Term 4 Week 4 - 2 November 2016

Term 4 Core Value: SERVICE
School Rule: Be of service to others and in the environment
Expectation of Behaviour: Help another student at school

Dear Parents

How did you go in the Melbourne Cup sweep? Winner or loser?

Hopefully, one of the pet “hates” of parents would be posters in sports stores that proclaim messages such as:

“Failure is not an option
Winning is the only thing that matters.”

Or

“Whoever comes second is the first loser.”

Of course, adults would quickly realise that the non-winners or the losers associated with such posters are the authors who have failed to understand the purpose of participation. However, such statements might have negative effects on children. If expectations are too great, children can be afraid of facing disappointment after they have put a great deal of effort into an endeavour.

In his book, “Will You Still Love Me if I Don’t Win?” Christopher Anderson makes the distinction between negative and positive competition: negative competition occurs when a child competes for his self-worth and value as a person. Positive competition is the result of children competing to discover their talents and inner strengths such as determination, patience and graciousness. This sentiment is supported by this extract from a poem:

“Don’t undermine your worth by comparing yourself with others;
It is because we are different that each of us is special.
Don’t set your goals by what other people deem important.
Only you know what is best for you. ....”

The last thing we want children to be concerned about is the fear of failure or not living up to their last success. This is why in whatever endeavour they might undertake, children need their parent’s love, approval, acceptance and the sense of security whatever the outcome.

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“Nothing is really over until the moment you stop trying. 
Don’t be afraid to admit that you are less than perfect.
It is this fragile thread that binds us to each other. ......”

As parents, we should always respect a child’s emotional nature and care enough to understand and relate to what they are feeling, not just to what they are thinking. To show respect, teaches a child to respect others and helps build relationship skills. Children need to be allowed to feel their negative feelings such as anger, sadness, loss, in a safe constructive way so as to work through the experience, survive it and move on. Children need to learn how to handle success and failure with grace, style and dignity.
“Don’t be afraid to encounter risks.  
It is by taking chances that we learn how to be brave.”
–Author Unknown.

Often times, the example that is put before us by the “Professionals” is not always to the benefit of “good example”; nor is the attitude expressed by their supporters. In our parental role, we need to take care that we don’t fall in with the “crowd” and a society that does not always value feelings.

“God, our Father,  
We offer praise and gratitude for Your promises that encourage our lives.  
Your promise to be our rock  
solid and sure, steady and real.  
We thank You for the indwelling of Your Spirit enabling us to live in the reality of our lives.  
Amen.”

Teachers have begun sorting classes for 2017. Each year we receive numerous requests for the placement of students. One advantage of a two stream school is the number of possible friendships that can be developed across a cohort and the placement of students so that optimal learning can occur for all. We will endeavour to place children in a class that we believe will be the best place for their academic and social development. We will be unable to achieve all parent requests, especially when parents ask for their child to be with, or not with numerous other children. Please note that a positive approach by parents, to the placement of their child, can significantly influence the success of settling positively into a new class.

Due to circumstances beyond our control we have had to reschedule our 2017 swimming carnival to Term 4 this year. Manly Aquatic Centre, where we have traditionally held our carnival, has altered the times for school carnivals. The time slot allocated for Sacred Heart for 2017 was in February from 12.30-3.30pm, this is not possible for our school as we need to have children back at Mona Vale for buses at 2.45pm.

After many meetings and discussions, not only with Manly Pool but other pools operators, the best alternative we have agreed upon is to hold our carnival on Monday, 5 December when we are able to book the pool from 10-2pm. This will slightly change other activities at school such as the election of sport’s captains for 2017. This will be held before the carnival on 5 December. We would like these new sport captains to have the experience of leading at a school swimming carnival.

Children in Year 6 2016, will not be involved in the carnival and we are in the process of finalizing a fun activity for them. Year 1 students will be involved in the swimming carnival and those who turn 8 years in 2017 will be eligible for the Northern Beaches Cluster Carnival. Miss Kerr will be distributing the permission to participate and entry forms for events in the next week or two.

Next week parents of students in Years 3-5 will be asked to complete a survey regarding the use and purchase of iPads for 2017. Whether or not parents are taking up the option of purchasing an iPad either through the CSO, purchasing from another retailer or not wishing for their child to use their own device next year, all year 3-5 parents will be asked to complete the survey.

Kind regards

Mrs Suellen Garey
PRINCIPAL

Blessed are the Merciful, for they shall receive Mercy  Mt 5:7

Like and follow us at: facebook.com/sacredheartmonavale
Like and follow us at: twitter.com/SHMV16
**Christmas Hampers**

We have begun our Christmas Hamper appeal collecting of non-perishable food which will be distributed to families through the St Vincent de Paul Society.

