



SACRED HEART PRIMARY SCHOOL

Newsletter

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

Sacred Heart Primary School, Diamond Creek

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Website: www.shdiamondcreek.catholic.edu.au

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

Newsletter No 10 Term 3

15 September 2022

END OF TERM FRIDAY 16 SEPTEMBER 2.30PM

Dear Sacred Heart families and friends,

It has been a number of years since we have had a complete Term 3 onsite at school and although we are ready for a break, we can look back and be grateful for the term we have all experienced. This term we have seen student voice sessions, school masses, building project progressing, inter school sport, hoop time, aero schools, 100 days of Foundation, Year 5/6 camp, incursions - fire brigade, water watchers, music DJ express yourself, evacuation drill, Minister for Treaty and First Peoples speak with local schools, working bee, chocolate and pie drive, Teeth on Wheels, welcomed new students, district girls AFL, parent information session on building resilience in young people, Maths competition, confirmation sacrament, commitment masses, faith nights and reflection day, science week, book week - parade and fair, athletics carnival, PJ and pasta day, Father's Day - dads and donuts and stall, FUNdamentals for Foundation program, town fair parade, 3/4 netball day, footy day as well as everyday learning. I am sure I have missed so many things and I do apologise, but this is just a snapshot of what we as a community have achieved for the students at Sacred Heart during Term 3.

Gratitude Prayer

Lord,

*Let me wake up every morning and be
thankful for the wonderful life you have
given me.*

Help me to see the good in things.

Help me to be happy with who I am.

*Guide me in the way that I get to show
the world my gifts.*

*I thank you for my health, love, abilities,
friends and family.*

Today I am grateful for

Amen

One of the important skills taught through The Resilience Project is the importance of gratitude. While teaching children to participate in the practice of gratitude can prove to be a bit of a task; the return on investment in their emotional wellbeing is unlimited and long term. Gratitude is a gift to be given to kids, enabling them with the ability to evoke positive emotions in their own lives especially during these challenging times.

We as a school community continue to be grateful for the support that parents and carers have provided for our school community in continuing to support the academic and social and emotional development of our young people.

I would like to thank all members of the community for not only allowing us the privilege of working with your children but also for your support and continuous feedback in ways we can make Sacred Heart the best community possible for the students, staff and families. Have a great holiday and enjoy spending time with your children; they're very special young people!

MACSSIS SURVEY:

Tomorrow is the final day to complete this survey. This feedback is invaluable to our progress as an effective school community and is backed by evidence-based research and best practices. **PLEASE take the time to complete this survey** to help support the school with future direction and affirmation for the positive strengths of Sacred Heart Primary School.

Kind regards,

Jim & Gina



INTERSCHOOL SPORT:

Congratulations to all students who participated in Interschool Sport in Terms 2 and 3. A special mention to both netball teams and both soccer teams who all made it through to the Grand Finals. The final positions for all teams for the season were:

- Netball A 1st
- Netball B 1st
- Softball Boys 4th
- Softball Girls 5th
- Soccer Boys 2nd
- Soccer Girls 2nd

Well done to all students on a great season.



WALKING SCHOOL BUS/WALK TO SCHOOL MONTH:

Sacred Heart Primary is excited to be taking part in VicHealth's Walk to School during the month of October.

Walk to School encourages primary school students to walk to and from school every day in October to highlight the ways walking improves children's health and wellbeing. Walking to school is a great way to help kids achieve the recommended 60 minutes of physical activity each day.

We'll be encouraging families and students to walk to and from school as often as possible during October to help students learn healthy habits for life.

Parents often cite safety issues as one of the primary reasons they are reluctant to allow their children to walk to school. Studies show that fewer children are walking and riding to school, and more children are at risk of becoming overweight. Changing behaviours of children and parents requires creative solutions that are safe and fun. A walking school bus is a group of children walking to school with one or more adults. One adult 'drives' at the front of the bus, while the other adult supervises at the rear.

The benefits extend throughout the community and include:

- o a safe and convenient way for our children to travel to school,
- o improvement in the health and wellbeing of our children through walking and talking,
- o an opportunity for our children to learn road sense and traffic safety,
- o a reduction of traffic congestion around our school,
- o contributing to reducing pollution,
- o opportunities for children and parents to develop friendships and a sense of 'family' in our school community.

For Walk to School Month, two staff members have volunteered to be present each Friday at 8.10 am at Everleigh Drive to depart for Sacred Heart no later than 8.15am and supervise the students walking to school.

