Term 3 Week 2 - 23 July 2014

Dear Parents

The Commonwealth Games begin today and each morning at assembly during the games we are encouraging the children to share some facts or knowledge they have researched or discovered about the games.

*Where was the first Commonwealth Games held?*

*What countries take part in these games?*

*Which country has won the most Commonwealth Games medals since 1930?*

Mrs Ngamu will be co-ordinating this initiative and children will get the opportunity to share their interesting facts at morning assembly or in their classrooms. They will need to write these down and hand them to Mrs Ngamu. She will select some children to read their findings out at assembly each morning.

Mrs Einspinner has kindly offered to talk to the children about the Commonwealth and Olympic Games tomorrow and share some of her experiences of being involved in the organisation of the Games. She is bringing an Olympic Torch along to show the children.

There are always great moments of sportsmanship and celebration as well as many disappointments expressed by the athletes over the course of the games. Some of these moments are great teaching opportunities to share with our children. Some memorable moments for me are where athletes have stopped to help a struggling or injured competitor across the line. A true champion doesn’t just mean coming first.

How we handle defeat and disappointment is such an important part of growing up and developing resilience. According to Michael Grose most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their children. It is important that we don’t try to solve our children’s problems for them.

You can promote a lasting sense of resilience in your children by:

1. **Having a positive attitude yourself:** Make sure you model a “you can do it” attitude for your child when they meet some of life’s curve balls.
2. **Look for teachable moments:** Many learning opportunities are disguised as problems.
3. **Make children active participants in the family:** Active participation in a family develops the self-help, problem-solving and independence skills of children that are necessary for resilience.
4. **Build coping skills:** There are plenty of strategies you can pass on to children to help them cope when life doesn’t go their way, including acceptance, getting away for a while, and normalisation.

When we are coming home from weekend sporting activities what are the conversations about in the car. Do we blame the referee or umpires or complain about the unfairness of coaching decisions in front of our children? When two teams take the field one of those teams usually experiences defeat. It is important to learn from these losses and challenge ourselves to improve.
There are numerous occasions where we see children cheer on their friends at school or share in each other’s victories and achievements. The Thursday afternoon skills program begins next week and our Athletics Carnival will be held next Friday. We are looking forward to seeing as many parents as possible at these events. We also wish our Year 3 and 4 Rugby League Team well as they head to Penrith on Monday to represent Sacred Heart at the State Carnival. Thank you to the parents who have volunteered to assist at these events as we could not do it without you.

We look forward to Julie Caldwell’s return next week and I would like to take the opportunity to thank Fiona Ngamu and all the staff for their support and continued hard work often taking on extra tasks and duties. I am sure Mrs Caldwell will be well rested and full of enthusiasm and new ideas to share with the staff and students.

**Upcoming Dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event/Activity</th>
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<tbody>
<tr>
<td>Wednesday, 23 Jul</td>
<td>Confirmation Parent Information Session (7pm in church)</td>
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<tr>
<td>Friday, 25 Jul</td>
<td>Grandparents Mass (11.30am)</td>
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<tr>
<td>Tuesday, 29 Jul</td>
<td>ICAS English Competition</td>
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<tr>
<td>Wednesday, 30 Jul</td>
<td>Year 6 Class Mass (9.15am)</td>
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<tr>
<td>Friday, 1 Aug</td>
<td>Athletics Carnival - Narrabeen Sports Academy</td>
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<tr>
<td>Wednesday, 6 Aug</td>
<td>P&amp;F Meeting (7.30pm)</td>
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<tr>
<td>Thursday, 7 Aug</td>
<td>Kinder Zoo Excursion</td>
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<tr>
<td>Friday, 8 Aug</td>
<td>School Photos</td>
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</tbody>
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Yours sincerely

*Jayne Wheen*

**ACTING PRINCIPAL**

<table>
<thead>
<tr>
<th>Positive Behaviour For Learning</th>
<th>Our PBL focus for this week is: <strong>Cyber Safety</strong></th>
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<tbody>
<tr>
<td>Respectful Relationships</td>
<td>Our Respectful Relationships focus for this week is: <em>Look for the good things that other people do and say them out loud</em></td>
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**Religious Education News**

**Prayers Please**

Our thoughts, love and prayers are with Nicole, Edwina and Tori Ovens on the recent passing of Phil. (Nicole’s husband, father to Edwina and Tory, uncle to Jessica and great uncle to Indiana).

