL Student of the Week

Foundation Melanie Hoe 1/2 NS Anthony Zammit 1/2 PA Marley Lemi 3/4 NJ Luke Dooley 3/4 RM Benji Collins 5/6 MR Miller Burns

5/6 JD Bella-Rose Sparks PΕ

Isla Brooks

LOTE Nathaniel Dovile Class 1/2 PA

Performing Arts Visual Arts Lucy Jones

STEM Charlotte Lewis







Performing Arts this week







Community News



