Dear Parents

The finals of our Public Speaking competition were held yesterday. There were some spectacular performances from the children who were the winning representatives from each class. They spoke confidently and articulately. The choice of topics and content was amusing and thought provoking. Change was a very popular topic, as was the best game in the world. Many spoke of change as a positive thing that can be scary but also very exciting. I was particularly touched by Naomi’s speech “Jesus is...”.

*Jesus is a wonderful shade of sunlight that will never be overpowered by dark. Jesus is love, he is patient and kind.*

Naomi reminded us that Pope Francis said “lighten up, laugh a little more, rejoice in the divine sense of humour”. What he also meant was if you live life to the full, Jesus is always with you.

Congratulations to the following students who represented their class.

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
<th>Class</th>
<th>Name</th>
<th>Class</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>KN</td>
<td>Ethan W</td>
<td>2M</td>
<td>Harry C</td>
<td>4M</td>
<td>Thomas S</td>
</tr>
<tr>
<td>KP</td>
<td>Alexander H</td>
<td>3R</td>
<td>Ava D</td>
<td>5B</td>
<td>Charlotte N</td>
</tr>
<tr>
<td>1F</td>
<td>Summer P</td>
<td>3W</td>
<td>Alice R</td>
<td>5S</td>
<td>Rosie N</td>
</tr>
<tr>
<td>1T</td>
<td>Olivia J</td>
<td>3-6S</td>
<td>Connor L</td>
<td>6W</td>
<td>Ella Y</td>
</tr>
<tr>
<td>2D</td>
<td>Lily B</td>
<td>4F</td>
<td>Naomi M</td>
<td>6M</td>
<td>Martin S</td>
</tr>
</tbody>
</table>

A special congratulations to the Junior Division winner, Lily B, 2nd; Summer P and 3rd Alexander H, and the Senior Division winner, Thomas S, 2nd Rosie N and 3rd Naomi M.

Many thanks to Mrs Ngamu for her organisation of the event and to Mr Bruce Hamer and Mrs McBryde for their judging of the event.

The school Naplan results from Years 3 and 5 were sent home last Friday. They showed strong results in Years 3 and 5. One student I quizzed re his remarkable improvement in reading simply said I’ve been reading a lot.

A love of reading is a real asset when predicting academic performance. We have a wonderful library full of a variety of books. Mrs Harrison is happy to help guide parents in books choice for children. She is available in the library each Friday morning if parents would like some advice regarding book selection to engage readers.

Gradually introducing new and more complex books that inspire children to read more should be encouraged.

Congratulations to all students to participated and represented Broken Bay at the at NSW CPS Polding Area Athletics Trials last Friday in Newcastle.
Many thanks to Lisa Caterina for the organisation of the fund raiser this Saturday night. Rock of all Ages is looking like it will be great fun. We are looking forward to hearing Anthony Johnston and his band who have generously donated their services for the evening. Class artworks will be available for auction, silent auctions and a TV will be drawn on the evening.

Congratulations to Julia M who is performing in the current production of Rodgers and Hammerstein’s The King and I at the Sydney Opera House (7 September 2014 – 30 October).

School will finish next Friday, 19 September, for the September holidays. School will resume on Wednesday 8 October after the Staff development Day. The uniform shop will be open before then to purchase summer uniforms. Please see our parent handbook especially regarding hair and jewellery for girls and hair length and style for boys. Hats are essential every day.

Uniform shop hours: Mon & Fri: 8.30am – 9.00am Wed 2.30pm – 3.00pm

We had a visit last week from Mrs Lollback and William George!

