



Sacred Heart Catholic Primary School

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Term 2 Week 6 - 3 June 2020

Term 2 Core Value:

Compassion

School Rule:

Show Compassion for ourself, others and the environment

Expectation of Behaviour:

Listen to someone who is sad

Dear Parents



This Sunday is the Feast of the most Holy Trinity. The Trinity is an icon created by Russian painter Andrei Rublev in the 15th century. It is his most famous work and the most famous of all Russian icons, and it is regarded as one of the highest achievements of Russian art. We experience a gentle invitation to participate in the conversation that is taking place among the angels and to join them around the table. One is invited into the house of prayer.

The interim director of schools Mr Danny Casey will be visiting our school on Friday. The purpose of Mr Casey's visit is to learn about our school to get a sense of current priorities and what is working well, as well as the challenges we are experiencing. We look forward to welcoming Mr Casey to Sacred Heart.

Semester 1 reports will be available on Compass in Week 10. As this semester has been unique with learning experiences, both in school and through home-based learning due to COVID-19, schools are not required to report to parents as they have in previous years.

After discussion with parent teams, who requested the opportunity to set goals in collaboration with teachers about their student's learning for Term 3, parent teacher interviews will take place in Week 7 and 8 this term.

Parents through the Compass portal are able to select a zoom parent interview time for 10 minutes. This portal will be open from this afternoon, Wednesday 3 June for bookings. Zoom interviews will take place from Tuesday, 9 June through to Friday 19 June.

Our school crossing supervisor has requested that parents who have dogs at pick up in the afternoons keep their dogs under control and away from the crossing as they distract the children and other parents from their focus which should be on safely crossing the road.

All parents should have received a COVID-19 action plan, a plan we have in place in the event of a school closure. Please be assured there are currently no diagnosed cases of COVID-19 at Sacred Heart and there is no need for concern. In the event that we need to close the school, families will be informed through Compass and through the school app. We will contact parents regarding the arrangements to collect their children, parents are not to enter the site. We will arrange a deep clean of the school and notify parents when the school will be re-opening.

Last Friday the parent teams who zoomed with the Principal discussed seven playground equipment designs that had been submitted for consideration of the replacement of the current playground equipment. The

outcome of the meeting was that the school will request that two of the companies resubmit their designs with some specific changes.

We are delighted that from Monday, 1 June 50 people are able to attend church services at Sacred Heart. With these new changes there is no longer the need to make bookings for weekday Masses, however the parish will continue to use try booking for weekend masses. This will ensure that the requirements of the 50 people limit are met. We look forward to seeing many of our families at Mass again. To book for weekend Masses at Sacred Heart Church Mona Vale please visit <https://www.trybooking.com/BJPSE>.

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

Thankyou to the many families who have supported the “Vinnies Winter Appeal.” Year 6 will create “snack packs” from the items donated that will be distributed to the homeless through St Vincent De Paul.



Prayers

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

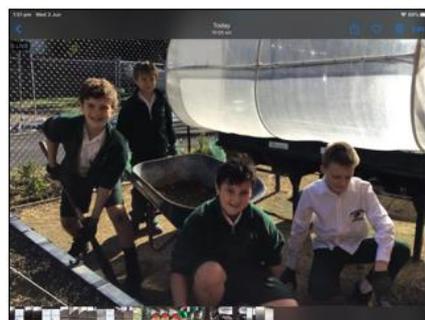


PARISH WEEKLY BULLETIN can be found [here](#)

Vegepod Update

Year 4 and the environment Captains have been very busy in our Community Garden rejuvenating our composting systems, planting Lilli Pilli’s, spreading topsoil and hay.

We have also found that our vegepods have become victims to curl grubs, caterpillars and other bugs. Some investigations about how we can rid our vegepods of the pests revealed that pouring buckets of soapy water in the soil allows the grubs to come to the surface. Year 4 have been fabulous grub detectives and diggers. We plan to replant some vegie seedlings soon!



Chris McBryde, Religious Education Coordinator
chris.mcbride@dbb.catholic.edu.au

Wellbeing



Week 6 of Term 2 is upon us and the cold air has begun- so it's time to think of Winter. Winter is a season that we can embrace. It is a time when nature is stripped back and our environment is at its most raw state. The cold and lack of light can make us feel low in energy and lethargic and put our immune systems under pressure, thereby increasing our likelihood of getting sick and suffering with low mood. Self-care is imperative during this time of year (Seasons for Growth).

Live Life Well @ School
THE POWER OF MINDFULNESS

Mindfulness is the simple practice of bringing your attention to the present moment. It has been shown to help promote happiness and relieve stress in children.

