



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 8 Term 4

On Tuesday, 29th November we will be relocating the Office to the new Administration Block. Please be aware that there may be some disruption to the phone system during this time. Please continue to use the existing temporary Office in the Bunjil Block until further notice.

Dear Sacred Heart families and friends,

It always feels at this time of the year that there is a sense of urgency among us. It's like we are all rushing to meet a deadline and that deadline is Christmas day and the end of the year! How many times do we hear people say, *I have so much to do before Christmas*. Some of us even count down the days, often though, not with a sense of excitement but with fear and dread for all the things we need to do between now and then. There are so many boxes to tick between now and when the Christmas roast comes out of the oven – and the list just seems to get longer!

How nice would it be if we could just buy a bit of time to stop and be reflective at this time of the year. What a gift it would be just to have a couple more days to give us some breathing space. Unfortunately, I think we would probably just find more things to do to fill in the time.

Our Church presents us with a very different approach as to how we should attend to these last few weeks of the year. We are about to enter the season of Advent in the Christian Church. To us it is like a pre-Christmas gift. A gift that gives us permission to breathe, to take time to reflect on our year, to be grateful for all the blessings in our lives and most importantly to prepare for the coming of Jesus, the true gift of Christmas.

Now you might say, that is all well and good, but I still have all these things to get done, to tick off my list, I haven't got time to reflect, to breathe and perhaps even to pray.

Pope Francis speaks about advent as a time when we should be focussing on the search for peace as we prepare for the coming of Jesus, at Christmas. This Advent season, he says, is the time to be humble and try to build peace in our souls, in our families and in the world.

It's really not that hard to find a few minutes in the day to breath, to count our blessings, to say a short prayer for peace, to light a candle in remembrance of a loved one, to make time to listen to the needs of another, to lift someone's spirits with a kind word or simple gesture. By doing these things we answer Francis' call to bring a little peace to our world, our family and our own soul.

State Election:

Thank you to the J'Rhette Bishop and Tenille Santostefano for coordinating the State Election BBQ and cake stall for this weekend. Please do not forget to vote at Sacred Heart and support the Parents Association in fundraising for the school.

Kind regards,

Jim & Gina



SACRED HEART PRIMARY SCHOOL

Catholic Identity

Sunday 27 November is the First Sunday in Advent.



An Advent Prayer

May this eternal truth be always on our hearts
That the God who breathed this world into being
Placed stars into the heavens
And designed a butterfly's wing
Is the God who entrusted his life
to the care of ordinary people
became vulnerable that we might know
how strong is the power of Love
A mystery so deep it is impossible to grasp
A mystery so beautiful it is impossible to ignore

The Advent Wreath:

Most churches have at the heart of their worship an Advent wreath. The origins of the evergreen wreath are ancient and probably pagan, but there is a symbolism with the wreath and its five candles that is useful in retelling the Christmas story.

The circle of greenery reminds us that God is eternal, the Alpha and Omega without beginning or end, and also of the hope we have in God, of newness, renewal and eternal life.

The candles symbolise the light of God entering the world through the birth of Jesus, and the four outer candles represent a period of waiting, perhaps the four centuries between the prophet Malachi (the last book in the Old Testament) and the birth of Jesus. Whilst the light from the candles reminds us that Jesus is

the light of the world that comes into the darkness of our lives, it also reminds us that we are called to be a light to the world as we reflect the light of God's love and grace to others. The centre candle is white and is called the Christ Candle. It is traditionally lit on Christmas Eve or Day where there is a service on these days.

- Candle one (purple) represents hope. It is often called the prophets' candle.
- Candle two (purple) represents peace. It is often called the angels' candle.
- Candle three (pink) represents joy. It is often called the shepherds' candle.
- Candle four (purple) represents love. It is often called the Bethlehem candle.



SACRED HEART PRIMARY SCHOOL

General News

WORKING BEE:

Our final working bee for 2022 will be on Sunday 4 December 10 am – 12 noon. This Working Bee will focus on the garden along the driveway/railway fence, around the log fort, next to the Prep/Year 1/2 classrooms and in front of the church (near the crossing). Previous experience has shown that general weeding fills the skip, once that is achieved the working bee will end, as previously having the weeds next to the skip waiting for someone to put them in the skip has not been reliable.

