Term 1 Week 10 - 1 April 2015

Dear Parents

Lent is nearly over and we look forward to celebrating the Resurrection of Our Lord. The Resurrection however isn’t just a happy ending to a sad story, it is the beginning of a new story not only for the disciples of Jesus but for Jesus’ disciples of today – us. This extract from a Newspaper editorial, offers real relevance to the Easter Story.

“Easter is essentially a universal story that reflects and reinforces this message: that if we allow it to happen, light can overpower the dark, that despite the fact that we live in an unpredictable world where unimaginable suffering can seemingly appear out of nowhere, it need not in the end overwhelm us.

In our society, suffering is seen as uncool. We take great lengths to avoid it and hide it in a pile of tinsel and wrap it in distractions.

But Easter is a reminder of the inevitability of suffering and death that is part of the human story.

It is also a reminder of the fact that this is not the end of the story. That its final chapter is not an end but the possibility of a new beginning.”

So what will we do with Easter in our lives this year? Confine it to rabbits, eggs and buns, or will we take its true significance into our daily lives and live its message of hope through any circumstance we might have to deal with.

“Whatever our cross, whatever our pain, there will always be sunshine after the rain. Perhaps we may stumble, perhaps even fall, but God’s always there, to help us through it all.” –Author Unknown.

“Lord, we thank You for Your Spirit being patiently with us.
Help us to engage Your Spirit
in all we do today.
Amen.”

All Year 1 enjoyed the Farm experience last week and kinder had a lovely Easter picnic at Flying Fox Park this week. The kindy farm fits into their Science & Technology unit “Paddock to Plate”.

The unit explores different forms of food and where they originally came from (Outcome: ST1-11LW). “We have been investigating the journey of milk from the farm to the shop and have discussed the processes it can undergo to become butter, yoghurt, cheese and other dairy products. We have also been discussing how living things need food to stay alive and healthy”. Miss Fisk & Mrs De

SHMV Policy Development

Our school is registered as a Sun Smart school. Thus the following policy is endorsed.

Scheduling outdoor activities - Where possible, we schedule outdoor activities outside peak UV times

Shade - The availability of shade is considered when planning all outdoor activities and excursions.

Hats - Students are encouraged to wear sun-safe hats that protect the face, neck and ears when outside. Students who do not have a sun-safe hat are asked to play in the shade.

Clothing - Sun-safe clothing is part of our school and sports uniforms, shirts with collars.

Sunscreen - We encourage the use of sunscreen.

Role modelling of staff - Staff are asked to role model good sun protection behaviours, wearing sun-safe hats, clothing and sunglasses.

Curriculum - Teachers include sun protection principles in teaching programs for all year levels.

Informing the school community - Sun protection information is regularly promoted to the school

Review - School parent body and staff will regularly monitor and review the effectiveness of the Sun Protection Policy.
KidsMatter
As part of the KidsMatter Mental Health Initiative we would like to offer two programs for students this year. The first is for students who are experiencing anxiety (CHILL) and the second is for students who have experienced a significant loss (Seasons for Growth).

The CHILL program: is an 8 week school based program where there is a focus on teaching students strategies to help manage worry and anxiety experiences. Children participating in this group will have the opportunity to discuss their individual concerns and will have the opportunity to practice skills designed to help them deal with and problem solve difficult situations. The program is facilitated by Concepts Psychological Consultants. If parents obtain a Mental Health Care Plan from their GP, rebates may be accessed for this service and at times cover the full cost.

Seasons for Growth: is a small group loss and grief education program. The Young People’s Program aims to strengthen the social and emotional wellbeing of children and young people (aged 6 -18) who are dealing with significant loss or change including the death of a loved one, parental divorce or separation, the experience and aftermath of natural disaster and moving house or school as well as many other life changes and losses.

Small groups of 4-7 children work with a trained adult Companion (facilitator) who supports the children to have a say and learn new ways to think about and respond to the changes and losses in their lives. Children learn that they are not alone in dealing with the effects of change, loss and grief, and build their understanding and communication, decision making and problem solving skills as part of a supportive peer group.

If parents are interested in either program please speak with Mrs Garey or Mrs Woodward.

We are moving with the times as they say here at SHMV and in the interests of saving paper and caring for our environment, end of semester reports will be emailed home to the residential guardian. We are hoping this will occur on Friday 12th June. Please advise the office if your emails details have changed.