Phil has been an acolyte in our parish for many years and his daughters attended Sacred Heart.

Phil’s service will be at 11.15am tomorrow at Sacred Heart Church.

Lord Jesus, you tell us that those who mourn are “blessed”, knowing that only those who love greatly can mourn. We know, too, that it is better to have loved and lost someone than never to have loved at all. Be with the Ovens Family and may the members of his family be strengthened, knowing that others care for them and hold them in prayer. Amen.

Please also continue to keep in your prayers the Wren, Nicholas and Mueller (cousins to Nicholas) families.
Grandparents and Friends Morning and Mass

Grandparents are of unique importance in family life generally and particularly in the transmission of faith through the generations. They provide children with a stability and sense of identity and continuity. Many grandparents are also significant carers in the lives of their grandchildren, sometimes even the primary carer.

To celebrate the gift of grandparents and special friends we invite all grandparents and special family friends to morning tea and mass next Friday.

Friday 25 July 2014

10-10:30am: Open classrooms
10:30am: Band and morning tea in the hall
11:30am: Mass at Sacred Heart Church

Wrap With Love

During this term students can choose to participate in our Friday knitting club to knit squares for “Wrap with love”. These squares will be joined together to make blankets that are distributed to communities in need.

If you know of anyone who has been knitting squares we would happily accept them to contribute to the blanket making at Sacred Heart. They can be dropped into the school or parish office.

Dates to Remember

Friday 25 July Grandparents Day - Whole school Mass at 11:30am Sacred Heart Church
Wednesday 30 July Year 6 Class Mass at 9:15am Sacred Heart Church
Saturday 2 August Yr 2 Family Mass and Confirmation enrolment at 5pm, Sacred Heart Church
Wednesday 6 August Year 1 Class Mass at 9:15 Sacred Heart Church

Good News of the week

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

Christine McBryde – Religious Education Co-ordinator

Grandparents Mass & Morning Tea – Parent Helpers Needed

If you have offered to prepare a plate of food, please deliver directly to the hall on Friday morning and leave on the stage ready for our set-up helpers.

Please remember to label your plates/containers – masking tape on the bottom is a good idea.

We still urgently require helpers to serve tea/coffee – last year we had over 300 grandparents attending. If you are able to help with service (10.30-11.15am) please either email or phone the school office.

Set up (8.30am – 9.30am) In the hall - setting up tables and chairs, taking delivery of and putting out food, filling urns, setting up tea/coffee tables

Service (10.30 – 11.20am) Preparing and serving tea/coffee

Clean-up (11.20am) Stacking chairs, tidying hall, washing cake plates/platters
Sacrament of Confirmation
For children in year 2 and above for all children who have been baptised (Confirmation is the next Sacrament after Baptism).

As we have a new Sacramental Program for Confirmation, all parents interested in enrolling their children into our Sacrament of Confirmation Program for 2014 need to attend one of the compulsory information sessions, **in its entirety, even if they have had a child go through the program previously.**

The session starts punctually at the given time and runs for one hour. The final session will be tonight, **Wednesday 23 July 2014 at 7.00pm** at Sacred Heart Church, Mona Vale.

When you enrol in our program, you will be asked to form groups to work through the weekly sessions. Each group should have around 6 children. One parent from each group will need to run each session and all information for the sessions is provided. It is a good idea to start organising your groups from now. Groups don’t have to be just with children from the same school. They can also include other children you may know from sporting teams, neighbours or friends. The Sacramental team can help you with this.

You will also need a copy of your child’s Baptism certificate. If you don’t have it, you can contact the Church where your child was baptised to organise a copy.

Other dates that you may wish to make note of are:
**The compulsory Reflection day:**
Saturday 11 October 2014 - 1.30pm-4.30pm at Mater Maria College, Warriewood.

**The Sacrament of Confirmation:**
Saturday 18 October 2014 at 9.30am at Maria Regina Church, Avalon
Saturday 18 October 2014 at 11.00am at Sacred Heart Church, Mona Vale
Saturday 18 October 2014 at 12.30pm at Sacred Heart Church, Mona Vale

Full dates and more information can be found at www.pittwaterparish.org by clicking ‘2014 Program’ under the Sacramental Ministry drop down menu.

