

## **Sacred Heart Catholic Primary School**

Cnr Waratah & Keenan Street, Mona Vale NSW 2103 T: (02) 9999 3264

W: www.shmvdbb.catholic.edu.au • E: shmv@dbb.catholic.edu.au

# Term 1 Week 5 - 27 February 2019

Term 1 Core Value: Respect

School Rule: Respect yourself, others and the environment

**Expectation of Behaviour:** Listen when others are speaking

**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

Our Swimming Carnival held at Manly Andrew "Boy" Charlton Pool was a day of fun and competition. Congratulations to Crawford and Gilroy the winners of the Championship and Spirit trophies respectively. Thank you to the volunteers who assisted in and around the pool. Our parent support is always overwhelming here at Sacred Heart. A huge thank you to Steph M for her expert co-ordination of the day. Congratulations to the team selected to represent Sacred Heart at the Northern Beaches Carnival tomorrow at Warringah Aquatic Centre.

We are excited and looking forward to the Welcome BBQ and Bushdance this Friday 1 March commencing at 5.30 in the school grounds. Families are invited to bring a picnic rug. A sausage sizzle is being provided by the Hub and parents may wish to bring other food and refreshments (no alcohol please). The Year 6 students will have some delicious, fun and interesting stalls for \$1 coin donation.

The Council of Catholic School Parents (CCSP) will be hosting two Facebook Live feeds which may be of interest to parents in the lead up to the NSW State election.

- On Thursday 28 February at 9:30 am CCSP are going live with the Shadow Minister for Education Mr Jihad
   Dibb
- On Tuesday 5 March at 10 am CCSP will be live with Education Minister Mr Rob Stokes.

The CCSP Facebook page is <a href="https://www.facebook.com/CCSPNSW">https://www.facebook.com/CCSPNSW</a>

Each MP has been given the same broad questions that offer them a platform to endorse Catholic Education as a valued partner. It is expected that the stream will go for approximately 10 minutes. Questions are welcome and can be emailed to office@ccsp.catholic.edu.au.

Our year 3 students will be attending a Links Day at Mater Maria College on Tuesday 5 March. Links Day is an opportunity for the Peninsula Learning Community of Catholic Schools to join together for a day of educational activities offered by Mater Maria Catholic College staff and to celebrate our Catholic systemic school community. A bus will collect teachers and students from school at 9:15am.

A barbecue lunch and drink will be provided. Activities the students will be participating in include Science, PDHPE, Drama, Visual Arts, Music and Languages.

Mrs Suellen Garey

**PRINCIPAL** 

Like and follow us at: <u>facebook.com/sacredheartmonavale</u>

Like and follow us at: <u>twitter.com/SHMV16</u>



## **Religious Education**

### **School Visit from Fr Richard**

Last week our new assistant priest Fr Richard visited each classroom to meet and bless the children and their classrooms. The children were extremely welcoming and excited to have him visit and bless them.



#### **Ash Wednesday**

All families are welcome to join us at our Ash Wednesday Mass next week on the 6 March at 11:30. Ash Wednesday is the beginning of Lent and is a holy day of obligation in the Catholic Church. Mass will also be celebrated at 9:15 am and 7:30 pm.

#### **Dates to Remember**

Wednesday 6 March at 11:30am - Ash Wednesday, Whole School Mass, Sacred Heart Church Saturday 9 March at 5pm - Year 3 Family Mass, Sacred Heart Church Friday 15 March at 9:15am - St Patrick's Day Liturgy, led by Year 2, in the Hall

#### **Prayers**

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

We also ask you to keep in your prayers the Osborne Family. Illuka's grandmother (Murray's mother) passed away suddenly over the weekend.



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

### From the Assistant Principal

## Welcome BBQ Bush Dance

We are all getting very excited about the upcoming Welcome BBQ Bush Dance this Friday 1 March from 5.30-8pm. Please bring along a picnic rug or chairs to relax and enjoy the music.



Please see further information in The Hub's section of this newsletter to RSVP. The school will cater one free sausage sandwich for each family member, or you may wish to provide your own dinner. Looking forward to seeing everyone in their Bush Dancing attire!

#### **ICAS 2019**

Sacred Heart Mona Vale will be participating once again in the International Competitions and Assessment for Schools (ICAS). Students in Years 3 to 6 have been invited to participate in the 2019 International Competitions and Assessment for Schools (ICAS) in English, Mathematics, Digital Technologies, Science, Writing and Spelling.

