Dear Parents

The Feast of the Assumption is this Friday, 15 August. We will celebrate this feast at 11.30am with a whole school mass. The Assumption is a Holy Day of Obligation as it remembers when Mary, the mother of Jesus, was assumed into Heaven. She was raised in status to be by Jesus’ side. Mary, during her lifetime, had been a guide and example of faithful living. She took to her vocation with confidence and strength. As Catholics we look to Jesus and Mary as examples of how to live our lives. They both gave fully but showed their very human sides. They showed fear, anger and humility throughout their lives. We are not trying to attain perfection as Catholics but we are trying to follow a set of Catholic values that we can live by. On this special day it can be a day to reflect on how we can be faithful in the way we live.

Please keep in your prayers those students who are preparing for their Confirmation.

This week is BOOK WEEK. Many thanks to Mrs Harrison and her library monitors for bringing you The Book Fair, The Book Character Parade and author visits. Our Book Character Parade will happen after assembly tomorrow. If it is wet weather the parade will be in the hall. CONNECT TO READING is the theme for 2014.

CHARACTER PARADE / KITCHENER PARK SPORT – (Years 3-6 only) - Please remember to bring your sports clothes to change into for Thursday afternoon sport.

Many thanks to those who came along to the P and F meeting for the first time last Wednesday evening. The P and F presentation on engaging parents was very worthwhile. They will follow up with more information for all parents. Thank you to all those parents who have generously donated hamper items for Rock of All Ages.

The Diocesan Parent Council will be holding a very interesting seminar at Sacred Heart on Thursday 21 August 2014 at 7.30pm. The topic is Build Your Family’s Mental Fitness. Please see the flyer at the back of this newsletter.

Father’s Day Breakfast invitations went out with last week’s newsletter, as well as raffle tickets and invitations to our major parent fund raiser. Please put these dates in your diary. We would love to see you there. Additional RSVP’s for Father’s Day can be found on our school website here. The breakfast will be on Wednesday 3 September.

Results from our athletics carnival will be published in next week’s newsletter. We will be displaying many photos from the athletics carnival in the coming days.

Last week we farewelled Mrs Lisa Firman who leaves early for maternity leave as she is expecting triplets. A very joyful blessing for her and James. A special thank you to the Catholic Schools Office who have made this possible for Lisa. We welcome Mrs Janelle Pitcher on staff full time for the rest of the year in 4F.

Each year our school Public Speaking competition is preceded by the Year 6 Peninsula Public Speaking competition. This will be held at Sacred Heart next Tuesday with speakers from the Northern Beaches peninsula primary schools. Congratulations to Millie K and Mia VH who will represent Sacred Heart in the competition. Our school Public Speaking competition will be held on 9 September (week 9) – please see the updated note emailed with this newsletter with the correct date.
Congratulations to all children who participated in touch football at Rat Park last Wednesday. Many thanks to all parents who supported and assisted on the day.

Forward Planner
Thurs, 14 Aug  Book Character Parade (in hall if raining, straight after morning line up)
Fri, 15 Aug  Feast of Assumption Mass (11.30am)
18-23 Aug  Well Being Week – No Homework!
Wed, 20 Aug  Kinder 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><strong>CARE FOR BELONGINGS</strong></td>
<td><strong>HELP PACK UP AND PUT AWAY MATERIALS</strong></td>
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**Religious Education News**

On Friday 15 August we celebrate the Feast of the Assumption. The Assumption is a Holy Day of Obligation which means that as Catholics we are obliged to attend mass. On this Feast of the Assumption of Mary we give thanks and praise for her grace-filled and blessed life as we celebrate her crowning glory in her assumption into heaven. Mary is a woman who is one of our own - human in every way; a woman who through her openness and trust in God enabled God’s will to be fulfilled in the most extraordinary way. Mary is more than a model of what is possible in relationship with God, she is our hope and our promise of what God can do in our own lives if we but trust and believe.

**Dates to Remember**
Fri 15 Aug  Whole school mass at 11:30am Feast of the Assumption (Holy Day of Obligation)
Wed 20 Aug  Kinder Class Mass at 9:15am Sacred Heart Church
Wed 27 Aug  Year 3 Class Mass at 9:15am Sacred Heart Church

**Change of Date:**  The Year 4 family mass has been rescheduled Saturday 15 November (previously 23 August)

**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.

**PARISH WEEKLY BULLETIN** can be found at: [here]

*Christine McBryde – Religious Education Co-ordinator*
Library News

Book week celebrations continue today with the Scholastic Book fair in the library. It will be open before school from 8am, at lunchtime, and after school today, Thursday and Friday. Each book sold helps to raise money to continue updating resources, this year we are focussing on adding to our computer collection.

The children have been so excited this week. The library is full of bright posters inspiring us to CONNECT TO READING. Prizes for the most convincing will be awarded on Friday. Tomorrow is the Book Character Parade 9am. Remember years 3-6 to bring your sports gear for afternoon activities. On Friday we will announce the Fiona Graham-Coffey Awards, a special award from the P and F, nominated by teachers to recognise children who show a special love of reading.

A big thank you to the brilliant Library monitors who have helped organise Book Week - Ella, Ella, Rachel, Mia, Renae, Lachie, James and Alec...you're the best!!

Melonie Harrison – Teacher/Librarian

P & F News

Last week's meeting was a great success, thank you to all who attended. Rock of the Ages is coming along with tickets having just gone on sale. The children's artwork is complete thanks to Jackie Brown and her team including Susie Dureau, Karen Locke, Sarah Driver, Jess Lloyd, Yvette Death and Michelle Dunbar and some class parents.

