



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 9 Term 4

1<sup>st</sup> December 2022

Dear Sacred Heart families and friends,

The last fortnight has been a very busy time for students, staff and families. Students have been completing their last units of work and now starting to look at the celebration of Christmas. Year 5/6 students have experienced their Open Water Learning Experience at Sandridge Beach, Port Melbourne, and now Year 5 students are preparing for the leadership process while our Year 6 students are preparing for transition to Secondary school. Last week all our Year 5/6 students experienced a transition workshop run by an external company, 'The Big Sister Experience', discussing transition and change. A parent session was also held in the evening, thank you to those that were able to attend this session. Thank you to our parent volunteers and to J'Rhette Bishop and Tenille Santostefano for the amazing work in running the BBQ and cake stall at the recent State election. We have started moving into the new building but ask families to continue to use the temporary office until further notice.

Over the next couple of weeks there are some dates to be aware of. Please see below for an outline:

• **Friday 2 December**

- ISS Finals - Basketball boys & girls and Volleyball boys at Plenty Valley Christian College
- Year 5 leadership speeches for 2023
- Transition Year 1-6 in 2023 year levels 11.50am - 12.40pm
- Assembly 3pm

• **Saturday, 3 December**

- St Peters, Hurstbridge, 50th anniversary 5pm mass

• **Sunday 4 December**

- Second Sunday of Advent
- Working Bee 10am - 12pm

• **Monday 5 December**

- Parents Association AGM 7.30 pm

• **Tuesday 6 December**

- Parent Helper Morning Tea 11am
- School Advisory Council AGM 7.30 pm

• **Wednesday 7 December**

- Swimming Lessons
- Foundation 2023 Orientation Session 4 - 2.00 pm - 3.15 pm
- Year 6 Graduation Mass & Dinner 6 pm

• **Thursday 8 December**

- Zooper Doopers for sale
- Christmas Carols 6 pm
- Free Dress Day for winning house

• **Friday 9 December**

- Year 6 to attend healing mass with parishioners
- Specialist classes finish
- Transition Year 1-6 in 2023 11.50 am - 1.20 pm with their teacher for next year

- Assembly 3 pm
- Reports go home electronically
- **Monday 12 December**
  - School Awards Ceremony celebrating the year and recognising the achievements of students 2.20pm in the church
- **Thursday 15 December – End of Year Activity Day**
  - Students will participate in a variety of excursions, incursions and activities to celebrate the end of the year together
- **Friday 16 December – Final Day of School**
  - End of Year Mass 12 pm and Leaving Ceremony
  - The day finishes at 1:30 pm

We hope that your child/rens last week at school for 2022 is one filled with fun, excitement and laughter, blended with opportunities to learn and experiment with their peers and teachers and with time to reflect upon and celebrate 2022.

Kind regards  
Jim & Gina

### **Orientation Days - 2023**

Following the success of the start of the Year in 2022 for our students, we are again starting 2023 with a staggered return across Year 1-6. We believe this encourages a positive and personal start to the new school year allowing time for staff and students to reconnect after the holiday period.

Students in Foundation to Year Six will be allocated a morning **or** afternoon session on Monday 30th January or Tuesday 31st January. All Foundation students will have Wednesday off for the month of February.

During these sessions, teachers and LSO's will spend time engaging with their students in a small group setting designed to enhance student wellbeing and set up classroom/level expectations. These sessions will include time for the teachers and students to engage in various activities including classroom organisation, social and emotional (SEL) activities and assessment of reading, writing and number work. We believe it is important to use this time to observe students' learning behaviours in a small setting. This ensures teachers and LSO's have the opportunity to start planning learning tasks for the beginning of the year that are set at the point of need of each individual student.

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 uniform, including school hats. They are asked to bring a snack, drink bottle, pencil case and headphones with them to this session.

Below shows which day your child/ren are expected at school.

