



# Sacred Heart Catholic Primary School

Cnr Waratah & Keenan Street, Mona Vale NSW 2103

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## Term 2 Week 3 - 15 May 2019

<b>Term 1 Core Value:</b>	Compassion
<b>School Rule:</b>	Show compassion with self, others and the environment
<b>Expectation of Behaviour:</b>	Include someone who is alone in the classroom

Dear Parents

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

A grateful prayer which helps us become more aware of God's presence in our day is The Examen often prayed at the end of the day.

*We begin by asking the Holy Spirit to help us understand ourselves better,  
we ask for wisdom to see ourselves more clearly.  
We thank God for the joyful moments we have experienced  
or for one special moment of our day.  
We then ask ourselves how we have spent the day  
and ponder our behaviour and feelings.  
We spontaneously pray about a behaviour, feeling or event that  
surfaced for us.  
Finally we look to tomorrow and pray for God's grace  
and help for maybe our attitude or decision or the sensitivity  
we need to go forward.*

Mother's Day was such a lovely celebration here at school last week. Thank you to the many dad's who cooked for us, sold raffle tickets and helped organise the morning. Thank you to parents who sourced and sold gifts for the children.



The Sacred Heart school band recommenced this week under the leadership of Mrs Jane Nelson. Thank you for your understanding regarding the changed band times. The Junior Training Band is held Monday afternoon 3-4pm and the Concert Senior Band is on Wednesday mornings 7.45-8.45am. If there are any students who would like to join the band please see Mrs Calleia in the front office.

Kind regards

Mrs Suellen Garey  
**PRINCIPAL**

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Like and follow us at: [twitter.com/SHMV16](https://twitter.com/SHMV16)



## Religious Education



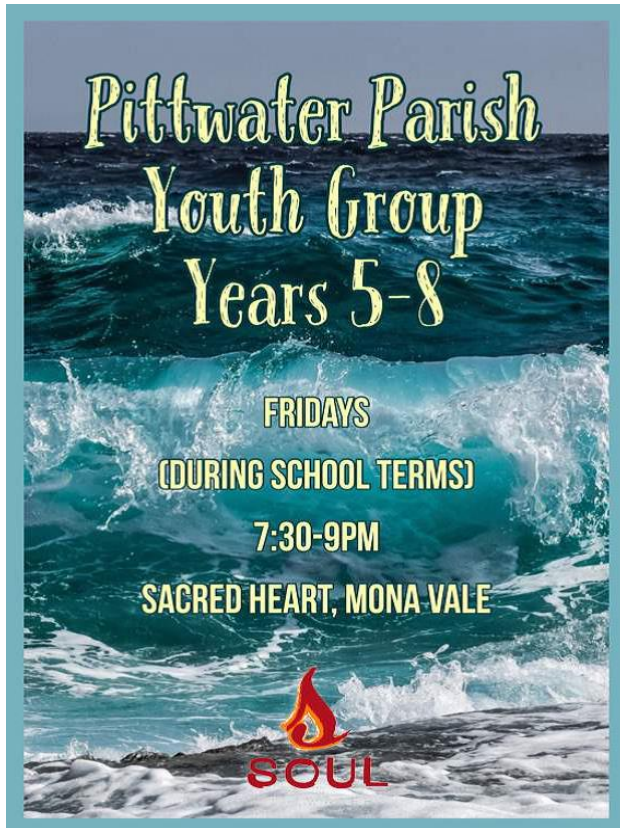
### Parent Retreat Day

The Catholic Schools Office is holding a Parent Retreat Day at Canisius College Pymble on Thursday 23 May from 9:30-2:30.

Guest Speakers are Mike and Alicia Hernon who are marriage educators from the USA. Together they are the co-authors of "The Messy Parenting Project."

The focus of the day is "Catholic Conversations about Raising a Family."

More information can be found: <http://walkingtheway.dbbco.org/>



Pittwater Parish has employed a new youth group coordinator. Her name is Katrina Pratt. Katrina met with all stage 3 students on Monday to speak about the Youth Group. The group begins this Friday Night in the parish centre and is a wonderful way for our young Catholics to connect with each other outside of school in a social setting.

Please contact the Parish for further information.

Tel: 9157 0999



Please join us to celebrate the anniversary of the ordination of Fr Bronek and Fr Richard on 29 May.