Students in Year 2 have been invited to participate in English, Mathematics, Science and Spelling.

The competition is an initiative of Educational Assessment Australia (EAA) of the University of New South Wales. It should be noted that these are <u>NOT TESTS</u>. These are competitions and are not necessarily based on the stage outcomes the children are working on, as often, they are set at the stage above. All students receive a Certificate and an individual Student Report indicating which questions they answered correctly, as well as the average mark for their state.

These competitions /assessments are not compulsory. Competitions are held at school on the following days:

YEAR GROUP	SUBJECT	DATE	COST
Years <b>3-6 only</b>	Digital Technologies	Tuesday, 3 September 2019	\$14.50
Years 2-6	Science	Thursday, 5 September 2019	\$14.50
Years 3-4 only	Writing (PAPER)	Tuesday, 10 September 2019	\$14.50
Years 5-6 only	Writing (ONLINE)	Tuesday, 10 September 2019	\$14.50
Years 2-6	English	Wednesday, 11 Sept 2019 TBC	\$14.50
Years 2-6	Spelling Bee	Thursday, 12 September 2019	\$14.50
Years 2-6	Mathematics	Friday, 13 Sept 2019 TBC	\$14.50

Certificates are awarded for each year level in each State as follows:

- ◆ High Distinction to the top 1% of entrants
- Distinction to the next 10% of entrants
- Credit to the next 25% of entrants
- Participation to all other participating students.
- Medals are awarded to the top student(s) in each year level in each state
- Medals and Certificates are awarded at the discretion of EAA

## All purchases are to be made via the QKR! App.

If you would like your child to participate, please make payment via QKR! by no later than **Friday 15 March 2019** (Friday Week 7).

Unfortunately no late entries can be accepted.

Fiona Ngamu – Assistant Principal

## From the Office

#### 2019 Student Residential Address and Other Information Collection Notice

We will be emailing separately today a "2019 Student Residential Address and Other Information Collection Notice" required by The Australian Government Department of Education and Training. Full details will be included in the email.



We would appreciate your attention and quick response to this Collection Notice, as applicable to you.

#### **Year 6 Jerseys**

The order for the Year 6 Jerseys has now been placed. Payment is now available via QKR! under School Uniform. Your prompt payment would be appreciated.

### Mona Vale Chamber of Commerce – Autumn Festival, Road Closure, Saturday 2 March

Mona Vale Chamber of Commerce has advised us that there will be a temporary road closure in Bungan Street for their Autumn Festival on Saturday 2 March between 7am to 7pm. This is in preparation for and clean up of the event which runs from 10am and 4pm.

Surrounding Parking signs will have temporary notices affixed to them on the night of Friday 1 March to notify drivers of the event set-up for Saturday, 2 March.

## Wellbeing

## **Wellbeing Team Meeting**

At Sacred Heart there is a dedicated group of Teachers and Parents who meet twice a term to discuss Wellbeing. This year's team is made up of 6 staff, 2 parents and 1 teacher from 3-6S and a teacher from St Mary's Manly. The team follows a particular format of celebrating successes, reviewing the school Long Time Out Data, discussion of Wellbeing Week, the role of the SRC and any other items that relate to student wellbeing.

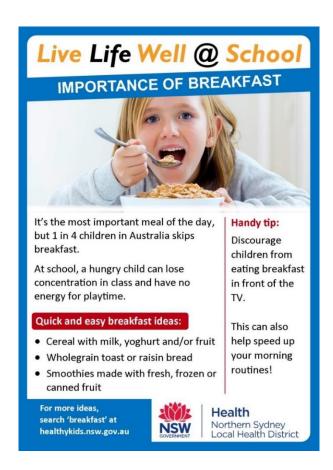


The Wellbeing Team met last week and identified that the students have settled well into school for 2019. The celebration of success mentioned that the playground environment created opportunities for students to mix across year groups and classes. That the air-conditioning had impacted on the children's behaviour as the classroom environments were cool and children were able to transition from the playground to the classroom.

## The Importance of Breakfast and Fruit Break/ Crunch & Sip

Did you know that if your child has a good breakfast it will help their concentration and allow them to have a longer attention span? They will be able to learn better and be in a better mood.

That is why at Sacred Heart we also have Fruit Break/ Crunch &Sip. This happens every day in the morning block usually around 10 o'clock. The reason for this is to give your child the opportunity to 'refuel' on vegetables and fruit as well as 'rehydrate' on water. This time is for students to continue working whilst snacking on their fruit or vegetable. Many class teachers read to their students whilst they are eating. Studies have shown that by creating this opportunity it increases concentration and student's fruit and vegetable consumption. So remember to pack your child or have your child pack a healthy snack of fruit/vegetable and water.