**Forward Planner**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat 13 Sep</td>
<td>Rock of All Ages – P&amp;F Major Fundraiser</td>
</tr>
<tr>
<td>Tues 16 Sep</td>
<td>Yrs 3 &amp; 4 Cricket, AFL and Netball Gala Day</td>
</tr>
<tr>
<td>Wed 17 Sep</td>
<td>Yr 5 Class Mass</td>
</tr>
<tr>
<td>Thurs 18 Sep</td>
<td>Yrs 5 &amp; 6 Cricket, AFL and Netball Gala Day</td>
</tr>
<tr>
<td>Fri 19 Sep</td>
<td>Last day of term</td>
</tr>
<tr>
<td>Tues 7 Oct</td>
<td>Staff Development Day</td>
</tr>
<tr>
<td>Wed 8 Oct</td>
<td>Students return for term 7 (Summer uniform)</td>
</tr>
<tr>
<td>Thurs 23 Oct</td>
<td>Cyber safety Talk for parents</td>
</tr>
</tbody>
</table>

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>
</tr>
</thead>
<tbody>
<tr>
<td>Our PBL focus for this week is:</td>
<td>Our Respectful Relationships focus for this week is:</td>
</tr>
<tr>
<td><strong>CARE FOR OUR SCHOOL</strong></td>
<td><strong>DO ONE GOOD TURN EACH DAY FOR SOMEONE ELSE</strong></td>
</tr>
</tbody>
</table>

**Kiss & Drop Zone Roster**

More parent volunteers would still be appreciated for the morning kiss and drop roster. In particular there is an urgent need for volunteers for Friday mornings. If you can help, please call Selina on 0416 157 198 or email nicholsselina@gmail.com.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>15 Sept</td>
<td>16 Sept</td>
<td>17 Sept</td>
<td>18 Sept</td>
<td>19 Sept</td>
</tr>
<tr>
<td>Lisa C</td>
<td>Lucy B</td>
<td>Fiona M</td>
<td>Selina N</td>
<td>Karen L</td>
</tr>
</tbody>
</table>
Beattitudes – Humility
Blessed are the meek, for they will inherit the earth.
(Mt 5:4)

In the third beatitude Jesus alludes to people, who in Hebrew were called ‘anavim’. This was the lowest class in the Hebrew society. They were often oppressed and humbled by the rich and powerful not only from other nations but also by their own compatriots. Since they had no one to turn to for support and defence, they put all of their trust in God alone. Their plight for justice before God is recorded in psalms:

‘Arise, O Lord; O God, lift up your hand: forget not the humble’ (Psalm 10:12).

Many prophesies were directed toward the ‘anavim’ assuring them that God has not forgotten their wrongs:

‘For the needy will not always be forgotten, nor the hope of the afflicted perish forever’ (Psalm 9:18).

The most important of the prophesies is in the book of Isaiah, who foretold the coming of the Messiah - the One sent by God to bring good news to the oppressed and humbled:

‘The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good news to the afflicted. He has sent me to bind up the broken-hearted, to proclaim liberty to the captives, and freedom to prisoners...’ (Isaiah 61:1).

This prophecy was fulfilled in Jesus Christ, who upon reading this scripture passage in the synagogue of Nazareth, proclaimed: ‘Today this scripture has been fulfilled in your hearing’ (Luke 4:21).

Anytime we hear Jesus speak about the humbled, poor and oppressed, we might feel uncomfortable or left out. We are not ‘anavim’. Are we not rich or at least well off? Do we not have everything needed for a good and comfortable life? We are not oppressed or afflicted by injustice. How can we attain the kingdom of God then? Do we really need Christ, the Saviour?

The key to answering these questions is humility. God does not require everyone to become physically poor and oppressed, but He does require of us to be humble. What does that mean? It means that we acknowledge our total dependence on God. St. Bernard defines humility as ‘a virtue by which a man knowing himself as he truly is, abases himself. Jesus Christ is the ultimate definition of Humility’. In fact this virtue is so important, that we cannot pray without it.

‘Humility is the foundation of prayer. Only when we humbly acknowledge that ’we do not know how to pray as we ought’ are we ready to receive freely the gift of prayer. ”Man is a beggar before God“ (CCC 2559).

Acquiring humility and preserving it in our lives is most important on our road to heaven, for without it we will succumb to pride and turn away from God.

How to acquire this virtue? Let us listen to St. Teresa:

‘In my opinion, we shall never acquire true humility unless we raise our eyes to behold God. Looking upon His greatness, the soul sees better her own littleness; beholding His purity, she is the more aware of her own uncleanness; considering His patience, she feels how far she is from being patient; in fine, turning her glance upon the Divine perfections, she discovers in herself so many imperfections that she would gladly close her eyes to them.’

