



Sacred Heart Catholic Primary School

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Term 3 Week 9 – 18 September 2019

Term 1 Core Value:	Justice
School Rule:	Show Justice with self, others and the environment
Expectation of Behaviour:	Clean up after yourself

Dear Parents

We have had two outstanding matinee performances of Aladdin on Tuesday and Wednesday and eagerly await the final two evening performances. The response of the audience for each matinee performance has been one of amazement at the colourful spectacle and incredible talent on display. The entire cast, K-6 students, teachers and production team are to be congratulated. Thank you also for the calm manner and your wonderful ability to manage change as the wet weather altered plans!

A sincere thank you to Ms Rudd, teachers, choreographers, set and props, costume designers, lighting and sound, make up, video. Your expertise and professionalism has ensured that an amazing opportunity in musical theatre was made available for the students of Sacred Heart in 2019. Thank you to Mitre 10, our sponsor for our production this year.

NAPLAN reports for have arrived at school and will be distributed to students on Friday. Please check your child's bag for these envelopes.

Congratulations to Macy B (1500 m) Alberto J (discus) who will represent the Broken Bay Diocese at the 2019 Polding athletics championships. This event will be held at Sydney Olympic Park Athletics Centre on 18 September. Wishing both Macy and Alberto the very best of luck.

Kind regards

Mrs Suellen Garey
PRINCIPAL

Religious Education

Mission Day Report

On the 6 September Indi, Amelia, Kalista and Lilian attended a Mission Project Day along with other Stage Three students of the Northern Beaches Community of Schools. Special guests were from 'Together For Humanity.' We were challenged to think about how we can support the mission of the church and develop a plan that we can action at Sacred Heart. The day was held at Our Lady of Good Counsel Catholic School Forestville.



The day began with all the students playing the Crocodile Game. The aim of the game was to work with other groups and communicate. This game was a great lesson because we all learnt that you have to work together to compete and have success.

We were then introduced to our three guest speakers who talked about their religion and culture. We learnt about the traditions and culture of Judaism, Islam and Catholicism.

Respect



Compassion



Justice



Service

At Mission Day we learnt that we don't need to open our pockets to help others, we talked about the different religions, and what others say towards people who believe in different religions.

How Are We Going To Contribute Our Learning Forward Into Our School?

Year 6 are going to make brochures about the homeless, and spread out across Woolworths and the parish, we'll hand them out to the shoppers to raise awareness about the homeless. On the 25th of September Year 6 are doing a walk a thon to raise money for St Vincent DePaul.

Indiana L, Lilian H, Amelia L, Kalista M.

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

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

Blessings and congratulations to the Corniani Family on the birth of a beautiful baby girl. A little sister for Alessandro, Alfredo and Lupo.

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 workshop that ran at Sacred Heart during Term 3, talked about the importance of self talk. Self-talk can be both positive and negative. In order for you to build your child's resilience you can help your child to shift their focus to positive self-talk.



Talk with your child about self-talk and how you can shift the focus of self-talk in situations that aren't going so well. Help your child practice reframing their self-talk from negative to practice. You can help them to shift their thinking by reminding them of positive times, so they have good memories to call on. Help your child develop strategies to deal with difficult situations and encourage them to come up with their own solutions.

Resilience research shows that use of positive self-talk is associated with greater persistence in the face of challenge, whereas negative self-talk is associated with higher levels of distress, depression and anxiety. Positive self-talk can be learnt or strengthened through practice (University of Melbourne)

Some examples of positive self-talk are:

- *I am going to stay calm and focussed and give my best effort.*
- *I can stick at this.*
- *I have stuck at things before, so I am not going to give up this time.*
- *It hurts when people say mean things, but that meanness is more about them than me, and I don't have to believe what they say.*



It's always a great idea to model Positive Self-talk to your family especially when there are challenges.

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Live Life Well @ School

FRUIT & VEG MONTH 2019



Fruit and Veg Month
Monday 2nd September - Friday 27th September

Try to sneak a few extra vegies in the lunchbox or meals at home.

- Add chopped/grated veg in meals
- Keep cut vegie sticks in the fridge
- Offer variety—it can take some kids up to 10 tastes of a veg before they come around

Captain Fruit n Veg is on a mission!

