Dear Parents

The P and F team and I attended dinner with the Broken Bay Diocesan Parent Association earlier this year. The focus for the Diocese this year is on Creating Parent Friendly Schools. At this meeting we discussed ways of engaging parents with our school. If we conducted an audit at our school of the engagement of parents we would find parents in many, many aspects of school life. We find parents in classrooms, sporting fields, in P and F to name just a few. But it is not all about fundraising and help in the classroom. Many are engaging fully with the school from home. As a working parent myself, I have found, along with many of our parents at school, ways of engaging with school. Some of those ways are:

- Keeping informed: Reading the newsletter and notes each week and responding to these. Reading the curriculum letter (on the website) and staying atuned to what your child is learning so you can engage with your child and even enhance or contribute to their learning.

- Read the books your child is reading. They love to discuss plots and characters of the books they love. Know that the school can’t do all the work. Learning is a full time job, for the rest of your life. Having a learning attitude is essential. Visit the library together.

- Go on family excursions that link to the curriculum. There is so much history to see in Sydney and most of it is free. The art gallery, the opera house etc.

- Asking open questions about your child’s learning. What did you learn today is too overwhelming a question after a busy day. Asking a Year 6 a question about energy, mathematics or sport may get a better answer. Taking them to the local energy expo at Long Reef may help you engage further with their learning.

Our future P&F meetings will focus on parent engagement – creating parent friendly schools. Our next meeting is Wednesday 27 May at 7.30pm in the hall.

This week’s happening:

- Naplan testing is being held this week. The results will be available in September.
- Year 1 Mass this Saturday evening at 5pm.
- Kinder 2015 enrolment interviews:

  - Sibling applicants have screening only and parents have an opportunity to get together on the evening of 27 May. This evening is compulsory for current families. If you are unable to attend, please contact the school office to arrange an appointment with me.
  - New parents will have an interview while their child is screened. All applicants are interviewed and then a selection process is made based on the Diocesan enrolment policy. Thank you to the many parents from this school and those in the community who recommend our school. We really appreciate your support.

Mrs Bartlett is recovering and may be back with us shortly. Mrs Woodward will return to the office on Friday. Many thanks to Mrs Saggus and Mrs Johnston, and particularly Mrs Andrews and Mrs Emerton who have stepped in to support the school.
Many thanks to the band and choir for their performance last week. The band should have received their excursion note for their trip to see the Symphony Orchestra next week.

Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>13-15 May</td>
<td>NAPLAN (Yrs 3 &amp; 5)</td>
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<tr>
<td>14 May</td>
<td>Kinder Class Mass (9.15am - Wednesday)</td>
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<tr>
<td>17 May</td>
<td>Yr 1 Family Mass (5pm – Saturday)</td>
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Date Claimer Saturday 13 September - major fundraiser – “Rock of All Ages”

All dates for the year are currently on our website. See the link above. Please check this regularly for updates.

I have included an excerpt from Michael Grose’s latest blog: Parenting Ideas. It describes some ways that children with unhelpful thinking styles can be assisted.

“If I don’t do well in the NAPLAN tests it’s the worst thing ever!”
Do you have a child who automatically assumes the worst case scenario in any risky or new situations? If so, you have a catastrophiser on your hands.
Catastrophisers exaggerate their worries and place enormous pressure on themselves.
The default mechanism in their thinking always goes to the most negative outcome possible. The results won’t just be bad, they’ll be catastrophic!
For instance, they won’t just mess up if they give a talk to their class at school. They’ll make total fools of themselves and the whole class will laugh at them, or so they say.

Catastrophising makes kids feel miserable. Worse, they often don’t want to do anything because they expect the worst possible outcome. So what to do with a catastrophiser?
Your approach will depend to some extent on your child’s age.
Under fives generally don’t overtly catastrophise, however even young children can be negative. Make sure you model upbeat, positive thinking as young children take their cues from their parents, particularly the parent they spend most time around.

