Dear Parents

*May you stop and see*
the way light falls and rocks glow,
and may God bless you with
little, big moments that make your heart dance.

*Moments when you suddenly become aware of all the*
overwhelming beauty and wonder and richness and love
living in the middle of where you are standing already.

*Moments when you gaze around understanding:*
The kingdom of God is now.
(Neil Paynter)

This week we celebrate Jubilee Week and Book Week! There is great excitement around our Jubilee celebration on Saturday and we look forward to celebrating with all students and their families. Geronimo Stilton and The Very Cranky Bear having been visiting classrooms this week, the book fair in the library has been well attended and the final preparations for our huge Mass and movie evening are being finalised.

Please check the program for the JUBILEE celebration which is in our newsletter. Jubilee tea-towels will be distributed on Friday and the Jubilee Book can be purchased or collected if pre ordered on Saturday in the hall. Students will be given a lovely memento pin after they are blessed on Saturday by Bishop Comensoli. Also some of our parish youth will be selling Polish donations to raise funds for their trip to WYD which is to be held in Poland in 2016.

Our debating team begin the Peninsula schools debating competition on Thursday at Mater Maria. The team consists of Sam C, Laura G, Dominic K, Thomas S, Charlotte S, Amelia S and Andie H. The debaters are given the topic 3½ hours before they debate. Mrs M Browne is instructing the students in the finer points of debating.

A reminder that our book parade for Book Week is on Friday at 9am and parents are welcome to attend. The theme of Book week is “Books Light up Our World” and children are invited to dress as a character from a book. Please no footy outfits!

Next week is the Tennis Gala day for the 12 Catholic Primary schools on the Peninsula. Our budding year 5 and year 6 tennis players will be playing at Oxford Falls tennis courts on Tuesday 20 October, and the year 3 and year 4 students will be playing on Thursday 22 October. Thank you to Miss Euers for coordinating this event.

Our year 5 and year 6 students are travelling to Canberra on 22 October for an overnight excursion. The excursion compliments the students HSIE units of work on Democracy. The students will visit Parliament House as well as The War Memorial, Institute of Sport and Questacon.

Just a reminder to our parents of 2016 kindergarten children that their first orientation day is Friday 23 October. We look forward to welcoming them to a taste of big school. Whilst the children are in the classrooms parents are invited to meet in the hall to also learn about “Big School”.

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Congratulations to our students who have been awarded prizes in the Peninsula Catholic Worldview Photo Competition:

Nature Section - 3rd  April O'Brien
Places Section - 1st  Lucas Nero

Happy Golden Jubilee and book week!

Mrs Suellen Garey
PRINCIPAL

Religious Education News

True charity requires courage: Let us overcome the fear of getting our hands dirty so as to help those in need.”

Pope Francis

Jubilee Celebrations
I am very excited about our Jubilee Celebrations on Saturday beginning with mass celebrated by Bishop Peter Comensoli. It would be helpful if families could arrive and be seated by 4:45pm. Students will sit with their families for mass.

Order of Events for Jubilee Celebrations

5:00pm  Mass
6-6:15pm  Official ceremony: speeches, cake cutting, Jubilee Book Launch
6:15-7.15pm  Open Classrooms
Memorabilia display in the hall
6:15 -7:30pm  Hot dogs, popcorn, gelato and drinks for sale at canteen
6:30-7:00pm  Band Performance on stage
7:00pm  Unveiling of the flagpole plaque, national anthem played by band
7:10pm  “The Time of Our Lives” from Doctor Dolittle Jr
7:30pm  Open Air Cinema (be seated by 7.30pm for 7.45pm start)

Religious Dates to Remember
Sat 17 Oct  Golden Jubilee Mass with Bishop Comensoli at 5pm in the playground
Wed 21 Oct  Yr 6 Class Mass at 9.15am
Sat 24 Oct  First Communion Reflection Afternoon at Mater Maria 1:30-4:30pm

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
Forward Planner
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](#). Dates are constantly being added to our calendar and should be checked regularly by parents.

