Dear Parents

Term 1 Core Value: RESPECT
School Rule: Respect yourself, others and the environment
Expectation of Behaviour: Wear your school uniform with pride

There was a very large attendance at our first Hub meeting for the year, last night in the library. As well as presenting all staff to the parents I spoke regarding the recent bomb threats.

The recent spate of hoax bomb threats being made to schools throughout Australia and overseas has caused considerable disruption to those school communities receiving the calls. Understandably students, parents and staff in all schools are becoming concerned, regardless of whether or not a threat has been received. Although no Broken Bay Diocesan schools so far have been the targets of these hoax calls, it is quite possible that this may occur in the future.

Sacred Heart Mona Vale was impacted last week being in close proximity to the neighbouring public school where three threats were received.

Following exposure to such events and or situations, children are especially vulnerable to experiencing feelings of loss of safety, fear or apprehension. Parents can assist their child by reassuring them that although the threats have to be taken seriously, the nature of the threats is such that going to school at Sacred Heart should not be considered dangerous or risky and that the targeted schools were the victims of silly, mean-spirited behaviour of a few individuals.

Key things parents can do to support their child who may feel scared or worried as a result of the bomb threats.

Normalise. Let the student know that feeling scared, sad or angry after seeing or hearing about such events is normal and that the fear will subside.

Provide perspective. Answer questions, or correct inaccurate information honestly, simply and age-appropriately.

Provide a sense of safety and control. A sense of safety is created within the home and at school by maintaining routines, and discussing what, and who keeps them safe at home, at school and in the broader community.

Promote coping behaviours. Identify things they can do to help them feel better such as talk to a parent, write in a journal, play a game, go for a run or spend time with friends. Suggest they do one of these things when they feel scared, sad or angry.

Focus on helping. The famous Fred Rogers quote can be a helpful way to begin discussions.

‘When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’ To this day, especially in times of ‘disaster,’ I remember my mother’s words and I am always comforted by realising that there are still so many helpers – so many caring people in this world.’
Can I also assure you that Sacred Heart is prepared to deal with a bomb threat should one be received. Students have participated in lock down and evacuation drills, one drill is scheduled each term of the year and have been practised over the past years. If we were to receive a direct bomb threat we will evacuate all students and staff to a pre-arranged safe location, the Police will immediately be contacted and we will only re-enter the school after we have been given the all-clear by the Police.

As soon as all school occupants have been evacuated and are accounted for, you will be informed about the event by SMS. At this point, if you wish to collect your child, you may do so. If staff at the school consider that your child is traumatised or visibly upset by the events, we will call you personally to discuss how you would like us to proceed.

Most students will adjust to regular school routines quite quickly following situations such as this. It is important that you discuss any concerns you may have about your child to school leadership should they be displaying concerning behaviours.

If you hear about “Blue time” at school that is our alert to teachers that we need to move into a lockdown. According to the exact nature of the threat, adjustments are made to the level of response, trying to keep the level of anxiety at a minimum however responding as is necessary. At no time are the words “Bomb threat” used. Last Friday we were instructed by police to ensure no person came in or out of the school, and students not to leave classrooms.

Please be assured that we feel safe here at the school and that your child is in safe hands. Our focus is always first and foremost the safety of the children. Should you have any queries or concerns regarding this matter, please do not hesitate to contact me through the school office.

Mrs Suellen Garey
PRINCIPAL

Blessed are the Merciful, for they shall receive Mercy
Mt 6:7
Year of Mercy 2016

Like us on Facebook or follow us on twitter
Today 10 February is Ash Wednesday which signifies the beginning of Lent. Lent is a preparation for Easter and the focal point of the Church’s liturgical year. As we prepare for the most important of Christian feasts we are reminded of the love that God has shown in sending Jesus to us. Lent is a time of thanksgiving for what God has done for us.

Today we were privileged to welcome Reverend Peter Comensoli to Pittwater Parish to celebrate and lead our Ash Wednesday Mass. During his homily, Bishop Peter reminded us all of the 3 disciplines of Lent:

- To Pray
- To Give up things
- To Help Others

The students will have made, or be making, Lenten Promises in their classes. This could be a lovely way to begin a discussion with your child about the disciplines of Lent.

17 February Year 6 Class Mass at 9:15am
20 February Year 3 Family Mass at 5pm (Saturday)
24 February Year 5 Class Mass at 9:15am
2 March Year 4 Class Mass at 9:15am

Please keep in your prayers...
If you have any good news or if you need our prayers, please see me at school, contact me by phone.

Christine McBryde – Religious Education Coordinator

PARISH WEEKLY BULLETIN can be found here.

Sacrament of First Reconciliation & First Communion
Trybookings is currently open for online bookings for First Reconciliation and First Communion. Please visit the following Parish website link to enrol your child:


Don’t forget you will need your special unique code which was given to you at the parent information session.
If you have any questions regarding the Sacraments please call Angela Smit at the Parish office on 9997 7311 (ext 13).

