Dear Parents

Thankyou to our parents who are so engaged with the students attending SHMV. Research strongly supports the fact that student outcomes are improved if parents are involved in their learning and with their school in a positive manner.

Parents who are engaged with their students learning help their students to achieve better outcomes not only in education but in life skills. This week parent volunteers at SHMV have been overflowing on the field and in the classrooms.

Have you ever been on the sideline of a game of football as a spectator or supporter and been embarrassed by the behaviour of other spectators – supporters? Not a good experience is it. However, on occasion there is an incident that might be put into the humorous basket. Take for example the Irish Parish Priest who decided to support his Parish school’s under 12 team on Saturday morning.

When his presence didn’t seem to be having the desired effect on the good fortunes of the parish team, the Priest decided that the referee was to blame. So with hands cupped around his mouth and mustering his best brogue for the occasion, he let fly at the referee. “McCormack, you’re a cheat! Don’t be comin’ to me for confession tonight, ‘cause I won’t be hearin’ it!” McCormack was not to be intimidated by this very public verbal assault and, when the game eventually made its way to where the Priest was standing, McCormack blew the whistle for no noticeable reason and awarded a penalty to the opposing team. With his award arm still raised, McCormack turned his head towards the priest and quietly said, “This is the start of your penance, Father; there’s more to come!”

Good sportsmanship is the responsibility, not only of the players and their coaches, but also of those who come to watch and support – mainly parents. The players should be encouraged to engage in friendly rivalry that is marked by fair play. The game should offer the opportunity for positive learning experiences that are associated with the values of dignity, equality, fairness and respect.

Obnoxious sideline behaviour should never be part of a sporting encounter and respect for the judgements of the officials and referees should be on display the whole time. Parental support at all times must be sensitive to the physical and emotional well-being of the players.

The following set of “principles” belongs to a well-known sport; however, to focus on the “principles” and allow the simplicity of the message to come through, the sport’s name has been changed to “Flatstick”.

“In Flatstick we play in a given position and strive through self discipline to be the best we can. We learn that peace develops from within our own heart and mind and that there is nothing to be gained when we envy the position or talent of others.

In Flatstick we improve our mind-body coordination and learn to have better self-control both on and off the field.

In Flatstick we use teamwork and we learn to value each player. This teaches us to have sincerity, care and respect in all relationships. We learn commitment and to be persons of integrity in our team, family and community. In Flatstick when we play well as a team, there is harmony and great excitement. We challenge other people to share that joy and join us to play “Flatstick”.

Sacred Heart Catholic Primary School
Cnr Waratah & Keenan Street, Mona Vale NSW 2103
T: (02) 9999 3264 ● F: (02) 9979 8603
W: www.shmdeb.catholic.edu.au ● E: shmv@dbb.catholic.edu.au

Term 1 Week 9 - 25 March 2015
It’s certainly no “Bill of Rights” but it does contain sound principles for playing sport. We should be encouraging our children to take to the field to play with other children. If the other team is better than our team, we should congratulate them for being so; and if our team comes out on top, we should thank the other team for bringing out the best in us. And don’t forget, Good Sportsmanship starts on the sideline!

“It’s certainly no “Bill of Rights” but it does contain sound principles for playing sport. We should be encouraging our children to take to the field to play with other children. If the other team is better than our team, we should congratulate them for being so; and if our team comes out on top, we should thank the other team for bringing out the best in us. And don’t forget, Good Sportsmanship starts on the sideline!

“Lord, let us not forget that taking part in sporting activities is meant to improve our physical well-being, develop our self-esteem, teach us respect for ourselves and for the abilities of those with whom we play. May our contribution as parents, be to focus on these areas of development in a positive manner. Amen.”

Naplan
In May 2015 all students across Australia in Year 3 and Year 5 (also Year 7 and Year 9) will participate in Naplan. The National Assessment Program will assess the literacy and numeracy skills and results will provide schools about what each student can do and will support teaching and learning programs. Parents will receive a report of their child’s level of achievement. The Naplan tests will be conducted from 12-14 May. Parents of students in year 3 and year 5 will receive more information in a communication from BOSTES which will be sent home before end of term.

