



Term 4 Week 6 - 22 November 2018

Term 1 Core Value:

Service

School Rule:

We are of service to others and in the environment when we...

Expectation of Behaviour:

Give to the poor

Dear Parents

*Lord help me to live this day, Quietly, Easily
To lean upon thy great strength, Trustfully, Restfully
To wait for the unfolding of Thy will, Patiently, Serenely
To meet others Peacefully, Joyously
To face tomorrow Confidently, Courageously.
St Francis*

We were delighted to hear of the success of our students in the Catholic Worldview photo competition. Congratulations to Patrick, Joel and Cowan who will be presented with their awards on Friday 30 November at 8.45am at Maria Regina, Avalon.

1 st Place	Namutu Fiji	Patrick D
3 rd Place	Reflect, Recover, Rebuild, Remember	Joel H
Nature 2 nd	Maria Luisa Beach, Albufeira Portugal	Cowan A

Our School Captains, Ella and Harry, visited NSW Parliament on Monday along with their parents and myself. They spoke eloquently to the many people gathered in the lower house about what they have learned in their leadership role this year.

Year 5 are currently preparing to apply for leadership positions for 2019. If students wish to apply for a School Captain, Vice-Captain or a Sport Captain role they prepare a short speech about their suitability for the position. These will be presented to teachers and students in years 3, 4 and 5 on Tuesday 27 November when students and teachers vote. Other leadership positions for Liturgy, SRC, Library or Technology require a single letter to the Principal explaining their suitability for the position. These applications are also due on Tuesday 27 November. Good luck Year 5!



The Sacred Heart school community were deeply saddened to hear of the sudden and unexpected death of Shane Grieve earlier this week. Our deepest condolences and prayers are extended to the Maria Regina community and the Grieve family.

Kind regards

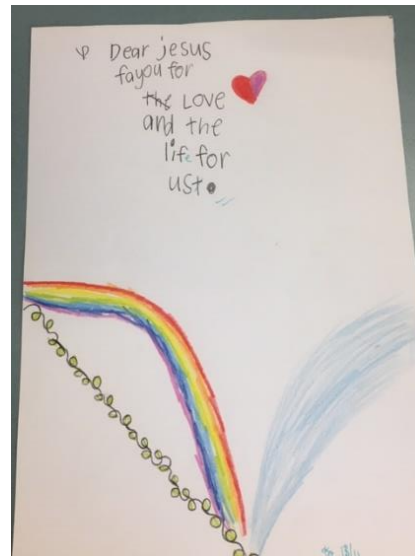
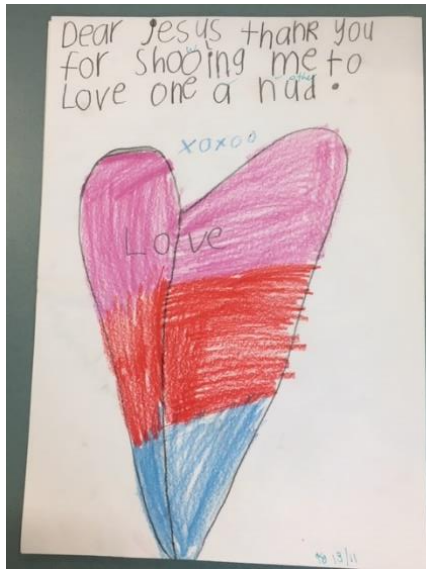
Suellen Garey

Principal

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Term 4 Learning

During the school year each class across Kindergarten to Year 6 complete a Religious Education Module focusing particularly on the mission and life of Jesus. Kindergarten have been learning about *Living in the way of Jesus* and they have been writing prayers. Below are some examples:



Altar Servers

Congratulations to our New Junior Servers. The new servers were commissioned on Saturday Night. Thank you to Ray from the Parish.



Father George's Farewell

In the Parish Bulletin you would have read that Father George has been appointed Regional Superior of Salvatorians Australia. The Parish is having a celebration to mark this achievement and to celebrate Father George's ten years of leadership in Pittwater Parish. The celebration is on Thursday 6 December at 6m at the Royal Motor Yacht Club. If you are interested in attending. Please see the Parish Bulletin or go to the try booking page www.trybooking.com/ZIYD

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.



Please fill out the form if you can assist and return to school. Thank you so much in advance!