Sacred Heart Church Playgroup – Recommences 15 February, 9.30-11.30am, All Welcome!

Angela Smit – Director of the Sacramental Ministry, The Catholic Parish of Pittwater
**Forward Planner**

10 Feb - Ash Wednesday
11 Feb - Swimming Carnival (Yrs 2-6) and Water Safety Day (infants)
20 Feb - Yr 3 Family Mass + Rite of Enrolment for Sacrament of Reconciliation & Eucharist
24 Feb - Michael Grose Seminar “Happy Kids” (at Sacred Heart)
03 Mar - Peninsula Swimming Carnival
04 Mar - Welcome BBQ

Our school calendar can be accessed on our school APP or website on the Significant Dates Calendar page here. Dates are constantly being added to our calendar and should be checked regularly by parents.

**Sibling Enrolments – Kinder 2017**

Enrolment packs were sent home yesterday to all families who have notified us they have a child of an age for enrolment in Kinder 2017. If you have a child due to start school next year and **DID NOT** receive an enrolment pack, please contact the school office.

There will be a group session for sibling parents outlining the opportunities the parish and school have to offer. This meeting will be held on Tuesday evening, **24 May 2016** from 7.00 to 8.00pm in the school hall. Either one or both parents must attend as this is an integral part of the enrolment process.

**Parent Volunteer & Literacy Session**

**Parent Volunteer & Literacy Session – 1 March 2016**

**Literacy** - This session is for parents wishing to help with reading and literacy in the classroom in 2016. **Volunteers** - All parents wishing to volunteer at school who have not previously attended a Parent Volunteer Session, are required to attend this session.

In 2016 parents will not be able to volunteer at school without a current Working with Children Declaration. This will include canteen, excursions, library, sport days, incursions and helping in classrooms. If you do not have a declaration on file, please see the school office or you can download a Parent Volunteer Declaration Form from our school website here.

**Jayne Wheen – Assistant Principal**

**Curriculum Notes – Term 1, 2016**

Curriculum Notes for term 1, 2016 can be found on our school website here.

**Messages from the Office**

**School Fees** – By now all families should have received their 2016 tax invoice by email. This was sent direct from the Catholic Schools Office. If you have not received your tax invoice, please contact the office.

**Email** - All correspondence from the school is 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 APP** – Our app has had some background work on the “calendar” button which has now been forwarded to Apple and Google Play. Once you download the update, your calendar will display. **Please check your APP for an update in the next 7 days.**

Tip Sheet for the app can be found here.
Swimming Carnival Reminders
We are looking forward to a great day tomorrow, please read the following reminders so that the day runs smoothly.

Children need to wear sports uniform with colour house t-shirt and swimmers on. Children need to pack hats, sun cream, food, drinks, cap, goggles and towel.

If a student is leaving before the end of the carnival please sign out with their COLOUR HOUSE teacher.

<table>
<thead>
<tr>
<th>Polding - Mrs Harrison</th>
<th>Keenan – Mrs Munro</th>
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<tr>
<td>Crawford - Ms Rudd</td>
<td>Gilroy - Mrs Russell</td>
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Students can only swim one distance per stroke as indicated on the entry form. If they ticked multiple freestyle races for example, they have been entered in the longest distance that was ticked.

Please read carefully the program handout which has been emailed today, or view on our website here. It includes the event numbers so you can read through it with your child tonight to ensure they know which events they are in. There is also information regarding the basic swimming rules that need to be followed to be selected for the Peninsula Team.

Please note that there are building works in progress at Manly Pool and parking may be difficult. We have included a map in the program handout which may be helpful.

See you at the pool!

* Michele Kerr – PE Teacher
* Swimming carnival coordinator

Little Einsteins’ Club
2016 will see a new club emerge that caters to children’s varied learning needs and talents. The Little Einsteins’ Club will aim to expose children at Sacred Heart to many varied, challenging and inspiring experiences.

Throughout this year we will aim to enter children into local competitions, courses and interest groups that present themselves within our unique community.

Our first initiative is to set up a Chess & Checkers Club. In last week’s newsletter volunteers were called upon to help quench the thirst of our students who are keen to develop their knowledge and skills in Chess and Checkers.

Our main goal this year is to give the students at Sacred Heart a chance to learn and be excited by their learning journey. If you have any ideas or you are an expert (or know of an expert) in any particular skill or field of knowledge eg science, coding, mathematics etc, I would be extremely interested to have a chat. Here’s to a successful, inspiring year!

* Michaela Browne - Gifted Education Coordinator

School WHS

**Sun Safety** – Please encourage children to check their school bag each morning for their hat prior to leaving home. Children who do not have a hat are required to sit on the silver seats during recess and lunchtime.