Please don’t hesitate to contact me if you require any further information.
**Suzy Caruso**
9997 7311 (ext 13) - pittwatersac@exemail.com.au

**RCIA Program – Pre-Invitation - To all parents (catholic or not) interested in our Catholic faith tradition**
We are happy to announce that we shall start our next RCIA program of our Parish in early September 2014. RCIA stands for “Rite of Christian Initiation of Adults”.

We are a team of enthusiastic Catholics who have been running these sessions since 2007, and Fr George has encouraged us again to share our faith with interested parties this year who feel drawn to our tradition and want to learn more about it.

There are 23 (informal) evening sessions starting in early September and ending at Easter for those who want to become Catholic and join our Church (or simply want to learn more about our faith). Together with other Catholics we share our faith and our experience with the participants and what it means today to follow Jesus in our tradition and how rewarding this can be.

Here is a testimony: "... I enjoyed every piece of it, from the simple fact that I met tremendous people ... to the deepest knowledge of our faith explained nicely, so completely. My intimate relationship with God went from nothing to an incredibly enjoyable daily need”.

For further information please contact the **Parish Office** (9997 7311).
First Aid Program for Students – Yrs 3 and 4

St John has been invited to deliver their First Aid in Schools Program to students in years 3 and 4. This is free program St John (NSW) is offering to Primary Schools, to provide school aged children with first aid skills they can use in the event of an emergency.

The course will be run on Monday 18 August for years 3 and 4, is 45 minutes duration and is delivered to class groups. **Students should wear their sports uniform on this day.** Topics covered include:

- Checking for Danger, Response and Sending for Help (calling 000)
- Checking the Airway and Breathing
- Putting a casualty into the Recovery position (practical session);
- Burns
- External Bleeding (practical session)
- Nose Bleeds

A Certificate of Attendance will be issued to each child.

The First Aid in Schools Program is delivered by St John (NSW) Volunteer Educators who are over 18 years of age, have undergone both a Criminal Record Check and Working with Children Check and completed a Prohibited Employment Declaration with St John (NSW).

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Library News

**Book Week - Week 5**
This week in Library I have been helping the children with costume ideas for Book Week in Week 5 this term.

Each year it is our tradition to CREATE a costume representing our favourite character from a book. I am always amazed at the efforts by every family and just can’t wait to see everyone’s costumes this year!

**Poster Competition**
Children can make a poster with the Book Week theme **CONNECT TO READING**. Posters will be judged during week 5 and prizes awarded to most original. Posters must contain the words “Connect to Reading”, name and class. Entries are now open and close in week 5.

_Melonie Harrison - Teacher/Librarian_

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Sports News

**Term 3 Sport Skills Development Program – Years 3-6**
The Sport Skills Development Program will commence **next week**. Please ensure children remember to bring any extra equipment required for their sport.

**Athletics Carnival Notes**
Please ensure all outstanding athletics carnival notes have been returned to the school office.

**Exciting Soccer News at Pittwater Rat Park**
Sacred heart has been given “Player Registration” for the 2014 season with Football SSG. The voucher is valued at $140.00. If you would like an opportunity to save 50% please see the school office to purchase a voucher for $70. There is one school fundraiser voucher available for each age group – under 6 yrs to under 12 years. Money raised will go towards our sport program.

_Stephanie Munro - PE Teacher_
Do you volunteer at school? Do you help out in class? Do you work in the Canteen? Are you a Class parent? Do you help with school sporting days? Do you assist with your child’s homework and learning? Do you cover books? Did you sell chocolates?

If you answered yes to any one of these or help in any other way at school then it is time to stand up and be acknowledged!

Sacred Heart P and F would like to formally invite you (and all parents) to a ‘Parent Contribution Acknowledgement Evening’.

Where: Sacred Heart School

When: Wed 6th August 7:30pm

(Drinks and nibbles provided)

We would love for all to come, mingle, share ideas and help us evolve!

Reminder to everyone to please return the money from the chocolate drive to the office along with any unsold chocolates.

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

School Photos

School Photo Day is Friday 8 August 2014

Please wear full WINTER UNIFORM, not sports uniform.

Photo envelopes will be sent home tomorrow and every student must RETURN their envelope with payment or an online reference number by THURSDAY 31 JULY 2014.

