



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 9 - 27 March 2019

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

Dear Parents

What delicate lives we live....

Throughout the journey of life we are faced with times of heartache and sorrow...times of loss and grief. These may be our own personal experiences, or the experiences of our neighbours. During these times we can stop and take a look at our own lives and reflect upon how delicate the gift of life really is.

*Let the rain come and wash away ancient grudges,
the bitter hatreds held and nurtured over generations.
Let the rain wash away the memory of the hurt and the neglected.
Then let the sun come out and fill the sky with rainbows.
Let the warmth of the sun heal us whenever we are broken.
Let it burn away the fog so that we can see each other clearly.
So that we can see beyond the labels, beyond accents, gender or skin colour.
Let the warmth and brightness of the sun melt our selfishness.
So that we can share the joys and feel the sorrows of our neighbours.
And let the sun be so strong that we will see all people as neighbours.
Let the earth be nourished by rain, bringing forth flowers to surround us with beauty.
And let the mountains teach our hearts to reach upward to heaven.
Amen
(Rabbi Harold Kushner)*

On Friday we welcomed new families who are considering enrolment to our school for 2020. Enrolment forms and bags are available at the school office. Small group school tours are available for new families on the first Friday of the month at 2 pm. Please book through the front office.

All staff updated their CPR qualifications on Tuesday. At Sacred Heart we have staff who hold full First Aid certificates as well as staff who have training in CPR, anaphylaxis, asthma management and critical incidents.

School Improvement Plan update. This term a focus for professional learning for our teachers is student agency. Student agency includes:

- Learning to deep learn
- Grit, tenacity, perseverance, and resilience
- Self-regulation and responsibility
- Empathy for contributing to the safety and benefit of others
- Leveraging digital

Student agency is about helping our students have control over their learning and what characteristics do our students need to be successful learners. This focus on student agency will continue throughout the year into the key learning areas of Mathematics, English, Science and PDHPE.

Recently phones in schools has been a topic in the media. At Sacred Heart any student who brings a phone to school must leave the phone in their bag for the entire day. They are not to be used at recess or lunch. Whilst we realise students may require phones to discuss home arrangements with parents we do not use phones for learning tasks. Therefore they are not required to be used during the day. If you need to communicate with your child please do so through the school office.

There are a number of sustainable initiatives that occur at Sacred Heart. Last year we removed drinking straws from the canteen as well as introducing WasteFree Wednesday. WasteFree Wednesday is one opportunity to assist your child to think about the impact of plastic on our environment. Parents are asked to support this initiative by not using plastic wrap for lunches and reducing the use of small packets. We have had “Fruit break” for a number of years at Sacred Heart but would like to rename this break to:

CRUNCH & SIP

Crunch & Sip is a primary school nutrition program and implemented in New South Wales by the [Healthy Kids Association](#). Originally developed in Western Australia, to increase the quantities of vegetables and fruits and water, it is an easy way to help kids stay healthy and happy! Crunch & Sip is a set time during the school day for students to eat vegetables and fruit and drink water in the classroom. Students bring vegetables and/or fruit and a clear water bottle to school each day for the Crunch & Sip break. Giving students the chance to re-fuel with fruit or vegetables helps to improve physical and mental performance and concentration in the classroom, as well as promoting long term health.

Do you wish for your child to learn another language? Mandarin is offered at Sacred Heart at an afterschool program through Headstart. The attached flyer provides contact details for parents.

Kind regards

Mrs Suellen Garey

PRINCIPAL

Like and follow us at: facebook.com/sacredheartmonavale

Like and follow us at: twitter.com/SHMV16



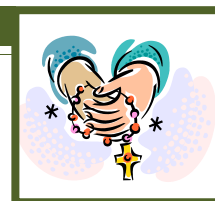
Religious Education

Dates to Remember

Thursday 11 April at 4:30pm and 6pm – First Reconciliation, Sacred Heart Church

Friday 12 April at 11:30am – Whole School Holy Week Liturgy led by Year 5, Sacred Heart Church

Tuesday 30 April – time tbc – Easter Liturgy led by Year 6 in the Hall



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 or contact me by phone.

Chris McBryde, Religious Education Coordinator

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

From the Assistant Principal

NAPLAN Readiness Test

During the week, the Years 3 and 5 students participated in the NAPLAN readiness test online. The students do not need to be computer experts to take the NAPLAN test online. Making sure students have computer skills is part of our school curriculum, and our teachers have used this opportunity to ensure each student is familiar with the online format. To see the types of questions and interactive features of NAPLAN Online, visit [the public demonstration site](#).

If you have any questions about NAPLAN Online, please contact me or your child's class teacher.

NAPLAN assesses literacy and numeracy – important skills that each child needs to succeed in school and life. The NAPLAN tests are designed to help us make sure students are on track with their literacy and numeracy development. The assessment data also provides valuable information on school trends, areas of strength and future development. In Term 2, students in Years 3, 5, 7 and 9 will participate in NAPLAN tests for reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy.