**Hydrate... it’s getting hot!** – Please ensure children have packed their drink bottle each day.
Happy Birthday from all at Sacred Heart to the following students who celebrated their birthday in January, and who have their birthday during the coming week:

Jack S, Naomi K, Lily M, Chantelle S, Harry G
Jack M, Kayla P, Hayley P, Angela M

School Awards

| KD  | Aisling M, Byron B, Lewis C |
| L1  | Elise S, Patrick H         |
| 2R  | Marik V, Bridget C         |
| 3F  | Lily K, Finlay M           |
| 4B  | Erin S, Nathan O           |
| 5B  | Kirra N, Chelsea S         |
| 6D  | Sienna B, Beau N           |
| 3-6S| Finley T, Jeremy R         |
| KS  | Jesse H, Jackson P, Mateja G |
| 1N  | Anderson L, Olive M        |
| 2S  | Zara E, Livia H            |
| 3P  | Kalista M, Lois B          |
| 4N  | Daniel S, Alana R          |
| 5N  | Jackson M                  |

Canteen News

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

| Mon 15 Feb | Kristina K, Bessie M, Margarita H |
| Thurs 18 Feb | Kris M, Mel S, Keiran E |
| Fri 19 Feb  | Angela S, Chantal W, Fiona M     |

Birthday Ice Blocks: If your child is celebrating a birthday and you would like to offer their class friends ice blocks, they can be purchased from the canteen ONLY.

**Unfortunately we are no longer able to store pre purchased ice blocks from outside the school due to lack of spare freezer space within the school.**

Reminder: Due to the swimming carnival tomorrow Thursday 11 February, the canteen will NOT be open for any lunch orders or counter service.

Kay & Marie – Canteen Coordinators

Uniform Shop News

Opening hours: Monday 8.30-9.00am  Wednesday 2.30-3.00pm  Friday 8.30-9.00am

If you have a school bag with a faulty zipper, please drop it into the uniform shop for repairs. A loan bag can be provided.

Veronika & Clare – Uniform Shop Coordinators

Kiss & Drop Roster

Thank you to the volunteers on the Kiss and Drop roster. We still require additional volunteers, if you are able to assist please contact Selina Nichols on nicholsselina@gmail.com for further information.

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>Feb 15</td>
<td>Feb 16</td>
<td>Feb 17</td>
<td>Feb 11</td>
<td>Feb 12</td>
</tr>
<tr>
<td>Kellie C</td>
<td>Lucy B</td>
<td>Melinda B &amp; Lynette S</td>
<td>Lisa P</td>
<td>Jo B</td>
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<tr>
<td>Feb 22</td>
<td>Feb 23</td>
<td>Feb 24</td>
<td>Feb 18</td>
<td>Feb 19</td>
</tr>
<tr>
<td>Selina N</td>
<td>Rebecca M</td>
<td>Melinda B &amp; Lynette S</td>
<td>Leonie S</td>
<td>Andy D</td>
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<td>Feb 25</td>
<td>Feb 26</td>
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<td></td>
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<td>Lisa D</td>
<td>Karen C</td>
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Pedestrian Crossing Safety from Ian, your “Lolly Pop Man”

When I went to school, there was a saying taught by the teachers and the Police Safety Instructors that visited Schools, that went as follows”

**STOP, look right, look left, look right again and if there are no cars cross the road**

This little bit of advice is still very relevant to provide safety for our children, but also for parents, carers and teachers.

However, the most important thing when the school crossing is active from 8.00-9.00am and 2.30-3.30pm is:

1. Always **STOP** at the crossing. (just a little back is best)
2. Do not approach the crossing as though you are going to cross without waiting
3. Wait for me to ask you across.
4. Preferably hold the hands of your very little ones

If we work together, we will help new parents and carers to understand the importance of crossing safety and, over time educate our newer children in road safety techniques.

**Ian – SHMV’s RTA Lolly Pop Man**

School Buses Information

Transport NSW are still processing Opal card applications. They have advised they have processed over 300,000 and are still continuing. Students in **year 3** who used the [online application form](#) should have received passes in the mail at home. Students who used the blue carbon copy form are starting to receive their Opal cards in the mail at home. All applications from Sacred Heart were forwarded together on 18 December 2016.

Students who have not received cards yet can still catch the school special buses. Transport NSW understands there are still may cards to be provided.

Any further new applications for School Opal cards must now be made via the online application form at [www.transportnsw.info/school-students](http://www.transportnsw.info/school-students). Forms should then be printed, signed and dropped into the school office. Forms are posted each Friday. For more information on the School Opal card and the School Student Travel Scheme (SSTS) please visit Transport NSW’s website above.

A reminder that bus numbers on the Government Buses have changed. Forest Coach Lines have not changed. If you are unsure about your bus number, please check the Sydney Buses website [here](#).

