



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 4 Term 4

## SCHOOL CLOSURE - MONDAY 31ST OCTOBER & TUESDAY 1ST NOVEMBER

Dear Sacred Heart families and friends,

### GRANDPARENTS DAY:



Thank you to everyone for celebrating Grandparent's Day with us at Sacred Heart. It was such a wonderful morning and it was so beautiful to see how excited our students were to have their grandparents, families and other special people in their lives here at school. We had a great turn out with over 140 special guests joining us on the day.

Grandparents play such an important role in our lives and the bond that is formed between grandparents and grandchildren is a very special one. We thoroughly enjoyed having the opportunity to celebrate our grandparents, families and special people, and to welcome everyone into our school.

The Picture Plate activity was a hit and the artwork produced was amazing! We have very talented students and grandparents here at Sacred Heart.

Just a reminder that if you would like to order a plate that each plate will cost \$30. Multiple plates can be made from the one artwork. Payment is **due tomorrow Friday 28th October** and can be made via CDF pay: <https://shdiamondcreek.cdfpay.org.au/MonitorOnline/app/#!/login> or cash/card at the office.

Thank you again and we look forward to celebrating Grandparent's Day with you again next year!

### 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



### **SACRED HEART CRAFT MARKET SUCCESS:**

The Sacred Heart Craft Market held by the Parish last Sunday to raise much-needed funds was a huge success!

The Market was a bustling and fun family event that was fantastic in bringing the Parish, School and local communities together through a great range of local stallholders showcasing modern craft as well as music, a coffee van, face painting and free kids craft activities.

**Working together, our wonderful School helped our Parish raise around \$4,000!**

### **Thank you to our volunteers!**

Huge thanks to our amazing student and parent volunteers who spent shifts welcoming and serving our highly-impressed market-goers at stalls where all proceeds went to the Parish – the Cake and Lucky Dip Stalls, Sausage Sizzle and Face Painting and Kids Craft Activities.

Feedback from the crowd and other stallholders was that our students were friendly and helpful and we are so proud of the wonderful effort that each student made in giving to the Parish and in representing our School.

Particular thanks to the Silverii-Parisi and van Rooyen families, who, in a giant effort, prepared and set up the Parish Stalls and Hall in the days before and also volunteered on market day.

### **Thank you to our families!**

We thank families for their support in bringing children to take part in the exciting real-life learning experience of running a market stall and for their incredibly generous donations of plants, produce and Lucky Dip and Cake Stall items – it couldn't have happened without these.

You all did a fantastic job and we, and the Parish organisers, are very thankful for your invaluable contribution.

Special mention of parent, Kristina Turner (Jacoby, Level 5) who elevated the event by providing live music with her beautiful singing and guitar playing – our deepest thanks to you Kristina, you added warmth and excitement to the atmosphere and your contribution was greatly appreciated.

### **Community strengthening**

We hoped to help make the Craft Market a great success and to connect and strengthen our Parish – we certainly did that as one as we excitedly welcomed local people and families to our wonderful and lively Sacred Heart community!

### **A note from our Parish Chair**

The Sacred Heart Parish Pastoral Council is deeply grateful to the Sacred Heart School Leadership Team, Staff and Families for their generous support of the Parish Craft Market last Sunday. We would also particularly like to thank Megan and Kane Ioannidis and family for their wonderful efforts.

Many thanks,

Margaret Farrell  
Chair  
Sacred Heart Parish Pastoral Council

**ACKNOWLEDGEMENTS:**

**Staff:**

Brenda McMahon, her daughter Kim, and Bridget Pilatti (ex-student and daughter of Maureen Pilatti) are members of the Wattle Glen CFA and were dispatched 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.

They have experienced driving a fire truck, ripping up sodden carpet, emptying out a whole op shop, and draining a playground of stinky water! Also making friends from across the state, experiencing amazing teamwork, learning new things, and eating exotic food. Well done and thank you.





