



Sacred Heart Catholic Primary School

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Term 2 Week 10 – 4 July 2019

Term 1 Core Value:	Compassion
School Rule:	Show compassion with self, others and the environment
Expectation of Behaviour:	Give a meaningful apology

Dear Parents

*Life is full of promises
With so many options for each of us
That in the living of it we often move and choose at random.*

*And then one day along the way of "life-ing"
there is an encounter
a meeting
a chance
a choice
an opportunity for living life
in a deeper, fuller way than ever before.*

*One knows when this is the moment
One recognises that instant when another sees the dream in us
and with gentle urgings
invites us to let it be
to risk all and to let it come into being.*

Eleanor McNichol SSJ



As the term comes to an end, I would like to thank the many members of our community, teachers and parents who have encountered our students so that they have a deeper fuller way of life. Some of the highlights this term include:

- First Communion Yr 3
- Mother's Day celebration
- the Stem Community Garden Project Yr 5 & Yr 6
- Inspire and Innovate K, Yr 1 & Yr 2
- Eco Warriors 4 Biodiversity K - Yr6
- EMU Extending Mathematical Thinking Yr 1, Yr 2 & Yr 3
- EPMC Encouraging Persistence and Maintaining Challenge in Mathematics Yr 3 & 4
- Learning Together Playgroup
- School Disco

Twice a year we survey all students at Sacred Heart. Some results from the whole school life survey administered earlier this term are discussed at Wellbeing Meetings and the issues identified are addressed.

Out of 182 responses, only 4 students referred to bullying, and only in general terms, which is an extremely positive result. This compares to 6 in 2018 and 17 in 2017 references to bullying in the Primary survey conducted at the same time.

A Generalisation from the School Life Survey is that “coming to school” is an area of difficulty for children in Year 1. Another theme is around “feeling safe at school”. There were many positive comments around liking school and learning at school:

- ♡ My teachers are the best
- ♡ Everyone takes turns
- ♡ Best school ever,
- ♡ I like to learn
- ♡ This school is the best

Mrs McBryde will be on Long Service Leave for the first 3 weeks of term 3 and Mrs Edwina Ovens will continue the teaching in Year 5M. Just a reminder Monday 22 July is a pupil free day.

Have a safe and restful school holiday!

Kind regards

Mrs Suellen Garey

PRINCIPAL

Religious Education



RCIA at Pittwater Parish

INVITATION TO ALL CATHOLICS AND NON-CATHOLICS

We are happy to invite everybody who is interested in learning about our faith to join our next RCIA programme due to start on September 4, 2019, in our Parish.

RCIA stands for 'Rite of Christian Initiation of Adults' and aims at providing deep insight into our faith tradition based on the story of Jesus, the greatest story ever told, and how we as Catholics have experienced it.

In Matthew's Gospel Jesus asked: "Who do people say the Son of Man is"? Peter spoke up but what would our answer be?

Our enthusiastic RCIA team would like to share our answers with you in 22 informal evening sessions. We will explore the teachings of our Church, the Bible and our tradition, and in the process, discuss some of life's deeper questions such as:

- What does it mean to be Catholic today?
- What can the Bible and the Church tell us today?
- What do we really believe?
- How can we have a personal relationship with Jesus today?
- How can I love Jesus as he has loved me?

A former participant and new member of our Church testified:

"I enjoyed every piece of it, from the simple fact that I met tremendous people ... to the deepest knowledge of our faith explained nicely, so completely. My intimate relationship with God went from nothing to an incredibly enjoyable daily need."

Baby News

Please join us in congratulating the Tanev family on the arrival of their baby girl.

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](#)

Mathletics

Mathletics Update

Parents can contact Mathletics directly if your child is having any technical issues with Mathletics. The number for the 24 hour help line is: 1300 850 331. You can also email directly: Tee.TonksTrinder@3plearning.com



The app has been updated so please ensure that if your child is using the app they have the current app pictured. If your child is completing Mathletics on a computer the most reliable web browser to use is chrome.