### Dates to Remember

Wednesday 22 May at 9:15am - Year 2 Class Mass at Sacred Heart Church

Wednesday 29 May at 9:15am - Kinder and Year 6 Class Mass at Sacred Heart Church

Sunday 2 June at 6pm - Year 5 Soul Mass with Maria Regina at Sacred Heart Church

Wednesday 5 June at 9:15 - Year 3 Class Mass at Sacred Heart Church

Wednesday 12 the June at 9:15am - Year 4 Class Mass at Sacred Heart Church

Wednesday 19 June at 9:15am - Year 1 Class Mass at Sacred Heart Church

Friday 28 June at 9:15am - Feast of Sacred Heart Whole School at Sacred Heart Church

Saturday 29 and Sunday 30 June at 5pm Saturday, 10am, 11:30am and 6pm Sunday - First Communion at Sacred Heart Church

Wednesday 3 July at 9:15am - Year 5 Class Mass at Sacred Heart Church

### Prayers

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](#)

## Year 5 / 6 Excursion to Canberra – PACER Rebate

### Parliament and Civics Education Rebate (PACER)

Students from our school will soon be undertaking an education tour of the national capital on Thursday 6 and Friday 7 June 2019. Students will be given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.



The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$20 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

## Wellbeing

### Positive Behaviours for Learning

Last week the Broken Bay Catholic Schools Office ran a two day conference with Dr Tim Lewis from the University of Missouri. The conference was looking at school wide Positive Behaviour Interventions and Supports which our school refers to as 'Positive Behaviour for Learning'.



The conference outlined how in order to enhance and improve children's learning- you need to have effective classroom practices and whole school expectations for behaviour. The conference reaffirmed all the work that Sacred Heart has been doing for a number of years around the implementation of PBL multi-tiered systems of support (Tiers 1-3) and the conversation that the members of the community have in supporting all children to have pro-social learning behaviours. This is evident in the universal approach of evidence based practices and the learning environment that is created at Sacred Heart.

#### *How is this evident at Sacred Heart?*

- The explicit teaching of the Core Value such as this term '*Compassion*'
- The weekly expectation for behaviour '*Include someone who is alone on the playground*'
- The use of looking for the positive and rewarding with the '*Reasons to Smile*', merit awards, Principal awards and positive feedback.
- The tracking of Long Time Out data and the work of the Wellbeing team that meets twice a term.
- The design of learning environments with a variety of seating, group work and task design.
- The teaching, reteaching and redirecting to positive behaviours for learning.

### Family Engagement and Social Emotional Learning

It was so wonderful to see so many Mums and family members at the Mother's Day Breakfast and Mass. By making connections with families, students and teachers. You, as a parent, are providing your child with the opportunity to talk and share about their learning. As well as creating and fostering a sense of community that promotes inclusion and respect for everybody.

The children across all classes on Tuesday also visited each others' classrooms to look at and learn about each others' learning. These opportunities allow for children to be more caring and compassionate towards others, feel safer and more secure at school. It also provides student voice and agency as children are asked questions by others to reflect and think about their learning.

## Walk Safely to School Day- Friday 17 May

Friday is Walk Safely to School Day.



### WE'RE TAKING IT IN OUR STRIDE ON FRIDAY 17 MAY 2019

Well it's that time of year again when our school seriously starts talking about walking!

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.

You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

Remember, Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey for Friday 17 May 2019!

For more information, visit [www.walk.com.au](http://www.walk.com.au)

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

## Sport News

### Cross Country

56 incredible athletes represented Sacred Heart at the Northern Beaches Catholic School Cross Country last Wednesday. It was a long, challenging course in the heat and we are proud of all our students for giving their best efforts. Together our representative team were awarded second place on point score out of all the participating schools.



We especially congratulate the students who were place getters in their age group; Macy Beuzeville (2nd), Carissa Smyth (3rd) and Jack Smith (2nd).

Good luck to the 18 children who have been selected to represent the Northern Beaches at the Broken Bay Cross Country later this month and the 4 students who are reserves:

*Alfredo Corniani, Liam Hayman, Piper Lindsay, Jack Smith, Isaac Smith, Ashley Dene, Abi Capell, Elise Shanahan, Erin Colver, Jack Munro, Cayla Smyth, Addison Driver, Indi Lloyd, Sam Roche, Harrison Dene, Thomas Gustard, Macy Beuzeville and Carissa Smyth.*

*Reserves: Celeste Anderson, Chloe Hayman, William Peterson and Ethan Hilton.*

**Megan Mitford – Class Teacher, 3M**



School Musical



Every two years, Sacred Heart is proud to present its school musical. This year we will be staging Disney's Aladdin Jr, to be held in our school hall in Week 9, Term 3.

