



Sacred Heart Catholic Primary School

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Term 3 Week 7 – 5 September 2019

Term 1 Core Value:	Justice
School Rule:	Show Justice with self, others and the environment
Expectation of Behaviour:	Let others learn

Dear Parents

Our school community was saddened to hear of the death of Mr Osborne, (Illuka's dad), and of Luke and Jack M's grandfather last week, as well as Ben F's grandmother. Please keep these families in your thoughts and prayers as they grieve the loss of their family member.

*Do not stand at my grave and weep,
I am not there; I do not sleep.
I am a thousand winds that blow,
I am the diamond glints of snow,
I am sunlight on ripened grain,
I am the gentle autumn rain.*

*When you awaken in the mornings hush,
I am the swift uplifting rush,
Of quiet birds and cyoled flight.
I am the soft stars that shine at night.
Do not stand at my grave and cry,
I am not there; I did not die.*

Mary Elizabeth Fry

Student reports for Naplan 2019 will be sent to schools to be distributed to parents from 16 September. ACARA has included a note with this year's student reports advising caution in interpreting Naplan results if a child experienced disruptions when taking the tests online. Students at Sacred Heart experienced only minimal disruption.

There is great excitement as rehearsals for Aladdin swing into top gear at Sacred Heart. Behind the scenes there has been an amazing group of parents and teachers working solidly to ensure that Aladdin is indeed a spectacular theatrical experience for the students. The props and costumes will bring incredible colour and sparkle to our performance and the talent of many children will be showcased. There are three performances to which parents are invited to purchase tickets - one matinee and two evening performances. Tickets are now on sale.

All staff attended anaphylaxis and asthma training this week which was presented by a Paramedic from the San Hospital at Wahroonga. Students are required to supply their own epipens and ventolin inhalers for their personal use however we do equip our first aid room with epipens and ventolin in the case of emergencies. Our Staff are also trained to use a defibrillator which is stored in the first aid room.

Our final Learning Together Playgroup will be held this Friday. All pre-schoolers, even if not attending our school, are welcome to attend so please bring a friend. Miss Quinlan will again be hosting our playgroup session.

Kind regards

Mrs Suellen Garey
PRINCIPAL

Respect



Compassion



Justice



Service

Religious Education

Year 4 Family Mass

All families are invited to attend the Year 4 Family Mass at 5pm this Saturday, 7 September and stay for the sausage sizzle afterwards (gold coin donation).



Dates to Remember

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



Wellbeing Week Term 3 – During Week 6 children and teachers across K-6 celebrated Wellbeing Week and what a week it was!!!! There was so many amazing things going on with Father's Day Breakfast, Mass and open morning, Respectful Relationship Groups, Mufti Day, the class Bishop Art Prize competition closing and Stage 3 selling some of their produce from their community garden.

Respect



Compassion



Justice



Service

Fruit and Veg Month

Our school has registered for Fruit & Veg Month 2019.



The theme for this year is

'The Adventures of Captain Fruit N Veg!' It's all about linking eating fruit and vegetables with good times, superheroes, superpowers and adventures!

Fruit & Veg Month 2019 runs for the last 4 weeks of Term 3, Monday 2 September to Friday 27 September.

Superpower your family snacks by including more fruit and veg:

- Put out of plate of chopped fruit and/or vegetables with every snack. You'll be amazed at how much more fruit and veg your kids will eat if it is accessible and ready to eat...now!
- Hot day? Freeze up some pineapple slices or grapes to cool the kids down. Cold day? Make up some tomato and cheese or mushroom and baked bean toasties to warm them up!
- Cook up some heavy-on-the-fruit-or-veg muffins and fritters for lunchbox snacks. Most recipes can be prepared in bulk and frozen until needed



Respectful Relationship Groups



For more ideas check out the recipes on the [Fruit & Veg Month 2019 Recipes webpage](#).



September is also The Season of Creation -

from 1 September to 4 October (the Feast Day of St Francis of Assisi). It is an annual worldwide celebration of prayer and action to protect our Common Home. So at Sacred Heart the SRC are calling on all families to try and be Waste Free. To reuse, recycle and reduce.

Skye Nolan-Brown, Co-ordinator

Live Life Well @ School

WOW – WALK/WHEEL ONCE A WEEK

Map safe walking and bicycle routes from home and travel the route with your children.

Organise regular walk or wheel to school Wednesdays.

Walk or ride short distances instead of taking the car.

