



Sacred Heart Catholic Primary School

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Term 3 Week 2 - 29 July 2020

Term 2 Core Value:

Justice

School Rule:

Show Justice for Self, others and the environment

Expectation of Behaviour:

Tell the truth

Dear Parents

Today we celebrated our Grandparent's Day in a somewhat different manner! Each class presented a beautiful 'zoom' liturgy to share their love and appreciation for their Grandparents or an older family friend in their lives. Although this will never replace our onsite celebrations, we were so happy to connect with Grandparents not only in our local area, but across Australia and worldwide.

Thank you to all teachers and students for your wonderful preparation for this special occasion.

Another exciting event held today was the presentations of the 'Night of the Notables' by our Years 4 to 6 Research Group students. Over the Home-Based Learning period, each student was engaged in researching the life of a 'notable' person of their choice. Their choices reflect their own area of passionate interest. This Research Group extension program is inquiry based, encouraging students to explore ideas more deeply and challenge their own thinking and that of those around them. Congratulations on a wonderful range of creative and stimulating displays.

Our whole school focus on public speaking has begun this term. Students will be presenting both formal and impromptu speeches within their class. A finalist will then be selected to participate in our Whole School Public Speaking competition in Week 5. It always amazes me to watch the growth in confidence when presenting across all year groups during this time of year.

This term Sacred Heart is offering the **L-E-A-P** (Learning Exploring Active Play sessions) program as an optional program to families as a precursor to the more formal orientation transition sessions in Term 4. Numbers are limited. Families can book into themed play-based sessions designed to support:

- early concepts of literacy and numeracy
- children's oral language development
- the development of children's dispositions to learning
- the parent's role in supporting their children

Research shows that children who attend play-based sessions during early childhood have significantly better child development when they start school, and that the benefits of opportunities such as **L-E-A-P** are seen across all domains of development. All families are welcome to attend. If you have a friend who might be interested in these sessions for their own child/ren, ask them to call the office or register on our school website.

Just a reminder our school photos will be held on Monday 3 August (next week). All students must wear their full winter uniform and have their hair tied back neatly and if they choose, a school coloured ribbon. You are able to make payments through COMPASS.

As mentioned in last week's newsletter, we are thrilled to announce that Sacred Heart's Athletics Carnival is going ahead next week on Friday 7 August. Due to the COVID-19 climate, Narrabeen Sport's Centre has



particular restrictions in place. Unfortunately, spectators are unable to attend this school event. We love having parents involved in all of our school events, however we have been informed this includes parent volunteers. Students will be taken to and from the ground on a school bus. Each class will be with their class teacher for the entire day – so they will move from event to event and will be supervised at all times. Times will be as a normal school day. Please ensure you complete the permission forms found on COMPASS.

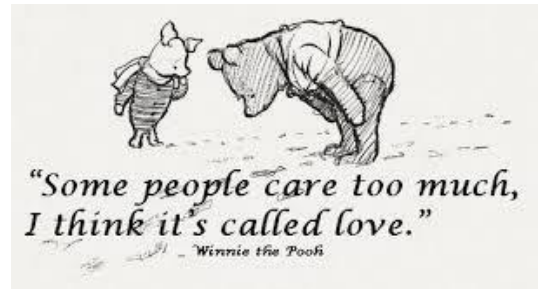
The sun is shining today! A nice walk or bike ride this afternoon might be a great way to spend some quality family time together. Take care of each other.

Yours Sincerely

Mrs Fiona Ngamu
ACTING PRINCIPAL

Like and follow us at: facebook.com/sacredheartmonavale

Like and follow us at: twitter.com/SHMV16



Religious Education

Grandparent's Day

Today was a very special day for our students and their Grandparents. We were delighted that so many grandparents were able to join their grandchilids class to share in their liturgy. It was particularly lovely to hear that a number of grandparents were able to “zoom in” from overseas and even hospital beds!