The route will be:

- Start at Wadeson Park at Everleigh Drive, proceed along Everleigh Drive to Broad Gully Road, proceed along Broad Gully Road to supervised crossing, proceed along western side of Gipson Street to supervised crossing, and arrive at Sacred Heart.

If you would like to join them you are more than welcome otherwise ensure your child/ren are at the Wadeson Park at 8.15am or they can join us along the way.

DIAMOND CREEK TOWN FAIR:

Thank you to all students and families that were able to support Sacred Heart in the Parade at the Diamond Creek Town Fair. We had 77 students participate in the parade which is an amazing effort considering other groups and sporting commitments on the day. Huge thank you to Megan Ioannidis (Alby - Year 1) and Helen Pendry, Suzie Collins and Allison Garrard for all the extra work contributed to the day.

Our super students proudly handed out a fun school activity pack to children in the crowd as they paraded along Main Street! Take a peek at what was inside!



Thank you to our suppliers and generous sponsor, Ritchies IGA Diamond Creek, for the kind donation of the wonderful books.







Congratulations also to Brenda McMahon who represented the Wattle Glen CFA torch parade as part of the town fair. You can see Brenda carrying the sign.



Congratulations also to our very own Diamond Creek Gift winner, Charlie Rowley. Charlie has won every year since 2017 (excluding the years of COVID). Well done Charlie!



YEAR 3/4 NETBALL TOURNAMENT:

Today our Year 3/4 students have been given the opportunity to represent Sacred Heart in an Inter School Netball Tournament at the Diamond Creek Netball Courts. This is a tournament for Years 3/4 children only and consists of a girls' section, a boys' section and a mixed section. Well done to all those students involved.

FOOTY DAY:

Looking forward to Footy Fun Day on Friday. Students can come to school dressed in their footy colours. At 9:10 am we will have our footy parade in the courtyard. Following the parade and presentation will have Parade College students running footy clinics for all our students. We also have many other activities organised and each student will receive a mini football, thank you to Michelle Berriman for organising this. There is also a special lunch order on this day and a gold coin donation.



**Footy
Colours
Day**

Friday 16th September 2022

Last day of Term 3

Wear your favourite guernsey, colours or ribbons.

- Parade at 9.10 am
- Parade College to run a circuit of activities on the oval at 9.30am
- Special Lunch Order
- Bring a Gold Coin to help kids with cancer keep up with school



CONGRATULATIONS:

Families:

Congratulations to the Zagami family (Sebastian Year 2) on the safe arrival of their daughter and sister 'Ameerah Eden Zagami '.



Past Students:

Congratulations to past students Evey and Alexandra on being appointed leadership positions at Catholic Ladies College for 2023.

Evey Hunter - College Co-Captain 2023

Alexandra Hardy - Mission Captain 2023

Well done, we are very proud!



Current Students:

Congratulations to Alfie Rowley, Charlie Rowley and Grace O'Keefe for competing in the Division Athletics last week. Good luck and congratulations to Alfie Rowley who placed 2nd in the 200 metres and is now off to Regionals at the beginning of Term 4.



DISMISSAL:

A reminder to all families that Term 3 finishes on Friday 16 September at 2.30pm.

CADBURY CHOCOLATE FUNDRAISER:



The Parents Association would like to wrap up this fundraiser before the end of Term.

Please ensure your payment of \$60.00 is made via CDF or cash returned to the office in the fundraiser envelope ASAP. We really appreciate everyone's effort in selling these chocolates and supporting our fundraising efforts.

KISS N DROP ZONE:

Please ensure that when using the Kiss N Drop Zone in the morning, that you drive slowly and patiently through the zone. Overtaking is strictly not permitted due to the safety concerns of children crossing the area. Thank you for your cooperation.



LOST PROPERTY:

We have had several enquiries from both parents and students in regards to lost items of school clothing – especially the sports polar fleece jacket. Please check all items of your child/rens school clothing to ensure they are clearly labelled and belong to your child. Please return found items to the office.

PRODUCTION NEWS:

Tickets for Sacred Heart's Production of The End will be available for purchase from Trybooking from 9 am Friday 16th September. Please click on this link to order your tickets: <https://www.trybooking.com/BXVIC>

Tickets on Sale
Tomorrow
9 am

Click here to
purchase
your tickets!

The
End

Sacred Heart Primary
presents...

