



Sacred Heart Catholic Primary School

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Term 1 Week 10 - 4 April 2019

Term 1 Core Value:	Respect
School Rule:	Respect yourself, others and the environment
Expectation of Behaviour:	Put rubbish in the bin

Dear Parents

It is a busy end of term for us here at Sacred Heart. Yesterday, our school Cross Country was run at Winnererremy Bay. Congratulations to all who competed. Thank you to the parent volunteers who assisted around the course, distributing ribbons and encouraging all runners. Thankyou to our teachers and especially Mrs Munro for the organisation of the Carnival.

Tuesday 2 April was Autism Awareness Day and the teachers from 3-6S facilitated each year group in the hall through various activities and a video to develop their understanding of autism. The questions asked by our students showed great respect for differences and enthusiasm to deepen their understanding.

Next Friday, 12 April, we would like to earnestly invite all parents to our Holy Week presentation in the church commencing at 11.30am. The ceremony is so special and significant in the Catholic tradition and will be a beautiful ceremony. All classes have been working hard preparing for this celebration.

A word from our school consultant Miss A Duncan.

Last week Mrs Suellen Garey underwent a Leadership Review and Development process to reflect on her achievements as leader of Sacred Heart Catholic School over the past 4 years and to help her set some goals for her future leadership. The panel are delighted to affirm the excellent work that Mrs Garey is doing and the high esteem in which the staff, parents, students and Parish Priest hold her. Congratulations, Mrs Garey.

Unfortunately Ms C McFadden has resigned her position as Band Director at Sacred Heart. We have been delighted and fortunate to have had Clare's expertise for 10 years. We wish Clare all the best as she explores new opportunities. The process of employing a new Band Director has commenced. The position will be advertised and candidates interviewed so that hopefully there will be a smooth transition to a new Band Director for Term 2.

The Principal Morning Tea will be held on Wednesday next week. The students who have earned this reward to attend, have displayed our school core values of Respect, Service, Justice and Compassion and I look forward to enjoying this celebration with them.

Kind regards

Mrs Suellen Garey

PRINCIPAL

Like and follow us at: [facebook.com/sacredheartmonavale](https://www.facebook.com/sacredheartmonavale)

Like and follow us at: twitter.com/SHMV16



Religious Education

**PROJECT
COMPASSION**

 **Caritas**
AUSTRALIA



Michaela is a 21-year-old trainee at Purple House, a dialysis center in the Central Desert for people suffering from kidney disease. With the support of Caritas partners, Michaela is helping to build a social enterprise, a connection to culture and a new outlook for the chronically ill.

Please donate to Project Compassion 2019 and help provide essential health care, employment and training for First Australians like Michaela.

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.



In Pittwater Parish, EXPOSITION AND RECONCILIATION is available every Friday in Lent from 7pm to 8pm at Sacred Heart Church Mona Vale on 8, 22 and 29 March, 5 April and Maria Regina Church 15, 29 March and 12 April.

Dates to Remember

Thursday 4 April at 4:30pm and 6pm - Rehearsals for Reconciliation at Sacred Heart Church

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

Friday 12 April at 11:30 am - Whole School Liturgy for Holy Week Sacred Heart Church

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](#)

Wellbeing

Social and Emotional Learning

At Sacred Heart children are taught about the Social and Emotional core competencies about Responsible Decision Making and Self-Management. Children are taught to – Make Decisions, Negotiate and resolve conflict, develop leadership skills and to become confident, resilient and adaptable. When teaching the children about Responsible Decision Making and Self-Management we are encouraging the children to be organised for learning and to know routines in their daily life. A strategy that you and your child could work on at home to develop these competencies is to plan and talk before each school day and how your child is organising their day. So that children can plan what equipment and materials they need to take to school such as their lunch, homework, library book etc. and also to organise themselves for after school activities and arrangements for going home. By discussing with your child their school and out of school activities- you are teaching them to adapt as well as reducing the need to call the school office to remind your child or drop off lunches and change of going home arrangements.



The Wellbeing Team met this week to review the Sacred Heart Long Time Out data. A Long Time Out is when a repeated minor behaviour or a major inappropriate behaviours has occurred which are identified as Long time out – the child is removed to a designated ‘buddy’ classroom or place on the playground within the teacher’s field of vision for a specified time (silver seat) to remove the child from the situation and provide think time. Occasionally children may need a longer time away from the situation. Each time a Long Time Out is given teachers record the incident including triggers for the behaviour on the Long Time Out Google Form. The Long Time Out data is then discussed twice termly at the Wellbeing Team meeting. This week’s Wellbeing Team meeting saw a significant decrease in the amount of Long Time Outs on the playground for this term to previous years. It was identified that the variety of activities and areas the school has available has helped to improve playground behaviour.