### **MONDAY 30TH JANUARY 8.50AM – 12.00PM**

| <b>FOUNDATION</b> | <b>YEAR 1/2</b> | <b>YEAR 3/4</b>   | <b>YEAR 5/6</b>  |
|-------------------|-----------------|-------------------|------------------|
| JOHANSEN Toby     | McILROY Lily    | LENTINI Christian | McILROY Daniel   |
| JONES Olivia      | McILROY Jojo    | JONES Evelyn      | JONES Lucy       |
| AUDELY Hamish     | WIGMORE Isla    | AUDLEY Eleanor    | AUDLEY Lachie    |
| MATULICK Lucy     | MATULICK Emily  | OHLSEN Finn       | BURNS Miller     |
| SINCLAIR Chloe    | SINCLAIR Madi   | SINCLAIR Jake     | FERNANDO Ayendha |
| GEEGA Orianna     | DOWN Shea       | NEMYROVSKYI Ivan  | DOWN Saige       |
|                   | STACEY Amelia   | STACEY Tyler      | HUNTER Roy       |
|                   | LEWIS Will      | LEWIS Charlotte   | CHRISTIAN Hilton |

|  |                |                    |               |
|--|----------------|--------------------|---------------|
|  | MOLINARO James | MOLINARO Charlotte | FITT Madison  |
|  | BLACK Maddie   | BLACK Jack         | VASSALLO Ruby |
|  | TIJAN Billy    |                    |               |

**MONDAY 30TH JANUARY 12.30PM – 3.25PM**

| FOUNDATION     | YEAR 1/2        | YEAR 3/4            | YEAR 5/6                |
|----------------|-----------------|---------------------|-------------------------|
| TELFER Jack    | VAN ROOYEN Leo  | LORD Justine        | LORD Harry              |
| BRACK Scarlett | BRACK Ava       | COLLINS Benji       | MADDEN Heidi            |
| COLEMAN Noah   | IOANNIDIS Alby  | HERNANDEZ Alexander | HERNANDEZ Xavier        |
| PARKER Lenny   | PARKER Poppy    | PARKER Ollie        | PARKER Eva              |
| GIBBS Penelope | ROSS Eloise     | HOE Meliz           | ROSS Annabelle          |
| KHAIRA Malvern | KHAIRA Jasmina  | GALLAGHER Finn      | SPARKS-McPHERSON Hunter |
|                | PARISI Alfie    | HODGSON Audrey      | PARISI Oliver           |
|                | HOE Melanie     | HANKINSON Rosie     | HANKINSON Maia          |
|                | GALLAGHER Elly  | BISHOP Rook         | BISHOP Harper           |
|                | HODGSON Delilah | LEWIS Sophie        | LEWIS Madison           |
|                |                 | AMBROSE Sade        | PERERA Mitali           |

**TUESDAY 31TH JANUARY 8.50AM – 12.00PM**

| FOUNDATION      | YEAR 1/2           | YEAR 3/4         | YEAR 5/6            |
|-----------------|--------------------|------------------|---------------------|
| JOHNSTON Grace  | CHATFIELD Harley   | LAMB Emily       | LAMB Megan          |
| O'CONNOR Ciara  | O'CONNOR Thomas    | FRIEDRICH Harry  | SANTOSTEFANO Nala   |
| ELLIS Hermione  | DAVIDSON Eddie     | NICHOLSON Jack   | MENNILLI Marcus     |
| RAY Tomi        | STANIC Alannah     | LYONS Sarah      | HARDY Rachael       |
| KOSTER Sullivan | BUHAGIAR Grace     | CAMPBELL Alex    | BRADY-DIAZ Matthew  |
|                 | BUHAGIAR Lily      | FITZMAURICE Nate | FITZMAURICE Georgia |
|                 | RIDD Lex           | BUTTIGIEG Daniel | O'NEILL Tadhg       |
|                 | BOYD Iris          | O'NEILL Patrick  | KEATING Kayde       |
|                 | NARDELLA Beau      | NARDELLA Jack    | NARDELLA Sienna     |
|                 | DI BERARDINO Adele | IBRAHIM Evren    | ROWLEY Alfie        |
|                 | NICHOLSON Nikita   |                  | IBRAHIM Katiya      |