We are in the process of renaming the P&F, reviewing our purpose and serving you better though part of our role will remain raising funds to assist our school in whatever way we can.

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

Diocesan Parent Council News

Free Parent and Carers Seminars
The Diocesan Parent Council (DPC) are hosting two very relevant seminars this term, with speakers who are leaders in their respective fields, that will provide current and well researched information to support you.

On Thursday 21 August, Paula Robinson will be presenting her Mental Fitness framework at Sacred Heart which provides parents with strategies to help children be successful learners by equipping them with good Mental Fitness. Mental Fitness provides life-learning resilience skills that allow children to flourish.

Fiona Smith and Dr Helen van Vliet, on Wednesday 3 September, will offer parents information and strategies to develop a deeper understanding of the social and emotional needs of gifted/ high ability

I recommend you give consideration to attending these seminars. Flyers with relevant information can be found later in the newsletter. All parents and carers are welcome and there is no cost.

You can visit the Diocesan Parent Council website here.

Lost and Found – Items for 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 / containers from grandparent’s morning tea, and Year 2 Family Mass, can be collected from the school office. Thank you to all the parents who contributed.
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 a 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).

Happy Birthday

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

Baxter W  Thomas G  Eden W
James B  Luka S  Chelsea S

School Awards - Term 3 Week 4

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<tbody>
<tr>
<td>1F</td>
<td>Jack M, Arianna F, Henry B</td>
<td>1T</td>
<td>James McC, Lilian H</td>
</tr>
<tr>
<td>2D</td>
<td>Macee R, Milana G</td>
<td>2M</td>
<td>Sophie W, Jessica H</td>
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<tr>
<td>3R</td>
<td>Jackson M, Lauren W</td>
<td>3W</td>
<td>Allie R, James B, Hester G</td>
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<tr>
<td>4F</td>
<td>Charlotte C, Logan T</td>
<td>4M</td>
<td>Jon Luca N, Charli M</td>
</tr>
<tr>
<td>5B</td>
<td>Nathan A, Emily W</td>
<td>5S</td>
<td>To be presented week 5</td>
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<tr>
<td>6M</td>
<td>Dylan T, Abby R</td>
<td>6W</td>
<td>Adam B, Ella Y</td>
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<tr>
<td>3-6S</td>
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Canteen News

<table>
<thead>
<tr>
<th>Canteen Roster (start 9.30am - finish 1.45pm)</th>
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<tbody>
<tr>
<td>Mon 18/8          Margaret H, Louise M, Wendy S, Zoe W</td>
</tr>
<tr>
<td>Thur 21/8         Kammi B, Juliana J, Linda M, Clare B</td>
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<tr>
<td>Fri 22/8          Justine O, Bec D, Cathy T, Nicole W</td>
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</tbody>
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IMPORTANT: Due to the book fair and fun activities being held this Thursday and Friday morning we are asking for a little help. If your child has a manual lunch order on any of these days, may we ask that you remind them to drop it upon their arrival to the canteen or black letterbox located outside. As the children will be will be busy having lots of fun we would like to avoid any late lunch orders!

HELP: This Thursday 14th Aug from either 9.30am-1.45pm or 11am-1.30pm please contact Marie

Kay & Marie – Canteen Coordinators
This seminar will be held in the SACRED HEART SCHOOL HALL

PARENT SEMINAR
Paula Robinson

World leading expert
in the study of Mental Fitness,
Wellbeing and Positive Psychology
research, theory and practice.
- Managing Director of Positive
Psychology Institute.

Developing strength, flexibility and
endurance to meet life’s challenges
Join Paula as she presents her extensively researched
Mental Fitness Framework. Paula will explore:
  ○ what is well-being and positive thinking;
  ○ what are predictors of wellbeing;
  ○ how to develop habit performing strategies;
  ○ the power of positive-emotions & building mindful relationships.
Through interactive exercises, Paula will assist families to develop
mental fitness habits to help move them from simply surviving to
flourishing at home, at school – and in life.

Thursday 21 August
7.30 – 9pm
Sacred Heart Catholic School,
Mona Vale
RSVP via DPC website:
www.brokenbayparentcouncil.com

Proudly brought to you by the ...

Diocesan Parent Council
Central Coast | North Shore | Peninsula
www.brokenbayparentcouncil.com
Parent Seminar

Parenting Gifted / High Ability Children

Gifted / High Ability students are found across all cultures and socio-economic backgrounds and are considered unique with their own abilities, needs and personal context.

Intensity Sensitivity Over-excitability

How do these characteristics impact on learning at home and school, and on wellbeing?

The seminar will offer information and creative strategies to develop a deeper understanding of the social and emotional needs of gifted / high ability children and fostering life-long learning.

Fiona Smith
Psychologist & Director of Gifted Minds
Masters Degree in Gifted Education

Dr Helen van Vliet PhD
Former Senior Lecturer Australian Catholic University

Plus introduction of Diocesan Gifted / High Ability Parent information.

Kerrie Besgrove CSO Education Officer: Gifted / High Ability Education

ALL WELCOME
NO COST

Wednesday 3 September
7.30 – 9pm
St John’s Catholic School
166 Alfred Street, NARRAWEENA
RSVP via DPC website:
www.brokenbayparentcouncil.com

Brought to you by the ...

Diocesan Parent Council
Central Coast | North Shore | Peninsula

www.brokenbayparentcouncil.com
MANLY WARRINGAH PRIMARY BASKETBALL ASSOCIATION
New Program - Biddy Ball is designed to enhance the hand/eye coordination, left right motor skills, ball work & fitness. For boys and girls 7 years & under! 2.30-3.30pm $9 per session
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