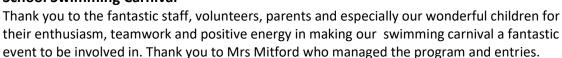




Skye Nolan-Brown, Coordinator

## **Sports News**

## **School Swimming Carnival**





A special congratulations goes to our wonderful Sport Captains who created a fun and engaging atmosphere for all.

A little swimmer on the blocks turned to me and exclaimed "I'm so excited. I just love swimming" before diving into the pool.

Overall Team:	Crawford 312 points		
Spirit Cup:	Gilroy		
Fastest Girl:	Macy B		
Fastest Boy:	Harrison D		
Senior Girl Champion	Macy B	Runner Up:	Eliza G
Senior Boy Champion	Harrison D	Runner Up:	Jesse D
Junior Girl Champion	Abigail C	Runner Up:	Celeste A / Lily C
Junior Boy Champion	Tobias W	Runner Up:	Ashley D
Records:			
Boys 8 Yrs 50m BS	Tate W	Open 100M FS	Harrison D
Boys 9 Yrs 50m FS	Tobias W	Boys 12 Yrs 50m BS	Harrison D
Boys 9 Yrs 50m BK	Tobias W	Boys 12 Yrs 50m BF	Harrison D
Boys 9 Yrs 50m BS	Tobias W	Girls Open 200m IM	Macy B
Boys 9 Yrs 50m BF	Tobias W	Girls 12 Yrs 50m BK	Macy B
		Girls 12 Yrs 50m BF	Масу В

Good Luck to Our Sacred Heart Swim Team competing on Thursday at the Northern Beaches Swimming Carnival.

Abigail C	Anabel R	Arlei F	Ashley D	Ben C	Bryn W	Byron S
Cameron L	Cayla S	Celeste A	Claire M	Eliza G	Ella M	Harrison D
Isabel B	James M	Jasmine S	Jesse D	Joshua T	Kai A	Kalista M
Lacey C	Lewis C	Lily C	Lola S	Luke O	Macy B	Molly M
Nash I	Samuel R	Ted F	Thomas G	Tohias W		

I look forward to being a part of another great day. A list of events our swimmers are in and an Order of Events listing for the carnival are attached separately on this email. A Code of Conduct is also attached. Thank you to Tobias W's father, who suggested a reminder for parents to be aware of the Northern Beaches Hospital roadworks and to allow plenty of time to arrive - first event is at 9am.

Parents who have volunteered, please see me on arrival.

#### Steph Munro - PE Teacher

### **Birthdays**

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



Benji F Jack R April B Diesel L

## **Canteen News**

CANTEEN ROSTER (start 9.30am - finish 1.45pm)		
Mon 04 Mar	Linda D, Christine H	
Thurs 07 Mar	urs <b>07 Mar</b> Julia D, Sonja S	
Fri 08 Mar	Katie Z, Theresa G	



## Term 1 2019 Roster

## Kay Neale - Canteen Co-ordinator

## Kiss & Drop Morning Volunteers

Please feel free to contact me via email at: <a href="mailto:sshmv.canteen@dbb.catholic.edu.au">sshmv.canteen@dbb.catholic.edu.au</a>



If you would like to volunteer for the Kiss and Drop Roster please contact Rebecca Molinaro at <a href="mailto:becmolinaro@outlook.com">becmolinaro@outlook.com</a>. Volunteers are always needed.

Monday	Tuesday	Wednesday	Thursday	Friday
		27 February	28 February	1 March
		Tatiana N	Melinda B	Eloise C
4 March	5 March	6 March	7 March	8 March
Karissa M	Leonie S	Tatiana N	Rebeca M	Julie F
11 March	12 March	13 March	14 March	15 March
Karissa M	Georgina D	Tatiana N	Melinda B	Rebecca M
18 March	19 March	20 March	21 March	22 March
Amber L	Leonie S	Tatiana N	Rebecca M	Karissa M
25 March	26 March	27 March	28 March	29 March
Amber L	Georgina D	Tatiana N	Melinda B	Eloise C

## The Hub

#### **Hub Meeting**

Thank you to those who attended our first Hub meeting last Tuesday night. We had so much fun sharing with you in new and dynamic ways. We would like to welcome all new families to our school and give a special thank you to our 2019 Class Parents.



