



Term 1 Week 7 - 13 March 2019

Term 1 Core Value:	Respect
School Rule:	Respect yourself, others and the environment
Expectation of Behaviour:	Wash your hands regularly at school

Dear Parents

If God knows what we need before we pray, why do we need to pray at all?

Matthew 6:7

*"When you are praying do not heap up empty phrases as the Gentiles do;
for they think they will be heard because of their many words
Do not be like them for your Father knows what you need before you ask him."*

Perhaps the answer is in the Gospel where Jesus is surrounded by so many babbling voices that sometimes we ourselves do not know what it is that we truly want. We pray not just to ask for what we want but to understand in a deeper way what God wants for us.

Congratulations to all our swimmers who represented the Northern Beaches Cluster of Catholic schools at the Broken Bay Diocesan schools swimming competition at Mingara last week. The following children were selected to represent Broken Bay at the NSW Catholic Schools Polding Swimming Championships to be held at Sydney Olympic Park Aquatic Centre, on Wednesday 27 March 2019 - Macy B, Toby W, Harrison D, Ashley D, Bryn W and Kai A.

Some of the new school sport shirts have an error in the embroidery of the logo. The logo should read- Living, Loving, Learning. If parents would like this altered please drop your shirt into the school office in the last week of term and Cowan and Lewis will amend the logo over the school holidays. Shirts will then be returned to school in the first week of term 2. Apologies for any inconvenience.

Friday 22 March is Open Morning at Sacred Heart for new families considering applying for enrolment for 2020. Flyers have been delivered to all the local pre-schools and Early Learning Centres in our area. Enrolment forms are available at the front office. All current families who have siblings to commence 2020 would have already received an enrolment package. Please return asap to assist with projection of numbers.

NAPLAN is moving online. This means moving NAPLAN from the paper-based tests to computer-based assessments. Students in Year 3 and Year 5 will complete the Naplan tests using school provided iPads. Students will not be using their own devices for Naplan.

Year 3 students will undertake **online** assessments for numeracy, reading and language conventions (spelling, grammar and punctuation) but will do a **paper-based** NAPLAN writing test.

Years 5 students will undertake **all** NAPLAN content areas (including writing) **online**.

Student and parents now have the opportunity to access a public demonstration site

www.nap.edu.au/online-assessment/public-demonstration-site

NAPLAN will be administered over 2 weeks from Tuesday 14 May to Wednesday 22 May. There are "make up" days if a student is unwell and misses a date in that two week period, though tests may only be administered and must be completed by Friday 24 May.

Mrs Suellen Garey
PRINCIPAL

Religious Education



This year's Project Compassion showcases the many ways we work around the world with our local partners to offer hope to people most vulnerable to extreme poverty and injustice.



As Pope Francis said, "The future does have a name... and its name is hope."

Through your generosity during Project Compassion this year, you are empowering communities with hope and helping those in great need to shape a better future for themselves, their families and their communities.

Every class has been given a Project Compassion Box for students to make donations. Teachers encourage students to give some of their canteen money, pocket money or do extra jobs to donate to Project Compassion during Lent.

PROJECT COMPASSION



Twelve-year-old Thandolwayo would walk seven kilometres each day to collect contaminated water for her family. It looked like she would never realise her hope of finishing her education and becoming a nurse, until a Caritas Australia supported project created access to clean water helping Thandolwayo to stay at school and achieve a future full of hope.

Please donate to Project Compassion 2019 and to provide clean water and a future full of hope for vulnerable communities in Zimbabwe.

Lives change when we all give 100%. You can donate through Parish boxes and envelopes, by visiting www.caritas.org.au/projectcompassion or phoning 1800 024 413.

Prayers

Please keep in your prayers Mick P (parent) and Paul C 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](#)

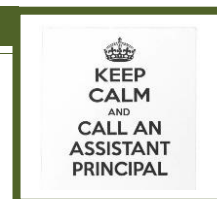
From the Assistant Principal

Wellbeing Week

Wellbeing Week provides the school community with the opportunity to participate in and promote an overall awareness for the various aspects of wellbeing. This includes social, physical and emotional wellbeing.

Teachers, students and their families were encouraged to spend time building positive relationships at home and with their friends. Wednesday was dedicated to showing 'a touch of yellow', whereby the colour yellow often symbolises 'happiness' which is often the feeling felt as a result of sharing such positive relationships.

Congratulations to our Year 6 Leaders who lead our Respectful Relationship groups this week. They demonstrated patience and positivity as effective school leaders within our Sacred Heart community.



On Friday we celebrate St Patrick’s Day with a liturgy at 11.30am. Our parent community will continue to build their own positive relationships through their Parent’s Golf Day! I am sure they will have a fantastic day.



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 3-6 only	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

Unfortunately no late entries can be accepted.

Fiona Ngamu – Assistant Principal

From the Office

Evacuation Drill

At Sacred Heart we hold Evacuation or Lockdown drills each term. Today, we held an Evacuation Drill, which can be a new experience for our kindy children. The drill was successful with all students walking to the church grounds with their class teacher in a calm and timely manner. You may wish to discuss your child’s experience with them over dinner tonight.



Karen Calleia – Admin/WHS Officer

Wellbeing

Behaviour Management @ Sacred Heart

At Sacred Heart behavioural expectations are linked to the School rules and core values of Respect, Compassion, Justice and Service to self, others and the environment. Sacred Heart implements a positive behaviour school wide systems approach that includes proactive strategies for defining, teaching, and supporting appropriate student behaviour.



All students are explicitly taught about behaving in safe, respectful and responsible ways across all school settings. The emphasis is on educating and encouraging positive social skills and character traits. Teaching students the Social Emotional Learning skills (self-awareness, self-management, social awareness, relationships, and responsible decision-making) which are foundational competencies that students need in order to develop pro-social skills and positive behaviour that optimises student engagement in learning.