<table>
<thead>
<tr>
<th>OLD NUMBER</th>
<th>WHERE THE BUS GOES - AFTERNOON</th>
<th>NEW NUMBER</th>
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<tbody>
<tr>
<td>756</td>
<td>From Sacred Heart to Mater Maria, Warriewood</td>
<td>643</td>
</tr>
<tr>
<td>757</td>
<td>From Sacred Heart to Church Point</td>
<td>646</td>
</tr>
<tr>
<td>759</td>
<td>From Sacred Heart to Warriewood Valley</td>
<td>652</td>
</tr>
<tr>
<td>760</td>
<td>From Sacred Heart to St Joseph’s Narrabeen</td>
<td>673</td>
</tr>
<tr>
<td>784</td>
<td>From Sacred Heart to Mona Vale Junction</td>
<td>634</td>
</tr>
<tr>
<td>788</td>
<td>From Sacred Heart to Newport / Avalon</td>
<td>770</td>
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</table>
The Hub News

School/Parent/Hub Communication Portals

School App: For those of you that are new to the school you may not already know that Sacred Heart has an App! Please feel free to upload this onto your phone to receive information from the school such as reminders, etc instantly. You need to go into settings to select your child/children's class and to allow Push Notifications. If you already have the App please adjust in Settings your child's new class for this year to ensure you are receiving the right information.

Newsletter: Obviously if you are reading this you already access our weekly newsletter! Great, spread the word as I know many parents who don't and miss out on essential information which can impact on your children being prepared for school.

Email: Sacred Heart Hub also have a new email address sacredhearthub@gmail.com please feel free to email us any questions/suggestions you may have.

Face to Face: The Hub are usually around the playground at Friday Assembly if you would like to chat to come to our Hub meetings. If you missed last night one we will be having another on Wednesday 18 May in the evening. We would love to see you there!

Kellie Carroll - Hub Secretary

Diocesan Parent Council

Michael Grose
Australia's No.1 Parenting Educator
Coming to Sacred Heart Catholic Primary, MONA VALE
Wednesday 24 February 7pm

ALL WELCOME- NO COST: RSVP visit www.brokenbayparentcouncil.com

Michael Grose is one of Australia's leading parenting educators and author of 8 parenting books including, Teach your Child to Shrug and Does Your Child Learn the Hard Way? Michael appears regularly on television and radio discussing relevant issues for modern parents and professionals. Raising and teaching kids to become resilient, confident and self-sufficient is just some of the expert advice you can expect to receive from Michael! In fact he’ll even have you working towards redundancy! (as a parent that is.)

The Broken Bay Diocesan Parent Council (DPC) provides seminars and workshops each term for all parents & carers and are thrilled to be working with Michael in 2016 and having him present at Sacred Heart Primary, MONA VALE on Wednesday 24 February, 2016 at 7pm – put it in your diary. All parents from schools across our diocese are welcome so spread the word.

To get an insight into Michaels approach to parenting or to register you interest in attending go to the DPC website to RSVP www.brokenbayparentcouncil.com.

Information from the Diocesan Parent Council can be found on their website here.

Did you know DPC are now on Social Media:
  o Twitter https://twitter.com/BrokenBayDPC - Follow, retweet, mention
  o Facebook ... Broken Bay Diocesan Parent Council - Like & share our page & posts

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**Soul Sessions & High School Date Reminders**

**Soul Sessions 2016**
- Friday nights - 12th, 19th, 26th Feb - 6-8pm
- Mater Maria Catholic College
- Open to youth years 5-8
- Forming faith with friends in a fun environment
- $5 for pizza & drinks
- Leaders have WWCC
- www.sculptwater.com

Launch:
- Fri Feb 12, 2016

Other dates, please refer to our website.

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**Marist College North Shore**

**Expo Day**
- Saturday 5th March 2016, 10:00am - 2:00pm

Come and visit our staff and students and learn about Marist College North Shore’s Integrated and comprehensive curriculum program that, for every student, promotes faith, encourages excellence, engenders responsibility and develops respect and dignity.

Currently accepting enrolments for Year 7, 2018
For an application: www.maristcollege.com or contact the Registrar on 9957 5900, Applications close 24th March 2016

270 Miller St, North Sydney NSW 2060
E: northshore@maristcollege.com
T: 02 9957 5900
W: www.maristcollege.com

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**Year 7 2017 Scholarship**
Stella Maris College offers scholarships for Academic Ability and Performing Arts.

Closing date for applications - Wednesday 14th February 2016.
Details and registration forms are available on our website.

53 Easby Avenue Manly | 9977 5144
www.stellamaris.nsw.edu.au

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**SAVE THE DATE ~ OPEN DAY**

**Mercy Catholic College, Chatswood**
- Sunday 6 March, 2016
- 11am – 2pm