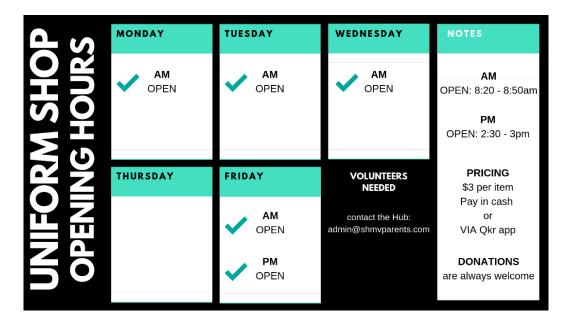
### Welcome BBQ

We are so excited to see you all this Friday night at our Bush Dance Welcome BBQ.



- Please RSVP via The HUB Facebook Click here for link
- 🦒 The Hub will be providing a free sausage sizzle for all attending. Helpers welcome.
- Year 6 will be hosting a range of fabulous stalls so bring your gold coins.
- BYO picnic rug and farmer outfit.
- 🥦 See you from 5:30pm

## **Uniform Shop Opening Hours**



#### **Calendar of Hub Events**



## TERM #1

Hub Meeting – Tuesday 19th Feb, 7pm – School Library

Swimming carnival - Friday 22nd February - Manly

Sacred Heart Welcome Bush dance and BBQ Friday 1st March, 5:30pm – Sacred Heart

Sacred Heart Parents Golf Day – Friday 15th March, 12pm – Mona Vale Golf Club

Last day of term 1 - Friday 12th April

## TERM #3

Frist day of Term 3 - Tuesday 23rd July

Term 3 Hub meeting – Thursday 8th August, 7pm – School Grounds

Athletics Carnival - Friday 9th August - Narrabeen

Father's Day Stall – Week 6 – School Grounds Father's Day Breakfast – Wednesday 28th Aug – School Grounds

School Musical - 17th, 18th, 19th September

Last day Term 3 - Friday 27th September

## TERM #2

Frist day of Term 2 - Monday 29th April

Mother's Day Stall – Week 2 – School Grounds Mother's Day Breakfast –Thursday 9th May – School Grounds

Sacred Heart Fun Run - Sunday 19th May - Venue TBC

Term 2 Hub meeting – Wednesday 15th May, 7pm – School Grounds

School Disco - Sacred Heart Feast Day - Friday 28th June School Hall

Last day of Term 2 - Friday 5th July

## **TERM #4**

First day Term 4 - Tuesday 15th October

Grandparent's Day - Wednesday 23rd October - School Grounds

Annual Gala event – Saturday 26th October – RMYC

Hub AGM - Thursday 14th November, 7pm - School Library

Annual Volunteers thank you cocktail party – Friday 6th December 7pm – The Parkhouse

Thanksgiving Mass - Friday 18th December - 10:30am - SAcred Heart Church

Last day of Term 4 - Friday 18th December

# Amanda Lewis / Grant Howard (Co-Presidents)

Email: <a href="mailto:sacredhearthub@gmail.com">sacredhearthub@gmail.com</a>
Website: <a href="mailto:www.shmvparents.com">www.shmvparents.com</a>

## **Community News**



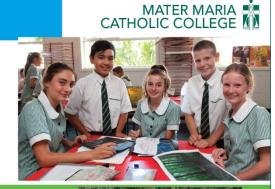


Thursday 7 March 2019 - 4pm to 7pm Come and see the Mater Maria spirit

Year 7, 2021 applications close on Thursday 4 April 2019
Please contact our Enrolment Registrar (Deborah Fitzgerald) on
02 9997 7044 or email 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 http://matermaria.nsw.edu.au/enrolment/request-a-prospectus-form

BOOK A TOUR http://matermaria.nsw.edu.au/book-a-tour-form



## Free Parking and Shuttle Bus for Open Day

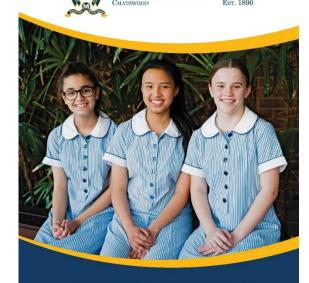
Free Parking is available at the Pittwater RSL lower level carpark (adjacent to the futsal courts).

Free shuttle transfers will run to the College between 4pm-6.45pm every 15 minutes (approx). Please enter via the Jubilee Avenue entrance.