AEDC
The AEDC is a nationwide census of early childhood development that measures the progress of children as they start their first year of full time school. Data from students in kindergarten will be entered at Sacred Heart between 4 May 2015 and 31 July 2015. The census involves teachers of students completing a research tool relating to 5 key areas. The students are not present. More information will be sent home to parents of kindergarten students.

Evacuations are a regular, necessary procedure for Work Health and Safety. At SHMV each term evacuations and lockdowns are implemented and evaluated. All adults who are on site are required to respond appropriately as indicated in policy.

Welcome to Mrs Narelle Johnston in administration for weeks 9 and 10 during term 1.

May the Joy of the Gospel be with you

Mrs Suellen Garey
PRINCIPAL

Forward Planner
26 Mar - Yrs 5 & 6 Soccer Gala Day
26 Mar - Confirmation - Group Leader Training (1.30pm and 7.30pm at Sacred Heart Church)
28 Mar - Yr 2 Family Mass (5pm Saturday)
29 Mar - Palm Sunday
02 Apr - Last day term 1

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

<table>
<thead>
<tr>
<th>Positive Behaviour For Learning</th>
<th>Respectful Relationships</th>
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<tbody>
<tr>
<td>Our PBL focus for this week is:</td>
<td>Our Respectful Relationships focus for this week is:</td>
</tr>
<tr>
<td><strong>BE A GOOD LEARNER</strong></td>
<td><strong>ASK FOR HELP AND ASSISTANCE IN A POLITE WAY</strong></td>
</tr>
</tbody>
</table>
**NSW State Election Guide**
The NSW State Election is on Saturday 28 March. This is an important opportunity for all NSW citizens of Christian faith to cast their vote in accordance with their well-formed conscience and with the profound truths of the dignity of the human person, their right to religious freedom, the preciousness of life, marriage and the family, and the right of parents to educate their children in a way which respects their religious and moral beliefs.

Guides From the Catholic Schools Office, Broken Bay and the Catholic Education Commission can be found on our website [here](#). We encourage you to use these Election Guides to become better informed about some of the major issues.

**A big thank you to Kennards**
Thank you for the loan of the Cherry Picker that we used to take our Jubilee photo on Monday. You certainly made our life easier!

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**SHMV Sports News**

**Help Urgently Needed - Tuesday Afternoon Sports Skills Sessions – Term 2 (Weeks 4-8)**
These sports sessions were extremely successful last year and we are hoping to be able to offer them 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 this term so that children can select the sport they would be most interested in trying.

*Jayne Wheen - Assistant Principal*

**Congratulations**
Congratulations to Molly M who has been selected to represent the Diocese of Broken Bay in swimming.
Congratulations to the following children who have qualified to represent Broken Bay at the Polding Winter Trials:

- Zoey M (soccer)
- Danielle O (soccer)
- Luka M (U11’s league)
- Roxy B (soccer & touch)
- Chloe S (netball)
- Chelsea S (touch)
- Lauren B (touch)
- Brock D (AFL)
- Jasper C (AFL)
Religious Education News

In the spirit of Pope Francis’ joyful and action-oriented pastoral approach, here are 3 to live the Joy of the Gospel

1. Unburden your heart. Release a grudge you harbour. Deepen this healing by receiving the Sacrament of Reconciliation.
2. Pick up the phone and speak some encouraging words to someone who could really use them.
3. This week, greet others with stronger handshakes, warmer hugs, more welcoming words.

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.

Palm Sunday
This Sunday is Palm Sunday. We celebrate the first joy of the season, as we celebrate Our Lord's triumphant entrance into Jerusalem where he was welcomed by crowds worshiping him and laying down palm leaves before him. It also marks the beginning of Holy Week, with the greatest tragedy and sorrow of the year.