AWARD CEREMONY:

We will be holding our Awards Ceremony on Monday 12th December at 2.20 pm. We will recognise our leaders of 2022 and introduce the school leaders of 2023. Students from each class will be acknowledged for a Principal Award and Endeavour Award and Excellence Awards will also be presented. This assembly will be held in the church and families are invited to attend.

GRADUATION MASS/DINNER – Wednesday 7th December, 6.00pm:

All Year 6 students and their families are invited to attend Mass as the major celebration of their child's involvement in the Sacred Heart Primary School community. Students, dressed in neat, casual, appropriate clothes, are to meet their teachers in the Hall at 5.45 pm. They will process into the Church as a group and will be seated together at the front of the Church. A family event has been arranged at Bridges after Mass.

END OF YEAR MASS - Friday 16th December - 12 noon:

On the final day of school for the students we will celebrate our end of year mass at 12 pm followed by our leaving ceremony for our Year 6 students. All families are welcome to attend and all students will be dismissed at 1.30 pm on this day.

PARENTS ASSOCIATION AGM:

The Parents Association Annual General Meeting will be held on Monday 5th December at 7.30 pm. Any member of our community interested in joining the Parents Association for 2023 is welcome to attend this meeting.

SCHOOL ADVISORY COUNCIL AGM:

The School Advisory Council Annual General Meeting will be held on Tuesday 6th December at 7.30 pm. Any member of our community interested in joining the School Advisory Council for 2023 is welcome to attend this meeting.

STUDENT NEWS:

Past Student:

Congratulations to Samuel Kelso (class of 2018) who has been appointed as Debating Leader at Eltham College for 2023.

Current Students:

Well done to Annabelle Ross who represented Sacred Heart over the weekend in the CLC Equestrian event.



Congratulations to Poppy & Eva Parker who competed last weekend at the Aussie Gold State Cheer Competition for their club Outlaws All Stars placing 1st in both their sections.

Eva is now in the Gold Coast competing at the AASCF All Stars Nationals Competition against the best of the best in Australia.



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:

Today all Year 5/6 students were involved in a full day transition workshop which will be followed this evening by a family session. 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 is 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.

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.

SUPPORTING THE TRANSITION TO HIGH SCHOOL

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 | @big sister experience | www.big sister exp.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

AS FEATURED ON...

<http://big sister exp.com/>
hello@big sister exp.com
[@big sister experience](https://www.facebook.com/big sister experience)
[The Big Sister Experience](https://www.instagram.com/big sister experience)
[The Big Sister Experience](https://www.youtube.com/channel/UC...)

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)

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:

Apologies for the late cancellation of the swimming program on Wednesday. We were informed in the morning that the boiler was not working at the pool and therefore the water could not be heated making it too cold for the students to swim.

DATES & TIMES

- 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.





RUNNINGCLUB:

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.

LIONS CLUB RAFFLE:

Thank you to the families that were able to support the Lions Club Super Solar Raffle 2022. A total of \$790.00 was raised from the sale of the tickets which will go towards the Parents Association fundraising efforts. The raffle is drawn on 25/11/22 at 7.30 pm – Good Luck to our families!



INSIGHTS

How to recognise Autism in girls



Autism is significantly more common in boys than in girls. This skewed sex ratio has been recognised since the first cases of autism were described in the 1940s. But we're not sure why autism appears in more males than females. It may be rooted in biological differences between the sexes. Or, some experts say, it may be an artifact of the way autism is defined and diagnosed.

But we also know that many autistic girls remain undiagnosed because many of the social signs of autism are less obvious in girls than they are in boys. One way that girls are "flying under the radar" of a diagnosis is the use of camouflaging as a coping mechanism.

Camouflaging means to pretend to know how to socialise by using observation, imitation, and adopting a persona or wearing a mask to meet social demands. An autistic girl – like an autistic boy – does not intuitively know what to do or say in a social situation. Social challenges are a hallmark of being on the autism spectrum. Compared with most boys, however, from a very young age an autistic girl will often closely observe and analyse her peers before making the first step. She will use imitation and acting to be able to conceal her confusion when socialising with peers.