The End

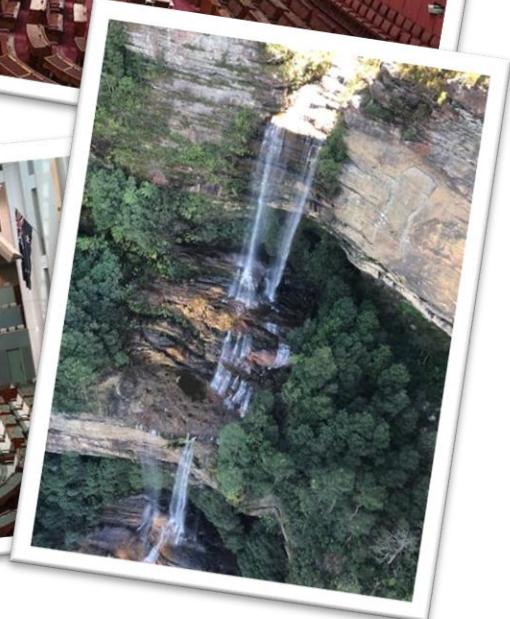
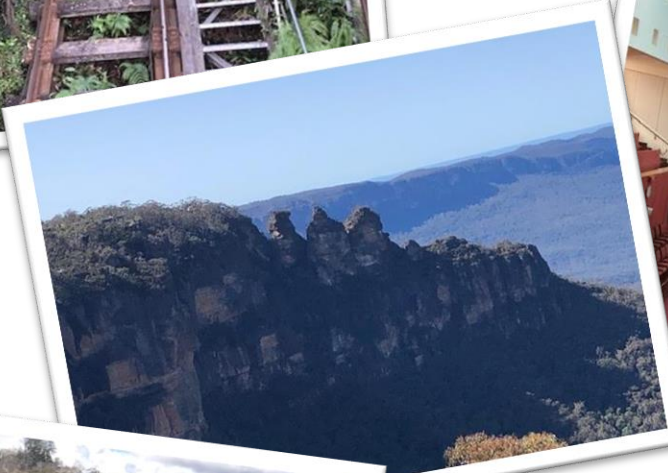
Thursday 20th October, 2022

Matinee 12:30pm
Evening 7:00pm

Empower 365
360 Main Road, Lower Plenty

Tickets- <https://www.trybooking.com/BXVIC>

JIM'S HOLIDAY SNAPS:



Canberra & Blue Mountains





INSIGHTS

What to do when life feels overwhelming



A friendly reminder: it's perfectly OK if you're finding things tough right now.

Being a parent is awesome. It's also exhilarating, frustrating, hilarious, exhausting, sun-drenched, rain-soaked, love-soaked, and overwhelming.

All the emotions. The full spectrum of them!

If you're having a hard time at the moment, I'm sending you a very large coffee and an uninterrupted night of sleep (preferably not at the same time).

I also have some tips for getting through a tough time in general.

I hope they help!

Firstly, try to accept it

Your experience in life right now might be better than someone else's ... or it might be worse. But, however you want to spin it, a tough time is a tough time. Accept it.

There's no need to temper it with an "at least ..."

Say to yourself "Yep, this sucks".

It's amazing what happens when we drop the facade that "Everything's OK".

Secondly, try to practice some mindfulness

About a year ago, my son Hakavai was gifted a secondhand box of Lego from a friend of a friend. And, he frothed on it. Every morning, for like a solid month (a decade in toddler time), he was playing with his Lego. Initially, I found it annoying.

Have you ever stepped, barefoot, on tiny little Lego pieces at 6 am, before coffee? Have you ever tried to vacuum around little Lego pieces?

(Don't kid me, you minx. You sucked 'em straight up into the vacuum, just like I did, didn't you?!).

But the Lego fascination seemed to be a lasting one, so one morning I sat down with him and tried to build something. But I couldn't, cos none of the sets were complete. And also, he didn't really want me to play with "his" Lego pieces either.

Which suited me fine, cos the next day I drove down to the shops and purchased a shiny new box of Lego. The police station set, not anything cool like the Star Wars ones (that stuff is expensive!!).

parenting*ideas

And that night, the very minute Hakavai fell asleep, I busted out my new Lego. A glass of wine at the ready, I relaxed into a world of tiny, intricate construction.

There was something soothing about following someone else's instructions and building the pieces block by block. I got to zone out, unwind, and temporarily forget my responsibilities.

