



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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Newsletter No 5 Term 4

Dear Sacred Heart families and friends,

The Sacred Heart Primary School uniform is an important symbol of the school's history and story, and it provides a tangible representation of our identity as a Catholic school. There are times when a school reflects on its uniform to ensure it is a proud representation of its identity and a practical one. Currently, we have students wearing either the school jumper or polar fleece jacket as their outer garment with little consistency across the school.

A number of parents have been liaising with Academy Uniforms in regards to new jumper colours and texture. A new navy blue jumper will be introduced to replace the older royal blue jumper. Following discussions at school leadership level and consultation with the School Advisory Council, it has been decided that beginning in Term 1, 2023, all students will be expected to wear a jumper as the outer garment when wearing the school uniform and the polar fleece is to be worn as part of the sports uniform. If children are cold they are able to wear their polar fleece over the top of their school jumper on school uniform days but not as the only outside garment.

There will be a transition between the jumpers of three years and in this time students can wear either the old jumper (royal blue) or the new jumper (navy) as part of the school uniform but not the polar fleece alone. Any promotional materials moving forward will use the new jumper and school photos will be done with no jumper. The new jumpers will retail at the same price we have currently been selling jumpers at: Sizes 6-8 \$60 Size 10 \$65 Size 12 \$67 Size 14 \$70 Size 16 \$72. As we still have a number of the old jumpers available we will sell them at a discounted price of \$40.

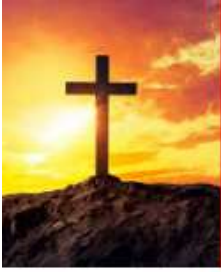
The primary reason for this is to maintain more consistency between students and feedback from our parents to ensure there is consistency and a proud representation of the school's identity.

All uniforms can be purchased through our online store and will be placed in tubs. If we do not have sufficient numbers we will order more for the new school year.

Kind regards

Jim & Gina





SACRED HEART PRIMARY SCHOOL

Catholic Identity

SACRAMENT OF RECONCILIATION:

A number of students will be celebrating the Sacrament of Reconciliation on Tuesday 8 November at 6.30 pm. Our prayers and thoughts are with these students on this special occasion.

REMEMBRANCE:

The month of November in our Church calendar is a time of remembrance. We take the opportunity to think and pray for family members, friends and colleagues who have been part of our lives, especially on the special Church days, All Saints and All Souls.

November

Our time for remembering ...

*For those who lit our lives with joy,
for those who have touched us with tenderness,
for those whose loss fills us with longing,
we give thanks in glad remembrance.*

*We celebrate those who have loved us for ourselves,
looking with acceptance on all that we are
and cherishing us without condition or constraint.*

*We celebrate those who have stood alongside us,
Holding us in the depths of elation or despair
where words of joy or rescue fall silent.*

*We celebrate those who would not let us stand still,
edging us gently into the open space
of new understanding and delighted exploration.*

*We celebrate those who have challenged us to grow,
perceiving all that we have in us to become
and daring us to dream beyond our imagining.*

*We celebrate those who have travelled before us,
showing us in their persistent courage and tenderness
how to live in love, and die in faith and hope.*

*For those who lit our lives with joy,
for those who have touched us with tenderness,
for those whose loss fills us with longing,*

*Christ Holy God, within us and amongst us,
we give thanks in glad remembrance.*



SACRED HEART PRIMARY SCHOOL

Learning & Teaching

STEM

This term in STEM the F-2 students have been having a lot of fun with a range of activities focussing on different forces like bouyancy and bending.

Students built boats using paper, straws and foil to carry some animals and weights.



We learnt about the stresses on buildings when we built with marshmallows and spaghetti.



We also learnt how and why birds build nests and had a go at making our own to care for our own table tennis ball egg.



