



# Sacred Heart Catholic Primary School

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## Term 1 Week 11 - 10 April 2019

<b>Term 1 Core Value:</b>	Respect
<b>School Rule:</b>	Respect yourself, others and the environment
<b>Expectation of Behaviour:</b>	Maintain technology responsibly

Dear Parents

Our Kindergarten children have settled so well into their first year at school. Congratulations Kindergarten and to all students for a great term of learning. Does this reflection bring a smile to your face?

### **All I ever really needed to know I learned in Kindergarten- R Fulghum**

Most of what I really need to know about how I live and what to do and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate mountain but there in the sandbox at nursery school.

These are the things I learned: share everything, play fair, don't hit people, put things back where you found them, clean up your own mess, don't take things that are not yours, say sorry when you hurt somebody, wash your hands before you eat, flush, warm cookies and cold milk are good for you, live a balanced life, learn some and think some and draw and paint and sing and dance and play and work every day some.

Take a nap every afternoon. When you go out into the world watch for traffic, hold hands and stick together. Be aware of wonder. Remember the little seed in the plastic cup. The roots go down and the plant goes up and nobody really knows how or why but we are all like that.

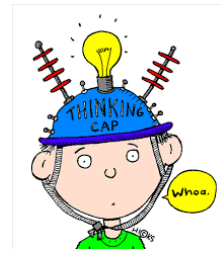
Goldfish and hamsters and white mice and even the little seed in the plastic cup - they all die. So do we. And then remember the book about Dick and Jane and the first word you learned, the biggest word of all: LOOK. Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation. Ecology and politics and sane living.

Think of what a better world it would be if we all - the whole world - had cookies and milk about 3 pm every afternoon and then lay down with our blanket for a nap. Or if we had a basic policy in our nations to always put things back where we found them and cleaned up our own messes. And it is still true, no matter how old you are, when you go out into the world, it is better to hold hands and stick together!

Thank you to the Football team managers, coaches and teachers who assisted at the Year 3/4 Gala day yesterday. It was a great venue at Manly Warringah Football club at Cromer, children were excited to play on the synthetic grass main field with grandstand. Special thanks to Mrs Steph Munro who organised the Gala days with over 1000 students from Northern Beaches Catholic schools. Years 5 and Year 6 will play on Thursday.

Children are expected to return wearing the winter uniform after the school holidays. The weather has been exceptionally unseasonal. Therefore there will be a two week changeover period to the winter uniform. Children may wear one uniform only - the Summer or Winter uniform for two weeks. Parents are asked not to dress their children in part winter and part summer uniform, one or the other please.

Our school improvement plans for 2019 include developing a Culture of Thinking in our school. Not only do we want students to know the content being delivered we want students to be able to think about certain topics, or ideas for themselves. To do so we provide a structure for their thinking to develop. We do this in various ways and one way parents can support this work in the holidays is through asking questions of their children to develop deeper understanding of events. After a holiday outing parents could ask their child to complete the question stem “I used to think about a place or event....but now I think.... “. Not only does this activity help a child reflect on the event or their learning from the activity but it also helps consolidate when they explain how and why their thinking has changed.



Just a reminder to parents that our Mother’s Day celebration will be held in Term 2 on Thursday 9 May. Breakfast is being served, followed by open classrooms, and a beautiful Mass. Breakfast and gifts can be ordered through Qkr at the beginning of Term 2.



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](https://twitter.com/SHMV16)



## Religious Education

### Reconciliation

Thank you to all the families involved for their engagement in the First program and supporting the faith journey of your children.



Congratulations to the following students who are making their First Reconciliation this week:

Celeste A	Jai A	Byron B	Preston B
Eaton B	Byron B	Florrie B	Isabella C
Lewis C	Maxim D	Sienna D	Flynn D
Jarvis D	Sienna E	Koda F	Arlei F
Dylan H	Jesse H	Lucas H	Elvie H
Ruby H	Camila H	Ethan H	Sophia K
Owen H	Izabella L	Nash L	Piper L
Hamish M	Aisling M	Taylor M	Sage M
Gabriella M	Sophie M	Joshua N	Juliette N
Connor O	Lila O	Solomon P	Jackson P
Ariela P	Ivy P	Jai Q	Max S
Charlotte S	Byron S	Skye S	Leila S
Alexandra T	Braeden T	Felix T	Hannah W
Leira W	Oliver W		



Salma featured in Project Compassion 2013. At the time she was pregnant with her first child, sick and terribly frightened. In distress, she sought the help of a midwife trained by Caritas' Safe Motherhood Program. Six years on, she's now a healthy mother of two strong, happy children. Salma is committed to giving her children the education they need to provide them with the future she hoped for.