Harvesting Food for Life
Cristian’s community in rural Peru has always lived a traditional life, with simple diets and crops dependent on rainfall. Until recently, 33-year-old Cristian had to travel one kilometre to access running water.

With the help of Caritas Huacho, Cristian and 14 other young farmers have introduced running water and irrigation to their remote Andean village. They now grow and harvest a wide variety of high-value, sustainable crops, which provide them all with a secure income and a wide variety of food. Your donation to Project Compassion 2015 helps farmers in Peru secure a food source and income that benefits their families and communities for life www.caritas.org.au/projectcompassion Tel: 1800 024 413

Sacrament of Confirmation – Important Dates

| Rite of Enrolment - at all mass times | Saturday 28 March 2015 and Sunday 29 March 2015 |
| Three Rituals for Confirmation Candidates | 25 and 26 April 2015 - at all mass times | 9 and 10 May 2015 - at all mass times |
| Compulsory Reflection Afternoon for Confirmation candidates and their parents | Saturday 2 May 2015, 1.30pm - 4.30pm at Mater Maria Catholic College, Warriewood |
| Compulsory Rehearsal | Thursday 14 May 2015 at 5pm (Maria Regina Church) | or Friday 15 May at 5pm or 6pm (Sacred Heart Church) |
| Sacrament of Confirmation | Saturday 16 May 2015 at 11am (Maria Regina Church) | Saturday 16 May 2015 at 2pm (Sacred Heart Church) |

Dates to Remember
28 Mar Yr 2 Family Mass (5pm)
2 Apr Holy Week Liturgy at 11:30am (church)

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
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. We are in the process of checking all medication held at school and will advise parents whether their asthma/anaphylaxis plans are sufficient or require a doctor’s signature.

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.

50th Jubilee Celebration - We are in the process of preparing a guest list for the Jubilee celebration. Do you know of any past student or teacher who would like an invitation? Please let the office know!

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.

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.

Uniform Shop News
NEXT WEEK: Uniform shop will be open MONDAY and WEDNESDAY morning. Wednesday will be the last day.

A quick reminder that children will return to school in term 2 in their winter uniforms. Please visit the uniform shop before the end of term 1 for any items you require.

Veronika & Clare – Uniform Shop Coordinators
**Happy Birthday**

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

- Bailey J
- Aiden H
- Jasper C
- Kailani F
- Jahla F
- Natalie T
- Summer P
- Ebbeny H

**School Awards**

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<thead>
<tr>
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<tbody>
<tr>
<td>1F</td>
<td>Anabel R, Sara A</td>
<td>1D</td>
<td>Zara E, Charlie M</td>
</tr>
<tr>
<td>2D</td>
<td>Felicity T, Myles N, Georgie C</td>
<td>2B</td>
<td>Lucinda T, Kai F</td>
</tr>
<tr>
<td>3R</td>
<td>Jahla F, Marlow M</td>
<td>3C</td>
<td>Gemma R, Lily M</td>
</tr>
<tr>
<td>4B</td>
<td>Izak B, Allie R</td>
<td>4N</td>
<td>Isabella C, Bradley S</td>
</tr>
<tr>
<td>5N</td>
<td>Double awards next week</td>
<td>5S</td>
<td>Double awards next week</td>
</tr>
<tr>
<td>6F</td>
<td>Alex F, Roxi B</td>
<td>6W</td>
<td>Bella W, Tom M</td>
</tr>
<tr>
<td>3-6S</td>
<td>Fergus H, Jack W</td>
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**Morning Kiss & Drop Zone Roster**

Morning Kiss and Drop Zone

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>30 March</td>
<td>Lisa C</td>
<td>25 March</td>
<td>26 March</td>
<td>27 March</td>
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<tr>
<td></td>
<td>31 March</td>
<td>Eloise C</td>
<td>Lisa P</td>
<td>Lisa D</td>
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<tr>
<td></td>
<td>Lisa D</td>
<td></td>
<td>1 April</td>
<td>2 April</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Sheridan P</td>
<td>Shanna C</td>
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<td>3 April</td>
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<td></td>
<td>Good Friday</td>
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**Canteen News**

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

<table>
<thead>
<tr>
<th>Mon 30/3</th>
<th>Thur 2/4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Simone K, Helen K, Michelle H, Chantelle B</td>
<td>Jarka R, Michelle D, Kim L, Gwen S</td>
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</table>

Mother’s Day breakfast: Our annual breakfast is fast approaching and will be celebrated on Wednesday 6th May. We have attached an invitation with all the details for this special morning.

