Term 3 Week 4 - 6 August 2014

Dear Parents

The loaves and fishes was the gospel for last weekend’s mass. It told a story of faith in Jesus to provide. In this story he provided physical nourishment in the form of loaves and fishes. But it is also a story of spiritual nourishment.

Many of our Year 2 students and their families embarked on a sacramental journey last weekend. They enrolled for the sacrament of Confirmation, a sacrament whereby we make a commitment to our faith. The children are embraced by the wider community of the Pittwater Parish in their journey.

On my trip overseas I was lucky enough to journey to a number of predominantly Catholic countries. I feel I now understand what our recent Bishop, David Walker, was speaking about when he talked about a "Catholic Culture". It was no surprise to find that the plaza that held partygoers on Saturday night held a tribute to the feast of Corpus Christi where priests, women of the church and young seminarians processed. I have only seen this level of Catholic Culture in our community during the week of World Youth Day in Sydney where it was comfortable and OK to be Catholic in a very public domain. It was interesting to be in a country where each hotel we stayed in was comfortable offering a space for mass to be held for our group each day. In Barcelona there was an obviously Catholic Culture where the city had historically committed to build the "people's cathedral" and in more recent times has committed to build Gaudi’s Sagrada Familia (The Holy Family) Cathedral almost 80 years after Gaudi’s death. The Cathedral is the most inspirational and devout architecture that this Catholic Culture has to offer as part of their commitment to their faith. The city has committed to finishing the cathedral as a symbol of their city.

The school Athletics Carnival was a huge success last Friday at the Sydney Academy of Sport at Narrabeen. The children were all very enthusiastic and showed great spirit supporting and cheering their fellow colour house members on. A huge thank you must go towards all the dedicated teachers, other members of staff and parent and grandparent volunteers who helped the carnival run so smoothly. The new format of having a mini junior carnival within the primary carnival again worked very successfully. The organisers of the carnival, Rachael Wiggins and Steph Munro did a tremendous job again and are to be congratulated for their hard work in running another superb carnival. Congratulations to all the students who were successful in qualifying for the Peninsula Athletics Carnival to be held at Narrabeen on August 20th. There will be a special Athletics awards assembly held tomorrow morning at school to acknowledge these students who achieved fantastic results at the carnival and who will now represent our school at the Peninsula Athletics Carnival. Their names will feature in next week’s school newsletter.

Next week is Book Week! The theme is CONNECT to READING. Our celebrations throughout the week will be:

Monday 11 Aug  Welcome from the Library Monitors and the beginning of DEAR (Drop Everything And Read)

Tuesday 12 Aug  We welcome Will Kostakis, who will share his new novel from the series “Stuff Happens”. It’s always a treat to meet an author and learn about the writing process. Copies of “Stuff Happens” will be available on Tuesday, the children will need to bring money if they would like to purchase a copy ($10).

Wednesday 13 Aug  Scholastic Book Fair opens in the Library (Wed-Fri). Every year we raise an amazing amount of money for the library through the book fair. It's a great way to help the school community and fill your house with lovely books.
Thursday 14 Aug  Book Character Parade. Join us straight after assembly, bring your cameras! We are looking forward to seeing all the marvellous creations you have made this year.

Friday 15 Aug  On Friday we will give some very special reading awards - the Fiona Graham-Coffey literary Awards. Our P and F present these awards to children who have been nominated by their teachers as “lovers of reading”. The award includes a gift voucher from Berkelouw Books.

The library opening hours on Wednesday to Thursday during book week are set out below. On Friday will be open all day for parents to come in purchase any special items. Volunteers are extremely welcome during opening times to help with sales.

8:00-8:45am  1:00-1:30pm  2:50-3:30pm

**Stuff Happens**  
Stuff happens sometimes. Everyday stuff.
At school, at home, with sport, with mates.
For Ned it happened with a new teacher.
For Sean it happened starting at a new school.
For Michael it happened when he thought he was disappointing his parents.
For Jack it happened when a game at recess went wrong.

