



Term 3 Week 6 – 28 August 2019

Term 1 Core Value:	Justice
School Rule:	Show Justice with self, others and the environment
Expectation of Behaviour:	Turn a negative thought about yourself into a positive

Dear Parents

What a pleasure it was to see so many of our dads at our special Father's Day breakfast this morning. We were so fortunate that the sun was shining and dad's were able to mingle as they waited for their pancakes, coffee or bacon and egg rolls. A huge thank you to the mums and dads who prepared the breakfast for all. Our junior and senior bands joined together to provide entertainment for our dad's and congratulations to the band as this was the first performance for some of these young musicians.

Bless our dad's with the best of your spiritual blessings today.

Let them know they are not alone as they provide for and support those under their care.

Show them how much you delight in their work and affirm the value of whatever you have given them to do.

Confirm their worth so they have no reason to doubt whether they are loved.

Let them know that every unselfish act of love and encouragement they do is a gift from you.

Let them know what a difference they have made and can make to those around them, no matter how big or small.

On this special Father's Day and for all the days of their life fill them with the best of your blessings. Amen.

There was strong attendance at the resilient workshop on Tuesday with Mrs Jeanie McDonnell presenting tips and strategies for parents to help them build children who are resilient in today's world. Parents may be interested in another session that Jeanie is facilitating titled 123 Magic and Emotion Coaching. This will be held at St John's at Narrabeena over three Mondays, 2, 9, 16 September at 6:30 pm. This course encourages a calm approach to parenting even in those tough moments and shows parents how to improve their relationship with their children.

This week we welcomed Mrs S Neasmith to KT who will be teaching the class for the rest of the term whilst Mrs Thornton is on long service leave.

Congratulations to Ethan H and Olivia J who represented Sacred Heart at the Broken Bay Diocese public speaking finals, Northern Beaches division at our school on Monday. Ethan was awarded third place. Congratulations Ethan.

Continuing our biodiversity theme a tonne of soil was delivered today to fill our native garden behind the western block. The year 4 students will be planting native plants to encourage the endangered Feathertail glider to our local community.

Happy Father's Day.

Kind regards

Mrs Suellen Garey

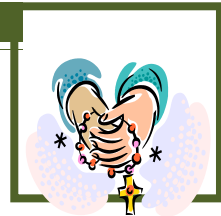
PRINCIPAL



Religious Education

Father’s Day Mass

Thank you to the many dads who were able to join us to celebrate the gift of Fathers at our Father’s Day Mass. It was a very joyous celebration.



A Prayer for our Dads.

*Heavenly Father,
 you entrusted your Son Jesus,
 the child of Mary,
 to the care of Joseph, an earthly father.
 Bless all fathers
 as they care for their families.
 Give them strength and wisdom,
 tenderness and patience;
 support them in the work they have to do,
 protecting those who look to them,
 as we look to you for love and salvation,
 through Jesus Christ our rock and defender.
 Amen.
 (Author Unknown)*



Congratulations to the following students who will be making their Confirmation on Saturday at 12:00

Aleana A	Zavian B	April B	Jay C
Charlotte C	Alessandro C	Alfredo C	Lupo C
Tasman C	Emily C	Jack D	Henry D
Elijah F	Alexander G	Arjen G	Lexie H
Liam H	Charles H	Isabel J	Braxton K
Paige K	Tyra L	Jack L	Francesca M
Sofia M	Hunter O	Leon O	Sophia R
Chloe S	Noah S	Hayden S	Cheyne T
Mia W	Piper W	Indi W	Liam W



Dates to Remember

- 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.

Chris McBryde, Religious Education Coordinator

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

Wellbeing



Social and Emotional Learning

The Resilient Child - It was so wonderful to see so many parents attend Tuesday Morning's Resilient Child workshop. There was so many take away moments from this workshop. Here was one slide that explained 'resilience'

Children have Resilience when they:

- **Trust** that the world is safe and that there are caring people to help.
- **Believe** in their ability to do things for themselves and achieve their goals.
- **Feel good** about themselves and **feel valued** for who they are by their parents and carers. (Strength based parenting)
- **Practice Optimism** that things generally turn out well.
- Can **manage their feelings**, thoughts and behaviours.