SACRED HEART PRIMARY SCHOOL

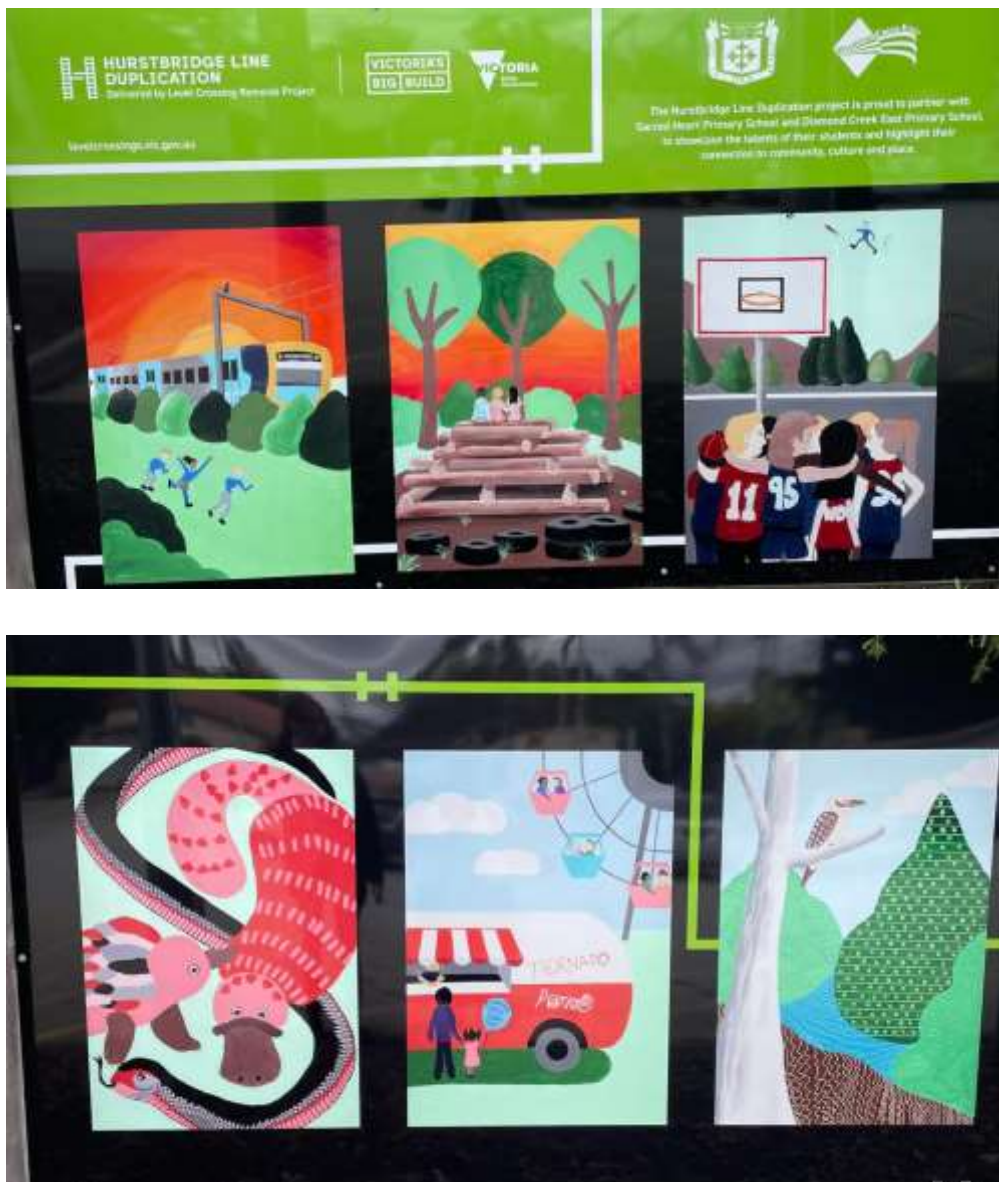
General News

HURSTBRIDGE LINE DUPLICATION/YEAR 6 LEAVE YOUR MARK PROJECT 2022:

