



# Sacred Heart Catholic Primary School

Cnr Waratah & Keenan Street, Mona Vale NSW 2103

T: (02) 9999 3264

W: [www.shmvdbb.catholic.edu.au](http://www.shmvdbb.catholic.edu.au) • E: [shmv@dbb.catholic.edu.au](mailto:shmv@dbb.catholic.edu.au)

## Term 2 Week 9 – 26 June 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>	Help a classmate with a difficult task

Dear Parents

On Friday we celebrate the Feast of the Sacred Heart. Throughout the gospels the constant invitation is to love, to love the outsider, the widow, those afflicted with sickness, the sinners. During our celebrations for the Feast of the Sacred Heart let us ponder his gift of love.



**“Love one another as I have loved you”**

Mary Southard.

### Feast of Sacred Heart Celebrations

- Mass
- Disco 5-6pm K ,1,2
- Sausage sizzle 6pm \$2
- Disco 6.30-7.30pm Years 4,5,6

Children attending the disco on Friday 28 June must be signed in and out of the school.

Congratulations to all our little “Sacred Hearts” who will receive their First Holy Communion this weekend.

Sacred Heart has been busy just look below!

- Eco Warriors 4 Biodiversity at Sacred Heart Mona Vale
- Plastic recycling initiative with Return and Earn
- ‘NO STRAW THANKS!’ in canteen
- STEM Community Garden using Vegepods
- Feathertail Glider Project/ enrichment of local biodiversity
- Year 1 Old Boot Herb Garden
- Waste Free Wednesday
- Rainwater tanks watering system
- Paper and Cardboard recycling Bins
- Indigenous Garden planting
- Clean Up Campaign



On Monday 1 July all parents are welcome to attend a short “End of Term” **band performance** in the school hall. The performance will commence at 2.15pm.

Kind regards

*Mrs Suellen Garey*  
**PRINCIPAL**

## Religious Education



### First Communion

Congratulations to the following students who will be making their First Holy Communion this week end. Also congratulations to the students who made their First Communion at Maria Regina Avalon last weekend.

Jai A	Mai A	Celeste A	Eaton B
Byron B	Byron B	Preston B	Florrie B
Isabella C	Lewis C	Maxim D	Flynn D
Sienna D	Jarvis D	Sienna E	Koda F
Arlei F	Dylan H	Jesse H	Lucas H
Elvie H	Ruby H	Camila H	Ethan H
Owen H	Sophia K	Izabella L	Nash L
Piper L	Chloe L	Hamish M	Aisling M
Taylor M	Ella M	Sage M	Gabriella M
Sophie M	Luke 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		

### Feast of Sacred Heart

All families are invited to join us for mass on Friday at 9:15am to celebrate our special Feast Day. The Feast of Sacred Heart reminds us to think about the deep love and compassion that Jesus has for all people, especially the poor and the suffering in our world. It is a time for us to ask God to help us to love like Jesus; to be more generous and kind.

### Dates to Remember

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, 11:30am 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**

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








**Wellbeing**



**Cyber Safety- Keeping yourself safe online**

At Sacred Heart we teach children about being safe when using ipads and being online. As it comes close to holidays it is always a good idea as a family to sit down and go over your family’s rules around keeping yourself safe online as well as spending time for personal fitness and wellbeing.

Did you know the age restrictions around the following online Apps:

 Instagram						
Instagram 13 years +	Snap Chat 13 years	13 years +	No age restriction as long as you stick to the rules	Tiktok/ Musically/ Lively 13 years plus <i>(this app has been in the media lately with warnings for parents)</i>	Facebook 13 years plus	Fortnite 13 years +



*Did you know there is a YouTube for Kids? (This is a safer option for your children as Youtube really is for people over 17)*

**What can you as a parent do to support your child at home?**

Monitor and have a talk about the apps you are allowing your child to use. Another suggestion is to always be on the apps your child is using and have a regular digital safety conversation with your child about what your expectation is and what you consider appropriate behaviours. Try and be a role model to your child about responsible use of devices. Encourage open conversations around usage as well as being visible to others in the home. Set time limits and keep rewards and consequences easy to uphold.

Check the settings on the app- are they in Private as some apps by default are public unless the privacy settings have been changed.

If you are worried about an app your child is using at home- the following websites have well informed cyber safety warnings and how to help you to talk to your children about using the internet appropriately.

<https://thecybersafetylady.com.au/2019/02/is-tiktok-safe-for-kids/>

<https://www.esafety.gov.au/parents/online-safety-guide>

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

[skye.nolan-brown@dbb.catholic.edu.au](mailto:skye.nolan-brown@dbb.catholic.edu.au)

## PARENT EDUCATION PROGRAM

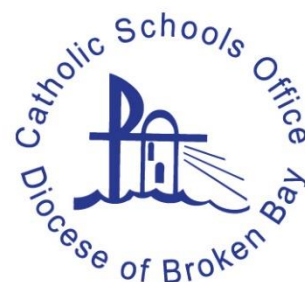


# The Resilient Child

How can we help children develop their resilience and cope better with the ups and downs of school life? What strategies develop “mental health fitness” in children and lifelong wellbeing skills?

