Dear Parents

Last week’s gospel spoke of the parent of a child who finally, after much persistence, gained an audience with Jesus. Jesus repaid her faith in Him by curing her daughter then and there. This story brings to mind the many parents who advocate and often have to fight for their children if they are very ill and need appropriate medical attention, if they have learning difficulties and need more support than others and if they have a disability and need to have different services provided for them. Many of these parents persist, as the woman in the gospel did, in order to ensure their child has equitable and appropriate access to care and education. It also sheds light on what the struggle for parents in war torn or poverty stricken countries might look like to ensure their children have the best chance of survival. And finally the gospel shows us the awesome responsibility that is parenthood. That parents often move mountains for their children because they love them. Jesus has a very deep love and respect for all parents.

What a fun time we all had last week. The Book Fair and the Book Character Parade were the highlights of a literary week. Thank you to everyone for being so engaged in the day. It was a lovely celebration of reading. Thank you to Mrs Harrison for bringing books and their characters to life for us.

The Mass for the Assumption on Friday was a very reverent one and we had a lovely surprise in a visit from Mary herself (played by Miss Fisk) she answered many of the questions that we had wondered about Mary as mother of Jesus. Both Father Robert and Father Luke were very impressed by the children’s participation and engagement with the mass.

On Monday Years 3 and 4 were offered classes in basic first aid by St Johns. This is a new initiative by St Johns who have a new educator in this role. The children were very interested and I know many have taken their first aid skills and shared them at home.

Yesterday the school hosted the Peninsula Cluster Public Speaking competition. Six schools were represented. Mia VH and Milly K represented Sacred Heart and along with the other 10 speakers showed the expertise that exists in our school and how far we have come with public speaking. Milly came second in the competition and will move on to the Diocesan final next Tuesday evening.

This week is Well Being week again. Today is a Mufti Day and our friendship lunch. Well Being week is an effort by the school to help our staff, students and families take a breath, spend time with family and nurture our well being.

The Build Your Family’s Mental Fitness talk will be held in our hall on Thursday evening at 7.30pm. Everyone is welcome. This is hosted by the Diocesan Parents Council. Additional information is provided in the DPC section of this newsletter.

Our morning Kiss and Drop is running very smoothly and ensures our children are much safer. Many thanks to everyone for your cooperation. Many thanks to those parents who have volunteered. If you would like to volunteer also please email the office and they will pass your details onto Selina. It is a very positive experience.
being able to welcome many students and their families to school each day. Can those who are using this service please ensure they arrive before 8.45am as teachers will have to leave and attend class when the bell rings. At the back of this newsletter you will find information regarding correct child restraint laws.

Mrs Williams has organised for a Cyber Safety talk for parents 23 October 2014. In the meantime it would be good for parents to check their children’s online activity. If your computers are in an open area in the house and you are very aware of all the websites that your children access that is good practice. If your child has an internet enabled device that they use away from you it would be a good idea to have a discussion re the sites they are accessing and the amount of time spent on their device.

Additional RSVP’s for Father’s Day can be found on our school website here. The breakfast will be on Wednesday 3 September.

Rock of All Ages – Help Needed - Lisa Caterina is looking for a small team of helpers to help her decorate on the day, plus a few people to check off people’s names/welcome parents when the event starts. If you are available to help, please leave your name and number at the school office and Lisa will be in contact.

**Forward Planner**

- Wed 20 Aug Kinder Class Mass at 9:15am
- Wed 20 Aug Peninsula Athletics Carnival
- Wed 27 Aug Yr3 Class Mass (9.15am)
- Wed 3 Sept Father’s Day Breakfast

Our full school calendar can be accessed on our school website on the Significant Dates page: here

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: PUT RUBBISH IN THE BIN</td>
<td>Our Respectful Relationships focus for this week is: HAVE GOOD TABLE MANNERS</td>
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**Religious Education News**

Happy birthday to Father Robert for tomorrow!

You are invited to:

*A day of Reflection with Fr Greg Chee OCD*
*A Carmelite Priest and Spiritual Director.*
*And Sheila Upjohn*
*Translator and biographer of Julian of Norwich*

*Saturday 30th August 2014 from 10am to 4pm*

*Treat yourself to a day of relaxation putting aside daily chores to reflect on your true self in Christ. For each person this is unique.*
*Please come and bring a friend*
*Our reflection day will consist of teachings, discussions, reflection, hot lunch.*
*Adoration, Reconciliation and Benediction.*

For catering purposes, please RSVP Trish 99996322
For transport, please call Trish 99996322
I would highly recommend finding the time to attend the Spiritual Retreat with Fr Greg Chee. I have participated in retreats that he has led and found each retreat experience a valuable opportunity to stop to reflect and find the presence of God in your life.

