Term 4 Week 7 - 19 November 2014

Dear Parents

Happy Well Being Week!

At the end of the year we will say a very fond but sad farewell to Miss Carmel Mitchell who is retiring from teaching after a long and dedicated career. Knowing Carmel so well I am sure she will not rest after her teaching career and she will look for volunteer opportunities to share her many talents with others. Carmel has taught for many years for the Diocese of Broken Bay and taught hundreds of children over that period of time. I have always known her as a caring teacher who gives her all to the children in her care. Carmel has always been an advocate for social justice and for others who have no voice. She is our voice of reason and care on the staff and always sees when someone needs help. We will miss her humour, her friendship and her wise council as she embarks on the next exciting journey of her life. We will have a chance to say farewell appropriately at the end of the term.

Lots of reminders in this week’s newsletter to help you cope with the business of the upcoming weeks.

This Friday 21 November please join Mrs Wheen in classrooms for Learning Walks, straight after morning assembly. The school’s focus has been on writing, and the children would love to share their writing examples with you. The classrooms will be open for 15 minutes after assembly.

Volunteering at school – with the introduction of new working with children rules last year, we had requested all parents who volunteer in the school complete a new Declaration for Volunteers. The office holds 136 current Declarations.

In 2015 parents will not be able to volunteer at school without a current Declaration. This will include canteen, excursions, library, sport days, incursions and helping in classrooms. If you are unsure whether you have a current Declaration on file at school, please telephone the school office. You can download a Parent Volunteer Declaration Form from our school website here.

Medication held in sick bay - we ask parents to take responsibility for noting expiry dates of medications supplied to the school. Please ensure your child’s medication is in original packaging and labelled with student’s name and dosage. If you do not have a record of the expiry date on your child’s medication, please telephone the school office.

Some of the dates for the beginning of 2015, staff development days and holidays are up on our school website. Please take these into consideration when booking holidays, particularly the assessment days at the beginning of term 1, 2015. All children must attend a compulsory assessment appointment on one of the assigned days.
Forward Planner
28 Nov  Whole school end of year function – Outdoor Cinema Night – Despicable Me 2
29 Nov  Blessing Mass for Kinder 2015 (5pm Saturday)
03 Dec  Yr 1 Aquarium Excursion
05 Dec  Yr 2 Pittwater Sports Centre Excursion
12 Dec  Meet new Principal, Suellen Garey and Thank You Morning Tea hosted by P&F (all welcome)
12 Dec  Yr 4 Flying Fox Park Excursion
16 Dec  Yr 6 Graduation Mass and Dinner (5pm start)
17 Dec  End of Year Mass at 11.30am (last day for students)

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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<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>
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<tr>
<td><em>LEARN AND LET OTHERS LEARN</em></td>
<td>Our Respectful Relationships focus for this week is:</td>
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<td><em>TAKE TURNS</em></td>
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Messages from the Office

School Buses – information on bus numbers and routes can be found on the Sydney Buses website [here](#). Select Sacred Heart from the drop down menu and navigate.

Children who currently hold a bus pass for 2014 will automatically receive a new pass for 2015 **EXCEPT CURRENT YEAR 2 STUDENTS**. Year 2 students **MUST RE-APPLY** to receive a pass for 2015 (if he/she is **eligible**). If your child is eligible, you will have received an application form which must be returned to the school office no later than **Monday, 1 December 2014** for processing.

School App – Download links and Tip Sheet

Tip Sheet for the app can be found [here](#).

Family Registration Forms - If you have not returned your form (even if you are year 6 and leaving the school) would you please return your form as soon as possible.

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.

New Privacy Laws – with the introduction of new privacy laws in Australia, the CSO has advised we are no longer allowed to provide parents with a “Class Contact List”, as we have done in the past (ie parents’ phone numbers).

Birthdays / Ice Blocks - we request ice blocks only be brought in on canteen days when we can store them in large freezers, ie Mon, Thurs and Fri. *Ice blocks and cupcakes can only be brought to celebrate a birthday (no other purpose please).*
It seems too early to be thinking about Christmas! However, the rest of the term is a busy and families are being stretched in many different directions. Now is a good time to think about how your family can support those families and people who are less fortunate than us. Your support with our Christmas Hamper Appeal is very much appreciated.

