

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 3 Term 4

Dear Sacred Heart families and friends,

#### **Production:**

Fantastic, what a great way to show that we are almost in a post-COVID time than to have a show that is all about having a bit of fun (again)! This pretty much summed up the experience of our 2022 School Production, The End! The students were fantastic, the staff were fantastic and the support (and singing) from our audience was fantastic!

Last night was the culmination of 3 terms of intensive work from Rachel Murphy in our Performing Arts classes, providing our students with the confidence, enthusiasm and skills to perform so well.

Thanks go to Rachel for her creativity and vision, to Sandy Morgan for her technical knowledge and creative support of Rachel in further developing the concepts, to the staff members on stage and backstage who supervised very excited children throughout a demanding day and night enabling them to be on stage at the right time and in the right costumes, all of our families who provided costumes from home, those who came along to the matinee and evening performances (and joined in the fun by singing in the warm-up) and, of course, to the students themselves for their hard work, energy and talent – they were magnificent!

Also thanks and congratulations to Suzie Collins for her amazing ability to nurture and flourish the creative skills of our students through her art classes as shown in the amazing visual art displays in the theatre foyer.

#### Support for Flooded Communities:

Brenda McMahon, her daughter Kim, and Caitlin Pilatti (ex-student and daughter of Maureen Pilatti) are members of the Wattle Glen CFA and have been dispatched to Echuca to support the communities affected by the flood situation. We are immensely proud of these people and all other volunteer emergency workers for giving up their personal time and lifestyle to help others in times of need.



#### PRAYER FOR ALL AFFECTED BY FLOOD

In Psalm 46, we read these words of encouragement and comfort:

God is our refuge and strength, a very present help in trouble.

Almighty God,

Creator and preserver of our world. We ask you to hear our humble prayers for all those affected by the devastating flood waters across the state of Victoria.

We pray for all threatened by floodwaters in city and rural areas. Grant safety to the hundreds of residents under evacuation orders. In your mercy, bring relief to affected areas and protect both life and property.

We pray for the sick, the injured and the homeless. Have compassion on those who grieve the loss of loved ones. In the midst of suffering, comfort men, women and children according to their needs.

Give courage and hope in the midst of despair. Through the generosity of governments and individuals, provide a future for those whose present circumstances are marked by loss and desperation. Grant wisdom to those who assist, especially government leaders, our State Emergency Service and CFA members, our Australian Defence Force, other emergency workers and aid agencies. And by your gracious hand, rebuild communities where men, women and children are nurtured with care and love.

At this time, may those without genuine peace find true hope in your Son, Jesus.

In His name we pray. AMEN.

#### World Teachers Day:

Australia will celebrate and thank the teaching profession on World Teachers' Day on Friday 28 October 2022. Teachers (with support from parents and carers) play such an important part in the lives of children and students, their families, and communities. Our teachers have shown great resilience during challenging times, all so they can give Australian students the best future possible. Hats off to teachers this World Teachers' Day! We are encouraging students, their families and the community to celebrate teachers. What do teachers mean to you? We encourage you to send a quick email to your child/rens teachers thanking them for their role.



Jim and Gina



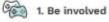
## eSafety parents

## Screen time for your child - 7 tips

There is a lot of conflicting advice and emerging research around screen time. But, the right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock and how long your child is spending in front of the screen, but the quality and nature of what they are doing online, and your involvement are just as important.

Consider your child's screen use in the context of their overall health and wellbeing – for example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.





Sharing screen time and online activities like gaming with your child helps you gauge the appropriateness of what they are doing and manage potential risks. It's also a great way to start conversations with your child about their online experiences.

#### Work with your child to set boundaries for screen use

If you decide that setting screen time limits is right for you and your child, discuss these new rules with your child. Older children are more likely to cooperate if they have been part of the decisionmaking process. Colourful pictures or charts of daily limits and other important activities is a fun way to get younger children on board.

3. Be clear about the consequences of not switching off

Part of our role as parents is to set clear limitations and boundaries. The same applies to technology limitations so, being clear and consistent about the consequences for your child if they do not stick to these rules is paramount. The <u>Raising Children</u>. <u>Network</u> provides some useful tools and advice.



#### 4. Set device-free zones and times at home

Device-free zones can help you manage your family's digital use. Here are some ideas for setting digital boundaries within your home:

- · no devices in the bedroom for younger children
- all screens off in bedrooms after a certain time for older children
- · all screens off at least one hour before planned bedtime
- · all family members switch off at dinner time
- · charge devices overnight in a place your child cannot access

#### 5. Ask your child to explain their screen use

Get your child in the habit of explaining why they want to be in front of a screen or online. It's a great way to get them thinking about their own digital habits and balancing screen time with other activities.