Awareness Day

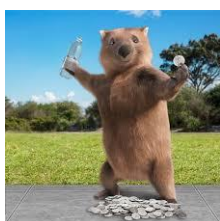
April 2 was Autism Awareness Day and children across Sacred Heart celebrated this day. Teachers from 3/6S ran information sessions for students in Years 2-6. The children watched a video about Fast Facts about Autism. They then asked questions and played a game that was a sensory overload game. Children reflected on their learning by completing a 3, 2, 1 Reflection.



Visible Thinking	3 Things I learnt...	2 things you found interesting...	1 question I still have
Stage 3 Reflection	<ul style="list-style-type: none"> - Autistic people need time to process - When overwhelmed they might have a meltdown - They are a different brilliant 	<ul style="list-style-type: none"> - To sit next to, be calm, quiet, supportive and slow my talking down - Ask people who are on the Autism spectrum to play 	<ul style="list-style-type: none"> - Is Autism rare?
Stage 2 Reflection	<ul style="list-style-type: none"> - People who have ASD can become overwhelmed - Think differently - It’s a spectrum 	<ul style="list-style-type: none"> - Give them time to process information - Include people that have Autism 	<ul style="list-style-type: none"> - How do they diagnose Autism?

SRC Initiatives at Sacred Heart- Recycling Soft Plastic and Return and Earn

At Sacred Heart the SRC have started a number of initiatives in relation to caring for our School Environment. The students have started the Return and Earn program. They have started collecting any bottles from the Canteen.



The students have been challenged to recycle as well as earn money for our school garden. The children have also started working on recycling Soft Plastic. At recess and lunch the children are being asked to put all their soft plastic such as chip, biscuit wrappers, snap lock bags, cling wrap and ice block wrappers that are empty and dry. We are then placing the plastic into the recycling bin at Woolworths.

Skye Nolan-Brown, Co-ordinator

Sports News



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

From the Library



WORLD BOOK WEB

Good news! Our library subscribes to the following award winning **World Book Web products**.

- **World Book Kids**—is based on World Book’s award winning Discovery Encyclopedia and is designed to give younger students, ESL students and reluctant readers a rewarding online learning experience. The site illustrations, diagrams and maps enrich more than 2,000 articles selected for appeal and relevance.
- **World Book Student**—forms the foundation of an expansive reference database that includes over 40,000 encyclopedia and reference articles, thousands of links to outside web sites selected by World Book editors and contributors. It also includes an extensive Dictionary and Atlas plus audios, visuals and animations.
- **Early World of Learning**—includes narrated stories, interactive games, videos, readers and story books, and a visual encyclopedia.
- **World Book Dictionary**
- **World Book Atlas**
- **World Book Mobile**—a mobile-friendly version of the reference database.
- **World Book eBooks**

Our World Book subscription allows us to give you and your family access to this valuable reference source at your home computers 365 days a year, 24 hours a day. We are providing this service to you at **no charge!**

We hope that your whole family will use the World Book sites often to help with homework, special projects, at-home learning and information seeking.

To access the World Book Web, follow these simple steps:

1. Go to the World Book web site: <http://www.worldbookonline.com>
2. Type in the following user Login ID: **SHCS11**
3. Password: **school**

Melanie Harrison – Teacher, Librarian, PRC Coordinator

Lisa Firman, Year 6 Teacher

Birthdays

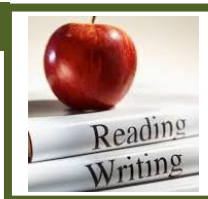


Happy Birthday from all at Sacred Heart to the following students who have their birthday this week:

Dior F

Alfie S

G.A.T.E.W.A.Y.S EUREKA PROGRAM



Gateways is offering a Language based program in Term 2 for the gifted and talented students in this area. If you believe your child shows a passion for writing, is an avid reader and is a creative thinker please collect an expression of interest form from the office or download the relevant form from the school website. Once these have been completed and returned they will be approved by Mrs Garey and you will be notified about the next stage of the process for enrolling. Places are very limited so they will be given to those who return their notes promptly.

The program outline is as follows:

'Oh, The Places You'll Go!'
Language, Literature & Creative Thinking Workshops
for Gifted and Talented Students

The Term 2 Eureka Program, **'Oh, The Places You'll Go!'** is for gifted writers, passionate readers and highly creative thinkers.

During the Eureka program students will attend the host venue for one day and participate in three in-depth, engaging workshops created by the talented team from G.A.T.E.WAYS. The workshops will encourage students to immerse themselves in varied worlds of rich literature, analyse and respond creatively, consider philosophical concepts and develop their imaginative use of language. The cost of the day is \$105.00.

