Dear Parents

If you have had the opportunity to see the musical, “Oliver” you might remember the song, “Oh, wouldn’t it be loverly”. This could very well be the anthem for a movement that’s gaining momentum in Australia called “Downshifting”.

Downshifting or “Voluntary Simplicity” reveals a change in values that’s having a profound impact on the lives of many ordinary Australians. A common reason for downshifting is the desire to live a less materialistic lifestyle or the desire to live a more environmentally friendly lifestyle.

Over the past decade 23% of Australians have chosen to downshift to a simpler lifestyle on less income. It’s a broad based movement representing the full range of age, income and social background. The single principal reason for downshifting was lack of time spent with family.

Clive Hamilton commissioned the Australia Institute Survey into Downshifting and said that, “In Australia over the last decade or so, we’ve had a tremendous national debate about time-stress, about work and family. And I think there’s a pretty broad recognition that overwork and absentee parents have caused a neglect of children and a lot of parents feel guilty about this. Some of them have decided they don’t want to do it anymore, they don’t want to miss out on their children growing up.

The UK celebrated its first National Downshifting Week in the last week of April, 2005. “It seems there is a revolution taking place and folks all over the country are making waves to ditch their stresses, shift towards a simpler life and spend more time with the ones they love.” Tracey Smith. Columnist & Broadcaster

Downshifting is not about giving up on work, going on the dole or living in a commune, but about finding ways to reduce your work so you can enjoy your life more – more satisfaction with life, more time with family.

“There are encouraging signs that the downshifting trend is part of a bigger shift in values, attitudes and our notion of what success means. First, there is the wider recognition that the ‘long working hours culture’ of work is wrecking employees health, family life and relationships. Second, there is a certain weariness with the mass-produced, global brand names and a renewed interest in local farmer markets. Finally, at least one country, Sweden, has decided to tackle one of the biggest obstacles to downshifting, namely, pester-power. It has banned TV advertising to children.” Judy Jones, Co-author Downshifting.

A regular comment from Australians who have settled into their downshift, is that they have been able to shift the focus of their lives from being entirely for themselves to being able to do voluntary work in their local community. One of the clearest teachings of Jesus, focussed on the need for Christians to help feed the hungry, clothe the naked, care for the sick and visit those separated from their communities. There was no mention of attempting to evangelise these people, but it was from such teachings as these that Mother Teresa gained the insight that the destitute street people of Calcutta were “Jesus in disguise” and “Thus our love of Jesus and service to the poor are fused into a single act.” Perhaps the concept of downshifting has something to offer us all.

“Lord, we thank You for Your gift of life today, May we be wise in our choice of how we live, May we always rejoice in Your presence within us, Amen.”

Happy Wellbeing Week!
This Saturday at the 5pm Mass we welcome our Kindergarten class for 2016 to our Parish community. The beautiful season of Advent commences this weekend. A time of preparation for the celebration of the birth of Jesus.

Congratulations to Chelsea S and Roxy B who will be honoured at the Broken Bay Primary Schools Sports Council Annual Outstanding Sports Achievement Awards next Tuesday, 1 December at St Agatha’s Catholic School Hall Pennant Hills. Awards have been given according to the following criteria:

- Representing NSW in any sport.
- Representing Polding in 2 or more sports (at least one must be as an individual)
- Achieving first, second or third in an individual event at the NSW PSSA carnival.

Thank you to the wonderful parents from our community who held positions on the Hub in 2015. Much has been achieved in the pursuit of building a Catholic community, engaging parents and improving learning outcomes for all students. Funds raised this year have contributed to the replacement of technology in the school. In particular thank you to Mrs L Suchanek and Mrs R Molinaro who have worked so tirelessly for the benefit of all children here at Sacred Heart in 2015 and who stood down at the AGM last week. Welcome to the new members of the Hub - Mrs E Huxley, Mrs K Carroll and Mrs A Bembrick.

Please remember that all students must complete the beginning of year MAI assessments in January. These assessments assist teachers in planning programs for students. Appointments can be made online, with booking details to be published in our newsletter on 16 December 2015.