Each year, our Year 6 students complete a Leave-Your-Mark Project, which is a collaborative artwork that allows them to contribute something to the Sacred Heart school community they have and will always be a part of. This year's Year 6 students were fortunate to be given the opportunity to have their artwork on display for the broader Diamond Creek community as part of Hurstbridge Line Duplication School Artwork Project. Our students brainstormed what they love about Sacred Heart and Diamond Creek and came up with a different theme for each of the six artworks:

1. Racing the train at playtime
2. Friendship
3. Sport
4. Wildlife
5. Happiness (represented by the Town Fair)
6. The Diamond Creek

You can view these artworks on the fence that borders the school and the railway car park. Congratulations Year 6 Class of 2022 on an amazing job!





Crazy Colourful Sock Day with Cake Stall

Organised by Mini Vinnies

Tuesday 15th November

Gold coin donation to help raise money for the Catholic Mission.

Bring some money to spend at the CAKE STALL at recess as well.

DESIGN YOUR OWN / CHOOSE ODD SOCKS OR WEAR A COLOURFUL COLLECTION OF SOCKS!



FLOOD - 15TH OCTOBER:

Thank you to Michelle Lord who shared a link of the 'Diamond Creek flooded from the air' you tube clip for any families that may have not seen this.

<https://youtu.be/NoJT2FABLCK>

PARENTS ASSOCIATION MEETING:

The Parents Association has a meeting on Monday 7 November at 7.30 pm in the junior school breakout space. This meeting will enable us to look at the end of year events and to start planning for 2023.

SWIMMING PROGRAM:

The intensive swimming program for Term 4 started on Wednesday with the weather holding off for all groups. The children will need to wear their bathers under their uniform each Wednesday. 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 a teacher.

DATES & TIMES

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

BUILDING UPDATE - CHANGE TO COMPLETION DATE:

Our building project is rapidly approaching its completion although due to shipping of materials, there has been a slight delay in the completion date. The architects and builders have now advised us that the building works will be delayed by a couple of weeks. Therefore our previously advertised walk throughs will need to be delayed. 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' this year will be advertised once completion is closer.

RUNNING CLUB:

The running club is on each Friday 8am on the school oval. This is 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.

BEGINNING OF 2023:

To encourage a positive and personal start to the new school year in 2023, we are staggering students' return to school, across all year levels. Students in Years One to Six will be allocated a morning or afternoon session on Monday 30th January or Tuesday 31st January.

During this session, teachers will spend time engaging with their students in a small group setting designed to enhance student wellbeing. These sessions may include time for the teachers and students to engage in various activities including reading, number work, classroom organisation and social and emotional (SEL) activities. We anticipate this personalised opportunity will promote a calm and positive approach for students returning/commencing their 2023 school year.

Students are expected to wear full summer uniforms, including school hats. They are asked to bring a snack, drink bottle and pencil case with them to this session. Students' days and times will be shared with families over the coming weeks.

YEAR LEVEL PARENT REPRESENTATIVES:

In 2023 we are going to continue with a level parent representative or a couple of parent representatives for each level to play an important role in facilitating the continued building of our school community culture, starting from the ground up at class level. Other key aspects of the role include communication between school and parents, parents and school, support for the teacher and class activities.

Aim

To enhance the school environment, community and programs through the voluntary contribution of parents/guardians.

Appointment

We thank the 2022 parent representatives and encourage them to volunteer again if available. If parents are willing to volunteer, please email gmurphy@shdiamondcreek.catholic.edu.au with the Year level your child is in then we will be able to allocate parents either at the end of the year or at the beginning of next year. More than one person may fill the position to share the load.