**TUESDAY 31TH JANUARY 12.30PM – 3.25PM**

| FOUNDATION        | YEAR 1/2           | YEAR 3/4         | YEAR 5/6            |
|-------------------|--------------------|------------------|---------------------|
| HARTE Eli         | HARTE Alfie        | BRODERICK Grace  | WADDINGTON Caitlin  |
| LEMI Collins      | LEMI Marley        | LEMI Maddux      | PERRY-TURNLEY Eadie |
| WILLIS Mia        | FOSTER Beau        | BERRIMAN Rupert  | MOTSCHALL Monique   |
| MOTSCHALL April   | TOPOLCSANYI George | MOTSCHALL Erica  | MOTSCHALL Penny     |
| CULOSI Alessia    | LUCHETTA Fletcher  | LUCHETTA Lawson  | DOOLEY Davey        |
| HERON GAUCI Leith | FOSTER Emmy        | O'REILLY Conor   | DOOLEY Luke         |
|                   | CLARK Ava          | PEARCE Shaye     | PEARCE Tess         |
|                   | CONNOLLY Finn      | ZAGAMI Sebastian | LEE Elliott         |
|                   | ZAMMIT Anthony     | SCIBERRAS Jacob  | SCIBERRAS Isaac     |
|                   | BERRIMAN Evelyn    |                  | MOORE Eliza         |
|                   |                    |                  |                     |



Sunday 5 December is the Second Sunday in Advent.

Advent Calendars, it's not too late!

We all struggle with it, don't we? We want and need to keep our family's focus on the true meaning of the Christmas holiday—the **celebration of the birth of Christ Jesus**—but it's so easy for the message to be lost in the hustle and chaos of the season. As we count down the days to Christmas, a great way to keep the focus on Jesus is to use a time-honored tradition—the advent calendar.

**What is an advent calendar?** The word *advent* literally means *arrival* or *appearance*, and we celebrate Advent—the first Christian season—to commemorate the most important arrival in history, the appearance of our Savior, the birth of Jesus. And an Advent calendar gives us a tool to help us count down each day in the season, building in anticipation of the celebration of Christ's birth!

**How does an advent calendar work?** While the date for Advent Sunday varies each year—Advent begins on November 27th in 2022, most Advent calendars begin on December 1 and continue for 24 days. One window, page, or entry is designated for each day through Christmas Eve. Daily entries help tell the story, many with a devotion or Scripture to reinforce the true meaning of Christmas for the whole family.

**How to use an advent calendar?** Amid the busyness of the season, it can be difficult to remember to stop—take a break from shopping, decorating, and baking for some time together to reflect upon the true reason we celebrate this season. This time is important, so cherish these moments together. Enjoy your family's advent traditions (or start fresh this year!) with some simple steps.

First choose an advent calendar you love. The simplest can be posted on the wall, the fridge, or anywhere in your home; others range from tabletop devotionals to themed and decorative choices. Some families make an advent calendar to suit their taste, which brings a personalized touch to the celebrations. Whether your family chooses a traditional advent calendar or a modern themed advent calendar, the time spent together will add excitement and discovery to your Christmas celebrations.



Choose a time each day to connect and spend time as a family around the calendar. Hit “pause” on the chaos of the day, and slow down to connect around a devotion or a bit of the Nativity story together. Personalize your Advent celebration with traditions that are meaningful to your family. Some families celebrate with a sweet treat or a small gift each day, or by lighting a candle each Sunday. When searching for advent calendar ideas, consider what else could make the time extra special for you and your loved ones? Why not ask everyone to reflect on and discuss the day's devotion, write a sentence or two each in a shared journal or jot down something they found meaningful on slips of paper, placing each in a beautiful container to be shared later or looked back on next year (and the year after that...). These thoughts will become treasured parts of your annual advent celebration.

The last, most important step—prioritize the time each day! Keep your commitment to come together each day to remember and celebrate the reason for the season.



## SACRED HEART PRIMARY SCHOOL

# General News

### **Year 5/6 Open Water Learning Experience:**

All Year 5/6 students participated in a Life Saving Victoria Open Water Learning Experience (OWLE) program at Sandridge Beach in Port Melbourne yesterday.

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. The overwhelming feedback from the students was that it was a great day.

### **Awards 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, Endeavour Award and Excellence Awards will also be presented. This assembly will be held in the church and families are welcome to attend.

### **Transition to Secondary School:**

We wish our Year 6 students the best of luck as they experience transition to Secondary school over the coming weeks.