Chart active travel progress with a wall chart.

Have themed super hero walks or pyjama days!

For more tips: Search 'Active Living' at healthykids.nsw.gov.au

NSW GOVERNMENT | Health Northern Sydney Local Health District

From the Assistant Principal



Exciting news – an office kiosk and a new parent portal!

Next week you will see a change in the school office – the installation of a Compass Kiosk. The Kiosk looks like a large ipad and is to be used by parents who pick up their child/ren early and for late arrivals.

All late arrivals and early departures must be entered into the Compass Kiosk by a PARENT.

Late children should not be dropped at the gate to walk in unaccompanied.

Also, in a few weeks you will receive details about a Compass Parent Portal and App which will enable you to access information online about your child/ren, anytime, anywhere, from any modern web-enabled device.

Initially you will be able to:

- View information on your child/ren’s attendance
- Enter explanations for absences
- Receive communications
- Update your contact details

Please keep a look out for an email with login information and instructions over the coming weeks.

Fiona Ngamu, Assistant Principal

Class Awards – Week 6



KQ	Mischa M, Elena T, Annabelle B	KT	Celine C, Zoe M
1RP	Leanne B, Nicholas G	1S	Freya S, Cara H, Zahli D
2C	Arjen G, Leon O	2D	Emily C, Lexie H
3L	Jarvis D, Hamish M	3M	Solomon P, Jai Q
4C	Anderson L, Elise S	4S	Angelina Z, Isaac S
5M	Jade H, Liam S	5P	Max H, Jay M
6F	Tom G, Lilieta P	6N	Eden W, Harrison D
Principal’s Awards		Chloe H, Albie B	

Birthdays

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

Samantha K, Xavier V, Ethan H, Archie L, Kali H



Canteen News



CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
Mon 9 Sept	Jacqui C, Charlotte C
Thur 12 Sept	Keira L, Monique F, Leanne K
Fri 13 Aug	Kate W, Maite N, Emma M

Kay Neale – Canteen Co-ordinator

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
2 September	3 September	4 September	5 September	6 September
Amber L	Rebecca M	Tatiana N	Leonie S	Georgina D
9 September	10 September	11 September	12 September	13 September
Karissa M	Leonie S	Tatiana N	Melinda B	Julie F
16 September	17 September	18 September	19 September	20 September
Amber L	VACANT	Tatiana N	Rebecca M	Eloise C
23 September	24 September	25 September	26 September	27 September
Amber L	Leonie S	Tatiana N	Melinda B	Georgina D

Rebecca Molinaro – Kiss and Drop Co-ordinator

Sports News

Broken Bay Athletics Carnival

Congratulations to all our athletes who competed at the Broken Bay athletics carnival on Tuesday 3 September. Special mention to Macy B who came 2nd in the 1500m and will now compete at the Polding Athletics Carnival.



InterSchools Snowsports Challenge

We are pleased to announce that Lily and Ava Wearne competed in the recent Subaru SSA Northern States Interschools Championships in Perisher and achieved amazing results.

Both have been invited to compete in the Australian Interschools Snowsports Championships in Mount Buller, VIC this weekend!

Lily made it through in the Division 4 Snowboard GS and Snowboard Cross, and Ava making it through in Division 5 Snowboard GS.



The girls are very excited and look forward to representing the school competing at a National level.
Go girls!!

Steph Munro, PE Teacher

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



SPRING INTO MONA VALE

Northern Beaches Sport & Lifestyle Expo

SUNDAY 8TH SEPT- 10AM – 1PM
VILLAGE PARK, MONA VALE



LOVE FOR LACHIE
Hope • Love • Believe



Spring into Mona Vale

NORTHERN BEACHES SPORT & LIFESTYLE EXPO

Village Park, Mona Vale
Sunday 8th sept - 10am - 1pm

Respect



Compassion



Justice



Service

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



ENROLLING NOW for YEAR 7 2022

If you wish to enrol your daughter at the College for Year 7 2022, the Registration Form needs to be received by the Registrar no later than Friday 20 September, 2019.

To download a Registration Form please visit our website www.stellamaris.nsw.edu.au

Interviews for Year 7, 2022 will be conducted early in Term 1, 2020

Tours of the Campus can be booked by contacting the College Registrar on 9976 1802

Limited places still available for Year 7 2021



Stella Maris
COLLEGE MANLY

inclusive innovative inspiring

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