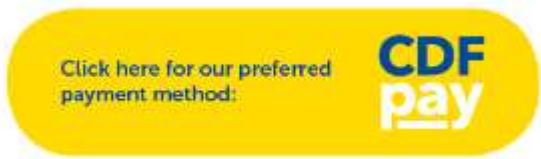
Activities

Year level representatives may, for example:

- Liaise with the teacher in regards to questions parents may have.
- Organise play dates and class events outside school.
- Help welcome new families.
- Organise meal rosters for families with new babies or going through hardships.
- Request parent help with classroom activities.
- They may be requested to facilitate fundraising activities or enlist volunteers for whole school activities.
- Circulate and promote information regarding fundraising projects and special activity days on behalf of the Teacher.
- Other activities as appropriate.

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

VILLAGE OSHC NEWS:

We're well into Term 4 and enjoying the springtime!
Be sure to join us for outdoor fun and awesome activities

We offer plenty of great things to do outside,
like sport games, gardening, and nature-themed crafts!

Join us at VillageOSHC.com.au for the final month of spring!



INSIGHTS

Helping your young perfectionist



There's a perception in our society that perfectionism is a good thing, akin to 'being perfect.' That it's something we should strive for or drop into conversation in job interviews... Yet the reality is quite different.

Perfectionism leads us to place unreasonably and often unrealistically high expectations on ourselves. Essentially, it causes us to raise the bar so high, that we frequently wind up feeling like failures, consumed by frustration and self-blame.

Of course, this can be very unsettling to witness in our kids and it can be hard for us to know how best to help. It can start when our children are very young and grow with them in intensity and impact. Perhaps you have a young child who refuses to draw because her drawings don't look exactly like those of an adult artist. Or maybe your little guy becomes so distressed by a small mistake in his homework, that he insists on starting all over again in his unhealthy quest for perfection.

If you have older kids, perhaps they refuse to submit an assignment because it's not perfect, or they won't run the cross country because they know they won't win.

While it's great for our kids to hold high expectations of themselves, aiming for perfection actually sets them up to fail. Their habitual 'all or nothing' thinking leads to the unhelpful belief that if they don't achieve 100%, they've as good as flunked. Their focus on their mistakes rather than on their successes often affects their self esteem, fuelling a vicious cycle that can lead to stress, depression and anxiety if left unchecked.

The sooner we help our kids break this unhealthy habit, the better. So let's look at a few tips for doing just that.

Reduce your praise

There are two ways in which we tend to praise children. '**Content praise**' often draws attention to the end product, for example, "What a fantastic drawing!", or to a fixed quality in a child, such as "You're so clever". In contrast, '**process praise**' focuses on how your child got there. When we use process praise, we draw attention to their good ideas, problem solving approaches, effort, persistence, concentration and enthusiasm.

While it's helpful for all children to experience more process praise than content praise, this is particularly true for children with perfectionistic traits. This allows us to draw the focus away from how impressive the end result might (or should) be and instead highlight the importance of having a go, trying their best and learning along the way.

For example, rather than saying, 'What a fantastic drawing! You're an amazing artist - what were you worried about?', it's more helpful to say something like, 'It's great to see you having a go at drawing. I love watching you try new things'; or, 'I love seeing the ideas you come up with when you draw'.

Of course, most of the time we needn't praise children at all. Saying simply, 'Drawing is fun isn't it?,' is often enough to provide children with that all important sense of connection.

parenting * ideas

Model making mistakes

At my children's school, they're taught to embrace 'fleaming' – learning through failure. Admittedly, my children witness me 'fleaming' all the time at home, but in the eyes of your child, you might seem perfect. It's helpful for your kids to see that you make mistakes too, and importantly to learn through your modelling how mistakes can be managed.

Look for (or create!) opportunities to do this. When you're planning on bringing some spoons to the dining table, you could bring knives over instead and say, 'Oops, my mistake. Not to worry. I'll just go back and swap these over.' Or, perhaps you could draw alongside your toddler and deliberately keep from drawing inside the lines, commenting to your little one as you go, 'I love drawing with you'. By doing so, you model for your child that mistakes are okay, that they needn't hamper their enjoyment of a task and importantly, that the end result isn't all that matters.

