Dear Parents

The auctioneer pointed to an old battered violin. “What am I to bid for this one? One dollar? Two! Who’ll make it three? Three dollars it is then! Going once. Going twice .... Are you bidding, sir?” From the back of the auction room a grey-haired man with his right hand in the air, made his way towards the auctioneer’s assistant. He gently took the violin into his hands, blew some of the dust from it, tightened the loose strings, then, took the bow from the table nearby. The silence that had settled on the room was infiltrated by a melody pure and sweet. The brief silence that greeted its completion was broken by warm applause. “Now, what am I bid?” asked the auctioneer.

It is difficult to compare a violin to a person, as the violin has no life in it and is totally dependent on the skills of the player to reveal its true worth. A person, though, has the ability within them to reveal their own worth, provided they have self-worth.

Self-worth is how we feel about ourselves and it comes from a source within us. It is the foundation of our ability to believe in ourselves. It is what we are born with; we can’t lose it but we can lose sight of it; we can forget our value.

Unfortunately, we are greatly influenced by our society which values flawless performances and places great emphasis on excelling, achieving and winning. We are lead to believe that our worth is tied to our achievements and the judgements of others. However, if our self-worth is dependent on other people’s approval of us, we are placing the value of ourselves in someone else’s hands. If we are high on self-worth, we will be willing to risk the disapproval of other people. We will trust our own abilities and not feel the need to conform in order to be accepted and loved by those around us. It is who we are and not what we are that ultimately counts.

We parents have a role to play in the nurture of self-worth in our children.

► We can give them the opportunity to make decisions at every stage of their lives.
► We can demonstrate through our actions that our life has a purpose and a meaning.
► We can share how we enjoy who we are and model an optimistic attitude.
► We can make it known that it is only human to make mistakes and that failure means that we are not successful just yet; we all fail on our way to success and should regard failure as a means of learning.
► We can confirm through our actions that we all need to take time to treat ourselves with kindness and indulge in things in which we find enjoyment.
► We can teach our children that the worth of our lives comes not in what we do or who we know but who we are.
► We can encourage our children to count their blessings not their problems.
► We can show through the reflection of our own lives that we must love and value ourselves if we are to be capable of taking care of others – of our children.

There might be a time in the lives of our children when they will need a caring parent to “blow some of the dust” from them, “tighten the loose strings” and have their lives producing a “melody pure and sweet”. We are more likely to succeed if our own self-worth is alive and well.

“Loving God,
Help me to love myself
as You love me – totally.
Help me to see myself as made in Your image and likeness,
full of potential just waiting for my approval to reveal itself.
Help me to be the person I can be.
Amen.”
Congratulations to all involved with the presentation of Doctor Dolittle Jr. What a wonderful celebration of the talents of our children in this our 50th year of Catholic Education at Sacred Heart Mona Vale!


Special thanks go to our Assistant to the Director, Mrs Steph Munro for the many hours at rehearsals and lunchtime practices and to our Director and Choreographer the extraordinary Mrs Susan Rudd. It is through the magic of her expertise that the children from Sacred Heart, all of whom have so much potential, performed so professionally and shared their talents with the audience. Thank you to Susan for enabling our students to give of their best.

Thank you to the staff at Sacred Heart Mona Vale who managed the bobby pins, safety pins, excited energy and nervous tears! Finally thank you to the students of Sacred Heart for bringing so much JOY to our community!

Mrs S Russell from Year 3R will be on Long Service Leave for the first two weeks of term 3 and Mrs L Wood will continue the teaching program whilst Mrs Russell is absent.

I wish all our of community a well-deserved, safe and restful holiday

Mrs Suellen Garey
PRINCIPAL

Religious Education News

Religious Dates to Remember
Sat 17 Oct Golden Jubilee Mass with Bishop Comensoli

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

Mary MacKillop Place Museum
28, 29 & 30 September
For more information about Mary MacKillop Place, please visit our website www.marymackillopplace.org.au

- Come and discover the story of Mary MacKillop - Australia’s first Saint!
- Follow the Kids’ Trail with Mary’s pet dog ‘Bobs’
- Listen to stories
- Enjoy art and craft activities
- Explore Mary’s home and the School house
- Discover Mary’s Travelling Trunk