School-aged children need to be encouraged to keep things in perspective. Challenge your child’s propensity to catastrophise.
Here are five ways to challenge your child’s catastrophic thinking:

1. “What’s the most likely scenario?” Sometimes it’s useful to introduce a dose of old-fashioned rational thinking. “Yep, you could break your leg if you go skiing. But the odds are that you won’t.”
2. “Does it really matter?” “You may be right, but is it the end of the world as we know it?”
   One way of dealing with hard core catastrophisers is to admit that they could be right, but even if they are right and the worst case scenario does happen, the sun will still shine tomorrow. Take kids to the worst possible scenario and they may see it’s not so bad.
3. “Where does this fit on the Mood Meter*?” Catastrophisers get themselves in a knot about relatively insignificant things. Okay, making a fool out themselves may not be insignificant to kids, however compared to plenty of other events…... ...well, perspective is a good thing. Help them get some perspective by giving their worry a score out of ten, on how important the issue really is.
4. “That’s unhelpful thinking.” Sometimes kids’ thinking is so out of whack with reality that they become anxious about minor things. Thinking such as, ‘everyone must like me’, ‘I must never make a mistake’ and ‘bad things always happen to me’ are extreme and need to be replaced by more moderate, realistic thoughts. E.g. “It would be nice if everyone liked me but not everyone will. It’s important to have some good friends”.
5. Replace extreme words for feelings with more moderate descriptors: Today’s kids talk in extremes – ‘awesome’, ‘the best’ and ‘gross’ roll off their tongues easily these days. Extreme language leads to extreme thinking. So encourage kids to replace “I’m furious” with “I’m annoyed”, “It’s a disaster” with “It’s a pain”, “I can’t stand it” with “I don’t like it”. Sounds minor but by changing kids’ language you change how they think about events and, more importantly, how they feel.

Yours sincerely

Julie Caldwell

PRINCIPAL

<table>
<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: Use kind words and actions</td>
<td>Our Respectful Relationships focus for this week is: Say thank you when complimented, use eye contact and smile</td>
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</tbody>
</table>
Religious Education News

Kindergarten participated in their first parish mass this morning as a grade. They participated beautifully in the mass through their singing and prayers. It was wonderful to have many kindergarten parents and grandparents join us.

Prayers for Phil Ovens.
Phil Ovens is part of our ex parent community and an active parishioner. He is very unwell and his wife Nicole has asked the Sacred Heart Community to pray for him in a novena. A novena lasts for 9 days. The staff began a novena yesterday and we will continue until Wednesday 21st May

<table>
<thead>
<tr>
<th>Novena to begin on Tuesday 13th May and end on Wednesday 21st May</th>
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<tr>
<td>Prayer for the intercession of Father Francis Jordan</td>
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<tr>
<td>Lord Jesus Christ Saviour of the world,</td>
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<td>You called Father Francis Mary of the Cross Jordan to be your apostle,</td>
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<tr>
<td>And to make God known and loved</td>
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<td>By all people everywhere,</td>
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<td>Using all the means your love inspires.</td>
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<td>Grant to us, his followers,</td>
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<tr>
<td>The grace to proclaim the Gospel in this spirit;</td>
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<tr>
<td>Make us effective apostles in today's world</td>
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<tr>
<td>Through the intercession of your servant,</td>
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<tr>
<td>Father Francis Jordan, we pray for our special needs</td>
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<tr>
<td>The complete healing of Phil Ovens</td>
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<tr>
<td>We make this prayer through you, Jesus Christ,</td>
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<tr>
<td>Who lives and reigns with God the Father</td>
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<tr>
<td>And the Holy Spirit, now and always.</td>
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<tr>
<td>Amen</td>
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In this prayer to St Mary Magdalene, we ask the great model of repentance and humility to intercede for us with Christ, Whose Resurrection St. Mary Magdalene was the first to witness.

A prayer to St Mary Magdalene
St, Mary Magdalene, woman of many sins, who by conversion became the beloved of Jesus, thank you for your witness that Jesus forgives through the miracle of love.

You who already possess eternal happiness in His glorious presence, please intercede for me, so that someday I may share in the same everlasting joy.

Amen

Timor Leste Independence Day
On **Wednesday 21st May** we are having an independence day for Timor Leste.

We would like you to wear the colours of Timor Leste. (Red, yellow, black.) Please bring a gold coin donation along with five dollars to purchase an item from the store. The aim of the day is water so try not to use a lot of it. Each student will receive a water awareness card and will be asked to colour in their card each time they use water throughout the day. People in Timor Leste have to walk for hours and all we have to do is turn a handle and water comes gushing out. Thank you.

Ruby and Charlotte (Mini Vinnies Team)

**Dates to Remember:**

- **Saturday 17 May** Year 1 Family Mass at 5pm Sacred Heart Church
- **Wednesday 21 May** Year 6 Class Mass at 9:15am Sacred Heart Church
- **Saturday 24 May** Year 3 Eucharist Reflection Day 1:30-4:30 at Mater Maria
- **Wednesday 28 May** Year 5 Class Mass at 9:15am 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*
**Naplan**

This week on Tuesday 13, Wednesday 14 and Thursday 15 May, students in Years 3, 5, 7 and 9 are taking part in the National Assessment Program – Literacy and Numeracy, or NAPLAN, as it is commonly known.

