



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

Newsletter No 9 Term 3

8 September 2022

**Grand Parade – Diamond Creek Town Fair this Saturday  
Meet at 9.30 am on netball courts  
Let's make this our biggest and best parade yet!**

Dear Sacred Heart families and friends,

It has been one week without our trusty leader, Jim, and we are still surviving. For those who missed the news, Jim has taken two weeks leave to travel through Victoria and NSW with his wife, Karen, and friends. They have had many adventures already with many more ahead of them. We wish them a great break. Below are some great photos of the trip so far from Bright and Corryong.





### **MACSSIS SURVEY:**

In 2022, students, families and staff have been invited to participate in MACSSIS via a secure and purpose-built online platform. The survey will take place online from Monday 29th August to Friday 16th September 2022. 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. If you are having difficulty finding your email with login details, please contact the office.

Kind regards

Jim & Gina



### **SACRAMENT OF RECONCILIATION - MASS OF COMMITMENT - REMINDER:**

A reminder that parents and children are required to attend Mass this **Sunday 11th September - Sacred Heart Church Diamond Creek at 9.00am**

Both parent/s and child/ren will make a commitment and the children will receive their workbook.

### **CHILDREN'S LITURGY OF THE WORD IS RETURNING TO SUNDAY MASS:**

The COVID pandemic has meant that the Parish's initiatives for Children during Mass ceased but now Children's Liturgy will be returning to the 9am Mass at Sacred Heart church on the second and fourth Sundays commencing on Sunday 11th September.

Consider bringing your children along to learn more about the Lord Jesus as the Gospel reading is proclaimed in a child friendly environment which follows safeguarding procedures. Once a year a parent or caregiver is asked to complete a Permission to Participate form, a Safeguarding recommendation. Copies are available at the back of the church or in the school office.

Want to know more?

Sometimes..., if the place itself and the nature of the community permit, it will be appropriate to celebrate the liturgy of the word, including a homily, with the children in a separate, but not too distant room. Then, before the eucharistic liturgy begins, the children are led to the place where the adults have meanwhile celebrated their own liturgy of the word (DMC #17).

How?

The Parish will use the 'Praying with Children' resource when celebrating Children's Liturgy of the Word in the Parish Centre. Each week, the resource offers the Gospel passage from the Children's Lectionary as well as music for gathering, a sung psalm and gospel acclamation. A short video is available to assist the children's understanding of the gospel's message. When children are preparing for the Sacraments, Reconciliation or Confirmation or Eucharist, a Prayer Leader may prefer to offer a short reflection to break open the gospel instead of the video and include a Prayer of Faithful. Next week, children attending the Commitment Sunday for the Sacrament of Reconciliation are warmly welcome at Children's Liturgy of the Word.

When?

Children's Liturgy of the Word will be held fortnightly during Sunday Mass but a link to the resource 'Praying With Children' is available to all families via the Parish newsletter posted each Thursday. To access this, you are invited to send your email address to the Parish Office at [DiamondCreek@cam.org.au](mailto:DiamondCreek@cam.org.au)

Children Always Looking for Something to do?

The resource offers further child-friendly activities for families' to use during the coming week. Plus a one sentence prayer to pray together at the end of the day or whenever the family gathers.

Feeling You Would Like to be Involved too?

Welcome! Contact [Margaret.Sapsford@cam.org.au](mailto:Margaret.Sapsford@cam.org.au) to begin the process.



SACRED HEART PRIMARY SCHOOL

*General News*

**R U OK?DAY:**



It's our national day of action when we remind Australians that every day is the day to ask, 'are you OK?' and start a meaningful conversation whenever they spot the signs that someone they care about might be struggling with life.

Our research has found four in ten Australians feel asking someone "are you OK?" is a conversation better had with an expert. However, R U OK? want you to know you don't need qualifications to have an R U OK? conversation. The work of health professionals is vital, and their value cannot be underestimated; however we can all play a role in supporting the people in our world. You don't need to be an expert to have an R U OK? conversation. Listening and giving someone your time might be just what they need to help them through.

### **DIAMOND CREEK TOWN FAIR:**

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 Catholic 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 and all other accessories will be supplied. 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.

### **AEROSCHOOLS:**

Next week Isla Brooks and Zara Campbell are competing in the Aeroschools National competition in Queensland. We wish them the best of luck.