**Dates to Remember**

- **Wed 20 Aug** Kinder Class Mass at 9:15 Sacred Heart Church
- **Wed 27 Aug** Year 3 Class Mass at 9:15 Sacred Heart Church
- **Wed 3 Sep** Whole School Father’s Day Liturgy at 9am school playground
- **Wed 10 Sep** Year 4 Class Mass at 9:15 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**

**THANK YOU!**

To all the Sacred Heart community, thank you for making Book Week 2014 an amazing success. We had so much fun:

- “Dropping Everything and Reading”,
- skipping to the Golden Ticket theme,
- being part of the Character Parade,
- bookworm guessing,
- raffle buying,
- finding great books at the Book Fair,
- and that was just the teachers...

Books and stories will always be an important part of school, thanks for celebrating them during Book Week.

Your generosity at the Book Fair, through sometimes very tough negotiations, has raised just over $3000 from Scholastic, for the Fiona Graham-Coffey Library. Thank you.

The 2014 Fiona Graham-Coffey Awards were presented to Alana R, Sam C, Harry C, Paul C and Mia B. Congratulations! They were selected for their “love of reading”. Thank you to the P and F for supporting this award with the donation of Berkelouw Vouchers for all recipients.

Thank you to our “Author-in- Residence”, Mrs Caldwell, for creating a wonderful Book Week Story, “Once Upon a Sacred Heart”. We all loved being a part of it!
Premier’s Reading Challenge
The 2014 Reading Challenge finishes this week. Read, Read, Read and give me your book lists to enter for you. All finishers will receive an official certificate from the Premier, Mike Baird MP, in November, plus an invitation to share some homemade brownies in the Library to celebrate.

Worldbook Online
Sacred Heart is very lucky to subscribe to Worldbook Online. Last week we upgraded our subscription to include an EBook collection and Early World of Learning. Worldbook Online is a perfect way for students and parents to access information on the web in a safe and up to date format. Students can login at school and at home.

Good news! Our library now subscribes to the World Book eBook Series with over 160 titles currently available. Our World Book eBook subscription allows us to give you and your family access to all the eBook titles at home 24/7, using your computer or mobile device on a 3 week loan cycle.

To access the World Book eBook titles, follow these simple steps:
1. Go to www.worldbookonline.com
2. Enter Username [parents – this is for SHMV families only and provided in newsletter emailed to you]
3. Enter Password [parents – this is for SHMV families only and provided in newsletter emailed to you]
4. Save your user name and password for faster login – simply tick the box labelled “Remember my ID and password”. The next time you visit World Book the login prompt will already contain your username and password.
5. Click on the eBook icon. Bookmark the page or add to favourites for easy access to World Book eBooks in the future.

Melonie Harrison – Teacher/Librarian
KidsMatter News

Well-Being Week – Week 6
Students and teachers have been enjoying a variety of activities to celebrate well-being week this term. Many teachers have identified specific needs their classes may have in regards to social and emotional areas of learning and have been focussing on those areas this week. Some of the areas students and teachers have been exploring are fair play, respect, being a good friend and empathy. Our overall focus for the week is facing our fears and worries. This is an important skill to develop for children and adults alike, as our busy and high achieving lives often create undue pressures. Everybody worries, but perhaps some of us worry too much.

Today students enjoyed the story You’ve Got Dragons in their Respectful Relationships groups. This story explores strategies that children can use to face their worries. Below you will find an article entitled 5 Ways to Deal with Anxiety or Worries that provides some sensible strategies for adults in managing these feelings. We hope you have enjoyed some extra special time with your families this week and that you are feeling refreshed and able to fully enjoy the remainder of Term 3.

The Pastoral Care Team

5 Ways to Deal with Anxiety or Worries

Everyone has feelings of anxiety, nervousness, tension, worry and stress from time to time. Here are 5 ways to help manage them:

1. Become a relaxation expert. We all think we know how to relax. But chilling out in front of the TV or computer isn’t true relaxation. (Depending on what you’re watching or doing, it could even make you more tense.) The same is true for alcohol, drugs, or tobacco. They may seem to relieve anxiety or stress, but it’s a false state of relaxation that’s only temporary. What the body really needs is a relaxation technique — like deep breathing, tai chi, or yoga — that has a physical effect on the mind. For example, deep breathing helps to relax a major nerve that runs from the diaphragm to the brain, sending a message to the entire body to let go and loosen up.