Fr Lukasz Darowski SDS

Dates to Remember:
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

Christine McBryde – Religious Education Co-ordinator
Messages from the Office

Lost school clothing – we have many parents enquiring about lost jackets and hats. Could everyone please check clothing to ensure it belongs to your child. Many items reported lost are clearly marked with a child’s name.

Email - All correspondence from the school is now sent home via email. If you find you are no longer receiving our emails, your mailbox could be full.

After School Drama – Monday and Thursday – Drama with Ms Rudd finishes THIS WEEK. There is no drama on Monday or Thursday NEXT WEEK. Please ensure children know their “getting home” arrangements next week.

Outstanding School Fees - Parents are reminded that the FINAL 2014 School Fee Instalment was due and payable on Friday July 25, 2014 and reminder statements have been emailed. We thank those parents who settle their accounts by the due date as it greatly assists our school’s cash flow.

Any parent who is unable to meet their overdue fees, due to unforeseen circumstances or financial hardship, please contact the office for initial enquires so that we can make other suitable arrangements. Those parents who have set up a time payment plan, please ensure that the payment is scheduled to be received by the due date.

Happy Birthday

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

Matthew M    Joel P    Charli M
Max S        Elio A    Erin S
Marlow M     Benjamin C  Stephanie G

School Awards - Last Week

<p>| | | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>KN</td>
<td>Kiki K, Patrick B, James C</td>
<td></td>
</tr>
<tr>
<td>1F</td>
<td>Ethan H, Elena C</td>
<td>1T</td>
</tr>
<tr>
<td>2D</td>
<td>Alana S, Malia M</td>
<td>2M</td>
</tr>
<tr>
<td>3R</td>
<td>Izak B, Paris B</td>
<td>3W</td>
</tr>
<tr>
<td>4F</td>
<td>Sienna B, Gus S</td>
<td>4M</td>
</tr>
<tr>
<td>5B</td>
<td>Zoey M, Lucas N</td>
<td>5S</td>
</tr>
<tr>
<td>6M</td>
<td>Olivia N, Mia V</td>
<td>6W</td>
</tr>
<tr>
<td>3-6S</td>
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</tbody>
</table>

Principal’s Awards: Lily B (2D), Hayden W (2M), Jack W (3R), Koko T (3W)

Canteen News

CANTEEN ROSTER (start 9.30am - finish 1.45pm)

| Mon 15/9 | Margaret H, Louise E |
| Thur 18/9 | Lisa P, Tatiana N, Sheridan P |
| Fri 19/9 | Rebecca B, Jo B, Margaux Z |

Help needed: All three days next week – Monday, Thursday and Friday - preferably 9.30am-1.45pm but any time is appreciated. Please contact Kay ASAP 0416 262 458.

Save the Date: Our annual volunteer thank you morning tea has been locked in. Please note down Tuesday 18 November from 9am in the school hall. Invitations will be sent home in term 4.

Kay & Marie – Canteen Coordinators
ROCK OF ALL AGES

It’s this Saturday!

Please support our school’s fundraising efforts by either attending (you are sure to have fun), buying the raffle tickets or making a bid on the fabulous artworks. Come into the school foyer for a preview of the artworks.

Some fabulous prizes to be won and live auctions!

Samsung FHD 48 inch colour TV. We will be selling two decks of cards, $20 per card. 1 in 104 chance of winning! If you are not attending on Saturday night, cards can be purchased at assembly on Friday morning.

Live auction for a great bike (like this one)!

Rock Theme: Have you thought of an outfit? Dress in anything from rock & roll to country rock. Organise your Band of friends and rock on down.

Help Needed: If you are available to help with a few last minute jobs, please contact Lisa Caterina – 0421 364 898

Lynette Suchanek - P&F Secretary (shpandf@gmail.com)
As we said in the last newsletter, we will be including in this section ideas for getting engaged in your children’s learning. Last week we let you know what was going on in Kindy, years 1 and 2 at the moment. This week it is years 3 to 6.

