Dear Parents

Wellbeing Week is a time for you as a family to reconnect without the pressures of homework! It is a time for staff to refresh after submitting teaching programs and end of semester reports. A time to focus on the positives in life.

One young monk, who had completed the first two years of training, was invited by his superior to express his first two words. ‘Food terrible’, he said. Two years later the invitation was once again extended. This time the young monk exclaimed, ‘Bed lumpy’. When two years later he addressed his superior he proclaimed, ‘I quit!’ The superior looked at the young monk and said, ‘You know, it doesn’t surprise me one bit. All you’ve done since you arrived is complain, complain, complain.’

What would you say if you were asked to share two words which best described your life? Would your focus be on the lumps, the difficulties, the negatives or would it be on the joys, the achievements, the positives. Sometimes we can be a bit like the young monk and lose touch with the purpose of what we are doing in our life; if we let go of our dream, we live without hope and to be without hope is to be without purpose.

Golda Meir rose to be the Israeli Prime Minister from the late 60’s to the early 70’s last century; she had these positive words to say: “Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.”

Being positive about ourselves comes not just from the things we actually do but how we feel about ourselves and the level of contentment we have. If we lack self-belief or continue to live in the past or have too strong a desire to be perfect, then we deliberately place obstacles in our life, for we immediately place limits on our development as persons. If we constantly compare ourselves with others, we undermine our worth; it is because each of us is different, that each of us is special. We should not let life slip through our fingers by living in the past; by living one day at a time, we live all the days of our life. We should never be afraid to admit that we are less than perfect; it is this fragile thread in us that binds us together.

So, what are the messages that our children receive by watching and listening to us lead our lives? Do they learn to accept and respect the reality of their own life when it is pleasant and painful; do they learn not to blame others? Do they learn to forgive others and themselves and correct their mistakes? Do they learn to be patient, kind, gentle and compassionate with others and themselves? Do they learn that they don’t have to prove themselves better or worse than anyone else?

“God, our Father, we thank You for Your many gifts to us, Help us to see in others what You see and love in us. By the power of Your Spirit, may we grow in creativity and imagination so that our life is fulfilled for ourselves and productive for others. Amen.”

As mentioned at the Sacred Heart Hub meeting last week one initiative we are trying to commence is taking some senior students to Kitchener Park at one lunchtime a week to alleviate the large number of students on the playground. We require parent assistance to accomplish this initiative. If a parent can assist from 12.30-1.30pm on a Thursday please contact the office and place your name against the corresponding week that you are available.

Mrs Suellen Garey
PRINCIPAL
Sacred Heart School APP
The Apple APP Store and Google Play will be receiving an updated version of our school APP later this week. This should restore the “push notification” function which some people have lost. Please update your APP later this week.

Forward Planner
08 Jun  Queen’s Birthday Public Holiday
12 Jun  Feast of Sacred Heart Mass (9.15am)
13 Jun  A Touch of Gold - P&F Major Fundraiser (Bayview Golf Club)
16 Jun  Yr 5 Excursion to Kimbriki Tip
17 Jun  Yr 5 Class Mass (9.15am)
15-19 Jun  Parent Teacher Interviews

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>
</tr>
</thead>
<tbody>
<tr>
<td>Our PBL focus for this week is: BE A GOOD LISTENER</td>
<td>Our Respectful Relationships focus for this week is: RESPECT OTHER PEOPLE’S POINTS OF VIEW AND OPINIONS</td>
</tr>
</tbody>
</table>

Sport News

Congratulations Chelsea S, Lauren B and Roxi B who attended the Polding Touch Football Trials in Mudgee last week.

Lauren has been selected to represent the NSWCPS Polding Team at the NSW PSSA Touch – Girls State Carnival to be held at Parramatta.

