



# Sacred Heart Catholic Primary School

Cnr Waratah & Keenan Street, Mona Vale NSW 2103

T: (02) 9999 3264

W: [www.shmvdbb.catholic.edu.au](http://www.shmvdbb.catholic.edu.au) • E: [shmv@dbb.catholic.edu.au](mailto:shmv@dbb.catholic.edu.au)

## Term 1 Week 6 - 6 March 2019

<b>Term 1 Core Value:</b>	Respect
<b>School Rule:</b>	Respect yourself, others and the environment
<b>Expectation of Behaviour:</b>	Sit and kneel quietly when in church

Dear Parents

*As we journey through this Lenten season let us place our trust in our God.  
You are the way, the truth and the life.  
Allow our hearts to open fully to your word so that we may encounter you  
and know you well.  
Amen*



The "Welcome Bushdance" was a great success on Friday evening. It was fabulous to see mums and dads dancing the Heel and Toe polka and Mona Vale Tram with their children. A huge thank you to the Hub for the delicious BBQ, to the Year 6 students and parents for their fun stalls and to the "The Ducks" bushband for their entertaining music.

Congratulations to all our swimmers who represented Sacred Heart at the Beaches Cluster swimming carnival last week. Sacred Heart was runnerup for the championship trophy to Freshwater.

On Thursday evening the following students from Sacred Heart will represent the Beaches Cluster of Catholic schools at the Broken Bay Diocesan schools swimming competition at Mingara. Thank you to Mrs Mitford and Mrs Munro who will accompany the team – Kai A, Macy B, Abi C, Lily C, Ashley D, Harrison D, Ella M, Jasmine S, Bryn W and Tobias W.

This week parents with siblings to commence at Sacred Heart 2020 would have received an enrolment package. Please return these with full documentation as soon as possible to assist the school in knowing available numbers for new families. Last year there were 30 pre-school/Long Day care centres who sent children to our kindergarten class for 2019. I will be visiting many of these pre school in the next week to share Open Morning information. If parents know of any other families who are seeking admission please ask them to collect enrolment forms from the front office or from our school website.

Next Tuesday there will be an evacuation drill at school. Any adult or child, volunteer or worker on site at the time are required to respond to the drill as per the school evacuation procedures.

*Mrs Suellen Garey*  
**PRINCIPAL**

## Religious Education



Today 6 March 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. Teach your child 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. Students will have made or be making Lenten Promises in their classes.





In Lent 2019, parishes of the Diocese of Broken Bay will be open during Lent for prayer and Reconciliation on

Fridays 7pm - 8pm  
(8,15,22,29 March, 5 and 12 April)

### 10 Things To Do During Lent Besides Giving Something Up

1. Each day tell your child something that makes them unique
2. Volunteer
3. Go to a weekday Mass
4. Say three nice things to your husband or wife, siblings, parents, colleagues and kids daily
5. Be kind
6. Donate things you don't need to charity
7. Replace 30 minutes of TV/computer/phone time with 30 minutes of prayer/quiet time
8. Don't complain
9. Don't buy anything that you don't need
10. Remember that Jesus is the Reason for the Season

### Dates to Remember

Saturday 9 March at 5pm - Year 3 Family Mass Sacred Heart Church.

Friday 15 March at 9:15 - St Patrick's Day Liturgy in the Hall led by Year 2.

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

#### ICAS

A reminder to pay via the QKR! App by Friday 15 March if you would like your child to participate in one or more of the ICAS competitions / assessments.



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

**Unfortunately no late entries can be accepted.**

**Fiona Ngamu – Assistant Principal**

**From the Office**



**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.

**Wellbeing**




**Wellbeing Week**

This term Wellbeing Week will be celebrated in Week 7 (11-15 March)- it provides time in our busy lives for all of our school community to consider their own mental health and wellbeing. It is an opportunity to take a much needed time for you and your family to reconnect with each other and your friends.

The theme for Wellbeing week this term is:

**‘Building Positive Relationships’**

This Wellbeing Week will finish with the National Day of Action against Bullying and Violence on Friday 15 March 2019. We will be focussing on the Bullying- No way – Take a stand together.