Pittwater Parish is renowned for its 5pm Children’s mass on Christmas Eve and of course we need lots of helpers and children to participate. Included in this newsletter are slips for people (to return) who are able to assist with setting up on Christmas Eve, and children who will be attending so we can begin to organise readers and actors.

**Christmas Hampers**

Thank you to the many families who have already donated to our Christmas Hamper Appeal. Please bring in your donations by **Monday 24 November**. The Mini Vinnies Team will be organising the hampers on **Wednesday 26 November** with Virpi Tuite and myself.

Each year at this time we run our Christmas hamper appeal. The Liturgy Team is organising a collection of non-perishable food, which will be distributed to families through the St Vincent de Paul Society.

Once again, Sacred Heart will also be supporting Cana Communities. Cana Communities began as De Porres House in 1975 and has continued under the name Cana Communities Inc in 1995. In that time, the organisation has set up overnight shelters, homes, and most recently, has partnered in a farm project. The organisation is mostly run by volunteers, and is solely reliant on donations from the community. They receive no government funding and are grateful for our support.

Students are asked to donate goods to families and people in need, so that they too may enjoy the delights that Christmas brings. The following are the requests:

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<tr>
<th>Item Code</th>
<th>Description</th>
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<tr>
<td>KN</td>
<td>SOAP, TOOTHPASTE, DEODORANT</td>
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<tr>
<td>KP</td>
<td>SAVOURY BISCUITS</td>
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<tr>
<td>1T</td>
<td>TINNED FRUIT</td>
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<tr>
<td>1F</td>
<td>FRUIT CAKE</td>
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<tr>
<td>2M</td>
<td>SHORTBREAD OR BISCUITS</td>
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<tr>
<td>2D</td>
<td>LONG LIFE JUICE or MILK</td>
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<td>3R</td>
<td>CHIPS OR PRETZELS</td>
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<tr>
<td>3W</td>
<td>TINNED TUNA OR SALMON</td>
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<tr>
<td>4M</td>
<td>PASTA AND PASTA SAUCE</td>
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<tr>
<td>4F</td>
<td>CANNED SOUP, SPAGHETTI etc</td>
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<tr>
<td>5B</td>
<td>BOX OF 100 TEA BAGS</td>
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<tr>
<td>5S</td>
<td>250g JAR OF COFFEE</td>
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<tr>
<td>6M</td>
<td>CORNCHIPS/SALSA</td>
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<tr>
<td>6W</td>
<td>LOLLIES</td>
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Please be generous with these appeals as your care and compassion is a powerful message for your children to witness. In our own small way, we can make a difference at Christmas time.

**Helpers for Christmas Eve Mass!**

There will be Christmas Eve Mass in the school grounds at 5.00pm on Christmas Eve. We are seeking a team to work with us in preparing and assisting with this Christmas celebration. We will be working closely with the Parish for co-ordination. Help will be needed with ushering/crowd control, stage setup, the nativity play, chair set up and putting away chairs after the 9pm Mass, decorating etc. If you feel you would be able to help in any way, we would very much like to work with you in making Christmas Eve a special evening. **We will hold a meeting closer to Christmas to discuss details.**

Please fill out the form below if you can assist and return to Chris McBryde. Thank you in advance! If you would prefer to email your reply, please email to shmv@dbb.catholic.edu.au with the heading “Christmas Eve Mass Helper”.

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**Christmas Eve Mass Helpers**

I, ____________________________ am interested in working with the Parish/School in coordinating/helping with the Christmas celebration to be held in the school grounds on Christmas Eve at 5pm.

My contact details are: ____________________________ (phone)
_____________________________ (email address)
Christmas Eve Liturgy/Play Participation (Children)
I would like to include the children from our school who will be attending the Christmas Eve Liturgy/Play to take on roles, e.g. readings, dancing, singing, etc. If you know that you will be attending the liturgy and would like your child/children to be involved, please indicate on the slip below and return to school for the “red bag” or to Mrs McBryde.

