Term 1 Week 8 - 19/03/14

Dear Parents,

We currently have high school students on retreat at school. It is called an Emmaus Retreat. It is in recognition that in life we travel along a path accompanied by Jesus. There are times when we are fully aware he is there and times when he may be quietly supporting us through our life journey: through the beauty, routine, sameness, and tragedy that it can bring. The idea of life as a journey is prevalent through much of the gospel and many of our prayers.

Father Vince Casey took up the theme of Jesus being with us throughout the day and asked Year 6 at the Cluster Mass at Forestville yesterday to reflect each day on times when Jesus had been with them. He talked about prayer as a conversation with God.

I would like to make a connection between our spiritual wellbeing and Wellbeing Week this week. As part of good mental health a healthy spiritual life and prayer life can be an important factor. Taking the time to reflect on our lives, have a conversation with God or just be still can be an extraordinary boost to our general well being. The children had a good time today in their mixed friendship groups at lunchtime and wearing their “odd” socks! I hope you are enjoying a small break at home from some routine tasks like homework.

Congratulations to Jasper C and Cameron D who were selected in the Broken Bay team to compete at the Polding trials. We wish them luck when they travel to Newcastle in early April.

Sacred Heart’s Cross Country trials will be held on Thursday, 27th March. We need lots of help from parents. The note is on the website if your child has not yet applied. Thank you to the parents who have said they will assist with our sport days next term for older children. We do need many more for it to go ahead. An extra note will go home today and will also be available on the website.

A reminder re arrival times to school. Supervision begins each day at 8.15am. Children should not arrive before then. Mrs McFadden arrives at 7.45am on Wednesday and Thursday to meet band members. Band members should not be at school before that time.

Please note the following health notice in the newsletter. As we move into Autumn and winter we generally have more sickness. It is important not to send children to school who are sick as illnesses spread quickly through classrooms and schools as we are such close connection with each other.

Yours sincerely,

Julie Caldwell
PRINCIPAL
We wish to advise that a student in our school community has undergone treatment for cancer. As a consequence of treatment, this student’s ongoing health is at risk if they come into contact with infectious illnesses, in particular: **chicken pox, measles or mumps**. If your son or daughter is suspected of having one of these illnesses it is very important that your child does not attend school. It is also important that while your child is unwell they remain at home until no longer contagious.

Information on infectious conditions can be found on NSW Department of Health website or alternatively contact your GP.

**NSW Department of Health website:**

If your child has chicken pox, measles or mumps or is suspected of having an illness, please contact the school immediately. This will allow the school to assess the probable contact and therefore exposure of our student to the disease. Notification can then be given to the parents and medical specialists.

<table>
<thead>
<tr>
<th>Illness</th>
<th>Exclusion Period</th>
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<tbody>
<tr>
<td>Chicken Pox</td>
<td>Excluded for 5-7 days after spots appear</td>
</tr>
<tr>
<td>German Measles</td>
<td>Excluded for 4 days from appearance of rash</td>
</tr>
<tr>
<td>Measles</td>
<td>Excluded for 4 days from appearance of rash</td>
</tr>
<tr>
<td>Mumps</td>
<td>Excluded for nine days after the onset of the swelling of the salivary glands.</td>
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As a school community we value your support in relation to the wellbeing of all of our students. Please do not hesitate to contact Julie Caldwell if you have any questions.

**Religious Education News**

**A Lenten Prayer**

*Lord,*

*Open my eyes so that I may see the opportunities to offer someone a helping hand, an encouraging word, an ear to listen. Lead me to where I am needed. Amen.*

**2nd Week of Lent** (School week beginning 17th March)

**Project Compassion, Week 2, brings you the story of Deng.**

For Deng in South Sudan, the cycle of poverty and disability was made worse with the civil war, which led him and his family to flee their village and live in the bush for many years. Deng and his family are rebuilding their lives through their participation in a Caritas Australia food security program.

Your donation to Project Compassion can help individuals like Deng to rebuild their lives post-conflict.

www.caritas.org.au
Lenten Loom Bracelets
This week at lunchtime the students in Years 5 and 6 have been making “Lenten Loom Bracelets”. Each band signifies a particular day during Lent. The students have been bringing a gold coin to give to Project Compassion to enable them to make and wear their Lenten bracelet. Years 3 and 4 will be making theirs this week with students in Kinder, Years 1 and 2 having the opportunity to make theirs next week.

Dates to Remember:
Sunday, 23rd March - Year 5 Soul Mass with Mater Maria at 6pm
Wednesday, 26th March - Year 6 Class Mass at 9:15am
Thursday, 10th April - Whole School Holy Week Liturgy at 11:30am Sacred Heart Church.

If you have any Good News or if you need our prayers, please see me at school or contact me through the office.

