



Sacred Heart Catholic Primary School

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Term 1 Week 7 - 11 March 2020

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

Dear Parents

On occasion, it can be quite refreshing when an alternative is offered to something that makes us think that we have “heard it all before”, such as:

- **On the other hand** – you have different fingers!
- **To make a long story short** – don’t tell it!
- **Latest survey shows that 3 out of 4 people** – make up 75% of the world’s population.

With the Season of Lent upon us and the old problem of “what to give up for lent” circling around us, perhaps the following might offer some new alternatives:

*Fast from anger and hatred
– be more patient and understanding.
Fast from judging others
– think kindly thoughts.
Fast from discouragement
– be full of hope.
Fast from complaining
– focus on gratitude.
Fast from resentment or bitterness
– turn to forgiveness.*

Of recent times, Lent has lost some of its importance to Christians, but a Christianity that celebrates only the joyful times, like Christmas and Easter, leaves us with a fractured Spirituality. We need to have the balance of being challenged by the sometimes harsh truths of human life – our weaknesses and failings.

**“Jesus,
May we be encouraged this Lent
as we reflect on the difficulties
You had in Your life.
Give us a like courage to face
the challenges that daily enter our lives.
Lead us to the joy of resurrection. Amen.”**

How lucky were we with the weather on Friday evening for our Welcome Barbecue and Bush Dance! Thank you to the Year 6 students and their families for organising all the fun activities on the playground before the bush dance and for cooking the delicious sausages for our barbecue. The Ducks, the bushband who played for us donated their fee for the evening to the Conjola bushfire relief and over \$300 was raised from parents donating to the “Cough up for Conjola” bucket that was circulating on the night. The year 6 stalls raised funds towards the replacement of the play equipment. Thankyou!

Our annual parent's golf day will be held this Friday, 13 March at Bayview Golf Club . Afterwards a family movie will be shown so, golfers, invite the kids to watch a movie after golf. Golfers are asked to pay the green fees via Qkr!.

As emerging leaders in our school the Year 6 students who were elected as School Captains, Vice Captains and Liturgy captains have been invited to attend the annual Leadership Mass and Conference on 19 March with Father D. Ranson. Students will participate in leadership discussions with other students from our diocese and attend Mass at our Lady of the Rosary Cathedral, Waitara. This is an opportunity for young leaders in the diocese to come together and support each other with their leadership role.

Our website has been updated with some great photos and information. Have you recently viewed our school website?

Cricket and soccer gala days this term will be held next week. Stage 3 will be held on Tuesday, 17 March and stage 2 on Thursday, 19 March. Soccer will be at Millers and David Thomas Reserves, Manly Vale and cricket will be held at North Narrabeen Reserve. Children from years 3-6 have the opportunity to participate. Please note DOGS are NOT allowed at venues. If raining on the day the decision will be based on the forecast for the day and schools will be informed by 7:15 am. Students representing Sacred Heart at the gala days are expected to wear the full school sport's uniform.

Sacred Heart playgroup commences tomorrow Thursday, 12 March come along and join in the fun at 9:15 in the library.

Mrs Suellen Garey

PRINCIPAL

Like and follow us at: facebook.com/sacredheartmonavale

Like and follow us at: twitter.com/SHMV16



Religious Education

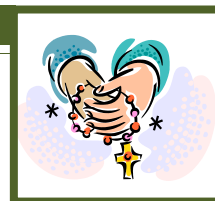
Family Prayers Pack

To complement our parish theme of Prayer this year we have created Lenten Family Prayer Packs for each class.

Packs contain a prayer cloth, tea light candle, instructions for leading family prayer in your home and a prayer journal for your child to write a prayer or draw a picture.

Your child's teacher has organised a roster for each child to bring home the pack for one or 2 nights during Lent.

If your family is unable to participate in family prayer the evening the pack is brought home, simply return to class the next day.



**PROJECT
COMPASSION**
GO FURTHER TOGETHER

Third Sunday of Lent
15 March 2020

 **Caritas**
AUSTRALIA

Barry grew up in a tough environment. With the support of a program from Caritas Australia's partner, Red Dust Healing, Barry has overcome many of life's challenges. He is now an inspirational father to his four girls and a leader in his community.

