Term 1 Week 4 - 18 February 2015

Dear Parents

Yesterday was Pancake Tuesday, a day celebrated around the world, the day before Ash Wednesday and the commencement of the Lenten season. Pancake Tuesday is also known as Shrove Tuesday, Fat Tuesday or in French, Mardi Gras. As Lent is a time of penance and going without, people would use up their stores of butter and cream making pancakes in preparation for the Lenten season.

What a lovely vibe was evident in our church on Sunday evening when we welcomed the new Bishop from Broken Bay, Bishop Peter Comensoli, to our “Neighbourhood of Grace”. It is promising to be an exciting year for us here at Sacred Heart. As well as a new Bishop and a focus on exploring Pope Francis’ exhortation the “Joy of the Gospel”, it is our Golden Jubilee, 50 years since the school was established by the Good Samaritan order of nuns. It will be a year of Jubilee Joy!

There will be two main events to celebrate our 50th Jubilee. The main event will be an outdoor Mass and celebration on Saturday 17th October including special guests from the past, memorabilia, school tours, launch of Jubilee Book, a large celebration cake, BBQ and Open Air Cinema! The second event is the parent Gala Dinner with “A Touch of Gold” on 13th June 2015. If you would like to assist with preparations of a Jubilee Book, please contact Marie N on 0410 566 777.

We are definitely about celebrating here at Sacred Heart and we look forward to our Sacred Heart, Opening School BBQ and concert this Friday 20 February 2015. All children K-6 will perform, there will also be gelato and a sausage sizzle. Bring a chair or picnic rug if you wish to sit on the oval to eat. Year 6 will host some stalls to raise money for their End of Year 6 gift to the school. Children are asked to come dressed ready to perform and suggested outfits are below. Please do not feel compelled to purchase any items. All children must wear footwear.

Kindy – any dance outfit (ballet/ hip hop/jazz/contemp)  Year 4 – black and white
Year 1 –70s hippie  Year 5 – old school glam (think Great Gatsby film)
Year 2 – street wear  Year 6 – funky outfits (think pop charts)
Year 3 – rainbow colours

SHMV Curriculum Update

Over the last six months, classroom teachers have been working on implementing the new Science and Technology K-6 Syllabus incorporating the Australian Curriculum, at Sacred Heart. After attending courses last year, we have been looking at our units of work and realigning them to fit in with the new syllabus.

Science topics are organised into “Natural Environment” and “Made Environment” and fall under the following seven content areas: Physical World, Earth and Space, Living World, Material World, Built Environments, Information and Products. The skills that the students are covering are “Working Scientifically” and “Working Technologically”.

We are very excited to be implementing new topics in our Science and Technology curriculum. Make sure you have a look at the Curriculum Notes from your child’s class to see what they are doing in Science this term and take the time to discuss it with them.
SHMV Wellbeing
The PBL (Positive Behaviours for Learning) team consisting of a parent, class room teachers, Principal, Learning Support Teacher and a teacher from the satellite class met on Tuesday. Long Time Out cards are given to children who exhibit major inappropriate behaviour or repeated minor behaviours. There were no major behaviour incidents to report.

A new process of students reflecting on their behaviour, completing a “Think Paper” and informing parents is being refined so there is better communication between parents and school regarding students behaviour.

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
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)
04 Mar   Confirmation - Parent Information Session (1pm and 7pm at Sacred Heart Church)
04 Mar   Yrs 2 and 6 Class Mass
10 Mar   Confirmation - Parent Information Session (7pm at Sacred Heart Church)
11 Mar   Yr 4 Class Mass
13 Mar   Open Morning - New Kinder 2016 families (9-11am)

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>
</tr>
</thead>
<tbody>
<tr>
<td>Our PBL focus for this week is: WEAR A HAT WHEN OUTSIDE</td>
<td>Our Respectful Relationships focus for this week is: EAT WITH YOUR MOUTH CLOSED AND DON’T TALK WHILE EATING</td>
</tr>
</tbody>
</table>

Parent Volunteer & Literacy 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.

Class Parents for 2015

Kinder  Meegan H, Jarka R, Alana M
Year 1  Kirsten W, Rebecca D, Rebecca B, Sarah D, Ros L
Year 2  Siobhan B, Lisa P, Anna R
Year 3  Michelle J, Kirsten W, Kim R, Tracey L (assisting)
Year 4  Siobhan B, Jo R, Angela C
Year 5  Virginia T, Lindsay G-S
Year 6  Leonie S, Fiona S
**SHMV Sports News**

**Soccer clinics** for children in years 3-6 commence next week. A Manly United player and Mrs Steph Munro will facilitate sessions on a Tuesday on our oval.