2. Get enough sleep, nourishment, and exercise. Want your mind and body to feel peaceful and strong enough to handle life’s ups and downs? Get the right amount of sleep for your needs — not too much or too little. Eat well: Choose fruit, vegetables, lean proteins, and whole grains for long-term energy (instead of the short bursts that come from too much sugar or caffeine). And exercise to send oxygen to every cell in the body so your brain and body can operate at their best.

3. Connect with others. Spend time with friends or family. Organised activities are great, but just hanging out works too. Doing things with those we feel close to deepens our bonds, allowing us to feel supported and secure. And the fun and sharing that go with it allow us to feel happier and less upset about things. If you feel worried or nervous about something, talking about it with someone who listens and cares can help you feel more understood and better able to cope. You’ll be reminded that everyone has these feelings sometimes. You’re not alone.

4. Connect with nature. Heading out for a walk in the park or a bushwalk can help anyone feel peaceful and grounded. (Choose somewhere you feel safe so you can relax and enjoy your surroundings.) Walking, hiking or trail biking offer the additional benefit of exercise. Invite a friend or two — or a family member — along and enjoy feeling connected to people as well.

5. Think positively. A great way to keep our minds off the worry track is to focus our thoughts on things that are good, beautiful, and positive. Allow yourself to dream, wish, and imagine the best that could happen.

Note: When anxiety or worry feels extreme, it may be a sign of an anxiety disorder. For someone who has an anxiety disorder, getting proper care from a health professional is important. These tips can help too, of course but professional treatment may be necessary for extreme or ongoing anxiety.
Age Champions
Junior Boys Runners Up        Joel S
Junior Boys Winner            Luka M
Junior Girls Runners Up       Charlotte C
Junior Girls Winner           Chelsea S
Senior Boys Runners Up        Brock D and Cory D (tie)
Senior Boys Winner            Trent A
Senior Girls Runners Up       Claudia V
Senior Girls Winner           Zoey M

The Ashley Wren Memorial 100m Boys Champion  Brock D
The Ashley Wren Memorial 100m Girls Champion  Claudia V

Records broken
Joel S            10yrs Boys 100m
Claudia V         12yrs Girls 100m (equal record to 2012) and Senior Girls Discus
Roxy B            11yrs Girls 800m
Chelsea S         Junior Girls 800m
Luka M            Junior Boys Long Jump
Alana R           Junior Girls Long Jump (equal record to 2010)
Renae B           11yrs Girls Long Jump (equal record to 2012)
Nathan S          Senior Boys Long Jump
Natarsha V        Senior Girls Long Jump
Jasper C          11yrs Boys Shot Put
Danielle O        11yrs Girls Shot Put
Madison W         Senior Girls Shot Put

Spirit Cup winner  Keenan
House Championship
1st Crawford (435)
2nd Gilroy (364)
3rd Keenan (352)
4th Polding (344)

2014 Peninsula Athletics Team

GIRLS
Lauren B
Renae B
Roxy B
Charlotte C
Lauren H
Dallas L
Jessica M
Natalie M
Zoey M
Charlotte C
Lauren H
Dallas L
Jessica M
Natalie M
Lauren B
Renae B
Roxy B
Charlotte C
Lauren H
Dallas L
Jessica M
Natalie M
Lauren B
Renae B
Roxy B
Charlotte C
Lauren H
Dallas L
Jessica M
Natalie M
Lauren B
Renae B
Roxy B
Charlotte C
Lauren H
Dallas L
Jessica M
Natalie M

BOYS
Trent A
Beau N
Izak B
Max S
Adam B
Matthew S
Ryan C
Joel S
Jasper C
Nathan S
Brock D
Joshua S
Kai D (absent)
Levi T
Levi D
Baxter W

Congratulations to all of our students who are representing Sacred Heart School at the Peninsula Athletics Carnival today. We wish you the best of luck and we are all very proud of you. Results from the Peninsula Carnival will be in next week’s newsletter.