Please donate to Project Compassion 2020 and help vulnerable people like Barry, so that they are empowered to assist members of their communities in Australia.

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](#)

Assistant Principal

NAPLAN online readiness test

On Monday 23 March, the Year 3 and Year 5 students in our school will participate in a NAPLAN online readiness test. NAPLAN assesses literacy and numeracy – important skills that each child needs to succeed in school and life. The NAPLAN tests are designed to help us make sure students are on track with their literacy and numeracy development. All students in Years 3, 5, 7 and 9 participate in NAPLAN tests for reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy.



Students do not need to be computer experts to take the NAPLAN test online. Making sure our students have computer skills is part of our school curriculum, and our teachers will ensure your child is familiar with the online format. The purpose of the NAPLAN online readiness test is to confirm our technology is prepared for the upcoming NAPLAN assessments in Term 2.

To see the types of questions and interactive features of NAPLAN Online, visit [the public demonstration site](#). If you have any questions about NAPLAN Online, please contact your child's teacher.

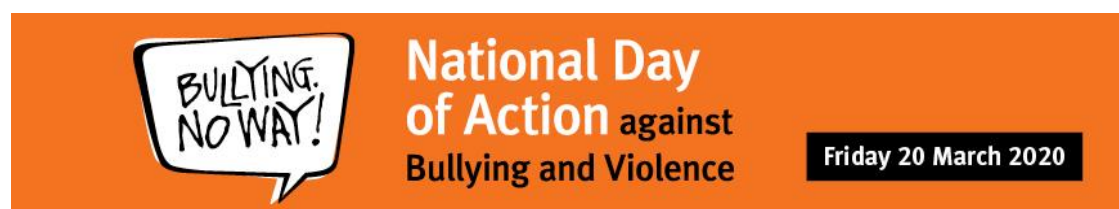
For more info:

- [How to support your child during NAPLAN](#)
- [information for parents and carers](#)
- [Watch a video that explains NAPLAN Online](#)
- [Subscribe to ACARA's monthly parent newsletter, Parent Update](#)

Class Parents

Kinder	Year 1	Year 2	Year 3
Kellie F (Leader) Emma W Yvonne B, Kellie F Keira	Alana M (Leader) Kellie D Sally W Vanessa B	Andy D (Leader) Shana H Marg C Alison N	Beth G (Leader) Liana S Dave L Rob G Jackie B
Year 4	Year 5	Year 6	
Matt C (Leader) Adrian D Suzie P Bobbie R	Trish B (Leader) Mel R Simon G Sandra C	Jacqui C (Leader) Julia D Kerrie A Kellie C Mel R	

Wellbeing



At Sacred Heart we will be celebrating the National Day of Action against Bullying. We will be talking to the children about 'Be an Up stander' and that there are three strategies they can try to Upstand

1. Be a Buddy-
2. Interrupt
3. Speak Out
4. Tell Someone

The two links below can help you as a family to talk about this significant day as well as provide you with a common language that they will be exploring at school to talk about Bullying and how to be an Up stander.

<https://bullyingnoway.gov.au/Resources/Videos/Pages/VideoPlayer.aspx?VideoID=183>

<https://www.youtube.com/watch?v=eeqQCyQOCpg>

Letters for the Troops

On Monday this week children in Years 3-6 had a guest speaker visit from Tamara Harding. Many of the children know Tamara through the work that she does with the Friends of Soibada where we, as a school community, have had a social justice initiative to help the people of East Timor.



Tamara came to talk to the children about writing letters to the serving armed services/ deployed personnel to go with care packages from the RSL and to be received for Anzac Day.

The children learnt about the role of peacekeepers and people who serve in the Australian Armed Forces.

They watched a video about "Here they come: A day to remember" made by the Department of Veterans' Affairs (DVA). The video talked about the role of different members of a community who attend an Anzac Day ceremony and reflect on what that day means to them.

The video highlighted a range of perspectives possibly found in Australian communities towards the concept of commemoration. Children were then invited in their classes to write letters for the troops.