### 6. Use tech tools to help manage access

There are robust products and device functions which allow you to see which apps are being used in your home and for how long. But try not to use these tools to secretly monitor your child. Instead, be open about the process and check the whole family's usage, including your own. Start with Google Eamily Link for Android devices or parental controls and Screen Time for iPhone/iPad.

#### ∯>ô 7. Lead by example

Your behaviour is one of the most effective ways to help your child develop a positive digital mindset. Show your child you can put down your device too.



eSafetyCommissioner

esafety.gov.au/parents



SACRED HEART PRIMARY SCHOOL Heneral News

#### **PRODUCTION LOST PROPERTY:**

We ask all families to please check your child/rens bags for any school uniforms that may not belong to you. We have had a few items of the uniform go missing after the School Production last evening.

#### SWIMMING PROGRAM:

The intensive swimming program for Term 4 will be conducted over six weeks each Wednesday for Years Foundation – Year 6, beginning Wednesday 2nd November and finishing Wednesday 7th December. This will take place at the Diamond Creek Outdoor Pool. Swimming is part of the Physical Education curriculum and consists of 6 lessons. We expect that all children would take part in the water safety program. If medical reasons prevent your child from taking part please send a note of explanation to your child's teacher. The Year 5/6 students will also take part in an Open Water Learning Experience run by Life Saving Victoria. This will occur on Wednesday 30th November, more information will be shared closer to the date.

The children will need to wear their bathers under their uniform on these days. Sports uniforms can be worn on a Wednesday to help with getting changed. All students are expected to wear a rash vest or T-shirt over their bathers for sun protection. Underwear, a towel, goggles etc need to be brought in a separate, clearly labelled, waterproof bag. Each class will walk to the pool supervised by their class teacher.

DATES & TIMES Wednesday 2nd November Wednesday 9th November Wednesday 16th November Wednesday 23rd November Wednesday 30th November Wednesday 7th December

9:15 am - 10:00 am	Foundation
10:00 am - 10:45 am	Year 1/2
10.45 am - 11:30 am	Year 3/4
11:30 am – 12:15 pm	Year 5/6

Your child will have their lesson at the same time on each of the six days.

#### 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.

For Walk to School Month, two staff members have volunteered to be present each Friday at 8.10am 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.

Of course should the weather be not suitable for the Walking Bus staff will not be present at Wadeson Park.

#### SCHOOL CLOSURES THIS TERM:

Please note that there will be a school closure on Monday 31st October followed by the Melbourne Cup public holiday on Tuesday 1st November as well as a closure on Monday 21st November to enable staff to work with Berry Street and further develop skills in regards to Learning Diversity within the classroom.

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

#### 2023 STUDENT CLASSES:

Fairly soon our teachers will start the process of organising next year's class groups. This process will take several weeks so that the groupings are as balanced as possible. We also use a program called 'Class Solver' that takes in information regarding academic, social, needs, preferences and requests to help formulate classes. Once the process is finalised, changes will only be made in exceptional circumstances. Over the last few years this process has run smoothly and we are aiming for similar results again this year.

Parent requests are being invited for consideration. Please note that ALL REQUESTS MUST BE IN WRITING.

- Placement requests will only be considered in relation to your own child and it is not appropriate to involve other students.
- Requests need to relate to social, academic and/or behavioural needs of students. It is not appropriate to request a particular teacher.
- All requests must be with Jim josullivan@shdiamondcreek.catholic.edu.au or Gina gmurphy@shdiamondcreek.catholic.edu.au prior to Friday 28th October.
- We will attempt, as much as possible, to satisfy appropriate parent requests providing they are received by the due date.

In order for this process to be as authentic as possible it is essential that we know of any students who will not be continuing at Sacred Heart in 2023.

#### **BUILDING UPDATE:**

Our building project is rapidly approaching its completion. The architects and builders have advised us that the building works should be completed by the end of the first week in November. Whilst we will still have landscaping and external painting works to complete, the internal refurbishment will be finished. Therefore we will be providing two opportunities for our school families and parish community to have a walk-through of our new Administration, Staff and Community spaces this year. We will have a formal Opening of this project early in 2023 when all of the external works are completed. The times and dates for the 'Walk-throughs' are as follows:

- Sunday 20 November from 10.00 am to 11.00 am
- Wednesday 23 November from 9.10 am to 10.00 am

#### **RUNNING CLUB - TO BEGIN FRIDAY 28 OCTOBER:**

The running club will start up again on Friday 28 October. This will be run by one of our Dads, Dale Nardella (Sienna, Jack & Beau). If you would like to attend this please meet on the school oval at 8am.

