



SACRED HEART PRIMARY SCHOOL

# Newsletter

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

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Newsletter No 6 Term 4

Dear Sacred Heart families and friends,

## **REMEMBRANCE DAY:**

Tomorrow is Remembrance Day. On this day, we remember the courageous men and women who gave their lives in wartime and as a result of war. As we remember the lives that have been lost, let us promise each other to work for the freedom of all who are oppressed in the world today. We ask this prayer in the name of Jesus, who taught us how to live.

*They shall grow not old, as we that are left grow old;  
Age shall not weary them, nor the years condemn.  
As the going down of the sun and in the morning  
We shall remember them.*

Remembrance Day is an opportunity to pay respect and remember the service men and women who have served in and died in wars and armed conflicts. This year, the students will participate in activities and a reflection in regards to Remembrance Day. Our school leaders, Miki Berriman and Amelia Campbell, will represent the school at the RSL service being held at the Cenotaph at 10.30am.

Kind regards

Jim & Gina





SACRED HEART PRIMARY SCHOOL

*Catholic Identity*

## Remembrance Day

Tomorrow we remember with thanksgiving those who made the supreme sacrifice in time of war. We pray that the offering of their lives may not have been in vain. Today we dedicate ourselves to the cause of justice, freedom and peace; and for the wisdom and strength to build a better world.

*We inherit the world,  
the whole of history,  
our place on earth,  
our place in time,  
our fortune, good or bad,  
pure chance.*

*Now,  
in one picture,  
we see our entire planet:  
one world,  
one race,  
one future,  
bound together  
for the  
first time.*

*Ours  
or the breaking  
or the making.*

(David Roberts)

As the Father has loved me, so I have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love.

I have said these things to you so that my joy may be in you, and that your joy may be complete.

'This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you.

John 15:9-14

### **SACRAMENT OF RECONCILIATION:**

Congratulations to our Year 2 students who celebrated the Sacrament of Reconciliation on Tuesday 8 November.



SACRED HEART PRIMARY SCHOOL

*General News*

### **UNIFORM:**

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.



#### MINI VINNIES:



### 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!**





### **SWIMMING PROGRAM:**

The intensive swimming program for Term 4 started last Wednesday and will continue each Wednesday until 7<sup>th</sup> December. 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 work 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.

### **VICTORIAN GOVERNMENT SHADE SAILS PROGRAM:**

Today the shade sails outside the Community Centre/Administration Block were installed. These shade sails are a product of the Victorian Government Shade Sails Program established last year.



### **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 that 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](mailto: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.

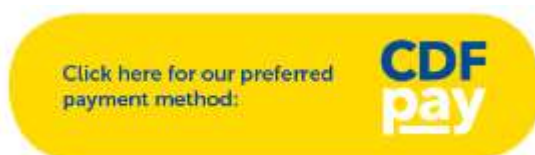
#### Activities

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.

### **SCRED 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.





INSIGHTS

## Mind your language. How what you say creates your child's mindset.



One of the big ideas in education over the past 10 years has been Professor Carol Dweck's work on Growth Mindset. However, despite (or perhaps because of) the hype, much of Dweck's work has been misunderstood, or misapplied. Too often we've tried to teach about growth mindset, instead of teaching for a growth mindset. Importantly, the role parents play in helping develop a growth mindset in their child has been largely overlooked.

In this article I share a simple way you can help your child develop a more growth-oriented mindset.

### About Mindsets

Your child's mindset is how they view their most basic abilities, like their talents and intelligence, and it has a profound impact on their learning.

A child with a fixed mindset believes they are fundamentally limited. Who they are today, is pretty much who'll they be in the future. For them, school and learning is a way to discover those abilities. They'll ask if they are musical, or how smart they are. For these children, school becomes one long test to discover the answers to these questions.

A child with a growth mindset understands they have the capacity to develop their abilities. For them learning becomes a vehicle for creating and developing those abilities. You'll hear this child say things like "I want to become really good at maths, so I'm going to work hard to make that happen."

### Why parents matter

Contrary to what social media might say, you can't just tell your child to have a growth mindset. Their mindset is rooted in a lifetime of experiences.

As parents we play an important role in creating the experiences that develop our child's mindset. What we repeatedly say, value, and reward all shape our child's mindset. And I should know because I got it wrong.

### What I did wrong

When my daughter was young, I encouraged her to try lots of different activities. She tried music, art, gymnastics, singing, the Maths Olympics. You name it, we tried it. And that's fundamentally a good thing.

The problem wasn't what I was doing. It was the messages I attached to it. Sometimes when she wasn't keen to try a new activity, I'd say something like "Come on sweetheart, give it a go. You never know, you might be good at it!"



# parenting \* ideas

Can you hear the fixed message in there? "You might (already) be good at it."

I turned trying something new into a test to find out if she was good at it. I promised her the possibility of instant success. To make things worse, if she didn't have instant success, I'd often console her with something like "Well, don't worry. You can't be good at everything."

In other words, she'd failed that test. Now it was on to the next test to see if she was good at that instead. The unintended lesson: If you're not immediately good, give up.

## Why did I do that?

If you just had an "ouch" moment, you're not alone. Parents say these types of things all the time. We say them out of love, and with the best of intentions.

