Dear Parents

This week Pope Francis is holding the 2014-2015 Synod (discussion) on families in Rome. The draft statement released shows that our church leaders are addressing the concerns of families in the modern day world and the Pope is actively listening and prepared to act on their advice; listening and looking with renewed freshness, enthusiasm and discerning the ways in which the church and society can renew their commitment to the family.

Last Saturday the students who are receiving their Confirmation attended the Confirmation Reflection day at Mater Maria. Thank you to the parents and grandparents who brought their children to the day. Many thanks to Mrs McBryde, Mrs Wheen and Miss Mitchell who took groups throughout the afternoon. Our prayers and best wishes go to our Confirmation candidates.

Thank you for your congratulations and best wishes during the week. In 2015 I will be taking up the role Principal at Prouille in Wahroonga. The process for appointing the new Principal for Mona Vale should take about four weeks. You will be notified by the CSO and will meet the new Principal before the end of the year. If you would like your say about the attributes your new Principal should have, please attend a briefing session at school conducted by Anne Duncan our CSO consultant this Friday in the library, after assembly. This was going to be a coffee with the Principal. It will now be coffee with the consultant.

Many thanks to Peter Critchley who visited again this year from England (Lucie's grandfather). Peter has spent many years teaching maths, writing books and teaching teachers mathematics. Peter took an enthusiastic group of young mathematicians on Monday as Maths Detectives and yesterday he reinforced the teachers understanding of teaching maths for understanding (long term learning) rather than learning by rote learning (short term learning).

This week our annual Respectful Relationships groups began. The theme this year is resilience. All children in the school are grouped, across grades, and led by our Year Six and Five leaders, supported by teachers. The children discussed the meaning of resilience and played games to work on the strategies they can use when they come across situations where they need resilience. Thank you to Miss Perry who has led this initiative this year and worked tirelessly to ensure that all of our children have access to these valuable life lessons.

At the Netball Gala Day on 18 September, our senior girls team showed great school spirit and enthusiasm. After playing nine games in the heat, they were undefeated, winning the title! Congratulations girls.

Our next P and F meeting will be held on Wednesday 29 October at 7.30pm, followed by the AGM.

All children should have returned in summer uniform this week. Please remember correct length socks, mostly white sports shoes and no accessorising! Hair should be above the collar for boys and tied back for girls.

It is very exciting for us when we see the Professional Learning program for teachers reflected in the work the children are producing. Below we have provided some samples of writing produced by children after teachers have worked on extending their writing on the Writing Continuum. This sample is from Year 2.

**Humpty Dumpty Narrative**

SLAM! Humpty Dumpty kicked the kingdom gates shut. As he frustratedly stomped through the Wild-Forest, he mumbled under his breath “Why doesn’t anyone respect me? Just because I’m an egg it doesn’t mean I’m different”. 

SACRED HEART CATHOLIC PRIMARY SCHOOL  
Cnr Waratah & Keenan Street, Mona Vale NSW 2103  
T: (02) 9999 3264   F: (02) 9979 8603  
W: www.shmvdbb.catholic.edu.au  E: shmv@dbb.catholic.edu.au
Snap! Humpty Dumpty froze in his tracks. He heard a low growl. “Uh oh”, he thought. Humpty Dumpty looked and saw a full grown, very big, mighty strong bull. Humpty Dumpty screamed “Arrrgh!” As he ran, he frantically looked for an escape route.

Then he spotted a fence. That’s when the trouble started. As Humpty scrambled up the wall, he thought he heard the bull go away. “Phew” he said. BANG! The fence wobbled. Humpty Dumpty looked down. The bull was ramming into the fence! The pressure was too much for Humpty. He fell off a wall. Splatt! Humpty was no more than bits of pieces.

The king’s men tried to put Humpty together but failed. Humpty was shattered.

THE END

Forward Planner

17 Oct Meeting with Anne Duncan to discuss new Sacred Heart Principal (Library, after assembly)
18 Oct Sacrament of Confirmation (11am and 12.30pm)
22 Oct Kinder Class Mass (9.15am - Wednesday)
23 Oct Cyber Safety Talk for Parents - ”Raising Responsible Digital Citizens"
24 Oct Choir and Band performing at Warringah Mall
29 Oct Yr 1 Class Mass
29 Oct P&F Meeting and AGM
31 Oct Kinder 2015 Orientation Day 1
07 Nov Kinder 2015 Orientation Day 2
28 Nov Whole school end of year function – Outdoor Movie Night!