MATER MARIA CATHOLIC COLLEGE • 5 FOREST ROAD WARRIEWOOD NSW 2102 AUSTRALIA • Telephone 02 9997 7044 • visit matermaria.nsw



Mercy Catholic College



# **OPEN DAY**

Sunday, 3 March 2019 11am-2pm

Experience our teaching and learning first hand and tour our College grounds including our new Kirk St Campus designed to cater for 21st century learning.

Outstanding results in the Higher School Certificate.

Catholic Girls Secondary College, Years 7 - 12 101 Archer St, Chatswood Phone: [02] 9419 2890 Email: mercy@dbb.catholic.edu.au Web: mercychatswood.nsw.edu.au







## OPEN EVENING

Wednesday 13 March 4.00pm - 7.30pm

Principal's address
Student-led hands-on activities
Guided tours by the student ambassadors
Performances in the state-of-the-art theatre
Meet our Heads of Department and friendly staff

see website for full details

inclusive innovative inspiring

52 Eurobin Avenue, Manly • 9977 5144



## **Avalon Hockey Club**

Try Australia's Most Successful Team Sport Play Hockey!

Wondering if your child would like to play hockey?

Join us at Avalon Hockey Club's 'Come and Try Hockey' afternoon at Dunbar Park, Avalon Friday 8th March 5.30-6:30pm

> \* We have sticks, balls, and experienced players\* \* Uniform sizing & gear swap \*

#### We ALWAYS

Play at Curl Curl

Games are on Saturdays at the same times each week We train on Friday nights at Careel Bay

Mixed competition

We cater for players of all ages and abilities For more information and to register please go to https://www.revolutionise.com.au/avalonhockey/

> First game is on Saturday 6 April 2019 Register now to avoid disappointment





# 16TH - 17TH MARCH 20

Long Reef Headland, Griffith Park, Collaroy

A TWO-DAY FESTIVAL THAT HAS SOMETHING FOR EVERYONE FAMILY, COMMUNITY, SPORTING CLUBS, SCHOOLS', LOCAL BUSINESSES AND VISITORS ALL IN SUPPORT OF MEN'S MENTAL HEALTH FOUNDATION, GOTCHA4LIFE,

## SATURDAY 16TH MARCH

PARK OPENS AT 5PM

- Outdoor cinema showing The Greatest Showman
- · Live music
- · Other entertainment
- Variety of pop-up stores
- Food trucks
- Deus X Machina merchandise store & cafe

#### SUNDAY 17TH MARCH

PARK OPENS AT 6AM

- Fun Run is for everyone, all ages and all fitness levels
- Choose from 3km, 5km, 10km or half marathon,
- NO RUNNING ON SAND Form a team
- Race prizes
- Breakfast BBQ Refreshments
- · Pop-up stores

Gotcha4Life, founded by Triple M radio and TV presenter Gus Worland, was established with the fundamental aim to drive action towards improving men's mental health. To influence change and save lives through forging better connections between mates



POWERED BY



For more information and to register go to: GOTCHA4LIFE.ORG/EVENTS/CLIFFSIDE-FESTIVAL-FUN-RUN

## WHY BE INVOLVED!

## ON THE NORTHERN BEACHES IN 2018 WE LOST 30 PEOPLE TO SUICIDE 23 OF WHOM WERE MAL

"THE FIGURE IS SUCH A STARK REMINDER OF THE TRAGEDY THAT IS SUICIDE, BOTH FOR THOSE WHOSE LIVES ARE LOST AND FOR FAMILY, FRIENDS AND COLLEAGUES WHO MUST COPE EVERY DAY WITH THE AWFUL GRIEF AND LOSS THAT FOLLOW."

Superintendent Dave Darcy Northern Beaches Police Command

YOUR FUNDING WILL HAVE AN IMPACT ON MEN'S MENTAL HEALTH AND MAKE A DIFFERENCE TO SAVE LIVES AND BUILD AWARENESS IN YOUR COMMUNITY AND AROUND AUSTRALIA.



## **FACILITATION OF WORKSHOPS**

\$1000 A SCHOOL WORKSHOP IMPACTING 45 YOUNG MEN

\$1000

TOWARDS WORKSHOPS WITHIN SPORTING CLUBS AND COMMUNITY SETTINGS

## GOTCHA4LIFE X LIFELINE IMPACT IN 2018

FOR CRISIS **SUPPORTERS** 



THAT'S 5616 POTENTIALLY LIFE-SAVING CALLS