This happens by acknowledging positive behaviour through the following strategies:

- verbal praise, written comments, Reasons to Smiles, Class Do-jo's, responsibilities, displaying work.
- more formal procedures e.g. principal awards, class awards, core value awards.

Sacred Heart discourages inappropriate behaviours based on restorative principles that support students to restore right relationships and re-engage in learning. Inappropriate behaviours are recognised as Minor behaviours that do not meet the School Rules and Behavioural Expectations or Major behaviours which are identified as deliberate actions that are offensive and /or dangerous to the physical and /or emotional wellbeing of others [may also include repeated minor].

Minor behaviours are teacher managed behaviours and may include



- Not wearing a hat
- Calling out
- Disrupting others
- Playing in the toilets
- Talking during assembly

Procedure for dealing with minor behaviours

- Remind,
- Re-teach,
- Re-direct,
- Remove (Short time-out)

Major behaviours are more serious behaviours and may include

- Hitting
- Swearing
- Pushing
- Being out of bounds
- Kicking
- Repeated minor behaviours that become a major

Procedure for dealing with major behaviours

- Long time out
- Think Paper – students complete Long Time Out Form filled in by the teacher and the data is recorded for the Wellbeing Team to analysis at the twice termly meetings (data recorded)

Sacred Heart Core Values

'Living loving learning'



Short time out

When you get a short time out remember to listen to the teacher and do what they say. Some examples of reasons for short time outs are- running in the playground, not listening to the teacher and not respecting other students. A short time out is not too serious it is just a reminder to behave.



Minor and Major Behaviours

A Minor behaviour might be sitting out from the class, this just means that you have done something wrong but it is ok and you can learn from your mistakes and not do it again.

A major behaviour might be calling your parents and filling out a think paper. This means that you have repeatedly disrupted the class or have done something silly or inappropriate.

By Molly and Arianna

Long time out

A Long time out is when you are asked to go to your buddy class or to go to the office. Your parents could be contacted and you will have to fill out a think paper. A think paper tells the teacher why you were doing what you were doing, how you feel now, and why you did it. Some reasons for a long time out are: Told to sit on the silver sheets and not talking inappropriately during school hours or being a distraction to the class several times.



1	2	3	4
<p>Remind When you are doing something that your not supposed to be doing you get reminded not to do the wrong thing.</p>	<p>Reteach E.g: If you threw a piece of paper on the ground and had to pick it up the teacher would say "by picking this up you are looking after the environment" so that is reteaching you to do the right thing.</p>	<p>Redirect Redirecting is encouraging the right behaviours and reteaching how to behave.</p>	<p>Remove The teacher might remove you from the classroom because you are distracting others and not letting them work, you might also be disrupting the class. When you are told to be moved you might move to your buddy class or another seat.</p>

Skye Nolan-Brown, Coordinator

Sports News

Swimming

Congratulations to our Sacred Heart Students who competed at the Diocese of Broken Bay Swimming Carnival last Thursday evening at Mingara. A special congratulations to Kai A, Macy B, Ashley D, Harrison D, Bryn W and Tobias W who will represent Broken Bay at the NSWCP (Polding) Swimming Championships to be held at Homebush on 27 March. We wish them the best of luck.



Cross Country

This year our school cross country will be held on **3rd April at Flying Fox Park**. More information to follow shortly.
 Distances: 8,9,10 years - 2km
 11,12 years - 3km

Start training!

Soccer

Starting this week a coach from Sydney FC will work with myself to teach soccer skills to years 2-6 during their sport lessons.

NSWAFL

Kindergarten and Year 1 students will have the opportunity to learn about AFL and participate in a skill session with NSWAFL.

Steph Munro – PE Teacher

Birthdays



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

Charlotte C,	Gabriel K,	Aisling M,	Leanne B,
Joshua T,	Indi W,	Camila H,	Flynn W

Kiss & Drop Morning Volunteers



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
		6 March	7 March	8 March
		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

Canteen News



CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
Mon 18 Mar	Georgia G, Helen K
Thurs 21 Mar	Kate H, Anita K, Maureen R
Fri 22 Mar	Nicola J, Katrina S, Christina H

If your child is celebrating a Birthday the canteen can happily provide a variation of ice blocks for their class. Please contact the canteen either by email, phone or in person to organise. Store bought ice blocks are not permitted due to allergies etc.

This term we have 2 new flavoured ice creams available at lunch time only and over the counter only, chocolate or rainbow paddle pops selling at \$1.50 each.

[Term 1 2019 Roster](#)

Kay Neale – Canteen Co-ordinator

The Hub



Annual Parents Golf Day – Reminder

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 0409 706 312

Uniform Shop Opening Hours

UNIFORM SHOP OPENING HOURS	MONDAY	TUESDAY	WEDNESDAY	NOTES
	✓ AM OPEN	✓ AM OPEN	✓ AM OPEN	
	THURSDAY	FRIDAY	VOLUNTEERS NEEDED contact the Hub: admin@shmvparents.com	
		✓ AM OPEN ✓ PM OPEN		

AM OPEN: 8:20 - 8:50am
 PM OPEN: 2:30 - 3pm

PRICING
 \$3 per item
 Pay in cash or VIA Qkr app

DONATIONS
 are always welcome

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

Email: sacredhearthub@gmail.com

Website: www.shmvparents.com

Community News



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
f smcmanly • www.stellamaris.nsw

CLIFFSIDE FESTIVAL

POWERED BY GOTCHA4LIFE

MOVIE & FUN RUN

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



PROUDLY SUPPORTED BY



PRINTING PARTNER

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.

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 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