Payments: We have set this special event up on our on-line ordering system which will allow each family to process both breakfast and gift payments via school 24. It is a very easy step by step process which is outlined on the attached invitation. RSVP Monday 27th April 2015

If you have any questions or need help please contact either Kay 0416 262 458 or Marie 0410 566 777.

**Kay & Marie – Canteen Coordinators**
**SACRED 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**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Details</th>
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<tbody>
<tr>
<td>7.00AM – 8.15AM</td>
<td>Breakfast</td>
<td><strong>breakfast will be on the table at 7.00am. Food will stop at 8.15am</strong></td>
</tr>
<tr>
<td>8.15AM – 8.45AM</td>
<td>Open classrooms</td>
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<tr>
<td>8.45AM</td>
<td>Assembly with prizes</td>
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<tr>
<td>9.15AM</td>
<td>Mass, please come and share the Eucharist</td>
<td>as we celebrate the gift of some very special people in our lives that</td>
</tr>
<tr>
<td></td>
<td></td>
<td>take on the role of mothering our children.</td>
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**BREAKFAST $10 per family**  
**Gift $5 per child**

**RSVP MONDAY 27TH APRIL 2015**

**ONLINE ORDERING ONLY FOR MOTHERS 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

Volunteer note:

<table>
<thead>
<tr>
<th>Name ___________________________</th>
<th>Phone &amp; Email: ___________________________</th>
</tr>
</thead>
</table>

**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
On Monday I went to the DPC Leadership evening with Suellen Garey, Leonie (DPC exec), Juliana (P&F president) and Lynette (P&F secretary). The evening is held once a year and principals, P&F and DPC reps from all schools in our Diocese get together to discuss the best ways to engage parents and all care givers in the education and well-being of their children.

There was lots of great information and one particular website that I hadn’t seen before: [http://www.schoolatoz.nsw.edu.au](http://www.schoolatoz.nsw.edu.au). It has loads of information that can help parents understand what their children are studying at school, its got great reference guides for anything that comes home as homework and it covers kinder to year 12.

Overall one message that I took home again was involving parents in school activities is very important, but the key to positive improvement in a child’s learning is the engagement of parents and care givers in learning at school and at home.

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](http://www.schoolatoz.nsw.edu.au).

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**P&F News**

**3rd Annual Sacred Heart Golf Day - Friday March 27**

This Friday is the Golf Day, it’s not too late to enter a team. Tee off at 11.30am, everyone is welcome. Have you entered your team yet?

Times are changing, we are asking for your vote on a new name for P&F:

- Parent Network
- The Pulse
- Sacred Heart Hub
- Community Links
- Community Connect

Please email your vote to shpandf@gmail.com.

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**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:___________________________________________
Community Notices

Net Set Go

**Manly Warringah Basketball Association**
Years 1 & 2 Primary Basketball Competition,
‘THE POTTER LEAGUE’
Enquiries: MWBA office ph 9913 3622,
email: mwba@manlybasketball.com.au

**Pittwater Council – School Holiday Activities**
**Pittwater Council - April 2015 School Holiday Brochure**

**KidsRIDE**

**Youth Week**

10-19 April 2015

**Friday 10 April, 6.30pm**
**Free Outdoor Cinema**
**Village Park, Mona Vale**

Bring along your family and friends with your bean bags, chairs, pillows, blankets and refreshments for a fun free movie night.

Also available for purchase will be ice-cream, popcorn and coffee/tea.

