



## Term 1 Week 3 - 14 February

<b>Term 1 Core Value:</b>	<b>Respect</b>
<b>School Rule:</b>	Respect yourself, others and the environment
<b>Expectation of Behaviour:</b>	Speak politely to others

Dear Parents

Lent begins today Ash Wednesday 14 February. We teach our students that Lent is a time for renewing our friendship with Jesus. We say sorry for our sins, and we do acts of penance (e.g., fasting, prayer, service) to strengthen our love for God and each other. At home maybe you would like to read the story of Jesus tempted in the desert. Matthew 4:1-11. Ponder with your children, 'I wonder what it was like for Jesus as he prayed and fasted in the desert...' Be amazed by their insights!

This year during Lent, churches throughout our Diocese will be open for quiet time, prayer and the Sacrament of Reconciliation and this will be symbolised by the church lights being turned on between 7pm and 8pm on each of the Fridays in Lent. The initiative is called **The Light is on**. If you have ever been away from home for a significant time, you will know what it feels like to come home when a light has been left on for you, an expectation of being warmly welcomed home. This initiative will offer such a welcoming space in our churches, a place to feel at home, to connect with God, our faith, and our faith community, and to open ourselves to the loving grace of God. You will see banners outside our churches which feature our well known lighthouse – our own symbol of light.

Friday 23 March is Open Morning (9-11am) for new enrolments at Sacred Heart. After the Principal's address in the school hall at 9.15 am, the kindergarten choir will perform, and then visitors to our school will be taken on a tour of our school.

Tours will be hosted by current parents and the Year 6 students. Morning tea will then be offered to our visitors in the hall. If parents have neighbours who are interested in joining our school community please encourage them to come along to Open Morning or better still bring them along!

Parent volunteers are needed to escort visitors on tours and to set up and serve the morning tea. Please contact the school if you can assist.

Kind regards

*Mrs Suellen Garey*  
**PRINCIPAL**

Like and follow us at: [facebook.com/sacredheartmonavale](https://www.facebook.com/sacredheartmonavale)  
Like and follow us at: [twitter.com/SHMV16](https://twitter.com/SHMV16)



SACRED HEART CATHOLIC SCHOOL

**OPEN MORNING**  
**FRIDAY 23 MARCH 2018**

**ENROL NOW**  
**FOR 2019**

9am – 11am

**Come and see what a Catholic education can offer your child.**

A C21st learning environment where creativity, collaboration, critical thinking and a being part of Catholic Community is valued.

School tours can also be arranged by appointment.

SACRED HEART CATHOLIC PRIMARY SCHOOL Cnr Waratah St & Keenan St  
Mona Vale NSW 2103 TEL 02 9999 3264 EMAIL [shmv@dbb.catholic.edu.au](mailto:shmv@dbb.catholic.edu.au)

[shmvdbb.catholic.edu.au](http://shmvdbb.catholic.edu.au)



Today 14 February is Ash Wednesday which signifies the beginning of Lent. Lent is a preparation for Easter and the focal point of the Church's liturgical year. As we prepare for the most important of Christian feasts we are reminded of the love that God has shown in sending Jesus to us. Lent is a time of thanksgiving for what God has done for us. The students will have made or be making Lenten Promises in their classes. This could be a lovely way to begin a discussion with your child about the disciplines of Lent.



In Lent 2018, parishes of the Diocese of Broken Bay will be open during Lent for prayer and Reconciliation on  
**Fridays 7pm - 8pm**  
 (Feb 16, 23, Mar 2, 9, 16, 23)

### Dates to Remember

21 February Year 6 Class Mass at 9:15  
 28 February Year 5 Class Mass at 9:15  
 Saturday 3 March Year 3 Family Mass 5pm Sacred Heart Church

### Prayers

Please keep in your prayers Natasha S and Mick P (parent) and their families. Both are undergoing specialist medical care.

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



**Chris McBryde - Religious Education Coordinator**

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

## Sport News

Thank you to all the parents who supported and volunteered at our School Swimming Carnival. Your support is much appreciated.

### 2018 Swimming Carnival Results:

Congratulations to **Keenan**, our winning colour house!  
 Congratulations to **Polding** - Spirit Cup Winner!