That night, I slept not like a baby (they wake up a lot), but like a tiny, plastic policeman – flat on my back, in the same position I dropped down in.

Being mindful doesn't have to involve crystals and chanting and yoga pants. It's really about relaxing into the present moment. And when life is feeling all a bit too much, a little present moment time can feel really good.

Thirdly, ask yourself "What would make today feel just a little bit better?"

And whatever the answer is: making apple crumble, talking to a friend, putting on a comforting TV show, reading your favourite book, playing Monopoly with the kids ... go and do it. Make it happen.

Note: you're not asking "What do I have to get done today?". You're asking yourself "What would make my day feel just a little bit brighter?" (You'll be surprised how doing something hard makes you happy... like you've achieved something.)

This is something I started doing in my first year of being a Mum.

Those first few months were a blur and, with this tiny baby in my arms, my capacity for "doing things" was reduced. I had to drop my expectations for what I could realistically achieve in one day, especially in the first few months.

But on the days I prioritised doing something that made me feel good – even if it was just for 5 minutes – I felt clearer. More like myself again. Life felt like less of a blur.

So, this is your permission to drop the laundry, eat toast for dinner, and go and take a few minutes for yourself.

Heck, maybe you'll spend that time playing Lego!

I'll be with you, in spirit. At my own kitchen table, building a police station extension.

In closing

Lastly, my friend, please know that being human means experiencing a full spectrum of emotion.

It's OK if you feel tired, overwhelmed, sad or angry.

Be kind to yourself and take a moment to appreciate all that you are and all that you do.

With love,
Turia x



Turia Pitt

Turia Pitt is living proof that anything is possible. One of Australia's most admired and recognised people, Turia is a four-time bestselling author, two-time Ironman and a Mum of two boys. She spends her days teaching Mums to make time for themselves and learn how to run in her program [Run with Turia](#), exploring what we learn from hard times in her podcast Turia Pitt is Hard Work, and running around after her two boys.



SACRED HEART PRIMARY SCHOOL

Important Dates

Term 4 Dates - FAMILIES - 2022

October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 WEEK 1 A	4	5	6	7	8	9
TERM 4 COMMENCES WORLD MISSION MONTH WALK TO SCHOOL MONTH		Start of Term Mass 9.15am FUNdamentals for Foundation Program		Walk to school bus Assembly 3pm SH Disco 4.30 - 7.00pm		
10 WEEK 2 B	11	12	13	14	15	16
		FUNdamentals for Foundation Program	Free Dress Day for Winning House Reconciliation Faith Night PPC Meeting	ISS v Walk to School Bus Assembly 3pm		
17 WEEK 3 A	18	19	20	21	22	23
		FUNdamentals for Foundation Program	School Production	ISS v Walk to school bus Assembly 3pm		
24 WEEK 4 B	25	26	27	28	29	30
		International Grandparents Day - Mass & Plate Activity 2023 Foundation Information Evening 7pm		Walk to school bus ISS Assembly 3pm Teachers Day		
31 WEEK 5 A						
Report Writing Day School Closure						

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	Melbourne Cup Public Holiday	Swimming Lessons 9.15-10.00 F 10-10.45 1/2 10.45-11.30 3/4 11.30-12.15 5/6		ISS v Assembly 3pm		
7 WEEK 6 B	8	9	10	11	12	13
Parents Association 7.30pm	Special Lunch Order Sacrament of Reconciliation	Swimming Lessons	PPC Meeting	ISS v Remembrance Day Assembly 3pm		
14 WEEK 7 A	15	16	17	18	19	20
	Foundation 2023 Orientation Session 1 2.00-3.15pm	Swimming Lessons		ISS v Assembly 3pm		

	Uniform Shop open 3.15pm - 4.00pm					
	SAC 7.30pm					
21 WEEK 8 B	22	23	24	25	26	27
SCHOOL CLOSURE – Berry Street: Relationships		Swimming Lessons Foundation 2023 Orientation Session 2 – 2pm – 3.15pm	The Big Sister Experience - Transition Year 5/6 all day Parent Session 6.30-7.45pm	ISS v Assembly 3pm		First Sunday of Advent
28 WEEK 9 A	29	30				
Year 1-6 transition		Open Water Learning Experience (OWLE) 10am - 2.30pm Sandridge Beach Year 5/6 Swimming Lessons				