For more info:

- [How to support your child during NAPLAN](#)
- [information for parents and carers](#)
- [Watch a video that explains NAPLAN Online](#)
- [Subscribe to ACARA's monthly parent newsletter, Parent Update](#)

Fiona Ngamu – Assistant Principal



KEEP CALM
AND
CALL AN
ASSISTANT
PRINCIPAL

Wellbeing

Waste-free lunchboxes



At Sacred Heart the SRC (Student Representative Council) are working hard at raising awareness for Waste Free Wednesday's. The children are passionate about making a difference to the environment. Thank you to all the parents who are trying to support us with this initiative. It was fabulous to see so many children with Lunchboxes that had little to no packaging. Here are some ideas that parents in our school had packed their students for lunch.

Get ready for Vegetable Week

At Sacred Heart we are participating in Vegetable Week and the Big Vegie Crunch. During Week 10 (1 April to 5 April) our school will be joining hundreds of schools across NSW at eating vegetables for our health and wellbeing.

Please encourage your child during this week to have a container of vegetables for them to crunch on.

Need some ideas?

- carrot, celery, cucumber – cut into sticks or left whole
- capsicum – cut into sticks or wedges
- corn – raw baby corn spears or a cooked corn cob
- broccoli or cauliflower florets - raw or lightly cooked to keep their

crunch

- tomatoes – small cherry tomatoes or a large tomato that can be eaten like an apple
- beans or snow peas - raw or lightly cooked to keep their crunch
- mushrooms – sliced or left whole

Skye Nolan-Brown, Co-ordinator



Autism Awareness Day

Autism Awareness Day

Next Tuesday, 2 April, is World Autism Awareness Day. Sacred Heart Catholic School has a Satellite class for students from Autism Spectrum Australia. The class has twelve students, three teachers and two teachers aides. Did you know...there are an estimated 1 in 70 people on the Autism Spectrum? That's almost 230 000 Australians!



People on the Autism Spectrum may need support with social communication and social interactions, they may have restricted and repetitive behaviours and interests, sensory interests and/or sensory sensitivities.

In preparation for Autism Awareness Day, Sacred Heart teachers and students have been reading books about Autism and what it is like to be on the Autism Spectrum. Students have also been watching some brief video clips about the strengths, challenges and experiences of people on the Autism Spectrum. There are question boxes in the classrooms, so that students can 'post' any questions that they might have. On Autism Awareness Day, teachers from Autism Spectrum Australia will be running sessions for our Sacred Heart students, answering their questions and engaging them in activities. If you have any questions, or would like more information please feel free to post a question via our 'Question Box' located at the front office. For additional helpful resources go to our website at: www.autismspectrum.org.au or contact us on **1800ASPECT**

Kirsty Tapson, Special Education Teacher

Sports News

Sacred Heart School Cross Country (Years 2-6)

When: Wednesday 3 April

Where: Flying Fox Park

Permissions Slips: If your child is participating - return to your teacher by Thursday 28 March



Soccer Gala Day

A reminder that Soccer Gala Day notes for Years 3-4 and Years 5-6 were due back last Monday 25 March, please return them to your class teacher as soon as possible.

Steph Munro – PE Teacher

Year 6 - Easter Raffle Fundraiser

Easter Egg Raffle

The Year 6 Easter Egg raffle is being held again this year. Half the money raised will be donated to a Year 6 charity choice and the other half will go toward the Year 6 Graduation held at the end of this year.

\$2.00 per ticket or 3 for \$5.00, available from any year 6 student at the recess or lunch breaks.

There are 19 hampers to win. Why not have a look at the wonderful Easter Egg display in the breezeway window. It has been delighting many children (and adults).

Lisa Firman, Year 6 Teacher



Kiss & Drop Morning Volunteers

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
		27 March	28 March	29 March
		Tatiana N	Melinda B	Eloise C
1 April	2 April	3 April	4 April	5 April
VACANT	Leonie S	Tatiana N	Rebecca M	Amber L
8 April	9 April	10 April	11 April	12 April
Rebecca M	Georgina D	Tatiana N	Melinda B	Julie F
TERM 2				
29 April	30 April	1 May	2 May	3 May
Karissa M	Leonie S	Tatiana N	Rebecca M	Eloise C

Rebecca Molinaro – Kiss and Drop Co-ordinator

Canteen News



CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
Mon 1 Apr	Amanda M, Angela S, Kim L
Thurs 28 Mar	Keira L, Monique F, Leanne K
Fri 22 Mar	Danielle C, Kylie M, Nikki H

Help needed:

Thursday 28 March and Friday 29 March, either 9.30am-1.45pm or 11am-1.30pm please contact Kay.

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

[Term 1 2019 Roster](#)

Kay Neale – Canteen Co-ordinator

Headstart

M A N D A R I N
领先·汉语

Give your child the best bilingual head start by joining our play, inquiry and story based Chinese language program. Adopting a spiral up method, our curriculum series are built upon each other to allow students to progress from K to Year 12 and HSC.



Class Features :

- Learning Made Fun
- Easy and Engaging
- Small Class Size

Curriculums for :

- Beginners
- Continuers
- Background Speakers

• Creative Kids Provider • Free Trial Class •

Phone: 0430 222 116 Website: <http://www.headstartmandarin.com> Email: headstartmandarin@gmail.com