Term 1 Week 3 - 11 February 2015

Dear Parents

It was lovely to see some parents celebrating with their children the Opening School Mass. I have been very impressed with the beautiful children here at Sacred Heart.

There is a story of a young woman who took care of her old aunt. On her deathbed the aunt spoke to her niece, “You have been good to me. I want to reward you. Take this frayed jumper of mine and wear it till you become rich”. The niece expressed gratitude but felt a little disappointed and thought that her aunt might have left her a watch or a ring.

She took the jumper and put it into a drawer and forgot about it. A year or two after her aunt’s death, the niece was looking for something old to put on before she commenced a big clean-up of the back yard. She remembered the jumper and fetched it from the drawer. As she was putting it on she felt something in the pocket of the jumper. It was a small key wrapped in a note that told her of a deposit box in the local bank. In the box was a legal document that gave her title to her aunt’s bank account; it had in excess of three hundred thousand dollars in it.

One moral from this story could be that we often miss the treasures that are part of our life because we do not take time to notice them. However more importantly how do we treat the our treasures, our children, the gift of our children that we have.

For example:

* How well do we use humour in our chain of command. Laughter, expressing JOY are signs of life. What kinds of signals are we putting out to our children?
* How are we with providing a loving home environment where our children can flourish, where we ensure that cultural traditions and timeless values are passed on to future generations through our children?
* How are we at teaching our children what it means to “give and take”, to have the opportunity to give and receive, with everyone receiving the benefits of both? The more we give, the more we receive.
* How do we fare with the saying, “Angels fly because they take themselves lightly”? Are we too heavy handed with our children? Do we share our responsibility of parenthood by encouraging them to be responsible for their actions and decisions? A nurturing and supportive relationship wins every time.
* “Correction does much but encouragement does more.” Goethe.
* How do our children leave the house or car to go to school, to go out with friends, to go to sport? Do we farewell them with warm friendly and encouraging words so they feel confident and competent about themselves?
* How clever are we at separating the “big issues” from the lesser ones when it comes to “standing our ground”? Compromise can be an expression of strength, if the outcome is mutually beneficial.
* How frequently do we pray for our children? How open are we at modelling our own faith conviction; have we allowed a spiritual void to exist in our own life and so take away our position of strength in matters of Christian belief and behaviour?

There is a saying that, “Good friends are like stars; you don’t always see them but you know they are always there”. We need to be “good friends” to our children, the treasures in our life, by providing a framework of good parenting within which our children can develop in “wisdom and age and grace before God and man.” Luke2:40.

“God our Father, may Your Spirit be with us in our relationships with our children. May the Spirit help us to recognize the right moment for challenging, encouraging, praising. Amen.”
May I remind parents to chat away from classroom doors before and after school especially near the Kindergarten and Year 1 rooms. It can be unsettling for children and noisy for learning, we love that you are mingling and enjoying each other’s company at school but just a little distance from the classrooms please.

**SHMV Curriculum Update**

School Improvement Plans for 2015 have been written at the end of 2014 based on data obtained from NAPLAN results, standardised class assessments, Year 5/6 discipleship responses and MMG survey. All schools in the Diocese of Broken Bay are required to write School Improvement Plan’s in the areas of Mission, Learning and Teaching and Pastoral Care.

**SHMV SIP MISSION**

<table>
<thead>
<tr>
<th>Three year Goal</th>
<th>Annual Goal</th>
<th>Strategies</th>
</tr>
</thead>
<tbody>
<tr>
<td>To strengthen our Catholic identity</td>
<td>Explored Joy of the Gospel with staff, students and parents</td>
<td>Golden Jubilee celebration</td>
</tr>
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</table>

