



## Sacred Heart Catholic Primary School

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### Term 2 Week 9 - 24 June 2020

**Term 2 Core Value:**

Compassion

**School Rule:**

Show Compassion for ourself, others and the environment

**Expectation of Behaviour:**

Help a classmate with a difficult task

Dear Parents

This term Sacred Heart's Core Value is Compassion. Our senior students led the St Vincent de Paul's Winter Appeal through Youth Vinnies, creating Snack Packs for the homeless. Thank you so much to our families across the school who generously donated items for this important cause. At Sacred Heart we encourage our students to participate in outreach projects, supporting those less fortunate than ourselves. Putting our Core Value beliefs into practice is an essential feature of our Sacred Heart community. Mrs Nolan-Brown delivered the packs this week and they were much appreciated!



Sacred Heart's Feast Day was celebrated last Friday whereby we all wore a splash of red! The day began with beautiful class liturgies and the day followed playing many games such as frisbee throwing! Our community spirit was alive!

The School Band commenced this week with Mrs Nelson. It was lovely hearing the music flowing from our school hall once more!

School photos will take place on Monday 3 August, Week 3 Term 3. Photos can now be ordered through the COMPASS portal on your Newsfeed. Children are required to wear their full winter uniform. Please see page 5 of this newsletter for further instructions.

School Reports for semester two will be available on COMPASS next week. Thank you to our teachers for their dedication towards every student's learning and development. We have had wonderful feedback regarding our Parent Teacher Zoom meetings. A valuable aspect was the goal setting discussed during these sessions.

New COVID-19 signs have been placed in our Kiss and Ride area. Please ensure you remain in your car at all times. We thank you for your patience during this unusual period of time.

At Sacred Heart we continue to:

- Clean and disinfect classrooms, bathrooms and common areas twice a day.
- Limit close physical contact between adults and where possible students. We have staggered recess and lunch times, no counter service at canteen, no assembly, no uniform shop.
- Request parents wait outside the school grounds.
- Regularly screen visitors.
- Take temperature of children attending sick bay.
- Encourage the use of water bottles as bubblers remain closed.

- Complete a COVID-19 test **register** of students, teachers and parents who have tested negative (confidential to Principal).
- Remind students with posters of **healthy hygiene**, cough into elbow, wash hands.
- Hold **meditation** exercises in class to quieten minds.



Mrs Fiona Ngamu  
**ASSISTANT 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

### Sacred Heart Feast Day



On Friday 19 June Sacred Heart celebrated The Feast Day of the Sacred Heart of Jesus.

The children and staff celebrated our Special Name Day with a classroom liturgy and some fun activities at school. The children loved wearing their touch of red and they had a special visit from Father Richard who talked to the children about the significance of the day. The whole school focussed on recognising that we are called into developing a deep love and compassion for all people, especially the poor and the suffering in our world. The day called all in the community to focus on how God helps us to love like Jesus and to be more generous and kind.



**Matthew 25:35** “For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me.” **Year 6 Outreach.** Thank you to all the families who helped with the St Vinnies Winter Appeal. Year 6 made provision bags for the St Vinnies Night Patrol Vans that are located out of Lewisham. It was such a wonderful contribution from our school community to make 450++ care packages for the night patrols. The packages were delivered on Tuesday and will go towards helping the most vulnerable in our community. *Thank you for your generous donations!!!*

### **Parish Sacramental Program- Reconciliation and First Communion Update**

After much thought and discussion, the parish have decided to complete the Sacrament of Reconciliation for the children during the preparation for First Holy Communion which is due to commence in October this year.

The plan is to combine the reflection afternoon that was missed for the Sacrament of Reconciliation with the reflection afternoon that is planned for the Sacrament of First Holy Communion. This will be an opportunity for the children to review the Sacrament of Reconciliation whilst preparing for the Sacrament of First Holy Communion. The children will then participate in the Sacrament of Reconciliation one afternoon prior to them receiving the Sacrament of First Holy Communion, placing them in a state of grace to receive the Eucharist.