Leanne Wood

Year 6 - Easter Raffle Fundraiser



Easter Egg Raffle

A reminder that Year 6 are selling raffle tickets with half the money raised to be donated to Caritas and the other half will go toward the Year 6 Graduation held at the end of this year.

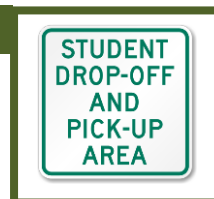
\$2.00 per ticket or 3 for \$5.00, available from any year 6 student at the recess or lunch breaks.

There are 19 hampers to win.

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

Rebecca Molinaro – Kiss and Drop Co-ordinator

Canteen News



CANTEEN ROSTER (start 9.30am - finish 1.45pm)

Mon 8 April	Christine H, Alana M
Thurs 11 April	Vanessa S, Maureen R
Fri 12 April	Sally T, Maite N, Nicola J

[Term 1 2019 Roster](#)

Kay Neale – Canteen Co-ordinator

The Hub

*The
Hub*

Sacred Heart Family Night

Tonight, Thursday 4 April, is Sacred Heart Family night at the Park House. Come on down and enjoy a night off cooking. We have a new night this year and have a new area. Our family nights will be on the 1st Thursday of every month and the Truck stop has been reserved especially for our school. 50% of all kids meals purchased on this night will be donated back to our school.



Uniform shop

It's time to start thinking about winter!! Come in to the uniform shop and grab your winter uniforms this week and next before the end of term. We have lots of jumpers and winter dresses in all different sizes. All second hand items are \$3 and you can now pay via the Qkr app.



Chocolate Fundraise Money

A final reminder to return any outstanding chocolate money to the office. This must be finalised by the end of this term.

Fun run news

Sunday 19 May is our first Sacred Heart fun run. It's going to be a fantastic family fun event. We need a team to help us organise. Please contact the Hub if you have skills in this area and are keen to lend a hand.

admin@shmvparents.com



Annual Parents Golf Day – Rescheduled To Friday 14 June 2019

PARENTS GOLF DAY

Friday the 14th June 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

Community News



Headstart
MANDARIN
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.

<p>Class Features :</p> <ul style="list-style-type: none"> ● Learning Made Fun ● Easy and Engaging ● Small Class Size 	<p>Curriculums for :</p> <ul style="list-style-type: none"> ● Beginners ● Continuers ● Background Speakers
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· Creative Kids Provider · Free Trial Class ·

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

ADHD SUPPORT AUSTRALIA

Next Speaker Evening

**Anxiety in ADHD:
The Co-morbidities and Confusions**

Dr Berlinda Yeoh & Jessica Stanilands
Child Development Clinic

Tuesday 9th April @ 6.45pm
Pittwater RSL, Mona Vale

ADHD SUPPORT AUSTRALIA

ADHD Support Australia is a parent-run group, offering support for parents of children/teenagers with ADHD/ASD via monthly speaker evenings. We provide a safe & supportive environment to discuss and learn more about ADHD/ASD. Also suitable for adults with ADHD, professionals working with ADHD/ASD or anyone interested in the topic.

Dr Berlinda Yeoh & Jessica Stanilands
ADHD & Anxiety: The Co-morbidities & Confusions

Anxiety is such a common co-morbidity in ADHD and can be very difficult and confusing to deal with, both for the child (or adult) and the parent.

In this presentation you will:

- Understand the overlap between symptoms of ADHD & anxiety
- Discover the common combination of the two diagnoses
- Learn effective strategies to support your child with anxiety or ADHD.

Dr Berlinda Yeoh is a specialist developmental and behavioural paediatrician with extensive experience and interest in managing ADHD, developmental, learning and mental health disorders in children and adolescents. Jessica Staniland is a clinical psychologist with extensive experience in the area of child and adolescent development, mental health and wellbeing.

Tuesday, 9th April 2019 @ 6.45-8.45pm

Pittwater RSL, The Auditorium, 82 Mona Vale Road, Mona Vale

\$15 + booking fee
Ticket reservations & more information via the website

www.adhd-supportaustralia.com.au
 Email: vh1er@adhd-supportaustralia.com.au
 Facebook Forum: [ADHDsupportAustralia/](https://www.facebook.com/ADHDsupportAustralia/)
 Facebook Page: [ADHDsupportAustralia/](https://www.facebook.com/ADHDsupportAustralia/)
www.instagram.com/guffukofadhd

Mona Vale proudly sponsored by Pittwater RSL Club