The term 2 and 3 **sport skills sessions** facilitated by parents last year were very popular with both students and parents and we plan to implement them again this year. Parents might like to start thinking about the possibility of volunteering one afternoon a week for 4 or 5 weeks.

**Swimming Carnival** - 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.

Congratulations to our Colour House Captains and Year Six Leaders who led the school in our War Cry practice session this week. Our leaders were well prepared and the enthusiasm was contagious. We look forward to seeing you all at the carnival next Wednesday.

**Representative Singlets**

New representative singlets are now available to purchase from the uniform shop for $22. If your child is chosen to represent the school at the Peninsula or Broken Bay Athletics Carnivals or Cross Country Events then you may wish to purchase a singlet. In the past the school issued singlets for these events.

If children do not wear the representative singlet they are to wear their school Sport shirt.

**CALLING ALL SKIERS AND SNOWBOARDERS**

We would like you to join our Sacred Heart snow sports team this season.

We will be back this ski season to compete again in the NSW Interschools after our fabulous bronze medal win last year in the girls Division 4 category. We would love a bigger team this year so come and join us for a fun filled time in Perisher these June/July school holidays. We are part of the “Northern NSW” Competition.

**Date:** 1-4 July 2015  
**Place:** Perisher Valley

There are two divisions, boys and girls compete separately. Division 5 is for children from kindy to year 4. Division 4 is for children from years 5-6.

Race options: Ski alpine (downhill around flags) and skier cross a set out downhill track), Snowboard alpine and snowboard cross or Moguls (ski).

The cost to enter is $40.00 per race plus $30.00 registration per child. You will have to arrange your own accommodation and transport to and from the event.

This event is **not** organised by Sacred Heart School. Please direct any questions to Kim Lesko on 0419 433 639.
In the spirit of Pope Francis’ joyful and action-oriented pastoral approach, here are two ways to live the Joy of the Gospel:

1. Break the gossip cycle. Let the nasty rumour stop with me. Or if you must gossip, start a positive (and truthful) rumour! In other words, spread joy not angst.

2. Take a joy-filled Scripture verse and “chew” on it during the day.

Today 18 February is Ash Wednesday which signifies the beginning of Lent. Lent is a preparation for Easter and the focal point of the Church’s liturgical year. As we prepare for the most important of Christian feasts we are reminded of the love that God has shown in sending Jesus to us. Lent is a time of thanksgiving for what God has done for us.

**Lenten Penance**

Practices of penance are meant to help us to come to openness to God. They need to be educative, transforming us so that our hearts may turn more easily to God. The choice of Lenten penance is important. It is not just what we do; it is why we do it, and the effect that it has on our lives. Choose wisely and Lent can become a time of many graces and significant growth in our relationship with God.

**Days of Penance**

Abstinence from meat and fasting are to be observed on Ash Wednesday and Good Friday. On all other Fridays of the year the law of the common practice of penance is fulfilled by performing any of the following:

a) **Prayer** – for example, Mass attendance; family prayer; a visit to the church or chapel; reading the Bible; making the Stations of the Cross; praying the Rosary.

b) **Self-denial** – for example, not eating meat; not eating sweets or dessert; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor.

c) **Helping others** – for example, special attention to someone who is poor, sick, elderly, lonely or overburdened.

*All who have completed their eighteenth year and have not yet begun their sixtieth year are bound to fast.*

*All who have completed their fourteenth year are bound to abstain.*

In 2015, Lent lasts from Ash Wednesday (15 February) to The Mass of the Lord’s Supper (2 April) inclusive. On Good Friday and, if possible also on Holy Saturday until the Easter Vigil, the Easter Fast is observed.

**Paschal Precept**

Each of the faithful is obliged to receive Holy Communion at least once a year. This is done between Ash Wednesday (15th February 2015) and Trinity Sunday (31st May 2015), unless for a good reason it is done at another time during the year. All of the faithful are obliged to confess their grave sins at least once a year.

*A Lenten Prayer*

On this special day, Ash Wednesday, may my small sacrifices in fasting be a way to clear away the clutter in my life to see you more clearly.

May my longing for meat and other food, help me to focus my life today more outside myself.

Let me be aware of those who are in so much more suffering than I am and may I be aware of them as the brothers and sisters you have placed in my life.

**Parish News**

Thankyou to the many Sacred Heart Families who attended mass celebrated by Bishop Peter Comensoli last Sunday night. Bishop Peter was made to feel very welcome in our parish.