Teach your child to speak to themselves as a friend

How does your child talk to themselves?

Would they speak to a friend in the same way?

No? Then what might they say instead?

We all know how much our inner voice can affect how we feel. Teach your child to be kind to themselves. To be supportive, forgiving and encouraging, even when they make mistakes.

Consider how you react when your child behaves in an 'imperfect' way

Do you respond calmly when your child accidentally spills cereal all over the kitchen bench or do you tend to overreact? It's important when we're teaching our children that they needn't be perfect, that our responses back this up.

By accepting our children as they are – wonderful, 'good enough' young learners – we teach them to do the same. And that's so much better than perfect.



Dr Kaylene Henderson

Dr Kaylene Henderson is a trusted Child & Adolescent Psychiatrist and one of Australia's leading parenting experts. She's also a grateful mother of three. Find her online 'advice packs', free website resources, social media channels and popular seminars at www.drkaylenehenderson.com. You can also watch Dr Kaylene Henderson's free video tip for tackling perfectionism here: <https://adoseofawesomeness.com/free-video-tip-series/>



SACRED HEART PRIMARY SCHOOL

Important Dates

Term 4 Dates - FAMILIES - 2022

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 Diamond Creek (away) Assembly 3pm		
7 WEEK 6 B	8	9	10	11	12	13
Parents Association 7.30pm	Sacrament of Reconciliation 6.30 pm	Swimming Lessons	PPC Meeting	ISS v Apollo Parkways 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 SAC 7.30pm	Swimming Lessons		ISS v Hurstbrideg (away) Assembly 3pm	CLC Equestrian Day - Annabelle Ross	
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 Greenhills (away) 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	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	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

Value = Mindfulness

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

Shea Down & Maddie Black
Leo Van Rooyen
Will Lewis
Annabelle Ross
Heidi Madden
Kayde Keating
Harper Bishop
Alfie Harte



Week 4 Students of the Week



Yr 6 Students working on their LEAVE-YOUR-MARK PROJECT 2022







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

Catholic Ladies' College

Christmas

COMMUNITY MARKET & CAROLS

WEDNESDAY 30 NOVEMBER
5:00 PM - 8:00 PM
 CATHOLIC LADIES' COLLEGE
 19 DIAMOND STREET, ELTHAM
 PARKING AVAILABLE ON SITE

60+ MARKET STALLS
FOOD TRUCKS
LIVE CHRISTMAS CAROLS
VISIT FROM SANTA
ROVING CHRISTMAS CHARACTERS
FIRST 200 KIDS GET A FREE LUCKY DIP!
GOLD COIN DONATION ON ENTRY TO GO TOWARDS A NOMINATED CHARITY

LOYOLA COLLEGE
 PROUDLY PRESENTS

CHRISTMAS CAROLS,
FOOD TRUCKS,
LIVE ENTERTAINMENT,
CHILDRENS' ACTIVITIES,
MARKET STALLS &
2nd HAND UNIFORM SALE

FRIDAY, 25 NOVEMBER
AT 5PM - 9PM
 LOYOLA COLLEGE GROUNDS

AN EVENING OF FAMILY CELEBRATION,
 A VISIT FROM SANTA & GIFTS FOR THE CHILDREN

GOLD COIN ENTRY

THE NORTHERN SUBURBS FLY FISHING CLUB INC present

KIDS, COME & TRY FISHING

SUNDAY 20 NOVEMBER 2022, 10 am – 2:30 pm

Yarrambat Park Lake, Yan Yean Rd, Yarrambat 3091



All equipment, tackle, bait and instruction is provided for **FREE!**

A BBQ lunch and soft drinks will be available at a small cost.

Contact: Alan 0409010712 / Domenic 0438110862

It's a catch-and-release only event. Kids under 15 must be accompanied by an adult.