Wellbeing



Plastic Free July

July is Plastic Free July and this is a great time for you and your family to try and support all the work that Sacred Heart has been doing around being Eco Warriors. Single Use plastic can be avoided by using a keep cup; saying no to straws; packing lunchboxes with



reusable containers. The SRC are working towards reducing the rubbish in our school by talking about the waste management systems we have in place and how we could make this better for our school. We are participating in educating our school environment to be Plastic Free- <https://www.plasticfreejuly.org/> The SRC are calling all members of our school to reduce Single Use plastics. We are wanting to encourage our class members to use no single use plastics. We would like to give a 'Reason to Smile' to each class member who can bring no single-use plastics to school during July. Please support your child to gain a Reason to Smile by not giving them single use plastics which can be avoided by using reusable drink bottles and lunchboxes with reusable containers.

Social and Emotional Learning- Resilience

At Sacred Heart we are developing your child's Social and Emotional Learning (SEL) skills. The SEL skills have the core competencies areas of Self Awareness; Self-Management; Social Awareness; Relationship Skills and Responsible Decision Making. These core competency areas are essential for developing resilience and wellness.

At Sacred Heart we are offering a parent workshop on Resilience on **Tuesday 27 August 2019 –The Resilient Child** at 9am.

Question: In what ways does Resilience share a close relationship with Mental Health?

Answer: Being able to bounce back from challenges or adversity is a significant protective factor that supports mental health

Learning about resilience will help to develop people who can face challenges, problem solve and make changes to their world.

Resilience is defined by 'Be You' as 'doing well during or after an adverse event or a period of adversity.' A person who is seen to be resilient is able to use positive self-talk to express their emotions in an appropriate way; actively ask for help and use trial and error whilst remaining hopeful if something doesn't work out. Resilience is not an innate ability, it needs to be taught by family members, educators and the community. How can we do this? By being adults who demonstrate Self-Awareness of how we deal with set back or disappointments. By discussing your own interactions in positive ways which supports their children's interactions. By modelling healthy thinking- Healthy thinking is when you say things like: "I'm really frustrated now but I know that it will get better- Maybe I could ask for help.' Also being ready to 'have a go' at new things and having a 'growth mindset'. The holidays are always a great opportunity to spend time with your child creating challenges and discussing how every family member problem solved this time.

Skye Nolan-Brown, Co-ordinator, 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 by 26 August 2019

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

Name(s) _____ Child’s Class _____

ECO WARRIOR CANTEEN



Our canteen is working closely with our Eco-Warrior initiative and has made a number of changes to be more inline with our eco warrior ethos, including making available more healthy options and a focus on using sustainable products.

Some of the exciting sustainable changes the canteen has made over the past six months are:

- No more plastic straws;
 - Sushi soy sauce being available at the counter only, reducing plastic waste;
 - No extra paper bags for muffins in lunch orders;
 - Providing only one plastic fork/spoon for orders with two or more items;
 - All of our drinks on offer now have a 5 star rating and come under the “everyday food” banner;
- and:
- From mid Term 3 we will be replacing our polystyrene rice cups with biodegradable cups.

On the healthy choices front, we have:

- Introduced new ice block “ice snaps” which are 99% fruit juice and have a 5 star/everyday food rating;
 - We have been trialling and serving for morning tea custard and fresh strawberry cups, rice crackers with cubed cheese, carrot sticks with hommus and also mini pikelets;
 - Our new jelly has only 1 teaspoon of sugar per serving – and the children haven’t even noticed!
- and:
- At some stage in Term 3, we are looking at adding a few more sushi flavours, eg: vegetarian and a chicken katsu.
 - Also to come, sausage rolls which have a 4 star rating and will be offered once a week only.