Everyday Counts – Attendance Week 16 to the 20 March

Next Week the Monday 16 to 20 March is Attendance Week in Catholic Schools across the Diocese of Broken Bay. Below is some important information that will help you with making every day count.



Absences add up!

Being **10 minutes** late per day can lead to **6 days missed** per year.



Missing **2 days** of school a month means over **1 entire year** of missed learning in a child's school life.



Each day missed:

- Puts your child behind and makes it harder for them to catch up.
- Can lead to lower achievement in reading, writing and numeracy.
- Can lead to gaps in learning and impact on social and emotional skills.



**ATTEND MORE,
LEARN MORE,
BE MORE...**

Good habits begin early

Be on time each and every day.



Good attendance starts in Kindergarten and sets your child up for success in school life.

What parents can do

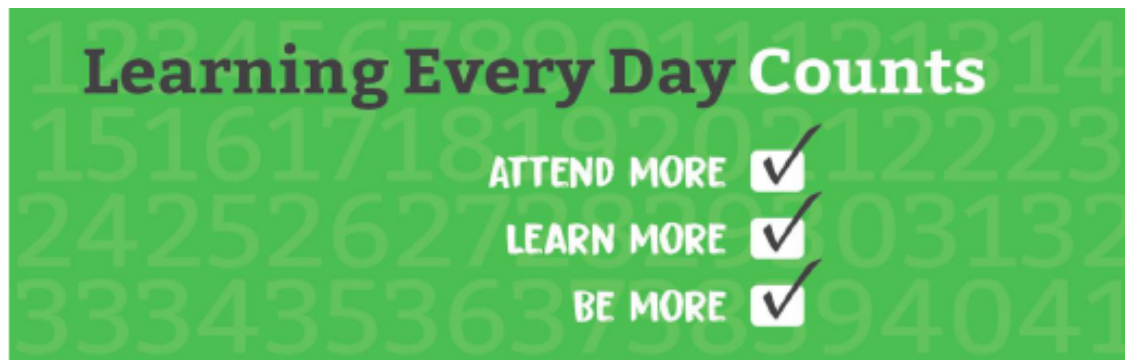
- **Be firm.** Send your child to school every day unless they are sick
- Develop good sleep and morning routines
- Schedule appointments after school
- Avoid taking holidays during term time
- Limit screen time

Schools are there to help

If you're having attendance issues with your child, speak to your school about ways to address it.



Additional resources
www.csodbb.catholic.edu.au/schools/attendance



TIPS FOR PARENTS Supporting your child's attendance at school

Develop good routines: Children NEED routine. These habits are a good foundation that will help kids throughout their school life and into the future;

- Get uniforms, school bag and all school things organised the night before
- Go to bed at the SAME, reasonable time each night
- Get up at the SAME time each morning
- Have breakfast at the SAME time each morning
- Leave for school at the SAME time each day (be on time!)

Be positive: Talk about school in a positive way in front of your child. If you have any concerns, talk to the school about the issue rather than create a negative image about school for your child. You will create problems for yourself and your child if you teach them to be negative about school.

Build your child's problem solving skills: Rather than solving all their problems for them, help your child solve problems by asking them what they think is the best thing to do, or what do other kids do if this happens. Discuss ideas together rather than just giving them the answer or criticising the school. You are a role model for your child.

Be firm: You are the parent and kids need to feel secure in knowing that you always mean what you say. Don't say things if you can't or won't do it. Kids have plenty of friends, but they only have one mum/dad. Being a parent is more important, more special and much harder than trying to be their friend.

Develop incentive programs: Encourage and reward the behaviour you want to see. Everyone likes to be rewarded for trying hard and doing their best. Kids respond to small rewards, praise and little treats. Nothing big or expensive, maybe just some time with you kicking a ball, a bike ride or fish and chips! You could also use a chart and put a sticker up for each time the child gets ready for school on time – at the end of the week you could agree on a reward for their efforts. Being positive makes everyone happy.

Kids need to understand about consequences: If your child does not do what you agree to, or they break the rules, then they need to know that there will be consequences for their actions e.g., no computer or TV, no pocket money or maybe even ask them how they will "make up" for their behaviour. Follow through with the consequence!