At Sacred Heart we are known for our wonderful community. It’s during weeks such as Book Week you will see and feel, through your children’s excited faces, the joy of sharing and celebrating together. Book Week is Mrs Harrison’s favourite week of the school year, make sure you come in and see the Fiona Graham-Coffey Library, it’s worth it!

Good luck to our touch footballers today. Mrs Wheen and Mrs Munro will be in attendance at the day. Many thanks to Peter Smyth in selecting the representatives. A big thank you must go to Mrs Munro and Mrs Wheen for their support of sport in the school. They both have gone above and beyond their roles to ensure the children are offered many and various sports to match their skill level and improve their skill level.

The P and F meeting will be held **tonight at 7.30pm** in the **library**. Join us for drinks and nibbles. This evening will be a showcase of the parent support within the school. Please see invitation in this newsletter

School photos are on Friday this week. Please ensure children are in full winter uniform only. No sports uniform.

Please see the flyer at the back of this newsletter with information regarding DPC talks – the seminar on **Family’s Mental Fitness** will be held at Sacred Heart on Thursday 21 August at 7.30pm in our hall.

Our Father’s Day breakfast will be on Wednesday 3 September. An invitation is at the back of this newsletter.

**Forward Planner**  
Wednesday, 6 Aug  P&F Meeting (7.30pm)  
Thursday, 7 Aug  Kinder Zoo Excursion  
Friday, 8 Aug  School Photos  
Monday, 11 Aug  Book Week commences  
Tuesday, 12 Aug  ICAS Maths Competition  
Wednesday, 13 Aug  Yr 2 Class Mass (9.15am)

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

Yours sincerely  
**Julie Caldwell**  
PRINCIPAL

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<thead>
<tr>
<th>Positive Behaviour For Learning</th>
<th>Respectful Relationships</th>
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<tr>
<td>Our PBL focus for this week is:</td>
<td>Our Respectful Relationships focus for this week is:</td>
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<tr>
<td>CARE FOR BELONGINGS</td>
<td>HELP SOMEONE WITH A HEAVY LOAD</td>
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Year 2 Family Mass
Thank you to the many families who attended the year 2 family mass last weekend, it was a very successful community celebration. Thank you to all those who organised and assisted with the barbeque afterwards.

Beatitudes - The beatitude for the month of August is: Empathy
Blessed are those who mourn, for they will be comforted (Matthew 5:4)
The death of a person we love is one of the most profound experiences in life. Death in a family brings everyone out of the daily routine. Everything changes. The storm of emotions is unpredictable and uncontrollable. Breaking into tears can be just as easy as experiencing deep calm. Although everyone goes through mourning in a different way, it is one of the most difficult periods in life. Some people cry, others close within themselves, some become very active trying to put their mind into a different state, others try to forget. One thing is common to all, who mourn for their loved ones. They all feel a deep need to be truly comforted.

How is it possible, that Jesus calls those who mourn blessed? Why should they be happy? It is yet another paradox of the beatitudes. Among the most difficult time of mourning, Jesus announces that the salvation is at hand and the kingdom of heaven has already arrived.

What does it mean and why is it comforting? The beatitude spoken by Jesus is the fulfilment of the old prophecy from the book of Isaiah:

"The spirit of the Lord God is upon me, because the Lord has anointed me; he has sent me to bring good new to the oppressed, to bind up the broken-hearted, to proclaim liberty to the captives, and release to the prisoners; (...) to comfort all who mourn." (Is 61:1-2)

The prophecy talks about God's anointed one, the Messiah, the Christ, who will bring good news and comfort all who mourn. The good news of comfort was fulfilled in the life of Jesus Christ, especially in his Passion, Death and Resurrection. Death no longer has the final word. Bound with Christ in suffering and mourning, we are also bound with him in the resurrection and life in heaven. It is beautifully expressed in the Catechism of the Catholic Church:

"The Beatitudes depict the countenance of Jesus Christ and portray his charity. They express the vocation of the faithful associated with the glory of his Passion and Resurrection; they shed light on the actions and attitudes characteristic of the Christian life; they are the paradoxical promises that sustain hope in the midst of tribulations; they proclaim the blessings and rewards already secured, however dimly, for Christ’s disciples; they have begun in the lives of the Virgin Mary and all the saints." (CCC 1717)

Although the emotions of sadness in mourning are natural, they are now accompanied by hope. It is this hope we all have as followers of Christ, that is the greatest gift we can share with those in mourning. Through empathy we can participate in mourning of those around us and at the same time participate in the empathy of Jesus Christ, who went so far as to become one of us to give us hope of everlasting life.

"He will wipe every tear from their eyes, and there shall be no more death or mourning, wailing or pain, for the old order has passed away." (Rev 21:4)

Fr Lukas Darowski SDS

Dates to Remember
Wednesday 6 August       Year 1 Class Mass at 9:15am Sacred Heart Church
Wednesday 13 August       Year 2 Class Mass at 9:15am Sacred Heart Church
Friday 15 August          Whole school mass at 11:30am Feast of the Assumption (Holy Day of Obligation)
Wednesday 20 August       Kinder Class Mass at 9:15am Sacred Heart Church

Change of Date:           The Year 4 family mass scheduled for Saturday 23 August at 5pm has been rescheduled to Saturday 15 November

Prayers
Please continue to keep in your prayers the Ovens, the Wren, Nicholas and Mueller(cousins to Nicholas’s) Families.
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.

Wrap With Love
During this term students can choose to participate in our Monday and Thursday knitting club to knit squares for “Wrap with love

PARISH WEEKLY BULLETIN can be found at: here

Christine McBryde – Religious Education Co-ordinator

Lost and Found – Items for Collection

Many hats and jackets were left behind at the athletics carnival on Friday. We have a box in the office if you are missing a hat or jacket awaiting collection.

If anybody found a pair of Maui Jim sunglasses in the bathroom at the Athletics Carnival please contact Lucy Burt via the school office.

Platters and containers from the grandparent’s morning tea can be collected from the school office. Thank you to all the parents who contributed.

Garden Club News

Welcome back Garden Guardians!

How exciting, our winter veggies that we have waited SO patiently for are finally ready... beetroot, lettuce, broccoli, carrots, carrots and more carrots! After we harvest this wonderful bounty, we will begin our term 3 winter/spring planting. All children are welcome at Garden Club, Wednesdays second half of lunch.

Jane Lhuede

P & F News

Tonight is a special night for the P&F, we are holding an event to say thank you and welcome this opportunity to share a drink and some nibbles with you. The meeting starts at 7.30pm in the library.

Reminder - money from the chocolates/unsold chocolates needs to be returned to the office by Friday 8 August.

Rock of the Ages is looming, September 13th - Save the Date! Please send in your items for hampers and raffles, as we the night is only five weeks away. Tickets will go on sale soon.

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

Student Achievement

Amelia S (3-6S) and her family will be travelling to America next week where Amelia will compete in the World Pokémon Trading Card (TCG) Championships 2015 on 15 and 16 August in Washington DC. Amelia has had to compete in many Pokémon card competitions over the past year to receive an invitation to this event and represent Australia. Good Luck!
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).

**Sports News**

**Expression of interest - Year 5 and Year 6 Girls Netball Carnival**
We will be selecting a netball team of Year 5 and 6 girls to represent Sacred Heart at a carnival in Penrith.

Please see the expression of interest note on the school website [here](#) if your daughter would be interested in trialling for this team.

**Term 3 Sport Skills Development Program – Years 3-6**
Please ensure children remember to bring any extra equipment required for their Thursday afternoon sport.

**NSW Interschools Snowsports Competition**
Congratulations to the girls who have now progressed to the State level of competition.