As the end of term approaches I would like to thank each and every one of you for your contributions in making Sacred Heart the school that it is. Sacred Heart is a unique school providing many opportunities for our students and I have been very warmly welcomed by all including parents students and staff.

It has been a term adapting to change but a term that offers great promise for what is to come. I hope that the Easter holiday enables you to refresh, relax and spend some time with those whom you love.

URGENT CANTEEN NOTICE - THURSDAY - NO LUNCH ORDERS
Unfortunately the canteen will not be able to provide lunch orders tomorrow. If you have pre-ordered, would you please provide your child with lunch from home. Apologies for any inconvenience.

May the Joy of Easter be with you!
Mrs Suellen Garey
PRINCIPAL

Forward Planner
02 Apr - Last day term 1
20 Apr - Staff Development Day (No Students)
21 Apr - First day term 2 (Winter Uniform)
24 Apr - ANZAC / Easter Mass (11.30am)
25 Apr - ANZAC Day
26 Apr - Yr 6 Powerhouse Museum Excursion
29 Apr - Yr 1 Class Mass (9.15am)

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


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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>
</tr>
<tr>
<td><strong>MAKE GOOD CHOICES</strong></td>
<td><strong>WAIT POLITELY IF TWO ADULTS ARE TALKING</strong></td>
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</tbody>
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Year 6 Cluster Mass  
Year 6 joined other Peninsula Catholic Schools last week in attending the Year 6 2015 Cluster Mass at OLGC Forestville. The Mass was celebrated by our new Bishop, Bishop Peter Comensoli, and many other priests and dignitaries from the Catholic Schools Office attended.

It was a wonderful celebration and our Year 6 students represented Sacred Heart proudly. We were very impressed by their behaviour, their immaculate uniforms and their enthusiastic and reverent participation in the Mass. We all enjoyed Bishop Peter’s homily about being Ambassadors for Christ, and know that this is an important part of our leadership role this year.

Well done Year 6.

Mater Maria Catholic College Anti-Bullying Play  
Students from Year 11 Drama at Mater Maria visited Sacred Heart on Thursday 19 March 2015 with Mr Michael Rulli. Annually the class devises a play which shows what bullying looks like and gave some important lessons in combatting it. The play was put on for Years 3-6 and was very entertaining and involved the audience throughout. They showed how important it is to tell the teacher “because when it comes to bullying, it’s not dobbing, it’s asking for help.” The play also emphasised the importance of the bystander and their responsibilities to support the victim which in turn disempowers the bully.

The actors were excellent and commented on how well the Sacred Heart audience responded not only to the play but to the discussion at the conclusion of the performance.

Sacred Heart was also lucky, because the Year 11 students also did a special performance for Kindergarten, and Years 1 and 2 which focussed on treating others nicely.

OSHC News (Out of School Hour Care)

We have been overwhelmed with the interest in OSHC so far this term. We have some days with limited availability.

We have lots of families enquiring about before school care. If we have enough interest, it is something we would like to open for families. If you would be interested in using the before school care service please contact the coordinator, Kylie Trabi, to register your interest at monavale.oshc@dbb.org.au

Please note you can download an enrolment form for after school care here.
LAST CALL FOR PARENT SUPPORT - Help Urgently Needed
Tuesday Afternoon Sports Skills Sessions – Term 2 (Weeks 4-8)
These sports sessions were extremely successful last year and many parents were hopeful that they could continue this year. As we have had very little response with regards to parent help we may not be able to offer these sessions to the children in Years 4 to 6 next term. Currently we have 5 parents offering to assist in both coaching and supervising roles. Unfortunately we need at LEAST 10 parent helpers in order to proceed.

If you can assist please let Stephanie Munro know ASAP by leaving her a message in the office. We would like to send forms out so that children can select the sport they would be most interested in trying.

We have currently organised the following sports: NRL Clinics, Basketball Clinics, Tennis and Touch Football.

We would like to offer Dance, Zumba or Yoga as one of the activities and would love a parent to offer this in the hall. If this sounds like you please let us know.

Jayne Wheen - Assistant Principal

Soccer Gala Day

Library News

Dear Friends,
Thank you for all your support in my book bonus challenge you have all helped me immensely in aiding other children to find the joy of reading. I feel very lucky to be surrounded by such a caring community at Sacred Heart. Enjoy your holidays and have happy Easter.