Christine McBryde – Religious Education Co-ordinator

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<thead>
<tr>
<th>Positive Behaviour For Learning</th>
<th>Respectful Relationships</th>
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<tbody>
<tr>
<td>Our PBL focus for this week is:</td>
<td>Our Respectful Relationships focus for this week is:</td>
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<tr>
<td>“Safe and caring hands.”</td>
<td>“Try to settle an argument by talking calmly.”</td>
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Term 2 Sport/Skills
In response to the proposal for an exciting Sports/Skills program being offered for Years 4-6 next term we require parent help as outlined in last week’s note attached to the newsletter. Mrs Munro will be running this program which aims to give the children a wide selection of activities offered both at school and at Kitchener Park. **For this to proceed we need at least 10 Parent helpers on a Thursday afternoon.** Currently we have had 3 replies. A hard copy of the note will go home today. We look forward to your support in getting this very valuable program up and running.

Year 3 Excursion Recount
“On Monday, 10th of March, Year 3 went to Mater Maria for their Links Day. We had 4 subjects: Drama, Art, Sport and Science.

First we went to Science. At the Science lesson there was a box of dry ice. The dry ice was so so cold that if you touched it you’d have to go to hospital because you would get frost bite. The science teacher put dry ice into a glove and the glove got bigger and bigger. There was a cup of hot water and the science teacher put some dry ice in the hot water and fluffy clouds came up.

In Art we drew a picture of under the sea. We used pastel crayons and when we were finished we added a coat of water paint over it. The art teacher showed us some under the sea photographs to help us out with drawing our pictures.

In Drama we watched a play about bullying. There were two scenes a girl’s scene and a boy’s scene. In the plays there was a mum, a bully, 3 back-up bullies, the person who was getting bullied and the teacher. We also did some improvisations.

We also had a yummy bbq lunch. It was a great day!!!”     Eve and Charlie on behalf of all Year 3
Welcome back to Garden Club Sacred Heart 2014! What a wonderful success we have enjoyed.

The Garden Guardians have harvested over 30 tomatoes and carrots, a dozen eggplants, half a dozen capsicums and many shallots, herbs and radishes. The children have come together and worked really diligently to plan, water and care for the garden.

We are currently planting our winter vegetables, broccoli, beetroot and spinach.

I would like to thank all the children who have contributed to the garden success, and in particular Harry Kountouris, Jarrod Bridges, Stephanie Alexopoulos, Julie Manias and Charlotte Theodore.

The Sacred Heart Garden is a wonderful space where children from all Years, K to Year 6 meet, make friends and learn about the value of fresh produce.

Jane Lhuede

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**P & F News**

We have our second Annual Golf Day approaching, have you got your team together? This promises to be a day full of fun and laughter and we hope you can join us.

Please complete the form at the end of this newsletter and hand it to the office with your payment to secure your place.

Lynette Suchanek - P&F Secretary (shpandf@gmail.com).

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**Happy Birthday**

Happy Birthday from all at Sacred Heart to the following students who celebrate a birthday during the coming week: Levi T, Gabriel K, Jessica M, Myles N, Alice M, Flynn S, Declan T, Alice R, Ava D, Keana W, Sarah C, Brock D, Jahla F.
Kids Matter is a framework that we are implementing at Sacred Heart that is concerned with supporting the mental health and well being of the children in our school. **We are looking to build up a library of resources for parents and school community members to borrow from.** The books and resources we would like to include are those that address parental strategies or information in regards to the emotional, social and mental well being of children (eg Raising Boys, Chicken Soup for the Soul etc). If you have any such resources that you no longer use, we would love to have them for our library. Please bring the books to the library and see Mrs Harrison if you are able to contribute.

We have some fantastic activities planned at school for the children to celebrate Well-Being Week as follows:

**ALL WEEK** – No homework  
**DURING THE WEEK** – Free play activities – each class will enjoy a session of free play games and activities with their teacher.  
**DURING THE WEEK** – Social and emotional learning in the classroom – teachers will focus on the particular social and emotional needs of their own classes and plan some fun activities to explore these.  
**MONDAY and THURSDAY** – Lenten Bracelet Making – Our Mini Vinnies team will be running lunch time activities where students make the popular loom bracelets in Lenten colours. Students will be allowed to wear these bracelets at school during Lent. Children will need to bring a gold coin donation to participate and all money collected will be donated to Caritas. More information will be provided about this activity shortly.

We have some fun activities planned for teachers too and encourage all teachers to also go home early next week and spend much needed quality time with their families.

We hope that Well-Being Week will provide us all with the opportunity to appreciate the important people in our lives and consider how important companionship, family and free time are in fostering good mental health.

