Dear Parents

There are many ways to pray. Below is a beautiful way to include prayer in your day with a mirror of questions.

What dreams did I create last night?
Where did my eyes linger today?
Where was I blind?
Where was I hurt without anyone noticing?
What did I learn today?
What did I read?
What new thoughts visited me?
What differences did I notice in those closest to me?
Whom did I neglect?
Where did I neglect myself?
What did I begin today that might endure?
How were my conversations?
What did I do today for the poor and excluded?
Where could I have exposed myself to the risk of something different?
Where did I allow myself to receive love?
What reached me today?
What did I avoid today?
From the evidence—why was I given this day?

The “Back to the 80’s” event certainly lived up to expectations. There are six aims in the P&F (Hub) Constitution adopted at Sacred Heart. The “Back to the 80” event definitely achieved the first aim of the Constitution to build a friendly and welcoming faith filled community which seeks to involve all members. The vibe at Bayview Golf Club was one of inclusion, warmth and working towards a common goal.

The third aim is about raising funds to provide resources and opportunities for enriching the learning environment of the school. The funds raised this year and funds already in our accounts will be assisting to renovate toilets, learning spaces and the administration area. Planning has commenced with CSO to draw up plans, get architects and quotes regarding some of these initiatives. These are not major building plans but some changes that can be made to facilitate a better learning environment. Our boys and girls toilets are overdue for a renovation. Our learning spaces need to be updated to compliment the Vision for Learning at Sacred Heart that has been developing over the past few years and the administration area needs redesigning to cope with the large number of parents and students. These changes will be gradual over time.

A final thank you, to add to last week’s list of thank you’s, goes to our MC, Grant H and auctioneer, Matt C who on the evening worked tirelessly and enthusiastically to ensure that all had a thoroughly enjoyable evening.

Wishing all a restful and safe holiday

Kind regards

Mrs Suellen Garey
Principal

Blessed are the Merciful, for they shall receive Mercy  Mt 6:13

Like and follow us at: facebook.com/sacredheartsmonavale
Like and follow us at: twitter.com/SHMV16
Religious Education News

Wishing all our students and families a very restful and safe holiday.

**BALANCE IN MY LIFE**

God our Father,
lead me to grow in faith and keep a healthy balance in my life.
Remind me that I need to give time and space for myself
as well as for others.
Inspire me to remaining committed in my work,
sharing quality time with my family,
and enjoying sufficient rest and recreation. Amen

**Prayers**

Please keep the Natoli family in your prayers, Dom’s grandmother passed away earlier this week.

**Religious dates to Remember**

- **Wednesday 19 Oct** Year 6 Mass at 9.15am
- **Saturday 22 Oct** Year 1 Family Mass at 5pm
- **Wednesday 26 Oct** Kinder Class Mass at 9.15am
- **Saturday 5 Nov** Year 4 Family Mass at 5pm

**PARISH WEEKLY BULLETIN** can be found [here](#)

**Chris McBryde - Religious Education Coordinator**

**Yr 2 Excursion to Ku-ring-gai Wildflower Garden**

On Wednesday 14th of September Year 2 went to the Wildflower Gardens. We met the rangers. The classes got separated. First 2R went for a bushwalk up to the top of the hill. We saw so many flowers. It was like 600 million years ago. It was just like a rainforest.

For our second lesson we had a look at stick insects. First we had to find them and I learnt that stick insects have wings! They use them to go to other trees to get away from animals like birds.

Then we went to the playground to eat. We saw a wallaby and its joey. We know that was pretty cute.

For the last lesson we needed some gloves on for pulling out weeds. That's called bush degeneration. We had so much fun! I could not have a better day!