As a result, some of the preparation dates previously set for the Sacrament of First Holy Communion may change. The parish sacramental team will endeavour to advise you of all the dates that you will need as soon as the restrictions are eased, the Diocese has advised us that we can proceed and we can confirm that the programme will go ahead.

If you have further questions regarding the Sacramental Program please contact Suzy or Angela via the parish: 02 9157 0999 - [www.pittwaterparish.org](http://www.pittwaterparish.org)

In regards to the Sacrament of Confirmation, the parish is waiting to hear from the Bishop’s Office regarding future plans.

### **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](#)

*Skye Nolan-Brown, Wellbeing Coordinator*

### **From the Assistant Principal**

#### **ICAS 2020 - REMINDER**

A reminder that ICAS entry and payment closes **Monday 29 June 2020 (start of Week 10)**. See website for further details.

**All purchases are to be made via the QKR! App.**

**Unfortunately no late entries can be accepted.**

*Fiona Ngamu, Assistant Principal*



KEEP  
CALM  
AND  
CALL AN  
ASSISTANT  
PRINCIPAL



**Wellbeing**



**Wellbeing @ Sacred Heart**

How many times do you stop and reflect on how your family is travelling!! The last few weeks teachers and parents have met by Zoom to discuss their child’s strengths, weaknesses and areas of growth.

*Now is the time to reflect on how much your child has grown and developed over this Semester and to celebrate what they have learnt and what social and emotional skills they have developed.*

*Now is the time to ‘Stop, Rest and Reflect’ as we come towards the two-week Winter Holidays. Many of the children are tired, the days are short and there have been times of uncertainty due to the Covid-19 Pandemic.*

*Now is the time to create authentic relationships with your children and encourage your children to see their strengths and coping skills they have used and are using.*

*Now is the time to empower them and give them hope which can be contagious.*

*Now is the time to celebrate how wonderful your child is and what a gift from God you have received.*

As your family prepares for your child’s holidays try to build in celebration, traditions and rituals as it teaches your child a sense of identity, how to solve problems, help to navigate change, create meaningful memories and celebrate with joy.

**Live Life Well @ School**

**COOK A HEALTHY TREAT**

**French Toast**  
with Berries and Pistachios

[www.MakeHealthyNormal.com.au](http://www.MakeHealthyNormal.com.au)



**Ingredients:**

- 2 eggs
- Light milk
- 1 tablespoon sugar
- ½ teaspoon vanilla extract
- 4 thick slices wholegrain bread (or 8 small)
- 1 cup raspberries
- 1 cup light vanilla yoghurt
- 1/3 cup roughly chopped unsalted pistachios.

**Method**

1. Beat eggs and whisk in milk, sugar and vanilla.
2. Soak bread in egg mixture one slice at a time and turn to coat both sides.
3. Heat a non-stick pan over a low-medium heat.
4. Pan fry bread for around 2-3 minutes each side until golden.
5. Serve with a dollop of yoghurt and top with pistachios and berries.

Tip: Serve with any of your favourite fruits

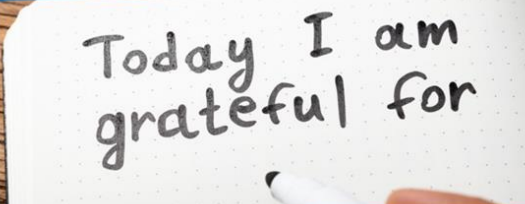
More recipes: [www.makehealthynormal.nsw.gov.au](http://www.makehealthynormal.nsw.gov.au)

NSW GOVERNMENT

Developed by Northern Sydney Local Health District

**Live Life Well @ School**

**GRATITUDE TO BUILD HAPPINESS**



**3 simple ways to promote gratitude with your child today:**

1. Keep a gratitude journal. Write down 3 things you are grateful for today.
2. Take photos or draw or cut out 3 things that make you smile.
3. Keep a gratitude jar or board and put a note in each day of what you are grateful for.

