



Sacred Heart Catholic Primary School

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Term 3 Week 3 – 8 August 2019

Term 1 Core Value:	Justice
School Rule:	Show Justice with self, others and the environment
Expectation of Behaviour:	See a paper, pick it up

Dear Parents

Owesome God

The next time you feel like God can't use you just remember.

- Noah was a drunk.
- Abraham was too old
- Issac was a daydreamer
- Jacob was a liar
- Joseph was abused
- Moses had a stuttering problem
- Gideon was afraid
- Samson had long hair and was a womaniser
- Jonah ran from God
- Naomi was a widow
- Job went bankrupt
- Peter denied Christ
- The disciples fell asleep while praying
- Martha worried about everything
- Mary Magdalen was a....
- The Samaritan woman was divorced more than once
- Zacchaeus was too small
- Paul was too religious
- Timothy had an ulcer AND ...
- Lazarus was dead

In the circle of God's love, God's waiting to use your full potential.

This evening all parents are welcome to attend the term three hub general meeting to be held in the school library. Mrs Leone Scarlet will present on sustainability and biodiversity at Sacred Heart. Leone will also share with parents some of the exciting initiatives happening at Sacred Heart.

On Wednesday our kindergarten children enjoyed the celebration of 100 days at school with a scooter and bike. There was much fun and excitement as the children rode and scooted around the school playground and a big thank you to Mr Barker who is a cyclist, representing Australia in the Masters championships in Italy, who spoke to the kindergartens about bike safety.

Kindergarten 2020 were welcomed to our school this week for assessment, this was their first taste of big school! We look forward to again meeting these pre-schoolers at the orientation programs in the coming months.

Respect † **Compassion** † **Justice** † **Service**

Friday is our school athletics day to be held at Narrabeen Sports Centre on the Wakehurst Parkway. Parents are most welcome to attend, to assist and to cheer. All children will be participating on the day. Children will travel by bus to and from the field and if parents decide to leave the field early please advise the class teacher. Thank you to Mrs Munro and the teachers for their preparation for our athletics carnival. Good luck everyone!

Next week is a busy week with Learning Together Playgroup to be held on Tuesday, the Northern Beaches Stem Fair to be held at Mater Maria, the Kinder Zoo excursion, the Assumption Mass and then on Friday the Sacred Heart Open Day SHOWCASE.

Kind regards

Mrs Suellen Garey
PRINCIPAL

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

Like and follow us at: twitter.com/SHMV16



Religious Education

'Here I am, the servant of the Lord. Let it be with me according to your word'
(Lk 1: 38)



Next Week at Sacred Heart we celebrate the Assumption of the Blessed Virgin Mary on 15 August. The Feast of the Assumption commemorates the death of Mary, Mother of God, conceived without original sin. The Assumption of the Blessed Virgin means that after Her life on earth, Mary was taken body and soul into Heaven. Unlike other saints, Our Lady is in Heaven not only with Her soul but also with Her glorified body. Pope Pius XII defined this doctrine as a 'divinely revealed dogma' on November 1, 1950. Because it signifies the Blessed Virgin's passing into eternal life, it is the most important of all Marian feasts and a holy day of obligation. For about fourteen hundred years, the Feast of the Assumption has been celebrated on August 15. It is now one of the holy days of obligation for the universal Church (Canon 1246).



What we know about the Blessed Virgin Mary?



- Little is known of the personality or the specific details of Mary, the mother of Jesus Christ. Her greatness comes not through her outstanding personal characteristics, but from her joyous and faith-filled response to the action of God in her life.
- That **Mary** should have been chosen as mother of the longed-for Messiah would have seemed surprising to the people of Jesus' time. Mary came from the Galilean town of Nazareth, not from Jerusalem, the centre of religious and political power. Galilee was adjacent to the Gentile regions of the north, little respected by religious leaders. Moreover, Mary was an unmarried village girl.
- Mary is principally mentioned in **the Infancy Narrative** of the Gospel of Luke which gives an account of the story of the conception and birth of Jesus Christ. She is mentioned briefly in the Infancy Narrative of Matthew, and appears in John's Gospel at the marriage at Cana. Other references to her are very brief before she re-enters the story at the crucifixion and resurrection of her Son, Jesus Christ.
- This is so simply because, in her obedience and openness to God, Mary was the first and most faithful disciple of her Son, Jesus Christ. (*ReSource-Catholic Education Melbourne*)



Dates to Remember

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 @ 11:30-12:30- 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 @ 9:15 – Father’s Day Mass, Sacred Heart Church
 Saturday 31 August @ 12:00- Confirmation, Sacred Heart Church
 Saturday 7 September @ 5:00- Year 4 Family Mass, Sacred Heart Church
 Wednesday 11 September @9:15- Year 1 and 4 Class Mass, 6N Reconciliation, Sacred Heart Church
 Wednesday 25 September @ 9:15- Year 2 and 5 Class Mass, 6F Reconciliation, Sacred Heart Church

Prayers

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



Social and Emotional Learning

This week, every class teacher met to discuss the Social and Emotional Learning that is happening in the classrooms. There is a wide range of lessons taught to develop student Social and Emotional Skills. There are five key areas that develop Social and Emotional Learning. They are Self- Awareness; Self-Management; Social Awareness; Relationship Skills and Responsible Decision-Making. Each week your child will be undertaking a specific lesson that will focus on one of the five key domains of SEL. Research suggests that student learning is enhanced when teachers **integrate social-emotional competencies with academic learning**. Social-emotional competencies not only prepare students to be able to participate in learning experiences, they also **increase students’ capacity to learn**.