If you would prefer to email your reply, please email to shmv@dbb.catholic.edu.au with the heading:
Christmas Eve Mass

.....✂.....

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 2017 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 _____

.....✂.....

Save the Date:

27 November at 9:15am - Year 3 class mass and 4B Reconciliation, Sacred Heart Church

30 November at 9:00am – Advent Liturgy led by Kindergarten in the Hall

24 December at 5pm – Christmas Eve Mass

Prayers

Please keep in your prayers Mick P, Paul C (parents) 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.



Skye Nolan-Brown, Religious Education Co-ordinator

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

Year 5 Outreach

Year 5's outreach for 2018 was a visit to George Mockler House in Mona Vale. The boys and girls shared eBooks created in Book Creator with the residents that described their families, hobbies and strengths. The residents thoroughly enjoyed the visit as did our students. Here are some of their reflections from the day:

5W left at 9:20am to go to George Mockler House in Mona Vale. It was a 30 minute walk to a great outreach experience. George Mockler House is a calm and nice place filled with extremely nice residents. The residents here super kind. They listened to us and they enjoyed us there. I met three different people. There was a lady that was 98! Two more years till a letter from the Queen! Each and every one of them were unique and different in their own way. By Harrison



Today was a great day because we went to George Mockler House as an outreach to others, to give company to older people. When we got there there was a puzzle which had 1000 pieces - some of it had already been done but I did some as well. Then this lovely lady called Elizabeth came and I told her about my life and she told me about her life. She told me that she was from Italy and said that her favourite subject in school was Geography. She was 95 years old and that's why the day was good! By Kai



George Mockler House is a small retirement village in Mona Vale, and today Year 5 went to meet the retired people. Summer and I were just sitting at a table when this lovely lady walked up to us and she sat down. We showed her our e-books that we had made on Book Creator about our lives. Her name was Jan - she is 98! She has been staying at the retirement village for 6 years now. She has 9 children - 6 were boys and 3 were girls. Then we said goodbye to Jan and met a man called John. He was a lovely man - so kind and very interested in what we were saying and what we showed him. He had a love of kids and was a funny and compassionate person. Summer and I had a lovely time meeting the residents today and we hope we can go back soon to see them again! By Amelia



Week 6 - Well-Being Week

This week we have been Celebrating Our Success in Wellbeing Week. Year 5 completed a reflection on our year's learning and created these wonderful digital posters celebrating some of our many successes for 2018.

This year at school

My favourite subject:
Sport

My favourite book:
Percy Jackson & the battle of the labyrinth

1 thing I'll always remember:
When Mrs Williams forgot to tell us about the practice fire drill & we thought it was real.

Funniest moment:
When I walked in the classroom from debating and yelled out loud when everyone was doing their presentations, 'H MOLLY HAVE WE DONE OUR PRESENTATION YET!?'

1 goal I achieved:
We won the basketball gala day.

3 things I have learned this year:
How natural disasters occur
How to introduce myself politely and friendly
How to do ballads about the good rush

My teacher:
My teacher is the best! She is very nice and funny, Mrs Williams always helps me and encourages me to do my best.

PIC-COLLAG

My favourite subject

My favourite subject is Sport. I love to play a bit of football and I love to run.

My favourite book

My favourite book is Percy Jackson the battle of the labyrinth because it has a lot of action and I love action.

3 things I have learnt this year

3 things I have learnt this year are "debating", "introduction" and "how to introduce group".

1 goal I achieved

The goal I achieved was we got 5000 points in our games.

The funniest moment

The funniest moment was when Mrs Williams forgot to tell us about the practice fire drill and we thought it was real.

My teacher

In my opinion Mrs Williams is the best teacher I have ever had. She is very nice and funny and she always helps me in the class.

PIC-COLLAG

THIS YEAR AT SCHOOL

MY FAVOURITE SUBJECT IS SPORT AND A LITTLE BIT OF ART.

MY FAVOURITE BOOK IS EVERYTHING FOR A DOG.

3 THINGS I LEARNT THIS YEAR ARE 1. THAT WARRIEWOOD WETLANDS ARE IN DANGER 2. NEW THINKING ROUTINES AND 3. HOW TO DO PENCIL SHAVING ART.

MY TEACHER IS FUNNY, FAIR, ALWAYS SMILING (LIKE AN ASSASSIN) AND HAPPY TO TEACH US (UNLESS WE'RE NOT BEHAVING).