**Thursday 16 April, 12noon**
**Avalon Skatepark**
**Free entry**
- Scooter, skate & BMX comps
- Demos
- DJ
- Giveaways
- Stalls

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Community Notices

Parenting Programs
Child & Adolescent Parenting

WHAT’S ON IN TERM 2 - COURSES/WORKSHOPS FOR PARENTS/CAREGIVERS

Tuning in to Kids Course (3-18yrs)
Help your child make emotional intelligence, manage emotions & deal with conflict.
Cheesewood School, 2/305 2/305, 7.30-9.00pm

Triple P (Positive Parenting Program) Seminars (3-9yrs)
Contact 3 sessions: Positive Parenting & Raising the Perfect, Supportive & Resident Children
Cheesewood School, 2/305, 1/305 & 2/305, 7.00-9.00pm

Communicating with Kids Workshop (based on PTT) (4-12 yrs)
Communication skills for building effective long term relationships with your children & family.
Cheesewood School, 1/305, 7.00-9.30pm

Tuning in to Teens Course
Cheesewood School, 2/305, 7.00-9.30pm

Toddlers Workshops (0-3 yrs)
Series of 2 workshops on Discipline, Taster & Total Teaching, Speech & Sleep.
Cheesewood School, 1/305, 1st & 2nd, 7.00-9.00pm

NEW Helping Your Pre-School Child with Anxiety
Series of 2 workshops for parents to assist with young children showing signs of anxiety.
Cheesewood School, 1/305, 7.00-9.00pm

Resilient Kids Workshop
Develop strategies to express feelings, develop empathy, thinking & coping skills.
Cheesewood School, 1/305, 7.00-9.00pm

Dealing with Teen’s Backchat Workshop
Learn how to reduce a negative & positive relationship between you & your teenager.
Cheesewood School, 2/305, 7.00-9.30pm

WORKSHOPS ON REQUEST - PHONE 9687 5897 (0-2.5 hours)
Understanding your Toddler’s Emotions & Temperaments: Translate to Action
Taught without Tension/Total Teaching
Developing a Language Development Program
Other Sibling - New Baby
Teaching Resilience in Children
Healthy Kids
Grand Parenting

Enquiries: Child & Adolescent Parenting 9887 5830

DBB WYD Krakow 2016 Launch Festival

You’re invited to celebrate the launch of our Diocesan WYD Krakow 2016 pilgrimages with a Polish Festival! This event is open to everyone throughout our Diocese. Spread the word!!

When: Friday 27 March 2015
Where: Our Lady of the Rosary Cathedral & Light of Christ Centre Waitara
Time: 6pm - 9pm

Who: Open to everyone from around the Diocese

Bringing together our incredible Diocese of Broken Bay community we will be launching our pilgrimage to World Youth Day Krakow 2016! The celebrations begin with a mini-WYD experience in the Cathedral with our Bishop Peter A Comensoli and our Diocesan band. Music, dancing & catechesis will bring the spirit of WYD alive!

From 7pm we will kick start our “DBB x WYD Polish Festival”: an extraordinary experience including live music, stalls providing pilgrimage information, talks by past WYD pilgrims and fundraising experts. As well as tons of fun with traditional Polish culture, music, dancing and food! Bring everyone along - Parish, Youth and community groups are welcome!!

RSVP to www.dbb.org.au/wyd For more information or to RSVP your group email { wyd@dbb.org.au }

Go 4 Fun

A FREE 10 WEEK PROGRAM FOR KIDS AGED 7 TO 13 YEARS AND THEIR FAMILIES TO BECOME FITTER, EAT HEALTHIER AND IMPROVE THEIR SELF-ESTEEM.

Hornsby
Tuesdays
4.30pm-6.30pm
Starts 21st April

Hornsby PCYC
Performing Arts Centre
22 Waitara Ave, Waitara

Chatswood
Wednesdays
4.30pm-6.30pm
Starts 22nd April

Fix Australia
319 Penshurst St, Chatswood

REGISTER NOW FREECALL 1800 780 900 OR GO4FUN.COM.AU

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