**SHMV SIP LEARNING AND TEACHING**

<table>
<thead>
<tr>
<th>Three year Goal</th>
<th>Annual Goal</th>
<th>Strategies</th>
</tr>
</thead>
<tbody>
<tr>
<td>To support all students to realise their potential in English and Mathematics</td>
<td>Reduce no of students vulnerable in Mathematics Increase no of students achieving the benchmark in writing</td>
<td>EMU specialist groups for middle for years Use of high yield strategies</td>
</tr>
</tbody>
</table>

**SHMV SIP PASTORAL CARE**

<table>
<thead>
<tr>
<th>Three year Goal</th>
<th>Annual Goal</th>
<th>Strategies</th>
</tr>
</thead>
<tbody>
<tr>
<td>To embed a culture of wellbeing</td>
<td>Complete Implementation of KidsMatter framework Review Positive Behaviours for Learning</td>
<td>Workshop Component 4 KidsMatter initiative Implement PBL school rules matrix</td>
</tr>
</tbody>
</table>

May the Joy of the Gospel be with you and may you listen with the ear of your heart!

*Mrs Suellen Garey*

**PRINCIPAL**

**Forward Planner**

- **18 Feb**  Ash Wednesday Mass (11.30am)
- **20 Feb**  Welcome BBQ (entertainment by Simon Hyland) – RSVP form [here](#)
- **24 Feb**  Parent Volunteer & Literacy Session (9am in School Hall)
- **25 Feb**  Swimming Carnival (Yrs 2-6) and Water Safety Day (infants)

Our full school calendar can be accessed on our [school APP](#) or on the [school website](#) on the Significant Dates page: [here](#)

<table>
<thead>
<tr>
<th>Positive Behaviour For Learning</th>
<th>Respectful Relationships</th>
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</thead>
<tbody>
<tr>
<td>Our PBL focus for this week is: CARE FOR YOUR APPEARANCE</td>
<td>Our Respectful Relationships focus for this week is: WASH YOUR HANDS REGULARLY AT SCHOOL</td>
</tr>
</tbody>
</table>
SHMV Sports News

Congratulations to Julia N and Zoey M who represented the Diocese of Broken Bay at Lismore last week in basketball. Congratulations to Zoey M who has been selected to represent NSWCPs Polding at the NSW PSSA Basketball Girls State carnival to be held in Berkeley in May.

Congratulations to Chloe S who has been chosen to represent Manly Warringah Netball Association in the 12 years representative netball team for 2015. 10 girls were chosen from a squad of 22 over two gruelling weekends of netball.

A number of our Year 6 and Year 5 boys will be participating in the PAUL KELLY CUP on Thursday 26 February, the largest AFL primary school competition in New South Wales and the ACT. Training begins tonight at Narrabeen Sports High.

Winning teams from the round robin competition progress through to the Regional Final. A canteen and BBQ will be open on the comp day, food will be available at a small charge.

Swimming Carnival
Due to Manly Council currently conducting construction works at The Andrew Boy Charlton Manly Swim Centre, changes have been made to the entry and exit for the school students and teachers on the day of SHMV swimming carnival on Wednesday 25 February 2015.

Please be aware that you will need to enter and exit the centre on Balgowlah Road.

- The public car park is now closed. Parking is now situated on Kenneth Road
- Bus drop off and pick up is now located at the eastern side of Balgowlah Road, as use of the Kenneth Road bus stop is a potential safety issue as it restricts visibility at the construction site entrance for truck movements. Public Entry to the facility is now located on Kenneth Road.

Swimming Carnival notes were emailed home last Friday. If you have not already returned the entry forms, please return as soon as possible. If you have deleted your email, forms can be found on our school website here.

Years 2-6 will attend the swimming carnival, while kinder and year 1 have a water safety day at school.

Parent Information Session

Parent Volunteer & Literacy Session – 24 February 2015

Literacy - This session is for parents wishing to help with reading and literacy in the classroom in Kinder to Year 2.

Volunteers - All parents wishing to volunteer at school who have not previously attended a Parent Volunteer Session, are required to attend this 15 minute session (approximately 9-9.15am).