Mrs Rachael Wiggins

P & F News

At the last P&F meeting we talked about parent engagement in a child’s learning and how ongoing engagement improves academic achievement, children’s well-being and increases the length of time a child stays in education. We talked about the difference between involvement and engagement and there is a great article in the SMH that explains this very well – the link to the article is: http://www.smh.com.au/national/education/parent-involvement-in-learning-not-just-fundraising-improves-childrens-achievements-20140526-zro9z.html

Both are very important. Involvement is about volunteering for canteen, helping with reading in class, co-ordinating band and all the activities like that which are so important for a school. Engagement is different - it’s about connecting the home back into the classroom and showing an interest in what your child is doing at school in their lessons.

We will be giving regular tips and ideas of ways to be engaged in learning including telling you about some of the things your kids are learning about in the classroom. Here are some example questions to ask your kids:

Tell me about something you learnt at school today/this week?
What book is the teacher reading to you in class?
What part are you up to?
What’s your favourite character?

Rock of All Ages
The auction of the children’s artwork will be held in conjunction with our ‘Rock of the Ages’ cocktail party on 13 September. Tickets are on sale now and it promises to be another fabulous night with silent auctions, raffles, a live local band and to top it off great company. Make sure you don’t miss out!

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.

Paula Robinson will be presenting her Mental Fitness framework at Sacred Heart tomorrow night 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 children and fostering lifelong learning.

I recommend you give consideration to attending these seminars. 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

Could parents please check whether their child has picked up property which does not belong to them:

**Minecraft book** – purchased at the book fair, left in the playground at recess on Friday, missing at lunchtime. It has a name written inside – Jessica McP.

**Two winter jackets** – clearly labelled “Jessica McP”.

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.
Sports News

Skills Session – wet weather update
Due to wet weather, Sport Skills Sessions this Thursday has been cancelled.

Athletics Carnival Photos
Many thanks to Glen Nichols, Ian Waldie and Andrew Hall for all the wonderful photography from the Athletics Carnival. The photos will be distributed over the coming weeks.

Happy Birthday

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

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<tr>
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<tr>
<td>Hayden B</td>
<td>Marco C</td>
<td>Sienna B</td>
<td>Ruby R</td>
</tr>
<tr>
<td>Ewan C</td>
<td>Joseph P</td>
<td>Olivia W</td>
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School Awards - Last Week

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<tr>
<th>KN</th>
<th>1F</th>
<th>2D</th>
<th>3R</th>
<th>4F</th>
<th>5B</th>
<th>6M</th>
<th>3-6S</th>
</tr>
</thead>
<tbody>
<tr>
<td>KP</td>
<td>1T</td>
<td>2M</td>
<td>3W</td>
<td>4M</td>
<td>5S</td>
<td>6W</td>
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Principal’s Awards: Joe G (5B), Chloe S (5S)

Canteen News

<table>
<thead>
<tr>
<th>CANTEEN ROSTER (start 9.30am - finish 1.45pm)</th>
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<tbody>
<tr>
<td>Mon 25/8</td>
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<tr>
<td>Thur 28/8</td>
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<td>Fri 29/8</td>
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Hello everyone

Help needed: This Friday 22 Aug from either 9.30am-1.45pm or 11am-1.30pm please contact Marie.

Father’s Day Breakfast: For catering purposes may we kindly ask that even if you are NOT attending on the morning we still require all rsvp slips and any payments back asap! If you do not have a form you can print it off from the school website here or pick one up from the front office. An additional copy is included in your email with this newsletter.

Kay & Marie – Canteen Coordinators
Pittwater Council School Holiday Program
Please find below the link on our website to the September/October 2014 School Holiday Brochure.

Free tours of historic Macquarie Street – Sunday 24 August
The Institute of Australian Tour Guides will be running free historic guided tours of Macquarie Street this Sunday, 24 August. Bring the whole family and have some fun exploring!

Tours run every 15 minutes, starting at Hyde Park Barracks and finishing at Macquarie Place, Bridge Street. Tours run from 10am to 3pm and each tour lasts approximately 45 minutes. No bookings required, just rock up and enjoy the experience.

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**Child Restraint do's and don'ts**

- **It is ILLEGAL** to have a child under 7 in the front seat or out of a booster seat.
- **It is also ILLEGAL** to share seatbelts.
- To have an unrestrained child in the car.
- To carry more children than you have seatbelts.

Both the NRMA and RMS strongly recommend you **NEVER**

- Allow a child under 12 in the front.
- Tuck the seatbelt under the arm or behind the back.

**DO IT RIGHT, NO EXCUSES**

Call today for a free child restraint check, and all the advice you will ever need.

Pearce's Child Restraints
Education is what we do.
Saving lives is what we help you to do.
Ph 9997 4602