Many Thanks, Samuel C

Did you know?

Over 400 library books are borrowed and returned each week at Sacred Heart? We have a strong love for books at this school and a huge variety of books to choose from. Many children have borrowed extra titles to read in the holidays, these can all be included in the Premier’s Reading Challenge.

Thank you to Lynette and Bec for helping to shelve every Wednesday…. Couldn’t do it all without you! Also to all the Mums and carers who join us on Fridays to shelve, cover and help maintain our beautiful Library.

Have a wonderful Easter,

Melonie Harrison – Teacher/Librarian
Religious Education News

Prayer for Holy Week

Jesus my Lord, let me strengthen my courage by taking on the courage of all those people who have been "centurions" for me. Many have faced disasters and hard times with great constancy. The upper hand of evil never turned them against you. They kept going. Let me be like them, Lord. No matter what the cross, let me never stop declaring you to be "truly the Son of God, the source of my hope, the reason why I will never quit on life.

Fair Trade Easter Eggs
Please consider purchasing fair trade Easter eggs this Easter. This means that farmers are paid and treated fairly. Further information can be found on the following link: https://www.worldvision.com.au/Libraries/DTL_Demand_Ethical_Chocolate/Good_Chocolate_Guide_to_Australia_FINAL_Feb_2013.pdf. Aldi stock UTZ certified chocolate and Easter Eggs.

Thank you
Caritas Australia would like to THANK YOU for supporting Project Compassion. If you still have your Project Compassion box or set of envelopes at home, please bring them back next week or visit www.caritas.org.au to make your donation online.
Thank you for supporting programs around the world that provide vulnerable people with the skills and opportunities they need to establish sustainable food sources for life.
www.caritas.org.au/projectcompassion Tel: 1800 024 413

Dates to Remember
2 Apr Holy Week Liturgy at 11:30am (church)
24 Apr Easter/Anzac Mass at 11:30am

Easter Mass Times at Sacred Heart
Chrism Mass
31 March 2015 - 7.30pm Our Lady of the Rosary Cathedral, Waitara
The Sacred Pascal Triduum Mass Times 2015
Holy Thursday
2 April 2015 - 7.30pm Sacred Heart Church Mona Vale
Good Friday - 3 April 2015
10am Stations of the Cross
3pm Celebration of the Lord’s Passion
Sacred Heart Church Mona Vale
10am Stations of the Cross
3pm Celebration of the Lord’s Passion
Maria Regina Church Avalon
Easter Vigil - 4 April 2015
6pm (Family Mass) Maria Regina Church Avalon
7.30pm Sacred Heart Church Mona Vale
Easter Sunday - 5 April 2015
9am Maria Regina Church Avalon
8am • 9.30am • 4pm (Croatian) 6pm (Soul) Sacred Heart Church Mona Vale

Good News of the week and 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 Coordinator
Messages from the Office

NEW PROCEDURE – ADMINISTERING MEDICATION TO STUDENTS AT SCHOOL
The Catholic Schools Office has a new policy regarding administering medication to students at school. In order for ANY medication to be administered, a Request to Administer Medication at School form signed by the treating doctor must be provided with the medication. This also applies to “over the counter” medication.

The Request to Administer Medication at School form is available on our school website on the “News & Events – Administration Forms” page here and can be easily printed from the website at the doctor’s surgery.

Letters have been sent to parents of children we currently hold medication for indicating any new documentation required. Thank you to those parents who have already provided documentation.

Social Calendars – 2015 - Social calendars for each year group are currently being prepared by class parents and can now be found on the school website here and on each year group page. If you did not add your contact details to lists in classrooms on Parent Information Night, please contact one of your class parents to have your details included.

School items on loan - Could we please request all items of clothing, slings and bandages which are out on loan to children following accidents be returned to the school office freshly washed.

Email - All correspondence from the school is now sent home via email. If you find you not receiving our emails, your mailbox could be full or your security or junk mail settings may need changing. Please advise the school office if you change your email address.

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.

School App – Download links and Tip Sheet
Tip Sheet for the app can be found here.