Mrs Suellen Garey
PRINCIPAL

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Religious Education News

Prayer for Advent
Father in heaven, our hearts desire the warmth of your love and our minds are searching for the light of your Word. Increase our longing for Christ our Saviour and give us the strength to grow in love, that the dawn of his coming may find us rejoicing in his presence and welcoming the light of his truth. We ask this in the name of Christ the Lord. Amen.

The Caritas 2015 Advent calendar can be downloaded from their website: http://www.caritas.org.au/advent to prepare for Christmas. Advent begins on Sunday 29 November. This year the calendar uses the symbol of the Advent wreath. This year, Caritas Australia’s Advent Calendar features stories which highlight our 50 year journey of working with vulnerable communities around the world. It uses the symbol of the Advent wreath, a traditional centrepiece of the Christmas season, to help you Learn, Pray and Act daily with and for Caritas Australia’s partners around the world. Download the app for your phone or use our online calendar.

- An App for both iPhone/iPad devices as well as Android phone/tablet devices.
- A website version
- Primary School PowerPoint – includes the Advent wreath symbols that can be printed and used to create your own Advent wreath at home. There is also a ‘how to’ guide on the website, including how to make your own Advent wreath, a traditional wreath blessing, and making it part of your daily Advent routine.
Christmas Eve Mass
Please see slips at the back of this newsletter for children wishing to participate in the Christmas Eve Mass, or parents who are able to assist with set up.

Christmas Hampers
Thank you for your generous support of our annual Christmas Hamper Appeal. The Mini Vinnies Team are assembling the hampers today with Mrs Tuite and myself.

Religious Dates to Remember
Sat 28 Nov  Blessing of 2016 Kinder Mass (5pm)
Wed 02 Dec  Yr 2 Class Mass (9.15am)
Wed 16 Dec  Mass of Thanksgiving (11.30am)

Please keep in your prayers...
Natasha S from 1D and her family. Natasha is undergoing medical treatment for reoccurring leukaemia.

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

Christine McBryde – Religious Education Coordinator

PARISH WEEKLY BULLETIN can be found here.

The Parish Pulse

SOUL Christmas Party
To celebrate our final SOUL sessions for 2016, we are having a youth gathering.

All SOUL youth are invited to our SOUL mass this coming Sunday night 29 November, 6pm mass at Sacred Heart Church, Mona Vale. Following mass there will be a sausage sizzle for all youth and parishioners plus some games and activities in the primary school grounds until 8pm. This gathering is open to all youth year 5+. Hope to see you there.

Angela Smit – Pittwater Parish Sacramental Coordinator
Pittwater Parish website

Diocesan Parent Council

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

For more information on Michael Grose seminars, please visit here.

School WHS

Hydrate... it’s getting hot! – As we are coming into Summer, please ensure children have packed their drink bottle each day.

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Yellow Family Registration Forms
These forms are now due back to the school office. If you are yet to complete, could we please ask for these to be returned as soon as possible.

Forward Planner
28 Nov    Blessing of 2016 Kinder Mass (5pm)
02 Dec    Yr 2 Class Mass (9.15am)
15 Dec    Yr 6 Graduation Mass and Dinner
16 Dec    End of Year Mass (11.30am)
16 Dec    Last day term 4

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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</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>USE KIND WORDS AND ACTIONS</td>
<td>LEARN HOW TO NEGOTIATE</td>
</tr>
</tbody>
</table>

2016 School Terms, Staff Development Days & Holidays

To assist parents who are planning holidays in January, please note school dates below. All children are required to attend a compulsory assessment in January. Assessment booking details will be published in our final newsletter for 2016, on Wednesday 16 December.