**Students:**

Harry (Yr 4) plays Basketball for Eltham WildCats Under 12 Boys and they received the opportunity to play a full court game in front of about 10,000 people during the Half-Time of the Melbourne United Vs Cairns Taipans NBL game at the John Cain Arena last week. Super experience and fun for the whole team. Harry scored the first goal of the game and soaked in the moment. Well done Harry.



Congratulations to Tyler (Yr 3) on winning Silver over the weekend in the Gippsland Judo Championship Under 12 Under 34kg competition.



**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 - FINAL WEEK:**

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

Should the weather be not suitable for the Walking Bus, staff will not be present at Wadeson Park.

#### **2023 STUDENT CLASSES:**

Very 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](mailto:josullivan@shdiamondcreek.catholic.edu.au) or Gina – [gmurphy@shdiamondcreek.catholic.edu.au](mailto: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. While we will still have landscaping and external painting works to complete, the building 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 TOMORROW - 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 8 am.

**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.



**SACRED HEART DIAMOND CREEK**

**SUPER SOLAR RAFFLE 2022**

Lions Club of Diamond Valley Inc in conjunction with Green Edge Technologies

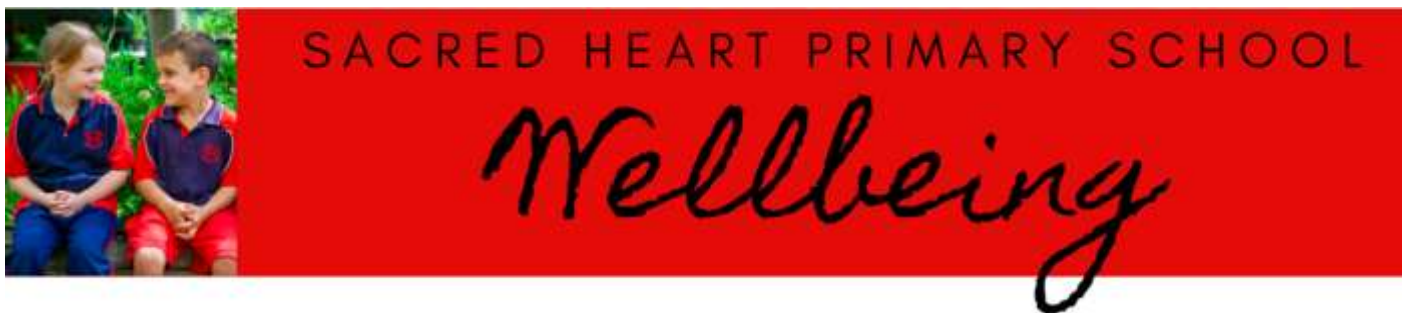
**PRIZE**  
6.6kw Solar System - Fully Installed. Fronius Primo 5KW Gen24 Inverter (\$9000 Value)

**100%**  
100% of proceeds go back to the school

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

**DATE OF DRAW**  
25/11/2022 @ 7.30pm  
Winner contacted via phone

**ANY QUESTIONS**  
Contact Stephanie Lewis @ parentassociationsh@gmail.com



**CHILDREN'S WEEK:**

Children's Week is a national celebration that recognises the talents, skills, achievements and rights of children. Each year, thousands of Victorian children take part in Children's Week festivities. The 2022 theme is "All Children have the right to a standard of living that supports their wellbeing and healthy development", drawn from Article 27 of the United Nations Convention on the Rights of the Child.

During Children's Week, local councils and not-for-profit organisations organise open days, displays, special events, virtual spaces and online-based activities. These celebrate childhood and showcase children's achievements. All Children's Week events are free to families with children aged from birth to 12 years. It's a great opportunity for Victorian families to enjoy fun, engaging and educational experiences.

