



Sacred Heart Catholic Primary School

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Term 3 Week 1 - 22 July 2020

Term 2 Core Value:

Justice

School Rule:

Show Justice for Self, others and the environment

Expectation of Behaviour:

Treat others the way you want to be treated

Dear Parents

A warm welcome back to Term 3 and to our new families and students who are joining our wonderful school this term. The Sacred Heart community has adapted brilliantly over the past term to the changing learning environments and we should be very proud of this. To be able to adjust to changing circumstances is an admirable trait. We have had to be flexible this year to meet the unexpected challenges that have come our way. This ability to adapt will stand our students in good stead for the future, when at some point they will be required to do so in other circumstances. We will continue to monitor, adjust and move forward accordingly in Term 3.

As you would be aware, the NSW Government has implemented new restrictions following the COVID-19 resurgence in Victoria and evidence of community transmission also emerging in NSW. Sacred Heart continues to monitor the ongoing situation and Government communication.

As a consequence of this, if you have travelled to Victoria or are currently in Victoria, you need to be familiar with and abide by the NSW Government regulations with regard to 14 days of 'immediate self-isolation' on return to NSW and therefore students would not be able to return to the school site until this period of time has elapsed.

For more information on the restrictions, please use the link below:

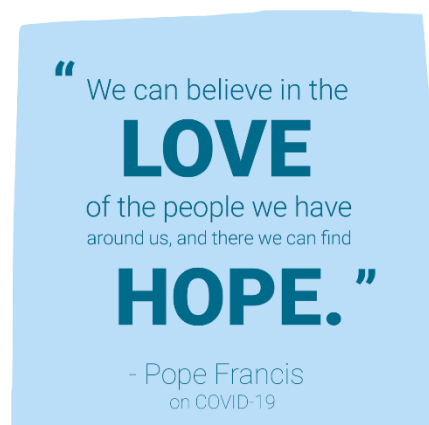
<https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/border-restrictions>.

If this applies to you and means that there will be a student absence, please make contact with the school office in regard to the absence so Home-Based Learning can be initiated for this time. Similarly, if your child has visited areas in South Western Sydney where there have been a number of COVID-19 cases please contact the office.

As you are already aware if your child is showing any cold or flu symptoms (runny nose, cough, sore throat, sneezing, headache or fever) they are to remain at home. If a child attends school with any of these symptoms' parents will be contacted to collect their child immediately.

All health, hygiene and safety protocols for students and staff will continue to be reinforced. A hygienist will be employed each day and we ask all families to continue to reinforce and remind children of the recommended health and safety procedures.

We continue to ask parents not to enter the school grounds unless coming to the office for a specific purpose. Our staggered break times and early finish time for our kindergarten students and their siblings at 2.40pm will also continue to be in place. Although we all naturally like to have a 'chat', it is essential all parents continue to socially distance themselves outside the school gates. Could I please ask parents not to gather or block access to the front gate and so too Kiss and Ride gates, so we can safely deliver children to their cars. We really



appreciate your support and assistance in keeping all members of our Sacred Heart school community safe at this time.

Over the holidays we had the large Sydney Blue Gum tree removed from the staff carpark. This was suggested by the Council due to safety reasons.

The Core Value for Term 3 is Justice. We ask our Sacred Heart students to recognise the value of being just; righteous, morally fair and to uphold justice for a cause. This week we were all encouraged to 'treat others the way you want to be treated'. A very simple yet powerful expectation. It would be wonderful to see this expectation spread throughout the world.

Yesterday our Kindergarten students celebrated 100 Days of Kindy! It was wonderful to see so many smiling faces zooming around our oval on their bikes and scooters! Congratulations to all students who have shown tremendous growth in this time!

School Photos will be held on Monday 3 August (Week 3). A reminder that all students must wear their full winter uniform, including girls' tab ties, no jewellery and have their hair tied back neatly, preferably in a green or white ribbon (no other colours). You are able to order through COMPASS.

At this stage, we are thrilled to announce Sacred Heart's Athletics Carnival will go ahead on Friday 7 August (Week 3). Due to the COVID-19 climate, Narrabeen Sport's Centre has particular restrictions in place. Unfortunately, spectators are unable to attend this school event. Students will be taken to and from the ground on a school bus. Times will be as a normal school day. Permission forms will be available this week through COMPASS.