Here are a few key learnings from the workshop:

- *Prepare your child for the Big Picture- prepare them for Life*
- *Think about -What experiences do they need to be resilient adults?*
- *How are we parenting and teaching them to become independent?*
- *What are we doing as parents to prepare our children's Social and Emotional Learning so that they are healthy in Body and Mind?*
- *Are we creating opportunities to help our children connect with as many people as possible- so that they can have someone to share with?*
- *Are we teaching our children to have positive thoughts and positive language?*
- *Are we teaching them to say to themselves – 'I believe in you....'*
- *Children need to learn- You are the boss of your feelings or actions....*

Police Visit K-2

Yesterday, K-2 had a visit from the Police. They talked about Keeping Themselves Safe. Some of the talk was about Stranger Danger and how to recognise signs of feeling unsafe. Next week the Police will visit Year's 3-6.



Wellbeing Week

<p>Visit your local garden centre and buy some seeds to plant for Spring.</p> 	<p>Lay on the grass and look up from 10 minutes and admire.</p> 	<p>Use your reusable shopping bags and say “no!” to plastic.</p> 
<p>Plan your meals and only buy the ingredients you need.</p> 	<p>Hang your washing in the sunshine.</p> 	<p>Drop off some soft plastic into the RedCycle bins at your local supermarket.</p> 
<p>Use a reusable water bottle.</p> 	<p>Make another Boomerang bag.</p> 	<p>Collect recyclable materials and create something. E.g. Creature, fairy/gnome garden.</p> 

Children will be able to wear **Mufti on FRIDAY, 30 August**- it would be great if they could wear clothes that reflect Making Good Choices and respect the care for the Earth- earthy colours.

Skye Nolan-Brown, Co-ordinator

Australian Maths Trust - Maths Challenge

In Term Two, 8 students from Years 5 and 6 were selected to compete in the Annual Mathematics Challenge. These students worked in collaboration with students from other Catholic schools to solve a series of complex Mathematical challenges. Congratulations on the following outstanding results:

- Participation: James C
- Proficiency: Claire B
- Credit: Marik VK, Henry B, Eliza G, Samuel R, Carissa S
- Distinction: Will P

Megan Mitford, Maths Challenge Co-ordinator

Respect † Compassion † Justice † Service

Class Awards – Week 5

KQ	Cooper L, Dior F, Alessia M	KT	Olivia W, Jack C, Kingston M
1RP	Raphael K, Rowan S	1S	Neive M, Benjamin J
2C	Alex G, Mia W	2D	Indi W, Sofia M
3L	Luke M, Ivy P	3M	Byron S, Chloe L
4C	Lucas R, Zac S	4S	Charlie L, Emily C
5M	Natasha L, Ethan W	5P	Jessica M, Cooper K
6F	Eliza G, Alan S, Elle Seaglove	6N	Kai F, Anabella N
Principal's Awards		Tom D, Presley F	



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
			29 August	30 August
			Melinda B	Eloise C
2 September	3 September	4 September	5 September	6 September
Amber L	Leonie S	Tatiana N	Rebecca M	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:

Cowen A, Isabella M, Ethan J, Olivia K,
Damian M, Cheyne T, Edward G



Canteen News

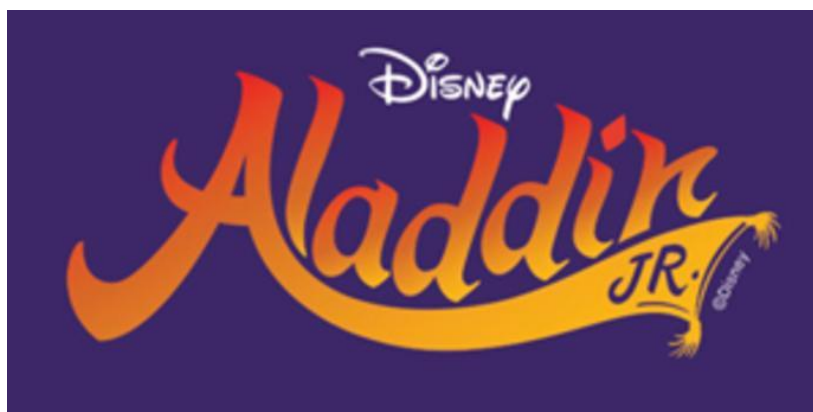
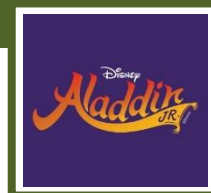
CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
Mon 2 Sept	Linda D, Christine H
Thur 5 Sept	Lydia N
Fri 6 Aug	Kylie M, Emma W