National Patron Message

National Patron of the Children's Week Council of Australia His Excellency General the Honourable David Hurley AC DSC (Retd) Governor-General of the Commonwealth of Australia

Children's Week is a reminder to all of us that every week- indeed, every day- is a time to celebrate and to nurture and love our children. This year, as I put pen to paper, I am infused with much joy as Linda and I have recently become grandparents for the third time.

The theme of Children's Week 2022, 'All children have the right to a standard of living that supports their healthy development and wellbeing', reflects the United Nations Convention on the Rights of the Child, Article 27. The theme is particularly apt because it focuses on wellbeing, an issue that has figured prominently in the national conversation over the last 12 months.

The theme reminds us that children are not immune to the compounding impacts of the pandemic and natural disasters. It is incumbent on all carers of children to closely monitor not only their child's wellbeing but also their own. I commend the Children's Week Council of Australia and its affiliates for organising a range of activities and events around the country that focus on the early years, including a free national podcast with experts from the mental health sector.

Notwithstanding the pressures that many Australians are under at the present time, it is important that we make time to celebrate Children's Week. Whether as a parent, grandparent or great-grandparent, or as a relative or friend, our children continue to surprise, amaze and bring immense joy to our lives.

### Children's Week Council of Australia

To celebrate Children's Week, the Children's Week Council of Australia proudly presents a national free podcast to raise the profile of Children's Rights in Australia. Join in to hear key speakers from early education and care, advocacy, and children's health discussing the influence and responsibility families, community, and educators have on young children's social, emotional, and behavioural wellbeing.

Join online at [childrens-week.org.au](https://childrens-week.org.au) to hear from:

- Dr Kayleen Henderson
- Assoc. Prof. Hayley Christian from Telethon Kids Institute, and
- Hon Dr Anne Aly MP

These podcasts are made possible through the support of the Australian Government Department of Education.



celebrating  
**Children's  
Week 2022**  
22<sup>nd</sup> – 30<sup>th</sup> October

**2022 Theme:**  
All children have the right to a standard of living that supports their wellbeing and healthy development.

**Fun and free family events are taking place across Victoria during Children's Week 2022, including online events.**

Find out what's on at [www.vic.gov.au/childrensweek](https://www.vic.gov.au/childrensweek)

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 Australian Government  
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Education and Training



## INSIGHTS

### Disarming anxiety before it becomes a disorder



In urban Australia it takes approximately eight years between onset of symptoms and a diagnosis of an anxiety disorder, and over twice that time in rural settings. That's a long time for a child or young person to live with the turmoil of anxiety without getting the help they need.

Kids with a diagnosis of an anxiety disorder include those experiencing social anxiety, separation anxiety, generalised anxiety, panic disorder, obsessive-compulsive disorder, and specific phobias or overwhelming fears. Beyond Blue statistics states 1 in 14 children experiences an anxiety disorder. Sadly, a great deal of childhood anxiety goes undetected.

#### Early detection is critical

Anxiety can be overlooked for many reasons. Often day-to-day functioning of anxious kids isn't affected in obvious ways, and they can appear happy, but the signs of anxiety will be there if you know what to look for. Anxiety shows through behaviour and language, and is felt physically by a child. Avoidance and over-planning are the two most common behaviours displayed by anxious kids. Long before they become a child's patterned response to anxiety-inducing events there are generally many subtle signs of anxiety including poor concentration, irritability, becoming upset over minor issues and constantly seeking reassurance. Anxious children and young people can feel nauseous, experience headaches, have difficulty sitting still and constantly feel on edge.

#### Anxiety is individual

Just as children display symptoms of anxiety in unique ways, they also react differently to everyday events. One child's highly anticipated school camp maybe another child's anxiety-inducing nightmare. Knowing the events that trigger anxiety in a child or young person is key to early detection and management.

#### The tools anxious kids need

Children and young people who experience anxiety need self-management tools to allow healthy functioning and prevent anxiety from deteriorating into a full-blown disorder. Knowledge of how and when to use management tools such as mindfulness, deep breathing, exercise and thought distancing are critical to good mental health, allowing kids to turn the dial down on their anxiety while they get on with the activities that make them happy.