In 2015 parents will not be able to volunteer at school without a current Working with Children Declaration. This will include canteen, excursions, library, sport days, incursions and helping in classrooms. If you do not have a declaration on file, please see the school office or you can download a Parent Volunteer Declaration Form from our school website here.
A Prayer for Healing

Lord, You invite all who are burdened to come to you. Allow Your healing Hand to heal me. Touch my soul with Your compassion for others; touch my heart with Your courage and infinite Love for all; touch my mind with Your Wisdom, and may my mouth always proclaim Your praise. Teach me to reach out to You in all my needs, and help me to lead others to You by my example.

Most loving Heart of Jesus, bring me health in body and spirit that I may serve You with all my strength. Touch gently this life which you have created, now and forever.

Amen.

In the spirit of Pope Francis’ joyful and action-oriented pastoral approach, here are four ways to live the Joy of the Gospel:

1. Be grateful for a difficult challenge. How is the Lord teaching you?
2. Extend a hand in friendship to a little-known neighbour.
3. Take a walk in the park and allow God to speak to you through nature: sunshine, an evening breeze, the sounds of children playing.
4. Romance your spouse.

Parish News

Bishop Peter Comensoli will be visiting our parish and will celebrate Mass at Sacred Heart Church on Sunday 15 February 2015 at 6pm. Sausage sizzle and drinks will be provided after mass. All families are invited to attend to meet our new bishop.

Position Vacant

The Catholic Parish of Pittwater is seeking to employ a Director of the Sacramental Ministry and Catechist Coordinator. If you are interested in applying for this position please refer to the advert over the page or contact Suzy Caruso at the Parish Office.

Applications close on Thursday 12th February.

Dates to Remember

18 Feb Ash Wednesday Mass at 11:30am
4 Mar Year 2 and Year 6 Class Mass at 9.15am

Good News of the week and Prayers

If you have any Good News or if you need our prayers, please see me at school, contact me by phone.

PARISH WEEKLY BULLETIN can be found here

Christine McBryde – Religious Education Co-ordinator

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Position Vacant – Catholic Parish of Pittwater

Director of the Sacramental Ministry and Catechist Co-Coordinator (Community of Avalon)

The primary purpose of this position is to:

a) Coordinate the Parish’s sacramental programs, focusing on Confirmation, First Reconciliation and First Eucharist, with the support of the previous coordinator, with the view of ultimately working alone; and
b) Coordinate the scripture classes in the surrounding public primary and high schools (Avalon region), including teaching in the classrooms and being the point of contact for other volunteer catechists;

The successful applicant will be required to be an active member of the Parish Pastoral Team and will work closely with the Parish Priest.

The role is varied, rewarding and offers the flexibility to be organised around other work or study commitments. It is expected that the Director of the Sacramental Ministry/Catechist Co-Coordinator would work up to 36 hours per fortnight and liaise with the two Parish communities of Mona Vale and Avalon. The successful applicant would be someone who enjoys working with people, can communicate clearly with the Parish Team, school staff, parents and the Diocese. The role requires:

- A good knowledge of the Sacraments of the Church;
- Excellent communication skills, both written and verbal;
- Excellent interpersonal skills;
- Good team leadership skills and the ability to work in cross-functional teams;
- Computer skills;
- The ability to teach others and to learn from others;
- A diligent and committed worker.

The Director of the Sacramental Ministry/Catechist Co-Coordinator will be expected to endorse and work within the Parish Values (Belonging, Participation, Humility, Integrity, Spiritual Growth, Caring, Hope, Joy).

A detailed description is available by emailing office@pittwaterparish.org or at www.pittwaterparish.org

Interested applicants are invited to send a letter of interest and CV to:

Parish Priest
The Catholic Parish of Pittwater
1 Keenan Street
MONA VALE  NSW  2103

or email: pp@pittwaterparish.org

Applications close on Thursday 12 February at 3.00pm

Uniform Shop News

If anyone has a school bag that needs the zipper repaired to please bring into the Uniform Shop ASAP.