If you would prefer to email your reply, please email to shmv@dbb.catholic.edu.au with the heading “Christmas Eve Liturgy Child Participation”.

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Christmas Eve Liturgy/Play Participation (Children)
I will be attending the 2014 Parish Christmas Eve Liturgy and my children are able to participate.

Child’s name: ____________________    Class:  __________________
Child’s name: ____________________    Class:  __________________
Child’s name: ____________________    Class:  __________________

Parent’s Signature: __________________________    Date ______________________

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Altar Server Training
Altar server training will continue on Thursday this week from 3pm – 3:45pm. I will accompany the students down to the church and they can be collected at 3:45pm

Dates to Remember
12 Nov  Year 3 Class Mass at 9:15
15 Nov  Year 4 Family Mass at 5pm Sacred Heart
19 Nov  Year 5 Class Mass at 9.15am
26 Nov  Year 4 Class Mass at 9:15am
16 Nov  Year 6 Graduation Mass and Dinner at 5pm
17 Dec  End of Year Mass at 11:30am

Good News of the week and Prayers
Congratulations to Lisa and James Firman on the safe arrival of their triplets: Patrick, Elise and Sophie. Please keep the Firman Family in your prayers.

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

Year 3 Excursion Recount

Last week year 3 had an excursion to Mary MacKillop Centre at North Sydney and the Hindu Temple. Below are some recounts from the children:

On Thursday 13.11.14 Year 3 went on an excursion. We went to the Mary Mackillop Centre and the Hare Krishna Temple in North Sydney. First we went to the Mary Mackillop Centre. I thought it was really fascinating. I took a notebook and wrote so many interesting facts I learnt there, for example Mary’s mother Flora and she travelled by boat but on the way the ship hit a rock and sank, Flora was 71 years old and out of 71 people her body washed up and Mary got to bury her mother. We also saw her bedroom and where she lived with her sisters and I thought we were very lucky to see her tomb and while we were at her tomb we all got to say prayer. I really enjoyed going the Mary Mackillop Centre and I hope I can go again someday.
After that we all went to the park and had lunch.

Next we were off to the Hare Krishna Temple. We only had to cross the road to get to the temple. I thought we all looked like ducks crossing the road together! When we got there we took off our shoes and went inside. Inside we learnt a chant and were told some stories.

I really enjoyed the excursion and I hope I can go again sometime.

Sarah K, 3R

On Thursday 13.11.14 Year 3 went on an excursion to the Mary Mackillop Centre and the Hare Krishna Temple in North Sydney.

When we got to North Sydney, we went to the Mary Mackillop Centre and had little lunch. Then we went into the Centre to have a look. I thought it was very fascinating and really interesting. We learnt all about Mary Mackillop's life and her family. There were photos of her school and we saw where she lived, where she cooked and her house. The tour guide showed us Mary's tomb. I truly thought this was amazing! I knelt down beside the tomb and said a prayer.

After the exciting and amazing Mary Mackillop Centre we all needed lunch. We sat down at a nice park and ate.

Next we went to the Hare Krishna temple, this was amazing too. We learnt a song and danced, talked about positive stories and asked some questions. It was a beautiful temple with lovely pictures.

Overall it was an exceptional and interesting excursion and I really hope I can go again!!

Eva H, 3R

When Paula Robinson came to Sacred Heart to talk about building a family's mental fitness last term, one of the things she talked about was strengths. She encouraged us to talk to our children about their strengths, our own strengths and about spotting strengths in others. She gave us a list of strengths that people can have: love, kindness, social intelligence, appreciation of beauty and excellence, gratitude, hope, humour, spirituality, self-regulation, prudence, humility, forgiveness, leadership, fairness, teamwork, perspective, love of learning, judgement, curiosity, creativity, bravery, perseverance, honesty, zest. Check out http://www.viacharacter.org/www/Character-Strengths/VIA-Classification#nav for descriptions of what each means. Some ways of talking to your children about strengths is to write the strengths on post it notes or get them to create a wordle. Talk about what each means. Ask them to pick about four or five strengths that they think they have, that they think their siblings and you have, then extend to grandparents, other family members, friends. Do the exercise yourself or take the survey at www.viacharacter.org. My older children enjoyed doing the survey too.