**Happy Birthday**

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

Jessica McP   | Adam B   | Sebastian H
Charlie D    | Edgar M  | Dominic N
Eliza K      | Bradley S| Connor L
Thomas S     | Saxon C  |

**Canteen News**

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<th>Canteen Roster (start 9.30am - finish 1.45pm)</th>
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<td>Mon 11/8</td>
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<td>Thur 14/8</td>
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<td>Fri 15/8</td>
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Please join us for a delicious breakfast to honour our wonderful fathers, grandfathers and special men in our children’s lives

**Wednesday 3rd September 2014**

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<th>Activity</th>
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<tr>
<td>7.00AM – 8.15AM</td>
<td>Breakfast <em>(All HOT food will be served from 7.15am. Food will stop at 8.15am)</em></td>
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<td>8.15AM – 8.45AM</td>
<td>Open classrooms</td>
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<tr>
<td>8.45AM</td>
<td>Assembly with lucky door and raffle prizes followed by a prayer and blessing for all the special people in our lives that take on the role of fathering our children.</td>
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**BREAKFAST** $10 per family
(Your RSVP slip will be your lucky door prize ticket)

Please fill in the RSVP form and return to the school office no later than **Wednesday 13th August**
in an envelope marked “Father’s Day Breakfast”

Volunteer helpers – We would love to welcome mums, grandmothers or special ladies to help out on the morning. Please fill out the volunteer note below if you are available.

Any enquiries please contact either Marie Nero 0410 566 777 or Kay Neale 0416 262 458

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**FATHERS DAY BREAKFAST RSVP**

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<th>Eldest Child’s Name</th>
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**VOLUNTEER HELP**

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<th>Times Available:</th>
<th>Tuesday (day before) 2nd September</th>
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<td>1.00pm – 3.00pm</td>
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Supporting Your Child’s Learning

Build Your Family’s Mental Fitness
Thursday 21 August 7.30 pm
Parenting Gifted / High Ability Children
Wednesday 3 September 7.30 pm

The DPC website has Online Modules designed to provide you as parents, with short, clear and focused information, videos and activities to assist you in supporting your child’s learning.

Did you know ...
Equipping our children with good mental fitness is one way to help ensure they have the strength, flexibility and endurance to prepare them for the challenges both in school and beyond in the 21st Century.
As parents we can assist them in developing skills and strategies to have a positive outlook that builds mental fitness.
To read more and for links to videos, Apps, resources and websites

What to Expect: Early Adolescents

www.brokenbayparentcouncil.com
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 – MUMS’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.
FREE TRIAL – FIRST CLASS, ALL WELCOME

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.

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(2.30 – 3.30pm) 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.

School Holiday Basketball Camp – Tues 30 Sep, 1 and 2 Oct 2014. Email camps@manlybasketball.com.au or phone 9913 3622 for more information. Enrolments must be received by Friday 26 September 2014.

NORTHERN BEACHES INDOOR SPORTS CENTRE - JACKSONS RD, WARRIEWOOD
ENQUIRIES: MWBA - 9913 3622
OPEN MORNING
Tuesday 12th August, 9am to 11am

Catholic Girls Secondary College
Providing Excellence in Teaching and Learning

For further information, contact College office:
Mercy Catholic College 101 Archer Street, Chatswood NSW 2067
Phone: 92 9410 2600 | www.mercychatswood.nsw.edu.au

CREATE YOUR OWN CRICKET MOMENT

PLAYCRICKET.COM.AU

Kids OT is a private Paediatric Occupational Therapy practice based in Frenchs Forest. We offer assessment and intervention services for individuals and groups of children in our clinic and in schools. We specialise in learning difficulties, sensory processing, motor skills and social skills. Please contact us for more information, screening, assessment or intervention services.

Phone: 9451 5735
Email: admin@kidsot.com.au
Address: Suite 13, Level 1, Forestway Shopping Centre, Cnr Warringah Rd & Forestway, Frenchs Forest NSW 2086