What to Know about Autistic Girls

Unlike most autistic boys, girls are more likely to be able to accurately interpret and answer questions about social interactions, social situations, and friendship. However, they rely on intellect rather than intuition, so their responses will be slower, making it difficult for them to keep up in a group setting or with typically-developing and more socially skilled girls. Consequently, autistic girls tend to choose single close friendships rather than being part of a group. They often find males more appealing as friends because male friendship dynamics may be perceived as being easier to understand.

Autistic girls often show a willingness to follow the rules, a natural tendency to shyness, and social naivety. Such qualities can mean that they are easily missed in a classroom where louder children gain the teacher's attention. Autistic girls are usually very hesitant to ask for help. They may fear drawing attention and are often self-directed and perfectionistic, so do not wish to be seen as stupid or making a mistake.

Autistic girls can focus much of their intellectual energy on learning about their social world, hence special interest topics may have more of a social focus, such as mental health, self, friendships, animals, celebrities, literature, and fantasy. Sometimes it is not the topic that differentiates them from their peers so much as the intensity of their hyper-focus on it.

Despite their frequently better coping mechanisms and ability to camouflage their social difficulties, their social difficulties are very real, on a par with those of autistic boys, and cause enormous stress, confusion, and exhaustion. In addition, autistic girls experience sensory processing challenges at the same level or more than autistic boys. These challenges generally lead to high levels of anxiety in the classroom and playground. When this occurs, you may observe an autistic girl:

- become overwhelmed in social situations
- be reluctant to participate in class activities

- be unable to communicate verbally (situational (selective) mutism)
- feel judged negatively by their peers
- withdraw from social interaction

During primary school autistic girls can appear to have no social difficulties, successfully 'keeping it together' at school. In fact, an autistic girl may be able to do such a great job at "wearing a mask" and fitting in that nobody would believe she has autism. However, the toll on their energy levels and emotions can be high. Girls will often come home feeling exhausted, irritable, and overly emotional, following a day processing both the academic and social curriculum. Over time secondary mental health concerns often develop including anxiety and depressive disorders, self-harm, eating disorders, and suicidality. The average age of diagnosis for autistic girls around the world is 12-13 years old, coinciding with the first year of high school, when the social world suddenly becomes far more complex, and hormonal changes that increase anxiety exacerbate autistic features.

What Next?

So now you know the signs, what do you do if you think you could have an autistic daughter? If you are a parent, approach your daughter's teacher. Share this article and discuss what they have observed. If you are a teacher, you may approach the parents and ask them how their daughter is going at home. Mention the signs that concern you and share this article with them. Acknowledge that you are not a diagnostician, and you may be wrong, but that you are concerned and wish to do all that you can to assist their daughter.

To take the next step to obtain a formal diagnosis (or at least to investigate), carefully consider the level of experience of the Clinical Psychologist, Paediatrician or Psychiatrist you choose. The field of understanding the female presentation of autism is an emerging one and many health professionals did not receive training as part of their degree. Approach your local autism association for names of diagnosticians who are experienced in signs of autism in girls and women.



Dr Michelle Garnett

Dr Michelle Garnett is a clinical psychologist who has specialised in autism for nearly three decades. She has written six highly regarded books on autism for parents and professionals, including a seminal text on autistic women. For further information visit www.attwoodandgamettevents.com or via [Facebook](#).



SACRED HEART PRIMARY SCHOOL

Student of the Week

Foundation	Emersyn Foster
1/2 NS	Beau Foster
1/2 PA	Grace Broderick
3/4 NJ	Sophie Lewis
3/4 RM	Jacob Sciberras
5/6 MR	Madison Fitt
5/6 JD	Rhylee Keating
Visual Arts	Xavier Hernandez & Caitlin Waddington
Environmental Science	Ayendha Fernando, Evie Jones, Patrick O'Neill
LOTE	Eddie Davidson
PE	Beau Foster
Performing Arts	Beau Nardella