<i>Junior Girls Champion</i>	Grace D	<i>Junior Boys Champion</i>	Jesse D
<i>Junior Girls Runner Up</i>	Ruby D	<i>Junior Boys Champion</i>	Toby W
<i>Senior Girls Champion</i>	Hannah S	<i>Senior Boys Champion</i>	Patrick D
<i>Senior Girls Runner Up</i>	Macy B	<i>Junior Boys Champion</i>	Harrison D

Further congratulations to the following students who broke swimming records – an outstanding achievement!  
 Patrick D, Hannah S, Macy B, Toby W, Joseph C

Congratulations and good luck to the students representing Sacred Heart at the Northern Beaches Carnival:

Patrick D,	Hannah S,	Harry C,	Macy B,	Toby W,	Ruby D	Byron B
Mateja G,	Ashley D,	Abi C	Bryn W,	Lily C	Jesse D,	Grace D,
Luke O,	Cayla S,	Harrison D,	Jahla F,	Sam R,	Roxi R,	Ted E,
Annabel R,	Patrick B,	Carissa S,	Nathan O	Joel H,	Joseph C,	

## Manly United After School Soccer

Students will be given a flyer regarding a soccer program being conducted after school on Friday afternoons this term at Sacred Heart School. If interested please register on the website. (all information is on the flyer).

Stephanie Munro – PE Teacher

## Special Guests

### Manly Sea Eagles Visit

On Tuesday 13 February several Manly Sea Eagles players visited Sacred Heart primary students to talk to us about **Respect, Belonging, Nutrition and Wellbeing**. The players key message was:

**Playing sport helps kids build healthy minds, healthy bodies, friendships and life skills.**

The students enthusiastically participated in games and Q and A . It was a positive opportunity that focused on being a good sport and the benefits of playing a team sport.



Caitlin Remeus, Acting Assistant Principal

## WHS Reminders

### A reminder:

We have noticed some congestion near the ramp under the breezeway at the beginning and close of school, making it difficult for people to use the thoroughfare – especially the little ones. Just a reminder for you to please keep this area clear as it is a workplace, health and safety concern.

## Band News

This morning we welcomed even more new members to our training band – we now have a group of approximately 30 enthusiastic and capable musicians. Congratulations on a wonderful start. A reminder to all our band parents that rehearsals start at 7:45am sharp.

A reminder for concert band members that rehearsals are at 7:45am on Thursday mornings. Some of our senior members were missed last Thursday morning. I look forward to seeing you all this Thursday.

Welcome to our new members of choir, who also made a wonderful start to the year.

Clare McFadden, Band Director

## Canteen News

CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
Mon 19 Feb	Sally W, Karissa M
Thurs 15 Feb	Gwen S, Kim L, Mary R
Fri 16 Feb	Danielle C, Simone K, Jackie B

An updated canteen menu is attached and will be on the website soon.

[Term 1 2018 Roster](#)

Kay & Marie – Canteen Coordinators

Please feel free to contact us via email at: [sshmv.canteen@dbb.catholic.edu.au](mailto:sshmv.canteen@dbb.catholic.edu.au)

## Happy Birthday

**Happy Birthday** from all at Sacred Heart to the following students who are celebrating their birthday this week:



Jack S, Naomi K, Lily M, Liam H, Jack M, Hunter O  
 Lily C, Jasmine S, Campbell T, Felix T

## Kiss & Drop Morning Volunteers

The morning Kiss and Drop Zone ensures that students arrive to school safely. We could not do this without our wonderful volunteers. If you would like to be added to the Kiss and Drop Roster please email Rebecca Molinaro at [becmolinaro@outlook.com](mailto:becmolinaro@outlook.com)

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>14 February</b>	<b>15 February</b>	<b>16 February</b>
		Georgina D	Jasmine R	<b>Sam D</b>
<b>19 February</b>	<b>20 February</b>	<b>21 February</b>	<b>22 February</b>	<b>23 February</b>
Melinda B	<b>VACANT</b>	Rebecca M	Kellie C	<b>Karissa M</b>
<b>26 February</b>	<b>27 February</b>	<b>28 February</b>	<b>1 March</b>	<b>2 March</b>
Linda P	Leonie S	Tatiana N	Amber L	Eloise C

## The Hub News

It was great seeing you all at our meet and greet evening last night. Thank you to all who came and welcome again to our new Sacred Heart families.