### **Graduation Mass/Dinner – Wednesday 7<sup>th</sup> December, 6.00 pm:**

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.

### **Working Bee:**

Our final working bee for 2022 will be on Sunday 4 December 10 am – 12 noon.

This Working Bee will focus on:

- weeding the garden along the driveway/railway fence
- grass trimming and weeding around the log fort
- slashing weeds behind the Visual and Performing Arts classrooms
- clearing the area around the water tanks
- trimming the trees in the courtyard outside the Year 5/6 and Arts classrooms
- weeding the garden next to the Prep/Year 1/2 classrooms
- removing overgrown grass along the running track
- cutting back trees and shrubs along the footpath in front of the church (near the crossing).

If enough people attend, we will attempt to mulch as many of these areas as possible.

Tools needed are; gardening clippers and shears, grass trimmers, shovels, wheelbarrows

Any areas that we are not able to attend to we will ask for volunteers to attempt to do these over the holidays. Due to the shorter length of this working bee, there will not be a break for morning tea or a bbq afterwards.

### **End of Year Mass - Friday 16<sup>th</sup> December - 12 noon:**

On the final day of school for the students we will celebrate our end of year mass at 12pm 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 and Friends Association 2023:**

In 2023 we will welcome a new year and a new approach to the fundraising and social committee – the Parents and Friends Association!

#### WHAT IS IT?

The Parents and Friends is a fantastic committee of parent volunteers that supports the school to give all of our kids the very best we can! It raises money for school equipment and brings the community together through fun social events for students, parents and families – and we have a ball doing so!

The current goal is to raise money to update the playground with new equipment and associated surfaces.

#### NEW APPROACH

No time? No worries!

For 2023 we warmly invite parents to join as General Members or Friends where you simply contribute as much as you like and are able. While everyone is very welcome at all times, there will be no need to attend every meeting or to volunteer at every event. We greatly appreciate everyone's support and hope this relieves any sense of having to make a big commitment and better accommodates everyone's busy lives!

The Parents and Friends will continue to have an Executive Committee of President, Vice President, Secretary and Treasurer.

#### JOIN US!

Anyone interested in joining the Parents and Friends in an Executive, General Member or Friend position in 2023 is invited to attend the 2022 Parents Association Annual General Meeting to be held on Monday 5 December at 7.30pm in the Community Centre. A note on the new name: -The newly named Parents and Friends Association (PFA), formally Parents Association, broadens the scope of the group to include Friends and also aligns with terminology used by Melbourne Archdiocese Catholic Schools (MACS) by which Sacred Heart School and associated parent groups are governed.

We are looking for someone to replace Stephanie Lewis as Secretary. The role is to attend the monthly meetings, assist with the agenda, take minutes and provide a summary report each month to the School

Advisory Council. The role is around 2 - 3 hours each month. Anyone interested please see Gina or reach out to Stephanie for more info.

**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.

**Transition:**

All students in Foundation to Year 5 will be involved in some transition activities in order to support them with the 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)

**Student News:**

Congratulations to Eva Parker who competed at the AASCF All Stars Nationals Competition on the Gold Coast against the best of the best in Australia. Eva and her team placed 2nd out of 30 teams, what an amazing achievement. Well done Eva.

**ZOOPER DOOPER FUNDRAISER:**



**\$1 for one Zooper Dooper**

**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 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   |

**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.

# Sacred Heart Christmas Carols

## Thursday 8th December, 2022



Wishing our Sacred Heart community a joyous and safe festive season, filled with family, friends, love and laughter.

### CHRISTMAS TIMETABLE:



#### Communal Penitential Service

Will take place at **St Thomas'** on **Wednesday, 14th December** at 7:30 pm with supper to follow.