Session runs from 10.30 – 12.30
$8 per primary school aged child
Address: Mary MacKillop Place Museum, 7 Mount St, North Sydney
Enquiries & bookings: 02 8912 4883 or mackillop@sosj.org.au
Forward Planner

18 Sep    Last day term 3
06 Oct    Day 1, Term 4 (summer uniform)
12-16 Oct Book Week (Scholastic Book Fair Tues-Thurs)
16 Oct    Book Week Character Parade
17 Oct    Sacred Heart Golden Jubilee Celebration (mass at 5pm)
20 Oct    Yrs 5 & 6 Tennis Gala Day (selected students)
21 Oct    Yr 6 Class Mass (9.15am)
22 Oct    Yrs 3 & 4 Tennis Gala Day (selected students)
22 & 23 Oct Canberra Excursion - Years 5 & 6
23 Oct    Kinder 2016 Orientation Day 1

Our full school calendar can be accessed on our school APP or 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:</td>
<td>Our Respectful Relationships focus for this week is:</td>
</tr>
<tr>
<td>CARE FOR OUR SCHOOL</td>
<td>FIND TIME FOR SOMEONE ELSE</td>
</tr>
</tbody>
</table>

Doctor Dolittle Jr
High Achievers at Sacred Heart

Congratulations to the following High Achievers in the English International Competitions and Assessments (ICAS) run by the University of NSW. The following children received a High Distinction, Distinction or Credit.

<table>
<thead>
<tr>
<th>High Distinction</th>
<th>Distinction</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Samuel C</td>
<td>Conor B</td>
<td>Olivia J</td>
</tr>
<tr>
<td>Amelia S</td>
<td>Ethan H</td>
<td>Sophie W</td>
</tr>
<tr>
<td></td>
<td>Eliza K</td>
<td>Mackenzie R</td>
</tr>
<tr>
<td></td>
<td>Harry C</td>
<td>Dominic K</td>
</tr>
<tr>
<td></td>
<td>Joel H</td>
<td>Grace D</td>
</tr>
<tr>
<td></td>
<td>Jasmine W</td>
<td>Charlotte N</td>
</tr>
<tr>
<td></td>
<td>Thomas S</td>
<td>Ruby R</td>
</tr>
<tr>
<td></td>
<td>Summer P</td>
<td>Imogen P</td>
</tr>
<tr>
<td></td>
<td>Lily W</td>
<td>Izak B</td>
</tr>
<tr>
<td></td>
<td>Jackson M</td>
<td>Alex B</td>
</tr>
<tr>
<td></td>
<td>Abby H</td>
<td>Naomi M</td>
</tr>
<tr>
<td></td>
<td>Julia N</td>
<td>Hayley M</td>
</tr>
<tr>
<td></td>
<td>Niamh M</td>
<td>Thomas O</td>
</tr>
<tr>
<td></td>
<td>Lucie R</td>
<td></td>
</tr>
</tbody>
</table>
Happy Birthday

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

<table>
<thead>
<tr>
<th>Harris J</th>
<th>Jackson Y</th>
<th>Ryan O</th>
<th>Patrick D</th>
<th>Michael N</th>
<th>James M</th>
<th>Jon-Luca N</th>
<th>Mark S</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harris J</td>
<td>Jackson Y</td>
<td>Ryan O</td>
<td>Patrick D</td>
<td>Michael N</td>
<td>James M</td>
<td>Jon-Luca N</td>
<td>Mark S</td>
</tr>
<tr>
<td>Haydn W</td>
<td>Jack W</td>
<td>James W</td>
<td>Finlay M</td>
<td>Kiera P</td>
<td>Marnie H</td>
<td>Lola S</td>
<td>Charlotte S</td>
</tr>
<tr>
<td>Abbey T</td>
<td>Indiana P</td>
<td>Molly M</td>
<td>Larna H</td>
<td>Cayla S</td>
<td>Zoey M</td>
<td>Jessica W</td>
<td>Alessia M</td>
</tr>
<tr>
<td>Jacinta R</td>
<td>Chloe H</td>
<td>Ava C</td>
<td>Matisse F</td>
<td>Lucie R</td>
<td>Elle S</td>
<td>Annika O</td>
<td>Sienna C</td>
</tr>
</tbody>
</table>