1 GOAL I ACHIEVED IS GETTING A LITTLE BIT BETTER AT MATHS.

ONE THING I WILL ALWAYS REMEMBER IS THE TIME WHEN MRS WILLIAMS FORGOT TO TELL US ABOUT THE FIRE DRILL.

THE FUNNIEST MOMENT IS THE TIME WHEN WE WERE IN THE LIBRARY WHEN WE WERE READING THE DAY THE CRAYONS QUIT.

PIC-COLLAG

THIS YEAR AT SCHOOL

MY FAVOURITE SUBJECT IS MATHS

MY FAVOURITE BOOK IS ESCAPE FROM MR LEMONCELLO'S LIBRARY

ONE GOAL I ACHIEVED WAS LEARNING HOW TO SQUARE DANCE

ONE THING I WILL ALWAYS REMEMBER IS CAMP

MY TEACHER HELPS ME WITH ALL MY WORK AND IS NICE AND KIND

THE FUNNIEST MOMENT WAS WHEN MRS WILLIAMS FORGOT TO TELL US ABOUT THE PRACTICE AND WE ALL THOUGHT IT WAS REAL!

3 THINGS I LEARNT THIS YEAR ARE 1. 2-DIGIT, MULTIPLICATION, LONG DIVISION AND HOW TO SQUARE DANCE.

PIC-COLLAG

Enjoy your week!
The Wellbeing Team

Year 5 Leadership Incursion

Year 5 participated in an amazing incursion to learn the values of leadership led by YLEAD. All the students thoroughly enjoyed the day and learnt to many great tips to being responsible, respectful leaders. Read one of our responses to the day here.

Ylead Leadership Day

If you are looking for a fabulous leadership day for your Year Five students, you should definitely chose to do it with YLead. Sacred Heart Mona Vale had an amazing day with Bell and Rachel. We all learnt to Lead with HEART.

In the morning we learnt to lead with HEART. We learnt that the H was for helpful, the E was for energy, the A was for aware and active, the R was for resilience and the T was for teamwork and being a team player.

We played some fun games throughout the day like, a memory grid game, cops and robbers and dressed people in garbage bags. Even though we were playing fun games, we learnt how lead with heart and be a team player.

We learnt an awesome dance to the song 'Heroes' and we learnt that we didn't need a cape to be a hero. We also learnt how to do an excellent handshake with wonderful eye contact to start a conversation.

Over all the day was exceptional and I recommend it to Year Five at all schools. I would definitely rate it a 4 ½ out of 5.



By Carissa



Sport

Basketball

For six weeks this term Years 1-6 students are enjoying Basketball for their class sports lesson. Rad from Manly Warringah Basketball has been teaching the children core basketball skills. A benefit from this has been the amazing encouragement the students are giving each other. "Baskets" a-plenty, and a lot of fun is being had by all.

Stephanie Munro, Sports Co-Ordinator

School WHS

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

SLIP SLOP SLAP!!!



Happy Birthday

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

Lilian H, Ashton C, Zara W, Reilly K, Zavian B
Sienna D, Anderson L, Charli S



Canteen

CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
Mon 26 Nov	Bec B, Meegan H
Thu 29 Nov	Keira L, Trish Biok, Monique F, Leanne K
Fri 30 Nov	Andy D, Bec D, Christine H

Change of Drrinks: We have been advised that our line of flavoured water Focus Fruit tingle and Blackcurrant will be discontinued. At this stage they are still available until sold out. As a replacement we will have D'Licious drinks brand Chill J. They are sparkling 100% juice mineral waters, 5 star rating and canteen approved. There will be four flavours - Blackcurrant, Watermelon, Raspberry, Orange and Passio. At this stage we have Blackcurrant and Raspberry in stock and available from Thursday 22nd Nov. Once we have the other flavours in stock they too will be available to order or purchase over the counter. Our new drinks will retail at the same price of \$2.00.