**Dates to Remember**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 Feb</td>
<td>Ash Wednesday Mass at 11:30am</td>
</tr>
<tr>
<td>4 Mar</td>
<td>Year 2 and Year 6 Class Mass at 9.15am</td>
</tr>
</tbody>
</table>

**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](#)
ICAS Competitions

ICAS – International Competitions and Assessments for Schools

Students in **Years 3 to 6** have been invited to participate in the 2015 International Competitions and Assessment for Schools (ICAS) in English, Mathematics, Digital Technologies, Science, Writing, and Spelling.

**Year 2** have been invited to participate in English, Mathematics and Science.

A note has been emailed home regarding these competitions. All entries need to be submitted by Monday 9 March 2015. Unfortunately late entries cannot be accepted. Additional copies of the note can be found on our school website [here](#).

<table>
<thead>
<tr>
<th>Years</th>
<th>Subject</th>
<th>Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-6 only</td>
<td>Digital Technologies</td>
<td>Tuesday, 19 May 2015</td>
<td>$8</td>
</tr>
<tr>
<td>2-6</td>
<td>Science</td>
<td>Wednesday, 3 June 2015</td>
<td>$8</td>
</tr>
<tr>
<td>3-6 only</td>
<td>Writing</td>
<td>15-19 June 2015</td>
<td>$17</td>
</tr>
<tr>
<td>3-6 only</td>
<td>Spelling</td>
<td>Tuesday, 16 June 2015</td>
<td>$11</td>
</tr>
<tr>
<td>2-6</td>
<td>English</td>
<td>Tuesday, 28 July 2015</td>
<td>$8</td>
</tr>
<tr>
<td>2-6</td>
<td>Mathematics</td>
<td>Tuesday, 11 August 2015</td>
<td>$8</td>
</tr>
</tbody>
</table>

Garden Club News

Hi there Garden Guardians, and welcome back to an exciting new year of gardening!

After such a popular and successful year of gardening in 2014, we have decided that Garden Club would benefit from a leadership team, to help the garden become even more fruitful. The Garden Leaders for 2015 are **Harry K**, **Danielle O**, **Jarrod B**, **Ethan Z** and **Stephanie A**.

Due to its popularity, Garden Club for 2015 will be on two days, Tuesday lunchtimes with years K-2 and Thursday lunchtimes years 3-6. The garden leaders will participate on both days and help our new members become acquainted with the garden. I am looking forward to a fun and productive year in the garden.

*Jane Lhuede - Garden Club Co-ordinator*

Band News

For next week only, due to the swimming carnival being held on Wednesday, Training Band training will finish slightly earlier to allow students time to prepare for the carnival.

*Clare McFadden – Band*
2015 PRC Update
2015 Premier’s Reading Challenge opens in March. All passwords will remain the same, you can start reading now and keep a record of the books you have read. Students must complete a set amount of reading to meet the Challenge, see table below:

<table>
<thead>
<tr>
<th>Challenge</th>
<th>No of books needed to complete the Challenge</th>
<th>Minimum no. of PRC books for your Challenge</th>
<th>Maximum no. of personal choice books</th>
<th>PRC booklist selection</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-2</td>
<td>30</td>
<td>25</td>
<td>5</td>
<td>K-2, 3-4, 5-6, 7-9</td>
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<tr>
<td>3-4</td>
<td>20</td>
<td>15</td>
<td>5</td>
<td>3-4, 5-6, 7-9</td>
</tr>
<tr>
<td>5-6</td>
<td>2</td>
<td>15</td>
<td>5</td>
<td>5-6, 7-9</td>
</tr>
</tbody>
</table>

Melonie Harrison - Teacher / Librarian

Messages from the Office

Confirmation, First Communion and First Reconciliation – information brochures with all relevant dates from the Parish can be found on our school website here.

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

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 the school is no longer allowed to provide parents with a “Class Contact List”. At the parent information night there was a list prepared by parents 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.
Happy Birthday

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

Joseph H  
Eva H  
Matthew P  
Nicholas B  
Mitchell G  
Indiana L  
Abby H  
Ellie D  
Sara A

School Awards

<table>
<thead>
<tr>
<th>KE</th>
<th>Olivia F, Angelina Z, Joshua G</th>
<th>KP</th>
<th>William C, Charli S, Olli S</th>
</tr>
</thead>
<tbody>
<tr>
<td>1F</td>
<td>Naomi K, Marik V</td>
<td>1D</td>
<td>Cameron L, Jess M</td>
</tr>
<tr>
<td>2B</td>
<td>Samantha W, Thomas G</td>
<td>2D</td>
<td>Greta H, Cruz D</td>
</tr>
<tr>
<td>3R</td>
<td>Jessica H, Daniel S</td>
<td>3C</td>
<td>Sophie W, Sarah C</td>
</tr>
<tr>
<td>4B</td>
<td>Phoenix D, Paris B</td>
<td>4N</td>
<td>Amber K, Taine C</td>
</tr>
<tr>
<td>5N</td>
<td>Sienna B, Jon-Luca N</td>
<td>5S</td>
<td>Brooke L, Zac B</td>
</tr>
<tr>
<td>6F</td>
<td>Daniel P, Grace D</td>
<td>6W</td>
<td>Ruby R, Harris J</td>
</tr>
<tr>
<td>3-6S</td>
<td>Joel B, Alush W</td>
<td></td>
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</tr>
</tbody>
</table>