#### Individual Reconciliation

|                     |          |                     |               |
|---------------------|----------|---------------------|---------------|
| <b>Sacred Heart</b> | Friday   | 2/9/16/23 December  | 9:45-10:15 am |
| <b>St Mary's</b>    | Saturday | 3/10/17 December    | 5:45-6:15 pm  |
| <b>St Thomas</b>    | Saturday | 3/10/17/24 December | 9:30-10:00 am |



## Masses for Christmas

### Sacred Heart

Christmas Eve 6:00 pm, 9:00 pm  
Christmas Day 9:00 am

### St Thomas

Christmas Eve 6:00 pm  
Christmas Day 10:30 am

### St Mary's

Christmas Eve (Sat 24/12) 6:30 pm and **9:30 pm (Please note change of time)**  
Christmas Day (Sun 25/12) 8:00 am and 10:00 am **no** 5:00 pm Mass



## SACRED HEART PRIMARY SCHOOL

# Wellbeing

## Anxiety

WHAT YOUR YOUNG  
PERSON NEEDS YOU TO  
KNOW

### RESPONSES THAT CREATE CONNECTION

1. I'm here
2. You're not a bother, I care for you, that's why I'm here
3. You are not alone, even if it feels like it
4. Your feelings are valid and you are allowed to feel this way. You are safe
5. I'm here if you want to talk
6. Let me know if there's something specific I can do to make you feel better
7. It's ok not to be ok right now, but you will be
8. You are loved and cared for
9. I don't know exactly what you're feeling, but I've had unpleasant feelings too, so I'm here for you
10. Can I sit with you until you feel a bit better?

### GROUNDING EXERCISE



- 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN TOUCH
- 3 THINGS YOU CAN HEAR
- 2 THINGS YOU CAN SMELL
- 1 THING YOU CAN TASTE

### PHYSICAL EXERCISES

1. Breathe 4-4-6
2. Physical touch increases levels of dopamine and serotonin
3. Move it! Stand up, walk around or do star jumps

### RESOURCES

Worry Time by ReachOut app  
Anxiety explained video can be found [here](#)  
The Big Sister Experience's [Family Resources](#)  
[Read](#) Make Your Worrier a Warrior by Dan Peters  
[Shop](#) Jettproof Garments  
[Read](#) Raising Girls in the 21st Century by Steve Biddulph  
[Read](#) Raising Boys in the 21st Century by Steve Biddulph

# Nurturing RESILIENT, INDEPENDENT YOUNG PEOPLE



## SELIGMAN'S PERMA MODEL

- P Positive Emotions: feeling good, satisfaction, resilience
- E Engagement: doing things we enjoy for "flow" state
- R Relationships: bonds with friends, family, community
- M Meaning: connect to something bigger than yourself
- A Achievement: achieving things to conquer and be proud of
- H Health: healthy eating, moving your body, sleep, water and positive mindset

## BUDDY BATTLES

1 Allow each person to re-tell the situation

2 Explain how you felt. I felt \_\_ when you \_\_

3 Talk it out, aim to forgive and forget. Remember why you are friends!

## BEING MEAN ON PURPOSE

1 Say your quick, respectful comeback

2 Walk away, no conversation

3 Tell an adult

## REMEMBER

"Vulnerability is the key to connection"

"Prepare the child for the road, not the road for the child"

## RESOURCES

Take the [Authentic Happiness Questionnaire](#)  
[Shop Family Resource](#)  
The Big Sister Experience's [Online Programs](#)

# Learn MORE ABOUT THE BIG SISTER EXPERIENCE



The Big Sister Experience believes in nurturing ongoing relationships to ensure the lessons we share can continue to guide you, and benefit you long into the future. Follow the links to see what else we offer:

## **FOR STUDENTS**

We provide female-identifying students with mental health and wellbeing full-day workshops. Plus Transition to High School Workshop for all genders.



## **FOR EDUCATORS**

With FIVE professional learning sessions available, we equip educators with tools and resources to develop their understanding about mental health and wellbeing.



## **FOR FAMILIES**

Visit our online resources to further equip you with the knowledge and tools to support your young person. We also offer online programs for female-identifying teens.



📞 1300 BIG SIS

📷 @bigsisexperience

🌐 [www.bigsisterexp.com](http://www.bigsisterexp.com)



### **Kritz Seissere** (She/Her)

Co-founder & CEO

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## INSIGHTS

### No No NO



*Beck Delahoy is a neuroscientist, writer, and home-educator. When she's not researching and writing about parenting, she's outside exploring the wonder of nature with her three kids. Find her @beckdelahoy on Instagram*

My husband and I are looking to buy a new car. I'm dreaming of an electric vehicle, and with 3 kids in car seats, a 7 seater would be ideal. So I'd been doing some research when I found it – the perfect car. It had an impressive range for an electric vehicle, the required 7 seats, and with falcon wing doors I would be the coolest mum in the kinder car park.