Gratitude is an essential part of building happiness. It can be helpful when going through tough times to take the time to reflect on the good things you have in your life.

NSW GOVERNMENT

Developed by Northern Sydney Local Health District

**Skye Nolan-Brown, Co-ordinator**

From the Office

School Photo Day – Monday 3 August



Sacred Heart Catholic School – Mona Vale  
Photo Day is Coming Up!  
**Monday 3 August 2020**

COVID-19 PROCEDURES

**Our priority is to ensure the safety and wellbeing of our schools and their students, our employees and the wider community.**

Mindful of the current situation MSP Photography will be initiating a new safe process when taking school photos during COVID-19. This new process has been designed in accordance with the most recent hygiene and social distancing guidelines. Helping MSP Photographers, teachers and students to stay 1.5m apart and no physical contact with students to prepare them for their photo. The product on the right is the product your school has chosen.



How to Order Online via the Compass Portal

Orders are accepted until midnight on **Monday 3 August 2020.**

Orders received after this date will incur an archive fee of \$20

**CONNECT:** Log into your Compass Portal @shmvdbb-nsw.compass.education to place your order.

**ORDER:** Place your order and you will be emailed a confirmation receipt.

**IMPORTANT**

1. ALL PAYMENTS ARE AVAILABLE ONLINE ONLY
2. For Family Orders – this is available online when purchasing your individual photos, Payment needs to be made midnight prior to photo day to capture their photo.
3. WE DO NOT ACCEPT CASH OR CHEQUES

*Carol Bartlett, Senior Admin Officer*

## Canteen News

Please note the following days the canteen will open:  
Thursday 25 June – ON-LINE LUNCH ORDERS ONLY  
Friday 26 June – ON-LINE LUNCH ORDERS ONLY  
Monday 29 June – ON-LINE LUNCH ORDERS ONLY  
Thursday 2 July – ON-LINE LUNCH ORDERS ONLY  
Friday 3 July – **CLOSED** (pupil free day)



Please place orders via Qkr!. Note the canteen will not be opened at Recess or Lunch for over the counter purchases. We are unable to have volunteers at this time.

### Kay Neale – Canteen Co-ordinator

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

## 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 and paid via Qkr!

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

### M.W.B.A. BOUNCE CAMP

Be Game Ready

- Focus on the next level basketball skills and game situations.
- For players who are serious about improving their game.
- Will be pushed to get the results

Ages: 12 to 16 years  
Dates: 14th & 15th July, 2020, 10-2:00pm  
Cost: \$50 per day or 2 day for \$90  
Head Coach: Steve Shortland  
Venue: N.B.I.S.C, Jacksons Rd, Warriewood

To Book: <https://www.trybooking.com/BJWFJ>

### MANLY WARRINGAH BASKETBALL

## JULY HOLIDAY CAMP

COME ALONG AND LEARN BASIC, FUN SKILLS

**DATES: 6TH, 7TH & 8TH JULY, 2020**  
**TIME:** 5 to 9 Yrs old 9:00 to 11:30am  
10 to 14 Yrs old 12:30 to 3:00pm  
**VENUE:** Northern Beaches Indoor Sports Centre  
**AGES:** broken into age groups  
**COST:** \$99 (If camp is cancelled, total refund)

**PROFESSIONAL COACHES & PRIZES**  
**NO SINGLE DAYS MUST PAY FOR 3 DAYS**  
PLEASE BRING LIGHT SNACK & WATER

Due to Covid-19 restrictions there will be limited numbers, & No spectators. MWBA Will provide sanitised balls on the day. No balls to enter the stadium.

**[HTTPS://WWW.TRYBOOKING.COM/BJTZZ](https://www.trybooking.com/BJTZZ)**







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)




**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



**Lifeline** Saving Lives  
Crisis Support. Suicide Prevention.

**GIANT BOOK FAIR**

**Brookvale**  
St Augustine's College  
Federal Parade  
**JULY 2-5**  
Thursday 11-6  
Friday 9-6  
Saturday 9-5  
Sunday 9-3