



# Sacred Heart Catholic Primary School

Cnr Waratah & Keenan Street, Mona Vale NSW 2103

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## Term 3 Week 2 – 31 July 2019

<b>Term 1 Core Value:</b>	Justice
<b>School Rule:</b>	Show Justice with self, others and the environment
<b>Expectation of Behaviour:</b>	Tell the truth

Dear Parents

*When the light around you lessens,  
And your thoughts darken until  
Your body feels fear turn  
Cold as stone inside,*

*When you find yourself bereft  
Of any belief in yourself  
And all you unknowingly  
Leaned on has fallen*

*When one voice commands  
Your whole heart  
And it is raven dark,*

*Steady yourself and see  
That it is your own thinking  
That darkens your world,*

*Search and you will find  
A diamond thought of light  
Know that you are not alone  
And that this darkness has purpose*

*Gradually it will school your eyes  
To find the one gift your life  
requires  
Hidden within this night corner  
Invoke the learning  
Of every suffering  
You have suffered.*

*Close your eyes  
Gather all the kindling  
About your heart  
To create one spark  
That is all you need  
To nourish the flame  
That will cleanse the dark  
Of its weight of festering fear.*

*A new confidence will come alive  
To urge you toward higher  
ground  
Where your imagination  
Will learn to engage difficulty  
As its most rewarding threshold*

We pray for courage for a number of our families who are experiencing difficulties at this point in time. May this prayer bring you strength and some peace.

**“Showcase” on Friday 16 August.** Parent’s word of mouth recommendation is so powerful and we appreciate all our parent support. Our showcase is to promote to new families in the area, who may be considering Sacred Heart for enrolment. The open morning will showcase STEM, Sport, Technology and musical theatre commencing at 9am-11am. Please encourage any new family or neighbour, who may be interested in looking around Sacred Heart to come along.

Don’t miss this opportunity to attend **“The Resilient Child”**. This free workshop held at school is presented by Jeannie McDonnell. Parents will learn how to shift from a reactive approach to a proactive approach with your child, to resist the urge to jump in and fix problems by creating an opportunity where children have the opportunity to make mistakes, learn from them and flourish! Please RSVP the school. Bring a friend!

Kinder 2020 screening occurs on Monday and Tuesday next week. Don’t forget your appointment time. Pre-schoolers meet with Mrs Browne and Mrs Doyle in small groups in the learning support room.

Respect



Compassion



Justice



Service

Four of our year 6 students, Summer P, Molly M, Arianna F and Eliza G have been invited to present at Taronga Zoo to all Broken Bay primary schools at an Eco Leaders Day next week regarding our Biodiversity initiatives. A survey by students at school has resulted in the naming of our new community/eco garden as The Sacred Garden. Mrs Nolan Brown will accompany the students.

Kind regards

*Mrs Suellen Garey*

**PRINCIPAL**

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

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



## Religious Education

Next Week, 8 August is the Feast Day of Mary Mackillop - St Mary of the Cross. Year 4 are planning a Liturgy to celebrate Mary Mackillop as well as their learning around Aboriginal people. The children in Year 4 last term learnt about the need for Reconciliation with the Indigenous Community. The children made Aboriginal friendship bands using finger knitting and they will be selling them during week 4. Any money raised will go to CWF – Aboriginal Catholic Ministry.



*What can we learn from Mary Mackillop at Sacred Heart?* Mary Mackillop demonstrates the Core Value of **Justice**. She saw a need and did something about it. Mary Mackillop responded to God's call to seek justice for the marginalised of her society. She spent her life working tirelessly, often against prejudice and opposition from those in powerful positions, to bring about her vision of providing an education to those who were often excluded because of their life's circumstances. Mary's life perfectly reflected God's compassionate love and revealed the complete fulfilment of the human potential for goodness. Mary exemplified the fact that, living in Christ and following his message of loving one another, new meaning and dignity is given to human life.



### Dates to Remember

Saturday 3 August / Sunday 4 August - Ritual 1 for Confirmation at all Masses

Thursday 8 August @ 9:15am – St Mary of the Cross led by Year 4, Sacred Heart School Hall

Saturday 10 August @ 1:30-4:00pm - Confirmation Reflection Afternoon and Ritual 2 at all Masses, Mater Maria

Wednesday 14 August @ 10:00 am - 5M Reconciliation

Thursday 15 August @ 11:30am - 12:30pm - The Assumption of the Blessed Virgin Mary, Sacred Heart Church

Saturday 17 August @ 5:00pm - Year 2 Family Mass, Sacred Heart Church

Saturday 17 August/ Sunday 18 August - Ritual 3 for Confirmation at all Masses

Wednesday 21 August @ 9:15am - Year 3 Class Mass, Sacred Heart Church

Saturday 24 August/ Sunday 25 August - Ritual 4 for Confirmation at all Masses

Wednesday 28 August @ 9:15am - Father's Day Mass, Sacred Heart Church

Saturday 31 August @ 12:00pm - Confirmation, Sacred Heart Church

### Prayers

Please keep in your prayers Preston B (3L) and his family. Preston's grandmother sadly passed away during the school holidays.

