



Sacred Heart Catholic Primary School

Cnr Waratah & Keenan Street, Mona Vale NSW 2103

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Term 2 Week 4 - 22 May 2019

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

Dear Parents

Over the past two weeks Years 3 and 5 have been participating in the NAPLAN online assessments. We have been extremely proud of the way each student has put forward their very best in each assessment. Both the teachers and students displayed confidence using technology for NAPLAN for the first time, reflecting their depth of understanding and the value our school places on technology as part of our everyday learning. Congratulations and well done.

Our Stage 3 students have continued their STEM Community Garden Project this week, constructing vegepods, painting old tyres and investigating the irrigation options. The level of enthusiasm shown throughout this process has been wonderful to witness!



This prayer from Pope Francis reinforces our need to nurture and protect our precious environment.

*All-powerful God, you are present in the whole universe and in the smallest of your creatures.
You embrace with your tenderness all that exists.
Pour out upon us the power of your love,
that we may protect life and beauty.
Fill us with peace, that we may live
as brothers and sisters, harming no one.*

*O God of the poor,
help us to rescue the abandoned and forgotten of this earth, so precious in your eyes.
Bring healing to our lives,
that we may protect the world and not prey on it,
that we may sow beauty, not pollution and destruction.*

*Touch the hearts
of those who look only for gain
at the expense of the poor and the earth.
Teach us to discover the worth of each thing,
to be filled with awe and contemplation,
to recognize that we are profoundly united
with every creature as we journey towards your infinite light.
We thank you for being with us each day.
Encourage us, we pray, in our struggle
for justice, love and peace.*

Kind regards

Mrs Fiona Ngamu
ASSISTANT PRINCIPAL

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

Like and follow us at: twitter.com/SHMV16



Religious Education

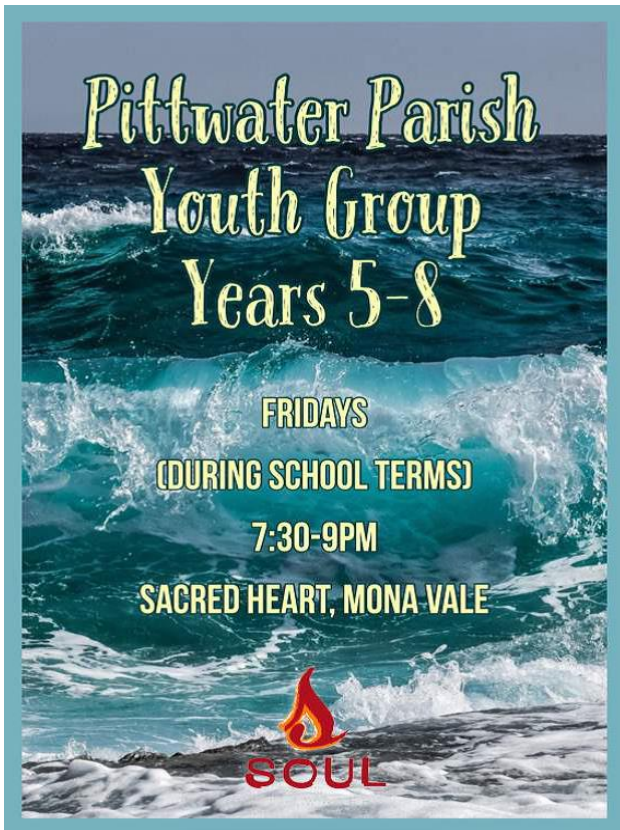
East Timor Independence Day Wednesday 29 May

This year Sacred Heart are continuing to support our friends in Tasi Fatin (East Timor)

Each year we celebrate East Timor Independence Day and raise funds to support the school community in Tasi Fatin. We are asking students to bring a gold coin donation and some extra money to buy an item/s from the stall Mini Vinnies will run at morning tea.

Students are asked to wear to school a touch of red, yellow and or black.





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 29 May at 9:15am - Kinder and Year 6 Class Mass at Sacred Heart Church
- Wednesday 29 May - East Timor Independence Day Celebrations
- Sunday 2 June at 6pm - Year 5 Soul Mass with Maria Regina at Sacred Heart Church
- Wednesday 5 June at 9:15am - Year 3 Class Mass at Sacred Heart Church
- Wednesday 12 June at 9:15am - Yr 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
- Sat/Sun 29 and 30 June at 5pm Sat, Sun 10am, 11:30 and 6pm - 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

Wellbeing

Litterbug Play

On Wednesday 29 May, children at Sacred Heart will be watching a play called 'The Litterbug and the Plastic Jellyfish' this is presented by the Northern Beaches Council and is supporting our school SRC Waste Free Wednesday initiatives. The play is creating an opportunity for children to explore the importance of swapping single use plastic bags and reducing the need for the use of plastic bags in general. Please talk to your children about how you as a family are trying to reduce, reuse and recycle.