Kay Neale – Canteen Co-ordinator

Respect † Compassion † Justice † Service

School Musical – Aladdin Jr.



Tickets on sale 9.30am Monday 2 September 2019

<https://www.trybooking.com/BEZTQ>

or

<https://www.trybooking.com/544690>

**There will be a Cast A and Cast B (this applies to Years 5 and 6).
Each main character cast member will perform a matinee and evening show.
Students in Kinder to Year 4 will be appearing in all performances
(both Cast A and B)**

CAST A	CAST B
Summer Pluss (as Genie)	Jasmine Siddall (as Genie)
Matinee 10:00am, 17 September (whole school matinee – no outside tickets sold)	Matinee 10:00am, 18 September
Evening 7:00pm, 18 September	Evening 7:00pm, 19 September

Matinee: \$15.00

Evening: \$20.00

Costume & Makeup Requirements –

Children should bring their sports uniform to change into after matinee performances on Tuesday and Wednesday of musical week.

This will ensure musical clothing is clean for the evening performances.

A note detailing costume, hair and makeup requirements for all children can be viewed on our school website [here](#).

Susan Rudd, Creative Arts Teacher



The Hub

*The
Hub*

Father's Day Gift Stall

Our Father's Day Gift Stall will be open this Thursday 29 and Friday 30 August. Gifts can be purchased on QKR! For \$7.00 per gift.

Gala Night Fundraiser



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

Email: sacredhearhub@gmail.com

Website: www.shmvparents.com

Parent Course – 1-2-3 Magic and Emotion Coaching

ST. JOHN THE APOSTLE Catholic Primary School Presents Course for Parents



1-2-3 Magic and Emotion Coaching

This course encourages a calm approach to parenting, even in those tough moments, and shows parents how to improve their relationship with their children. Recent brain research is showing the importance of giving children practice at managing their emotions, and therefore, their behaviour. We now know that children can learn about their feelings and be taught how to manage their emotional selves to be more resilient and make better choices.

1-2-3 Magic is easy to learn and it works!

The logical and practical 1-2-3 Magic method can be learnt in **3 sessions**. It is easy to remember and implement especially when parents are tired or stressed.

Where: St. John the Apostle Catholic Primary School

166 Alfred Street, Narraweena. School library.

When: Mondays: 2nd, 9th, 16th September **Time:** 6:30-8:30pm.

Cost: \$12 for a workbook covering the 3 sessions.

Presenter: Jeanie Mc Donnell: Jeanie.mcdonnell@dbb.catholic.edu.au

RSVP: Bookings are essential: <http://www.schoolinterviews.com.au>

Booking Code:UCrg

Queries: School office 9971 9297 or
Email: sjan@dbb.catholic.edu.au



Northern Beaches Catholic School Parents
Presents

SEASON OF CREATION

A MONTH OF SUSTAINABILITY

Events



Family Beach Clean Up - Mona Vale
with Northern Beaches Clean Up Crew
SUNDAY AUGUST 25 | 10:00AM | MONA VALE BEACH



Environment Walk & Lunch
with Aboriginal Educator, Dave Ella
FRIDAY SEPTEMBER 13 | 10:00AM | NORTH HEAD, MANLY



Sustainable School Canteens & Events Workshop
with Sherene LaGasse of Foodnasties
MONDAY SEPTEMBER 16 | 6:30PM | ST ROSE, COLLAROY PLATEAU



Family Beach Clean Up - Clontarf
with Northern Beaches Clean Up Crew
SUNDAY SEPTEMBER 29 | 10:00AM | CLONTARF BEACH



For more information and to RSVP please visit:



www.brokenbayparentcouncil.com/sustainability-events-2019



NORTHERN BEACHES CATHOLIC SCHOOL PARENTS
INVITES
PARENTS, GRANDPARENTS & CARERS, TO AN

Environment Walk and Lunch

Get out in nature with friends - old and new, learn the fascinating history of the Aboriginal people of North Head, Manly and enjoy a free lunch hosted by St Paul's Catholic College, overlooking the beautiful Sydney Harbour.