Wednesday, 27 January....... Staff Development Day (SDD)
Thursday, 28 January......... Assessment Day for Kinder – Yr 6 / SDD
Friday, 29 January.......... Assessment Day for Kinder – Yr 6
Monday, 1 February .......... Assessment Day for Kinder
Monday, 1 February .......... Yrs 1-6 commence
Tuesday, 2 February .......... Kinder commence

2016 Vacations     Last Day Of School For Students     Return to School for Students
Term 1            Friday 8 April                         Tuesday 26 April
Term 2            Friday 1 July                             Tuesday 19 July (Staff only on Monday)
Term 3            Friday 23 September                      Monday 10 October
Term 4            Friday 16 December

STAFF DEVELOPMENT DAYS 2016:   Wed 27 Jan   Thurs 28 Jan   Mon 18 Jul   Mon 19 Dec   Tues 20 Dec

2016 Grade Parents

A very big thank you to our grade parents who have performed the valuable service of welcoming and social networking to enable everyone to feel part of the community. If you are interested in the position for next year, please contact the office.

<table>
<thead>
<tr>
<th>Kinder 2016</th>
<th>Year 1 2016</th>
<th>Year 2 2016</th>
<th>Year 3 2016</th>
<th>Year 4 2016</th>
<th>Year 5 2016</th>
<th>Year 6 2016</th>
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<tbody>
<tr>
<td>Position filled thank you</td>
<td>Position filled thank you</td>
<td>Position filled thank you</td>
<td>3-4 required</td>
<td>3-4 required</td>
<td>2 more required</td>
<td>3-4 required</td>
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Sports News & Achievements

On Friday, Ruby R and Angelina G (yr 6), Eve S (yr 4), Annelise S and Rosie M (yr 3), Lacey C (yr 2), Rosie M and Isabel B (yr 1) are flying to Melbourne to take part in the AASCF National Cheerleading Championships on the weekend.

Good luck girls!

Pittwater Council Survey

Pittwater Council - School Travel Survey - Mona Vale traffic and parking
Pittwater Council is currently working on a traffic and parking study for the Mona Vale Town Centre and have requested that each family complete the school travel survey which relates to how your family travels to and from school each day. This information will provide us better understand the reasons and barriers as to why parents choose to drive, walk or cycle for the school pick up and drop off. The link for the survey can be found at Mona Vale School Survey.

We also welcome the school community to an open house on Saturday 28 November at the Mona Vale Memorial Hall between 10am-2pm where we will be discussing the Mona Vale traffic & parking strategy and walking and cycling in Mona Vale.

We will share these results with your school and will work in partnership to provide active travel links to your school to encourage walking and cycling.

Michelle Carter - Road Safety Officer - Pittwater Council

Band News

Training Band 2016 Update
Thank you to all parents who submitted their information for interested children to become our new musicians of 2016!

Last Thursday Jane Nelson and I saw many of our students, giving them the experience of trying different band instruments to assess suitability. If your child wasn’t seen last Thursday, we have our second round of “blow tests” this coming Friday 27 November at 1.30pm-2.30pm. If further time allocation is needed, we will see students in the following week, on Thursday 3 December.

Stay tuned, all parents will be contacted shortly afterwards with more information. Thank you for your interest. Our 2016 Sacred Heart Training Band is going to be great!

Clare McFadden - Band Director

Uniform Shop News

If your child has a broken zipper on their school bag, please bring to the uniform shop this week for repairs.

The uniform shop will have their final day for 2015 on Friday 4 December 2015. Please ensure all purchases have been made by this date as we will not re-open until school returns in 2016.

Opening Hours: Mon 8.30-9am Wed 2.30-3pm Fri 8.30-9am

In 2016 during the first week of school, the uniform shop will be open Monday, Tuesday, Wednesday and Friday.

Mon 1 Feb – 8.30-am Tues 2 Feb - 8.30-9.00am Wed 3 Feb – 2.30-3.00pm Fri 5 Feb – 8.30-9.00am

Normal opening days and hours will apply from Monday 8 February 2016.