School Musical – Dr Doolittle

Musical Helpers Needed!
We a pleased to announce our school musical for Term 3 2015 is “Dr Doolittle”. We need volunteers for: BACKDROP, SETS & PROPS, COSTUMES AND STAGE MAKEUP.
If you are able to assist, please return your details to the school office.
Yours Musically Susan Rudd

SCHOOL MUSICAL - I WOULD LIKE TO VOLUNTEER

NAME: ___________________________________________ MOBILE: ____________________
EMAIL: ____________________________________________

YOUR CHILD’S NAME: ____________________________ CLASS: __________
☐ BACKDROP, SETS, PROPS
☐ COSTUMES
☐ STAGE MAKEUP
In the spirit of Pope Francis’ joyful and action-oriented pastoral approach, here are two ways to live the Joy of the Gospel

1. Choose one of your dreams about changing the world for the better and break it into achievable, bite-size chunks. Take your first bite this week!

2. Don’t be overwhelmed by the darkness. In your work for justice and the common good, celebrate each success no matter how small.

On Monday and Tuesday of this week I felt privileged to participate in the annual Conference for Religious Education Coordinators and Assistant Principals in the Diocese. On Monday the Religious Education Coordinators participated in a much needed retreat day. We were led through a series of Spiritual Exercises by Martin Scroope. These exercises are based on Ignatian Spirituality and link closely with Pope Francis’s Encyclical “The Joy of the Gospels.” There were 3 exercises during the day each having a different focus: I remember the gifts I have received; I see how God dwells in creation and I see how God works in me and creation.

On Tuesday the day was led by Fr Steven Bevan who is an American priest and theologian. He shared with us his reflections on the “Joy of the Gospel” also known as Evangelii Gaudium. His reflections led to rich discussions about how we at school educate and form students to be missionary disciples.

If you walk in the way of God, you will live in peace forever.
Learn where there is wisdom, where there is strength, where there is understanding, so that you may at the same time discern where there is length of days, and life, where there is light for the eyes, and peace.

(Baruch 3:13-14)

Winter Sock Drive for the Homeless
Don’t forget to bring in a new pair of winter woolly socks for either an adult or a child that we will be putting into hampers. The hampers will then be presented at church during the Feast of Sacred Heart mass. Only one pair per family is requested but if you can give a few pairs that would be appreciated.

Please bring in no later than Wednesday 10 June 2015.

Thank you for your kindness, the socks will be very much appreciated as the chilly weather has now arrived.

Religious Dates to Remember
Fri 12 Jun Whole School Mass at 9:15am Sacred Heart Church, Feast of Sacred Heart
Wed 17 Jun Yr 5 Class Mass at 9:15am Sacred Heart Church
Sat 20 Jun Yr 4 Family Mass at 5pm Sacred heart Church
Wed 24 Jun Yr 6 Class Mass at 9:15am Sacred Heart 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

Sacramental Program – Pittwater Parish

“First Reconciliation and First Communion, the Sacraments after Confirmation, are open to all children in year 3 and above and children who received the Sacrament of Confirmation in 2014. All parents interested in enrolling must attend one of Pittwater Parish’s information sessions (sessions start on time and run for 1 hour).

Please visit the attached link parish website here for dates or contact Angela Smit at Pittwater Parish on 9997 7311 (ext 13) for more details.”
Dear Parents

Parent/Teacher interviews will be held on **Monday 15 June to Friday 19 June 2015**.

These sessions will be 15 minutes each session.

*If you have booked an IEP Review meeting with Mrs Woodward this term, you do not need to book in for a Parent/Teacher interview. If you are unsure, please phone the school office.*

Go to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and follow these simple instructions.

