



# Sacred Heart Catholic Primary School

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## Term 3 Week 8 – 11 September 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>	Stand up for someone you see being treated unfairly

Dear Parents

We were all very saddened to hear of the death of Mick Power, dad of Claire yr 4, Jackson yr 3 and Henry yr 1, wife of Suzie this week. I have contacted the family and expressed sympathy on behalf of our school community. I have also offered support to the family and this extends to all students, staff and families within our school.

We remember Mick fondly, being a loving, involved dad with all his family. Our heartfelt sympathy goes out to Mick's family and friends.

Mick's funeral will be held at Sacred Heart Mona Vale on Friday 13 September at 11am. Any students wishing to attend, need to be accompanied by a parent.

Next week is our musical extravaganza! Have you bought your Aladdin tickets? For each of the performances, matinee performances and evening performances, students arrive dressed in costume and wearing makeup. For the matinees performance students need to bring their sports uniform in a large bag with NAMES so they can change, so costumes are not ruined during the day. For the evening performances students are delivered to and collected from their classroom.

Kind regards

**Mrs Suellen Garey**  
**PRINCIPAL**

### Religious Education

#### Year 4 Family Mass

Thank you so much to all our families who attended the Year 4 family mass last Saturday. Thank you to the parents who organised the sausage sizzle after mass.



#### Dates to Remember

Wednesday 25 September @ 9:15am - Year 2 and 5 Class Mass, 6F Reconciliation, Sacred Heart Church

Wednesday 23 October @ 9:15am – Grandparents Mass, Sacred Heart Church

#### Prayers

Please keep in your prayers the Osborne family, the Power family, the Munro family and the Fiaola family – all of whom have sadly lost loved ones recently.

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](#)

**Respect**



**Compassion**



**Justice**

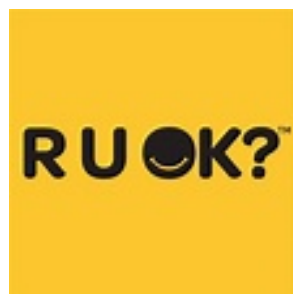


**Service**

**Wellbeing**



**Social and Emotional Learning**



Social and Emotional Learning is vital to Wellbeing. This Thursday is R U OK Day! The R U OK website <https://www.ruok.org.au/> has a number of resources to help ask someone R U OK!!

**WAYS TO PREDICT IF YOUR CHILD IS NOT FEELING THEMSELVES**

A range of circumstances can lead to a child feeling low, including:

- Big life changes like moving house or school
- Experiencing grief or loss
- Being around people going through tough times
- Being bullied
- Arguing with someone
- Problems with school work
- Being bored
- Having a medical condition or chronic illness
- Not sleeping well
- Not exercising enough
- Hormonal changes
- Special needs

They have four tips:

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in

Useful contacts when a child is not OK:

School counsellor  
 GP or psychologist  
 Kids Helpline on 1800 55 1800  
 Lifeline on 13 11 14  
 '000' if life is in imminent danger

**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! The SRC are counting how many pieces of fruit and vegetables each class is bringing.



Encourage your family to eat more fruit and vegetables by being a fruit & veg superhero:

- Show your kids how often you eat fruit and veg – include them in all your meals and snacks too!
- Talk with your kids about which fruit and veg are your favourites and why you think they are superheroes. Kids live in the moment so taste, texture, and superpowers like going fast and having super strength are what matters to them
- Get your kids involved in meal planning and shopping. Put a focus on deciding which fruit and vegetables you will include in your meals and snacks\*



\*Cost or availability an issue? Frozen fruit and vegetables or canned vegetables (no added salt) or canned fruit (in natural juice) are great too!

**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.

Your family could help by :

<p>Go for a bike ride as a family.</p> 	<p>Water your garden before 10 am or after 4pm.</p> 	<p>Create a lizard-lounge in your garden.</p> 
<p>Have a meat-free meal.</p> 	<p>Learn a fact about the environment to tell the class.</p> 	<p>Do some gardening or start a veggie patch.</p> 

**Live Life Well @ School**  
24 HOURS IN A DAY

How do you make your move?