<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>
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<tr>
<td>CYBER SAFETY</td>
<td>MAKE POSITIVE COMMENTS</td>
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</table>

Celebrating World Teachers’ Day

Sport News

NSW PSSA Athletics
Good luck to Luca M, Roxi B and Chelsea S who are at Primary School State Athletics today and tomorrow. This is a very competitive carnival with athletes from all over NSW and it is a great achievement to be at such a high level carnival.

All three children are competing in the 800m and we wish them every success.

Michele Kerr - Sport coordinator
High Achievers at Sacred Heart

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

<table>
<thead>
<tr>
<th>Distinction</th>
<th>Credit</th>
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<tbody>
<tr>
<td>Ethan H</td>
<td>Conor B</td>
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<tr>
<td>Samuel C</td>
<td>Harry C</td>
</tr>
<tr>
<td>Amelia S</td>
<td>Erin S</td>
</tr>
<tr>
<td>Lucie R</td>
<td>Jackson M</td>
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<td></td>
<td>Georgie D</td>
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<td>Joel H</td>
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<td></td>
<td>Sophie W</td>
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<td>Dominic N</td>
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<td>Lily W</td>
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<td>Nathan O</td>
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<td>Izak B</td>
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<td>Joel P</td>
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<td>Thomas S</td>
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<td>Naomi M</td>
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<td></td>
<td>Connor L</td>
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<td></td>
<td>Alex B</td>
</tr>
<tr>
<td></td>
<td>Jasmine W</td>
</tr>
<tr>
<td></td>
<td>Mackenzie R</td>
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Respectful Relationship Groups

Respectful relationship groups began this week with a great session all about Book Week. Students are grouped in mixed ages for these lessons which occur on Monday afternoons so they get to know and interact with students who are not in their grade.

In the next few sessions the Year 6 leaders will be teaching their groups all about character strengths and the importance of recognising strengths in ourselves and others. Character strengths are different to talents, skills and knowledge. They are attributes like courage, kindness, humour, persistence, that help you to make the most of your experiences and deal with your challenges. Your character is what makes you who you are.

Having a conversation with your child about these lessons would be a great way to help them further understand what character strengths are and how they can use them in everyday life.

Miss Perry – PBL Coordinator

Student Representative Council (SRC) News

Nude Food Day

Wednesdays in Term 4 are Nude Food Days. This means children need to bring their fruit break, recess and lunch to school without any wrappings or bags. So, no Glad Wrap, Alfoil, paper or plastic bags - just lunch boxes and other containers with food and drink stored in them.

Nude food is best when it’s natural – fruit, vegies, sandwiches, sushi, cheese, dips. None of these foods need wrapping if they’re placed in the right containers.

Each week the SRC member from each class will be checking the lunch boxes in their class to see how much rubbish there is. The class which has the healthiest lunch boxes and the least wrappings will be announced each week.

Help keep our bodies AND our school clean by bringing NUDE FOOD on Wednesdays this term. Please see additional information at the back of this newsletter from Nutrition Australia on Nude Food Day.

Miss Perry and the SRC Team
The theme for Mental Health Month this year is Value your Mind.

The main message is to encourage all individuals to think about how mental health exists in their daily life and promote the need for all individuals to make mental health a priority in their daily lives. When we make our mental health a priority, we are practise self-care which is an important part of our daily living to ensure the maintenance of a balanced wellbeing.

_Sacred Heart Wellbeing Team_
Children’s Book Week Fair & Character Parade

THIS WEEK - 12-16 OCTOBER 2015

Children’s Book Week is an annual celebration of the best books published in Australia, and is the longest running children’s festival in our country! The theme this year is BOOKS LIGHT UP OUR WORLD.