**BOOKINGS OPEN** Monday 1 June  
**BOOKINGS CLOSE** Friday 12 June

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### 2015 CLASS TEACHERS

<table>
<thead>
<tr>
<th>Class</th>
<th>Teacher(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>KE</td>
<td>Miss Jemma Euers</td>
</tr>
<tr>
<td>KP</td>
<td>Miss Brooke Perry</td>
</tr>
<tr>
<td>1F</td>
<td>Miss Elle Fisk</td>
</tr>
<tr>
<td>1D</td>
<td>Mrs Louise De</td>
</tr>
<tr>
<td>2B</td>
<td>Mr Stephen Behan</td>
</tr>
<tr>
<td>2D</td>
<td>Mrs Suzy Driscoll / Mrs Alison Thornton</td>
</tr>
<tr>
<td>3R</td>
<td>Mrs Sarah Russell</td>
</tr>
<tr>
<td>3C</td>
<td>Miss Jessica Carroll</td>
</tr>
<tr>
<td>4N</td>
<td>Mrs Caroline McNally</td>
</tr>
<tr>
<td>4B</td>
<td>Mrs Chris McBryde/Mrs Janelle Pitcher</td>
</tr>
<tr>
<td>5N</td>
<td>Mrs Fiona Ngamu</td>
</tr>
<tr>
<td>5S</td>
<td>Mrs Bernadette Sheehan</td>
</tr>
<tr>
<td>6F</td>
<td>Mr Daniel Felsman</td>
</tr>
<tr>
<td>6W</td>
<td>Mrs Liz Williams</td>
</tr>
</tbody>
</table>

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When you click **finish**, your interview timetable will be emailed to you automatically - check your junk mail folder if you do not receive your email immediately. You can return to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) at any time, and change your interviews - until bookings close.
Happy Birthday from all at Sacred Heart to the following students who celebrate a birthday during the coming week (and last week):

Ethan Z  Alex B  Walter T

School Awards

<table>
<thead>
<tr>
<th>KE</th>
<th>Claire P, Patrick H, Paige B</th>
<th>KP</th>
<th>Charli S, William C, Kai A</th>
</tr>
</thead>
<tbody>
<tr>
<td>1F</td>
<td>Indi M, Jasmine S</td>
<td>1D</td>
<td>Oliver N, Isabel B</td>
</tr>
<tr>
<td>2D</td>
<td>Ethan H, Felicity T, Cruz D</td>
<td>2B</td>
<td>Carissa S, Anabella N</td>
</tr>
<tr>
<td>3R</td>
<td>Ebbeny H, Malia M, Hannah S</td>
<td>3C</td>
<td>Sarah C, Nathan O</td>
</tr>
<tr>
<td>4B</td>
<td>Parish B, Lauren W</td>
<td>4N</td>
<td>Mackenzie R, Declan R</td>
</tr>
<tr>
<td>5N</td>
<td>Phoebe B, Sam D, Sienna B</td>
<td>5S</td>
<td>Ashton P, Joel S</td>
</tr>
<tr>
<td>6F</td>
<td>Cameron D, Sienna P</td>
<td>6W</td>
<td>Stephanie A, Angelina G</td>
</tr>
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3-6S

Principal’s Awards:

Canteen News

<table>
<thead>
<tr>
<th>CANTEEN ROSTER (start 9.30am - finish 1.45pm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 8 Jun</td>
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<tr>
<td>Thur 11 Jun</td>
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<tr>
<td>Fri 12 Jun</td>
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</tbody>
</table>

Healthy Week: The canteen will be offering a few extra goodies this week symbolising healthy/multicultural week. Some of these items are: fairy bread 30c, marshmallow and strawberry cups 50c and rainbow jelly cups 70c. These items will be for sale over the counter only at morning tea and lunch time.

Volunteers: May we kindly ask that all volunteers check and note down their rostered days. If you are unable to make your scheduled day, please either swap, find a replacement or contact us asap. Unfortunately do not have extra volunteers “on standby” and it can be tricky to run the canteen efficiently without the rostered volunteers. We will be completing the term 3 roster shortly. If you are not currently on the roster but would like to help out, please contact Kay (0416 262 458) prior to 5 June.

Reminder: If you are attending the major fundraiser this year and would like to purchase a small “Touch of Gold” for your attire, we still have rose gold wrist wraps available from either the canteen or front office for $5 each.

Kay & Marie – Canteen Coordinators

Kiss & Drop Morning Roster

Thank you to the volunteers on the Kiss and Drop roster. If you can fill one of the vacant spots please contact Selina Nichols on nicholsselina@gmail.com

As teachers need to fulfil other duties before classes commence each day, we are now seeking additional parent volunteers. To ensure the safety of our children, we would like to have two volunteers each morning.

