Term 3 Week 7 - 27 August 2014

Dear Parents

In last Sunday's gospel Jesus asked "Who do you think I am?" The disciples unswerving answer was, "You are the Messiah." Others in Jesus community were not as sure about Jesus identity and mission. Others did not know him as well as the disciples, some thought he was a prophet. They had not spent the time with him that the disciples had. How were the disciples so sure that Jesus was the Messiah? I would guess that was because they really knew Jesus and had spent a lot of time with him. This gospel reminds us to "get to know" Jesus so that we can really know him. How can we do this? We can spend time with Jesus in prayer, by attending mass and by listening to and looking for God in our friends and families.

Last week was Well Being week at school. I hope you and your family had a chance to stop and breathe. The children enjoyed their friendship lunch and sharing the book, "You've got Dragons". This reminded us all that we all have fears (dragons) at different times and there are many ways to minimise those fears.

Last Friday many of our class parents and our P and F met with Carmel Hewitt from the Catholic Schools Office. Carmel spoke with parents about the importance of the KidsMatter initiative in our school and the importance of promoting good mental health. I hope you get a chance to chat to your class parents about this initiative. Yesterday the school staff completed Component Three of the KidsMatter program. This looks at the importance of the school and parent connection in the healthy life of the school and child.

The importance of parents and teachers working together for the good of their children has really come to life in our Thursday sport program that has been led by many of our parents. This week is the last week and we would like to thanks all the parents who have made this possible by giving their time so generously to the students. Another parent led initiative has been the morning drop off helpers. Selina Nichols has included a roster below. We'd love to have more join. Many parents and local residents have thanked the Sacred Heart community for the way we take our children's safety so seriously. One of the really positive spin offs of this duty is that it is a very positive way for children to start the day to be greeted and welcomed to school. I know it is one of my favourite duties and really helps me start the day with a smile.

Last night Milly K from Year 6 represented the Peninsula in the Diocesan Public Speaking Competition. The standard of the competitors’ presentations was outstanding. Milly and all the other speakers were very proud representatives of their schools and showcased the hard work of teachers and the confidence that the Public Speaking programs in schools have given their students.

Our School Public Speaking Competition will be held in the school hall on Tuesday the 9 September at 11.30am. The classes are currently in the process of selecting their class representatives to speak at the competition.

Next Wednesday is the Father's Day Breakfast and Blessing at school. Breakfast will begin at 7.00am. The band and choir will perform in the hall and the classrooms will be open for children to take their dads to from 8.15-8.45am. There will be lots of yummy food served from 7.15-8.15am. Additional RSVP's for Father's Day can be found on our school website here.
Major artworks for the Rock of Ages fundraiser on 13 September have been completed. Come into the school foyer for a preview of the artworks for sale at the function. Have you bought your ticket yet? Put your hand up to help? Have you thought of an outfit?

“Buddy Maths” – KN and 5B recently spent the morning exploring various maths activities. They focused on skip counting equal groups using various concrete materials. Many of the year 5 students were amazed by the clever thinking of our kindy mathematicians! All of the children had so much fun. The kindy children can’t wait for their year 5 maths buddy to come back and visit again!

Peninsula Athletics Carnival Results
Well done to all the students who proudly represented Sacred Heart School at the Peninsula Athletics Carnival last week. Congratulations to the following students who have qualified to compete at the Broken Bay Carnival at Narrabeen today - we wish you all the best of sporting luck today and may you be very proud of your efforts.

Cameron D, Markus G, Trent A, Madison W
Chelsea S, Claudia V, Alana R, Ryan C
Luka M, Natarsha V, Jasper M, Roxi B
Joel S, Brianna N, Nathan S
Kaleb G-S, Zoey M, Joshua S

NAPLAN 2014 Release of Results
The NAPLAN results will be delivered to schools between 1 and 5 September. Parents will receive these results by Friday 5 September.

To assist parents in interpreting the student reports, ACARA has published the Student Reports brochure and a video which can be downloaded from the ACARA Student Reports webpage using the following link http://www.nap.edu.au/student-report-video.html.