Students are asked to donate goods to families and people in need, so that they too may enjoy the delights that Christmas brings. Each class has been given the following items to collect:

- KD – SOAP, TOOTHPASTE, DEODORANT
- KS – SAVOURY BISCUITS
- 1L – TINNED FRUIT
- 1N – FRUIT CAKE
- 2R – SHORTBREAD OR BISCUITS
- 2S – NON REFRIDGERATED JUICE or UHT Milk
- 3F – CHIPS OR PRETZELS (Large Bags)
- 3P – TINNED TUNA OR SALMON
- 4B – PASTA AND PASTA SAUCE
- 4N – CANNED SOUP, SPAGHETTI, MEATBALLS
- 5B – BOX OF 100 TEA BAGS
- 5N – 250g JAR OF COFFEE
- 6D – CORNCHIPS/SALSA
- 6W – LOLLIES

Please be generous with these appeals as your care and compassion is a powerful message for your children to witness. In our own small way, we can make a difference at Christmas time.

**Altar Server Training for 2017**

Sacred Heart is seeking children in Years 3-5 who would like to become an Altar Server. Once the training has been completed the children will be able to assist Father during the weekday school masses, as well as weekend masses if interested.

The training consists of three, 1 hour sessions and will be held on the following dates:

- Monday 7 November 3:15pm – 4:00pm (week 5)
- Tuesday 22 November 3:15pm – 4:00pm (week 7)
- Tuesday 29 November 3:15pm – 4:00pm (week 8)

The sessions will be run in the church by Matthew Byrne from the Parish with my assistance. The children will then receive coaching from our year 6 altar servers during two of the Wednesday parish masses next year. The aim is for your child to feel confident in this role whilst being supported.

Your child’s commitment to the program will be covered during the training sessions; it is advisable to discuss this further with your son or daughter. Please ensure they are available for all training sessions.

At a later point you may wish to contact the parish office to offer to assist with weekend masses. Please contact me if you have any further inquiries.

If your child would like to participate in the Altar Serving training and they are able to commit to the three training days, please complete and return the permission slip below.

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**Altar Server Training 2017**

**CHILD:** ..........................................................  **CLASS:** ..........................................................

☐ I give my child permission to attend Altar Server Training.
☐ I confirm my child is available to attend all three sessions.
☐ I confirm I am available to drop off / collect my child from Sacred Heart Church for training.

........................................................................................................  ........................................................................................................

Parent Name  Parent Signature
Save the Date – Sacred Heart Christmas Carols Night!
When: Wednesday 7 December 2016 (6.30-8pm)
Where: Sacred Heart School Oval
Who: All families are invited to share in the Christmas Spirit

Religious Dates to Remember
Saturday 5 Nov Year 4 Family Mass at 5pm
Wednesday 9 Nov Yr 2 Class Mass at 9.15am
Wednesday 9 Nov 4N Reconciliation

PARISH WEEKLY BULLETIN can be found here

Fiona Ngamu
Acting Religious Education Coordinator

Evacuation Drill – Tuesday 8 November
We will be holding a whole school evacuation drill on Tuesday next week. This will include an evacuation of all students, staff and volunteers, testing of our evacuation bells, sirens and the PA system.

All children (except students new to Sacred Heart in Terms 3 and 4) have participated in evacuation drills at school in the past. The drill lasts approximately 15 minutes and involves all students, staff and volunteers moving to the church courtyard.

The purpose of the drill is to reinforce our commitment to student and staff safety in all areas.

Lost Property
Please ensure all clothing, lunch boxes and drink bottles are clearly labelled. We are finding many jackets, hats and lunch boxes without names, which we are unable to return to owners.

Clothing without name tags will be donated to the second hand uniform shop at the end of each term.

Broken Bay Summer Sport Trials
Trials for the Broken Bay teams for cricket, basketball and tennis will be held at the end of the November. Students in the current Years 4 and 5 are eligible to nominate to trial. Schools are only allowed to send 5 students per trial and they should be playing at representative level. Parents are responsible for transporting students to these trials.

Any students wishing to be considered to attend a sports trial for cricket, basketball and tennis must see Mrs Kerr on Thursday or Friday of this week to collect the information and nomination form. Please return this form by Monday. Students will be advised in the coming weeks if they have been chosen to attend the Broken Bay trials.