There are a few up and coming events to put in your calendar, the first being our Welcome BBQ on Sunday 25 February from 12noon. This is a free event that the Hub are putting on for all Sacred Heart families. There will be lots of fun and games on offer so bring a picnic and the whole family.

### 2nd Hand Uniform Shop

If you can spare 20 minutes once a week before or after school and would like to join the team please contact us.

[admin@shmvparents.com](mailto:admin@shmvparents.com)

**Amanda Lewis / Grant Howard**  
**(Co-Presidents)**

Email: [sacredhearthub@gmail.com](mailto:sacredhearthub@gmail.com)

Website: [www.shmvparents.com](http://www.shmvparents.com)





# ***2018 Welcome BBQ***

All families are invited to get together  
for our 2018 Welcome BBQ!

**Sacred Heart**

**Sunday 25th February**

**12pm -3pm**

**Sacred Heart School**

Sausage sizzle, inflatables for the kids, cricket,  
handball tournaments and more.

Lots of fun for the whole family.

**RSVP: 21st February to HUB**



# PARENTS GOLF DAY

Friday the 02nd March  
MONA VALE GOLF CLUB

ALL WELCOME

The annual Sacred Heart Parents Golf Day  
is on again & you're invited!

**\$130pp**

**Includes 18 holes of golf, golf cart, burger and salad + a complimentary beverage prior to tee off**

There is a **maximum of 10 teams of 4 players** so get in quick to reserve your place. If you can't form a team of 4 but are still wanting to play, please contact Grant Howard on 0408 706 312.

**Meet at the Golf Club at 12pm for a 1.26pm tee off**

## Following golf...

We have reserved a function space for golfers and guests at the recently opened **Park House Hotel** (a short walk from the Golf Club). The Park House has **kindly donated the hot food** to kick start the celebrations.

**EMAIL [GRANT.HOWARD@LIONCO.COM](mailto:GRANT.HOWARD@LIONCO.COM) TO RESERVE YOUR SPOT**

If you have a business and you would like to be the official sponsor  
please contact Grant on email or on 0408 706 312

### FOOD CODING

- G Green fill the menu
- A Amber Select Carefully
- R Red only occasionally
- GF Gluten Free

### MORNING TEA

- Arrowroot biscuits (A) \$0.10
- Banana Bread (A) \$1.00
- Cheese & bacon rolls (A) \$1.20
- Choc Chip Muffins (A) \$0.80
- Corn Chips (G) (GF) with salsa \$0.70
- Fruit Cups (G) (GF) \$0.70
- Jelly Cups (A) \$0.70
- Piranha Chips (G) (GF) \$1.30  
(Honey Soy, Salt & Vinegar)
- (Smoke/house BBQ, Light & Tangy Salsa, Oregano & Thyme)
- Popcorn (G) (GF) \$1.20
- Pretzels \$1.00
- Rice Cups (G) (GF) \$1.00
- With option of honey soy sauce (not GF)
- Watermelon Wedge (G) (GF) \$0.20

### DRINKS

- Juice (G) \$2.20
- Apple, Orange & Paradise Punch
- Milk (G) Choc or strawberry \$2.40
- Plain \$1.70
- Water (G) Fruit Tingle \$2.00
- Blackcurrant \$2.00
- Plain \$1.40

### ICEBLOCKS

- Frozen yoghurt Bulla (A) \$1.90  
(Mango or strawberry)
- Frozen Yoghurt Twisted (A) \$2.00  
Strawb/Vanilla, Choc/Vanilla, Watermelon/Strawb
- Gelato chocolate (A) \$1.70
- Lemonade Icy Twists (G) (GF) \$1.20
- Quelch Fruit Sticks (G) (GF) \$0.50

