



## Sacred Heart Catholic Primary School

Cnr Waratah & Keenan Street, Mona Vale NSW 2103

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### Term 2 Week 3 - 13 May 2020

**Term 2 Core Value:**

Compassion

**School Rule:**

Show Compassion for ourself, others and the environment

**Expectation of Behaviour:**

Include someone who is alone on the playground

### Parent Update & Newsletter 13/5/20

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#### Dear Parents

*"Many people have recently lost their jobs. Let us pray together for those who are suffering for lack of employment...on 14 May, believers of every religion are invited to unite themselves spiritually in a day of prayer, fasting and works of charity, to implore God to help humanity overcome the coronavirus."*

*Pope Francis*

#### At Sacred Heart Catholic Primary School today

- Student attendance today was 45%
- Please note the NSW Government requests a gradual return to school. This week is a ONE day Return of Face to Face, next week TWO days!

#### Moving forward:

- All students K-6 are invited to attend **TWO** days a week (Mon-Thurs) in Week 4
- In line with a gradual return to school only Kindergarten and Year 1 are invited to attend an extra day on Friday 22 May.
- On Friday the Class Parent reps, Advisory Team and Hub members are invited to Zoom with the Principal at 10am.

#### Keeping safe:

- If you need assistance visit [Beyond Blue's support services](#). Their mental health professionals are available 24/7 on 1300 22 4636, [Web chat](#) (3pm-12am AEST) and [email](#) (responses within 24 hours).
- For **immediate support** call Lifeline on 13 11 14 and in an emergency, always call triple zero (000).

### Q&A:

**Q:** Can my child attend extra days than those allocated?

**A:** Whilst we would not turn away any child, the school is trying to comply with the guidelines for a safe return for all by limiting the numbers of students on site. We also acknowledge that the HBL for Kindergarten and Year 1 is particularly difficult and have therefore only offered Kindergarten and Year 1 the extra Friday at present.

**Q:** Has the end of month school fee statement been sent?

**A:** No, as advised by CSO, fee statements are not being sent until further notice.

**Q:** Can I go to the uniform shop?

**A:** No, the uniform shop is closed until further notice. If parents email admin of sizes and items, admin will try to assist.

*Mrs Suellen Garey*

**PRINCIPAL**

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

Like and follow us at: [twitter.com/SHMV16](https://twitter.com/SHMV16)



## Religious Education

Dear Parents,

I can certainly say that the Easter Holidays were a very different time for me and I felt there was a huge spiritual void during this time despite our church's and priests working very hard behind the scenes to offer live streaming of masses and other Easter celebrations. What was really missing was the opportunity for us to join together as a Catholic Community to celebrate the Easter Season and delight in the wonder of "New Life" that the season brings.

It has been heartening to hear stories of how families and extended families connected during this time through "Zoomed" Easter Hat Family gatherings and Trivia.

Other conversations with parents have highlighted the enjoyment of having "hanging around" time with their children and partners: the opportunity to be with and listen to your children and be yourself. Valuable, important times that will hopefully become the highlight of "Covid-19" times.

Catholic Schools Office are engaging parents through Home-Based Spirituality online. The following link will take you to further information about how you can participate in [Home-Based Spirituality/Gratitude](#).

### Sacramental Programs

At this stage all preparation for our Sacramental Programs has been put on hold. We will update you as soon as further information is available.

### 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](mailto:chris.mcbryde@dbb.catholic.edu.au)

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



## From the Assistant Principal

### Specialist Class Timetable

There have been a few changes for this term – the new timetable is noted below. Students are to wear their sports uniform on class sports and PE days.



Year	Library	Class Sport	PE	Drama
Kinder	Wednesday	Monday	Thursday	Thursday
Year 1	Tuesday	Wednesday	Thursday	Thursday
Year 2Blue	Tuesday	Monday	Thursday	Thursday
Year 2Green	Wednesday	Monday	Thursday	Thursday
Year 3	Wednesday	Monday	Friday	Friday
Year 4Blue	Tuesday	Tuesday	Thursday	Friday
Year 4Green	Tuesday	Tuesday	Friday	Thursday
Year 5	Tuesday	Tuesday	Friday	Friday
Year 6	Thursday	Tuesday	Friday	Friday

**Fiona Ngamu, Assistant Principal**

## Wellbeing

Sacred Heart is a place where children have loved returning to school during Phase 1- one day a week during Week 3.



It has been delightful to watch their faces engage with their friends and teachers. There have been many beautiful moments seeing children returning to school. There has been the happy sounds of children's chatter and laughter which has been greatly missed during the COVID-19 Pandemic. With children returning one day a week, this has allowed the school to respond to the Governments staggered response and to cater for the health and wellbeing of all in the school community. Many children seem genially happy to return and share their Home Based Learning (What a huge effort as parents you have done to navigate and help your child with their learning in ways that have never occurred!!).

This period of return to school for all in the community is probably a time of change, uncertainty and trepidation. It is a time when both children and parents have been on a journey into Home Based Learning as well as being able to see the light at the end of the tunnel when they will return to school five days a week.