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>CYBER SAFETY</td>
<td>BE A GOOD GROUP MEMBER</td>
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Religious Education News

On Saturday Fr Vince Casey will be visiting our parish to Confirm our Year 2 students, a number of other students from Sacred Heart and other students from our local schools. Thank you in advance to the altar servers from Sacred Heart who will be assisting Fr Casey. Congratulations to all students from Sacred Heart who will be confirmed on Saturday.

Prayer for Confirmation Candidates

May you have the strength of the SPIRIT, the power of PRAYER and the force of FAITH ...
To live in SERVICE, to LOVE, with all your heart and to let God lead you, always.

Amen.

Dates to Remember

18 Oct Confirmation at 11am and 12:30pm at Sacred Heart Church
22 Oct Kinder Class Mass at 9:15am
29 Oct Year 1 Class Mass at 9:15 am

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
Diocesan Parent Council News

Celebrating Our Diocesan Parent Community with International Keynote speaker, writer & consultant Dan Haesler

The Diocesan Parent Council (DPC) are recognising our vibrant diocesan parent community with an end-of-year celebration with brilliant guest speaker Dan Haesler.

Often all our focus is on our children’s wellbeing – but what about our own?

On Monday 27 October, Dan will be presenting on the issues around personal wellbeing. Citing research from the field of Positive Psychology, Dan will encourage you to think about yourself for a change! An entertaining and inspiring speaker, Dan will give some practical strategies that will boost your wellbeing almost immediately!

I recommend you give consideration to attending this free evening. It is being held at the Catholic Schools Office Pennant Hills. Your invitation with relevant information can be found later in the newsletter. All parents and carers are welcome and there is no cost. To assist with catering please RSVP via the DPC website www.brokenbayparentcouncil.com.

Eloise Critchley and Leonie Scarlett - DPC reps

You can visit the Diocesan Parent Council website here.

P&F News

Our AGM is fast approaching, 29 October, and this is also the last meeting for 2014. We encourage you to come and enjoy an informal night with friends. At the AGM some of the positions will be vacated and we ask any interested parents or carers to come and join the team. The focus for us is around engagement ie student engagement, parent engagement, school & parish engagement. The focus is not around fundraising although of course we will always hold some events in order to assist the school in the purchase of new technology or resources as deemed necessary by the school.

Please refer to the attached notice of the AGM if you would like to come or nominate on the night. Everyone is welcome!

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

Messages from the Office

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.

School Buses – information on bus numbers and routes can be found on the Sydney Buses website here. Just select Sacred Heart from the drop down menu and navigate.
Garden Guardians News

Welcome back, I am looking forward to a busy term four, in the garden. Garden Club is Wednesday’s second half of lunch. All Welcome!

Spring has sprung the warmer weather and longer days have certainly helped our school garden. The tomatoes, spinach, lettuce and strawberries have all flourished.

Our garden favourite 'chocolate mint' is also thriving. All our hard work last term has been rewarded.

Mrs Lhuede – Garden Guardian

Band and Choir News

Choir Update
Thank you to all our dedicated children who have been attending lunchtime choir rehearsals in preparation for the Warringah Mall performance on Friday 24 October (12 midday- 12.45pm). There will be three songs performed by the choir and a program performed by Sacred Heart Training and Concert Bands. A permission note will be given to all the choir children also containing further details.

We would love to have any family and friends in our audience to support us!

Band News
If you have a child in Year 2 or Year 3 who is interested in joining our Training Band in 2015, over the next few weeks a band performance and information session will be held. Now is the time to start talking about your child’s interest! Also, interested parents or children are welcome to call into a rehearsal to see what goes on - we rehearse every Wednesday (Training Band) and Thursday morning (Concert Band) from 7.45am in the hall.

Currently the bands are preparing for the Warringah Mall performance on Friday 24 October. All our band children are committed to their practice and attendance to rehearsals. Thank you to our band parents for your support too! A permission note will be given to each band member containing further details.