If you have any concerns or questions regarding your child’s results please make an appointment to see the class teacher.

Forward Planner
Wed 27 Aug Yr 3 Class Mass (9.15am) Sun 7 Sept Father’s Day
Wed 27 Aug Broken Bay Athletics Carnival Thurs 23 Oct Cyber safety Talk for parents
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

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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: PUT RUBBISH IN THE BIN</td>
<td>Our Respectful Relationships focus for this week is: WALK AWAY FROM SOMEONE WHO IS ANNOYING YOU</td>
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Last week I attended the parent council evening led by Paula Robinson who is an expert in the study of mental fitness, wellbeing and positive psychology research, theory and practice. Paula spoke about the need to develop mental strength, flexibility and endurance to meet life’s challenges. She also spoke of the importance of finding time for regular reflection in our lives and mentioned a simple strategy of the three “W’s” What Went Well today? This strategy builds on a reflective prayer strategy that is regularly used with our students in the classroom called “The Awareness Examen.” The prayer allows us to recall those moments in the day when they felt God’s presence, and those times when we might have drifted from God. In a very simple format:

1. Begin with some centring, quietening down.
2. Thank God for something special you are aware of.
3. Go over the day in your mind
   - What was the best thing you heard?
   - What was the best thing you saw?
   - What was the best thing someone did for you?
   - What was the best thing I did for someone else?
   - Is there anything I regret or feel sorry for?
4. Tell something to God about your day as a friend talks to a friend.
5. What can I do to improve tomorrow?
6. Conclude with a “Hail Mary” or “Glory Be”

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 27 Aug Year 3 Class Mass at 9:15am Sacred Heart Church
- Wed 3 Sep Whole School Father’s Day Liturgy at 9am school playground
- Wed 10 Sep Year 4 Class Mass at 9:15am Sacred Heart Church
- Wed 17 Sep Year 5 Class Mass at 9:15am 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.

**PARISH WEEKLY BULLETIN** can be found [here](#)
*** All Sacred Heart Parents Invited – Major Fundraiser ***

Just over two weeks until the social event of the year - Rock of the Ages at Bayview Golf Club.

All funds raised from the Rock of Ages fundraiser will be channelled back into Sacred Heart. It is our aim to provide new technology for the library.

We need your help to do this. How can you help?

*** Return your raffle tickets by Monday 1 September ***
(we ask that you place money and stubs in an envelope marked with your eldest child’s name)

*** Send through your RSVP and payment to attend the event ***

*** Plan for a night of music and dancing while supporting your kids ***

Lynette Suchanek - P&F Secretary (shpandf@gmail.com)
Next year is Sacred Heart School’s 50th anniversary, our golden jubilee. An anniversary school book will be made to commemorate the past 50 years and the future year of 2015.

**Committee Calling** - A committee will be formed with various positions to help put this historical school book together. Anyone interested in being a part of this should email the school office with your name and contact details, advising us that you would like to be a part of the committee. Ex-students of Sacred Heart would also be a great asset in the involvement of this book.

A meeting for all future committee members to discuss the book will be announced soon. In the meantime, should you wish to discuss this further, please contact Marie Nero 0410 566 777, Judi Woodward 9999 3264 (Wed & Fri. mornings) or see Julie Caldwell. Information can also be emailed to the school: shmv@dbb.catholic.edu.au

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**Library News**

**Premier’s Reading Challenge**
The Premier’s Reading Challenge finishes for 2014 on Friday. I will be logging the final entries this weekend and posting the list of Fabulous Finishers next week. Later this term we will celebrate finishing the PRC ...more than 150 children have read a combined number of over 3000 books, what an achievement!

**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 [worldbookonline.com](http://worldbookonline.com)
2. Enter Username [emailed to parents]
3. Enter Password [emailed to parents]
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.