However, there is a new reality in schools and the community where social distancing and gatherings will have evolved and changed. If you or your child is struggling with this new reality there are some ways to help:

**Live Life Well @ School**

**GET ACTIVE: MAKE AN OBSTACLE COURSE**



**Whether you are indoors or outdoors, you can still get active with an obstacle course.**

- Find items around the house that you can safely use to create an obstacle course. Be creative! Use chalk, sticks, leaves, toys.
- Incorporate as many skills as you can e.g. Jog on the spot, hop, throw, catch, roll, balance, skip.
- Time yourself to see how fast you can complete the course.

**For more tips visit:**  
[www.makehealthynormal.nsw.gov.au](http://www.makehealthynormal.nsw.gov.au)

  
Developed by Northern Sydney Local Health District

1. *Look for the Silver Linings*- talk about the change, what has been the positives and how have you dealt with the negatives. Talk about the array of feelings that you have experienced and that everyone has felt these feelings at some point over time.

2. *Look for the Routines*- Think about what new routines your family has adopted during this period of self-isolation. Are there some things that you would keep and incorporate more into your family life? Do you need to re-think the bed and morning times, as you have been letting yourself and those you love relax a little? Is there some ways you can be kinder to yourself?

3. *Look for the engagement in your Child's Learning*- During the Home Based Learning have you and your child come to appreciate your child's love of learning or areas of interest. Have you found interesting learning opportunities that you can foster in your child? Have you found your child needs support in a certain area and you have been slowly helping them to learn that area of difficulty?

4. The resource below is from *The Season for Growth- A guide to Self- Care and Wellbeing during Uncertain Times* – It has some fabulous Self- Care ideas for you and your family:

**Steps for Self-care**

There are things you can do to support yourself, your friends and your family:

- **Listen** - to your needs and your own advice
- **Offer kindness** - for yourself and others
- **Stay connected** - with others by phone and online
- **Keep informed** - just enough information from reliable sources
- **Maintain a healthy routine** - diet, activity and sleep
- **Focus on the things you can control** - versus the things you can't
- **Reflect on past success** - recall a stressful time and reflect on the things that helped
- **Learn a new skill** and make plans for the future
- **Help others** - if and when you can
- **Seek support** - It's okay to ask for help and advice
- **Build hope** - Focus on 3 things you are grateful for.



**You can't pour from an empty cup.**  
Look after yourself so you are better able to help the children and young people in your care.









Skye Nolan-Brown, Co-ordinator

### From the Office

## SCHOLASTIC Book Club

We are really excited to have **BOOK CLUB** running this Term, but it will look a little different! It will be a **virtual catalogue** rather than the printed catalogues you're used to receiving. **To order from this issue go to:**

[Scholastic.com.au/Book-Club/virtual-catalogue-1/](https://www.scholastic.com.au/Book-Club/virtual-catalogue-1/)

**Place your order on LOOP as normal by 20 May 2020.**

We will receive your order here to our school like normal.

***Carol Barlett, Senior Admin Officer***





## Canteen News

Regrettably, Canteen is closed until further notice.

**Kay Neale – Canteen Co-ordinator**

Please feel free to contact me via email at: [sshmv.canteen@dbb.catholic.edu.au](mailto:sshmv.canteen@dbb.catholic.edu.au)



## Kiss & Drop / Kiss & Ride

The morning Kiss and Drop is not being attended by parent volunteers. Parents **are** still able to drop off their children at the Kiss and Drop area for them to safely walk into school.



Kiss and Ride of an afternoon remains the school's preferred method for collecting your children or, alternatively, will be escorted to a waiting parent or bus by a teacher, or attend after school care.

**Karen Calleia, Admin**

## The Hub

*The Hub*



### Uniform Shop Opening Hours

Our Second Hand Uniform Shop currently is not open.

However, should you require items from the uniform shop, please email the school office ([shmv@dbb.catholic.edu.au](mailto:shmv@dbb.catholic.edu.au)) with size and type. The office staff will arrange a selection (if available) for you to look at via the office. Collection is by arrangement only.

All items \$3. Pay via Qkr! or credit card at the office on collection.

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](mailto:admin@shmvparents.com)

Community News



## MERCY CATHOLIC COLLEGE ACCEPTING APPLICATIONS FOR YEAR 7, 2022 NOW



We understand that some families are currently unable to submit enrolment forms in person, so we are now accepting enrolments via email. Send your scanned application form along with copies of your daughter's Birth Certificate\*, Sacramental Certificates\*, Immunisation Statement, last School Report and NAPLAN Report to

**[smccc.registrar@dbb.catholic.edu.au](mailto:smccc.registrar@dbb.catholic.edu.au)**

The deadline for applications has been extended to Friday 29 May  
\*Original copies will need to be sighted prior to the interview process

CATHOLIC GIRLS SECONDARY COLLEGE, YEARS 7 - 12  
**MERCYCHATSWOOD.NSW.EDU.AU**





**Stella Maris**  
COLLEGE MANLY

*Start your Stella story*

Enrolling now for Year 7 2022  
Limited places for Year 7 2021

See website for details and  
to download the enrolment form  
**[www.stellamaris.nsw.edu.au](http://www.stellamaris.nsw.edu.au)**

