



Sacred Heart Catholic Primary School

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Term 1 Week 5 - 4 March 2020

Term 1 Core Value:	Respect
School Rule:	Respect yourself, others and the environment
Expectation of Behaviour:	Use the internet appropriately

Dear Parents

Fr Bronek distributed to all staff a beautiful Pocket Prayer. Our school is praying with the Parish in their Year of Prayer. I want to share it with our families as perhaps if your day is not panning out very well you can slip this prayer from your pocket.

*As you carry this pocket prayer
May you be surrounded by God's love.
May He walk before you to guide you.
Beside you to give you courage,
behind you to keep you safe,
beneath you to give you strength,
above you for blessing.
And within you to give you peace.*

A large team of Sacred Heart swimmers attended the Northern Beaches Cluster Swimming Carnival at Warringah Aquatic Centre on Monday. Congratulations to all swimmers and especially to those who were selected to represent the Northern Beaches cluster of schools at the Diocesan swimming carnival. This will be held at Mingara Aquatic Centre, Tumby Umbi on Tuesday 10 March.

Our PLAYGROUP for 2020 will commence 9:15 am on 12 March in the school library. Pre-schoolers, toddlers and their parents are invited to attend, to learn through play, with families who are interested in sending their children to Sacred Heart either in 2021, 2022 or 2023.

Our welcome barbecue is to be held on Friday, 6 March. Bush dancing will commence at 5:30 pm with The Ducks who once again be entertaining us under the peppercorn tree. If the weather is wet the bush dance will be held in the school hall. There will be some fun activities in the playground for the children to enjoy commencing at 4.30pm.

Next week is Well-being Week. Parents might like to take the opportunity to look after their own wellbeing and join the parent's golf day on Friday 13 March. Tee off is at 1 pm at Bayview Golf Club payment can be made via Qkr!. After golf, families are invited to participate in a movie night which is a free event for all families at the Golf Club.

Mrs Suellen Garey

PRINCIPAL

Like and follow us at: facebook.com/sacredheartmonavale

Like and follow us at: twitter.com/SHMV16



Religious Education

Year 3 Family Mass

Thank you to all our families who attended the Year 3 Family Mass last Saturday. A big thankyou to the parents who organised the set up and clean up for the sausage sizzle afterwards.



First Sunday of Lent 1st March 2020



Indigenous minorities in the Philippines face regular discrimination and disadvantage. Manide woman, Shirley, faced challenges supporting her children and sending them to school. With Caritas Australia's support, Shirley's life has been transformed.

Please donate to Project Compassion 2020 to help people like Shirley, and her children gain confidence and respect within their community.

Let's Go Further, Together. You can donate through Parish boxes and envelopes, by visiting www.caritas.org.au/projectcompassion or phoning 1800 024 413.

DO YOU WANT TO FAST FOR LENT?

Fast from hurting words and say kind words

Fast from sadness and be filled with gratitude

Fast from anger and be filled with patience

Fast from pessimism and be filled with hope

Fast from worries and trust in God

Fast from complaints and contemplate simplicity

Fast from pressures and be prayerful

Fast from bitterness and fill your heart with joy

Fast from selfishness and be compassionate

Fast from grudges and be reconciled

Fast from words and be silent so you can listen.

Dates to Remember

Tuesday 17 March @ 9am - St Patrick's Day Liturgy, School Hall

Wednesday 18 March @ 9:30am - Year 2 and Year 3 Class Mass, Sacred Heart Church

Wednesday 25 March @ 9:30am - Year 4 Class Mass, Sacred Heart Church

Saturday 28 March @ 5pm - Year 5 Family Mass, Sacred Heart Church

Wednesday 1 April @ 9:30am - Kinder and Year 6 Class Mass, Sacred Heart Church

Thursday 9 April @ 9am - Holy Week Liturgy, Sacred Heart Church

Prayers

If you have any Good News or if you need our prayers, please, contact me by email.

Chris McBryde, Religious Education Coordinator

chris.mcbryde@dbb.catholic.edu.au

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

Wellbeing

Wellbeing Week T1 Week 7 (9-13 March)

Next Week is Wellbeing Week – Wellbeing Week is an important time as a school to *Stop, Reflect and Breathe*.



It's a good time evaluate:

'What are we doing to look after our Wellbeing?'

'Do we provide time to rest?'

'What are all the things we enjoy that care for our health and wellbeing?'

At Sacred Heart the Wellbeing Team have planned for this Term's Wellbeing Week's Theme which is:

Be You: Be the Best You

During this week we will be having a recognition of Be you: Be the Best You.

Students on **Wednesday 11 March will be able to wear a touch of colour** that represents them - this could be Yellow for Happy, Green for Environmental, Blue for Water person etc.

Wellbeing Week is a time when no Homework is set for Students. The school plans fun activities such as Respectful Relationship Groups. Respectful Relationship Groups is when children are grouped with a Year 6 leader and different students from different classes across the school - a peer support group.

On Wednesday the children will come together and the Year 6 Students will lead a Respectful Relationship Group where they will talk about the theme ***Be You: Be the Best You***. Students will then design or decorate a hand which represents themselves and we will create a Friendship Garden of hands to be displayed in our School. The children will then watch a Story Book Library about *'The Pros and Cons of being a Frog'* by Emma Baker. It teaches the children about celebrating the differences of others and that it is O.K to be yourself.

In the Library Mrs Harrison will be reading books to the children around the Wellbeing Week Theme.

Home Learning Ideas K-6

During Wellbeing Week (Week 7) we want you to spend time with loved ones - caring for your families Wellbeing.