If you have any Good News or if you need our prayers, please see me at school or contact me by phone.

**Skye Nolan-Brown, Religious Education Coordinator**

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

## Wellbeing



*If children live with encouragement, they learn confidence.*

*If children live with praise, they learn appreciation.*

*If children live with acceptance, they learn to love.*

*If children live with approval, they learn to like themselves.*

*If children live with recognition, they learn it is good to have a goal.*

*If children live with fairness, they learn justice.*

*If children live with kindness and consideration, they learn respect.*

### Social and Emotional Learning- Self Awareness

At Monday Morning Assembly, we celebrated the amount of children who were participating in weekend sports and their achievement. The statement was said that it was great to see so many children looking after their health, safety, wellbeing and physically active. By acknowledging the range of physical activities the school is taking up from our PDHPE Staff Development Day where the question was posed- *What keeps us healthy, safe, well and physically active?*

At Sacred Heart recognising personal qualities and achievements is developing the Social and Emotional Learning about Self-Awareness. So a strategy you could do at home to help build Self –awareness which builds recognising personal qualities and achievements is to have a High Five Moment- where you share a high five moment at a meal this week. Some other ideas to create opportunities for this would be to incorporate more physical activities into the day to increase everyone's health, wellbeing and safety and create opportunities to High Five each other.

Below are some suggestions:

#### **Easy ways to add physical activity to your day:**

- ✓ walk to the store, the school or the playground instead of using the car
- ✓ allow time for children to play outdoors
- ✓ park the car away from the shops
- ✓ get off the bus one stop earlier
- ✓ don't use the remote control
- ✓ plant a veggie garden
- ✓ take the stairs instead of escalators or lifts
- ✓ schedule regular time each week for your family to be physically active together
- ✓ limit television time to no more than two hours per day or 14 hours a week.



At Sacred Heart we are offering a parent workshop on Resilience on the **27 August 2019 –The Resilient Child at 9am**. We have already had a number of parents showing interest in this event and it would be great to see you come and learn about how to help your child.

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



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<sup>th</sup> 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<sup>th</sup> August 2019

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

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

## Sports News

### Athletics Carnival

A reminder to please return carnival notes to your class teacher asap. Notes are available on the school website under Parent Information, Forms and Links – Sports Notes or via the link below.



### School Athletics Carnival

#### InterSchools Snowsports Challenge

Congratulations to Lily W, Ava W, (snowboarding) Benji J and Samuel J (skiing) who competed at the recent InterSchools Snowsports Challenge in Perisher during the school holidays.

Special mention to Lily and Ava who have been invited to compete in the State Championships to be held at the end of August in Perisher, in the snowboarding GS and snowboard cross events.



If anyone is interested in joining the Sacred Heart Snowsports team for 2020, please let me know.

**Steph Munro, PE Teacher**

### 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.

STUDENT  
DROP-OFF  
AND  
PICK-UP  
AREA

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>31 July</b>	<b>1 August</b>	<b>2 August</b>
		Tatiana N	Melinda B	Georgina D
<b>5 August</b>	<b>6 August</b>	<b>7 August</b>	<b>8 August</b>	<b>9 August</b>
Amber L	Leonie S	Tatiana N	Rebecca M	Eloise C
<b>12 August</b>	<b>13 August</b>	<b>14 August</b>	<b>15 August</b>	<b>16 August</b>
Karissa M	Rebecca M	Tatiana N	Melinda B	Georgina D

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

**Respect**



**Compassion**



**Justice**



**Service**

## Birthdays

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

Arlei F, Grace M, Benjamin J, Louis A,  
Lila O, Lola M



## Canteen News

### CANTEEN ROSTER (start 9.30am - finish 1.45pm)

<b>Mon 5 Aug</b>	Amanda M, Lily C
<b>Thur 6 Aug</b>	Michelle C, Michelle N
<b>Fri 9 Aug</b>	ATHLETICS CARNIVAL



On line lunch orders: A gentle reminder for when placing on line orders, please check out and confirm to complete the order. There have been many children at the canteen window expecting a lunch order and disappointed that it hasn't come through.

**Kay Neale – Canteen Co-ordinator**

## SunSmart Newsletter



Sacred Heart is proud to be a member of the Cancer Council's SunSmart Program.