Mrs Garey will be on annual leave for the next 2 weeks so Mrs Ngamu will be Acting Principal during this time. Miss Ovens will continue to be on leave for this term. In the meantime, we are delighted to have Mrs Osborn continue working alongside Mrs McBryde in 4Green.

Looking forward to another term of brilliant learning and enjoyment!

Yours Sincerely

Mrs Fiona Ngamu
ACTING PRINCIPAL

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

Like and follow us at: twitter.com/SHMV16

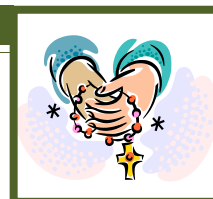


Religious Education

Grandparent's Day 29 July

Due to restrictions with Covid 19 we will not be able to welcome our lovely Grandparents to Sacred Heart this year to celebrate the special gift of Grandparents. However we are planning for each class to hold a special liturgy in their classroom on Wednesday 29 July. Each class liturgy will be Zoomed so Grandparents will be able to join a class liturgy on the day.

The liturgies will occur at various times during the day to cater for Grandparents who have Grandchildren in various classes.



Liturgy Times for Grandparents Day Zoom Liturgy Wednesday 29 July

Time	Class	Zoom Meeting ID
9:30	Kinder Green	https://dbbcatholic.zoom.us/j/98217029138 meeting id: 98217029138
9:30	Kinder Blue	https://dbbcatholic.zoom.us/j/98873172044 meeting id: 98873172044

9:30	Year 2 Green	https://dbbcatholic.zoom.us/j/96922901179 meeting id: 96922901179
9:30	Year 2 Blue	https://dbbcatholic.zoom.us/j/97303900213 meeting id: 97303900213
10:00	Year 1 Green	https://dbbcatholic.zoom.us/j/94004091271 meeting id: 94004091271
10:00	Year 1 Blue	https://dbbcatholic.zoom.us/j/94515979492 meeting id: 94515979492
10:00	Year 5 Green	https://dbbcatholic.zoom.us/j/94058779922 meeting id: 94058779922
10:00	Year 5 Blue	https://dbbcatholic.zoom.us/j/96935327881 meeting id: 96935327881
12:00	Year 4 Green	https://dbbcatholic.zoom.us/j/98972658603 meeting id: 98972658603
12:00	Year 4 Blue	https://dbbcatholic.zoom.us/j/96937803737 meeting id: 96937803737
12:00	Year 6 Green	https://dbbcatholic.zoom.us/j/94262013712 meeting id: 94262013712
12:00	Year 6 Blue	https://dbbcatholic.zoom.us/j/92313943070 meeting id: 92313943070
1:30	Year 3 Green	https://dbbcatholic.zoom.us/j/95636402383 meeting id: 95636402383
1:30	Year 3 Blue	https://dbbcatholic.zoom.us/j/91472339175 meeting id: 91472339175

Class Masses

We are very pleased to have recommenced classes attending Wednesday Morning Mass at 9:30. 6 Blue attended mass this morning with social distancing practises being observed. Parents are welcome to attend.

Dates for Class Masses in Term 3

Wednesday 29 July @ 9:30 - 6 Green, Sacred Heart Church
 Wednesday 5 August @ 9:30 - 5 Blue, Sacred Heart Church
 Wednesday 12 August @ 9:30 - 5 Green, Sacred Heart Church
 Wednesday 19 August @ 9:30 - 4 Blue, Sacred Heart Church
 Wednesday 26 August @ 9:30 - 4 Green, Sacred Heart Church
 Wednesday 2 September @ 9:30 - Kinder Blue, Sacred Heart Church
 Wednesday 16 September @ 9:30 - Kinder Green, Sacred Heart Church
 Wednesday 23 September @ 9:30 - 2 Blue, Sacred Heart Church

Weekend Mass

Sacred Heart Church welcomes all families to attend mass on the week end. Due to Covid restrictions parishioners are being asked to book in via Trybooking.

To book for our Masses at Sacred Heart Church, Mona Vale, please visit <https://www.trybooking.com/BJPSE>

Please do not hesitate to contact the Parish office 9157 0999 if you need any assistance.

Sacred Heart Mass times are as follows: Saturday 5pm, Sunday 8am,10am and 6pm.

Sacramental Program Update

Current Year 2 parents were emailed a letter via the school on Tuesday regarding changes to the timing of the Sacramental Program.