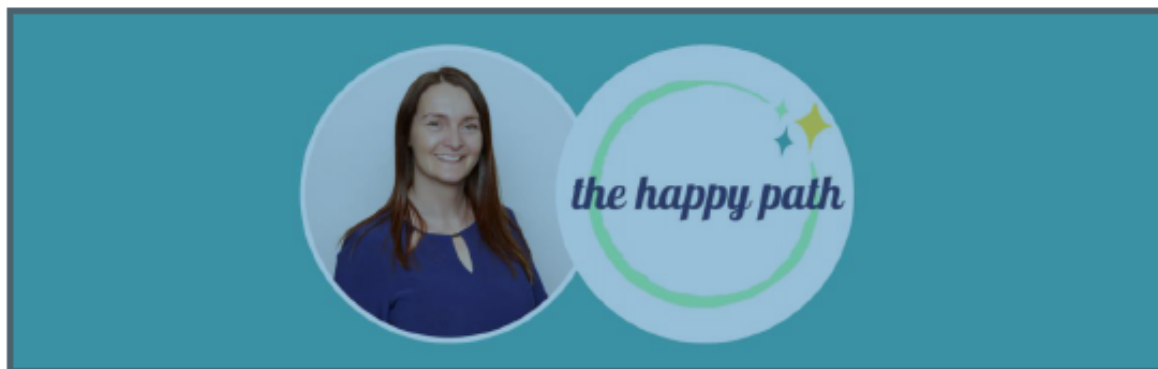
- Grab a ball to play soccer or go for a run with a friend to add some 'huff and puff' **vigorous activity**
- Swap a drive to the shops with a bike or scooter ride for **moderate activity**
- Walk the dog or play handball for some **light activity**
- **Strengthen muscles and bones** by climbing trees or swinging on monkey bars at the playground

Read the guidelines for kids. Search 'Movement Guidelines' at [health.gov.au](http://health.gov.au)



Health  
Northern Sydney  
Local Health District

Skye Nolan-Brown, Co-ordinator



Dear Parents & Caregivers,

As we approach R U OK? Day on 12<sup>th</sup> Sep, I wanted to share a Mental Health exercise I did with Year 3 students during Wellbeing Week last term.

The Rose, Thorn and Banana game encourages children and families, to get comfortable talking about their thoughts, feelings and behaviours. Talking about these topics on a regular basis, means that our children may be more likely to reach out for help, when life throws challenges at them.

As a mum, I live by the mantra *“if we listen to the small stuff when they are young, they will be more likely to tell you the big stuff when they are older”*

Youth Mental Health statistics are alarming. According to Beyond Blue, one in seven young Australians, aged 4-17, experience a mental health condition. The latest data from the Australian Bureau of Statistics (released in 2018), showed 180 people aged under 19 years died by suicide in 2017. Twenty-four of those deaths were children younger than 14.

You may be wondering why I was invited to Sacred Heart to talk about mental health.

I am a Sacred Heart Mum. I am also someone who has suffered with mental illness since I was a teenager and had a mental health breakdown in my 40's. I now work with corporate organisations to help them get comfortable with the uncomfortable topic of Mental Health and REFUEL teams in times of stressful change. I also volunteer speaking time in schools through the ambisie.com #giveonehour movement. I know from my personal experience, as well as my Mental Health First Aider training, that talking about our mental health is important skill for life and a solid foundation for our overall wellbeing.

Attached is the exercise that I use with students in K-YR4 and I encourage parents, caregivers and older siblings to “play along”! It is an easy and fun way to subtly check-in on your child's mental wellbeing. Give it a try! You may be surprised how much more they will share about their day, rather than the standard “Good” or “Fine” response.

Please feel free to contact me directly me if you have any feedback or questions.

**Dianne McCabe**

Change Coach | Facilitator | Speaker

0417 905 616 | [diannemccabe@thehappypath.com.au](mailto:diannemccabe@thehappypath.com.au)

➤ [linkedin.com/in/mental-health-change-strategy/](https://www.linkedin.com/in/mental-health-change-strategy/) ➤ Instagram @the.happy.path  
➤ facebook @thehappypathcoaching ➤ <https://app.ambisie.com/st/diannemccabe>



## ROSE, THORN & BANANA

A fun family game to encourage open conversations about feelings and mental health.

Take turns sharing your ROSE, THORN and BANANA for today. Always end on the BANANA!

This game can be played in the car, around the dinner table or during bedtime snuggles.

	<p><b>What was your ROSE for today?</b> <i>A rose is the best part/thing about your day</i></p>
	<p><b>What was your THORN for today?</b> <i>A thorn is the least best thing/ or hardest part of your day</i></p>
	<p><b>What was your BANANA for today?</b> <i>A banana is the funniest thing that happened today</i></p>



**From the Assistant Principal**

Our Compass Kiosk is up and running at the front desk and comments from parents have been most favourable, especially around the ease of using the technology. A reminder that all students running late or leaving early must be accompanied by a parent. A “blue card” will then be given to the student to present to their class teacher. This card tells the teacher that the student has been signed in via the Kiosk and there is no follow up required.



