



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 7 Term 4

Dear Sacred Heart families and friends,

SCHOOL CLOSURE ON MONDAY:

Please note that there will be a school closure on Monday 21st November to enable staff to work with Berry Street to further support students.

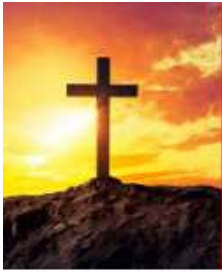
The Berry Street Education Model (BSEM) provides strategies for teaching and learning that enables teachers to increase engagement of students with complex, unmet learning needs and to successfully improve *all* students' self-regulation, relationships, wellbeing, growth and academic achievement. Our 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. This will be our second professional learning of this model enabling staff to support students and impact academic performance.

PHOTOS:

Last week, one of our parents, Michelle Berriman, was able to come and take annual photos of each class and the whole school in a more informal setting. Thank you Michelle.







SACRED HEART PRIMARY SCHOOL

Catholic Identity

As we have moved into a new governance model for Catholic schools and parishes in the Archdiocese of Melbourne, the importance of highlighting our Catholic Identity and maintaining and growing authentic relationships between the school and the parish is needed.

A practical and genuine sign of this relationship is the selling of Zooper Doopers each Thursday by our Year 6 students to raise funds to support our parish personnel and activities.



SACRED HEART PRIMARY SCHOOL

General News

STUDENT NEWS:

Congratulations to Rook Bishop who competed in the golf championships last Friday. Rook finished in 3rd place. Great effort.

Good luck to Annabelle Ross who will represent Sacred Heart over the weekend in the CLC Equestrian event. Good luck Annabelle.

REMEMBRANCE DAY:

Remembrance Day is an opportunity to pay respect and remember the service men and women that have served in and died in wars and armed conflicts. This year, our school leaders, Miki Berriman and Amelia Campbell, represented the school at the service held at the Cenotaph.





Year 1/2 – Remembrance Day Display

YEAR 5/6 OPEN WATER LEARNING EXPERIENCE:

All Year 5/6 students will participate in a Life Saving Victoria Open Water Learning Experience (OWLE) program. This will take place at Sandridge Beach in Port Melbourne on Wednesday 30th November.

LSV's Open Water Learning Experience (OWLE) program creates 'Everyday Lifesavers' out of Victorian students, by teaching them practical and engaging water safety, lifesaving and emergency response skills. The OWLE program is designed to empower students to make safe aquatic related decisions while enjoying their local waterway. The OWLE program is ideal to enhance our school's swimming and water safety program.

YEAR 5/6 TRANSITION TO SECONDARY SCHOOL FULL DAY WORKSHOP & PARENT SESSION:

On Thursday 24th November all Year 5/6 students will be involved in a full day transition workshop followed by a family session that evening. This workshop has kindly been funded by Nillumbik School Focussed Youth Services and will be part of a bigger plan to develop resources for primary students transitioning to secondary school. The program will be delivered by The Big Sister Experience.

ABOUT OUR PROGRAMS

All our workshops are founded on research and storytelling and are custom created to meet the needs of students, their families and educators. We pride ourselves on working with the school's wellbeing teams and programs to create a bespoke experience that leaves long-lasting impressions on everyone we work with.

THIS WORKSHOP

Take the anxiety out of the transition period by equipping students with social skills, organisation tips, anxiety strategies and confidence-boosting strategies to take the leap into Year 7 with excitement instead of apprehension. Interactive, practical and hands-on, our transition workshops capture even the most disengaged and skeptical students.

MODULES

- Organisation
- Mental Health and Wellbeing
- Friendship and Conflict Management
- Safe Social Media Use
- Goal Setting and Motivation
- Gratitude

OUTCOMES

- Address some of the common triggers for anxiety that creep in during the transition period

- Boost of confidence and self-love as students undertake this period of change
- Tools and strategies to self-regulate and support one another through common social issues that affect their learning time and overall well being
- Powerful interactive activities that illustrate that students are not alone in their fears, anxieties and apprehensions around the transition period, and promote a sense of unity throughout the year level.

OBJECTIVE

To equip year 5/6 students with practical tools and confidence to create a seamless transition into high school. To address questions around expectations, changes and anxiety that the transition period can bring.

An Operoo Eform has been sent to all Year 5/6 families, please indicate on the form whether you will be attending the family session which will run from 6.30pm - 7.45pm in the Community Centre. This session is for parents of Year 5/6 students only.

Any questions please reach out to Gina Murphy gmurphy@shdiamondcreek.catholic.edu.au

ABOUT

The transition to high school period can be a time of uncertainty for both parents and young people. In this one-hour presentation, The Big Sister Experience will cover tips and strategies to support your young person on their transition to high school.