#### Lifestyle factors that minimise anxiety

Anxiety maybe commonplace but its origins are complex. Poor diet, lack of exercise, social media, sleep problems and an inability to relax all play a part in exacerbating a child's anxiety. And of course, the pandemic is a frightening time for children.



# parenting \* ideas

Attempts to help children minimise anxiety need to include healthy eating that ensures good gut health, frequent exercise that releases adrenalin and the stress hormone cortisol, plenty of endorphin-inducing free play in natural environments and developing good sleep habits that will last a lifetime.

## In closing

No child or young person should suffer needlessly from anxiety. Life can feel very grey when anxiety is a constant companion. As a parent you help your child by being on the lookout for early signs of anxiety, recognising the events that cause your child stress and teaching them the tools they need to push anxiety into the background while they get on with enjoying life. Anxiety is not something to be feared, but a condition to be understood and managed before it spirals into a disorder needing professional intervention.



### Michael Grose

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



# SACRED HEART PRIMARY SCHOOL

## *Student of the Week*

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

PE

Fletcher Luchetta

Evren Ibrahim

Emily Lamb

Audrey Hodgson

Daniel Buttigieg

Millar Burns

Tess Pearce

Ava Clark

Alfie Harte

Alannah Stanic

Jack Nardella

Zarah Clough

Eva Parker



Week 3 Students of the Week





### Term 4 Dates - FAMILIES - 2022

#### October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>24 WEEK 4 B</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
		International Grandparents Day - Mass & Plate Activity  2023 Foundation Information Evening 7pm		Walk to school bus  ISS v BYE  Assembly 3pm  Teachers Day		
<b>31 WEEK 5 A</b>						
Report Writing Day School Closure						

#### November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	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		
<b>7 WEEK 6 B</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Parents Association 7.30pm	Special Lunch Order  Sacrament of Reconciliation	Swimming Lessons	PPC Meeting	ISS v  Remembrance Day  Assembly 3pm		
<b>14 WEEK 7 A</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	Foundation 2023 Orientation Session 1 2.00- 3.15pm  Uniform Shop open 3.15pm - 4.00pm  SAC 7.30pm	Swimming Lessons		ISS v  Assembly 3pm	CLC Equestrian Day - Annabelle Ross	
<b>21 WEEK 8 B</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
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
<b>28 WEEK 9 A</b>	<b>29</b>	<b>30</b>				
Year 1-6 transition		Open Water Learning Experience				



		(OWLE) 10am - 2.30pm Sandridge Beach Year 5/6  Swimming Lessons
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## December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>1</b> Foundation 2023 Orientation Session 3 2-3.15pm  Uniform Shop open 1.20pm - 2.00pm  Foundation Celebration 6.15pm	<b>2</b> ISS v  Assembly 3pm	<b>3</b> St Peters 50th anniversary 5pm mass	<b>4</b> Second Sunday of Advent
<b>5 WEEK 10 B</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
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
<b>12 WEEK 11 A</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
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		
<b>19 WEEK 12</b>	<b>20</b>					
Staff last day and lunch	Staff Professional Planning Day (off campus)					

## In the classroom with Year 5/6s this week



### Students Writing - 5/6 Level

A sizzling start is a **punchy and exciting opening within a narrative that grabs the reader's attention**. Sizzling starts are essential to crafting engaging copy as they drop the reader right in the middle of the action and do not allow them to get bored or stop reading.

If you're bored of reading the same old introductions like 'Once upon a time', 'One day I' or 'In my opinion', then this is the Step that will change those boring starts once and for all!

Would you ever like to come alive in your dream?  
Well, Pat wasn't happy about it and may have never woken up... Pat was 13 and was very popular at school, always on time, always brushing his smooth blonde hair, really cared about his appearance and was very kind but a bit cheeky at the same time. Pat was perfect.