I excitedly showed my husband and told him that I want this car! And he oohed and aaahed at the car with me, and then I went back to looking at cars that were realistically in our budget. Because my dream car had one issue. It cost twice as much as we earn in a year.

How often do our kids ask us for things that they can't realistically have?

A 5-year-old wants to read books at bath time.

A 7-year-old wants to kick their soccer ball in the living room.

A 12 year-old wants the latest smartphone, with the 6.1" screen and a camera that can record in 4K – perfect for filming TikToks!

But in these moments, when our kids tell us what they want, how often do we immediately say "no"?

"No way"

"Not now"

"No...no...NO"

# parenting \* ideas

The problem is, when we are constantly telling our kids "no", they don't feel full of gratitude for having such reasonable and logical parents. Instead, they feel unheard and frustrated. They feel as though we don't trust their decision making. They feel as though we are taking away their capacity to make choices. And they feel disconnected from us. What if we could do for our kids what my husband did for me, and show them that we honour their wishes and trust them to make reasonable decisions?

Next time a "no" jumps to your lips when your child wants something they can't have, try one of these three strategies instead:

## 1. Engage in problem-solving to find win-win solutions

Instead of pushing our will onto our kids, we can work with them to find a solution that works for everyone. This involves hearing their perspective, voicing your own concerns, and then working to come up with possible solutions together. That might look like this:

"You want to read books right now. You really love reading books. I'm worried that if we read all of our books right now, we won't have time for a bath. What do you think we can do so that we have time for books and a bath?"

By working with our kids to find solutions, we give them power over their own lives, and show that we trust them to make good decisions.

## 2. Find the yes in the no.

Sometimes what our kids want is almost ok. It might be ok to kick the soccer ball around, just not in the living room. Or it might be ok to eat ice cream, just not right before dinner. When that happens, we can say yes to what is ok with their desire, while redirecting the rest. That might look like this:

"I can see that you want to kick the soccer ball around! You sure can kick that ball really well. I'm a bit worried that there's not enough room inside our house for you to kick the ball around safely. Let's take the ball outside where you have more room. Would you like some help to set up some goals?"

When we say yes to what we can, we help our kids feel heard and understood.

## 3. Give it to them in fantasy.

Joanna Faber and Julie King, authors of *How to Talk So Little Kids Will Listen*, suggest that when your child wants something they can't have, our first impulse is to explain why they can't have it... which often doesn't work out very well for us. Instead, we can give to our child in fantasy what they can't have in reality. That might look like this:

"You want to buy that new smartphone? Wow, I can see why! That camera is fantastic. Look, it says here that it's the same quality as what you see in the movies! Maybe we can go to the shops tomorrow and record a TikTok on the display phone. That could be a bit of fun!"

By acknowledging that our child wants something, and joining them in their fantasy, we're not building them up for disappointment like we think we might be doing. We're actually giving them a healthy outlet for experiencing their desire.

Taking "no" out of our vocabulary doesn't mean that we need to buy the latest smartphone for our tweens, eat dessert at every meal, and spend all of our life savings on a fancy car. It's not a recipe for indulgence. It does mean that we honour our kids' feelings and help them make good choices. And boosting our kids' sense of autonomy and competence is something we can say "yes!" to.