The activities that have been organised for Children’s Book Week celebrations at Sacred Heart are as follows:

DEAR Time – Monday to Friday
At different times during the week, children will be encouraged to engage in ‘DEAR’ time ie Drop Everything and Read. Children can read from books they have borrowed from the library or bring one of their favourite books from home.

Children’s Book Week Poster Competition
All posters have now been submitted. Prizes will be awarded to the best entries on Thursday.

Scholastic Book Fair – Tuesday 13 to Friday 16 October
Reading for fun can transform a child’s life as they explore the unknown world or as they venture into imagined ones through the printed page. That is why we are having a Scholastic Book Fair. Books will be available for PURCHASE ONLY which gives you or your child a chance to buy a books to take home that day. For every purchase made, we earn a percentage which enables us to buy great books for our library. All families, friends and neighbours are welcome.

If you are unable to attend, students will have the opportunity to check out the books and make a wish list of the books and the cost. They can bring the wish list and money on the days of the Book Fair and purchase the books themselves, or pay online. An EFTpos (debit & credit) machine will be available at the Book Fair.

Opening hours on Tuesday 13 to Thursday 15 October: 8:00-8:45am  1:00-1:30pm  2:50-3:30pm
On Friday 16 October, the book fair will only be open to parents only, following the book parade.

Book Week Character Parade - Friday 16 October, 9:00am
Children’s Book Week is a time to celebrate the wonderful world of books. The whole school will take part in a Book Character Parade. The children can come to school dressed as a BOOK CHARACTER or as something related to “Books Light Up Our World”. Be creative, think ‘outside the square’, surprise everyone! Parents welcome. Children can come to school dressed in their outfits on the day. Prizes will go to the best dressed in each grade.

Happy Reading and thank you for your support!

Melonie Harrison - Teacher Librarian

KE with our Book Week Mascots “The Very Cranky Bear” and “Geronimo Stilton”
Sacred Heart Golden Jubilee Update – This Saturday!

Sacred Heart Catholic School
Golden Jubilee Celebration
Saturday 17 October 2015 ~ 5.00pm

Gates open at 4.30pm

Mass with the Most Reverend Bishop Comensoli at 5.00pm

Open Air Cinema
“Paper Planes” at 7.45pm

GOLDEN JUBILEE BOOK
We are thrilled to announce that the Golden Jubilee Book has been completed and is currently being printed and delivered.

The 102 page memoir will be ready for launch at the Golden Jubilee celebration night on Saturday 17 October. In the meantime... we will leave you with a little sneak peek at the front cover.

Families can purchase this beautiful book for $30. Please complete order slip below.

Marie Nero and Judi Woodward

GOLDEN JUBILEE BOOK ORDER FORM

NAME: ………………………………………………………………… MOBILE: ……………………………………………………
ELDEST CHILD: …………………………………………… CLASS: …………………………………………………
NUMBER OF BOOKS: …………………………………………

COST: $30 PER BOOK TOTAL AMOUNT: $ ……………………..

I enclose ☐ Credit Card ☐ Cash ☐ Cheque (payable to Sacred Heart School)

Please Debit My:
☐ Mastercard ☐ Visa

Card Number: _______ _______ _______ _______ _______ _______ _______

Expiry Date: _____ / _____ Payment Amount: $ _______ _______ : _____

Cardholder Name (Please Print): __________________________________________________________

Signed: ___________________________________________ Date: ____________________________
Sacred Heart Golden Jubilee Update – This Saturday!

Gates open at 4.30pm

Mass with the Most Reverend Bishop Comensoli at 5.00pm

Open Air Cinema - “Paper Planes” at 7.45pm

OPEN AIR CINEMA – PAPER PLANES
Come along and enjoy this great family film following our Jubilee Mass! Bring a picnic blanket or a cushion and enjoy a great night out with the family. BYO nibbles and drinks. Also available will be popcorn, gelato, drinks and limited hot dogs.