<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>8 June</td>
<td>9 June</td>
<td>10 June</td>
<td>4 June</td>
<td>5 June</td>
</tr>
<tr>
<td>PUBLIC HOLIDAY</td>
<td>Leonie S +1 more</td>
<td>Eloise C +1 more</td>
<td>Damian L +1 more</td>
<td>Kylie D +1 more</td>
</tr>
<tr>
<td>15 June</td>
<td>16 June</td>
<td>17 June</td>
<td>11 June</td>
<td>12 June</td>
</tr>
<tr>
<td>Kellie C +1 more</td>
<td>Karen L +1 more</td>
<td>Lynette S +1 more</td>
<td>Lisa P +1 more</td>
<td>Karen C +1 more</td>
</tr>
<tr>
<td>22 June</td>
<td>23 June</td>
<td>24 June</td>
<td>18 June</td>
<td>19 June</td>
</tr>
<tr>
<td>Anna R +1 more</td>
<td>Lucy Burt +1 more</td>
<td>Lynette S +1 more</td>
<td>Shanna C +1 more</td>
<td>Lisa D +1 more</td>
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<tr>
<td></td>
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<td></td>
<td>25 June</td>
<td>26 June</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Karen C +1 more</td>
<td>Kylie D +1 more</td>
</tr>
</tbody>
</table>
News from “The Hub” (formerly P&F)

It’s been a fantastic response to our new name the "Sacred Heart Hub". We thank you for embracing this change so positively.

On behalf of the "Hub" we would like to express our sincere thanks to the Waratah Pharmacy (which is located just near Aldi) for their kind offer to provide the makeup for our upcoming musical. It’s so lovely to have one of our local businesses in the community supporting this wonderful school event!!

Our Touch of Gold dinner is fast approaching: 13 June, it’s just two weeks away!! Our theme this year is a "Touch of Gold", so please wear something that has a touch of gold like earrings, shoes, cuff links for the Dads, etc.

Don’t forget even if you cannot make it to our Touch of Gold dinner you still can bid on the wonderful class art work, we will be happy to take silent bids or feel free to call a friend on the night to join in on the live bidding! These amazing artworks are in the schools office for parents to view.

We really give a huge thank you for all the fantastic efforts of Karen Locke and her team of helpers for all the organising that goes into this event. It’s sure to be a fantastic evening.

Another very successful "SIP n SIP" was held last Friday. We thank our Principal, Mrs Garey, together with Mrs Wheen who gave a very informative talk on mathematics and provided the parents with a fantastic maths games to play at home with our children. Congratulations goes to the children whose classrooms we visited, such great maths work happening at Sacred Heart - well done kids! We look forward to the next Sip n Sip and we encourage everyone to come along.

Please return money from the chocolate drive to the office as soon as you can, thank you to all the families who have already sold a box!

Kellie Carroll – P&F Committee - shpandf@gmail.com

Kinder: Duck Duck Goose

Year 1: Starfish
Year 5: Dragonflies

Year 6: Feathers

Year 2: Eagle

Year 3: Leaves

Year 4: Kookaburras
Community Notices

Cybersafety Solutions
FREE Seminar for YEAR 5 & 6 Parents & Carers

What Susan doesn’t know about Cybersafety is not worth knowing! She is absolutely brilliant and her presentations are dynamic and entertaining.

Dr Michael Carr-Gregg

Growing up Online:
An informative & entertaining session delivered with Susan’s famous ‘no nonsense’ approach will cover the positive benefits of technology as well as what ALL adults need to be aware of including:

- What are kids doing online? All the latest popular sites & APPS;
- Online Grooming – Warning signs & what to do if you suspect;
- Cyberbullying - What it looks like & how to prevent;
- ‘Sexting’ – the REAL consequences;
- Staying safe online via parental controls and restriction codes;
- Learn the lingo ... the language of cyberspace.

Susan will show you how to be confident in setting rules and boundaries around internet use in the home. It’s OK to say NO!