*Melanie Harrison – Teacher/Librarian*

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**Choir and Band News**

**Choir News** - Next Wednesday, our Sacred Heart choir will be performing in the hall as part of the Father’s Day Breakfast celebrations. Everyone is welcome to see our children perform some great songs! The choir will also lead the singing at the liturgy for Father’s Day at 9am. Congratulations to all our choir members on a wonderful effort in preparing the songs for our special guests on Father’s Day.

**Band News** - Sacred Heart Training Band and Concert Band will also present a program in the hall for the Father’s Day morning. Our bands rehearse weekly and our musicians practice their instrument almost daily to be the best they can be! Come and see the results of their efforts next Wednesday. Congratulations to our dedicated band members!

*Clare McFadden*
Term 3 Sport Skills Development Program – Years 3-6
Due to wet weather, Sport Skills Sessions tomorrow has been cancelled.

Manly Warringah Netball Association
Congratulations to Anelise F, Carla F and Chloe S on their selection into 2015 12 years Rep Squad for Manly Warringah Netball Association.

School Netball
Congratulations to the following Year 5 and 6 girls selected to represent Sacred Heart at Penrith next Wednesday. Lauren B, Caitlin W, Brianna N, Madi W, Claudia V, Natarsha V, Eliza M, Chloe S, Carla F and Anelise F.

Mrs Ngamu will coach and umpire the girls assisted by many of the parents. We wish you all the best for a memorable and fun day. Special thanks must go to Mrs Sheehan for all her coaching and assistance with Netball at Sacred Heart.

Kiss & Drop Zone Roster

A group of dedicated parent volunteers and teachers have been volunteering to make our morning kiss and drop zone as safe and efficient as possible for the whole school community. We will be publishing in this newsletter every week the parent roster for the following week. More volunteers are urgently needed, particularly for Friday mornings. If you are able to help please contact Selina Nichols on nichosselina@gmail.com

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<td>Lisa C</td>
<td>Lucy B</td>
<td>Fiona McC</td>
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<td>Karen L</td>
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Diocesan Parent Council News

The Diocesan Parent Council (DPC) is hosting another seminar this term, 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. All parents and carers are welcome and there is no cost.

You can visit the Diocesan Parent Council website here.
Happy Birthday from all at Sacred Heart to the following students who celebrate a birthday during the coming week:

Cowen A  Grace D  Emily G
Gus S  Zara E

School Awards - Last Week

| KN  | Grace D, Zara E, Bella L |
| KP  | Bryn W, Molly R, Rosie M |
| 1F  | Flynn S, Molly M          |
| 1T  | Ewan C, Sam R             |
| 2D  | Charlotte M, Orlando S    |
| 2M  | Nathan O, Marnie H        |
| 3R  | Ringo T, Maya H           |
| 3W  | Joseph P, Allie R         |
| 4F  | Logan T, Jack R           |
| 4M  | Thomas S, Sam C           |
| 5B  | Julia R, Levi D           |
| 5S  | Grace B, Jasper C         |
| 6M  | Emerson B, Martin S       |
| 6W  | Patrick M, Ryan W         |
| 3-6S|                           |

Principal’s Awards:

Canteen News

**CAEEN ROSTER (start 9.30am - finish 1.45pm)**

| Mon 1/9 | Gwen S, Michelle D, Kim L, Cathy T |
| Thur 4/9 | Lucy B, Virginia T, Angela B, Kirsty C-B |
| Fri 5/9 | Patricia M, Rita Z, Mary R, Jenny O’B |

FATHERS DAY REMINDER: We are still waiting on over 130 families to reply for the Father’s day breakfast being held next Wed 3 September. Please help us for catering purposes by sending in your RSVP acceptances or declines ASAP. Our breakfast this year will be predominately hot food but there will still be light continental items available too!

For those attending, all hot food will be served from 7.15-8.15am. For those with special dietary needs such as Gluten free etc a table of these foods will be available. We have some fabulous prizes on offer, raffle tickets will be available to purchase on the morning.

FATHERS DAY VOLUNTEERS: A big thank you in advance to all our mums that have offered their help with the breakfast, your support and time is very much appreciated. We still need one or two more helpers for the early shift of 6am-7am. Please let either Kay or Marie know asap.