I am seeking helpers to plan and create sets, props, stage makeup for main characters and some help with costuming. We have been very fortunate to have our wonderful parent community assist for past productions, so any assistance you may be able to give will be most appreciated.

Please indicate your availability below and your area of interest and I will text you with meeting times to plan what is needed.

Yours Musically,  
**Susan Rudd, Creative Arts Teacher**

✂ -----

Please return this slip to the school office.

NAME: \_\_\_\_\_

MOBILE: \_\_\_\_\_

CHILD'S NAME \_\_\_\_\_

CLASS \_\_\_\_\_

Please tick your area of interest:

- Create sets, props, backdrop
- Stage makeup for main characters
- Costumes

## “Learning Together” Playgroups



We are pleased to announce our new “Learning Together” Playgroups will be held in the school hall during Terms 2 and 3. The playgroups are open to all pre-school children, families and carers in the wider community. Information brochures are available at the office. It will be a lovely way to meet other families, forge friendships and be part of our wonderful extended school community.



SACRED HEART CATHOLIC PRIMARY SCHOOL, MONA VALE

ALL SESSIONS: 9.00 – 10.30AM

**Term 2:** Thursday 30<sup>th</sup> May and  
Wednesday 12<sup>th</sup> June


**MEET IN THE SCHOOL HALL:**  
Cnr Waratah and Keenan Streets,  
Mona Vale 2103

**Term 3:** Tuesday 13<sup>th</sup> August, and  
Friday 6<sup>th</sup> September

**Morning tea provided**

ALL PRE-SCHOOL CHILDREN,  
FAMILIES AND CARERS  
WELCOME – NO RSVP REQUIRED

**Like more information?**  
Phone: 9999 3264 or email:  
[shmy@shcatholic.edu.au](mailto:shmy@shcatholic.edu.au)

 Community of Catholic Schools  
A SOCIETY OF AUSTRALIAN BISHOPS

## Woolworths Earn and Learn



Woolworths has launched Earn & Learn, and we're once again joining it. For those parents who aren't aware of the program, if you shop at Woolworths between 1 May and the 25 June you can earn stickers. Our school will be collecting these stickers which we'll be able to swap for new school equipment - things like art and craft supplies, sports gear, teaching aids, and more.

So for any parents who shop at Woolworths, please collect those stickers and drop them in to our collection box, which is located at the school office or the school box located at Woolworths, Mona Vale.

Thanks for helping out!

## Birthdays



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

Kayla R

Claire B

Anna T

Eliza M

Charlie S

Aleana A

**Kiss & Drop Morning Volunteers**



Monday	Tuesday	Wednesday	Thursday	Friday
		15 May	16 May	17 May
		Tatiana N	Melinda B	Georgina D
20 May	21 May	22 May	23 May	24 May
Amber L	Leonie S	Tatiana N	Rebecca M	Eloise C
27 May	28 May	29 May	30 May	31 May
Georgina D	Rebecca M	Tatiana N	Melinda B	Julie F

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

**Canteen News**



CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
Mon 20 May	Jess M, Christine H
Thur 23 May	Kammi B, Juliana J
Fri 24 May	Nicola J, Katrina S, Melanie S

**Kay Neale – Canteen Co-ordinator**

**The Hub**



**Uniform shop**



Now is a great time to pop in and grab some winter uniform bargains. Thank you to everyone who has so kindly donated uniforms. We are desperate for size 8 boys winter shirts and size 8 winter dresses. Don't forget you can now pay via QKR so no cash no worries.

Volunteers needed - If you can spare half an hour one morning or afternoon a week and want to help in the uniform shop please contact your class parents or the Hub.

Uniform Shop Hours:

Monday, Tuesday, Wednesday, Friday – 8:20am to 8:50am and Friday afternoons – 2:30 to 3:00pm

## Annual Parents Golf Day (rescheduled!)

A promotional poster for the Annual Parents Golf Day. The background is a vibrant green field of grass. At the top center is the Sacred Heart Catholic School logo. Below it, a white flag on a pole is positioned to the right of the word 'PARENTS'. The words 'GOLF' and 'DAY' are written in large, bold, white and blue letters. The text 'Friday the 14th June From 12pm' and 'MONA VALE GOLF CLUB' is centered below the title. Underneath, 'ALL WELCOME' is written in blue. A white rectangular box in the center contains the price '\$130pp', a list of inclusions, meeting times, and details about a post-golf celebration at the Park House Hotel. At the bottom, a dark blue banner contains contact information for reservations and sponsorship.



**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](mailto: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

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

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

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