Fruit & Veg Month is all about linking eating fruit and veg with good times, superheroes/powers and adventures! Many schools will be supporting kids to eat more fruit and veg.

Did you know? Only 5% of Australian children and adults eat enough fruit and veggies.

For more ideas, search 'more fruit and vegies' at healthykids.nsw.gov.au



Health
Northern Sydney
Local Health District

Skye Nolan-Brown, Co-ordinator






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

Dianne McCabe

Change Coach | Facilitator | Speaker

0417 905 616 | diannemccabe@thehappyath.com.au

➤ [linkedin.com/in/mental-health-change-strategy/](https://www.linkedin.com/in/mental-health-change-strategy/) ➤ Instagram @the.happy.path

➤ facebook @thehappyathcoaching ➤ <https://app.ambisie.com/st/diannemccabe>



From the Assistant Principal



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

You may have noticed 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.

It is important a parent or guardian is present when dropping off or picking your child, otherwise we will require a written/verbal follow-up note to justify the reason for partial absence.

At the end of this term, you will receive details about the 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 from the Compass Team with login information and instructions. This is due to be sent out on Friday 27 September (next week). Please ensure the school office has your family’s most updated email information. This will give you a chance to set-up your App and have a look at the Parent Portal for the start of Term 4.

Fiona Ngamu, Assistant Principal

Class Awards – Week 6



KQ	Brody K, Lilly W, Imogen M	KT	Zara W, Max G
1RP	Lucas S, Eliza M	1S	Lenny N, Estella F
2C	Liam H, Liam W	2D	Lupo C, Indi W
3L	Ruby H, Arlei F	3M	Zac M, Chloe L
4C	Lachlan C, Kayla R	4S	Olivia F, Ethan J
5M	Jesse D, Isabella J	5P	Gabriel K, Charlie M
6F	Luke S, Niamh B	6N	Anabella N, Samuel R
Principal’s Awards		Gabriella K, Neive M	

Birthdays



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

Harper G, Zoe M, Asher O, Owen M, Lola S
 Wootton E, Thomas M Molly M

Canteen News



CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
Mon 23 Sept	Dominique W, Christine H, Anne M
Thur 26 Sept	Jo S, (Yr 5, 6 Gala Day)
Fri 27 Sept	Danielle C, Alex C

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
		18 September	19 September	20 September
		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



Polding Athletics

Congratulations to AJ J (Discus) and Macy B (1500m) who have been selected to compete at Polding Athletics on Friday 18 October at Homebush. Good luck!

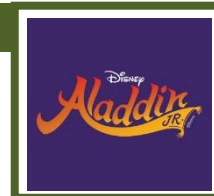
NSW Rugby 7s

Congratulations to Lacey C who has been selected for the NSW Rugby 7s. This is the first primary school girls NSW Rugby 7s team to be formed. This is also Lacey’s second time selected in a NSW team this year.

Steph Munro, PE Teacher

School Musical – Aladdin Jr.

Our wonderful school play for 2019, Aladdin Jr., is underway. The students are very excited and look amazing in their costumes.



A few tickets are still available....

<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

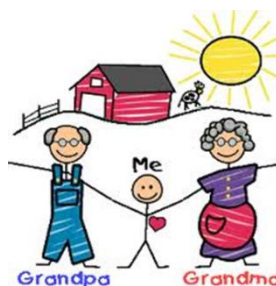
Susan Rudd, Creative Arts Teacher

The Hub

DIARY REMINDERS:

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. Kindy, Year 1 and Year 2 will be catering – please contact your class parent for further information.



Gala Night Fundraiser

Cocktail Party and Fundraiser
Saturday, 26 October. Tickets on sale next week.
Sponsorship opportunities are available – please contact The Hub for a prospectus.

Amanda Lewis / Grant Howard (Co-Presidents)

Email: sacredhearthub@gmail.com

Website: www.shmvp.com

Respect



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Service

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
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2020 BURSARY APPLICATIONS ARE NOW OPEN



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Mercy College**

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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





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

02 9194 6788
info@monavalechamber.org