### **YEAR 3/4 NETBALL TOURNAMENT:**

Next Thursday, 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.

### **FOOTY DAY:**

Looking forward to Footy Fun Day next 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 we 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



Fight Cancer  
Foundation™  
*Giving hope.  
Saving lives.*

Please ensure your Footy Day Lunch orders are returned **by tomorrow**.

### **CONGRATULATIONS:**

Well done Shae P on receiving a sports award for your super stretched intercepts at Netball last week.

### **LOST:**

Very Important Sloth – as pictured. If found, please return to Alannah or Harley in Foundation.



### **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.

### **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>



SACRED HEART PRIMARY SCHOOL

Wellbeing

### **THE 5 KEY AREAS OF CHILD DEVELOPMENT:**

As children grow and develop, what are the 5 most important things we can do to support the whole child and set them up for a future of happiness and success.

This infographic will help you to understand the fundamental areas of child development, but also assist you with strategies in which you can optimise the opportunity to develop your children in these five key areas. Whilst school success may generally be orientated around the academic achievements of children, we must acknowledge these 5 key areas if we wish to develop the whole child and prepare our children for a future they are yet to understand.

# THE 5 KEY AREAS OF CHILD DEVELOPMENT

*As children grow and develop, what are the 5 most important things we can do to support the whole child and set them up for a future of happiness and success?*

## COGNITIVE DEVELOPMENT

Positive parenting increases children's cognitive, social and problem-solving abilities as they grow up. Choosing your language carefully is crucial when asking questions or responding to incidents or emotions.



## PHYSICAL DEVELOPMENT

Parental guidance and modelled behaviour can instil in children a healthy exercise routine and eating regime to achieve optimal physical development and a generally healthier outlook.



## SOCIO-CULTURAL DEVELOPMENT

The child learns how to interact with others by working toward a common goal, and developing team spirit. Set a family task together and work towards achieving it.



## MENTAL DEVELOPMENT

Parenting methods assist the child with learning innovatively, embracing setbacks and overcoming them. Talking about feelings regularly and having weekly mood check-in opportunities build a sense of trust.



## SPIRITUAL DEVELOPMENT

Teaching your children to be more accepting and to believe the greater good can help them find meaning in their lives. Listen to their dreams and validate them. We want them to be connected to everything.



[www.upschool.co](http://www.upschool.co)

**UPSCHOOL - A COMMUNITY RESOURCE BY SACRED HEART PRIMARY SCHOOL - AVAILABLE ON OUR SCHOOL WEBSITE:**

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 on our website 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.*

*UpSchool can be found on the Sacred Heart School website*

## parenting \* ideas

### INSIGHTS

## Is play time dead?



For anyone driving around their neighbourhoods after school or during the holidays, it might seem as though playtime has vanished from our children's lives. Many parents and grandparents nostalgically recall games of cricket on the street with all the neighbourhood kids or fighting for space on the monkey bars on the local playground. But now the playgrounds regularly stand mostly empty, the streets devoid of children. We have clearly moved past the golden age of outdoor play of the 1960s. But is play time dead?

Maybe not.

Data shows that many parents no longer feel comfortable letting their kids play outside unsupervised, but this doesn't mean that children aren't playing at all. It's just that play has undergone a shift.

Humans are naturally drawn to play. It's a vital part of our human experience. Play time begins at birth when babies play with their hands and feet and discover how their bodies work. From there they move through solitary play at 2 years, and then begin playing with other children at around 4 years old. Much play in the early years is not about bonding. In fact, it often occurs with limited interaction – and it's known as parallel play. As children grow older, play may look less like a game of superheroes, and more like playing board games or video games. It may look like trying out new tricks on a skateboard, strumming a guitar, or experimenting with new painting techniques. Even as adults, we may say that we're "playing around with the data", or "toying with an idea". Play is simply defined as any activity that is intrinsically motivated and done for enjoyment. Many things fall under the umbrella of play.

So maybe play time isn't dead. But the kinds of play that we associate with childhood are in decline.

While it is hard to quantify how much play has declined over the last few decades, 85% of mothers agree with the statement that their children play outside less than they themselves did as children. And in the 15 years leading up to 1997, the time children spent playing decreased by 25%. While we don't know how much it has decreased since then, we do know that opportunities for play are shrinking.