Available at lunch service only

## CANTEEN MENU



### LUNCH HOT

- Butter chicken and rice (A) small \$3.10  
large \$5.10
- Cheese Melt (G) \$1.10
- Cheese and Ham Melt (A) \$1.60
- Garlic roll (G) \$1.10
- Hamburger (A) (MONDAYS ONLY) \$4.30  
(Beef patty, lettuce, tomato, beetroot, with choice of BBQ or Tomato sauce)
- Meat Pie (A) with cheese \$4.80  
small \$1.60  
large \$3.30  
Sauce \$0.30
- Nachos (A) (THURSDAYS ONLY) small \$2.60  
large \$4.60  
(Corn chips, mince/bean mix, sour cream & cheese)
- Pasta (G) with Napolitano sauce small \$2.60  
large \$4.60
- Pizza (A) (sauce, ham, pineapple & cheese) \$1.90
- Rice (G) (GF) with honey soy sauce small \$1.60  
large \$2.60
- Sweet chilli chicken wrap (A) \$4.40  
(Lettuce, Mayo and choice of Sweet chilli, BBQ, or Tomato sauce)

### LUNCH COLD

- Fruit Salad (G) (GF) small \$3.10  
large \$4.10  
(Watermelon, Rockmelon, Strawberry, Kiwi, Orange & Grapes)
- Salad (G) (GF) small \$3.10  
large \$4.10  
(Carrot, Cucumber, Lettuce, Tomato & Beetroot)
- Extra's chicken ham egg tuna add (each) \$0.50
- Sushi (G) (FRIDAYS ONLY) \$3.50  
Avocado (GF), Teriyaki Chicken or Tuna
- Rice paper roll (G) \$3.50  
(Teriyaki chicken, Carrot, Avocado & mixed salad leaves)
- SANDWICHES & ROLLS
- Cheese (G) \$2.80
- Chicken (G) (roast chicken) \$3.10
- Egg (G) \$2.80
- Ham (A) \$2.80
- Ham and Cheese (A) \$3.30
- Ham cheese and tomato (A) \$3.80
- Salad (G) \$3.30  
(Carrot, Cucumber, Lettuce, Tomato & Beetroot)
- Tuna (G) \$2.80
- Vegemite (G) \$2.30
- Wraps & extra fillings add (each) \$0.50

Extra options: Toasted  
Condiments available: butter, salt, pepper  
mayonnaise, BBQ, tomato & sweet chilli sauce  
Breads available: white, wholemeal & rolls  
(Gluten free – please see canteen)

### ONLINE LUNCH ORDERS ONLY

Via your Qkr app or <https://qkr.mastercard.com/store>  
Canteen open Monday Thursday & Friday  
Morning Tea: 11-11.30am Lunch: 12.50-1.30pm  
Canteen Managers Kay Neale & Marie Nero  
Email: [sshmv.canteen@dbb.catholic.edu.au](mailto:sshmv.canteen@dbb.catholic.edu.au)



## Year 7 2019 Academic and Performing Arts Scholarships

Applications close  
on 21 February 2018

Details and application forms can  
be downloaded from the website

Please contact the Registrar,  
Kerrie Dudley at  
registrar@stellamaris.nsw.edu.au  
for further information

[www.stellamaris.nsw.edu.au](http://www.stellamaris.nsw.edu.au)  
f smcmanly

*inclusive innovative inspiring*

# OPEN DAY

## Tuesday 13 March

9.15am-11.30am



For students with special needs

60 Burns Rd, Wahroonga  
[www.stedmunds.nsw.edu.au](http://www.stedmunds.nsw.edu.au)  
[facebook.com/stedmundscollegewahroonga](https://www.facebook.com/stedmundscollegewahroonga)



Please call Mrs Jackie Reilly, College Registrar for any  
enquiries and to RSVP  
9487-1044 or [reilly@stedmunds.nsw.edu.au](mailto:reilly@stedmunds.nsw.edu.au)

# Open Day

Sunday 4<sup>th</sup> March, 11am - 2pm



**MERCY CATHOLIC COLLEGE**  
CHATSWOOD EST. 1890

101 ARCHER STREET, CHATSWOOD



**MARIST COLLEGE NORTH SHORE**

# OPEN DAY

**SATURDAY 3 MARCH 2018**

10am-1.30pm  
270 MILLER STREET, NORTH SYDNEY NSW 2060  
P: 9957 5000 W: [www.maristcollege.com](http://www.maristcollege.com)

**DISCOVER - MARIST - HEART**