Principal’s Awards: N/A

Morning Kiss & Drop Zone Roster

Morning Kiss and Drop Zone
Thank you to all parents for your assistance with the smooth running of the Kiss and Drop Area in the mornings. We have some vacancies on our volunteer roster if you have half an hour to spare to help the school community. Please email Selina Nichols on nicholsselina@gmail.com.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>23 Feb</td>
<td>24 Feb</td>
<td>25 Feb</td>
<td>19 Feb</td>
<td>20 Feb</td>
</tr>
<tr>
<td>Karen C</td>
<td>Karen L</td>
<td>Linda M</td>
<td>Tracey O</td>
<td>Selina N</td>
</tr>
<tr>
<td>2 Mar</td>
<td>3 Mar</td>
<td>4 Mar</td>
<td>26 Feb</td>
<td>27 Feb</td>
</tr>
<tr>
<td>Lisa C</td>
<td>Leonie S</td>
<td>Eloise C</td>
<td>Lisa P</td>
<td>Kylie D</td>
</tr>
<tr>
<td>9 Mar</td>
<td>10 Mar</td>
<td>11 Mar</td>
<td>5 Mar</td>
<td>6 Mar</td>
</tr>
<tr>
<td>Anna R</td>
<td>Lucy B</td>
<td>Sheridan P</td>
<td>Shanna C</td>
<td>Vacant</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12 Mar</td>
<td>13 Mar</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Kellie C</td>
<td>Vacant</td>
</tr>
</tbody>
</table>

Canteen News

**CANTEEN ROSTER (start 9.30am - finish 1.45pm)**

<table>
<thead>
<tr>
<th>Mon 23/2</th>
<th>Linda D, Kristina K, Angela S</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thur 26/2</td>
<td>Sarah Jane R, Lydia N, Kirsty C, Raylee K</td>
</tr>
<tr>
<td>Fri 27/2</td>
<td>Rebecca B, Belinda W, Justine O, Danielle C</td>
</tr>
</tbody>
</table>

School 24 bank transfer top-up: As of Friday 27 February 2015, unfortunately direct debit will no longer be an option for account top up. School 24 offers PayPal or credit card, or you can pay cash over the counter to the canteen on a Monday, Thursday or Friday.

On-line ordering: If you are ordering more than 1 lunch item plus a drink may we ask that you add another lunch bag. It is very tricky to fit everything in 1 bag and not ideal to mix hot with cold.

Reminder: Please make sure that your class details for 2015 are up to date. This will save your child’s lunch order from going astray and our time looking for them.

Kay & Marie – Canteen Coordinators
Parent to Parent

Many transitions, large and small, occur at the beginning of the calendar year - starting school, further study or relocations. Change happens - it can be exciting and scary at the same time and sometimes we don't stop to see the broader impact of change. Take a look at this article form some ideas on how to actively manage big life changes - Managing Change and Transitions.

Parent engagement in a child’s learning is about connecting the home back into the classroom and showing an interest in what your child is doing at school in their lessons. Ask them to tell you about something they learnt at school today/this week? What book is the teacher reading to them in class? What part are they up to? What’s their favourite character? Perhaps read the same book so you can talk about it together.

Take any moments you can to talk to your child about what they are learning – talk over dinner, while walking to school, in the car.

Ask your children how to play Pass the Bomb – they have been playing it with Mrs Harrison in the library this week!!

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](#).

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**Community Notices**

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Community Notices

Open Day
Sunday 8 March 11am - 2pm
Providing Excellence in Teaching and Learning
Celebrating 125 years (1890 - 2015)

St Paul’s Catholic College · Manly
EDUCATING BOYS IN YEARS 7 TO 12

OPEN EVENING
Thursday 5th March 2015 4pm - 7pm
Come and experience the St Paul’s difference for yourself
Here is your chance to visit our College in its unique North Head location overlooking Sydney Harbour. Meet our fantastic staff and students, take a tour of our newly renovated facilities and view our soon to be completed multi-purpose hall and technology centre.

Free BBQ · Guided Tours · Demonstration Classes · Music Performances · Science Experiments

Applications for enrolment for Year 7 2017 will close on Friday 17 April 2015

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