@bigsisterexperience

DETAILS

VENUE
SACRED HEART
PRIMARY SCHOOL

WHEN
THURSDAY 24TH NOVEMBER
TIME: 6.30 - 7.45PM

WHO
PARENTS OF YEAR 5/6 STUDENTS
(NO CHILDREN)

AS SEEN ON

📞 1300 BIG SIS 📷 @bigsisterexperience 🌐 www.bigsisterexp.com

THE *Big Sister* EXPERIENCE

LIFE EDUCATION PROGRAMS

INSPIRING THE NEXT GENERATION THROUGH SELF-CONFIDENCE AND SELF-LOVE TO BECOME THE CAPABLE, RESILIENT AND EMPOWERED PEOPLE OF TOMORROW



TRANSITION TO HIGH SCHOOL 2 HOUR WORKSHOP OR FULL DAY WORKSHOP

Tailored to Year 6 and 7 Students

ABOUT OUR PROGRAMS

All our workshops are founded on research and storytelling and are custom created to meet the needs of students, their families and educators. We pride ourselves on working with the school's wellbeing teams and programs to create a bespoke experience that leaves long-lasting impressions on everyone we work with.

THIS WORKSHOP

Take the anxiety out of the transition period by equipping students with social skills, organisation tips, anxiety strategies and confidence-boosting strategies to take the leap into Year 7 with excitement instead of apprehension. Interactive, practical and hands-on, our transition workshops capture even the most disengaged and sceptical students

MODULES

- Organisation
- Mental Health and Wellbeing
- Friendship and Conflict Management
- Safe Social Media Use
- Goal Setting and Motivation
- Gratitude

OBJECTIVE

To equip year 6/7 students with practical tools and confidence to create a seamless transition into high school.

To address questions around expectations, changes and anxiety that the transition period can bring.

OUTCOMES

- Address some of the common triggers for anxiety that creep in during the transition period
- Boost of confidence and self-love as students undertake this period of change
- Tools and strategies to self-regulate and support one another through common social issues that affect their learning time and overall wellbeing
- Powerful interactive activities that illustrate that students are not alone in their fears, anxieties and apprehensions around the transition period, and promote a sense of unity throughout the year level.

"It catered for both boys and girls and even our challenging students enjoyed the day. The Big Sister Experience team were organised, fun and used their personal experiences to provide the students with real examples and strategies to help students feel more confident about making the transition to secondary school." - Zac, Year 6 Co-Ordinator at Chatham Primary

<https://bigsisterexp.com/>

hello@bigsisterexp.com

[@bigsisterexperience](https://www.instagram.com/bigsisterexperience)

[The Big Sister Experience](#)

[The Big Sister Experience](#)

AS FEATURED ON...



TRANSITION:

All students in Foundation to Year 5 will be involved in some transition activities in order to support them with transition into 2023. These will occur at the following dates and times:

Friday 2 December 11.50am – 12.40pm (Year Level)

Friday 9 December 11.50am – 1.20pm (Class Teacher)

FOUNDATION 2023 ORIENTATION SESSIONS:

On Tuesday we welcomed our 2023 Foundation students and parents to the school for the first of a number of orientation sessions. It was so great to see the new and old faces for next year and thank Gemma Greenwood, Kerry Neilson and Rachel Murphy for the great work they provided for these students. We welcome the children back next week on Wednesday 23rd November for a second session.

ZOOPER DOOPER FUNDRAISER:



\$1 for one Zooper Dooper

Each Thursday for the remainder of the year, the Year 6 students will be selling Zooper Doopers. They will be \$1 each and can be purchased at the beginning of recess in the Mackillop courtyard. Please bring money as all funds raised will be going to a great cause. We are raising money to support our parish, Sacred Heart.

SWIMMING PROGRAM:

The intensive swimming program for Term 4 will continue each Wednesday until 7th 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 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.

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.

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 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. Thank you to those from Foundation to Year 3 that have already volunteered for this role.

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.

MINI VINNIES – THANKYOU!

What a Success! Colourful Socks/ Cake Stall Organised by Mini Vinnies

Thank you to all who contributed to the day, especially those people who supplied cakes/muffins to be sold.

We raised

\$365.00

For the Catholic Mission.



VILLAGE OSHC:

Always Learning and Always Evolving

VillageOSHC's valuable and informative monthly publication, 'The Network - Community Hub' is back with another edition.

This will provide you with interesting articles, reviews and ideas for our community.

Please click below to download the latest edition

- [The Network - Community Hub November 2022](#)

We sincerely hope you find this resource useful and insightful.

Kind Regards,

The VillageOSHC Team



SACRED HEART PRIMARY SCHOOL

Wellbeing

FREE 7 DAY COURSE

The Time-out Alternative

New discipline strategies for positive parenting

Launches Monday 14 November

ONE CLICK REGISTER

LEARN MORE

Parenting is hard! We all have our preconceived ideas about the kind of parent we wanted to be before we become parents. But actually being a parent? Well it's a whole new ball game isn't it?