P&F News

SACRED HEART FUNDRAISER
CHOCOLATE DRIVE

As part of Sacred Heart’s Fundraising, the P & F are having a chocolate drive. A box of Cadbury Caramello Koalas or Cadbury Milk Chocolate Freddos will be coming home with your eldest child early in Term 2 and we ask if you could please sell these between families, friends and work colleagues. We do not encourage students to go door knocking by themselves to sell the chocolates.

In the past this has been a great success, however, if you DO NOT wish to have a box brought home please notify the school office by Thursday 2 April 2015, otherwise chocolates will be distributed to each family.

Please return this slip to the school office by Thursday 2 April 2015

if you DO NOT WISH TO PARTICIPATE in the chocolate drive

Eldest Child Name: ____________________________
On behalf of the P&F I would like to thank Luke & Sam Downs for organising another successful Golf Day, a fun day had by all. I would also like to wish you all a Happy Easter and safe holidays.

Save the Date: “A Touch of Gold”
Saturday 13 June 2015
50 Year Jubilee Parent Social Night
Bayview Golf Club
Dinner and Children’s Artwork Auction

Buy Sporting Shoes or Football Boots and Raise Funds for the School!
If you are buying school or sports shoes from The Athlete’s Foot, a $5 donation will come back to our school! This is a major fundraiser for our school in 2015.

**What?** Any shoes for anyone in your family: Sport, School, or casual.

**Where?** The Athlete’s Foot Warringah Mall and Warriewood Centro stores.

**How?** When purchasing, just tell the staff at The Athlete’s Foot that you are from our school. Then every pair of shoes you purchase will generate a $5 donation back to our school plus contribute to a reward voucher for your family as well.

*Lynette Suchanek, P&F Secretary - shpanfd@gmail.com.*

**Parent to Parent**

Key to positive improvement in a child's learning is the engagement of parents and care givers in learning at school and at home - so how can we continue to build on our children’s learning over the holidays?

Michael Rosen, a renowned author ("We’re Going on a Bear Hunt") and poet begins his Book "Good Ideas - How to be Your Child’s (and your own) Best Teacher" with a couple of gifts his parents taught him:

1. Be curious. Go on asking questions. Never stop wondering why or how or when or where. Never stop wondering why or how things link together or change. Always be curious.

2. Anything out there, any knowledge, any culture, anything going on, can be yours. You are entitled to find out about it and enjoy it. Just give yourself a chance with any of it. Give it a go.

A really simple message that we can so often forget. Whatever you do and wherever you go, these holidays, start a conversation with your child about their learning...

*Eloise Critchley (DPC rep), Fiona McCallum (KidsMatter parent rep)*

You can visit the Diocesan Parent Council website [here](mailto:sacredheartcatholic.catholic.edu.au).
Happy Birthday from all at Sacred Heart to the following students who celebrate a birthday during the coming week and the school holidays:

Alexa M    Greta H    Patrick B    Seth M
Mia Z      Roxi B    Daniel S
Jessica S  Lily B    Orlando S
Sasha D    Harry C    William C
Jade H     Anthony C  Taine C

School Awards

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<tr>
<th>KE</th>
<th>Lexi B, Samantha K, Kalan K</th>
<th>KP</th>
<th>Toby W, Samuel M, Elise S</th>
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<tbody>
<tr>
<td>1F</td>
<td>Rosie M, Ashmita N</td>
<td>1D</td>
<td>Alberto J, Natasha S</td>
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<tr>
<td>3R</td>
<td>Thomas S, Stephanie B</td>
<td>3C</td>
<td>Matilda S, Milana G, Cooper L</td>
</tr>
<tr>
<td>4B</td>
<td>Alana R, Phoenix D</td>
<td>4N</td>
<td>Jessica W, Joel P</td>
</tr>
<tr>
<td>6F</td>
<td>Sienna P, Zoey M</td>
<td>6W</td>
<td>Jarrod B, Sam C</td>
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<td>3-6S</td>
<td>Connor L, Fergus H</td>
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Principal's Awards: Aidan H (2B), Indiana L (2D), Anabel R (1F), Livia H (1D), Emma H (KE), Jordan S (KP)

Community Award:

Morning Kiss & Drop Zone Roster

Thanks to the parents who have volunteered to be on the morning kiss and Drop roster. If you are able to volunteer next term for a half hour of your time between 8.15am and 8.45am to do this valuable role, please contact Selina Nichols on 0416 157 198 or nicholsselina@gmail.com