As it's wellbeing week the children are talking about social and emotional learning with their teachers. This week in school:

- They had their last respectful relationship groups this Monday - maybe ask them what book they read in their groups and what it was about.
- In the classroom, they each coloured in a piece of a jigsaw puzzle to show them that they are "younique" yet all fit together.
- They have been talking about resilience all term and what that means.

Come and join in the "Learning Walk" following assembly this Friday to find out more about what your children have been learning in their classes.

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.
This year the P&F will be holding a ‘thank you’ morning on Friday 12 December at 9.15am. It is our way of saying thank you to all of you who assist the school. 2014 has been a great year for the P&F which all started with the opening of the Fiona Graham-Coffee Library. We have been able to purchase new equipment for the Kid’s Corner and put money towards the purchase of computers, iPads and pay for netting to be installed between the church and school to stop balls going over the fence. We funded the Sacred Heart Fun Day, The Fiona Graham-Coffee Award and we are funding the Cinema Under the Stars on Friday 28 November proving we are not only about raising money but we are very much about giving – giving back to the school.

Sacred Heart is extremely lucky to have a wonderful Uniform Shop overseen by Veronika S and Clare B for the past four years with Angela B and others assisting. This Uniform Shop reports to the P&F, we buy the uniforms and all proceeds are returned to the P&F and therefore to the school. These ladies work tirelessly, giving up their time at least three days every week to ensure the smooth running of this shop and making it possible for our children to always look impeccable. The uniform shop welcomes second hand clothing from those students leaving the school or those who have outgrown their uniforms. On behalf of the P&F we thank you.

Lastly, please don’t forget about Cinema Under the Stars – Despicable Me 2, rated PG screening on Friday 28 November. Can’t wait to see you all there.

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

**DESPICABLE ME 2**

**RATED PG**

Band and choir 6.30pm
Movie 7.30pm

There will be popcorn and gelato available to purchase on the night, but we ask that you bring you own drinks (and cheese and nibbles if preferred). The movie will be shown in the school grounds immediately after the band and choir have performed their Christmas repertoire.

*Our preference is for picnic rugs, cushions or small bean bags so views are not obstructed.*

*There will be a “chair zone” at the back of oval if your preference is to sit in a BYO chair.*

Please complete your RSVP and return it to the office along with your $10 no later than 21 November 2014.
On Tuesday morning we held our annual volunteer morning tea. It was lovely to spend some quality time with everyone as its usually so fast paced in the canteen. We had two volunteer of the year awards, Virginia T and Angela B. We had lucky door prizes and farewelled some of our long standing helpers. We have included a few pics!

Volunteers: May we ask that all volunteer forms for 2015 be sent back either to the canteen or office asap.

Help: Friday 5 December. If you are able to help out on this day please contact Kay 0416 262 458

Online: Thank you to all the families that have gone online and registered with School 24.

As we will be using this system for payments for Mother’s day, Father’s day and other special events it would be helpful to have as many families online ASAP. Please contact us anytime if you have an issue or need help.

Kay & Marie – Canteen Coordinators
Happy Birthday from all at Sacred Heart to the following students who celebrate a birthday during the coming week:

Felix T  Lilian H  Zara W
Max E  Tahnee R  Phoebe H

School Awards

| KN | Ashmita N, Indi F, Jasmine S | KP | Molly R, Nikola K, Claire B |
| 1F | Arianna F, Jackson Y | 1T | Harrison D, Illuka O |
| 2D | Cooper L, Ella May | 2M | Harry C, Billy A |
| 3R | Ryan O, Alana R, Lucy C-B | 3W | Oliver R, Sophie O, Hester G |
| 4F | Mark C, Maya K | 4M | Nicholas B, Abi L, Jon-Luca N |
| 5B | Maya L, Hayley McD | 5S | Rosie N-B, Jessica S |
| 6M | Martin S, Anelise F | 6W | Sean B, Kai D |
| 3-6S | Alush W, Arturo V | |

Principal’s Awards: Charlotte M, Stephanie B
Community Award:

Uniform Shop News

Our last day of uniform shop for the year will be Monday 8 December. We will then be closed for stocktake and will not re-open until Term 1, 2015.