We hope you are encouraged by the changes being made, and of course you can help too by providing sustainable packaging for your child’s lunch or choosing the healthy options available through the canteen.

Thank you for your support.

Kay Neale, Canteen Supervisor and Skye Nolan-Brown, Co-ordinator

From the Office



How time flies.....

As the end of another term draws to a close, we’d like to put a few things on your “To Do List” for the school holidays before the beginning of Term 3 and some other reminders:

- *Lost Property* – there are loads of clothes in the lost property box with and without names;
We also have a girls winter uniform and shirt which was found at the kiss and drop line last week; plus
Bits and bobs in the office – see photo;
- *Labelling* – please label all of your child’s items and/or check the current labels which may be due for replacement;
- *Head lice* - It may be a timely reminder to treat for head lice during the holidays;
- *Going home instructions* – perhaps you can devise a way for your child to remember how they are to get home at bell time or write a note in their bag. If you do need to make a last minute change to arrangements, please call the office before 1:30pm if possible so we can do our best to pass on the message.
- *Bell times* – school starts at 8:45am and ends at 2:50pm.



Happy holidays, everyone. **Carol and Karen**

Birthdays

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

Henry D,	Olive M,	Rory M,	Jesse D,	Molly H,	Brody K
Samantha W,	Isabelle A,	Sonny S,	Sarah G,	Kalista M,	Isabel B
Khloe H,	Elvie H,	Rowan S,	Zahli D,	Paige K,	Elodie G
Patrick H,	Elijah F,	Sage M,	Charlie L,	Leon O,	Tom T



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.
Rebecca Molinaro – Kiss and Drop Co-ordinator



Monday	Tuesday	Wednesday	Thursday	Friday
1 July	2 July	3 July	4 July	5 July
Amber L	Leonie S	Tatiana N	Rebecca M	Eloise C
TERM 3	23 July	24 July	25 July	26 July
	Leonie S	Tatiana N	Rebecca M	Julie F
29 July	30 July	31 July	1 August	2 August
Karissa M	Rebecca M	Tatiana N	Melinda B	Georgina D

CANTEEN News

CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
Mon 22 July	STAFF DEVELOPMENT DAY – NO STUDENTS
Thur 25 July	Julie F, Clare W,
Fri 26 July	Bec B, Leonie S



Butter Chicken and Nachos: We have been notified of a price increase from our supplier effective from 1 July. This increase will not be passed on until Term 3. This also applies to families who purchase the 2.5kg Bags from the canteen.

Kay Neale – Canteen Co-ordinator

Woolies Earn and Learn – Last chance

Thank you to everyone who has brought in their earn and learn stickers. **Friday 5 July at 9am** is the final day for stickers, so get busy and find those stickers – every sticker counts as the more we have, the more equipment we can get!



Please hand in your loose stickers or completed sheets to the office by Friday.

Thanks again for helping us out.

The Hub

*The
Hub*

School Disco

Thank you to all for a great disco!!

Hub Meeting – Term 3

Thank you to those who attended the Hub Meeting and to those who listened via our Facebook Live feed. Dianne McCabe gave an inspiring talk about the importance of caring for self to ensure we can care for others. Thank you Dianne. Your words were incredibly powerful. Also, a very big thank you to the Stage 3 students who attended our meeting to inform us about their STEM projects. You are doing amazing work!

Gala Night Fundraiser



Fun Run Cancellation

After a couple of postponements to our Fun Run, regrettably we have now cancelled this event for this year. Keep an eye out for next year !

Uniform shop

Help needed in the uniform shop. 20 minutes a week before or after school. Any help is most welcome!



Uniform Shop Hours:

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

We wish you all a happy, safe and warm holiday.

Amanda Lewis / Grant Howard

(Co-Presidents)

Email: sacredheartclub@gmail.com

Website: www.shmvparents.com

Community News



inclusive innovative inspiring



Currently Interviewing for Year 7 2020 and 2021. Email 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



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