Veronika & Clare
Happy Birthday from all at Sacred Heart to the following students who celebrate a birthday during the coming week:
Charli S    Fergus H    Addison D    Oliver P

School Awards

<table>
<thead>
<tr>
<th>Class</th>
<th>Students</th>
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</thead>
<tbody>
<tr>
<td>KE</td>
<td>Isabelle A, Lani M, Patrick H</td>
</tr>
<tr>
<td>1F</td>
<td>Anabel R, Bryn W</td>
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<tr>
<td>2D</td>
<td>Henry B, Thomas B, Georgie C</td>
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<tr>
<td>3R</td>
<td>Matthew S, Charlotte M</td>
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<tr>
<td>4B</td>
<td>Oliver R, Charlotte T</td>
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<tr>
<td>5N</td>
<td>Kai K, Logan T, Aaron P</td>
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<tr>
<td>6F</td>
<td>Sienna M, April O</td>
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<tr>
<td>3-6S</td>
<td>Connor L, Joel B</td>
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Principal’s Awards: Lucas H, Axel C

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 contact Selina Nichols on nicholsselina@gmail.com for further information.

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<tr>
<th>Monday</th>
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<td>30 Nov</td>
<td>Kellie C</td>
<td>1 Dec</td>
<td>2 Dec</td>
<td>26 Nov</td>
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<td></td>
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<td>Lucy B</td>
<td>Mel B &amp; Lynette S</td>
<td>Leonie S</td>
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<td>7 Dec</td>
<td>Anna R</td>
<td>8 Dec</td>
<td>9 Dec</td>
<td>3 Dec</td>
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<td></td>
<td>Karen L</td>
<td>Mel B &amp; Lynette S</td>
<td>Selina N</td>
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<td>14 Dec</td>
<td>TBC</td>
<td>15 Dec</td>
<td>16 Dec</td>
<td>10 Dec</td>
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<td></td>
<td>TBC</td>
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<td>Lisa P</td>
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<td>4 Dec</td>
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<td>Jo B</td>
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<td>11 Dec</td>
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<td>Kylie D</td>
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</tbody>
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Canteen News

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

| Mon 30 Nov | Shaunna R, Simone K, Claire W, Karen W |
| Thur 3 Dec | Yvette D, Sjaan S, Janelle O, Belinda Y |
| Fri 4 Dec  | Lucy B, Virpi T, Angela B, Bec C       |

Yesterday we hosted our thank you morning tea for our fabulous volunteers. It was great to share the morning, we are so grateful for all the support we receive throughout the year. Also, we would like to thank and farewell a handful of mums moving on in 2016. Some of these parents have been volunteering for as long as 15 years, amazing. Thank you: Sjaan S, Vanessa B, Liz M, Michelle H.

The canteen will be open for all counter service and lunch orders up to and including Monday 14 December.

**Birthday Ice Blocks** - From Monday 7 December we will **not** be accepting any storage of ice blocks for birthdays due to closing down and clearing freezers for the school holiday break.

Kay & Marie – Canteen Coordinators
On Tuesday the 8 December, the Canteen will be holding a special "End of Year Christmas Celebration". Please see flyer and details below on how to order.

How to Order
1. Order under your registered school 24 account. (Please refer to registration details on the canteen page of our school website here if you have not yet registered.
2. Place your order under the "special event order section for Canteen End Of Year Christmas Celebration" on the right hand side your home page.
3. SELECT "child" and then "start"
4. Select Menu" on the left hand side under "Categories" heading.
5. Select your meal choice "Hot Dog", "Hot Dog & Drink" or "Hot Dog, Drink & Vanilla Choc Top". Within these options you can choose drink flavours and sauces.
6. Check your order then "Check out"
7. Then "Submit your order". For 2 or more children, Go back to the home page and Repeat steps.

Canteen End of Year Christmas Celebration

Tuesday 8th December

Prizes for the children

Hot Dog $3.00
Hot Dog & Drink $5.00
Hot Dog, Drink & Vanilla Choc Top $7.50

Christmas themed Morning Tea (over the counter) from $0.50 - $2.00

Please order lunch online by 2nd December

Refer to details on how to order under the canteen section of the school newsletter

For any allergy needs – please see Kay or Marle in the canteen

Main menu will not be available on the day

IMPORTANT
ONLINE ORDERING ONLY FOR CANTEEN END OF YEAR CHRISTMAS CELEBRATION
*** PLEASE READ IF YOUR CHILD CATCHES A BUS ***

New bus route numbers for School Special bus services in 2016

From the start of Term 1, most School Special bus services will be renumbered to eliminate any duplication of route numbers that may have caused confusion to students in the past.