#### A War That "Never" Began

BANG! BOOM! BAM! That was all Victoria could hear. Screams echoing through the town. Victoria walked over to her desk with her half packed bag. "Food, check, water bottles, check, jacket, check," she stated. "Ok, I need clothes, shoes, helmet, boots and gloves," she reminded herself as she got organised. Victoria walked over to her wardrobe, pulled out her clothes and stuffed them in her bag. "Oh, I can't forget a jacket," she mumbled as she loaded all of her clothes into her pack.

#### The Sound Of Tokyo

The dead sound of the night was getting swallowed by a faint scream in the buzzing city of Tokyo, down the alleyways, the scream went dead silent.

The night dragged on and the citizens of Tokyo were not fully aware of the horror that happened at 1am. Children were waking up, going to school, and soon all of Tokyo will know what took place.

#### **Mountain**

As I stand on the edge of the cliff in fear, until the ground starts to rumble and the rocks start to slide every movement I make, the rock falls. My ankles are starting to bruise as the pressure of the rocks start to hit my feet. I probably should have been paying more attention to where I was supposed to be going. I finally make it to stable ground where I sit down under an old tree, and take out my phone to try and get some sort of data. I finally get a bar of data when the ground starts to shake again and I lose control of my phone.

#### Into the bright lights

"Swerve skirt" as the red car slid on the icy cold road. It slid side to side banging the bumpers of each car in its way. Then Cleo couldn't control her new shiny red car anymore, her ocean blue eyes shining with fear and her mind rushing with thoughts.