**Please donate to Project Compassion 2019 and help reduce infant mortality rates in countries like Bangladesh and proved hope to pregnant women in remote communities for happy and healthy families.**

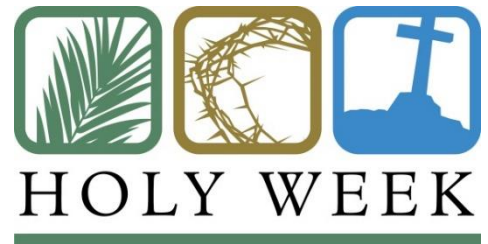
**Lives change when we all give 100%.** You can donate through Parish boxes and envelopes, by visiting [www.caritas.org.au/projectcompassion](http://www.caritas.org.au/projectcompassion) or phoning 1800 024 413.

### Palm Sunday

All families are invited to attend the 10.00am Palm Sunday Mass and Procession on Sunday 14 April 2019. The procession will start at Sacred Heart School (10am) with a "Donkey" leading the procession to the Sacred Heart Church.

### Our Path to Easter

The week between Palm Sunday and Easter Sunday is called Holy Week. On Thursday evening we enter the Easter Triduum, three days of intense reflection on the events of Jesus' suffering, death and resurrection. Special ceremonies are held in churches on Holy Thursday evening and Good Friday, giving way to a great celebration of wonder and joy on Easter Sunday: Jesus has been raised from the dead! The crucified one is the risen Lord. Alleluia!



Day/ Date	Sacred Heart Mona Vale	Maria ReginaAvalon
Second Rite of Reconciliation Thursday 11 April 2019	7:30pm	
Holy Thursday 18 April 2019 Evening Mass of the Lord's Supper Washing of the feet	7:30pm	
Good Friday 19 April 2019 Stations of the Cross	10:00am Modern	10:00am Traditional
Celebration of The Lord's Passion	3:00pm	3:00pm
Easter Vigil Saturday 20 April 2019 **	7:30pm (no 5pm)	6.00pm (Family Mass)
Easter Sunday Sunday 21 April 2019 Masses same as normal Sunday	8:00am 10:00am 4:00pm Croatian 6:00pm Soul Mass	9:00am

## Holy Week Liturgy

Sacred Heart will lead their Holy Week Liturgy on Friday at 11:30 in the church. Our liturgy finishes with the events of Good Friday.

Each class will be portraying part of the Holy Week story through prayer and song. All parents, grandparents and friends are very welcome to join us.

After the Easter break, the school will be led in prayer by Year 6 in our Easter Liturgy on Tuesday 30 April in the hall.

## Dates to Remember

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

Thursday 9 May at 9:15am - Mother's Day Mass at 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

### ANZAC Day

Sacred Heart has been invited to take part in two Anzac Day celebrations- Pittwater RSL Dawn Service and Avalon RSL 11:00 am march. If you would like to involve your children in this day of remembrance - please wear school uniform and any family medals can be worn on the right side of the chest.



The Pittwater RSL March is held at the Dawn Service at 5:40 am at the Cenotaph located at the rear of Pittwater RSL Club. If you would like to attend please meet and contact Mrs Fiona Ngamu ([fiona.ngamu@dbb.catholic.edu.au](mailto:fiona.ngamu@dbb.catholic.edu.au)). Students will meet at 5:20 am in the undercover disabled car park and the march will commence at 5:30 am.

The Avalon RSL 11:00am, March starts at Avalon Public School and finishes at the Avalon RSL Club Cenotaph in Dunbar Park. Please meet Mrs Skye Nolan-Brown ([skye.nolan-brown@dbb.catholic.edu.au](mailto:skye.nolan-brown@dbb.catholic.edu.au)) at 10:45am wearing full school uniform.

### Holiday Ideas for Wellbeing

As you and your child embark on two weeks of family time from the busyness of school it is a great time for your child to recharge. As you probably are still trying juggle your own work and your child's holidays plus the joy of Easter, you could give your child the time for the gifts of Boredom, Service, Gratitude and Sleep.

*The Gift of Boredom* is a fundamental gift that children do not relish but need - The Gift of Boredom allows children to tap into their creativity and divergent thinking. It allows them to 'think outside the square'. So this holiday's if your child complains they're bored - tell them you have given them that gift.