At the end of last term, awards were presented for outstanding commitment to practice. Nick Scarf (Dad to Luca, Trumpet) provides sponsorship to both bands through his business RE/MAX. Nick is in attendance at every band rehearsal and also encourages and supports our musicians through a practice incentive program. Thank you to Nick for his time and dedication too!

Clare McFadden
Morning Kiss & Drop Zone Roster

Thank you to all the volunteers on our Kiss and Drop morning roster. If you are able to help, please contact Selina Nichols: 0416 157 198 or email nicholsselina@gmail.com.

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<tr>
<th>Monday</th>
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<td>20 October</td>
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<tr>
<td>Lisa C</td>
<td>Lucy B</td>
<td>Linda M</td>
<td>Karen L</td>
<td>Lisa P</td>
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<td>27 October</td>
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<td>Selina N</td>
<td>Colette B</td>
<td>Eloise C</td>
<td>vacant</td>
<td>Kellie C</td>
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<td>3 November</td>
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<td>Anna R</td>
<td>Leonie S</td>
<td>Sheridan P</td>
<td>vacant</td>
<td>Kylie D</td>
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Happy Birthday

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

Molly S  | Rosie M  | Benjamin C
Annelise S| James B  |
Caitlin W | Luke S   |
Lauren B | Mackenzie B

School Awards

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<th>4F</th>
<th>5B</th>
<th>6M</th>
<th>3-6S</th>
<th>Community Award</th>
<th>Principal's Awards</th>
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Canteen News

CAINTE ROSTER (start 9.30am - finish 1.45pm)

| Mon 20/10 | Kylie D, Belinda W, Alexia B |
| Thur 23/10| Maria K, Zoe W, Julie F, Karen N |
| Fri 24/10 | Angela S, Chantal W, Fiona M, Eloise C |

Our term 4 roster is a little sparse on the following days listed. If you would like to help out in the canteen and can spare some time, either 9.30am-1.45pm or 11am-1.30pm please contact either Kay or Marie.

Fri 17 Oct  | Mon 10 Nov  | Thur 20 Nov  |
Fri 7 Nov   | Friday 14 Nov | Mon 15 Dec |

Save the Date: This week we will be sending home an invitation to all our volunteers for our annual “Thank You Morning Tea”! It will be held on Tuesday 18 November in the school hall from 9am. It will be a fun filled morning with a lucky door prize as well as special thank you’s and yummy treats to eat!

Please send back your RSVP’s (yes or no) either to the office or drop into the canteen letter box.

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

Signed ........................................ Date ........................................

Print Name ........................................
Johnson Bros at Mona Vale are currently running a colouring competition for students in conjunction with stars from The Block appearing at their store this Sunday. Children were given forms to colour today - it is a picture of a cubby house with children, The Block logo and Mitre 10 logo. The completed colouring and entry form needs to be returned to the store prior to Sunday.
Community Notices

Relative and Kinship Carers Coffee & Chat

Are you a relative or grandparent who has taken on the full time care of children in your family?

Relative and Kinship Carers are invited to a new free Coffee and Chat on the Northern Beaches

Date: Starts Monday 3rd November 2014 and then the first Monday of every month during school term

Time: 16:00pm to 12:00pm

Venue: South Hall, Brookvale Community Centre

Address: 2 Alfred Road, Brookvale (close to Brookvale Oval, on corner of Pittwater Road)

RSVP ESSENTIAL to Sandra Kessler, CONN Mat Cntct Regional Coordinator Mobile: 0420 955 364 or Email: mossie_bluebird@optusnet.com.au
Or Sue Johansson, Community Builders Pittwater, Relationships Australia Call: 1800 724 120 or Mobile: 0418 895 921 or Email: sue.johnsson@relationships.org.au

Connecting Carers NSW (CONN) provides support to foster, kinship and relative carers across New South Wales. We offer Carers a 12 hour telephone support, ongoing education, peer support, advocacy, camps and conferences to assist Carers in their vital role caring for children and young people in out of home care (OHC).