#### 2023 FOUNDATION INFORMATION EVENING:

The 2023 Foundation information evening is being held on Wednesday evening at 7pm in the community centre.

#### **GRANDPARENTS DAY:**

On Wednesday 26 October we will celebrate Grandparents Day with our students and families. We will celebrate a mass at 9.15am followed by a family activity.

To celebrate the special Grandparents and Grandparent Figures in our lives we will be providing students with the opportunity to create their own personalised Picture Plate.

#### ABOUT THIS FUNDRAISER

We are running a Picture Products fundraising activity to benefit the school and celebrate the Grandparents and Grandparents figures within our Sacred Heart community, and we would love for you to join in! Your child/ren's artwork will be transformed into a melamine picture plate that will last a lifetime. Students will be provided with the tools required to create their picture and you may order as many items as you would like.



#### HOW IT WORKS

Students will be completing their design at school on Grandparent's Day. After Mass on Wednesday 26th October 2022 students will be divided into family groups where they will be provided with the plate template and the craft supplies required. Grandparents, Grandparent Figures, and Parents/Guardians are welcome to attend and join in with this activity. Each plate will cost \$30 with all proceeds going back into the school. You are able to order multiple plates with the same artwork.

If you would like to order any plates please complete the order form provided and make payment to the office no later than Friday 28th October. You are under no obligation to purchase any items if you do not want to - it is purely optional if you would like to support this fundraiser. We will send off the pictures that are to be turned into plates and there will be a 6-8 week turnaround time.

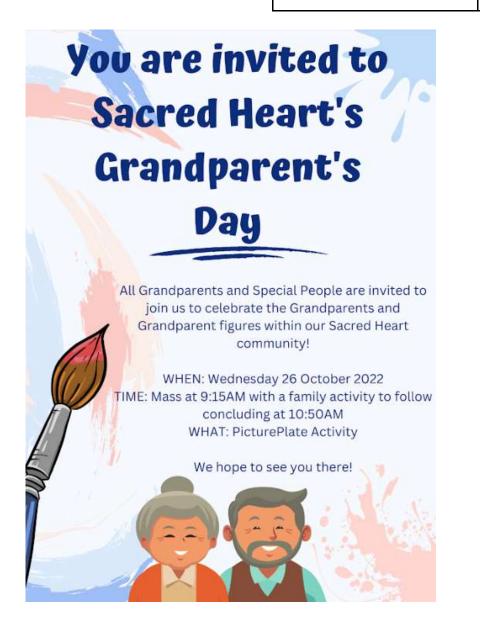
Once your order is completed Picture Products will post the plates back to the school and we will send the plates home with students.

#### PRICE AND DUE DATE

Each plate will cost \$30. Payment will be **due by Friday 28th October** and can be made via CDF pay: <u>https://shdiamondcreek.cdfpay.org.au/MonitorOnline/app/#!/login</u> or cash/card at the office.

Thank you so much for your support!

Children's Name	Class	Cost Each	Total Number of Copies	Total Cost
		\$30		
		\$30		
		\$30		
Totals:				



#### PARISH CRAFT MARKET REMINDER!

THIS SUNDAY! Sacred Heart Craft Market is on 10am-2pm - a fun, family-friendly INDOOR event with amazing stallholders, food, coffee, music, face painting and FREE kids craft activities + raffle, LUCKY DIP and MORE!

#### See you there!



#### SACRED HEART/LIONS CLUB RAFFLE

A book of 5 tickets has been sent home to all families. **Every single dollar of every ticket** sold goes to the Parents Association fundraising efforts. Tickets can be paid for on CDFPay and butts returned to the office.