When we see our child upset or struggling, our natural reaction is to want to protect them from that discomfort. But what I did was to provide my daughter with an excuse for struggle by saying "you're not that type of person."

Perhaps you've provided your child with a similar excuse by saying something similar like "I was never good at that either." The underlying message being "we aren't the right type of person to be good at that—we don't have those abilities."

## A nudge in the right direction

To help us be better parents and nurture a more growth-oriented mindset in our children, we need a little nudge. A reminder that helps us counter any unconscious bias and ensure we create more growth-oriented messages for our children.

I've created lots of these nudges, for all types of situations. The one relevant to this situation is to remember that "Learning is about creating, not discovering."

## Learning is about creating, not discovering.

In the context of trying new things, this nudge reminds us that we're not trying to find out if my daughter has those abilities. We're trying to decide if she wants to develop those abilities. So, now I might say:

"Darling, getting good at something takes time and the right type of effort. You need to decide if this is something you're prepared to invest the time and effort into getting good at."

The nudge helps us repeat this message over and over, slowly creating a more growth-oriented mindset. They become more empowered and see life as being in their control. They recognise they can become whoever they want, or need, to become.

It's like George Bernard Shaw said, "Life is not about finding yourself. Life is about creating yourself."



### James Anderson

James Anderson is an international speaker, author and educator. In an educational landscape focused on teachers, James' work focuses on learners. His signature work defines *Learnership™* – the skill of learning. He answers the question: What does it mean to be a *skillful* learner? For further information visit [www.jamesanderson.com.au](http://www.jamesanderson.com.au). You can also listen to James and Dr Justin Coulson discuss *Learnership™* on the *Happy Families* podcast episode [#529 \(The Growth Mindset\)](#) and [#559 \(How to Create Skillful Learners\)](#).



# 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

Visual Arts

Environmental Science

STEM

LOTE

PE

Performing Arts

Adele Di Beradino

Maddux Lemi

Meliz Hoe

Matthew Brady -Diaz

Tyler Stacey

Sienna Nardella

Charlie Rowley

Nala Santostefano

Benji Collins & Lucy Jones

Leo Van Rooyen

Charlotte Molinaro

Billy Tijan

Shaye Pearce



Week 5 Students of the Week







# SACRED HEART PRIMARY SCHOOL

## Important Dates

### Term 4 Dates - FAMILIES – 2022

#### November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7 WEEK 6 B</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
			PPC Meeting	ISS v Apollo Parkways  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 Hurstbridge (away)  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 Greenhills (away)  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				

#### December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			Foundation 2023 Orientation Session 3 2-3.15pm  Uniform Shop open 1.20pm - 2.00pm  Foundation Celebration 6.15pm	ISS v  Assembly 3pm	St Peters 50th anniversary 5pm mass	Second Sunday of Advent

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

## Performing Arts @ Sacred Heart

Memories of 'The End' – what a production this term. Congratulations to all students for their amazing performances in The End.





# 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.





 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 &  
2<sup>nd</sup> 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



Hi SHNC Players and Families,

Please share details of our come and try sessions with your networks. These are aimed at Prep to Year 4s but of course anyone who would like to try can come to our training session on a Tuesday.

Details are:

Tuesdays 15th, 22nd and 29th November  
4.15 to 5 pm  
Diamond Creek Outdoor Netball Courts  
Meet under the clubrooms

Any questions? [sacredheartnetballclub@gmail.com](mailto:sacredheartnetballclub@gmail.com)



**CYCLE HOUSE** SUPPORTING HEALTHY SCHOOLS & COMMUNITIES  
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**TAKE 5 / GIVE 5**  
**SCHOOL SALE**

COME IN TO CYCLEHOUSE GREENSBOROUGH, MENTION THIS PROMOTION AND WE'LL TAKE 5% OFF ANY KIDS OR ADULT RECREATIONAL BIKE\* (INC. GIANT, LIV, MONGOOSE, GT, SCOTT, MALVERN STAR & JAMIS) AND WE'LL GIVE 5% OF THE PURCHASE PRICE TO YOUR SCHOOL.\*\* WE'LL ALSO TAKE 20% OFF ANY ADDITIONAL HELMET PURCHASE. WIN—WIN!

\*OFFER APPLIES AGAINST ANY KIDS OR ADULT RECREATIONAL BIKE UNDER \$1500.  
\*\*5% OF PURCHASE WILL BE PAID TO SELECTED SCHOOL IN THE FORM OF A DONATION.

## Further notice to all Schools as addressed Postponement of Eltham Festival 12th and 13 November 2022

Due to the current state of Alistair Knox Park with many areas of sodden ground and current forecast for thunderstorms and lightning next weekend, a review of Alistair Knox Park and Eltham Central oval has been made in conjunction with Nillumbik Council Officers.

***The Rotary Club of Eltham regrets that the festival proposed for 12th and 13th November has been postponed for safety reasons.***

T

his decision is supported by Eltham Police.

We are extremely disappointed for our vendors, festival attendees etc and were looking forward to another great event.

We will be negotiating with the Council next week to reschedule the festival around March next year. This will be dependent on availability of the park and our infrastructure / entertainment suppliers.