Many kids go to school for 6 hours a day, then spend their afternoons and evenings bouncing around various highly structured (and often expensive) extra-curricular activities. While we may enrol our children in these activities with the best of intentions, they are being told what to do and how to do it for large parts of each and every day. They're missing out on engaging in *intrinsically motivated* activities that are done *just for enjoyment*. Even if they enjoy these activities, competition and excellence often supplant connection and mastery as the reason for the activity.

### Why does this matter?

Over the same period that opportunities for free play have declined, we've seen a corresponding increase in childhood and adolescent psychopathology. Children today are more anxious, more depressed, and more narcissistic than they were 50 years ago.

While we can't say conclusively that decreased play has caused this increase in mental health challenges in our children, we do know that play time encourages children to develop their interests, practice making decisions and solving problems, learn to regulate their emotions, assess and respond to risk, develop socially, and most importantly, facilitates access to joy. All of which contribute to good mental health and wellbeing.

So how can we encourage our kids to play more? Here are three goals for what you can aim for:

#### 1. Have one moment of roughhousing/physical play each day

Roughhousing not only helps kids to be physically active (and builds strength), it also encourages emotional intelligence, boosts confidence, and teaches boundaries. For pre-schoolers, you might play a game of airplane and fly them around the room. With your school-aged kids, you might engage them in a game of wrestling (make sure you lose spectacularly, your kids will think it's hilarious!). And with your teens you could challenge them to a game of touch rugby. The idea is to get the heart rate up and get them laughing.

#### 2. Allow at least 45 minutes of uninterrupted free play each day

You might have noticed that when your kids enter a new space, they are often quietly exploring at the start, and then arguments start to break out. Ignore your instinct to intervene. If you allow them to argue, just for a bit, you'll notice that they're trying to define the rules for play. Soon enough they'll be happily playing together and will have learnt about cooperation and compromise along the way. To enable these 45 minutes of free play, leave out some open-ended toys for your pre-schooler to find, re-think enrolling your school kid in an afternoon activity to give them more free time in the afternoon so they can ride to a friend's place or the skate park, and encourage your teen to have at least one homework free night a week so they can hang out with *real people*.

#### 3. Spend two hours outside daily

While this may seem like a huge challenge, over 80% of teens and 60% of kids exceed the screen time recommendation of two hours per day. If we could replace that time (or at least some of it) with outdoor time, they will be reaping huge intellectual, social, physical, and emotional benefits. Nature is fuel for the soul, and it provides a platform for relationship building and physical activity.

### In closing

While these goals may seem lofty and unattainable, remember that *"If you're trying and failing, you're still getting one step closer to success than if you're doing nothing."* (Jeanette Coron). Any play time is better than none at all.



[Click here to view a quick tip video by Dr Justin Coulson related to this insights article](#)





# SACRED HEART PRIMARY SCHOOL

## Important Dates

### Term 3 Dates 2022 - FAMILIES

#### September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 WEEK 9 A	6	7	8	9	10	11
				ISS Finals (Netball & Soccer)  Assembly 3pm	Diamond Creek Town Fair	Reconciliation Commitment Mass
12 WEEK 10 B	13	14	15	16	17	18
	SAC 7.30pm	FUNdamentals for Foundation Program	3/4 Netball Tournament	Footy Day  Special Lunch order  MACSSIS Closes  TERM 3 FINISHES 2.30pm		

Save the day from boredom with super fun activities, nutritious snacks, and chances to make new friendships! Book ahead for Term 4!

LOST



# SACRED HEART PRIMARY SCHOOL

## *Student of the Week*

Foundation	Isla Wigmore
1/2 NS	Sebastian Zagami
1/2 PA	Alfie Parisi
3/4 NJ	Ivan Nemyrovski
3/4 RM	Nicholas Dovile
5/6 MR	Jacoby Turner
5/6 JD	Lachlan Audley
LOTE	Patrick O'Neill
Performing Arts	Marcus Mennilli & Patrick O'Neill
STEM	Alfie Harte
Visual Arts	Jack Nicholson



Week 8 Students of the Week

## Environmental Science

Environmental Science this term has been very exciting!

Year 5/6 has been focusing on learning about different biomes. By understanding how different environments work, students have been able to make connections between the importance of native plants and animals and the role they play in preserving the environment.

Year 3/4 has been doing extensive research on animals. Students first learnt about the different groups of vertebrates: mammals, amphibians, fish, birds, and reptiles. They then completed a research project on their chosen native Australian animal. Students have gained an understanding of why native animals are important for our ecosystem. Students are now learning about Australian plants and will begin designing our new garden very soon!