We're tired, busy, run off our feet, and we have these little humans with their own personalities and ideas about life, who make it difficult to be the parent we'd always imagined we would be! We lose our patience, we yell, we resort to using discipline strategies that don't seem to be particularly effective.

But what is the right way to approach discipline?

Smacking is out - unless you're part of the old-school. Yelling is the new smacking, but no one wants to yell. It feels horrible. Time-out is the discipline strategy of choice in most major parenting programs but it has major drawbacks, the major one being that it doesn't seem to work.

"Well what else can we do?" I hear you wail. "How can we help our children learn to behave, to self-regulate? How do we reduce conflict and challenging behaviour without losing our cool or putting our kids in Time-Out? How can we make things work in family life?"

What if I told you there was a **7 Day Course** which, in **10 minutes per day**, can change the way you parent? And not only that, but for a limited time, this \$74 course can be accessible completely for **FREE**?

Too good to be true, right? It's real. I promise. And it will help make your family much happier.





SACRED HEART PRIMARY SCHOOL

Student of the Week

Value = Reflectiveness

Foundation

1/2 NS

1/2 PA

3/4 NJ

3/4 RM

5/6 MR

5/6 JD

Visual Arts

Environmental Science

STEM

PE

Performing Arts

James Molinaro & Lex Ridd

Beauden Foster

Delilah Hodgson

Ayendha Fernando

Rachael Hardy

Eadie Perry-Turnley

Mitali Perera

Thomas O'Connor

Ayenda Fernando, Evie Jones, Patrick O'Neill

Emily Matulick

Ruby Vassallo & Oliver Parisi

Jack Nardella



Week 6 Students of the Week





SACRED HEART PRIMARY SCHOOL

Important Dates

Term 4 Dates - FAMILIES - 2022

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14 WEEK 7 A	15	16	17	18	19	20
				ISS v Hurstbridge (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 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	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

		Year 6 Graduation Mass and Supper 6pm				
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)					

Sustainability



Halo Semua



We hope everyone has had a great week and have been noticing the changes around the school. We have finally made it back into the veggie patch after a long delay, due to bad weather and a busy school life! We want to thank all those students who gave their time this week to help with the weeding. Our next step is

to lay down some weed matting to keep on top of the weeds, so that we can plant.

We have given classes their compost bins to put their food Scraps in. We are going to collect the compost bins on Tuesday's and Friday's. However next week we will be collecting them on Wednesday and Friday due to the school closure day.

Please support us in trying to reduce landfill across our school.



Written by the sustainability leaders, Zarah Clough and Grace Topolcsanyi

VISUAL ART IN TERM 4

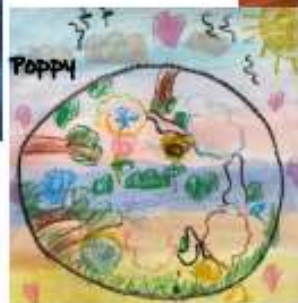
Our expressive artists in Foundation to Year 2 celebrated the beginning of spring by creating colourful, patterned spring flowers using a watercolour and oil pastel resist technique...



Students in Year 3/4 began the term learning about the history of tie-dye around the world before applying the technique to t-shirts.

Year 5/6 students also tie-dyed fabric which they are now using to make their own soft toys they have designed.

Students across the whole school have been preparing artworks for 16 Days of Activism, responding to the theme "Respect is..." We have had some great discussions about what respect means to them, how artists have represented respect and it has been really exciting to see how they depict respect in their own art...



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
ROYAL CHRISTMAS CHARACTERS
FIRST 200 KIDS GET A FREE LUCKY DIPP!
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



Blue Light

WWW.BLUELIGHT.DCC.NZ

**- DIAMOND CREEK -
BLUE LIGHT
DISCO**

FRIDAY 9TH DECEMBER
7 - 10PM | AGES 8 TO 13 | \$8 ENTRY
DIAMOND CREEK COMMUNITY CENTRE
CONTACT SNR SERGEANT WAYNE SPENCE 9438 0300
PARENTS PLEASE ENSURE CHILDREN HAVE AN EMERGENCY CONTACT NUMBER ON THEM

DIAMOND CREEK BLUE LIGHT



Banyule
City Council

CaROLS by CaNDLeLIGHT

Saturday 17 December 2022
Greensborough War Memorial Park
Henry Street, Greensborough

5:00pm: Food trucks and
preshow entertainment
7:00pm: Carols showtime



Come and try

NETBALL

Thinking of playing netball in 2023?

Tuesdays 15th, 22nd and 29th November
4:15 - 5 pm
Diamond Creek Outdoor Netball Courts
Meet under the clubrooms

Join Sacred Heart coaches Jackie Taylor and Barb Cumming for some fun netball activities. All welcome.

Any questions? sacredheartnetballclub@gmail.com