*Mrs Williams - Pastoral Care Co-ordinator*

**Canteen News**

**Canteen Roster** (start 9.30am - finish 1.45pm)

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<tbody>
<tr>
<td>Mon. 24/3</td>
<td>Belinda W, Alexia B, Karen W, Nick B</td>
<td></td>
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<tr>
<td>Thur. 27/3</td>
<td>Fiona S, Rochelle W, Emma W, Jessica L</td>
<td></td>
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<tr>
<td>Fri. 28/3</td>
<td>Michelle W, Kris M, Jan B, Mel S/Keiran E</td>
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Dear Parents,

**HELP needed this Thursday 20th and Friday 21st March** from either 9.30am-1.45pm or 11am-1pm please let either Kay or Marie know ASAP

**Kids Matter**: So that the canteen can be involved in this special week, we are offering some extra goodies over the counter (only) at morning tea time: **Blueberry Muffins 80c, Strawberry and Marshmallow Sticks 50c**.

**Canteen Expo**: Yesterday we visited the annual canteen expo at Homebush. Although it was a small expo this year, there was still plenty of taste testing and hot chatter about new products on offer. We viewed other primary school menus for ideas and pricing checks as this is always a great guide for us.

*Kay and Marie*
### School Awards - Term 1 Week 7

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<tbody>
<tr>
<td>1F</td>
<td>Kailani F, Eliza K</td>
<td>1T</td>
<td>Sasha D, Illuka O</td>
</tr>
<tr>
<td>2D</td>
<td>Roxanne R, Cooper L</td>
<td>2M</td>
<td>Sarah C, Jessica M</td>
</tr>
<tr>
<td>3R</td>
<td>Isabella C, Michael N</td>
<td>3W</td>
<td>James B, Jessica W</td>
</tr>
<tr>
<td>4F</td>
<td>Gus S, Maya K</td>
<td>4M</td>
<td>Abbey L, Mia Z</td>
</tr>
<tr>
<td>5B</td>
<td>Thomas O, Ruby R</td>
<td>5S</td>
<td>Emma D, Jessica S</td>
</tr>
<tr>
<td>6M</td>
<td>Eliza M, Joshua G</td>
<td>6W</td>
<td>Brianna N, Grace S</td>
</tr>
<tr>
<td>3-6S</td>
<td>Amelia S, Alex P</td>
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**Principal’s Awards:** Sarah K (3R), Sophie O (3W)

### Community Notices

**Rugby League:** Mona Vale Raiders Junior football Club are looking for more Under 9 players. If you are interested, please contact Greg Stocken - Registrar - 0414 883 948.

### Enrolment Applications for Year 7, 2016 close soon

We are now enrolling students currently in Year 5 for Year 7, 2016. Please contact our Enrolment Registrar for a prospectus, Application for Enrolment or tour (each Monday at 10.00am or by appointment) on 02 9997 7044 or email deborah.fitzgerald@dbb.catholic.edu.au. Applications for Year 7, 2016 close on April 2, 2014.

### Northern Sydney Health - Parenting Courses and Workshops (Term 2)


### Go4Fun

*A free 10 week program for kids aged 7 to 13 years and their families* to become fitter, eat healthier and improve their self-esteem. They will be held locally at Pittwater Sports Centre, 1525 Pittwater Road, North Narrabeen on Tuesdays & Thursdays (2 x per week) 4.00 to 6.00pm starting 29th April 2014. To register phone 1800 780 900.
2nd Annual Sacred Heart Golf Day
Bayview Golf Club
Friday 4th April 2014
11:30am arrival for briefing and lunch - 12:30 tee off.
Don’t play golf? Doesn’t matter… this is less about golf and more about having a hit, chat and drink with other Sacred Heart folks and friends.
$125 per person gets you 18 holes, shared cart and lunch with all profits from the day going to Sacred Heart Catholic School.

Get a group of 4 together or just send your individual entry and we’ll team you up. Please get your completed forms in ASAP to help us organise the day and book the appropriate amount of carts and tee offs.

***entries close 28 March 2014***

Complete the following and return with payment:

Team enquiry (tick):  Individual enquiry (tick):  

Golfing ability (tick):  Bad OK Good Really Good

Name 1:  
Name 2:  
Name 3:  
Name 4:  

Team Name:  (if completing team enquiry, please make up a name)
Team Captain:  Captain’s ph:  

The day will be an Ambrose event – so each team member plays from the best team ball position of each previous shot. This is a team game, so individual brilliance or atrocity is not so important.

Payment Individual - $125  Team of 4 - $500

Cash  Cheque (make cheque out to Sacred Heart Primary School P&F)

Credit Card  Name on card:  
Card number:  Exp:____/______

*Please email this form to the school office either drop off, email: shmv@dbb.catholic.edu.au or fax: 9979 8603.
Aspect Vern Barnett
School Fete
Sunday 6th April 2014
10am - 3pm
41 Cook Street Forestville

- Kindifarm
- Sausage Sizzle
- Spinning Tea Cups
- Arts & Crafts
- Reflexology

Face painting, crazy hair, tombola, books, lucky dip, toys, sensory room, trampoline, games, clothing, jewellery, badges and lots more!

For more information:
Ph: (02) 9454 8359 or
Email: vbschool@autismspectrum.org.au