VOLUNTEERS NEEDED
Following the Jubilee mass at 5pm will be some entertainment followed by the family movie ‘Paper Planes’. The canteen will be open for limited food and drinks from 6.30pm to 8.30pm and we are looking for volunteers to assist with the setup, serving and clean up. If you are able to assist please complete the form below, ticking the relevant box, and hand it to the office or alternatively email me directly, shpandf@gmail.com

Lynette Suchanek – Hub Secretary

VOLUNTEER HELP – GOLDEN JUBILEE – FOOD SERVICE

NAME: .......................................................... MOBILE: ..........................................................
ELDEST CHILD: .......................................................... CLASS: ..........................................................
I CAN HELP:  ☐ 6.30-7.00pm ☐ 7.00-7.30pm ☐ 7.30-8.00pm ☐ 8.00-8.30pm

The Hub News

This Saturday we are sponsoring the outdoor movie ‘Paper Planes’ which will follow the 5pm Jubilee Mass on Saturday 17 October. When the Hub organises fundraising throughout the year the money raised always goes back to the school. It is our pleasure to sponsor this movie on such an occasion as for our Jubilee Celebration, as part of giving back to our school community.

As with any event we are requiring some volunteers to assist in the Canteen to serve food between 6.30pm-8.30pm on the night. Please refer to the form attached to this newsletter for 30 minute timeslots if you can assist. We really do appreciate any extra help that you can assist us with.

Many thanks and look forward to seeing as many of you there!

Attached to this newsletter is The Hub AGM Election Notice advising the intention of the Executive for 2016. The AGM will be held on 18 November at 7pm. As always all are welcome!

We are happy to talk to anyone who may interested in sharing any of the roles including Uniform shop or Social Justice, we would love to hear from you. As with any new Hub members we always plan for smooth transitions with shadowing opportunities and/or comprehensive handovers and support. Over the years we have worked really hard to make all roles as simplified as we can to fit into today’s busy lifestyles such as job sharing.

Lynette Suchanek – The Hub Secretary (shpandf@gmail.com)
Happy Birthday

Happy Birthday from all at Sacred Heart to the following students who celebrate a birthday during the coming week:
Rocco R    Luke S    Molly S
James B    Claire P    Annelise S

School Awards

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<td>1F</td>
<td>Ted E, Indi M</td>
<td>1D</td>
<td>Isabel B, Natasha L</td>
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<td>2D</td>
<td>Lily W, Indi L, Beau L</td>
<td>2B</td>
<td>Aiden H, Albie B</td>
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<td>3R</td>
<td>Ebbeny H, Hannah S</td>
<td>3C</td>
<td>Sebastian H, Matilda S</td>
</tr>
<tr>
<td>4B</td>
<td>Paris B, Alessia M</td>
<td>4N</td>
<td>William M, Ava C</td>
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<tr>
<td>5N</td>
<td>Aaron P, Sam C, Georgia J</td>
<td>5S</td>
<td>Kaleb G, Saxon C</td>
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<tr>
<td>6F</td>
<td>Roxi B, Zoey M</td>
<td>6W</td>
<td>Lauren B, Hayley M</td>
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<tr>
<td>3-6S</td>
<td>Matthew H, Kori C</td>
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</table>

Principal's Awards: Harry K, Thomas M (Year 6)

Canteen News

CANTEEN ROSTER (start 9.30am - finish 1.45pm)

| Thu 15 Oct | Michelle J, Michelle C, Karen L, Kirsten W |
| Fri 16 Oct | Helen K, Justine O, Bec B, Danielle C     |
| Mon 19 Oct | Maggie H, Siobhan B, Michelle H          |
| Thur 22 Oct| Tennille H, Rita Z, Fiona S              |
| Fri 23 Oct | Gloria M, Kylie M, Nikki H               |

Volunteers: A gentle reminder to please complete your volunteer slips for 2016 and send them in ASAP to either the canteen letterbox or front office.
Help needed: Thursday 19 November from either 9.30am-1.45pm or 11am-1.30pm - please contact Marie.