Please note: These changes do not impact the level of service provided to our school or the route taken by these services. The only change is to the three-digit bus route numbers.

Please have a look at the listing on the STA website here and have a discussion with your child in the Christmas/January holidays regarding their new bus number.

If you are unsure, please check the Sydney Buses website here.

Changes to School Student Travel Scheme / Introduction of School Opal cards

From term one 2016, Transport for NSW will be issuing School Opal cards to students eligible for travel under the School Student Transport Scheme via a new online application process. Most parents, guardians and students won’t need to apply for a School Opal card if they have already been given a school student travel pass and will automatically receive a School Opal card in 2016, except the current year 2 students. Those students should have returned their new application forms to the school office.

All new applications for School Opal cards must be made via the online application form at www.transpthonsw.info/school-students. Forms should then be printed and dropped into the school office. For more information on the School Opal card and the School Student Travel Scheme (SSTS) please visit Transport NSW’s website above.

The Hub News

Thank you to everyone who came to our AGM last Wednesday, it was a lovely night.

Sacred Heart are again participating in the Athletes Foot program. We encourage you to buy school and sport shoes from Athletes Foot and mention Sacred Heart so we receive $5.00 from each pair of shoes you buy including shoes for other family members.

The Hub will be holding an informal talk on Friday 4 December immediately following morning assembly on transitioning to high school. What to expect, what to be prepared for from a parent’s point of view. Juliana Johnston and Eloise Critchley will be two of the mums speaking. Everyone is welcome and I recommend it, it helps to have a little insight to what is a big change.

We are having an “End of year clean out and tidy up of our Storage Shed and Toy Shed” on Wednesday 9 December from 12-2:50pm. If any of you are thinking this could be your one thing to assist The Hub for the year, we would really appreciate it! Many hands make light work.

Lynette Suchanek – The Hub Secretary (shpandf@gmail.com)
**Pittwater Parish - Christmas Eve Mass**

** Helpers for Christmas Eve Mass!**

Pittwater Parish is renowned for its 5pm Children’s mass on Christmas Eve and of course we need lots of helpers and children to participate. Included in this newsletter are slips for people (to return) who are able to assist with setting up on Christmas Eve and children who will be attending so we can begin to organise readers and actors.

There will be Christmas Eve Mass in the school grounds at 5.00pm on Christmas Eve. We are seeking a team to work with us in preparing and assisting with this Christmas celebration. We will be working closely with the Parish for co-ordination. Help will be needed with ushering/crowd control, stage setup, the nativity play, chair set up and putting away chairs after the 9pm Mass, decorating etc. If you feel you would be able to help in any way, we would very much like to work with you in making Christmas Eve a special evening. **We will hold a meeting closer to Christmas to discuss details.**

Please fill out the form below if you can assist and return to Chris McBryde. Thank you in advance! If you would prefer to email your reply, please email to shmv@dbb.catholic.edu.au with the heading “Christmas Eve Mass Helper”.

**Christmas Eve Liturgy/Play Participation (Children)**

I would like to include the children from our school who will be attending the Christmas Eve Liturgy/Play to take on roles, eg readings, dancing, singing, etc. If you know that you will be attending the liturgy and would like your child/children to be involved, please indicate on the slip below and return to school for the “red bag” or to Mrs McBryde.

If you would prefer to email your reply, please email to shmv@dbb.catholic.edu.au with the heading “Christmas Eve Liturgy Child Participation”.

-------------------------------------------------------------

**Christmas Eve Mass Helpers**

I, ____________________________ am interested in working with the Parish/School in coordinating/helping with the Christmas celebration to be held in the school grounds on Christmas Eve at 5pm.

My contact details are: ____________________________ (phone)

__________________________________________ (email address)

-------------------------------------------------------------

**Christmas Eve Liturgy / Play Participation (Children)**

I will be attending the 2015 Parish Christmas Eve Liturgy and my children are able to participate.

Child's name: ____________________________ Class: __________________

Child’s name: ____________________________ Class: __________________

Child’s name: ____________________________ Class: __________________

Parent’s Signature: ________________________ Date ____________________