School Awards

1F  Zara W, Grace D, Patrick B  1D  Livia H, Cameron L
2D  Thomas B, Henry B, Georgie C  2B  Macy B, Hannah B
3R  Mathew S, Malia M  3C  Nathan O, Roxanne R
4B  Ryan O, Maya H  4N  Olivia B, Tennyson L
5N  Kira B, Elia A, Charlotte C  5S  Brooke L, Declan T
6F  Grace D, Sienna P  6W  Thomas O, Laura G, Lucie R, Ruby R
3-6S

Principal’s Awards: N/A

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>
</tr>
</thead>
<tbody>
<tr>
<td>17 Sep</td>
<td>18 Sep</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shanna C +1 more</td>
<td>Kylie D +1 more</td>
<td></td>
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</tr>
</tbody>
</table>

Canteen News

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

<table>
<thead>
<tr>
<th>Mon 5 Oct</th>
<th>Thurs 8 Oct</th>
<th>Fri 9 Oct</th>
</tr>
</thead>
</table>

Volunteers: The term 4 roster has now been sent home. Please read and note down your scheduled date. If you are unable to make your rostered day please contact Kay or Marie asap.

We would like to thank our super fantastic helpers that have supported us in term 3, as we look forward to seeing you all again next term.

We wish all the families at Sacred Heart a happy and safe holiday break.

Kay & Marie – Canteen Coordinators
IMPORTANT CHANGES TO ONLINE ORDERING

Dear Parents

Originally, when the online lunch ordering service was implemented 4 years ago, it was free for the school to access. For the past two years, we have been charged for this service which has been generously paid for by Sacred Heart School at $0.25 cents per order.

We are grateful for your support and as the demand for lunch orders continues to increase, we are seeing up to 400 lunch orders per week and the school is no longer able to financially support this service.

What this means is that there will now be two options for using this service for which you will be charged a small fee:

1. **Pay-As-You-Go**: at 0.25 cents per order. *If you are casual user.*
2. **Unlimited**: $2.20 per family, per quarter. *If you order more than 9 lunch orders a term, this is the most economical option.*

This charge will be in place from **Week 1, Term 4.**

Please see below instructions on how to choose your plan once logged in. It’s important to note this will not be active until the school holidays commence.

We thank the school for the generosity over the past two years and the school community for your ongoing support of the canteen at Sacred Heart.

**PLEASE NOTE - YOU WILL NOT BE ABLE TO ORDER IN WEEK 1 UNTIL YOU SELECT YOUR PAYMENT PLAN**

CHOOSING YOUR PAYMENT PLAN

Once you login you will need to select a suitable fee plan.

There are two different fee plans: “**Pay As You Go Plan**” or “**Unlimited Plan**”

- “Pay as you Go” will cost you 25c per transaction
- “Unlimited” will cost $2.20 per term for unlimited orders

Once you have chosen your payment plan you will be able to view the canteen menu and place your order.

You can change your plan at anytime by contacting our help desk on **02 8041 1132**

Kind regards

*Marie & Kay – Canteen Coordinators*
Sacred Heart Golden Jubilee Update

Sacred Heart Catholic School
Golden Jubilee Celebration

Saturday 17 October 2015 ~ 5.00pm

Mass with the Most Reverend Peter Comensoli
● Memorabilia Display ● Cake Cutting ●
Entertainment by the Sacred Heart Band and Choir

Sacred Heart Catholic Primary School
Cnr Waratah & Keenan Streets, Mona Vale ● Enquiries: 9999 3264
Jubilee Tea Towel - Orders are due back to the school office by this Friday

As part of our Golden Jubilee celebrations, we have designed a jubilee tea towel. Order forms have been emailed home to all parents. Additional order forms can be found on our school website [here](#).
First Holy Communion
First Holy Communion enrolments close **tonight the 17th of September at 6pm**. To enrol your child please visit the Parish website link: [https://www.pittwaterparish.org/en/Sacramental-Programmes/the-sacrament-of-first-eucharist-holy-communion/menu-id-58](https://www.pittwaterparish.org/en/Sacramental-Programmes/the-sacrament-of-first-eucharist-holy-communion/menu-id-58) or call Angela on 9997 7311 (ext 13).