Michele Kerr - Sport Coordinator
**NSWPSSA Girls Cricket Tournament**
This week Charlie M from Year 6 has been representing Polding at the NSW Primary Schools Girls Cricket Tournament. Charlie has been playing against representative teams from all over the state with matches been played at various grounds in the Hawkesbury region. Congratulations Charlie and we look forward to hearing about your experience at this tournament.

**Touch Football**
Congratulations to Alana R who was in Perth last week competing in the School Sports Australia National Touch Football Carnival. Alana was representing NSW and with her team were awarded silver medallists after a hard week of games playing all the other states. Well done Alana on such a great result at the highest level of competition.

**Alana’s Report**
I had the most amazing experience last week representing NSW in Touch Football together with another 11 girls from all over the state.

We played an average of 2 full games per day against every state except for Tasmania – they don’t have an under 12’s team. We had some massive wins beating Victoria and South Australia by 22 points but then the reality check was playing against Queensland. We lost both games to them, round game and final.

**Highlights**
1. Representing my state and playing with a bunch of strangers that became my friends.
2. Playing against girls from all over Australia and at the end of each game swapping State pins. I’ve made a really good friend with a Queensland called Courtney. She stayed in the same hotel I did and wore the same number on her jersey as me (10). We were not so friendly on the field!
3. A State of Origin Moment. When playing Queensland I have a moment that I would have loved to have filmed and shown you all so you could have a laugh. Picture this, I play mid and my job is to run the ball up the middle. So I tap the ball with my foot and off I head towards Queensland to be tipped or sorry more like pushed by this massive Queenslander, of Samoan heritage. She absolutely wipes me out, I land flat on my back with the ball still in my hands and she lands flat on top of me. I could hear the crowd react. Penalty awarded – 6 again! We both get up wipe off the dirt and start the next play. No tears, driving hard to reach and defend the try line. Very tough game!
4. On the Wednesday all States Under 12’s and Under 15’s went to Fremantle on an Excursion. We were in mixed teams with players from all states based on our Jersey Number. We played games and visited the Fremantle Gaol. It was so much fun.

**Special Moments**
1. Our Vice Captain Brin from Coffs Harbour was injured in our game against Northern Territory and was out for the game against SA and our Final against Queensland. At the end of the final, we swapped pins, shook hands, took group photos and then the nicest thing happened. The captain of the Queensland team came over and presented Brin with a Queensland Jersey. We could not believe how nice the Queenslanders were.
2. Winning a Silver Medal at the Touch Football Nationals in the Under 12’s. Going down to Queensland who have won every year since 1995 (Except for 2011 NSW)!

Thank you to all my friends and their families and the staff of Sacred Heart for all your support and well wishes. I am so lucky to have played for NSW in a game that I love!

**Alana R**
Happy Birthday

Happy Birthday from all at Sacred Heart to the following students who have their birthday during the coming week:

Anna B    Luciana C    Natasha S    Xavier R    Samuel R    Matthew N

School Awards

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<thead>
<tr>
<th>KD</th>
<th>Ella M, Skye S, Eaton B</th>
<th>KS</th>
<th>Jesse H, Frank M, Alex T</th>
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<tbody>
<tr>
<td>1L</td>
<td>Olivia F, Patrick H</td>
<td>1N</td>
<td>Joshua M, Kiera P</td>
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<td>2R</td>
<td>Rosie M, Lola S</td>
<td>2S</td>
<td>Isabel B, Zara E, Ethan W</td>
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<tr>
<td>3F</td>
<td>Cowen A, Lucinda T</td>
<td>3P</td>
<td>Juliet B, Arianna R</td>
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<td>4B</td>
<td>Charlotte M, Dallas L</td>
<td>4N</td>
<td>Hannah S, Ebbeny H</td>
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<td>5B</td>
<td>Ryan C Chelsea S</td>
<td>5N</td>
<td>Charlotte T, Shantelle G</td>
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<td>6D</td>
<td>Naomi M, Beau N</td>
<td>6W</td>
<td>Elio A, Joel S</td>
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<td>3-6S</td>
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Principal’s Award | Brendan L, Dominic N (Year 5)

Canteen News

**Canteen Roster** (start 9.30am - finish 1.45pm)

| Mon 7 Nov | Christine H, Jacqui B, Lynn T |
| Thurs 10 Nov | Simone K, Claire W |
| Fri 11 Nov | Belinda W, Samantha G, Marlos K |

Help needed: Friday 11 November either 9.30am-1.45pm or 11am-1.30pm. Please contact Marie.