Skills that are being tested include: reading, writing, spelling, grammar and punctuation, and numeracy. These tests are done here at school and are considered just another part of the curriculum.

It is important for you and your child to know that NAPLAN is not a pass/fail test. It simply looks at what level students are achieving in literacy and numeracy against National Standards and compared with student peers throughout Australia.

NAPLAN cannot be studied for and students are not expected to do so. The best way you can help your child prepare for NAPLAN is to let them know that it is just a routine part of their school program, and to urge them to do the best they can on the day.

Later in the year we will send parents an individual student NAPLAN report that you can use to view and monitor how your child is progressing.

More information is available on the NAP website.

If you have any concerns, please contact Mrs Wheen.

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**Kinder 2015 Enrolment**

Enrolment for Kinder 2015 closes on 31st May 2014. Interviews will start shortly and places will be offered at the end of the term.

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**Uniform Shop News**

**Normal Opening Hours**
- Monday and Friday mornings - 8.30am to 9.00am
- Wednesday afternoons - 2.30pm to 3.00pm

**ORDERING**

If you want to order from the uniform shop online, you should continue to use the following process:

1. Download order form from the school website.
2. Complete all details for each item including size, quantity and total cost.
3. Complete credit card details (Visa or MasterCard ONLY) OR include a cheque payable to “Sacred Heart School” OR include exact cash amount.
4. Send completed order form (and cheque OR cash if applicable) in an envelope marked “Uniform Shop” with your eldest child’s name and class clearly marked on the envelope, (send to school with your child which they will then put into red bag).
5. Your order will then be processed and the items will be sent home with your eldest child. If you would prefer another delivery option, please mark this clearly on the order form.

Regards

*Veronika and Clare - Uniform Shop Co-ordinators*

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**P & F News**

Reminder that term 2 P&F meeting will be held next Wednesday @ 7.30pm in KN. Come and join us you’ll be surprised how enjoyable these meetings are. If you can’t make it please send me an email if there is any item you would like raised. See you there.

*Lynette Suchanek – P&F Secretary* - shpandf@gmail.com
Canteen News

Canteen Roster (start 9.30am - finish 1.45pm)

| Mon 12/05 | Kylie, Judy, Kim, Theresa |
| Thur 15/05 | Maria, Zoe, Julie, Karen |
| Fri 16/05 | Michelle, Mel, Kris, Jan, Kieran |

Last week we hosted our annual Mother’s day breakfast and we would like to say a very big thank you to the following parents who helped make the morning run smoothly.

- Our speedy prep ladies: Lucy, Meegan, Michelle, Melinda, Angela and Louise.
- Our Master chef Dad’s: David, Chris, Andrew, Ian, Adrian and Keiran.
- Our dapper meet and greet Dads: Anthony and Brett.

Thank you, Thank you!

Also, a big Thank you to the Tosone family who once again donated the selection of gourmet banana breads.

Volunteers: We have had quite a few changes to the term 2 roster and ask that you check the weekly newsletter for confirmation of your scheduled day.

Menu: A term 2 menu will not be sent home as the term 1 menu is still current with no changes. If you do not have a menu you can view it on the school web page.

Kay and Marie 😊

Happy Birthday

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

Claire
Sophie
Ezekiel
Grace
Holly

School Awards - Term 2 Week 3

| KN | Isabella, Kiki, Ashmita |
| 1F | Jackson, Eliza, Isaac |
| 2D | Milana, Lauren |
| 3R | Ryan, Paris |
| 4F | Chantelle, Angela |
| 5B | Zoey, Harris |
| 6M | Lachlan, Jordyn |
| 3-6S | Lachlan, Amelia |

| KP | Bridget, Ashley, Addison |
| 1T | Cowen, Finlay |
| 2M | Dallas, Patrick, Soleil |
| 3W | Annika, Tennyson |
| 4M | Phoebe, Marco |
| 5S | Sienna, Keanna |
| 6W | Tom, Rachel |

Principal’s Awards: Ella, Kai

Band and Choir News

It’s the start of a busy term again and with early morning rehearsals a little more challenging due to the approaching winter weather, a big thank you to all our parents for assisting in getting our musicians to rehearsals for the 7.45am start.

Clare McFadden – Band & Choir Co-ordinator
Students in Years 2 to 6 have been invited to participate in the 2014 International Competitions and Assessment for Schools (ICAS) in English and Mathematics.