At Home:	Wednesday	Friday
<p>At Home talk with your child about Building Positive Relationship                      What does this look like?                      What does this feel like?                      What words do we hear?                      You may like to download the Take a Stand Together App from the App shop and play with your parent <a href="https://bullyingnoway.gov.au/ForKids/GamesAndApps">https://bullyingnoway.gov.au/ForKids/GamesAndApps</a></p> <p>With this App children can <a href="#">build an avatar</a> and play the <a href="#">interactive animations</a> on this site. You can also download the app so you can do all this on your mobile device.</p> 	<p><b>Children can wear a touch of Yellow to school.</b>                      Some ideas are a yellow ribbon, yellow socks a yellow t-shirt or yellow hat                      In the middle session children will go to different classrooms across the school with their Respectful Relationship Group (Peer Support Group).                      There the children will watch a video clip on ‘Bullying is never O.K.’ .                      Children will also complete a Helping Hand task with who can you talk to if you are having a friendship problem. Children will then have their lunch altogether on the playground.</p>	<p>The whole school will celebrate <b>National Day of Action against Bullying and Violence</b>                      15 March 2019</p>

**Skye Nolan-Brown, Coordinator**

**Sports News**



**Northern Beaches Swimming Carnival**



Congratulations to all our Sacred Heart swimmers who competed last week at the Northern Beaches Swimming Carnival.

Good luck to the following students who will be competing at the Broken Bay Primary School Swimming Championships on Thursday 7 March at Mingara.

- |            |           |         |         |             |
|------------|-----------|---------|---------|-------------|
| Abigail C, | Ashley D, | Bryn W, | Ella M, | Harrison D, |
| Jasmine S  | , Kai A,  | Lily C, | Macy B, | Tobias W    |

**Birthdays**



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

- |           |           |          |          |
|-----------|-----------|----------|----------|
| Olivia F, | Emma R,   | James N, | Arjen G, |
| Blair A,  | Sienna F, | Kalan F  |          |

**Canteen News**



CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
<b>Mon 11 Mar</b>	Jess M, Christine H
<b>Thurs 14 Mar</b>	Jackie B, Angie K
<b>Fri 08 Mar</b>	Bec B, Kate W, Lynne T

**Help needed: this Friday 8 March either 9.30am-1.45pm or 11am-1.30pm** please contact Kay.

May I ask that you check the coins that your children are bringing to the canteen for use. We are seeing a lot of foreign coins being passed over the counter and a few disappointed faces when they are not able to use them.

The canteen is selling off paddle pop ice creams from the welcome BBQ. There are two flavours, Rainbow and Chocolate at \$1.50 and only until stocks last.

**[Term 1 2019 Roster](#)**

**Kay Neale – Canteen Co-ordinator**

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

**Kiss & Drop Morning Volunteers**

STUDENT  
DROP-OFF  
AND  
PICK-UP  
AREA

If you would like to volunteer for the Kiss and Drop Roster please contact Rebecca Molinaro at [becmolinaro@outlook.com](mailto:becmolinaro@outlook.com). Volunteers are always needed.

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

**The Hub**

*The  
Hub*

**Annual Parents Golf Day**

**PARENTS GOLF DAY**

Friday the 15th March From 12pm  
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

Meet at the Golf Club at 12pm  
Lunch served at 12.30pm - Tee off at 1pm

**Following golf...**

We have reserved a function space for golfers and guests at the Park House Hotel (a short walk from the Golf Club). The Park House has kindly donated hot food + 1 complimentary drink to kick start the celebrations.

EMAIL 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

**Uniform Shop Opening Hours**

<b>UNIFORM SHOP OPENING HOURS</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>NOTES</b>	
	✓ AM OPEN	✓ AM OPEN	✓ AM OPEN		AM OPEN: 8:20 - 8:50am
					PM OPEN: 2:30 - 3pm
	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>VOLUNTEERS NEEDED</b>		
		✓ AM OPEN  ✓ PM OPEN	contact the Hub: admin@shmvparents.com		
				<b>PRICING</b> \$3 per item Pay in cash or VIA Qkr app	
				<b>DONATIONS</b> are always welcome	