SACRED HEART PRIMARY SCHOOL

Important Dates

Term 4 Dates - FAMILIES - 2022

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21 WEEK 8 B	22	23	24	25	26	27
			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 Finals Boys & Girls Basketball Boys Volleyball Assembly 3pm	St Peters 50th anniversary 5pm mass	Second Sunday of Advent 10 - 12 noon Working Bee
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)					

PE @ Sacred Heart this Term

This term in PE, Sacred Heart students have participated in a Taekwondo program. This program enabled them to learn self-defence. Students learnt different strikes using their palms, elbows and legs. Additionally, to commemorate Remembrance Day, students in 3-6 completed a modified version of the Australian Army Pre-entry Fitness Assessment. This consisted of push-ups, sit-ups and a 20 metre shuttle run.





Australian Army Pre-entry Fitness Assessment



1/2 CN Acknowledgement to Country

Foundation @ Sacred Heart this Term







SACRED HEART PRIMARY SCHOOL

Community News

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

Blue Light

WWW.BLUELIGHT.ORG.AU

- DIAMOND CREEK -
BLUE LIGHT DISCO

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

DIAMOND CREEK BLUE LIGHT DISCO
PLEASE SEE THE FB PAGE FOR THE NEWS IF YOU ARE INTERESTED

DIAMOND CREEK BLUE LIGHT DISCO

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

Intensive Swimming Program January 2023

All ages 4 mths - teenagers, adults all standards

Fast Track Swimming Lessons
5-Day Intensive Program
30 minute lessons
Cost: \$75

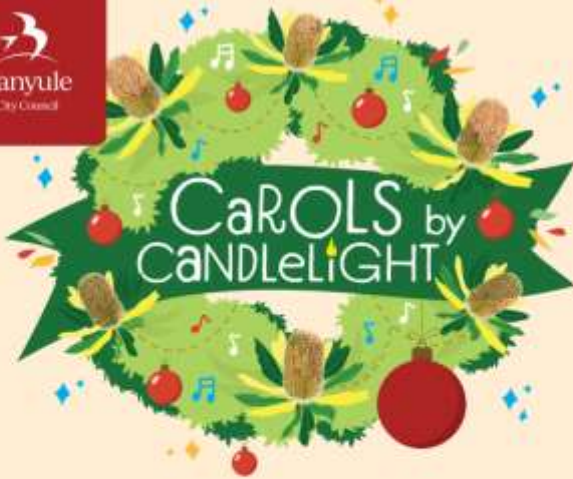
FAMILY LAST NAME: _____
PARENT NAME/S: _____
MOBILE NUMBER: _____
EMAIL: _____

Program 3 Days
Thursday 15th Jan '23
Friday 19th Jan '23
Monday 22nd Jan '23
Tuesday 17th Jan '23
Wednesday 18th Jan '23

Swimmer Name	Date of Birth	Preferred Time	Current swimmer at ESS?	New swimmer? What level? Please check box below
		1 6.30 - 9.30 am 2 9.30 - 10.30 am 3 10.30 +	Y N	
			Y N	
			Y N	
			Y N	

If you currently attend Eltham Swimming School, we have your Level. For new swimmers, please check our Levels at <https://www.althamswim.com.au/swimming-lessons/assessment-levels>

To make an enquiry or enrol, email us at enquiries@elthamswim.com.au
Eltham Swimming School, 444 Main Road, Eltham 3095. althamswim.com.au



Saturday 17 December 2022

Greensborough War Memorial Park
Henry Street, Greensborough

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

WATTLE GLEN
Breakers
BASKETBALL CLUB

REGISTRATION NOW OPEN!



COME AND JOIN US!

We are a small club who welcome new players and families. Our passion is basketball at any level! We believe that friendship & fun is a major part of junior domestic basketball. We play in the Diamond Valley Basketball Association. The new season will start in February when school is back & run through to the end of July. Please contact the club wattleglenball@gmail.com or call Victoria 0439 152 746



**REGISTRATIONS
NOW OPEN**

**GREAT CULTURE-
GREAT CLUB**

Register online via this link:

**<http://nfml.org.au/football-player-registration-forms/>
or contact our secretary Kerrie via email.**

secretary@diamondcreekjfc.com.au