The competition is an initiative of Educational Assessment Australia (EAA) of the University of New South Wales. It should be noted that these are NOT TESTS. These are competitions and are not necessarily based on the stage outcomes the children are working on, as often, they are set at the stage above. All students receive a Certificate and an individual Student Report indicating which questions they answered correctly, as well as the average mark for their state. The Student Report is also useful for highlighting student strengths and weaknesses.

These competitions/assessments are not compulsory. Tests are held at school on the following days:

- English competition: Tuesday 29 July 2014 $8.80
- Mathematics assessment: Tuesday, 12 August 2014 $8.80

If you would like your child to participate, please complete the permission slip at the end of this newsletter and return to school with payment no later than Monday 2 June 2014.

Jayne Wheen, Assistant Principal

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**Sporting News**

**Manly Warringah Netball Talent Squad**

Congratulations to Chloe, Annalise and Carla on making the 2014 Manly Warringah netball talent squad for 11yr old girls. Well done!

**After School Football Coaching Sessions – Manly United FC**

Training starts at 3.10pm and finishes 4.10pm. May 14 to June 18 inclusive.

**Calling all Skiers and Snowboarders**

We are trying to get together a group of Sacred Heart snow fanatics to make a team and represent the school at this years NSW Interschools in Thredbo. We would be part of the “Northern NSW” competition.

- **Date**: 2-5 July 2014
- **Place**: Thredbo
- **Cost**: $40 per race + $30 registration per child

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

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

You will need to arrange your own accommodation and transport to/from the event. Any questions please contact Kim on 0419 433 639.

Thanks, Kim, Kammi and Steph
Community Notices

FESTIVAL NIGHT
Fri May 30, 2014 1.00pm to 7.00pm
Courtyard & Mannei Complex at the College

Enjoy an exciting evening of entertainment, rides and foods

Join us for...
- Music & Drama
- Rides & Games
- Plenty of stalls including pre-loved clothes and the impressive market place
- Snow Cones & Fairy Floss
- International Foods: savour crusts, pizzas, Tempeh
- Cakes & Home Baked Goodies
- Gourmet Foods, Barbecue
- Espresso Coffee & Cold Drinks

TRIVIA NIGHT!
To support projects in Soibada, Timor Leste

When: 7.30pm Saturday 31 May
Where: Avalon Recreation Centre, 59a Old Barrenjoey Road, Avalon
Cost: Tickets $25

Book your table of ten now!
Contact: Paide on 0423199521 or email paideelizabethgeorge@hotmail.com
Tamara 0403226699 or email tamara.harding@bigpond.com

Byo drinks and nibbles.
Raffles!
There will be great prizes!

Come along and hear the latest about our community’s work in our sister village
Soibada, Timor Leste!
www.pittwaterfriendsofsoibada.org
Community Notices

Broken Bay Parent News
North Shore / Peninsula Clusters

Supporting Your Child’s Learning at Home
3 June Warriewood OR
4 June Waitara

Did you know ...?
The support of parents at home for learning is the “single most important contributory factor to increased student achievement.”

Click on pictures below for information on:
- NAPLAN is around the corner, how can you support your child?
- Cybersmart - Chatterbox Series: a new online resource for parents:

What are common characteristics of gifted / high ability children and what support is available?

New Gifted Resources
Click HERE

Diocesan Parent Council
Central Coast | North Shore | Peninsula
www.brokenbayparentcouncil.com
The countdown is on for Sacred Heart’s Annual Fundraiser. Mark the date in your diaries and get ready for a fantastic night of fun!

ROCK OF ALL AGES

SATURDAY
13.09.2014
beginning at 6pm for
6:30pm start

Bayview Golf Club
1825 Pittwater Rd, Mona Vale

Tickets $55
Hot & Cold Canapes

Dress code: like a ROCK STAR

An evening of music with a local live band, MICRO
A SACRED HEART PRODUCTION
14 May 2014

Dear Parents

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Certificates are awarded for each year level in each State as follows:

- High Distinction to the top 1% of entrants;
- Distinction to the next 10% of entrants;
- Credit to the next 25% of entrants;
- Participation to all other participating students.
- Medals are awarded to the top student(s) in each year level in each state;
- Medals and Certificates are awarded at the discretion of EAA

If you would like your child to participate, please complete the permission slip below and return to school with payment no later than Monday 2 June 2014.

Yours sincerely

Jayne Wheen
ASSISTANT PRINCIPAL

…………………………………………………………………

ICAS

I give permission for my child …………………………………… in class ………………

to participate in (please tick required competitions/assessments):

- English - $8.80
- Maths - $8.80

I enclose total payment of $………………… ONLY cash / cheque (payable to Sacred Heart Catholic School).

Signed: ……………………………………………….. Date: ………………………

(Parent/Guardian)