Bishop Randazzo has announced changes to the celebration of the Sacrament of Confirmation.

Formerly, children receiving the Sacrament of Confirmation were seven years old, typically those in Year 2. For the future celebration of the Sacrament, Bishop Randazzo has announced that candidates will be at least eight years old, typically those who are in Year 3. The Bishop has not changed the order of the Sacraments of Initiation being Baptism, followed by Confirmation and Eucharist. Under the new program, Reconciliation and Eucharist will therefore be celebrated by those who are aged nine and in Year 4.

Students who are currently in Year 3 will make their Reconciliation and First Communion in Term 4 this year as planned. We are awaiting confirmation of dates from the Parish.

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](#)

Chris McBryde, Religious Education Co-ordinator

Wellbeing @ Sacred Heart

Welcome back to Term 3 we are going to have an exciting term of learning.

At Sacred Heart we follow the Positive Behaviours Learning Framework which is to create a safe and supportive learning environment for all students.



This term's Core Value is Justice.

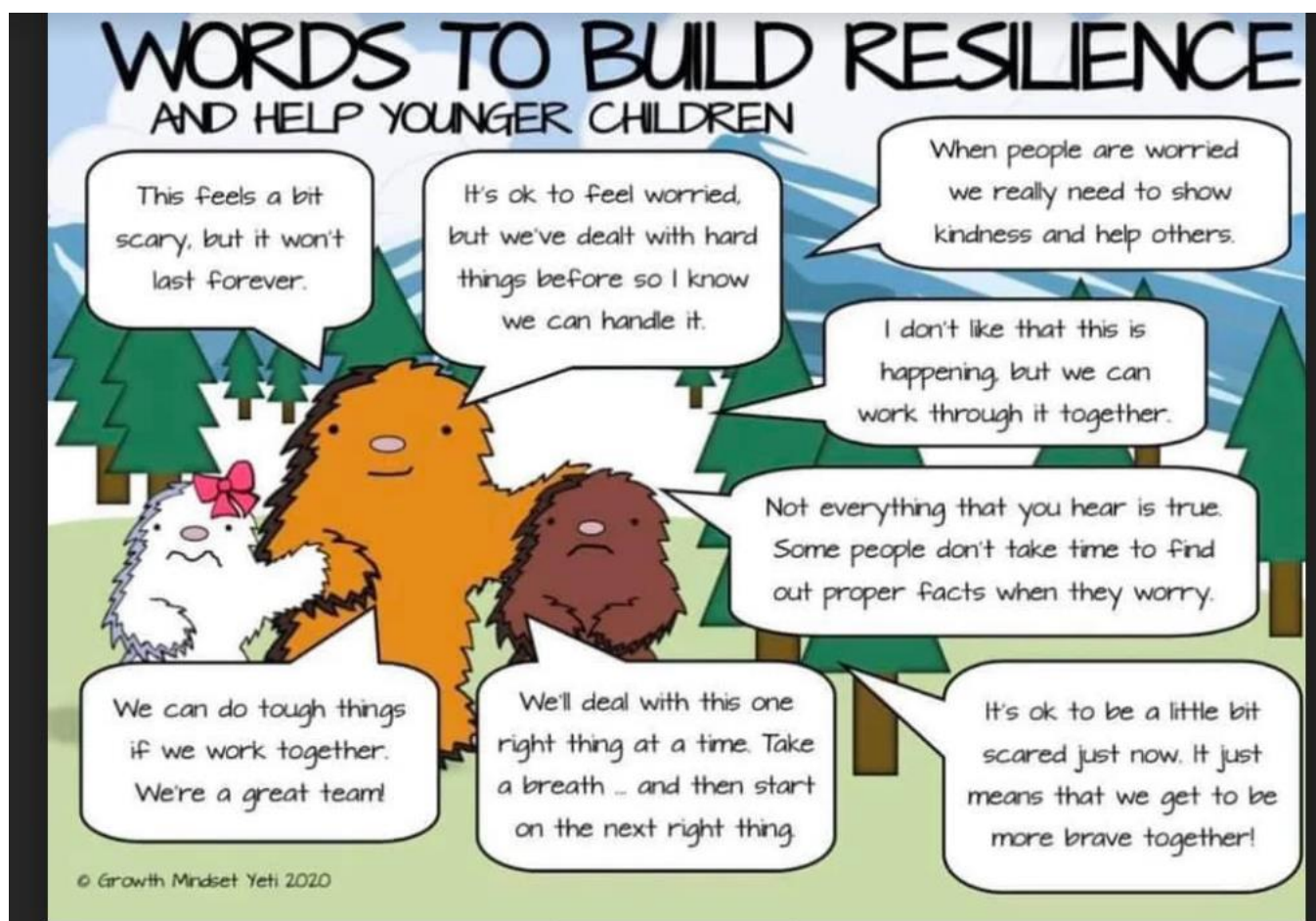
Below are the expectations that we will be focusing on weekly.