**Calendar of Hub Events**

Hub 2019 Calendar Dates	
<p><b>TERM #1</b></p> <p>Hub Meeting – Tuesday 19th Feb, 7pm – School Library</p> <p>Swimming carnival – Friday 22nd February – Manly</p> <p>Sacred Heart Welcome Bush dance and BBQ Friday 1st March, 5:30pm – Sacred Heart</p> <p>Sacred Heart Parents Golf Day – Friday 15th March, 12pm – Mona Vale Golf Club</p> <p>Last day of term 1 – Friday 12th April</p>	<p><b>TERM #3</b></p> <p>First day of Term 3 – Tuesday 23rd July</p> <p>Term 3 Hub meeting – Thursday 8th August, 7pm – School Grounds</p> <p>Athletics Carnival – Friday 9th August – Narrabeen</p> <p>Father's Day Stall – Week 6 – School Grounds Father's Day Breakfast – Wednesday 28th Aug – School Grounds</p> <p>School Musical – 17th, 18th, 19th September</p> <p>Last day Term 3 – Friday 27th September</p>
<p><b>TERM #2</b></p> <p>First day of Term 2 – Monday 29th April</p> <p>Mother's Day Stall – Week 2 – School Grounds Mother's Day Breakfast – Thursday 9th May – School Grounds</p> <p>Sacred Heart Fun Run – Sunday 19th May – Venue TBC</p> <p>Term 2 Hub meeting – Wednesday 15th May, 7pm – School Grounds</p> <p>School Disco – Sacred Heart Feast Day – Friday 28th June School Hall</p> <p>Last day of Term 2 – Friday 5th July</p>	<p><b>TERM #4</b></p> <p>First day Term 4 – Tuesday 15th October</p> <p>Grandparent's Day – Wednesday 23rd October – School Grounds</p> <p>Annual Gala event – Saturday 26th October – RMYC</p> <p>Hub AGM – Thursday 14th November, 7pm – School Library</p> <p>Annual Volunteers thank you cocktail party – Friday 6th December 7pm – The Parkhouse</p> <p>Thanksgiving Mass – Friday 18th December – 10:30am – Sacred Heart Church</p> <p>Last day of Term 4 – Friday 18th December</p>

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

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

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

Community News



# Open Day 2019

MATER MARIA CATHOLIC COLLEGE 

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](mailto:deborah.fitzgerald@dbb.catholic.edu.au)  
 Applications welcome for Years 9-11

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>



## 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.edu.au](http://matermaria.nsw.edu.au)



Monte Sant' Angelo Mercy College



# OPEN DAY

SUNDAY 10 MARCH • 9:30AM – 1:30PM

## BRING YOUR WHOLE FAMILY

and learn about College life from student tour guides

Join Monte's Amazing Race and take an interactive expedition around our CONTEMPORARY CAMPUS

Meet our outstanding TEACHERS

Enjoy MUSIC and DRAMA performances

Hands-on SCIENCE activities

Budding ATHLETES can discover the 22 SPORTS on offer

Relax at the P&F CAFÉ and BBQ

PLUS face painting and guest entertainment for younger kids.

DISCOVER HOW A MERCY EDUCATION WILL EMPOWER YOUR DAUGHTER

[CLICK BELOW TO WATCH THE 2018 OPEN DAY HIGHLIGHT VIDEO](#)



SIGNIFICANCE | PURPOSE | SUCCESS

*Find your place to stand*



Stella Maris COLLEGE MANLY

## 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  
 [smcmanly](https://www.facebook.com/smcmanly) • [www.stellamaris.nsw](http://www.stellamaris.nsw)





## 16TH – 17TH MARCH 2019

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



PROUDLY SUPPORTED BY



PRINTING PARTNER



For more information and to register go to:  
[GOTCHA4LIFE.ORG/EVENTS/CLIFFSIDE-FESTIVAL-FUN-RUN](http://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 MALES!**

"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.**



2018 SAW 457 TOMORROW MAN WORKSHOPS IMPACTING 17,872 MEN AND BOYS 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

**18** SCHOLARSHIPS FOR CRISIS SUPPORTERS

**24** 216 CALLS ANSWERED PER FORTNIGHT  
**5616** CALLS ANSWERED PER YEAR

**THAT'S 5616 POTENTIALLY LIFE-SAVING CALLS**

Starting fundraising today:  
[GOTCHA4LIFE.GOFUNDRaise.COM.AU](http://GOTCHA4LIFE.GOFUNDRaise.COM.AU)

## 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**