Kay & Marie – Canteen Coordinators

Kiss & Drop Morning Roster

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

<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>Kellie C</td>
<td>Lucy B</td>
<td>Melinda B</td>
<td>Karen C</td>
<td>Selina N</td>
</tr>
<tr>
<td>Anna R</td>
<td>Karen L</td>
<td>Melinda B</td>
<td>Lisa D</td>
<td>Jo B</td>
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<td>29 Oct</td>
<td>30 Oct</td>
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<td></td>
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<td>Shanna C</td>
<td>Kylie D</td>
</tr>
</tbody>
</table>

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VOLUNTEER - KISS & DROP MORNING ROSTER

NAME: ..........................................................  MOBILE: ............................................
ELDEST CHILD: ............................................  CLASS:  .............................................
I CAN HELP ON:  ☐ MON  ☐ TUE  ☐ WED  ☐ THUR  ☐ FRI
FREQUENCY:  ☐ WEEKLY  ☐ MONTHLY  ☐ TERMLY  ☐ BACK UP PERSON

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Second Ritual for First Holy Communion
The Second Ritual for children preparing for First Holy Communion will be held this weekend at all mass times. The children will all be called to the Altar where they will receive a special Blessing. Mass times over the weekend are as follows:

Maria Regina Avalon:  Saturday 6pm, Sunday 9am
Sacred Heart Mona Vale:  Saturday 5pm – Sacred Heart School Golden Jubilee Mass
                          Sunday 8am, 9.30am and 6pm

World Youth Day Fundraiser
As part of the Pittwater Parish’s World Youth Day Fundraiser we will be selling the biggest and freshest Polish donuts (short of going to Poland) for $3 each after the Sacred Heart School Golden Jubilee Mass. Make sure you get in quick as they are sure to sell out fast.

Pittwater Parish Melbourne Cup Lunch
Please join us for the Pittwater Parish Melbourne Cup lunch on Tuesday 3 November 2015, Sacred Heart Church, Mona Vale, Parish Centre from 12.30pm to 3.30pm. Tickets are $45 per person and include a glass of champagne on arrival, a three course meal, cash bar, sweeps and prizes. All proceeds go towards World Youth Day. For more information please contact the Parish Office on 9997 7311

Angela Smit – Pittwater Parish Sacramental Coordinator

CatholicCare Before & After School Care
CatholicCare before and after school care have opened enrolments and bookings for next year and are filling up fast.

Please visit the website http://catholiccaredbb.org.au/childrens-services11/before-after-school-and-vacation-care/mona-vale or contact Kylie directly monavale.oshc@dwb.org.au for more information.
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
Student Representative Council (SRC) News

NUDE FOOD DAY
INFORMATION FOR PARENTS

What is Nude Food?

Nude Food is simply food that is not wrapped in foil, plastic or commercial packaging.

The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly.

Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health). You might be amazed with how enthused your child can become on this...

✔ To pack a Nude Food Lunch or Snack, you will need:
  • Cutlery from home is better than throwaway plastic ones
  • Plastic or metal drink bottles are recommended for refilling with water
  • Reusable containers for putting all of your food, snacks and drinks into
  • Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers

✘ Try to avoid:
  • Zip lock or plastic bags, plastic wrap or aluminium foil
  • Tetra packed drinks, single serve yoghurts and cheese
  • Single use plastic forks and spoons
  • Prepackaged food, i.e. biscuits, snack bars and chips

Tips for Packing Nude Food Lunches:
  • Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
  • Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
  • If your child normally enjoys chips, yoghurt or other prepackaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
  • If your child does enjoy chips, why not try making your own vegie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
  • Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the environment as well as to your budget, as less fuels are used to transport it into your supermarket.
  • Go to www.nudefoodday.com.au/resources for Nude Food recipe ideas.

KEEP AUSTRALIA BEAUTIFUL
ECO-SCHOOLS
NUTRITION AUSTRALIA

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