**Fiona Ngamu, Assistant Principal**

**Class Awards – Week 6**



<b>KQ</b>	Luca A, Jake M, Zoe B	<b>KT</b>	Aden N, Christian K
<b>1RP</b>	Elle M, Blake Q	<b>1S</b>	Campbell T, Arlia A
<b>2C</b>	Aleana A, Jack L	<b>2D</b>	Teacher Absent
<b>3L</b>	Charlotte S, Jackson P	<b>3M</b>	Juliette N, Ethan H
<b>4C</b>	Allegra R, Jacinta R	<b>4S</b>	Joshua G, Ava W
<b>5M</b>	Sienna B, Luke O	<b>5P</b>	Marley H, Sara A
<b>6F</b>	Macy B, Samantha W	<b>6N</b>	Thomas B, Kalista M
<b>Principal’s Awards</b>		Celine C, Lily M	

**Birthdays**

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



Zac D,                      Abi C,                      Claudia C,                      Max S,                      Ruby H,  
 Jack L,                      Ava W

**Canteen News**



<b>CANTEEN ROSTER (start 9.30am - finish 1.45pm)</b>	
<b>Mon 16 Sept</b>	Helen K, Sally W
<b>Thur 19 Sept</b>	Vanessa S, Jackie B
<b>Fri 20 Aug</b>	Beth G, Kellie F, Amy 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](mailto:becmolinaro@outlook.com). Volunteers are always needed.

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>12 September</b>	<b>13 September</b>
			Melinda B	Julie F
<b>16 September</b>	<b>17 September</b>	<b>18 September</b>	<b>19 September</b>	<b>20 September</b>
Amber L	<b>VACANT</b>	Tatiana N	Rebecca M	Eloise C
<b>23 September</b>	<b>24 September</b>	<b>25 September</b>	<b>26 September</b>	<b>27 September</b>
Amber L	Leonie S	Tatiana N	Melinda B	Georgina D

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

**Sports News**



**NSWCPS Netball Carnival**

Congratulations to our Sacred Heart netball stars who participated in the Catholic Schools Netball competition in Penrith yesterday. ✨A special mention must go to our Senior Girls netball champions who were undefeated. The girls scored 163 goals and had only 3 goals scored against them! What a brilliant achievement. We were so proud of both teams demonstrating wonderful sportsmanship and positive attitudes! Thank you to Mrs Wood and Mrs Johnston, as well as our umpires Emma C and Chelsea S.

**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)**

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

**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*

### Grandparents Mass and Morning Tea

Our annual Grandparents Mass and Morning Tea will be held on Wednesday, 23 October. Mass will be at 9:15am followed by morning tea in the school hall. Further details to follow in the coming weeks.

### Gala Night Fundraiser



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

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

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



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](http://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](mailto:registrar@monte.nsw.edu.au)

[www.monte.nsw.edu.au](http://www.monte.nsw.edu.au) | 02 9409 6200 | 128 Miller Street, North Sydney



## What's on at the PCYC October School holidays

We are Australia's pre-eminent youth organisation working with Police and community to empower young people to reach their potential. We are a non-profit, providing safe and supportive environments and affordable activities for local Northern Beaches youth through generous donations from PCYC members and members of the public.

### SCHOOL EXCURSIONS

Why not come to PCYC Northern Beaches for a sports excursion. We can provide a 1 hour session with qualified and experienced staff from as little as \$6 per person. Activities we provide include: Multisport, Basketball, Netball, Soccer, Bootcamp, Yoga, Boxing, Martial Arts, Badminton, Volleyball, Pickleball, Dodgeball and Hockey. Make a day out of it, with free use of our BBQ, seating area and youth hub. We also have multipurpose rooms and courts available for hire, and catering options.

### SCHOOL HOLIDAY PROGRAM

We have just released our October School Holiday Program (Ages 5-12), this time we have both sports days and creative days on offer. Our program is run by our passionate PCYC staff and some local incursion groups. Children can claim their NSW Government Creative Kids voucher to cover the cost of select days. \*Attached is a copy of our enrolment form

There is something for everyone:

- Basketball Skills
- Soccer World Cup
- Ninja Warrior
- Laser Tag
- Art Attack
- Creative Kids - Design Workshop
- Hip Hop Dance

Go to the PCYC website for more information: <https://www.pycnsw.org.au/northern-beaches/>





**Date:** 3 November 2019  
**Time:** 10:00 am - 4:00 pm  
**Venue:** Mona Vale Village Park

**02 9194 6788**  
**[info@monavalechamber.org](mailto:info@monavalechamber.org)**