Click on the link for their latest newsletter which is also now on our school website under the Student Wellbeing tab.

[Latest Sunsmart newsletter](#)



## The Hub

### Hub Meeting

Our Term 3 Hub meeting is next Thursday, 8 August at 7pm in the school library. Our topic is sustainability. Our team will fill you in on all the fabulous initiatives our children are doing in this area. We will also have a bees wrap demo and some helpful tips and tricks for reducing lunchbox waste.

Please RSVP via our Hub Facebook Page. Looking forward to seeing you there.

*The  
Hub*

# Term 3 Hub Meeting

Thurs 8th Aug @ 7pm



## Gala Night Fundraiser

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

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

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



## Community News



### MERCY CATHOLIC COLLEGE

## CATHOLIC GIRLS SECONDARY COLLEGE YEARS 7 – 12

- Providing excellence in teaching and learning since 1890.
- Recognising our students needs are diverse, we constantly aim to develop courses and apply teaching strategies that accommodate different learning styles.
- Offering a comprehensive range of electives in addition to mandatory studies from Year 7, leading to the award of the Higher School Certificate credential in Year 12.
- Achieved outstanding results in the Higher School Certificate.
- Interested in the development of the whole person, we offer numerous opportunities for students to participate in co-curricular activities. Over 30 programs including a variety of Sport, Creative Arts and special interest clubs.
- Based on a framework of positive psychology the College's well developed pastoral care structure supports student wellbeing. With specialised staff including the Director of Student Wellbeing and the Youth Minister who work with students on a variety of projects including faith development, social justice and wellbeing.
- The College enjoys modern facilities and state of the art technology in classrooms designed to cater for 21st century learning.
- Located in the heart of Chatswood the College is a short walk to Chatswood Interchange where there are connecting buses and trains.

**OPEN MORNING**  
**TUESDAY 13th AUGUST**  
**9:00am - 11:00am**

MERCY CATHOLIC COLLEGE, CHATSWOOD

TEL 02 9419 2890 EMAIL [mercy@dbb.catholic.edu.au](mailto:mercy@dbb.catholic.edu.au) WEB [mercychatswood.nsw.edu.au](http://mercychatswood.nsw.edu.au)

*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](https://www.facebook.com/smcmanly) [www.stellamaris.nsw.edu.au](http://www.stellamaris.nsw.edu.au)



**Lifeline Northern Beaches Giant Book Fair: 23<sup>rd</sup> to 25<sup>th</sup> August 2019**

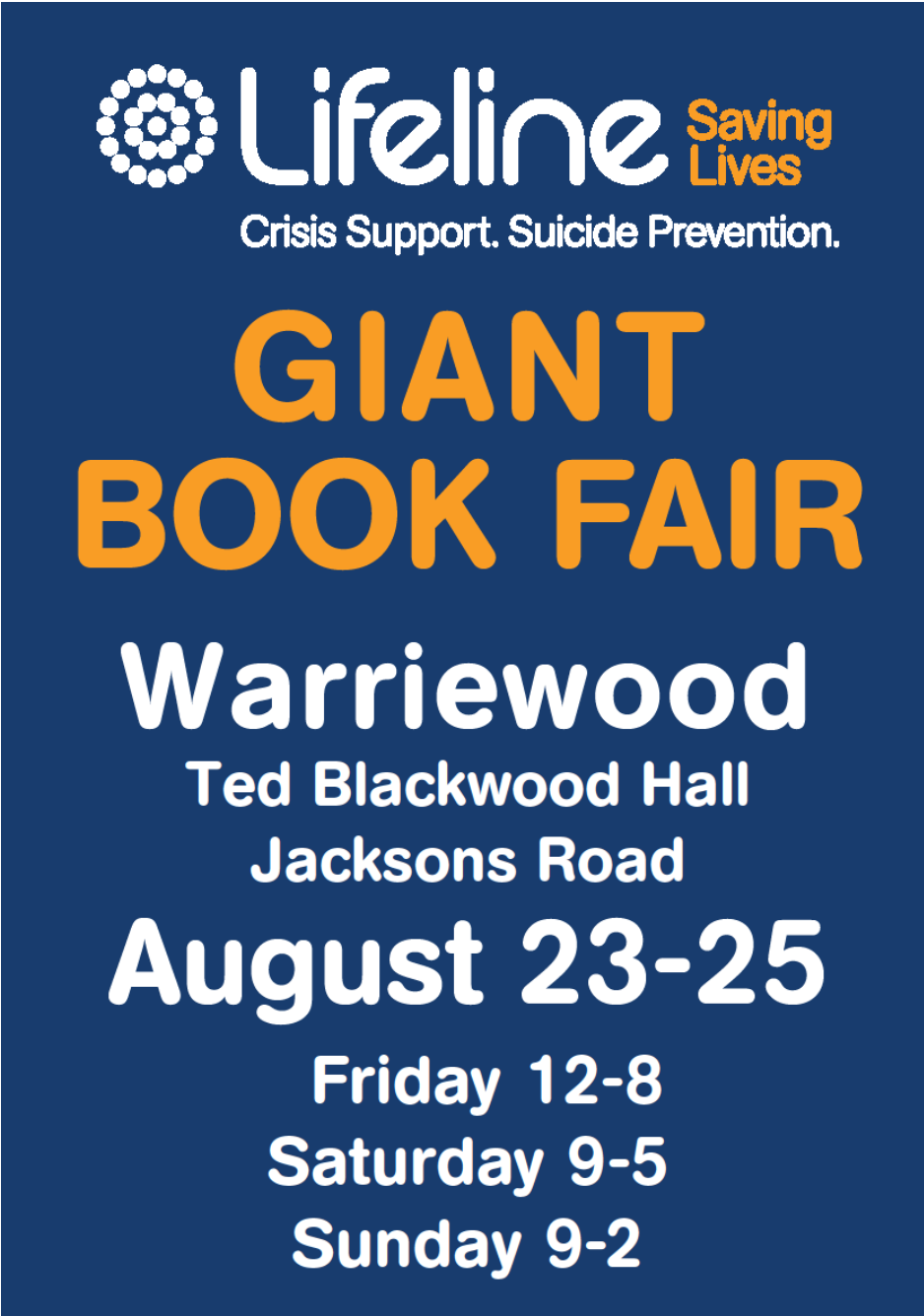
**Venue:** Ted Blackwood Hall  
Cnr Jacksons & Boondah Rds  
Warriewood