Don't get into arguments: with your child. Kids know how to push your buttons, so instead of ongoing arguments, just say what you need to say and walk away. Tell your child you have made your decision and that it is final. Your child will soon learn that you mean what you say and that arguing will not work. Teenagers are expert arguers!

Don't take things personally: Kids will often use 'words as weapons' especially when they are feeling frustrated. Name calling, muttering under their breath or saying "I don't love you anymore!" can be very common.

Be consistent: You will only confuse your child and create anxiety if you constantly change the messages you give them. If you tell your child they have to be at school every day and then let them stay home because it is convenient or give in to their demands, then the child learns that you will cave in under pressure and that you don't mean what you say.

Environment and Sustainability

The Northern Beaches Catholic School Parents Sustainability Group have organised, with the Northern Beaches Council, a Beeswax Wrap Making Workshop for parents and teachers of Northern Beaches Catholic Schools.

Up to three teachers/parents per school may attend to learn how to make beeswax wraps and take their new knowledge back to teach the students in order to make great gifts and reduce single use plastics in school and at home.

The RSVP has been extended until this Friday, 13 March.

Rebecca B (Catholic School Parents Representative)
Leonie S (Catholic School Parents Sustainability Group)



NORTHERN BEACHES CATHOLIC SCHOOL PARENTS
INVITES
TEACHERS AND PARENTS TO A

Beeswax Wrap Workshop

Hosted by Northern Beaches Council for parents and teachers of Northern Beaches Catholic Schools to come along and learn how easy it is to make your own beeswax wraps. Take your new skills back to your school community to share with your students.

Great for reducing single use plastic and make the perfect Mother's day or Christmas gifts.

TUESDAY 17 MARCH | 7 PM
COASTAL ENVIRONMENT CENTRE, LAKE PARK ROAD
NORTH NARRABEEN (ENTRANCE OFF PELICAN PATH)

BOOKINGS ESSENTIAL - FREE EVENT - UP TO 3 PEOPLE PER SCHOOL
RSVP BY 10 MARCH: EMAIL: PARENTCOUNCIL@DBB.CATHOLIC.EDU.AU



Proudly Supported by



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

The Broken Bay Swimming Carnival was held on Tuesday night at Mingara. All of our swimmers performed their very best in a highly competitive carnival and should be proud of how they represented our school.

Special congratulations go to Ashley D (50m Butterfly) and Bryn W (50m Freestyle) who were successful in qualifying for the Polding Swimming Carnival. Good luck boys!

Steph Munro – PE Teacher



Birthdays

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

Saxon L



Canteen News

CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
Mon 16 Mar	Leanne K, Nicole K
Thurs 19 Mar	Jackie B
Fri 20 Mar	Keiran E, Theresa G



Help needed: Thursday 19 March either 9.30am-1.45pm or 11am-1.30pm, please contact Kay.

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
		11 March	12 March	13 March
		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



Rebecca Molinaro, Kiss and Drop Co-ordinator

becmolinaro@outlook.com

The Hub

Thank you to everyone that came to the Welcome BBQ & Bush Dance, it was a great afternoon and evening enjoyed by all. Thank you to the Year 6 class parents who made sure they had enough parent volunteers to make the event run smoothly. Year 6 students and teachers did a great job with their stalls!

*The
Hub*



This Friday we have our Parents Golf Day at Bayview Golf Club, thank you to everyone that has registered. We are in the process on finalising teams for the day. If you have not yet registered but are wanting to play, please register on Qkr!, final numbers will be given to the club on Thursday at 4pm.



Don't forget we are holding a family movie night, following golf from 5pm. The movie featured will be The Lion King (latest release) and the movie will start at 5.30pm, 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. We will have a raffle with lots of great prizes.



This year our Annual Gala Night will be held on Saturday 15 August, we are starting to organise the class artwork for this fundraising event, if you can help with this please speak to your class parents.

Following is some information about 2020 events and what Year group is looking after what event this year. Any questions about this information please feel free to email us anytime on admin@shmvp.com.



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