Veronika & Clare
Messages from the Office

Curriculum Notes can now be viewed on our school website here.

Class Parents
If you would like to volunteer to be a class parent, please advise the school office. We currently need class parents for: Kinder and Year 4.

School Fees – By now all families should have received their 2015 tax invoice by email. This was sent direct from the Catholic Schools Office. If you have not received your tax invoice, please contact the office.

Email - All correspondence from the school is now sent home via email. If you find you are no longer receiving our emails, your mailbox could be full or your security or junk mail settings may need changing. Please ensure you advise the school office if you change your email address.

New Privacy Laws – with the introduction of new privacy laws in Australia, the CSO has advised we are no longer allowed to provide parents with a “Class Contact List”. At the parent information night there was a list where you could provide your contact details. If you were not at the evening and would like to be on the contact list, please see the class parent of your grade.

School Buses – information on bus numbers and routes can be found on the Sydney Buses website here. Select Sacred Heart from the drop down menu and navigate. All students who applied for a bus pass at the end of 2014 should have received their new pass. To allow sufficient time for distribution late applications, free travel to and from school on school days will be granted to students using State Transit bus services until Friday 20 February 2015 only. To receive free travel students must be in school uniform.

From Monday 23 February 2015, all students without a current bus pass will be required to pay for journeys to and from school.

School App – Download links and Tip Sheet

Tip Sheet for the app can be found here.

Medication held in sick bay - we ask parents to take responsibility for noting expiry dates of medications supplied to the school. Please ensure your child’s medication is in original packaging and labelled with student’s name and dosage. If you do not have a record of the expiry date on your child’s medication, please telephone the school office.

P&F News

Thank you to everyone who attended our P&F last night it was a good meeting with lots of fruitful discussion. The teachers for 2015 were introduced by Mrs Garey and then Mrs Garey took the time to talk about herself, her interests and her love of teaching children.

Luke and Sam Downs, two dads from the school, have offered to coordinate the Golf Day for the third year running. This will be held the second last Friday of this term. It is an event where everyone is invited to play a round of golf at Bayview Golf Club in a fun and friendly environment, and by everyone we mean we parents, carers, friends, neighbours etc, the more the merrier. Watch this space...

As a committee we are looking at changing our name and to that end we will be sending out a list of suggested names to reflect our P&F and engaging the community in a future newsletter. Your suggestions for anything to do with school are always welcome.

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

The Diocesan Parent Council (DPC) is the official parent body recognised by the Bishop and the Catholic Schools Office. The DPC’s aim is to support parents engagement in their child’s learning and well-being. They provide resources, support, ideas and run seminars. The first seminar to be organised by the DPC is about Playful Parenting and one of the sessions will be at Sacred Heart. Keep an eye on the newsletter for more details.

Sacred Heart is also a "KidsMatter" school having adopted the initiative to promote and support the mental health and wellbeing of our children and school community. Research clearly shows that children who are mentally healthy

- are better learners and have stronger relationships with peers, family and teachers, and
- are better equipped to meet life’s challenges as they reach adolescence and adulthood.

Visit www.kidsmatter.com.au for more information about the program and other wellbeing resources.

We will write this section in the newsletter with information about what the DPC offers and practical ideas for being engaged in your child's learning and well-being. We hope you find it helpful.

Start a conversation with your child about their learning...

*Eloise Critchley (DPC rep), Fiona McCallum (KidsMatter parent rep)*

You can visit the Diocesan Parent Council website here.

Library News

**FRIDAY volunteers**

Come and join us every Friday to help cover and shelve our beautiful new books. Any amount of time you can spare would be appreciated.

Hope to see you soon.