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td>DEVELOPMENT DAY</td>
<td>21 April</td>
<td>22 April</td>
<td>23 April</td>
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<td>27 April</td>
<td>28 April</td>
<td>29 April</td>
<td>30 April</td>
<td>1 May</td>
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<tr>
<td>Anna R</td>
<td>Leonie S</td>
<td>Eloise C</td>
<td>Lisa P</td>
<td>Kylie D</td>
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<td>4 May</td>
<td>5 May</td>
<td>6 May</td>
<td>7 May</td>
<td>8 May</td>
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<tr>
<td>Kellie C</td>
<td>Karen L</td>
<td>Sheridan P</td>
<td>Shanna C</td>
<td>Lisa D</td>
</tr>
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Canteen News

**Canteen Roster (start 9.30am - finish 1.45pm)**

- **Mon 20 Apr**: STAFF DEVELOPMENT DAY
- **Thur 23 Apr**: Jacqui C, Theresa G, Emma W, Rochelle W
- **Fri 24 Apr**: Fiona M, Chantal W, Angela S, Danielle C

Mother’s Day Breakfast: Just a reminder that this year all monies for the breakfast/gift is to be paid on our on-line ordering system School24 by **27 April 2015**. All details are listed on the invitation which can be found on the school website [here](#).

Volunteers: A big thank you to all our term 1 volunteers. Your support and help is very much appreciated and we look forward to seeing you all again in term 2.

We would like to wish all the families of Sacred Heart a Happy Easter and a wonderful, safe holiday.

Kay & Marie – Canteen Coordinators
SAVED HEART
MOTHERS DAY BREAKFAST

Please join us for a delicious breakfast to honour our wonderful mothers, grandmothers and special women in our children’s lives

Wednesday 6th May 2015

7.00AM – 8.15AM  Breakfast (breakfast will be on the table at 7.00am. Food will stop at 8.15am)
8.15AM – 8.45AM  Open classrooms
8.45AM          Assembly with prizes
9.15AM          Mass, please come and share the Eucharist with us as we celebrate the gift of some very special people in our lives that take on the role of mothering our children.

BREAKFAST $10 per family  Gift $5 per child
RSVP MONDAY 27TH APRIL 2015
ONLINE ORDERING ONLY FOR MOTHER’S DAY EVENT

IMPORTANT - HOW TO ORDER:
1. Order under your registered school 24 account. (please refer to registration details if you have not yet registered – link to Canteen page on website with instructions is here)
2. Place your order under the “special event order section for Mother’s Day” on your home page
3. SELECT “eldest child payment” on the left hand side of the page under Mother’s Day Category
4. ONLY SELECT 1 QUANTITY OF $10 FOR YOUR ELDEST CHILD (this will be payment for all the family)
5. Please select the number of people attending then add to the cart.
6. If purchasing a gift, please select the number of gifts you would like to order then add to the cart.
7. Press the checkout tab submit, check your order, then scroll to the end and submit your order.

Volunteer helpers – We would love to have lots of dads, grandfathers or special men to help out on the day. Please fill out the volunteer note below if you are able to help

Any enquiries please contact either Marie Nero 0410 566 777 or Kay Neale 0416 262 458

MOTHER’S DAY BREAKFAST VOLUNTEER HELP

Name ___________________________ Phone & Email: ________________________________

Times Available: Tuesday (day before) 5th May
1.00pm – 3.00pm  ☐

Wednesday 6th May
6.00am – 7.00am  ☐  7.00am – 8.00am  ☐
8.00am – 9.00am  ☐  6.00am – 9.00am  ☐
Community Notices

Pittwater RSL Anzac Day Messages
If you would like to participate in Pittwater RSL’s Anzac Day celebrations, please fill out the Spirit of Anzac Message below and either return to the school office, or direct to the RSL Club.

SCHOOL HOLIDAY PROGRAMS
Venue: Careel Bay Tennis Club
Hitchcock Park, Avalon
Dates: 13th–17th April 2015
Contact: Pro Shop Ph: 99182737
Mobile: 0410523726

SCHOOL HOLIDAY PROGRAMS
Venue: Careel Bay Tennis Club
Hitchcock Park, Avalon
Dates: 13th–17th April 2015
Contact: Pro Shop Ph: 99182737
Mobile: 0410523726