*Addison D, 2R*

On Wednesday, 14th of September Year 2 went to the Ku-ring-gai Wildflower Gardens. The first thing we did was go on a bushwalk. We all went down Smith Track. Our ranger’s name was Ranger Anita. We stopped on a sandstone rock and Anita talked to us about a plant life cycle. She explained that a seed drops into the ground and grows into a baby plant then an adult plant. Then we kept going. We all went down a steep rock. Anita stopped us so we could look at the two flowers she spotted. One was yellow and one was purple. We kept going and stopped at a big plant. Anita talked about how the huge plant started out so tiny. We kept going. Soon we stopped again at some tiny, white flowers. We all had a sniff. They smelt sweet. Our next stop was near a lake. Anita talked about the fish that live in the lake. Then we had recess.

After recess we went under a little shaded area. Anita had a cage with a stick insect inside. She put it on her head. Anita said that she was not worried because she knew it wouldn’t hurt her. We looked at the male and female stick insects. Then we went into groups of four and we were given cards. Then we put the cards into a life cycle. Then we had lunch.

After lunch we got gloves from a box. We went down a hill to a place full of weeds. We had to pick the weeds. I picked none. We picked a lot of weeds though. Then we went back up the hill to catch the bus.

We also went to the fern house. It was full of ferns. It looked like a rainforest! Anita said we could run around like dinosaurs. It was so much fun. I think it was a fantastic excursion. I really enjoyed it.

*Bridget C, 2R*
EMU (Extending Mathematical Understanding) Program for 2016

Extending Mathematical Understanding (EMU) is a research-based intervention program developed by Dr Ann Gervasoni of ACU in association with the Early Numeracy Research Project (1999-2002), focusing on the early years of schooling. The EMU Program has been shown by detailed research to improve children’s learning and confidence with mathematics. This is Sacred Heart’s 5th Year participating in the EMU program, and our students continue to thrive and love it!

Congratulations to our Year 1 EMU students who worked with Mrs McNally and Miss Fisk, as well as Mrs Wheen and Mrs Ngamu’s Year 3 EMU students for their hard work and dedication this year. It has been an absolute pleasure being a part of this learning journey, observing the transformation in confidence and skill amongst our EMU students. We will be presenting the students with their Emu certificates at our Friday morning assembly this week.

Some of our EMU students shared their journey:

‘We played Maths games to help us learn maths concepts and Mrs Ngamu helped us along the way to show me where I went wrong and how to work out the answer correctly, sometimes in a different way! I loved the small group, it’s easier to work and learn. EMU is the best and I will never do anything more like it in my life! It’s just so much fun! Thank you Mrs Ngamu you are the best!’

‘I loved EMU because Mrs Ngamu has taught me so much about Maths, like strategies to help multiply and add. Our group was very nice and friendly and that’s helped me so much to understand more about Maths. I’ve really enjoyed meeting after school for our lessons with Hayley and Kalista. Thank-you to the teachers for giving up all that time to help me and my friends!’

A special thank you must go to our dedicated teachers Mrs Wheen, Mrs McNally and Miss Fisk who continue to share their wealth of knowledge and enthusiasm for teaching and learning with our students. Looking forward to continuing this invaluable program in 2017!

Mrs Fiona Ngamu – Mathematics Coordinator

Playground Improvements

I am pleased to announce that we are well and truly into the design and implementation stage of our new playground area Wonder World which will be set up outside the PE / sports room. This area will be up and running in Term Four and will be extended for the start of next year. We will have fairy gardens, animal and dinosaur worlds, puzzles and construction blocks, maps for cars, gardening pots and perspex railings for drawing and writing using whiteboard markers.

We are asking for support in compiling the equipment needed. We are looking for the following items in good used condition:

- Small toadstools
- Fairies
- Colourful stones and pebbles
- Small plastic animals
- Small plastic dinosaurs
- Pool noodles
- Old gardening gloves
- Matchbox cars
- Toy diggers and dump trucks
- Old gardening tools
- Large piece jigsaw puzzles
- Old kitchen equipment and utensils (pots and pans, stirrers, tongs, spatulas, trays)
- Old kitchen sink
- Lanyards

If you have any of the above equipment and are happy to donate to this play area, please see Jemma Satchell (KS class teacher)

Our vision for Wonder World!
Happy Birthday from all at Sacred Heart to the following students who have their birthday during the coming week and school holidays:

Indiana P  Molly M  Lana H  Cayla S  Jessica W  Alessia M  Jacinta R  
Chloe H  Ava C  Piper L  Matisse F  Elle S  Annika O  Sienna C  
Lexi B  Lauren W  Elena C  Livia H  Charlotte T  Patrick D  Ryan O  
Joshua N  Finlay M  Thomas B  Lucas H  Isaac S  Cooper K  Jeremy R  Max D

School Awards

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<tr>
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<td>6W</td>
<td>Maia P, Markus G</td>
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Canteen News

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

| Mon 10 Oct | Meegan H, Kristina K, Margarita H |
| Thurs 13 Oct | Fiona S, Mary R |
| Fri 14 Oct | Jenny O, Leonie S, Melinda K, Margaux Z |

The canteen will be open this Friday 23 September, the last day of term, and re open Monday 10 October, first day of term 4, for all lunch orders and over the counter service.

**Important reminder:** When placing and online lunch order it is super important to make sure you have received a confirmation of the order placed. This term we have been inundated with children at the window wondering where their lunch orders are and disappointed when we tell them it hasn’t been placed. Whilst we will always try to accommodate children with no lunch it can be very tricky time wise and we are not usually able to supply them with their original choice.

**Volunteers:** As always a big thank you to all our volunteers, your help and support is appreciated greatly. We look forward to catching up again in term 4.

To all the families of Sacred Heart, we wish you a wonderful, happy holiday break!

**Kay & Marie – Canteen Coordinators**

Please feel free to contact us via email at: sshmv.canteen@dbb.catholic.edu.au

Kiss & Drop Roster

We are looking for someone to take over the coordination of the Kiss & Drop morning roster in 2017. If you are interested or would like more information on what is involved, please contact Selina at nicholsselina@gmail.com.

We have a number of gaps in our Kiss and Drop roster in Term 4. Your duty would take half an hour every three to four weeks. If you can help, please email nicholsselina@gmail.com. We’d love to hear from you.
**Back to the Eighties – Thank You**

On Saturday night the Hub’s annual fundraiser "Back to the Eighties" was a great success. Thank you to Angela C, Julie L, Jade C, Jo R and their team of helpers who did an amazing job coordinating this great event.

We have a lot of people, local businesses and organisations to thank regarding this evening so please watch this space next term as we will be listing a massive thank you to all who were involved.

An amazing effort all round which generated over $20,000 in profit but most of all a real buzz and fun night for all the parents and staff who attended. People have commented that their cheeks were sore from smiling and laughing all night! A true sign of a successful night.

Big thanks also to the Children’s Artwork Team. The auctioning off of these items generated over $12,000 which is wonderful! This night truly whipped it!! Thank you Sacred Heart Families for your support of our wonderful school.

We still have a few silent auction hampers and vouchers, as well as auction items to be collected and/or paid for. Please drop in to the school office before the holidays to collect your items (Yr 1 artwork, Wallabies Jersey, $500 Wotif voucher, gourmet hamper, beach hamper, Pirates/Observatory/Powerhouse vouchers,

Please save the date for our Term 4 "Hub Meeting": This will be the Hubs AGM. This meeting will be held in our school library on 16 November at 7pm. If you would like any items added to our agenda please forward to the Hub at sacredhearthub@gmail.com

Have a wonderful last week of term 3 as we head into the school holidays. Wishing all staff and students a wonderful and safe holiday break.

Lots to look forward to in Term 4!!

*Juliana Johnston – Hub President  Kellie Carroll - Hub Secretary*

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**Sick Bay Supplies**

If your child has come home with a sling, bandage or change of clothes this term would you kindly return to the office, washed for re-use.

**Head Lice**

The school holiday break is a great time to check your child’s hair. If your child has head lice, it is recommended that hair be checked each day for three weeks following infestation, to break the cycle. Please advise the school office and a general email will be sent to your child’s grade requesting all parents check their child’s hair (no students identified).