- Please check that your child’s name is spelt correctly on the photo envelope.
- Do not seal envelopes inside each other. You can pay for all children in one envelope, however each child needs to have their own envelope on photo day.
- Family envelopes are available at the school office upon request.
- Please enclose correct money as no change is given. Cash, cheques and money orders only on the day.
- Credit card payments can be made online (see instructions on envelope). Your child will still need to return their envelope to school by Thursday 31 July 2014.
- All late orders received by MSP Photograph after photo day are subject to a $20 late fee.
Lost Property

Would everybody please check their children’s jackets and hats to ensure they have not taken another child’s clothing by mistake. Jackson Y (1F) and Jaime Y (4F) are missing several jackets (with their names on them): v-neck sloppy joe, fleecy jacket and sports jacket.

If you find these items would you please return them to the school office.

Happy Birthday

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

Samuel T  Brooke K  Emily K
Lilieta P  Georgie C  Allie R

School Awards - Term 3 Week 1

| KN  | Izzy A, Natasha L | KP  | Allegra L, Jesse D, Ted E |
| 1F  | Elena C, Molly M  | 1T  | Samuel T, Sasha D         |
| 2D  | Amy E, Emma B     | 2M  | Harry C, Marnie H         |
| 3R  | Jake H, Isabella C| 3W  | Declan R, Jessica W       |
| 4F  | Sam S, Mia B      | 4M  | Natalie M, Aaron P        |
| 5B  | Maya L, Sam C     | 5S  | Brock D, Stephanie A      |
| 6M  | Natarsha V, James C| 6W  | Grace S, Kai D           |
| 3-6S| Jack T, Arturo V  |

Principal’s Awards: No awards this week

Canteen News

CANTEEN ROSTER (start 9.30am - finish 1.45pm)

Mon 28/7  Kylie D, Judi T, Belinda W, Alexia B
Thur 31/7 Rochelle W, Emma W, Fiona S, Karen N
Fri 1/87  ATHLETICS CARNIVAL – CANTEEN CLOSED

Hi everyone!
The menu for term 3 is as per term 2. If you do not have a menu you can view it on line through the school web page or come into the canteen for a copy.

Kay and Marie - Canteen Co-ordinators

Uniform Shop News

Broken School Bag Zipppers: If anyone has a broken zipper to be fixed on their bag, please bring it to the Uniform Shop as soon as possible and I will get them fixed next term.

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

School Fees

Fee statements were emailed on Friday 27 June for your information. If you have elected to pay by standard instalments, the third payment is due and payable this Friday, 25 July 2014. For families on other terms of payment, please ensure that payments are up to date according to your schedule.
Martial Methods is a unique program designed and conducted by an Occupational Therapist and Exercise Sports Scientists. The program uses a range of Martial Arts styles including Taekwondo and Western Boxing techniques to develop muscle tone, coordination, midline crossing, balance, gross motor skills, regulation/sensory processing and fitness, in a fun way, while developing specific skills. Self defence is included in each class. Class sizes average approximately 20 students with 2 instructors. One hour classes are conducted weekly on Tuesday and Wednesday afternoon from 3:00pm to 4:00pm during the school term, at Sacred Heart School Hall. Students are provided with a uniform and all equipment is supplied. Martial Methods grading system and syllabus is approved by the International Martial Arts Alliance. Students are graded twice a year. Grading involves a choreographed ceremony where students receive a certificate and new coloured belt representing their next skill level.

Please contact Kids OT on 9451 5735, should you wish your child to trial or enrol in the classes.

**FREE TRIAL – FIRST CLASS, ALL WELCOME**

**MANLY WARRINGAH PRIMARY BASKETBALL COMPETITION – The Potter League**

New basketball competitions starts this term. Players wishing to start **should register and train on a Saturday**.

The new competition starts this Saturday (players can join at any time).

- Learn to Play
- Excellent coaches – Ages 7 & Under (2.30–3.30pm)
- All Girls (3.30 – 4.30pm) Ages 8 & above (3.30 – 4.30pm)
- $150 per play includes registration, insurance, game fees, playing singlet, matching coaching, court hire and referees

Come on down and have some fun! Registration forms are available from the school office.

**NORTHERN BEACHES INDOOR SPORTS CENTRE - JACKSONS RD, WARRIEWOOD**

ENQUIRIES: MWBA - 9913 3622
Natalie T, Yr 5, will be performing in Kids on The West End.