Volunteering: Thank you to the parents who have volunteered for canteen in 2019 so far. We would still like to have more volunteers. We understand how busy parents are, so we are more than happy to discuss different timeframes for the canteen days if you are unable to do a whole shift. A link to the volunteer form can be found here: [Canteen Volunteer 2019](#)

Kay & Marie – Canteen Coordinators

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
		21 Nov	22 Nov	23 Nov
		Tatiana N	Rebecca M	Georgina D
26 Nov	27 Nov	28 Nov	29 Nov	30 Nov
Karissa M	Leaonie S	Tatiana N	Amber L	Rebecca M
3 Dec	4 Dec	5 Dec	6 Dec	8 Dec
Rebecca M	VACANT	Tatiana N	Melinda B	Eloise C

Hub News

Hub AGM

Thank you to all who attended our final Hub meeting for the year on Tuesday night. We were extremely lucky to welcome Elizabeth Byrne from Relax Kids as the Guest Speaker for the evening. She talked about the importance of teaching our children how to slow down and demonstrated simple breathing strategies to help calm our feelings. Please contact the Hub if you would like the notes on this.



7 Steps of Relaxation *Relax Kids*

MOVE	Warm up exercise for energy & fun
PLAY	Activity games for vitality, creativity & joy
STRETCH	Stretching for balance, inner strength & power
FEEL	Peer/Self massage for self awareness, empathy and respect
BREATHE	Breathing exercises for improved health, anxiety & inner calm
BELIEVE	Affirmations for self esteem, confidence & positivity
RELAX	Visualisations for deep relaxation, Imagination & peace

Volunteers Cocktail Party

Thank you to all our amazing volunteers. Your time and support of our school is valued and greatly appreciated. There are so many areas that parents help and we want to acknowledge that by invitation for you to an end of year celebration. Please RSVP to the Hub if you can make it.



Volunteers Thank you Cocktail Party

Canteen helpers	Library Helpers	Uniform shop helpers
Classroom helpers	Class Parents	Mothers and Fathers
Reading Group helpers	Mass helpers	Day helpers
Excursion helpers	Sacramental Program	Graduation and year
Gala Day helpers	facilitators	book helpers
Sport helpers	Hub Team	Bakers
Creative Arts helpers	Event helpers	BBQ helpers
Lunch Club helpers	Fundraising helpers	Artwork helpers

SACRED HEART
Parents

Gala Event - Party Like Gatsby

We are so pleased to FINALLY announce our total money raised from our Party Like Gatsby Gala Event. \$28,700.00. Congratulations everyone. This is a huge achievement and will be used to improve our school playground for all of our kiddies to enjoy.

Thank you again!



Feedback

We have also created a survey for you to evaluate the event. We are wanting your feedback so we can make next year even more amazing.

<https://www.surveymonkey.com/r/XVXW65Y>

Check your hats.

A number of hats have gone missing in the past few weeks. Could everyone please check all property is clearly labelled with your child's name. If you find lost property please return to the school office.



2nd Hand Uniform Shop

Please may we ask for parents to settle their IOU account with the uniform shop. There are a number of IOUs and payments are due asap. For your convenience, you can drop your IOU off to the school office and they will mark you off the list.

Amanda Lewis / Grant Howard (Co-Presidents)

Email: admin@shmvparents.com

Website: www.shmvparents.com



2019 ENROLMENTS NOW OPEN



OUT OF SCHOOL HOURS CARE

EARLY LEARNING CENTRES

Safe, familiar, fun environments on the grounds of our local primary schools

- St Gerard's Carlingford
- St Patrick's East Gosford
- Our Lady of Good Counsel Forestville
- St John the Baptist Freshwater
- St Brendan's Lake Munmorah
- St Mary's Manly
- St Kieran's Manly Vale
- Sacred Heart Mona Vale
- Sacred Heart Pymble
- St John Fisher Tumby Umbi
- Our Lady of the Rosary Waitara
- Our Lady of Perpetual Succour West Pymble
- St John the Baptist Woy Woy
- Our Lady of Good Counsel Forestville
- St Brendan's Lake Munmorah
- Our Lady Star of the Sea Terrigal
- Waitara Early Learning Centre
- St John the Baptist Woy Woy

www.catholiccaredbb.org.au/elc

www.catholiccaredbb.org.au/oshc

RESERVE
YOUR PLACE
NOW FOR
2019!

CatholicCare
Diocese of Broken Bay
CHILDREN'S SERVICES



ACADEMY OPEN DAY

BAYVIEW GOLF CLUB
Sun 2 Dec 3-5pm



WHAT'S ON...



balloon smash!



putt putt!



games and competitions!



sizzle!



U.S. KIDSGOLF
...leading the world in kids golf.

equipment fitting!

PLUS!
Putting Pool Competition
Drawing competition
Guess & Win

best "max"
impersonation!
#golfrockskids

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