## Indonesian

Musim panas, musim gugur, musim dingin....musim semi! Our students learnt about the weather and seasons in Indonesian and finished off this Term with amazing four seasons craft!

Bulan September musim semi, saya suka musim semi!



# NARMBOOL CAMP - 2022

Narmbool was a 2,000-hectare property with native and introduced flora and fauna, paddocks, sheep, creeks, bushland, grasslands. Narmbool, near Elaine encompasses a number of significant ecosystems including pastures and grazing land, native bush and a variety of waterways.

The fresh air and night sky was amazing, the sun even came out!





# SACRED HEART PRIMARY SCHOOL

## Community News



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.

DAVID WILDSMITHS TENNIS COACHING

**HOLIDAY CLINICS  
@ UC TENNIS CLUB**

#### WHATS ON?

Fun tennis for all ages and abilities. A great way to make new friends and an awesome introduction to tennis with the help of experienced coaches.

#### WHEN AND WHERE?

Day 1: Thursday 22<sup>nd</sup> September 9:30-12:30PM

Day 2: Tuesday 27<sup>th</sup> September 9.30am-12:00pm (Red, orange, Green and Yellow ball tournament)

Day 3: September 29<sup>th</sup> July 9:30-12:30PM

All clinics will be @ UC tennis club, located on Challenger St, Diamond Creek

#### HOW MUCH?

1 Day: \$40 Per Student

2 Days: \$70 Per Student

3 Days: \$100 Per Student

#### HOW TO ENTER?

Message Jarryd Wildsmith on 0452581804

- The name/s and contact info of the participants
- Age
- Which Day/ Days

**LIMITED SPOTS AVAILABLE!!!!**

BRING A FRIEND WHO CURRENTLY DOESN'T HAVE LESSONS WITH US AND YOU'LL RECEIVE AN ADDITIONAL \$5 OFF



## SNAPSHOT @ PARADE COLLEGE

Snapshot @ Parade provides exciting activities for Grade 4, 5, and 6 students from our Parish Primary Schools. Girls and boys are welcome. Meet Parade College teachers and experience our wonderful facilities!

Snapshot is taking place from 4-5pm on October 12, 19, and 26 at the Bundoora Campus with refreshments provided for participating students.

Participants are required to organise their own transport to, and from, Parade College.



**Bounce- October 12**  
Students will participate in a football clinic facilitated by the Coach and some of the Parade College First XVIII.



**Doing Things Differently- October 19**  
Explore different ways of doing things with game based cultural adventures. Help your team win the chopstick races. Use some basic Japanese Characters and get your message across without using English!



**Tradie for a Day- October 26**  
Experience the world of construction. From electrics to carpentry, students will be immersed in all things trade related.

**Register Now: Applications close 7 October 2022**

For information, please contact:  
Matt Simpson  
Convenor, Gifted and Talented Programs  
9468 3300  
matt.simpson@parade.vic.edu.au

**Come and experience a "snapshot" of Parade College!**



**More Than Football**

**AFTER SCHOOL PROGRAM**

**Free Trial**

GOALS

FOOTBALL STAR ACADEMY

CREATING A MOVEMENT OF CHANGE FOR TOMORROW'S CROSSCOUNTRY LEADERS

SSAF

To Redeem Free Trial

SCAN QR CODE



**LOCATION:** Sacred Heart Primary School - Diamond Creek  
**TIME:** TUESDAY 3-4:55PM  
**HEAD COACH NAME:** Michael  
**EMAIL:** vic34.football@sportstaracademy.com  
**PHONE:** 0406 805 074