FRIDAY 13 SEPTEMBER, 2019

10AM: MEET AT ST PAUL'S FOR SMOKING CEREMONY

10:30AM: WALK THROUGH NORTH HEAD, MANLY

12PM: LUNCH AT ST PAUL'S, MANLY

COST: FREE

BOOK YOUR PLACE NOW - LIMITED SPOTS

MORE INFORMATION & RSVP HERE:

WWW.BROKENBAYPARENTCOUNCIL.COM/SUSTAINABILITY-EVENTS-2019



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

 **Stella Maris**
COLLEGE MANLY

9977 5144 52 Eurobin Avenue, Manly
f smcmanly www.stellamaris.nsw.edu.au

2020 BURSARY APPLICATIONS ARE NOW OPEN



**Monte Sant' Angelo
Mercy College**

EMPOWERED BY CHOICE

At Monte we believe that an innovative education, built on the foundation of choice, will equip young women for a life of significance, purpose and success.

2020 BURSARY APPLICATIONS NOW OPEN
CLOSING FRIDAY 20 SEPTEMBER
ENQUIRIES registrar@monte.nsw.edu.au

www.monte.nsw.edu.au | 02 9409 6200 | 128 Miller Street, North Sydney





BLAST OFF INTO THE WORLD OF SCIENCE

AT MACQUARIE UNIVERSITY

Join our exciting science programs for Years K-6 during the school holidays

Science classes offered at Blair Wark VC Community Centre, West Lindfield.

Robotics classes offered at Cheltenham Girls' High School.

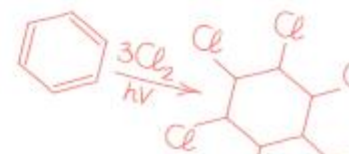
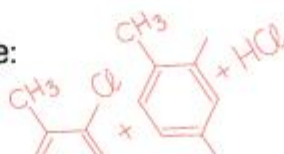
- Class topics include learning about dinosaurs, volcanic eruptions, DNA, how to analyse blood for diseases & why animal poop is so fascinating!
- Our courses are designed to teach scientific concepts through experiments, art, drama, physical activity, craft & other hands-on activities.
- New courses are always added & all-time favourites are rotated each school holidays.



Creative Kids vouchers (value \$100) can be claimed for any robotics class. Apply through ServiceNSW for your child's voucher.

Drop off	8.30am - 9.30am
Activities	9.30am - 4.30pm
Pick-up	4.30pm - 5.30pm
Cost	\$126.50

Want more information? Visit our website:
mq.edu.au/about/holidays





***Member for a Day:
What would you say?***

Free fun educational activities at Australia's oldest Parliament for children from 4 to 12 years.

Follow the children's trail; enter the guessing competition, participate in the arts and crafts; visit the historic legislative chambers and places rarely open to the public; give your first speech as a Member of Parliament in the chambers; be entertained by roving musicians.

FREE ENTRY

Activities

10.00 am to 3.00 pm

Location

6 Macquarie Street –
opposite Martin Place

**The public café
will be open.**



FREE ENTRY • All Welcome
E: dps.education@parliament.nsw.gov.au
www.parliament.nsw.gov.au
Parliament of New South Wales,
6 Macquarie Street, Sydney

**GROUP BOOKINGS FOR
10 OR MORE ESSENTIAL
9230 2047**

Mona Vale
**PICNIC
IN THE PARK**



Come together on the picnic rug for a stage production like no other!

Mona Vale Village park
7 September 2019, 9.30am – 12.00pm

