

## Term 1 Week 5 - 28 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>	Listen when others are speaking

Dear Parents

On occasion, it can be quite refreshing when an alternative is offered to something that makes us think that we have “heard it all before”, such as:

- **On the other hand** – you have different fingers!
- **To make a long story short** – don’t tell it!
- **Latest survey shows that 3 out of 4 people** – make up 75% of the world’s population.

With the Season of Lent upon us and the old problem of “what to give up for lent” circling around us, perhaps the following might offer some new alternatives:

- Fast from anger and hatred
  - be more patient and understanding.
- Fast from judging others
  - think kindly thoughts.
- Fast from discouragement
  - be full of hope.
- Fast from complaining
  - focus on gratitude.
- Fast from resentment or bitterness
  - turn to forgiveness.



Of recent times, Lent has lost some of its importance to Christians, but a Christianity that celebrates only the joyful times, like Christmas and Easter, leaves us with a fractured Spirituality. We need to have the balance of being challenged by the sometimes harsh truths of human life – our weaknesses and failings.

**“Jesus, May we be encouraged this Lent  
as we reflect on the difficulties  
You had in Your life.  
Give us a like courage to face  
the challenges that daily enter our lives.  
Lead us to the joy of resurrection. Amen.”**

The Welcome Picnic BBQ on Sunday was thoroughly enjoyed by those who braved the weather. We have been unlucky for the past two years with the weather for this event but the jumping castle and water slide were definite attractions. Thank you to the mum’s and dad’s who cooked the BBQ, organised the Year 6 lolly stall and to Adrian Vissar for co-ordinating the NSW Police to bring their police car for children to enjoy. Hopefully the weather will improve for the Parent’s Golf Day to be held this Friday 2 March at Mon Vale Golf Club.

It was pleasing to have a representative from nearly every year group at the class parents Information session last Monday. The role of class parent has changed at Sacred Heart with an emphasis now on “Parent Engagement with Learning” which is a little more than “Parent Involvement”.

The class parent role continues to be an important communication role in our school. This year one class parent from each grade is invited to attend the Hub term meetings, to be a part of the Hub team and to act as conduits of information from the Hub executive to their grade parents. We look forward to working with this class parent in continuing to provide effective communication to parents.

One of the most enjoyable roles of the Principal is to welcome new families to our school community. This week I have been visiting the local pre-schools who so generously speak of the reputation of Sacred Heart in the community. This positivity continues to result in an increased interest in enrolment at Sacred Heart.

Kind regards

*Living, Loving, Learning: Created in the Image of God*

*Mrs Suellen Garey*

**PRINCIPAL**

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

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



## Second Sunday of Lent 25 February 2018



Rattanak in Cambodia contracted polio as a child and also became deaf. The Deaf Development Program, supported by Caritas Australia, helped him become a barber and he is now supporting himself, his wife and baby.

**Please donate to Project Compassion 2018 and help deaf youth in Cambodia to build a just future, and live in communities that uphold everyone's dignity.**

**A Just Future starts with your support!** You can donate through Parish boxes and envelopes, by visiting [www.caritas.org.au/projectcompassion](http://www.caritas.org.au/projectcompassion) or phoning 1800 024 413.



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)

### Adult Faith Education Opportunity

Pittwater Parish has engaged 2 scientists to lead conversations around Religion and Science during March. Refer to the parish newsletter link for further information.

### **Dates to Remember**

Saturday 3 March Year 3 Family Mass 5pm Sacred Heart Church  
Wednesday 7 March Kindergarten "Cupcakes for Caritas" fundraiser  
Wednesday 14 March Yr 4 and Yr 1 Class Mass at 9:15

### **Prayers**

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

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

**Chris McBryde - Religious Education Coordinator**



## Sports News

We wish the children representing Sacred Heart at the Northern Beaches Swimming Carnival today the best of luck. The swimmers selected today to represent the Northern beaches Cluster will compete next Thursday evening at Mingara.

Reminder for students in Years 5 and 6 - Broken Bay Winter Sports Trials expression of interest **notes are due tomorrow.**

Yesterday students in Years 3 to 6 participated in their first soccer skills session conducted by Manly United.

**Stephanie Munro – PE Teacher**

## Wellbeing Week - Week 6



**The Theme for Wellbeing Week is “We are Bucket Fillers”**

**Wellbeing Week Activities**

**Kinder- Year 6 Home Learning**

During Wellbeing Week (Week 6) we want you to spend time with loved ones. Ask your child what do Bucket Fillers do? See if you can complete as many of the tasks below as possible. Enjoy!!!

Play a board game together	Go for a family walk or bike ride at the park	Sit together while you eat dinner and chat about your day
Read or listen to a story	Do something kind for a brother, sister or neighbour	Write a love note to a family member to leave on their pillow
Go to the beach and play in the sand or have a swim.	Play a game outside together	Look through some family albums together

On Tuesday 6 March, Week 6, your child can wear **something colourful** to school to remember to be a bucket filler (a colourful hat, t-shirt, ribbon or socks with normal sport uniform). Children will be taking part in a Friendship Lunch with their Respectful Relationships Group on Tuesday. *Please do not bring extra food just your regular lunch.* Your child will be taking part in an activity around Bucket Filling.