*Kay & Marie – Canteen Coordinators*

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

Kiss & Drop Roster

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.

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<td>Nov 7</td>
<td>Nov 8</td>
<td>Nov 9</td>
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<td>Nov 4</td>
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<tr>
<td>Kellie C</td>
<td>Melinda B, Leonie S</td>
<td>Lynette S</td>
<td>Linda M</td>
<td>Selina N</td>
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<td>Nov 14</td>
<td>Nov 15</td>
<td>Nov 16</td>
<td>Nov 10</td>
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<tr>
<td>Anna R</td>
<td>Melinda B</td>
<td>Lynette S</td>
<td>Karen L</td>
<td>Jo B</td>
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<td>Nov 21</td>
<td>Nov 22</td>
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<td>Nov 25</td>
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<tr>
<td>Rebecca M</td>
<td>Melinda B, Virpi T</td>
<td>Lynette S</td>
<td>Linda M</td>
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End of Year Messages

School Calendar – We are gradually adding more and more dates to our 2017 school calendar which can be found on our school website here or via our school App (scroll down past 2016 calendar). This calendar should be checked regularly for updates.

Family Registration Forms – Please complete front, sign back of form and return to the school office by 4 November 2016. If your form has been misplaced, please print from our school website here.

Opal Card Reminder – Please refer to information in our newsletter dated 12 October regarding 2017 Opal Cards. Eligible children in year 2 must update their details and submit a new application form. A street map showing the eligible distance from Sacred Heart school for a free School Opal Pass can be viewed at the school office. An information flyer from Transport NSW can be found on our school website here.
**Digital Citizenship & Cybersafety Education for Parents**

Parents of children in systemic schools in the Diocese of Broken Bay are invited to join a free online Digital Citizenship and Cybersafety Education webinar that will be held from 8:00pm – 8:40pm on Wednesday 23 November 2016.

The webinar will be hosted online by the Catholic Schools Office, Diocese of Broken Bay and will be facilitated by Greg Gebhart from the Office of the Children’s eSafety Commissioner.

**Time:** 8:00 – 8:40pm  
**Date:** Wednesday 23 November 2016  
**Registration:** Register to attend the webinar at https://goo.gl/dvqzXb before 8:00pm 23 November 2016  
**Technical Requirements:** Any internet enabled device

Download the free Parent’s Guide to Online Safety from the Office of the Children’s eSafety Commissioner at https://goo.gl/K5kCHD or the free Parenting Online Infographic at https://goo.gl/xDO4Pl

Please contact John Hession at the Catholic Schools Office for further information.

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**Diocesan Parent Council Notices**

The DPC have recently held their AGM & 2016 Dinner celebrating their Collaborative Communities in 2016.

Click on the image to go to the Broken Bay Parent Council website for further information.

Parent walking together in partnership with school and parish.

Email: parentcouncil@dbb.catholic.edu.au  
Web: www.brokenbayparentcouncil.com  
Twitter @BrokenBayDPC Facebook: Broken Bay Diocesan Parent Council
Please take note of the "Hub AGM Election Notice" below as nominations are now open for the Hub Committee 2017 "Save the Date" for our Hub Meeting on 16 November at 7pm which will be held in our school library.

If you would like any items added to our agenda please forward to the Hub at sacredhearthub@gmail.com

Juliana Johnston – Hub President  Kellie Carroll - Hub Secretary

NOTICE OF ANNUAL GENERAL MEETING – SACRED HEART HUB

The Annual General Meeting of the Sacred Heart Hub Committee will be held immediately after the Hub meeting in Term 4 on 16 November 2016 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
- Joint Treasurer
- Secretary
- DPC Representative
- Parish Liaison

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 2016:

- Juliana Johnston stepping down President
- Rebecca Capell stepping down Vice President
- Virpi Tuite stepping down Joint Treasurer
- Elizabeth Huxley stepping down Secretary
- Eloise Critchley stepping down DPC Representative
- Vanessa Sharkey stepping down Parish Liaison
- Alexia Benbrick stepping down Social Justice Representative
- Kellie Carroll stepping down Parish Liaison

The following positions will become vacant at the end of 2016. Nominations welcome.

- President
- Vice-President

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.

Kellie Carroll, The Hub Secretary (sacredhearthub@gmail.com)

NOMINATION FORM FOR ELECTION TO SACRED HEART HUB COMMITTEE 2017

I nominate ................................................ for the following position on the 2017 the Hub Committee:

- President
- Vice-President
- Joint Treasurer
- Secretary
- DPC Representative
- Parish Liaison

Print Name               Date