**Dates/Times:** Friday 23<sup>rd</sup> August 12pm -- 8pm  
Saturday 24<sup>th</sup> August 9am -- 5pm  
Sunday 25<sup>th</sup> August 9am -- 2pm

At the Book Fair there will be thousands of good quality books, at bargain prices, in many categories, including a wide range of children's books suited to all ages plus puzzles, games DVDs, CDs & vinyls.

All funds raised support the activities of Lifeline Northern Beaches which, in addition to the crisis line (13 11 14) with a focus on suicide prevention, provides a lot of other services to our community.

Catch us on Facebook at: Lifeline Northern Beaches – book life.

A vertical poster with a dark blue background. At the top is the Lifeline logo, which consists of a circular pattern of white dots to the left of the word "Lifeline" in white, and "Saving Lives" in orange to the right. Below the logo is the text "Crisis Support. Suicide Prevention." in white. The main title "GIANT BOOK FAIR" is in large, bold, orange capital letters. Below that, "Warriewood" is in large, bold, white capital letters. Underneath is "Ted Blackwood Hall" in white, followed by "Jacksons Road" in white. The dates "August 23-25" are in large, bold, white capital letters. At the bottom, the times are listed: "Friday 12-8", "Saturday 9-5", and "Sunday 9-2" in white capital letters.

 **Lifeline** Saving Lives  
Crisis Support. Suicide Prevention.

**GIANT  
BOOK FAIR**

**Warriewood**  
Ted Blackwood Hall  
Jacksons Road

**August 23-25**

Friday 12-8  
Saturday 9-5  
Sunday 9-2

## Register Now with Pittwater Softball for the Upcoming Summer Season.



### THIS SUMMER DO SOMETHING NEW!

Softball and T-Ball is a great sport for girls and women of all ages and all levels of fitness. From social to elite, from 6 to 60 plus. You will have a ball!

- All games played at Curl Curl
- Juniors play Saturday morning
- Seniors play Saturday afternoons
- Divisions and Grades available for all ages and skill levels
- Competition starts September, breaks for Christmas and finishes in March
- Training for juniors is usually at Boondah Fields, Warriewood
- Groups of friends, school teams or corporate teams welcome.
- We try our best to keep registration costs as low as we can. This makes softball one of the best value sports on the Peninsula.
- We offer a free cap, ball, helmet and glove to new U12 players

Registration is open after 2 July 2019

Link for Pittwater Softball Registration:

[http://websites.sportsga.com/club\\_info.cgi?c=1-10854-167809-0-0&slD=382601](http://websites.sportsga.com/club_info.cgi?c=1-10854-167809-0-0&slD=382601)

Use your \$100 Active Kids sports voucher when you register. See

<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

For further details about registration contact Mel Stevenson :

[MELISSA.STEVENSON@def.nsw.edu.au](mailto:MELISSA.STEVENSON@def.nsw.edu.au) or phone 0403 777 441

**Be Quick!**  
Registrations  
Close Aug 10