In year 3 they are looking at the Australian environment. The children are designing a holiday travel brochure. They are studying descriptive words. They are looking at 2D shapes and money.

In year 4 they are studying area and perimeter and fractions and decimals. They are learning about SE Asia and researching a country for a PowerPoint report.

In year 5 they are studying 2D and 3D shapes. They are writing reviews of poems, movies, songs and books. They are planning some experiments involving changing states between solid, liquid and gas (also see year 6 note below).

In year 6 they are learning about refuges and asylum seekers and looking at what is in the news. In Science they are exploring chemical and physical changes (like year 5). What happens to bi-carb in water? What happens to a lit candle?

Start a conversation with your child about their learning...

Eloise Critchley and Leonie Scarlett - DPC reps

You can visit the Diocesan Parent Council website here.

Golden Jubilee 2015

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. A committee will be formed with various positions to help put this historical school book together.

A meeting will be held on Monday, 15th September at 1.45pm (before school pick-up) for anyone interested in being a part of this committee. The meeting will be held in the School Hall. Ex-students of Sacred Heart would also be a great asset in the involvement of this book.

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

Judi Woodward and Marie Nero
The closing date for entries to be lodged online is **Monday 13th October**.

**School Procedures for Catholic Worldview - Through the Lens of a Child Photo Competition**

The 2014 Photographic Competition categories are **People, Places, Nature or Animals**. Children are allowed to submit only **one** photograph.

This year it will be much easier to manage as The School Photographer has an online entry system set up. The school will only have to publicise the competition to the children and then each child will be able to enter with an adult’s assistance on the website.

Children will need to rename their photo with their name, category, name of artwork eg Jane Smith  Nature Sunday Sunset. To enter the photograph parents need to go to the website – [www.theschoolphotographer.com.au](http://www.theschoolphotographer.com.au) and click on the Peninsula Catholic Community of Schools logo. They will then be prompted to select their school from a dropdown list, enter the password **photo** and upload their photo.

**Conditions of Entry**

- Public exhibition and/or publication of selected photos will occur; photos may be displayed on the school’s websites.
- Entrants in the competition agree that PLCCS ‘schools’ reserve the right to use all images entered in the competition for on-going promotional and educational purposes.
- The ownership will remain that of the photographer, however by entering the competition, you agree all rights to payment for copyright, royalty or any other purpose are waived for each and every photograph entered.
- All efforts will be made to provide appropriate acknowledgement of the photographer whenever photographs are used for the purposes outlined in the Conditions of Entry.
- If people appear in your photos, please gain permission for the photo to be displayed and published.
- The Entrant indemnifies the ‘Schools’ against all damages, losses, costs and expenses in the permissions mentioned above.
- By entering the Competition, all entrants and/or their representative(s) consent to the use of their first name, schools and year level, photograph, voice and/or image for any publicity and marketing purposes, commercial or otherwise, in all media used by the ‘Schools’ without payment or compensation, throughout the world in perpetuity.

A panel of judges from The School Photographer will choose winning photos in each category and an overall winner.

**Prizes** - All winners will receive a framed print of their winning entry

<table>
<thead>
<tr>
<th>First Prize in each category</th>
<th>$50.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Second Prize in each category</td>
<td>$25.00</td>
</tr>
<tr>
<td>Third Prize in each category</td>
<td>Framed print</td>
</tr>
<tr>
<td>Overall winner</td>
<td>$100.00</td>
</tr>
</tbody>
</table>

The presentation of prizes will take place at an assembly at Maria Regina Catholic Primary School Avalon on **Friday 31 October at 9.00am**. Each school will receive a poster collage of winning entries.