Thursday
18 JUNE
7.30 pm

Mater Maria Catholic College
5 Forest Road, Warriewood

RSVP: DPC Website www.brokenbayparentcouncil.com

Proudly presented by the Diocesan Parent Council (DPC)
in conjunction with Broken Bay Peninsula & North Shore Cluster Schools
FREE ADHD Parenting Program - Macquarie University

A well-known parenting program will be offered free of charge to parents who have children diagnosed with AD/HD, in evening sessions during the third school term of 2015. Hosted by Macquarie’s Department of Psychology to evaluate the program’s effectiveness, parents with diagnosed children between six and 12 years of age are invited to participate in five sessions with later follow up.

"We ran a similar program in 2013," says lead researcher Julie Chesterfield, a registered psychologist and specialist teacher. “Our preliminary results suggest that when parents applied the strategies taught in the program, over a six month period, both the severity of their child's problematic behaviour and parental stress levels were reduced."

"Children with AD/HD generally have deficits with impulse control, which can be extremely frustrating and stressful for parents. Evaluating parenting techniques that reduce parental stress and increase parents’ ability to manage difficult behaviour in a positive manner is important to understanding which parenting strategies are effective in managing the behaviour of children with AD/HD," says Chesterfield.

Chesterfield has had considerable experience as a classroom teacher and a learning support teacher in both public and private schools, and in private practice.

“There have been many instances where children diagnosed with AD/HD have been labelled ‘the naughty child’ and have been made to feel different from their peers and even isolated, which is very upsetting for the child and their parents. AD/HD behaviour can also be very disruptive to family life. Establishing which parenting techniques are effective is crucial to helping parents meet the challenges of raising a child with AD/HD," Chesterfield says.

The program will be run over four evening sessions during the third school term, with an evening booster session four weeks later and anonymous follow-up questionnaires six months later. The program will be offered FREE OF CHARGE to eligible parents. If you would like to take part, or have further queries about this study, call Julie Chesterfield (Department of Psychology, Macquarie University) on 0412 414 114 or email julie.chesterfield@students.mq.edu.au and leave your phone number.
Community Notices

Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 3 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Kids Course (3-10yrs)
Help your child develop emotional intelligence, manage emotions & deal with conflict.
Chatswood 5wks/2.5hrs (27/7 - 24/8, 7.00-9.30pm)

Triple P (Positive Parenting Program) Seminars (3-8yrs)
Series of 3 seminars on Positive Parenting & Raising Confident, Competent & Resilient Children
Chatswood (5/8, 12/8 & 19/8, 7.00 - 9.00pm)

Communicating with Kids Workshop (based on PET) (4-12 yrs)
Communication skills for building effective long term relationships with your children & family.
Chatswood (31/8, 7.00-9.30pm)

Tuning in to Teens Course
Emotional intelligence & communication skills to understand your adolescents' needs & behaviour
Chatswood 5 wks (30/7 - 27/8, 7.00-9.30pm)

Toddlers Workshops (1-3yrs)
Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep
Chatswood 28/7, 4/8 & 11/8 (3 wks/2.5hrs each, 7.00-9.30pm)

NEW Helping Your 3-6 Year Old Child with Anxiety
Series of 2 workshops for parents to assist with young children showing signs of anxiety
Chatswood 26/8 & 9/9 (2.5hrs each, 7.00-9.30pm)

Resilient Kids Workshop
Strategies to accept & express feelings, develop optimistic thinking & coping skills
Chatswood (18/8, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop
Learn how to restore a respectful & positive relationship between you & your teenager
Chatswood (23/7, 7.00-9.30pm)

WORKSHOPS ON REQUEST - PHONE 9887 5830 (2-2.5 hours)
★ Understanding Your Toddler/Discipline & Tantrums
★ Tucker without Tantrums/Toilet Training
★ Speech & Language Development/Sleep
★ Older Sibling - New Baby
★ Bully Busting
★ Resilient Kids
★ Transition to School
★ Transition to High School
★ Triple P Seminar Series 1-12 yrs & Teens
★ Communicating with Kids
★ Dealing with Teen's Back Chat
★ Grand Parenting

Enquiries: Child & Adolescent Parenting 9887 5830

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