Show Justice for self, others and the environment
<ol style="list-style-type: none">1. Treat others the way you want to be treated2. Tell the truth3. See a paper pick it up4. Say no if something is not right5. Take turns and play by the rules6. Turn a negative thought about yourself into a positive7. Let others learn8. Stand up for someone you see being treated unfairly9. Clean up after yourself10. Thank others for a good game-shake hands

Social and Emotional Learning through Student Voice

At Sacred Heart we are developing your child’s Social and Emotional Learning (SEL) skills. The SEL skills have the core competency areas of Self Awareness; Self-Management; Social Awareness; Relationship Skills and Responsible Decision Making. These core competency areas are essential for developing resilience and wellness.

During these Covid-19 times it is so important to use a Growth Mindset and words to help build Resilience. After meeting with the Sacred Heart SRC and Eco Leaders today, the students voiced their desire to have Wellbeing quotes and Wellbeing themes as part of their every day. One of the ideas that the student’s actively spoke about is to build Wellbeing Quotes around our school environment or inspirational ideas. The image below is going to be displayed in the classrooms as the children really emphasised the need for positive quotes and bucket filling ideas. The children loved the idea of giving a day a theme such as Waste Free Wednesday, Marvellous Monday and Thankful Thursday. They spoke of what their teachers are currently doing in their classrooms to support their Wellbeing with teachers and students naming each other’s strengths or having a theme such as Fun Day Friday.



Whole School Public Speaking Competition topics 2020

At Sacred Heart we have an annual Public Speaking Competition which we hold in conjunction with the Broken Bay Public Speaking Competition. This year we ask that all children prepare a speech to **present to their class by Week 4** with our whole School competition to be held on **Wednesday 19 August Week 5**. The topics that your child can choose from to prepare are in the table below:

Infants (K-2)	Primary (Year 3-6)
<i>Good manners are important</i>	1. <i>“It’s not what happens to you, but how you react to it, that matters.” Epictetus</i>
<i>My favourite birthday party would be...</i>	2. <i>Children must play sports, even if they don’t want to</i>
<i>If I was a superhero...</i>	3. <i>If I was Prime Minister for a day, I would....</i>
<i>If I had three wishes it would be...</i>	4. <i>Kids can help combat climate change</i>
<i>I love Sacred Heart because...</i>	5. <i>Is technology making us smarter or dumber?</i>
<i>Animals that amaze me</i>	6. <i>Is it ever OK to lie?</i>
	7. <i>Strange addictions</i>
	8. <i>How I define success</i>
	9. <i>“A leader is one who knows the way, goes the way, and shows the way.” John Maxwell</i>
	10. <i>My life as a shopping trolley</i>
	11. <i>A world without pets?</i>
	12. <i>My family’s traditions</i>

- Each speaker is to present a three-minute prepared speech.
- A bell is to ring 30 seconds before end of prepared speech.

Skye Nolan-Brown, Co-ordinator

Live Life Well @ School

HEALTHY & FUN DRINKS



Make Fruit Water Infusions

Try different combinations from ingredients such as cucumbers, oranges, lemons, berries or herbs.

Try using items from your own garden if you have them e.g. mint, rosemary, lemon grass.

Let your combinations infuse for about an hour and then enjoy the fresh taste! (add ice to suit)

Tip: compost the organic waste if you can.

Recommended daily fluid intake:

- 5 glasses (1 litre) for 5 to 8 year olds
- 7 glasses (1.5 litres) for 9 to 12 year olds

healthdirect.gov.au/hydration-tips-for-children



Developed by Northern Sydney Local Health District

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

The canteen continues to be open for on-line lunch orders this term each Monday, Thursday and Friday. 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

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!

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

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



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