## Crossing Reminder

There has been an increasing number of parents, grandparents and carers (with children) crossing immediately behind the crossing supervisor rather than waiting for the supervisor to get to the middle of the road and then asking people on both sides of the road “to come across”.

This is not safe and the reasons that we try to have people follow this “waiting” is two- fold.

1. To allow the supervisor to assess the far lane in busy traffic and if clear or if the traffic is stopping the supervisor will then ask people to cross.
2. To train the children to always stop before crossing especially if they are not with their parents.



This procedure can sometimes seem silly to the parents as the road may be clear, but the emphasis is on training the children to wait and cross safely.

## SRC @ SHMV

**Did you know that Sacred Heart has an active SRC (Student Representative Council)?**

The SRC are elected by each class to have a student representative who will lead and give all children an active voice in our school community. It provides opportunities for students to have a say about what is happening at Sacred Heart and to make decisions that impact on them as members of our community. The role of the SRC is to give all students the chance to have their voice heard. The goal for Semester 1 is to be Eco Warriors and care for our School Environment. The SRC have taken up the call of Pope Francis in the encyclical letter on Ecology and Climate- *Laudato Si -care for our common home*. The SRC meet regularly and discuss issues that are occurring in the school.



On Tuesday Week 4, the SRC met and gathered information at the first half of lunch from lots of children about *How we can reduce rubbish on our playground?* Below are pictures of this gathering of information. They then shared their collection of data with the whole school after lunch. The SRC are hoping to use this data collection to help make our school a better place.



## Maria Regina – Youth Choir

### *Singing at mass - Youth Choir*

The Youth Choir sings every 2nd and 4th Sunday at the 9am mass at **Maria Regina Catholic Church in Avalon**. If any students from Year 4 upwards would like to come and join the choir for both, or one, of these masses every month please either contact Sam Browne on 0401 343569 or just come along as close to 8.30am as possible for a quick run through of anything new or unfamiliar. You will normally be sent the music plan a few days in advance by email. March dates are Sunday 11th and 25th.

## Important Dates

*Big Vege Crunch – Thursday 1 March at 10am*

*Wellbeing Week, “We Are Bucket Fillers” Tuesday 6 March (Respectful Relationship Groups, wear your special colour)*

*Staff Development Day Tuesday 3 April (Pupil free Day)*



## Canteen News

CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
<b>Mon 05 Mar</b>	Andy D and <b>HELP NEEDED - call Marie 0410 566 777</b>
<b>Thurs 08 Mar</b>	Trish B, Leanne K, Keira L, Monique F
<b>Fri 09 Mar</b>	Gloria M, Kylie M, Bec B

**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:



Ruby D,          April B,          Frank M,          Tyrone K,          Diesel L,          Olivia F

**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>1 March</b>	<b>2 March</b>
			Amber L	Eloise C
<b>5 March</b>	<b>6 March</b>	<b>7 March</b>	<b>8 March</b>	<b>9 March</b>
Melinda B	VACANT	Georgina D	Jasmine R	VACANT
<b>12 March</b>	<b>13 March</b>	<b>14 March</b>	<b>15 March</b>	<b>16 March</b>
Rebecca M	Karissa M	Tatiana N	Kellie C	Sam D



Don't forget the Golf day is this Friday. Payment is now due via QKR. Good luck to all who are attending. There will be a post golf gathering at the 19th hole at the Park House Hotel (Mona Vale) for all who would like to participate but can't make the golf.

Class parents are very busy setting event calendars and collating contact list for your grades. Please help them out by forwarding your contact details (Child name, Parent name, phone number, email) if you want to be included in contact lists. A reminder that due to privacy laws, the school can not provide this information to us.



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)





## OPEN DAY

**Thursday 8 March 2018 - 4pm to 7pm**

Come and see the Mater Maria spirit

Year 7, 2020 applications close on Wednesday 4 April 2018

Please contact our Enrolment Registrar (Deborah Fitzgerald) on

02 9997 7044 or email [deborah.fitzgerald@dbb.catholic.edu.au](mailto:deborah.fitzgerald@dbb.catholic.edu.au)