Below is a table that explains the five key areas and what some of the skills your child will be learning about at Sacred Heart.

<p>Self-awareness</p> <p>The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."</p> <ul style="list-style-type: none"> Identifying emotions Accurate self-perception Recognizing strengths Self-confidence Self-efficacy 	<p>Self-management</p> <p>The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.</p> <ul style="list-style-type: none"> Impulse control Stress management Self-discipline Self-motivation Goal-setting Organizational skills 	
<p>Social awareness</p> <p>The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.</p> <ul style="list-style-type: none"> Perspective-taking Empathy Appreciating diversity Respect for others 	<p>Relationship skills</p> <p>The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.</p> <ul style="list-style-type: none"> Communication Social engagement Relationship-building Teamwork 	
		<p>Responsible decision-making</p> <p>The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.</p> <ul style="list-style-type: none"> Identifying problems Analyzing situations Solving problems Evaluating Reflecting Ethical responsibility

Respect † Compassion † Justice † Service


At Sacred Heart we are offering a parent workshop on Resilience on the **27th 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.



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.

27th August at 9am

Sacred Heart Mona Vale

RSVP to the **School Office** or email
skye.nolan-brown@dbb.catholic.edu.au by 26th August 2019

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

Name(s) _____ Child's Class _____

Skye Nolan-Brown, Co-ordinator

Sports News

Athletics Carnival

Our Athletics Carnival is on tomorrow, Friday 9 August. Please remember to sign your child out with their class teacher if you are taking them home from the carnival.



Steph Munro, PE Teacher



Class Awards



KQ	Elodie G, Otis L, Penelope M	KT	Amelia A, Emma R, Jasper W
1RP	Kalan F, Cooper M	1S	Isaac C, Tara F
2C	Charlie H, Mia W	2D	Elijah F, Isabel J
3L	Max D, Koda F	3M	Eaton B, Skye S
4C	Isabelle A, Axel C	4S	Anna B, Rory M, Jack S
5M	Luke O, AJ J,	5P	Benji F, Grace M, Indi M
6F	Lilian H, Ethan H	6N	Olivia J, Amelia L

School Musical



Preparations are well underway for our School Musical “Aladdin Jr” to be held in Week 9, this term.

For information regarding costumes and dates, please click on the link here or on our school website under the Permission and Information Notes section under Forms and Links.

[Aladdin Jr – Parent Information](#)

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.

Monday	Tuesday	Wednesday	Thursday	Friday
5 August	6 August	7 August	8 August	9 August
Amber L	Leonie S	Tatiana N	Rebecca M	Eloise C
12 August	13 August	14 August	15 August	16 August
Karissa M	Rebecca M	Tatiana N	Melinda B	Georgina D

Rebecca Molinaro – Kiss and Drop Co-ordinator

Birthdays



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



Canteen News

CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
Mon 12 Aug	Amber L, Sally W
Thur 15 Aug	Kammi B, Juliana J
Fri 16 Aug	Margaret C, and Andy D from 11.00 – 1pm

Kay Neale – Canteen Co-ordinator

The Hub



Hub Meeting

A reminder for our Term 3 Hub meeting tonight, Thursday, 8 August at 7pm in the school library. Our topic is sustainability.

Looking forward to seeing you there.

Father’s Day Breakfast

This term we have our annual Father’s Day Breakfast planned for Wednesday 28 August.

Breakfast will commence at [xxxx], with the band performing at 7:45am and classrooms being opened at 8:15am. A mass, which starts at 9:15am will conclude the Father’s Day event.

Tickets to the breakfast will need to be purchased on QKR!, with orders closing on 28 August. Father’s Day gifts will also be available for purchase on QKR!.

Ticket prices - Adult \$8.00 / Child \$2.50 / Gift \$[xxx]

Helpers required

Gift Stall and Breakfast Helpers – If you are able to assist with either the Father’s Day gift stall and/or the breakfast, please contact your class parents.



Gala Night Fundraiser



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

Email: sacredhearthub@gmail.com

Website: www.shmvp.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 WEB mercychatswood.nsw.edu.au

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



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

Respect † Compassion † Justice † Service

Lifeline Northern Beaches Giant Book Fair: 23rd to 25th August 2019


Venue: Ted Blackwood Hall
Cnr Jacksons & Boondah Rds
Warriewood

Dates/Times: Friday 23rd August 12pm -- 8pm
Saturday 24th August 9am -- 5pm
Sunday 25th 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.



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.sportstq.com/club_info.cqj?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 or phone 0403 777 441

Be Quick!
Registrations
Close Aug 10