Click here for our preferred payment method:



1 Book of 5 tickets per Family \$5 per Ticket (\$25 per book) Returned to School with money by 18/11/2022

25/11/2022 @ 7.30pm Winner contacted via phone

ANY OUESTIONS Contact Stephanie Lewis @ parentassociationsh@gmail.com



SACRED HEART PRIMARY SCHOOL

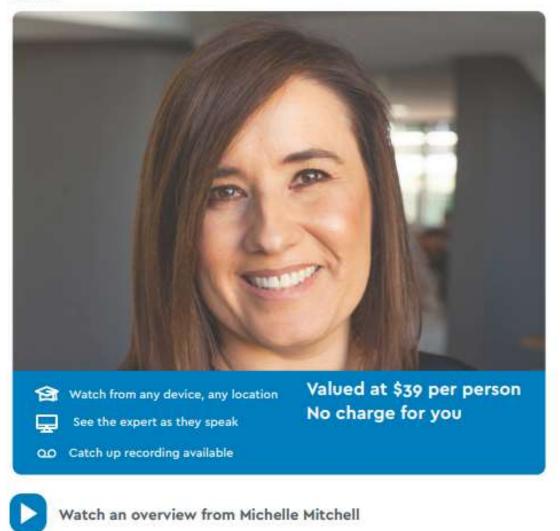
# Wellbeing

## **Upcoming Webinar for Parents**

### Michelle Mitchell presents: Handling tricky friendship days

Michelle Mitchell is an award-winning speaker, and bestselling parenting author. She has been termed 'the teenage expert' by the media and is sought after for her compassionate and grounded advice for parenting tweens and teens. Michelle started her career as a teacher, but soon discovered a special interest in wellbeing. She left teaching in 2000 and founded Youth Excel, a 'boutique' health promotion charity which delivered tailor made life skills programs and psychological services to thousands of young people and their families each year. Today she uses her experience to write and speak in schools, community events and through media.

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.



parentingideas.com.au

parenting **\***ideas

#### About the webinar



#### Handling tricky friendship days

Friendships can be complex, intense and filled with unpredictable ups and downs. Even though we might wish that our kids could "just get on with it", most need our active guidance to problem solve daily challenges. In this webinar, Michelle Mitchell offers a set of practical guiding principles to help empower children to handle tricky friendship days.

Key learning and discussion points include:

- · a trusted adult's role in social-emotional education
- the importance of the tiny voice
- six guiding principles to help tweens navigate tricky friendship days
- . how parents can help children with the gaps in their development
- · tips for supporting extra sensitive kids

The webinar will be held on 2 November 2022 at 8-9 PM AEDT.

#### Redeem your webinar - it's easy!

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

https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-handling-tricky-friendship-days

- 1. Click 'Add to cart'
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This offer is valid until 31 December 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

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Tricky Friendship Days



Relatively small issues, like not being invited to a party, can arouse big, intense feelings in our kids. Because belonging is at stake, friendship challenges will always feel like a life-threatening experience – so be assured that most parents find themselves dealing with powerful tears and shattering disappointments after tricky friendship days.

It is easy for both parents and teachers to fall into the trap of trying to "dial down the drama" when our kids feel overwhelmed. However, minimising or dismissing strong feelings will only tend to ramp them up, because our tween's brains seek to be heard and understood in the process of regulating. I'd also like to suggest that it denies our children the opportunity to master these big feelings. Our kids need to feel to practise the emotional regulation strategies they need to navigate life well.

I want to share three practical strategies that parents can do to support their tweens during these moments. Friendship challenges are an incredibly rich platform to help kids learn emotional regulation strategies, as well as social skills, and we want to capitalise on both as we coach them forward.

#### Strategy 1: Let's not fight the intensity

The more I learn about emotions the more I am in awe of our body's way of coming up with solutions to discomfort, anguish and pain we experience. It doesn't make any sense to judge that process but rather appreciate it. That's why we want tweens to know there are no bad or good emotions. There are only healthy emotions, and each one of them is an acceptable and necessary part of being human. Ideally, we want tweens to feel safe to feel, without shame or guilt. This means accepting emotions within our home, in the same way we accept anything else about ourselves (or our experiences) that we cannot change – our age, our height, freckles or ears.

#### Strategy 2: Ask questions that empower

Although it's tempting (and much quicker) to offer children prescription answers to friendship problems, it won't help them in the long term. The problem with childhood conflict always being followed by adult intervention, is that kids can get into the habit of projecting their wishful thinking onto someone else who they perceive as being more powerful than they are.

If our children focus their energy on recruiting support rather than problem-solving, they miss vital learning opportunities. We are best to ask questions that express a sense of curiosity and empower them to take ownership.

#### Strategy 3: Find a positive expression

Whereas there are times that we suppress our painful emotions for our own survival, emotions are far better off moving through our kids rather than festering inside them.

One of my dearly loved local psychotherapists wisely tells me that children who have imaginations become their own play therapists. Play is a distraction that pulls kids out of their heads and into their bodies. Any type of play including immersing themselves in craft, participating in drama, dance, or sport, or building forts, slides and adventure courses are all helpful.