Live Life Well @ School
HEALTHY BALANCED LUNCHBOXES

Pack the core food groups every day to help kids...

GO

Wholegrain breads, grains and cereals give us energy to “go go go”. Mix it up with sandwiches, rice or pasta.

GROW


Protein foods (dairy, meat/alternatives) help us grow healthy muscles, bones and teeth. Examples include egg, cheese, yoghurt, hummus, lean ham or tuna.

GLOW

Help kids shine bright by including fruit and vegetables. Try vegie sticks, salad in a wrap, fresh or canned fruit.

Choose to include water as the best drink!

For Go, Grow and Glow lunchbox ideas, visit makehealthynormal.nsw.gov.au



Health Northern Sydney Local Health District

World Environment Day

Did you know it is World Environment Day on the 5 June? This year’s theme is ‘air pollution’. At Sacred Heart we are continually calling on our students to care for our common home as requested by Pope Francis in *Laudato Si*. The work of the SRC and the Stage 3 STEM Project of building a ‘Sustainable School Garden’ are all about creating sustainable practices in our school.

How can your family promote World Environment Day?

- Walk to and from School
- Plant a tree or grow some of your own food e.g. herbs, rocket etc.
- Use lunchboxes with compartments
- Support Waste Free Wednesday’s and try to establish routines that mean every day is a Waste free day

Student Agency and Student Voice

Staff at Sacred Heart have been undertaking Professional Learning around the Broken Bay Principles especially in regard to Student Agency and that the students must have agency in their Learning. This is why at Sacred Heart we encourage the work of student voice through active decision making. One example is the poster’s that the SRC made for our School Bathrooms- students identified a need and an action to improve their environment.

 <p>At Sacred Heart we show Respect- When we care for our school bathrooms</p> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 60%;">    </div> <div style="width: 35%; border: 1px solid black; padding: 5px;"> <p>By:</p> <ul style="list-style-type: none"> • Closing the doors • Using a small amount of toilet paper • Looking after the sinks • Flushing the toilets • Keeping the sinks clear </div> </div>	 <p>At Sacred Heart we show Respect- When we care for our school bathrooms</p> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 60%;">  </div> <div style="width: 35%; border: 1px solid black; padding: 5px;"> <p>By:</p> <ul style="list-style-type: none"> • Caring for the Urinals • Using a small amount of toilet paper • Looking after the sinks • Flushing the toilets • Keeping the sinks clear </div> </div>
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Skye Nolan-Brown, Co-ordinator

“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 30th May and
Wednesday 12th June

Term 3: Tuesday 13th August, and
Friday 6th September

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

MEET IN THE SCHOOL HALL:
Cnr Waratah and Keenan Streets,
Mona Vale 2103
Morning tea provided

Like more information?
Phone: 9999 3264 or email:
shmy@shcatholic.edu.au

 Community of Catholic Schools
OFFICE OF EDUCATION

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.

We have a limited number of sticker sheets available at the office window.

Birthdays

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

Presley F, Cameron L, Solomon P, Ariela P, Isaac C, Carissa S



Kiss & Drop Morning Volunteers



Monday	Tuesday	Wednesday	Thursday	Friday
		22 May	23 May	24 May
		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 27 May	Georgia G, Helen K
Thur 30 May	Angie K, Sonja S
Fri 31 May	Danielle C, Alana M and Andy D (at 11am-1:30pm)

Over the last 2 weeks we have been trialling the soy sauce quantities needed for the sushi. Instead of placing them in the sushi lunch orders each Friday we now have a container at the canteen window where children can collect if needed. So far it has been very effective with only a small amount of children wanting the sauce and another way of us helping the environment.

Meat Pies: The canteen will now offer small pies in the same brand as the large ones. Travellers 4 and 20, 100gm twin pack, slightly larger than the current brand and available from this Thursday for \$1.80 (health star rating 3.5 stars)

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 QQR 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!)

The poster features a green grass background. At the top center is the Sacred Heart Catholic School logo. Below it is a white flag on a pole. The text 'PARENTS GOLF DAY' is prominently displayed in white and blue. The event details are listed below: 'Friday the 14th June From 12pm MONA VALE GOLF CLUB'. A white box contains the price '\$130pp' and a list of inclusions: '18 holes of golf, golf cart, burger and salad + a complimentary beverage prior to tee off'. It also specifies the meeting time at 12pm and lunch at 12.30pm. A section titled 'Following golf...' describes a function at the Park House Hotel. At the bottom, a dark blue banner provides the contact email 'GRANT.HOWARD@LIONCO.COM' and a phone number for sponsorship inquiries.



**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

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

Email: sacredhearthub@gmail.com

Website: www.shmvparents.com