December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			Foundation 2023 Orientation Session 3 2- 3.15pm Uniform Shop open 1.20pm - 2.00pm Foundation Celebration 6.15pm	ISS v Assembly 3pm	St Peters 50th anniversary 5pm mass	Second Sunday of Advent
5 WEEK 10 B	6	7	8	9	10	11
Parents Association AGM 7.30pm	Parent Helper Morning Tea 11am SAC 7.30pm	Swimming Lessons Foundation 2023 Orientation Session 4 2.00pm – 3.15pm Uniform Shop Open 3.15-4.00pm Year 6 Graduation Mass and Supper 6pm	CHRISTMAS CAROLS 6pm Free Dress for winning house points Term 4 PPC Meeting	Specialist classes finish Change over day 2023 (Year 1-6 transition) 11.40am – 1.30pm Assembly 3pm Reports go home		Third Sunday of Advent
12 WEEK 11 A	13	14	15	16	17	18
Awards Ceremony & Final Assembly 2.20pm	Special Lunch TBC Year 6-7 Transition for some schools		End of Year Celebrations	End of Year Mass 12pm & Leaving ceremony Students dismissed at 1.30pm		
19 WEEK 12	20					
Staff last day and lunch	Staff Professional Planning Day (off campus)					



SACRED HEART PRIMARY SCHOOL

Student of the Week

Week 8 Students of the Week



Foundation @ The Diamond Creek Town Fair

I went to the Fair. I had ice-cream.



James

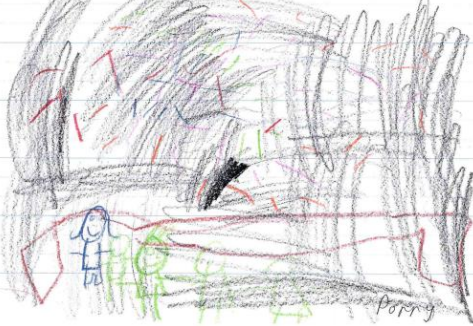
On the best weekend I saw the fireworks.

I had fun.

It was the best

I loved it!

I went on the ^{rides} Tico



porry

I saw the parade. I went on a ride.



Iris

I went to the town-fair.

I went on the go-gator.



Melanie

12/9/22

on the weekend I

went to the Diamond Creek fair.

I went on

the ^{dodgem} dodging cars.

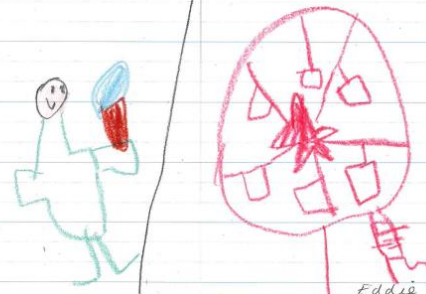
fireworks



Harley

on the weekend

I went to the parade. I went on the ferris wheel. I had a gelato.



Eddie



SACRED HEART PRIMARY SCHOOL

Community News

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Victoria 8002

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Victoria 3002 Australia
Telephone +61 3 9267 0228
secretary@cecv.catholic.edu.au
www.cecv.catholic.edu.au



5 September 2022

Dear parents and carers

The Catholic Education Commission of Victoria (CECV) appreciates your continued support for your child's learning during the last two years and we thank you for your patience as we have navigated new ways of teaching and learning.

We write to you today to outline our plan to meet growth in student numbers in the Catholic sector and its benefits to you and your family.

As the approved authority for Catholic education in Victoria, your child's education is of the utmost importance to us.

At CECV, we proudly represent 500 schools including yours and support 32,000 teachers and support staff who provide high quality education to more than 211,000 students across the State – and we continue to grow.

As a result, we have developed a plan for the Catholic education sector that will ensure our schools can keep up with growing demand into the future and our students have access to school infrastructure, which meets all the needs of a modern and evolving curriculum.

Our plan for the upcoming Victorian State Election

Catholic families already pay their fair share and shouldn't be expected to pay more.

That's why in the lead up to the State election in November, we will continue to put forward our case to the major political parties and seek a significant commitment towards capital funding of \$150-200 million per annum over four years.

This funding will go towards building new schools in growing communities and updating and maintaining our existing and ageing school buildings.

All our students deserve to learn in fit-for-purpose school buildings and grounds that support their learning and personal development.

We will also be seeking a commitment to increase recurrent and capital kindergarten funding to give every child the best start in life and ease the financial pressure on families that choose a Catholic kindergarten for their child.