**WORLD BOOK WEB** is an amazing tool for Sacred Heart students to access. Children can access this site while researching at school AND at home. To login go to:  
http://www.worldbookonline.com/?subacct=AU12061  
Id: shcs11       Password: school

World Book Kids is the premier general reference Web site developed especially for young students. The site features simple navigation, easy-to-read articles, thousands of illustrations, videos, comparison tools, and a wealth of engaging games and activities.

World Book Kids features:

- A variety of simple search and browse navigation options
- Thousands of easy-to-read articles with embedded multimedia
- Engaging images, illustrations, and videos
- A tool for exploring and comparing animals
- An Important People feature to help students search and browse through several thousand biographies
- A collection of age-appropriate science fair projects
- Atlas, interactive maps, and outline maps and flags

World Book Student includes all the articles from the print versions of the World Book Encyclopaedia, plus thousands of additional articles, learning resources, and research tools.

- More than 40,000 encyclopaedia and reference articles
- World Book Biography Centre, with more than 10,000 biographies
- Thousands of links selected by World Book editors and expert contributors
- Rich multimedia
- Historical features
- Extensive dictionary and atlas

*Melanie Harrison - Teacher/Librarian*
Happy Birthday

Happy Birthday from all at Sacred Heart to the following students who celebrate a birthday during the coming week:

Jack S  Lily M  Lily C
Jack M  Hayley P  Jasmine S
Naomi K  Chantelle S
Kayla P  Angela M

School Awards

<table>
<thead>
<tr>
<th>KE</th>
<th>KP</th>
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<tbody>
<tr>
<td>1D</td>
<td>Lachlan C, Erin C, Olive M</td>
</tr>
<tr>
<td>2B</td>
<td>Ashley D, Sienna B</td>
</tr>
<tr>
<td>3C</td>
<td>Will P, Eden W</td>
</tr>
<tr>
<td>4B</td>
<td>Erin S, Matthew S</td>
</tr>
<tr>
<td>5N</td>
<td>Sophie O, Dominic N</td>
</tr>
<tr>
<td>6F</td>
<td>Lucas N, Angelina G</td>
</tr>
<tr>
<td>3-6S</td>
<td>Isaac W, Jeremy R</td>
</tr>
</tbody>
</table>

Principal's Awards: N/A

Morning Kiss & Drop Zone Roster

Thank you to the parents who are on the Morning Kiss and Drop roster this year. You are helping to keep our children safe. We would appreciate more volunteers for this rewarding duty, as some of our volunteers left the school last year with students in Year 6. Please text Selina Nichols on 0416 157 198 or email nicholsselina@gmail.com if you can help. It involves a half hour duty around once a month.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>9 Feb</td>
<td>10 Feb</td>
<td>11 Feb</td>
<td>12 Feb</td>
<td>13 Feb</td>
</tr>
<tr>
<td>Lisa C</td>
<td>Leonie S</td>
<td>Eloise C</td>
<td>Shanna C</td>
<td>Kellie CN</td>
</tr>
<tr>
<td>16 Feb</td>
<td>17 Feb</td>
<td>18 Feb</td>
<td>19 Feb</td>
<td>20 Feb</td>
</tr>
<tr>
<td>Anna R</td>
<td>Lucy B</td>
<td>Sheridan P</td>
<td>Tracey O</td>
<td>Selina Nichols</td>
</tr>
</tbody>
</table>

Canteen News

**CA GENT ROSTER (start 9.30am - finish 1.45pm)**

Mon 16/2  Di M, Simone K, Shaunna R and Michelle H
Thur 19/2  Keira L, Kylie S, Tricia B, Monique F
Fri 20/2  Gloria M, Kylie M, Tracey L, Jo B, Nikki H

On-line ordering: Thank you to all the parents who have been using the on-line ordering system. It has certainly been a positive change for us and our volunteers.