Monday	Tuesday	Wednesday	Thursday	Friday
Magical Musical Monday - spend time with your family playing your favourite songs	Terrific Tuesday - What is terrific about each of you	Wonderful Wednesday - What is something that is 'wonderful in your life'	Thankful Thursday- Be thankful for what we have! Help someone else by donating to Project Compassion	Fun Friday - Have fun with your friends

Send me an image of your family enjoying Wellbeing Week or handy hints and we can share with others in our school-

skye.nolan-brown@dbb.catholic.edu.au

If you are passionate about Gardening or you would like to help with the Sacred Garden, please email skye.nolan-brown@dbb.catholic.edu.au or come to Sacred Heart on Tuesday's 1:10-1:30.



Skye Nolan-Brown, Co-ordinator

Sports News

Swimming

Congratulations to the students who represented our school at the Northern Beaches Swimming Carnival on Monday. We are very proud of your swimming and the way you all supported each other.

Congratulations to the following students who have been selected to swim at Broken Bay next Tuesday evening.

Senior boys team: Bryn W, Ashley D, Ted E and Jesse D

Ashley D and Bryn W have also made individual events.

Individual girls events: Lily C and Abigail C.

Steph Munro – PE Teacher



Birthdays

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

Olivia F Emma R James N Arjen G Sienna F

Kalan F



Canteen News

CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
Mon 9 Mar	Jess M, Lily C
Thurs 12 Mar	Lynne T, Jocelyn R (9:30-1:30), Alexia N
Fri 13 Mar	Kellie F, Beth G



A reminder for our new menu item: The canteen is offering a new menu item “Pulled pork burrito with coleslaw and Aioli mayonnaise (optional)” \$5. This item is available on Thursdays ONLY and for on-line lunch orders only.

Kay Neale – Canteen Co-ordinator

Please feel free to contact me via email at: sshmv.canteen@dbb.catholic.edu.au

Kiss & Drop Morning Volunteers

Monday	Tuesday	Wednesday	Thursday	Friday
		4 March	5 March	6 March
		Rebecca M	Tatiana N	Julie F
9 March	10 March	11 March	12 March	13 March
Amber L	Leonie S	Rebecca M	Melinda B	Tatiana N
16 March	17 March	18 March	19 March	20 March
Karissa M	Amber L	Rebecca M	Tatiana N	Julie F
23 March	24 March	25 March	26 March	27 March
Amber L	Leonie S	Rebecca M	Melinda B	Tatiana N

STUDENT
DROP-OFF
AND
PICK-UP
AREA

Rebecca Molinaro, Kiss and Drop Co-ordinator

becmolinaro@outlook.com

The Hub

*The
Hub*



Welcome BBQ & Bush Dance

This Friday, 6th March is our Welcome BBQ & Bush Dance, from 5.30pm. This is a FREE event for families with a sausage sizzle provided & some country music to enjoy. Bring a picnic rug & come dressed in your favourite country/farmer attire. Year 6 will have their stalls open from 4.30pm - 6pm.



Golf Day

The following week, Friday 13th March is our annual Parents Golf Day at Bayview Golf Club - tickets are now available to purchase on Qkr. The numbers are already looking great for the day, grab some friends together and make up a team of four or register yourself and we will put you in a team of other parents. This is always a fun day, not to be missed. Raffle & prizes!



Movie Night

Following golf, from 5pm, we have organised a family movie night at the Bayview Golf Club, this is a FREE event for families to join the golfers, there will be food (kids meals & limited adults menu) available to purchase until 6.45pm from the club. All welcome.

Uniform Shop Opening Hours

Mornings – 8:20am-8:50am - Mondays, Tuesdays and Fridays

Afternoons – 2:40pm-3:10pm - Fridays

All items \$3. Pay via Qkr! or cash.

Donations always welcome of any uniform items in good condition. Please note we can no longer take white sports shirts as donations.

SHMV HUB (P&F)

admin@shmvparents.com



Community News



Stella Maris
COLLEGE MANLY

Start your Stella story...



OPEN EVENING
Wednesday 18 March 4.00pm - 7.30pm

see website for details
www.stellamaris.nsw.edu.au
smcmanly, 52 Eurobin Avenue Manly



MATER MARIA CATHOLIC COLLEGE
COMMUNITY • FORMATION • SUCCESS



OPEN DAY 2020
WEDNESDAY 4 MARCH 2020
4PM TO 7PM

You're invited to visit our NEW facilities, meet the students, staff and experience an evening at Mater Maria Catholic College

Year 7, 2022 applications close on Friday 3 April, 2020

For more information please contact our Enrolment Registrar on 02 9997 7044 or email deborah.fitzgerald@dbb.catholic.edu.au

Applications for current Years 7 - 11 are also welcome

matermaria.nsw.edu.au/enrolments

MATER MARIA CATHOLIC COLLEGE • 5 FOREST ROAD WARRIEWOOD NSW 2102
T 02 9997 7044 • W matermaria.nsw.edu.au

We warmly invite you and your family to join us at our 2020 College Open Day.



 **OPEN DAY** Sunday
8 MARCH 2020
9:30am - 1:30pm
128 MILLER STREET, NORTH SYDNEY

HIGHLIGHTS

- Principal's Address
- College Tours
- Live Music
- Interactive Displays and Demonstrations
- Historical Exhibitions
- Face Painting
- Guest Entertainers
- Artisan Gelato
- Coffee Cart
- Cafe and BBQ
- Student Showcases
- Sporting Activities and Demonstrations
- Passports - explore the campus and activities with your children, stamp their passport along the way and receive a small gift upon completion.

Bring the family! Visit our website www.monte.nsw.edu.au