Catholic students deserve equal access to Victorian Government health and transport programs, and we will be seeking additional commitments in these areas. Fair access for Catholic students to the already established Smile Squad dental program will lead to better and more equal dental health outcomes.

Extending the Victorian Government's School Bus Program in regional and rural areas will give Catholic students equal rights to use the bus to travel to school and end situations where one child from a family can use the school bus, but their sibling is denied that right.

We also want to see the targeted funding for teacher recruitment expanded to include Catholic schools in regional, rural and hard to staff areas, so that students in those areas can continue to receive a high-quality Catholic education.

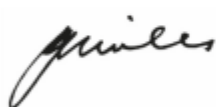
The full list of the commitments we are seeking from the major parties is on our website at <https://faircatholicfunding.com/>

How you can help

We know you understand the value that choice in education provides families like yours and we ask that you visit our website and sign up to lend your support and keep updated as our plan progresses.

We thank you for your support and together, we will ensure our plan and its benefits can be achieved.

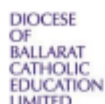
On behalf of,



Jim Miles
Executive Director
Melbourne Archdiocese
Catholic Schools



Tom Sexton
Executive Director
Catholic Education
Ballarat



Paul Desmond
Executive Director
Catholic Education
Sandhurst



Maria Kirkwood
Director
Catholic Education
Diocese of Sale



Sacred Heart School

Celebrating 60 years

SCHOOL 60TH ANNIVERSARY PROJECT.

The 60th Anniversary project for Sacred Heart will now focus on attempting to collect as many class photographs as possible from our 60 years of operation. We will de-identify them so that people's privacy is respected and also to engender a lot of reminiscing and guessing of who was in what year.

Early in term 4 we will set aside a day for us to collect as many class or sporting team photographs and see how many years we can cover in our 6- year history. All photographs will be photocopied and returned to you as soon as possible.

Watch this space.



Sacred Heart Parish

DIAMOND CREEK

www.pol.org.au/diamondcreek



**SEEKING
STALL
HOLDERS!**

COMMUNITY EVENT

SACRED HEART PARISH
CRAFT MARKET

**Calling all
Market Stall
Holders!**



Are you a
Crafter, Grower,
Maker?

We're seeking stallholders to join the wonderful Sacred Heart community at our **INDOOR CRAFT MARKET!**

We're calling for home or handmade:

- * Crafts, Homewares
- * Children's Goods
- * Candles, Soaps
- * Flowers, Arrangements
- * Jams, Pickles, Preserves
- * Cleaning Products
- * Books
- * Plants

> \$35 per stall, trestle table supplied

> Maximum 20 stalls, no two stalls alike!

For information and to register, email:
clairealedda@gmail.com



DATE

Sunday 23 October 2022

TIME

10am-2pm

VENUE

Sacred Heart Parish Hall
25 Gipson Street
Diamond Creek

KIDS

DRAMA CLASS

MONDAYS 17 OCT - 5 DEC 3:45PM - 4:30PM \$66
FREE TRIAL CLASS MONDAY 3 OCTOBER
 119 COWIN ST, DIAMOND CREEK
 Enrol online www.livinglearningnillumbik.vic.gov.au or call 9433 3744

Nillumbik
LIVING & LEARNING
NILLUMBİK

Draft Neighbourhood Character Strategy

Provide your feedback on the first draft of a new Neighbourhood Character Strategy developed for Nillumbik.

nillumbik.vic.gov.au

Nillumbik
The Green Wedge Shire

Neighbourhood character is what visually differentiates one neighbourhood from another, and is the measure of local identity.

Council has developed a first draft of a new Neighbourhood Character Strategy to better identify and suitably protect neighbourhood character in the Shire's residential areas, including the rural townships.

Visit participate.nillumbik.vic.gov.au/neighbourhood-character-strategy or scan the QR code to:

- Learn more and read the draft Strategy.
- Register for one of our face-to-face or online engagement sessions.
- View the proposed character areas for a street or property and provide feedback.

Provide your feedback

There are several ways you can provide your feedback:

- Join us at any of the engagement sessions on offer.
- Complete a short feedback form, or make a submission.

Feedback closes **11.59pm on Monday 10 October.**

If you have any questions please email strategic.planning@nillumbik.vic.gov.au or call Council's Strategic Planning team on **9433 3111**.