*The Gift of Service* can happen in the holidays when you ask your child to help you with jobs around your house or jobs for other family members. The gift of Service makes your child feel valued and part of the family team. They will feel they are contributing and making you feel happy. It also builds their self-esteem and resilience.

*The Gift of Gratitude* involves creating opportunities in your family's day to either write, draw or talk about what your family is thankful for. You could provide your child with a book that they could record their gratitudes in over the holiday.

*The Gift of Sleep* is something that everyone can benefit from especially growing children. Primary school children need 10-11 hours' sleep each night. Holidays are great for giving your child the opportunity to rest and have pyjama day.

Happy Holidays!!!

**Skye Nolan-Brown, Co-ordinator**

## From the Office



### Term 2

A reminder that Term 2 is winter uniform time. Mrs Garey has kindly given a two week grace period if the weather is warm, so please ensure that your child is in either full winter or full summer uniform during this time.

Uniform orders are available through our school supplier, Cowan and Lewis. Their details are on the school website.

If your child has summer or winter uniform items that are in good condition and no longer required, we would ask you to consider donating them to our 2<sup>nd</sup> hand uniform shop. Items can be dropped off to the office and our uniform shop volunteers will be able to sort and sell.

### Lost Property

The school holidays is a perfect time to ensure your child's items are clearly labelled with their name – especially as the label can come off or fade in the wash. As there seems to be an increase in the number of school items (hats, jackets, drink bottles) that have no name on them, may we ask you to check that all items are labelled correctly before your child returns for Term 2. If labelled, we can ensure the safe return of lost property to your child.

There are a number of items, such as sunglasses, reading glasses, a watch, a small zip purse and a very cute (and well-loved) McHappy 'Puppy' that have been found either on the school grounds or on the pathway. Please call past the office if you think one of these items may be yours. They are displayed on the office breezeway shelf.

## Principal's Morning Tea

Congratulations to the children who received a Principal's award for this term.

Cooper L,	Jasmine M,	Sonny S,	Tara F,	Frankie M,	Isabel J
Ivy P,	Byron B,	Ariela P,	Allegra L	James C,	Anabella N
Lily W					



These children attended a lovely morning tea with the Principal and Assistant Principal this morning.

## Birthdays

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

Maggie D,	Celeste A,	Jade H,	Greta H,	Jesse H,
Ella M,	Jay M,	Byron B,	Marli D,	Alberto J,
Jarvis D,	Jesse C	Jake M		



## Year 6 - Easter Raffle Fundraiser

### Easter Egg Raffle

The Easter Raffle is being run by our Year 6 students to raise money for Caritas and for their end of year Year 6 Graduation celebration. There are a number of hampers to win, so make sure you buy your tickets – tickets will still be available at recess and lunch break tomorrow.

The raffle will be drawn following this Friday's morning assembly and we hope you can join the excitement.



## Kiss & Drop Morning Volunteers



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>10 April</b>	<b>11 April</b>	<b>12 April</b>
		Tatiana N	Rebecca M	Julie F
<b>TERM 2</b>				
<b>29 April</b>	<b>30 April</b>	<b>1 May</b>	<b>2 May</b>	<b>3 May</b>
Karissa M	Leonie S	Tatiana N	Melinda B	Eloise C

**Rebecca Molinaro – Kiss and Drop Co-ordinator**

## Canteen News

The canteen will be open this Friday last day of term 1 for all on line lunch orders and over the counter service. The canteen will re open on Monday 29th April first day of term 2.



<b>CANTEEN ROSTER (start 9.30am - finish 1.45pm)</b>	
<b>Mon 8 April</b>	Christine H, Alana M
<b>Thurs 11 April</b>	Vanessa S, Maureen R
<b>Fri 12 April</b>	Sally T, Maite N, Nicola J

It would be lovely to have some more volunteers on the canteen roster. Canteen is a great way to see how your child interacts in the playground, meet new parents, catch up with existing friends and not to mention how special your child feels knowing you are on canteen. If you are already a volunteer then perhaps grab a friend who's not and use canteen as your catch up day. Please remember, if you are time poor then there is an option of a couple of hours only 11am-1.30pm. This can be once a month, once a term, once or twice a year! Any help is always appreciated. Normal hours are 9.30am-1.45pm Please feel free to send me an email or contact me direct if you would like to be added on to the roster or have any questions.

The term 2 roster has now been sent home. May i ask you check your dates and note them down. If you are unable to make your canteen day, please either swap with another parent or replace yourself.

**Term 2 2019 Roster**

**Kay Neale – Canteen Co-ordinator**

## The Hub

*The  
Hub*

### 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.

### 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](mailto: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