Join us for a workshop that will provide you with:

- A better understanding of what is “wellbeing”
- Strategies for building resilience and coping skills
- Ideas to develop “mentally fit” children
- Building a growth mindset at home.



**This is a FREE workshop**

Brought to you by the  
Parent Education Team,  
Catholic Schools Office,  
Diocese of Broken Bay.

**27 August at 9am**

Sacred Heart Mona Vale

RSVP to the **School Office** or email  
[skye.nolan-brown@dbb.catholic.edu.au](mailto:skye.nolan-brown@dbb.catholic.edu.au) by 26 August 2019

**YES! I will be attending “The Resilient Child” workshop**

Name(s) \_\_\_\_\_ Child’s Class \_\_\_\_\_



## Birthdays

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



Ted E, Isabella M, Emma H, Lachlan C, Chloe S  
 Erin C, Marley H, Olivia J, Hannah W

## 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.



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

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>26 June</b>	<b>27 June</b>	<b>28 June</b>
		Tatiana N	Melinda B	Georgina D
<b>1 July</b>	<b>2 July</b>	<b>3 July</b>	<b>4 July</b>	<b>5 July</b>
Amber L	Leonie S	Tatiana N	Rebecca M	Eloise C

## Canteen News



CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
<b>Mon 1 July</b>	Kim and Maya L
<b>Thur 4 July</b>	Jo S
<b>Fri 5 July</b>	Maite N, Emma M. Yasmin A at 11:30 – 1:30pm

**Kay Neale – Canteen Co-ordinator**

## Earn and Learn Stickers



Woolworths Earn & Learn is officially over and we'd like to thank everyone who has helped us out by shopping at Woolworths and collecting those stickers. Now comes the fun part, the counting!

Obviously we want to count as many as we can, which is why we need your help to bring in all the stickers you may have collected and put them in our collection box. And keep an eye out for any rogue stickers too. You may find them down the side of the car seat. Or hidden in the back of drawers. Every sticker counts. And the higher we can count, the more equipment we can get!

Thanks again for helping us out.

If you need a stickers you can download the sticker sheets or collect a sheet from the school office.

<https://d4iqe7beda780.cloudfront.net/resources/site/wr/files/earnlearn19-printable-sticker-sheets.pdf>

The Hub

*The  
Hub*

**DISCO DISCO DISCO**

the Sacred Heart Feast Day FREE Disco is this Friday night.

RSVP on your Facebook Group page or directly to your Class Parents.

We are still needing helpers for the Primary Disco. Thank you to all the Infant Disco Volunteers. We really appreciate your help.

K-2 Session starts at 5pm-6pm

Sausage sizzle 6-6:30pm \$2

3-6 Session 6:30-7:30pm

Students are to BYO drink bottles please.

If you are dropping off you will need to mark your child in and out at the office.

We can't wait to have a boogie with you all.



**DISCO**

**FRIDAY JUNE 28**

**ENTRY IS FREE**

\$2 Sausage sizzle available from 6pm

Fluorescent face paint available to purchase on the evening

**Sacred Heart School Hall**

**Kindy - Yr 2 from 5pm - 6pm**

**Yr 3 - Yr 6 from 6.30pm - 7.30pm**

Parent supervision will be provided. No thongs allowed.

FEATURING  
DJ KIT  
KAT

### TERM 3 HUB MEETING

Our Term 3 Hub meeting will be held next Monday morning straight after assembly. Please join us for a cuppa and morning tea and listen to our very own Dianne McCabe speak about mental health and well being.

Stage 3 will also be presenting snippets from their amazing STEM projects.

Please RSVP via the Facebook event or directly to your class parents. We will also be attempting to stream part of this session via Facebook live.



### 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

***Amanda Lewis / Grant Howard***

***(Co-Presidents)***

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

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

Community News



*inclusive innovative inspiring*



**Currently Interviewing for Year 7 2020 and 2021. Email [registrar@stellamaris.nsw.edu.au](mailto:registrar@stellamaris.nsw.edu.au)**

- 88 years of Good Samaritan Education in the Benedictine Tradition
- Strong focus on pastoral care and personal development needs
- Magnificent location just steps from Manly Beach
- Extra-curricular activities focused on the needs and interests of girls
- Diverse curriculum allowing students to work towards their academic goals
- Classroom experiences which are entirely tailored to girls' learning



**Stella Maris**  
COLLEGE MANLY

9977 5144 52 Eurobin Avenue, Manly  
f smcmanly [www.stellamaris.nsw.edu.au](http://www.stellamaris.nsw.edu.au)