Parenting children with AD/HD

A 6 session parenting program for parents of primary school aged children with AD/HD

Would you like to learn how to:
- Understand AD/HD behaviours and how it impacts on family dynamics?
- Develop a more positive relation with your child?
- Use new strategies in managing AD/HD type of behaviours?
- Build your child’s self esteem?
- Better communicate with your child’s school?

This group program has a practical approach with lots of room for discussions, practice and reflection, with a focus on self-care. The course is suited for parents who have a child who has recently been diagnosed with ADHD, or those who are in the process of being diagnosed.

Where
Manly Warringah Pittwater Community Aid
3 Gandola Road
North Narrabeen

When
Monday nights from 6.30-8.30pm - start date - 4th August 2014

Presenters
Godelieve Hofman-Verkuyt & Sue Johansson
(highly qualified and experienced parent educators and community workers)

Costs
$180

Contact:
For more information and to book: Godelieve on 0425 256 989 or info@ooaafamilylife.com.au (Places are limited to 10 participants!)

Open Day at Brigidine College St Ives
Thursday 24 July 2014
3pm to 6:30pm

We invite you to join us at our Open Day for an impressive showcase of activities, tours, performances and interactive exhibits.
Experience our new Performing Arts Centre for Music, Dance and Drama.
Explore the new 21st century Science facilities.
Discover the many opportunities available at Brigidine College for your daughter.
There is a spirit in this school worth experiencing.

325 Mona Vale Road, St Ives NSW 2075 www.brigidine.nsw.edu.au

You are always welcome at Brigidine
Sacred Heart Fundraiser

ROCK OF ALL AGES

Sacred Heart School Fundraiser

Save the Date!

Our major fundraiser will be held on **Saturday, 13 September 2014** at Bayview Golf Club. Invitations will come home early Term 3 and tickets will then go on sale.

Rock of All Ages is **not** a sit-down dinner, so no need to arrange tables this year.

**RAFFLES PRIZES:** We are in need of some major prizes for raffle. Some suggestions: Weekend away, Apple Products – iPad, iPod, Red Balloon Voucher, Dinner Vouchers, Photography Vouchers, Camera. Please contact Lisa Caterina on 0421 364 898 in regard to this.

Items will be collected no later than **Friday 1st August 2014**

**Tickets go on sale soon so start organising!**

**Kindergarten – BEACH HAMPER:** beach towels, beach games, beach bag, beach chairs, beach umbrella, beach mat/rug, sunscreen, beach cafe vouchers, surf board, surf mat, picnic ware, goggles, flippers, snorkel, wahoo beach toys, surf shop vouchers, cancer council shop vouchers,

**Year 1 – GOURMET KITCHEN HAMPER:** Gourmet food- olives, Gourmet tea, Teapots & cups, coffee, coffee pots & cups, Gourmet Biscuits, Chocolates, Nougat, Tea Towels, Place Mats, Platter, Table Runners, Vouchers – Butcher, Alfresco Emporium, Thomas Dux, Recipe Books, Food Related Magazine Subscriptions.

**Year 2 – DAD’S HAMPER:** BBQ Tools, Apron, Stubby Holder, Picnic Chairs, Vouchers - Car wash, Golf, Magazine, Subscriptions, Book, iTunes Voucher, Bunning’s, Flower Power, Dinner

**Year 3 – MUM’S HAMPER:** Hand Creams, Hair Products, Bath – Bath salts, Bubble bath, Body Wash/Lotion, candle, Vouchers – Dinner, Pamper – Facial, Nails, Hairdresser, Massage, Gym pass, Pilates or Yoga Sessions, Gift Shop, Magazine Subscription.

**Year 4 – HOME HAMPER:** Howard storage, Candle, Reed Diffuser, Voucher – Flower Power, House Cleaning, Carpet Cleaning, Window Cleaning, Oven Fairy, BBQ Fairy, Painter for the day.. (offer your services for a day or half day)

**Year 5 – GAMES:** Board Games, Cards, Pool Games, Beach Games, Puzzles, Sudoku Books, Vouchers – EB Games, Ten Pin Bowling

**Year 6 KIDS SPORT FUN:** Nerf Water Guns, Wahoo Toys, Tennis Racquet, Cricket Bat, Bocce, Pool Toys, Football, Soccer Ball, Basketball, Netball, AFL, Tickets for sporting events, Vouchers – Rebel Sport, Mike Pawley’s.