Group leader training for First Holy Communion will be held on **Thursday the 8th of October at Sacred Heart Parish, Mona Vale at either 1.30pm or 7pm**. Group leaders are asked to attend one of these meetings to collect all the materials needed to run their sessions.

“St Teresa of Avila”
Sacred Heart Parish will be holding an Adult Education Evening where Bishop David Walker will be coming to talk about “St Teresa of Avila” on **Tuesday the 13th of October, 7.30pm until 9pm at the Sacred Heart Parish Centre, Mona Vale**. Come and learn about the life of this famous Saint and hear about her teachings on prayer. All are welcome!

Children’s Liturgy
As usual children’s Liturgy at Sacred Heart Parish will take a break over the school holidays but will be back on board on **Saturday, 10th of October**.

*Angela Smit – Pittwater Parish Sacramental Coordinator*

**The Hub News**

We would like to thank the wonderful Sacred Heart students for a spectacular performance last week by every one of you, thank you.

Next term will be our AGM. Attached to this newsletter is The Hub AGM Election Notice advising the intention of the Executive for 2016.

We are happy to talk to anyone who may interested in being a joint Treasurer or if you are interested in sharing any of the roles from the Hub committee we would love to hear from you.

We wish everyone a safe and happy holiday and see you back in term 4 to more Jubilee celebrations - namely **Saturday 17 October 2015 5pm mass followed by the Australian family movie – Paper Planes.** Tickets to this event will be on sale first week in Term 4 and like last year it will be one ticket per family

*Lynette Suchanek – The Hub Secretary* ([shpandf@gmail.com](mailto:shpandf@gmail.com))
Sacred Heart Hub – Notice of AGM

The Annual General Meeting of the Sacred Heart Hub Committee will be held immediately after the Hub meeting in Term 4 on 18th November 2015 at 7.00pm in Library. The Hub meeting / AGM is an important opportunity for our school community to engage in, and discuss, the ongoing operations and functional needs of our school community.

At the AGM, all positions on the Hub committee will be available for nomination and election.

Nominations are called for from any parent who would like to participate in the running and development of the Hub committee. Positions on the Executive are usually held for a three year term. The positions to be voted on at the AGM are:

- President
- Vice-President
- Treasurer
- Secretary
- DPC Representative
- Social Justice Representative

The Committee members of the Hub shall not hold office for more than three consecutive years in the same position, except in extenuating circumstances, however members may nominate for an alternative position.

The following members will be vacating their roles at the end of 2015:

- Rebecca Molinaro …………………………stepping down ………………………… Joint Treasurer
- Lynette Suchanek …………………………stepping down ………………………… Secretary

The following Committee members have indicated that they will nominate/seek re-election for 2016:

- Juliana Johnston…………………………seeking re-election to ………………… President
- Rebecca Capell ……………………………seeking re-election to ………………… Vice President
- Vanessa Sharkey…………………………seeking re-election to ………………… Joint Treasurer
- Eloise Critchley ……………………………seeking re-election to ………………… DPC Representative
- Virpi Tuite ……………………………seeking re-election to ………………… Social Justice Representative
- Kellie Carroll (shadow secretary) ………………………seeking election to ……………… Secretary

Handover will be provided by former members to new members.

This information is provided in the interests of transparency. All Committee positions are declared vacant at the AGM and the current Committee members actively step down from the above positions, irrespective of whether or not they are seeking re-election.

Please feel free to contact a Committee member if you would like to discuss a position you are considering nominating for or want to find out more about it or the Committee in general.

If you would like to nominate for a position, please complete the slip below and return to the school office.

Lynette Suchanek, The Hub Secretary (shpandf@gmail.com)

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NOMINATION FORM FOR ELECTION TO SACRED HEART HUB COMMITTEE 2016

I nominate ………………………………………….. for the following position on the 2016 the Hub Committee:

- President
- Vice-President
- Joint Treasurer
- Secretary
- DPC Representative
- Social Justice Representative

……………………………………….. ………………………………………….. …………………………………………..
Signed Print Name Date