#### In closing

Home really is the hero in kids' lives. It is the emotional shield from all that hurts us, bothers us, and tires us. It's a place where love is tangible, and we are cared for in ways that make it easier for us to move back into the world with a soft heart. It's the Utopia that we all yearn for and strive towards. When they feel disappointed, lost, afraid or disoriented it will be the predictability of home that continues to welcome them with open arms and wise words. As you implement these strategies, know you are offering your tween the home they deserve.



## Term 4 Dates - FAMILIES - 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17 WEEK 3 A	18	19	20	21	22	23
		FUNdamentals for Foundation Program	School Production	ISS v Laurimar 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 Running Club 8 am ISS v BYE Assembly 3pm Teachers Day		
31 WEEK 5 A			I	I		

Report Writing Day

School Closure

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 Uniform Shop open 3.15pm - 4.00pm	Swimming Lessons		ISS v Assembly 3pm	CLC Equestrian Day - Annabelle Ross	
	SAC 7.30pm					

21 WEEK 8 B	22	23	24	25	26	27
SCHOOL		Swimming Lessons	The Big Sister	ISS v		First
CLOSURE –			Experience -			Sunday
Berry Street:		Foundation 2023	Transition Year	Assembly 3pm		of
Relationships		Orientation	5/6 all day			Advent
		Session 2 – 2pm –	Parent Session			
		3.15pm	6.30-7.45pm			
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				

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			Foundation 2023 Orientation Session 3 2- 3.15pm	ISS v Assembly 3pm	St Peters 50th anniversary 5pm mass	Second Sunday of Advent
			Uniform Shop open 1.20pm - 2.00pm			
			Foundation Celebration 6.15pm			
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		1	1	1	1
Staff last day and lunch	Staff Professional Planning Day (off campus)					



Value = Empathy

Foundation 1/2 NS 1/2 PA 3/4 NJ 3/4 RM 5/6 MR 5/6 JD LOTE Performing Arts STEM Visual Arts Science

Eddie Davidson Grace Buhagiar Nate Fitzmaurice Eva Parker Nala Santostefano Isaac Sciberras Georgia Fitzmaurice Maia Hankinson Eadie Perry- Turnley Grace Buhagiar Leo Van Rooyen Mitali Perera & Patrick O'Neill



Week 2 Students of the Week

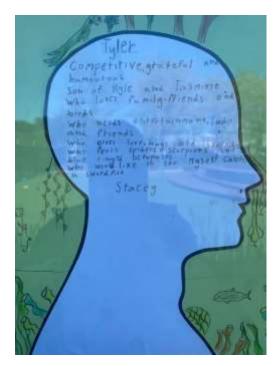


## Year 3/4 in the classroom this week

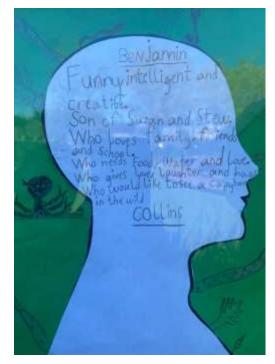




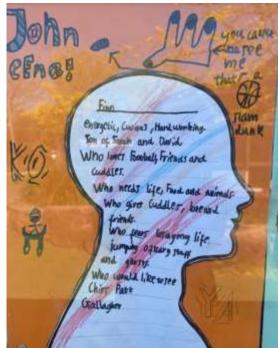


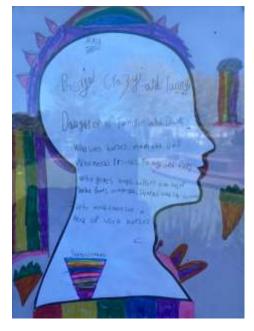














## Student's Art Works @ The End Production





















Beautiful artorks by our talented students led by our very talented Art Teacher, Suzie Collins.



#### 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.





Hi Everyone.

Diamond Valley, Eltham and Nillumbik Lions clubs are proud to support Backpacks4VicKids. (B4VKs)

https://www.backpacks4vickids.org.au/needs

B4VKs are a registered Not For Profit charitable organisation run by volunteers. They keep overheads minimal, relying heavily on the time and skills of volunteers.

Their purpose is to aid displaced children by providing the essentials needed most urgently, long before any arrangements have been made to further support them. Often children are placed quickly into foster or kinship care, for example, without much more than what they are wearing at the time. They provide displaced children with a few essential items to help resource them, restoring dignity, self-worth, and to show them someone cares.

Please join us all, for a FUN day on 23 October 2022, and let's all unite for the children who need our help.

We will be having a silent auction, a bottle auction and a couple of other fun activities.