Community Builders, Relationships Australia is a program designed to connect people to their community. Our service provides a portal to access information and services. We currently run parenting programs, healthy living seminars, grandparents playgroups and supported playgroups for vulnerable parents. We provide support at Merity Court through the Parenting Domestic Violence Court Advocacy Program and we operate part of our programs through sub-schools in community spaces across the Northern Beaches.

Community Builders Pittwater

Parenting children with AD/HD

A 5 session parenting program for parents of primary school aged children with AD/HD

Would you like to learn how to:

- Understand AD/HD behaviours and how it impacts on family dynamics?
- Develop a more positive relation with your child?
- Use new strategies in managing AD/HD type of behaviours?
- Build your child’s self esteem?
- Develop better support networks for your child?

This group program has a practical approach with lots of room for discussion, practice and reflection, with a focus on self-care. The course is suited for parents who have a child who has recently been diagnosed with AD/HD, or those who are in the process of being diagnosed.

Where: Warriewood Surf Life Saving Club, Narrabeen Park Parade, Warriewood

When: Tuesdays 10am – 12pm

Start date: 4 November 2014

Presenters: Godliefie Hofman-Verkuy Location: Good Family Life

Sue Johansson – Community Builders Pittwater, Relationships Australia

Costs: $180. Places are limited to 10 participants.

*Relationships Australia will be offering discounted places for parents suffering financial hardship - contact Sue Johansson on 0455 855 963 to check eligibility.

Contact: For more information and to book: Godliefie on 0425 256 969 or info@goodfamilyle.com.au

Community Builders Pittwater

Warriewood Grandfriends Group

Are you a grandparent caring for your grandchildren?

Would you like to:

- Connect with your grandchild through craft, story time and music?
- Meet other grandparents to share experiences?
- Become part of a weekly playgroup run by grandparents?

When: 9.30am – 11.30am Thursdays during term

Starts Term 4: Thursday 9th October 2014

Where: The Hub (next to Swish), Golden Warriewood Shopping Centre, Cordeaux Road, Warriewood

(Grandfriends has moved from Mona Vale to Warriewood)

Cost: Annual cost: All members need to obtain Playgroup NSW membership for insurance ($39)

Weekly cost: 000 * Special rate for Term 4 only: * Gold Coin donation

As of Term 1 2015: Playgroup NSW term fees will apply

Contact: Sue or Jane, Community Builders Pittwater, Relationships Australia

Call 1300 734 120 or email: cbpittwater@rooaw.org.au

Find us on Facebook: https://www.facebook.com/communitybuildersr

This project received funding through Pittwater KSL Club’s CH444NTS scheme

CHILL OUT TUESDAY

Promoting Mental Wellbeing in Families

Tuesday 28 October 2014

9.00am – 2.30pm

Guest speakers throughout the day

- Learn techniques to nurture emotional wellbeing within your family from clinical psychologist Dr Veronica Harris
- Black Dog Institute will present on Navigating Teen Depression – how to support a young person you care about, and to build resilience
- Learn tips on how to support your anxious child by Godliefie Hofman-Verkuy, experienced parenting educator and family worker
- Hear from the Be Centre about the importance of play and how families can strengthen bonds and have fun at the same time
- Access information on mental wellbeing for families

Publicity is limited and bookings are essential

RSVP: By Friday 24th October for catering purposes

Venue: Warriewood Surf Club, Narrabeen Park Parade, Warriewood Beach

Cost: Gold Coin donation. Morning tea and lunch included

Contact: Sue Johansson at Community Builders Pittwater, Relationships Australia on 1300 734 120 or email: sue.johnsson@relationships.org.au

Like us on Facebook to keep up with local news and all our events: https://www.facebook.com/relationshipswest

Family's Community Services

Family's Community Services

Family's Community Services
Mona Vale Laneway Night Markets

Laneway between Mona Vale Memorial Hall and the Library - 5pm to 9pm

Pittwater Council is hosting the Mona Vale laneway night markets on the following Friday evenings:

- 17 & 31 October
- 14 & 28 November

- Hot food stalls
- Live Music
- Come and relax and enjoy the ambience of the friday night laneway markets

For Information: Nikki Griffith on 9970 1165 or email nikki_griffith@pittwater.nsw.gov.au