# SACRED HEART PRIMARY SCHOOL

## *Student of the Week*

Value = Gratitude

Foundation

1/2 NS

1/2 PA

3/4 NJ

3/4 RM

5/6 MR

5/6 JD

STEM

Visual Arts

LOTE

PE

Performing Arts

Nikita Nicholson

Emily Matulick

Finn Connolly

Jack Nardella

Xavier Hernandez

Eliza Moore

Tadhg O'Neill

Isla Wigmore

Billy Tijan

Eddie Davidson

Jack Black

Patrick O'Neill



## Term 4 Dates - FAMILIES - 2022

December

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday                                  | Sunday   |
|--|--|--|--|---|---|--|
|  |  |  | 1  | 2   | 3   | 4  |
|  |  |  | Foundation<br>2023 Orientation<br>Session 3 2-<br>3.15pm<br><br>Uniform Shop<br>open 1.20pm -<br>2.00pm<br><br>Foundation<br>Celebration<br>6.15pm | ISS Finals<br>Boys & Girls<br>Basketball<br>Boys Volleyball<br><br>Assembly 3pm   | St Peters 50th<br>anniversary<br>5pm mass | Second<br>Sunday<br>of Advent<br><br>10 - 12<br>noon<br>Working<br>Bee |
| <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<br>Association<br>AGM 7.30pm             | Parent Helper<br>Morning Tea<br>11am<br><br>SAC 7.30pm | Swimming<br>Lessons<br><br>Foundation<br>2023 Orientation<br>Session 4<br>2.00pm –<br>3.15pm<br><br>Uniform Shop<br>Open 3.15-<br>4.00pm<br><br>Year 6<br>Graduation<br>Mass and<br>Supper 6pm | CHRISTMAS<br>CAROLS 6pm<br><br>Free Dress for<br>winning house<br>points Term 4<br><br>PPC Meeting   | Specialist<br>classes finish<br><br>Change over<br>day 2023 (Year<br>1-6 transition)<br>11.40am –<br>1.30pm<br><br>Assembly 3pm<br><br>Reports go<br>home |   | Third<br>Sunday<br>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<br>Ceremony &<br>Final Assembly<br>2.20pm | Year 6-7<br>Transition for<br>some schools             |  | End of Year<br>Celebrations  | End of Year<br>Mass 12pm &<br>Leaving<br>ceremony<br><br>Students<br>dismissed at<br>1.30pm   |   |  |
| <b>19 WEEK 12</b>                                | <b>20</b>  |  |  |   |   |  |
| Staff last day<br>and lunch                      | Staff<br>Professional<br>Planning Day<br>(off campus)  |  |  |   |   |  |

## 16 Days of Activism @ Sacred Heart

To celebrate 16 Days of Activism, which runs from 25th November to 10th December, students at Sacred Heart have created art pieces responding to the topic, 'Respect Is...'. The art created by the students is on display in the temporary administration space at the school. Ten of these art pieces will be selected by student leaders to be photographed and will be turned into canvas art work that we can proudly display in our new building when it opens shortly. We are grateful to Nillumbik Council who have provided a grant for the project. Thank you also to Suzie Collins who worked with all of the students to develop ideas of how we could show the idea of respect through art.









Our students had some special visitors to Swimming this week

## Environmental Science @ Sacred Heart

Our students in Years 3 to 6 have been busy researching indigenous plants. They have been acquiring knowledge about what these plants need to grow and what their uses are.

In groups students have been designing a garden which they will build next year behind the Art Rooms. It will be the responsibility of our students to design and plan this garden, plant everything, and then look after it going forward.

Students are really enjoying researching different plants and coming up with all the things they would like to include in the garden. It will be such a special place for our students.





## Education in Faith @ Sacred Heart



This Sunday 4th December is the Second Sunday of Advent. The word Advent comes from the Latin word *adventus* which means 'coming', and is the time where we prepare for the birth of Jesus. As we prepare for Christmas we are reminded that this joyous time of year is not only about spending time with our family and friends, but also that we eagerly await the coming of our saviour.

The theme of the Second Week of Advent is peace. In the first reading, we learn about a time of peace and safety: "Then the wolf shall be a guest of the lamb, and the leopard shall lie down with the kid....." (Isaiah 11: 6) In the second reading, we see further a discussion of hope – telling us not to give up hope but to wait in harmony with one another: "May the God of endurance and encouragement grant you to think in harmony with one another, in keeping with Christ Jesus..." (Rom 15:5) The gospel continues this theme of waiting and hoping.

There are four candles. The second candle, which is purple, is the Bethlehem candle which represents the birthplace of Christ (the first coming) and the hope of Christ coming again to the world.



SACRED HEART PRIMARY SCHOOL  
*Community News*

2023



**VillageOSHC Bookings  
Are Now Open!**



Join us for fun outdoor games and sports activities, or indoors with some creative arts and crafts. Not to mention tasty and nutritious breakfasts and afternoon teas!  
Let's start 2023 off with a bang!



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