Applications welcome for Years 8-11

### ENROLMENT INFORMATION

<http://matermaria.nsw.edu.au/enrolment>

### REQUEST A PROSPECTUS

<http://matermaria.nsw.edu.au/enrolment/request-a-prospectus-form>

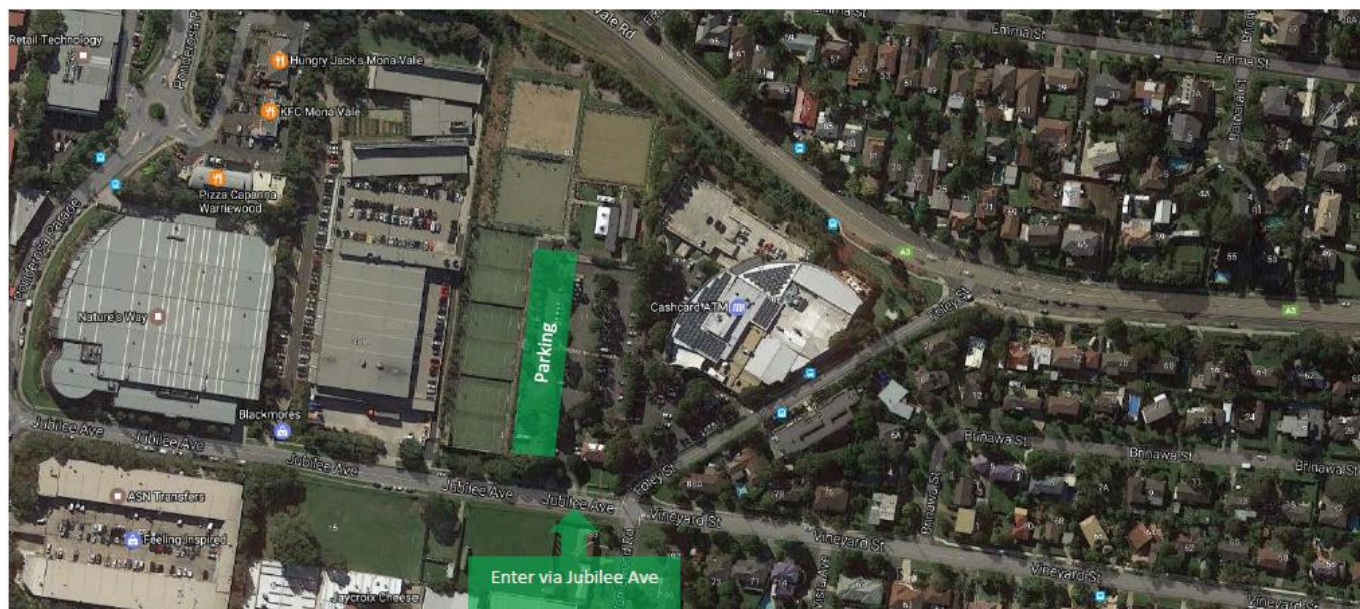
### BOOK A TOUR

<http://matermaria.nsw.edu.au/book-a-tour-form>



MATER MARIA CATHOLIC COLLEGE • 5 FOREST ROAD WARRIEWOOD NSW 2102

Telephone 02 9997 7044 • visit [matermaria.nsw.edu.au](http://matermaria.nsw.edu.au)



Parking is available at the Pittwater RSL lower level carpark (adjacent to the futsal courts) – Shuttle transfers will run to the College between 4pm-6.45pm every 15 minutes (approx). Please enter via the Jubilee Avenue entrance.





Monte Sant' Angelo  
Mercy College



## MONTE OPEN DAY

**SUNDAY 11 MARCH • 9:30AM – 1:30PM**

Give your daughter the gift of a contemporary Mercy education,  
rich in tradition and opportunity.

Join us at Open Day to discover how a Monte education can prepare your  
daughter for a life of significance, purpose and success.

College Principal, Mrs Nicole Christensen  
will address guests at 11:00am

**SIGNIFICANCE | PURPOSE | SUCCESS**

*Find your place to stand*

Monte Sant' Angelo Mercy College  
128 Miller Street, North Sydney • Phone: 9409 6200  
[www.monte.nsw.edu.au](http://www.monte.nsw.edu.au)




**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



A glimpse into your daughter's future

**Stella Maris**  
COLLEGE MANLY

### OPEN EVENING

**Wednesday 14 March**  
4.00pm - 7.30pm

Principal's address  
Tour the brand new 'Scholastica' building  
Department demonstrations  
Join a guided tour by our student ambassadors  
Meet our Heads of Department and friendly staff

see website for full details

*inclusive innovative inspiring*

52 Eurobin Avenue, Manly • 9977 5144  
f smcmanly • [www.stellamaris.nsw.edu.au](http://www.stellamaris.nsw.edu.au)



**ST AUGUSTINE'S**  
COLLEGE - SYDNEY

A Catholic College for boys in Years 5 to 12  
teaching the Augustinian values of  
Truth, Love & Community



**A journey to greatness**

Our outstanding academic results continue to rank us  
as one of the fastest improving schools in NSW

Meet our Principal Jonathan Byrne, along with our students,  
staff, parents and Old Boy community.

## OPEN DAY

We look forward to welcoming you.

Register your interest  
[www.saintaug.nsw.edu.au](http://www.saintaug.nsw.edu.au)  
FRIDAY MARCH 9 | 3.45PM TO 7.00PM

APPLICATIONS FOR YEARS 5 & 7, 2020  
Close on March 23, 2018

9938 8223 | [register@saintaug.nsw.edu.au](mailto:register@saintaug.nsw.edu.au)  
Federal Parishes Broadsheet NSW 2100  
CPO205 No.000000



# Open Day

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

**MERCY CATHOLIC COLLEGE**  
CHATSWOOD

EST. 1890

101 ARCHER STREET, CHATSWOOD