FATHERS DAY VOLUNTEER ROSTER

| Tues 2 Sep - 1pm-3pm | Julie F, Anna R, Toni C |
| Wed 3 Sep - 6am-7am  | Kathy V, Jodie D, Andy D |
| Wed 3 Sep - 7am-8am  | Lucy B, Trish B, Angela B, Lisa C, Virpi T, Tracey O’B, Bec C, Kath G |
| Wed 3 Sep - 8am-9am  | Kath G, Lucy B, Juliana J, Chantelle B, Virpi T, Trish B |

Kay & Marie – Canteen Coordinators
The Annual General Meeting of the Sacred Heart P&F Committee will be held immediately after the P&F meeting in Term 4 on 29th October 2014 @ 7.30pm in room KN. The P&F meeting / AGM is an important opportunity for our school community to engage in, and discuss, the ongoing operations and functional needs of our school community.

At the AGM, all positions on the P&F Committee will be available for nomination and election. Nominations are called for from any parent who would like to participate in the running and development of the P&F Committee.

Positions on the Executive are usually held for a three year term. The positions to be voted on at the AGM are:

- President
- Vice-President
- Treasurer
- Secretary
- DPC Representative
- Parish Liaison Representative
- Social Justice

The Committee members of the P&F shall not hold office for more than three consecutive years in the same position, however members may nominate for an alternative position. The following members will be vacating their roles at the end of 2014:

- Lisa C ...........................................................stepping down..............................Joint Treasurer/s
- Lynette S ...........................................................stepping down..............................Secretary
- Leonie S ...........................................................stepping down..............................DPC Representative
- Cathy K ...........................................................stepping down..............................Parish Liaison Representative

The following Committee members have indicated that they will nominate/seek re-election in 2015:

- Juliana J ...........................................................seeking re-election to.......................President
- Rebecca C ...........................................................seeking re-election to.......................Vice President
- Rebecca M ...........................................................seeking re-election to.......................Joint Treasurer
- Eloise C ...........................................................seeking re-election to.......................DPC Representative
- Virpi T ...........................................................seeking re-election to.......................Social Justice Representative

The following positions will become vacant at the end of 2014. Nominations welcome.

- Joint Treasurer
- Secretary
- Joint Social Justice
- Parish Liaison Representative

Handover will be provided by former members to new members.

This information is provided in the interests of transparency. All Committee positions are declared vacant at the AGM and the current Committee members actively step down from the above positions, irrespective of whether or not they are seeking re-election.

Please feel free to contact a Committee member if you would like to discuss a position you are considering nominating for or want to find out more about it or the Committee in general.

If you would like to nominate for a position, please complete the slip below and return to the school office.

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

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**NOMINATION FORM FOR ELECTION TO SACRED HEART P&F COMMITTEE 2015**

I nominate ......................................................... for the following position on the 2015 P&F Committee:

☐ President ☐ Treasurer ☐ DPC Representative ☐ Social Justice
☐ Vice-President ☐ Secretary ☐ Parish Liaison Rep

....................................................... ....................................................... ....................................................

Signed Print Name Date
Pittwater Council School Holiday Program
Please find below the link on our website to the September/October 2014 School Holiday Brochure.

Singing Workshops in the September/October School Holidays
BERY HALL NARRBEEN TRAMSHE - SEPTEMBER 24-26 & OCTOBER 1-3
9am – 3pm each day
Bring – morning tea, lunch and a water bottle
3 DAYS $300 or 1 DAY $120
The students will learn to sing from the diaphragm, warm up the voice, sing as an ensemble, solo singing and learn to sing harmonies and
HAVE LOADS OF FUN!! TO BOOK EMAIL appletoncindy@hotmail.com
or call 0405811977

Before School Care
I am a registered family day care educator offering before school care Monday – Thursday in my home from 7am. I am located in Waratah Street Mona Vale. CCB (Child Care Benefit) & CCR (Child Care Rebate) is also available. Limited spaces. Please contact Judy Tunks on 9999-0695 or 0414 507 777.