Introduce mindfulness to your child with video story books like:

- Mop Rides the Waves of Life: www.youtube.com/watch?v=W5H-tCt1Mk
- How mindfulness empowers us: www.youtube.com/watch?v=vzKryaN44ss
- Mindful Ozzy Introduces Mindfulness: www.youtube.com/watch?v=0k_R7R1gldA

Developed by Northern Sydney Local Health District

Self-care is something that the teachers and students will explore leading into Wellbeing Week and during the rest of Term 2. The theme is “Bouncing Back” and being resilient people. The children will explore strategies that promote self-care such as meditation and mindfulness. They will be participating in a mindful meditation each day during Wellbeing Week.

The meditations are from the Creative and Performing Arts Family Activity Pack that was sent home with the younger children when Home Based Learning commenced. The pack had been designed and created by Susan Rudd our Creative and Performing Arts teacher. The meditations were designed to assist in lessening the impact of stress on children and to create mindful outlets. Whilst encouraging curiosity and wonder through mindful living practices in uncertain times.

You may want to discuss the meditations with your child during Wellbeing Week. The children will explore meditation called: The Spaceship, The Golden Sunflower, The Rainforest, Sea Birds and the Self-Help Tree.

Another few ideas that could also

help with Self Care is to make time to hydrate and drink water. During winter it is easy to forget to drink water as it is colder, so it is a perfect opportunity for your family to add some lemon to your water, make some yummy warm soups and hydrate yourself. The SRC are working on teaching the whole school community to remember their drink bottles, wash their hands and keep well.

Wellbeing Week- Term 2, 8-12 June

This term we will celebrate Wellbeing Week with the theme: Bounce Back!!!

Bounce Back has been chosen by the Wellbeing Team to focus on the theme of Resilience. Resilience is a skill that all people need to demonstrate. It is what clinical psychologist Andrew Fuller refers to as “*the happy knack of being able to bungy jump through the pitfalls of life – to rise above adversity and obstacles.*”

At Sacred Heart we are looking after ourselves by encouraging everyone to act with Self-Care

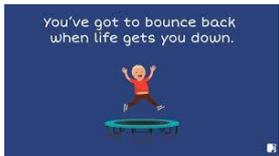
The SRC are calling everyone to care for our classmates by:

Drinking Water	
Washing our Hands Regularly	
Covering our mouths when coughing or sneezing	
Putting our tissues in the bin	
Having time to be mindful	

During Wellbeing Week, the children will be celebrating in a variety of ways. On **Wednesday 10 June** children across K-6 will be taking part in a day called Bounce for Battens.



#Bounce4Battens is to develop an awareness of Batten Disease. It is a day of bouncing to create positive energy. It will create the opportunity for the children to be vigorous and healthy. On this day we are asking that all children wear **Silver, Teal or Pink**. The children will be playing a variety of games such as handball, basketball skills, skipping and many fun games with the theme of bouncing. The day will be about feeling good and having some fun. The children will take part in many planned activities which will cater for developing resilience and bouncing back.

Wellbeing Week- Term 2, Week 7, 8-12 June				
Home Ideas				
<p>Queen’s Birthday Get outside and bounce around- in a puddle, bouncing a ball, bouncing over bumps</p> 	<p>Plants can bounce back- get outside and into your garden. Which plants need some love and care or which plants are thriving due to the weather conditions</p>	<p>Grab a skipping rope! How many jumps can your family do?</p> 	<p>Have a family paper basketball game into the garbage bin</p> 	<p>Bounce your way into the weekend by having your families favourite dinner or dessert</p>



Thank you so much to the Sacred Heart Hub for their care of the Sacred Heart School Staff with their beautiful presents that they organised and lovely notes. A big thank you!!!

Friends of Soibada

Thank you also for the support for the Pittwater Friends of Soibada – we raised \$249.40 through the sale of their bracelets.

Skye Nolan-Brown, Co-ordinator

From the Office



School Fee statements ending 31 May 2020 have been emailed home today. Also, please note that once we have a recommencement date for Band, band fees will be credited accordingly.



Should you require assistance or wish to follow up an application for assistance, please contact the Fee Liaison Team at schoolfees@dbb.org.au

Lost Property

We have found a pair of girls school shoes outside Year 1. If these are yours, please contact the office.

Carol Bartlett, Senior Admin Officer

Canteen News

Canteen is closed until further notice. However, we are hopeful the canteen will reopen soon for on-line lunch orders only, so watch this space.



Kay Neale – Canteen Co-ordinator

Please feel free to contact me via email at: shmv.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 Officer

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) 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 and paid via Qkr!

Currently, there are monies still owing from Term 1, so we would appreciate your prompt payment so we can reconcile the first term asap. If you are unsure if this is you, please call the office who will look this up for you.

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



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

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