Any enquiries please email Cathy Penning [cathy.penning@dbb.catholic.edu.au](mailto:cathy.penning@dbb.catholic.edu.au)
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 Representative

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 .........................................................
Community Notices

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
BERRY HALL NARRABEEN TRAMSHE百度 - SEPTEMBER 24-26 & OCTOBER 1-3
9am – 3pm each day. 3 DAYS $300 or 1 DAY $120
Bring – morning tea, lunch and a water bottle
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 0405811197

NSW Government – Northern Sydney Local Health District
Child and Adolescent Parenting Education – Term 4, 2014

Manly Warringah Gymnastic Club
School Holiday Program 22/9 to 26/9 and 29/9 to 3/10. 10% discount for MWGC club members. Minimum age 5 years. More information available at www.mwgymclub.com

Mona Vale Tennis Centre – Goodwins Tennis
School holiday tennis camp, Kitchener Park, 22-26 September 2014
Bookings and payments online: www.monavaletennis.com.au, Tel: 9979 6772 or 0410 523 726
If you wish to enrol your daughter at Stella Maris College, Manly for **Year 7 2017**, we need to receive the Enrolment Application Form no later than Friday 31 October, 2014.

The Enrolment Application Form can be downloaded from our website [www.stellamaris.nsw.edu.au](http://www.stellamaris.nsw.edu.au).

If you would like to visit our College, tours can be booked by contacting the College Registrar, Mrs Kerrie Dudley on 9976 1802.
RAISING RESPONSIBLE DIGITAL CITIZENS

With Leonie Smith the Cyber Safety Lady

Leonie Smith is one of Australia’s leading cyber safety educators and a mother of four.
Learn how to keep your kids safe online.
• Screen time balance
• Safe social media
• Cyber bullying
• Smart phone safety
• Avoiding adult content

Thursday October 23rd
7:00-9:00pm
Sacred Heart Catholic Primary School Hall
Cnr Keenan and Waratah Streets
Mona Vale
Bookings essential — RSVP shmv@dbb.catholic.edu.au
For more information please call Sacred Heart Catholic School 9999 3264

Parenting Programs

Child & Adolescent Parenting

WHAT’S ON IN Term 4 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Twinning in to Kids Course (2-3 hrs)
Help your child develop emotional intelligence, manage emotions & deal with conflict.
Chatswood Plaza (28/10 - 26/11, 7.00-9.30pm)

Triple P (Positive Parenting Program) Course (3-4 hrs)
Strategies to encourage desirable behaviour and manage persistent misbehaviour.
Chatswood Plaza - 8 group & 2 telephone (22/10 - 22/11 & 2/12, 7.00 – 9.30pm)

Communicating with Kids Workshop (based on P.E.T.) (4-5 hrs)
Communication skills for building effective long term relationship with your children & family.
Chatswood (27/10, 7.00-9.00pm)

Twinning in to Teens Course
Emotional intelligence & communication skills to understand your adolescent’s needs & behaviour.
Chatswood (9 hrs / 4-10/11, 7.00-9.30pm)

Toddler Workshops (2 hrs)
Series of 3 workshops on Discipline, Toilet & Toilet Training, Speech & Sleep.
Chatswood (27/10, 3/11 & 10/11), (2 weeks/3 hrs each, 7.00-9.30pm)

Resilient Kids Workshop
Develop your child’s self-esteem, social skills and coping strategies.
Chatswood (27/10, 7.30-9.30pm)

Dealing with Teen’s Backchat Workshop
Learn how to restore a respectful & positive relationship between you & your teenager.
(Rescheduled) 7/11-8/11, 7.00-9.30pm)

Enquiries: Child & Adolescent Parenting 9887 5630

Health Northern Sydney Local Health District

ROLL UP YOUR SLEEVES AND GIVE BLOOD

Mobile Blood Service visiting:
Mona Vale Memorial Hall
Village Park Pittwater Road

Thursday 2 October 2.00pm – 7.00pm
Friday 3 October 10.00am – 3.00pm

Drink and Eat: Have 3 or 4 glasses of water or juice in the hours before you donate.
Eating: Have a good sized breakfast or lunch.

Call 13 95 96 or visit donateblood.com.au

THE KING and I

Lisa McCune

Rodgers and Hammerstein

Teddy Tahu Rhodes

Winner of Three Helpmann Awards

BEST MUSICAL 2014

LJMorgan

Australian Red Cross

Blood Service