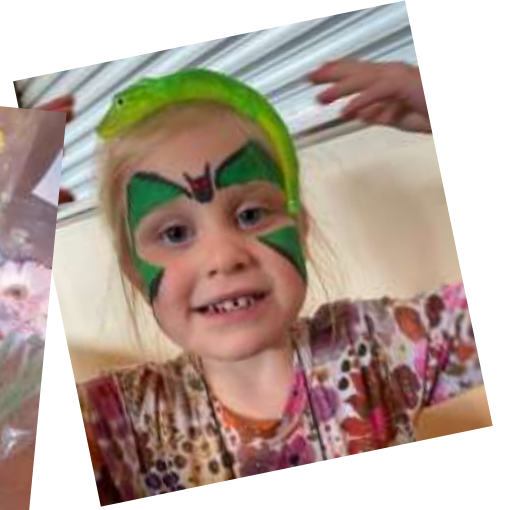


# Making memories – Grandparents Day 2022



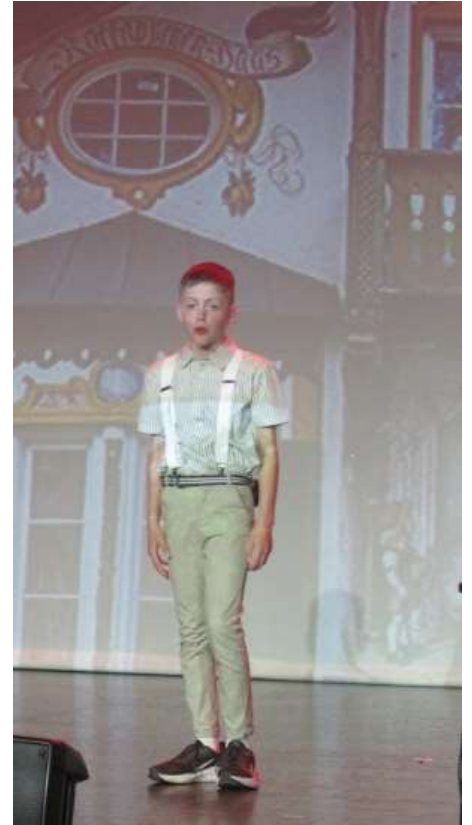


# Parish Market





# The End – 2022 School Production



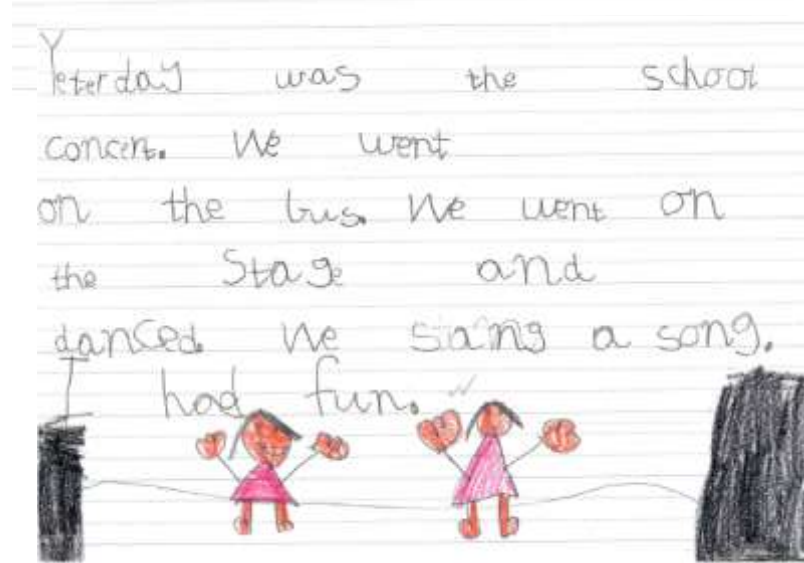
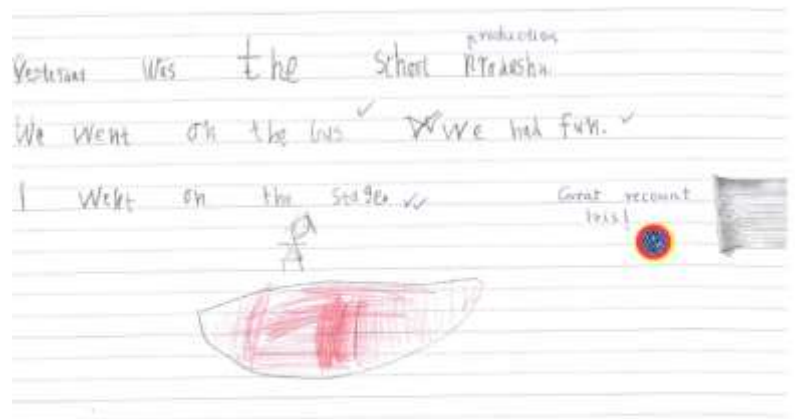
Yesterday was the school concert. We were together on the bus. We did our dance and sang. I was nervous. It was good.













# SACRED HEART PRIMARY SCHOOL

## Community News

### 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 School

*Celebrating 60 years*

### LITTLE HOOPS BASKETBALL

At Community Bank Stadium Diamond Creek

**COME AND JOIN US!**

TERM 4  
THURSDAY  
8TH OCTOBER - 8TH DECEMBER  
4:00PM - 5:00PM  
\$20 PER SESSION  
SUITABLE FOR AGES 4-7

**SKILLS INCLUDE**

- Shooting drills
- Dribbling drills
- Passing drills
- Team work
- Confidence building

FOR BOOKING:  
LITTLEHOOPS@SACREDHEARTSCHOOL.COM

### PARADE COLLEGE

## BOOK A FAMILY TOUR TODAY

**TERM 4 DATES**

- Friday 14 October
- Monday 24 October
- Thursday 10 November
- Thursday 17 November

Tours commence at 9:15am & conclude at 10:45am

**Parade College**  
Bundoora Campus  
Yr. 7-12  
Preston Campus  
Yr. 8-12

Visit [parade.vic.edu.au](http://parade.vic.edu.au) to book a tour!

#aworldofopportunities