SSAF More Than Sport



FOOTBALL STAR ACADEMY

1300 372 300

SPORTSTARACADEMY.COM



**Research**  
 EST. 1900  
 LOWER PLENTY BASEBALL CLUB

**"COME AND TRY"  
 JUNIOR BASEBALL**

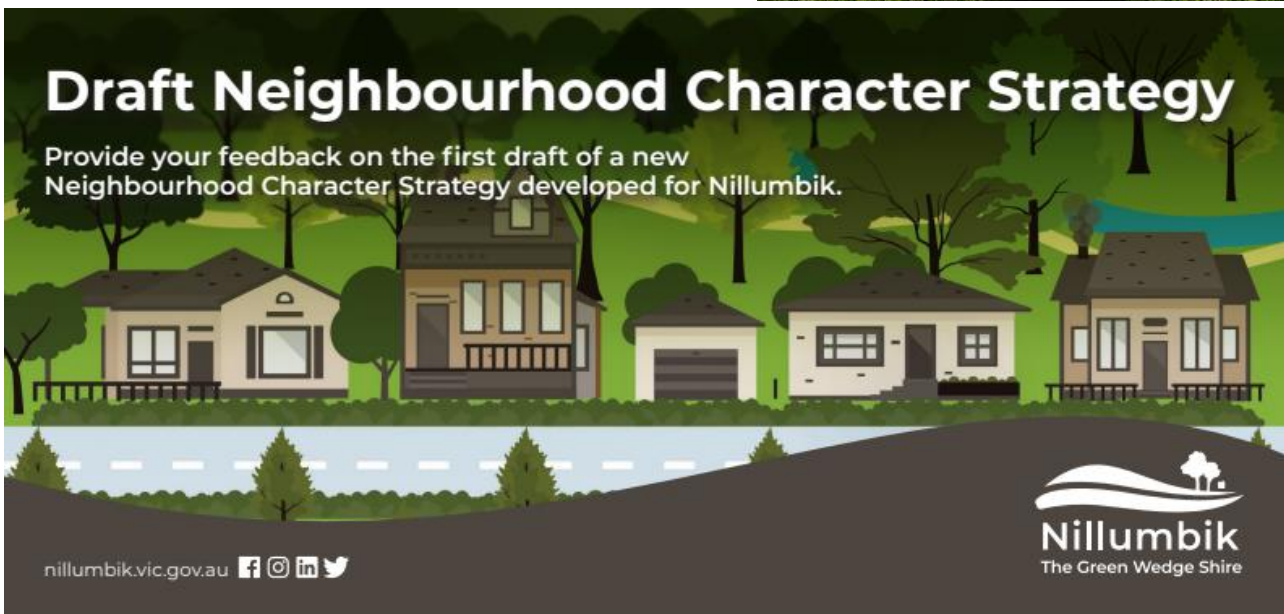
**WEDNESDAY 7TH SEPTEMBER &  
 WEDNESDAY 14TH SEPTEMBER**  
 5:30 - 7PM  
**GLENAUBURN PARK, LOWER PLENTY**





AGES 5-17 YEARS  
 ALL GENDERS AND ABILITIES  
 +COMPLIMENTARY SAUSAGE SIZZLE



# 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](http://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](mailto:strategic.planning@nillumbik.vic.gov.au) or call Council's Strategic Planning team on **9433 3111**.



**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](http://www.livinglearningnillumbik.vic.gov.au) or call 9433 3744



As part of Victoria's Big Build, the second stage of the Hurstbridge Line Duplication will deliver further improvements, including more train services, less crowding on peak trains and better connections to public transport in Melbourne's north east.

### **Buses replace trains**

Buses replace trains on the Hurstbridge Line between Macleod and Hurstbridge **from 8.30pm Tuesday 6 September to last service Monday 19 September**, while project works take place. For more information, visit [ptv.vic.gov.au](http://ptv.vic.gov.au) or call **1800 800 007**.

### **Pedestrian crossing changes and Greensborough Station closed**

To enable project works to take place pedestrian crossings will close at Greensborough, Montmorency and Diamond Creek stations. There will be changes to how you move around the Greensborough, Montmorency and Diamond Creek areas, including pedestrian rail crossing closures, to ensure the safety of the community and workers.

For further details on these impacts visit [ptv.vic.gov.au/hurstbridgedisruptions](http://ptv.vic.gov.au/hurstbridgedisruptions)

### **How will this affect you?**

There will be additional travel time added to most people's journey.

A range of buses will operate to help make your journey as direct as possible. A number of car park and on-street parking changes will also be in place at stations on the Hurstbridge Line to allow for the safe operation of train replacement buses and construction works.

If you need to discuss alternative travel arrangements prior to travelling, or require assistance with journey planning, service information and up-to-date timetable information, please visit

[ptv.vic.gov.au](http://ptv.vic.gov.au) or call **1800 800 007**.

For other languages visit [ptv.vic.gov.au/languages](http://ptv.vic.gov.au/languages) or call **9321 5450**.