Veronika & Clare

Band and Choir News

Our choir and bands are preparing for a fun and entertaining performance at next Friday's evening concert. Congratulations on your dedication children!

A note will shortly be sent home to musicians and singers parents/ caregivers with more details.

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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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>17 November Selina N</td>
<td>18 November Colette B</td>
<td>19 November Eloise C</td>
<td>20 November Shanna C</td>
<td>21 November Kellie C</td>
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<tr>
<td>24 November Anna R</td>
<td>25 November Leonie S</td>
<td>26 November Lisa D</td>
<td>27 November Georgie C</td>
<td>28 November Kylie D</td>
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Developing self-esteem

Children's feelings of self-worth or self-esteem influence their happiness, success at school and the way they relate with others. Their self-esteem is influenced by their experiences of success and the messages they receive from those around them. Children with a healthy level of self-esteem usually take sensible risks and extend themselves more, as they have a realistic view of mistakes. Failure doesn't reflect on them personally, they are still OK and they won't fall apart when things don't go their way. Children with a healthy self-esteem tend to be more resilient and cope better with problems and any changes that may occur.

Parents can influence children's self-esteem by helping them experience success, no matter how small and by sending positive, realistic messages about them and their abilities.

**Bright ideas**

- Develop independence in children. Allow children to do things for themselves as soon as they are able. This sends a powerful message that you think that they are capable and able to take some control over their world.

- Celebrate children's efforts and achievements in an enjoyable way. Have a display space at home for schoolwork, art and awards they have received. Change the display frequently and make sure that each child's efforts are represented.

- Send frequent positive messages to children. Focus on their strengths rather than criticising weaknesses and continually pointing out misbehaviour.

- When providing feedback mention a strength first—'Matthew, I like the way you put expression in your voice when you read. Now let's work on some of these words you are having trouble with.'

- Value your children's ideas, thoughts and opinions. Listen to them and help them to express their feelings and thoughts. Accept rather than reject their ideas even though you may disagree with them.

- Help children experience success by breaking complex tasks into achievable goals. For instance, a young child can learn to make a bed by first arranging teddies, smoothing the doona and progressing from there.

- Teach children to establish realistic goals. For instance, if they wish to learn to cook they may set out to learn ten recipes in a year. Help them make up a plan of action to achieve their goals.

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Community Notices

Pittwater Council
Do you have questions about building works, a secondary dwelling or your pool fence? Come along next Wednesday night for a quick consultation with Council staff and have your questions answered. Bookings are essential - see advert below.

Netball Registration – Mona Vale Commodores 2015 Season
Come and play NETBALL with your local club Mona Vale Commodores in 2015.
- Form a team now and register now for 2015.
- Don’t travel for training – we train at Mona Vale or Warriewood.
- Come on your own, come with a friend, or come as a full team. New players and teams welcome. All ages & abilities welcome.
- Register online NOW for early bird discounts at www.monavalecommodores.com
- OR register at Club Registration day Saturday 31 January 2015, 10am to 1pm at Pittwater RSL Club
- Enquiries Mona Vale Netball Club - mvcom.registrar@yahoo.com.au

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

Your questions answered
Swimming Pool & Building Information

Wednesday 26 November 2014
Do you have questions about building works, a secondary dwelling or pool fence? Come along for a quick consultation with Council staff and have your questions answered.

Topics may include:
- Secondary dwellings as complying development
- Development matters – approval & certification process
- State Environmental Planning Policy (exempt and complying development codes)
- Swimming pool fencing and regulations

Bookings essential.
Appointed times between 6.30am - 8.30pm at Newport
eceducation_team@pittwater.nsw.gov.au or 9970 1194
*Please bring supporting documents, photo or plan that may assist