



Sacred Heart Catholic Primary School

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Term 1 Week 8 - 18 March 2020

Term 1 Core Value:	Respect
School Rule:	Respect yourself, others and the environment
Expectation of Behaviour:	Listen to other people's opinion

Dear Parents

A huge thank you to our community who have adopted safe practices including using “Kiss and Drop”, not entering the playground, supplying personal use hand sanitiser and keeping unwell children at home. We appreciate your consideration of others, together we can make a difference!

Communication: During this fluid time daily update emails are being sent to the parent community and staff community. Please check your emails!

At Sacred Heart Catholic Primary School today:

- Three teachers were released from class to plan Home Learning for possible school closure;
- Discussions with school cleaner have taken place to ensure the continuing safety of our community;
- Engaged a Virus & Bacteria Disinfection Service and changed the cleaning product at school to a high level CDC disinfectant used in Healthcare facilities;
- School attendance was at 84 %;
- In the Prime Minister's live address to the nation this morning he was very definite that schools would not be closing at this stage;
- All teachers requested to upskill re Zoom video conferencing.

Cancellations include:

- 19 March Year 6 Leadership day;
- 26 March Playgroup;
- 28 March Year 5 Family Mass;
- Polding Winter Trials – netball, basketball, rugby league and football – due to be held in Bathurst in Term 2 have been cancelled;
- 25 March Cupcake for Caritas - Kinder SJ event.

If Sacred Heart is closed due to Covid-19, some possibilities we are working towards are:

- Students in K-2 will receive weekly Home Learning packages;
- Years 3-6 students will access learning through Google Classrooms;
- Teachers will be available through email and video conferencing to assist students.



Mrs Suellen Garey

PRINCIPAL

Like and follow us at: [facebook.com/sacredheartmonavale](https://www.facebook.com/sacredheartmonavale)

Like and follow us at: twitter.com/SHMV16



Religious Education



Fourth Sunday of Lent
22 March 2020



Thirty-two-year-old Sakun lives in a village in central east India. She developed polio as a child and has difficulty walking. After joining a Caritas Australia-funded program, Sakun has learned new skills and gained important mobility. She is more resilient, more confident and more independent.

Please donate to Project Compassion 2020 to help uplift vulnerable communities and support the rights of indigenous peoples around the world.

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

All week day masses, family masses and liturgies scheduled for Sacred Heart Students to attend have been cancelled in response to the COVID-19 Virus until further notice.

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

At Sacred Heart in the last week we are seeing how resilient and how many students can bounce back under adversity. The students have been talking about ‘Washing their hands’. Some of the signs the children have up in the classroom and their teachers have spoken to them about are:



Don't be scared. Be prepared.
Covid-19

Cough and sneeze? Elbow, please! Let's be fab and do the dab

Stay home when sick
Don't burst a sick-day bubble
Cover your mouth when you cough
Wash your hands (rub for 20 seconds!)
Just for now, no shaking hands or high 5's

www.health.nsw.gov.au

Practice simple hygiene by washing hands regularly

1 Wet hands	2 Apply soap	3 Lather & scrub
4 Rinse hands	5 Turn off tap	6 Dry hands

Spend 20 seconds washing your hands.

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During this time your family and you need to talk about your feelings and how you are coping. Understand that the situation can cause anxiety. Try as a family to enjoy all the things you like and focus on the positive.

Exercise can help with reducing stress and creating opportunities to talk. There are also online services that can help support your child if they are needing to relax such as:



The Smiling Mind:
<https://www.smilingmind.com.au/>

Live Life Well @ School

MAKE YOUR MOVE - BE ACTIVE FOR LIFE

Tips to be active:

- **Keep a box of balls** or a kite at home and in the car so you will always be ready for action!
- **Walk and talk** practice multiplication, spelling or other homework with your child while walking
- **Encourage activities** that strengthen muscle and bones at least 3 days per week e.g. hopscotch, martial arts or dance
- **Incidental activity counts!** Take the stairs, walk the dog, do some housework or spend time gardening.

For more tips visit www.makehealthynormal.nsw.gov.au



For health benefits, children **aged 5-12 years** need at least **60 minutes** of moderate to vigorous physical activity every day. Variety is important.



Health
Northern Sydney
Local Health District

Skye Nolan-Brown, Co-ordinator

Birthdays

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

Gabriel K Aisling M Leanne B Jaxon L Joshua T
Indi W



Canteen News

CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
Mon 23 Mar	Sally W, Vanessa B
Thurs 26 Mar	Jackie B, Vanessa D
Fri 27 Mar	Brittany C, Amanda M, Anne M



Help needed: Friday 20 March either 9.30am-1.45pm or 11am-1.30pm, please contact Kay.
Also, due to all gala days now cancelled, help is need for Thursday 9 April 9:30am-1:45pm or 11am-1:30pm.

Kay Neale – Canteen Co-ordinator

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

Kiss & Drop Morning Volunteers



Monday	Tuesday	Wednesday	Thursday	Friday
		18 March	19 March	20 March
		Rebecca M	Mick T Jasmine R	Julie F Alana M
23 March	24 March	25 March	26 March	27 March
Amber L Alison G	Leonie S Belinda R	Rebecca M	Melinda B	Tatiana N

Help needed: We are trying to have two volunteers in the morning to encourage parents to do Kiss and Drop. If anyone would like to help through this time please email or text me.

Rebecca Molinaro, Kiss and Drop Co-ordinator

M: 0414 416 874

becmolinaro@outlook.com

The Hub



Thank you to everyone that attended the Parents Golf Day at Bayview Golf Club last Friday, we had the most beautiful weather for golf and all of the golfers had a great day.

The Movie Night following golf, was lots of fun for the children, thank you to the families that attended this evening.

Reminder - We are starting to organise the class artwork for this fundraising event, if you can help with this please speak to your class parents.



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



STELLA MARIS OPEN EVENING FOR TONIGHT, 18 MARCH,
HAS BEEN CANCELLED