We have had a few double lunch orders and ask that you or children check your confirmation from School 24 before clicking again. If you haven’t updated your class details for 2015 may we ask you do this asap. This will avoid lunches going astray and time trying to locate the child’s new class. Please remember that we are here to help so, if you are having trouble or have a question then please contact us anytime.

Price increase: Due to all our supplies increasing their prices over the last 6 months we have now made some changes to our prices for 2015. Please check the menu which is located either on the school web page or school24 website.

Help: Thursday 19 March either 9.30am-1.45pm or 11am-1.30pm. Please contact Marie 0410 556 777

Kay & Marie – Canteen Coordinators

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Welcome BBQ

Parents helpers from year 6 are still required. If you are able to assist on the night please see Janelle or Sjaan.

*****************************************************

SACRED HEART WELCOME BBQ AND CONCERT
Hosted by Year 6

FRIDAY 20th FEBRUARY
5.00PM – 7.30PM
SCHOOL GROUNDS

-available to purchase...
Year 6 Fundraiser

Gelato
Sausage Sizzle
Soft Drinks

Kids Concert with Simon 5pm
Lolly Bags

BRING GOLD COINS ALONG FOR FOOD & ACTIVITIES

Nail Painting
Photo Booth

Come along to see your children perform in the concert with Simon Hyland from the Soul Band

Catch up with old friends and meet some new ones!

---

For catering purposes, please return the tear off slip to the school office by Friday 6th February 2015

ELDEST CHILD NAME: ..................................CLASS: ........

We are able / unable to attend the Welcome BBQ.

Number of Adults: .............. Number of Children: ..............
Community Notices

Manly Warringah Basketball Association
Please see website for information on Pink Ball, Saturday Basketball, Potter League and Miniball / Junior League. Manly Warringah basketball programs can be downloaded from the website http://www.manlybasketball.com.au/portal/ or call 9913 3622.

Wanted U7 boys to play soccer
Wanted U7 boys to play soccer this Winter for Pittwater RSL Football Club. Some Mum's are starting up a team and need players. Please contact Chantelle Byrne (year 1 parent) if you are interested 0401 042 717.

It’s not too late to register with Mona Vale Commodores Netball Club!! Players are still needed in the following age groups:
- 2/3 x U10s (born in 2005) – please call Tracey Obrien 0413 187 930 for more info.
- Enquiries Mona Vale Netball Club - mvcom.registrar@yahoo.com.au or visit our website www.monavalecommodores.com

Parenting Programs
Child & Adolescent Parenting
WHAT'S ON 2015 (Term 1): COURSE/WORKSHOPS FOR PARENT/GUARDIAN

Tuition in to Kids Course (19/01/15)
Help your child’s ‘tween transition, manage the change, creative parenting ideas.
Outward Bound Tels: 2412 / 2431. 7:00-8:30pm

Triple P (Positive Parenting Program) Seminars (6-hour)
Series of 6 workshops aimed to provide families with practical strategies to improve the relationship with your child & family.
Outward Bound Tels: 2412 / 2431. 7:00-8:30pm

Communication with Kids Workshop aged 0-7 yrs
Communication skills for building effective long term relationships with your child & family.
Outward Bound Tels: 2412 / 2431. 7:00-8:30pm

Tuition in to Teens Course
Skills to enhance communication with your teenagers, supporting them to make positive decisions and helping them develop healthy relationships.
Outward Bound Tels: 2412 / 2431. 7:00-8:30pm

Reliant Kids Workshop
Strategies to assist your child cope with changing family dynamics, support them through the challenges of adolescence.
Outward Bound Tels: 2412 / 2431. 7:00-8:30pm

Dealing with Teen’s Booklet Workshop
Learn how to respond to a range of parent/child situations that may be challenging.
Outward Bound Tels: 2412 / 2431. 7:00-8:30pm

Enquiries: Child & Adolescent Parenting 9878 3560

Nature's Health, Northern Sydney Local Health District