A big thankyou to the teachers for preparing the students so beautifully and managing the technology.

Happy Grandparent's Day!



Mini Vinnies

St Vincent De Paul is organising a Mini Vinnies Formation Program which is intended for ALL students from Years 4-6, regardless of whether they are a member of a Mini Vinnies Group. The Program is designed to

deepen the participant's understanding of the St Vincent de Paul Society, its history and the services provided for vulnerable people in our local and global communities.

This program is available to students/families of students who would like to undertake further social justice formation **in their own time**. Click on the link for further information.

[Mini Vinnies Formation Program \(MVFP\)](#)

Class Masses

We are very pleased to have recommenced classes attending Wednesday Morning Mass at 9:30.

6 Green attended mass this morning with social distancing practises being observed. Parents are welcome to attend.

Dates for Class Masses in Term 3

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.

Prayers

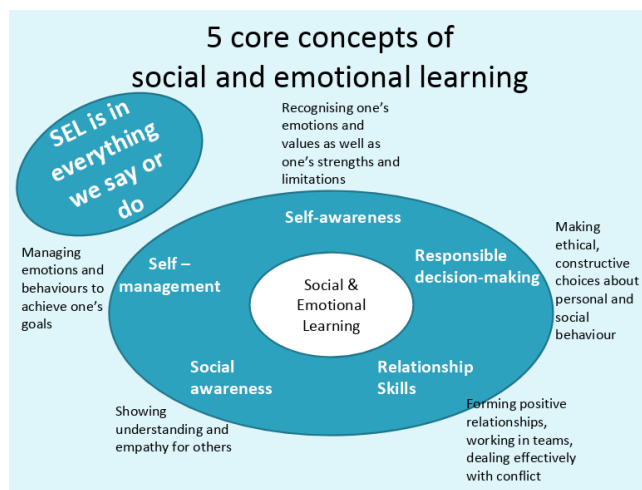
If you have any Good News or if you need our prayers, please, contact me by email.

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

Chris McBryde, Religious Education Co-ordinator

Wellbeing @ Sacred Heart

Social and Emotional Wellbeing



Wellbeing at Sacred Heart occurs in many ways over the school day and week. The PDHPE units of work that the children are learning about in their classes all have a Social and Emotional Learning Component. The children's teachers incorporate the SEL skills in teaching their children how to work and play together. SEL is a vital tool for building strategies to deal with everyday life. These five core competencies help your child to manage their interactions with others in their world.

This week I have included some ideas that can help you to talk about Social and Emotional Learning in the



home. You may want to print out the SEL Bingo and place on the fridge or a space that you and your child can talk about how to help them develop their SEL skills.

#SELday BINGO

Self-Awareness	Self-Management	Social Awareness	Responsible Decision-Making	Relationship Skills
Name three words your friends would use to describe you.	Go on a mindful nature walk.	Write positive messages on the sidewalk or driveway with chalk to cheer up community members as they walk around town.	Decide on something to do around the house that would help your family during this time. Ideas include setting the table, organizing the workspace, or doing the dishes.	Call a friend to see how they are doing.
List the three subject areas you are the strongest in.	Do something you enjoy! Read a book, draw a picture, listen to music, play an instrument, or journal.	Write a thank you card to a worker in the medical profession to cheer them up.	Eat a healthy meal or snack.	Write a letter to a family member or friend. Getting a surprise letter will help make someone smile!
Write down ten things you are grateful for.	Do a physical activity for 30 minutes. Jump on the trampoline, dribble the basketball, or have a catch with a sibling.	FREE SPACE for being you!	Create a small goal for the day, and then go make it happen!	Get the family together and play a game. Have some fun and share some laughter!
Name three things you are having trouble with or are worried about. Share with an adult.	Create a positive statement for yourself. What do you need to hear today? Repeat it to yourself and write it down.	Check in on elderly neighbors to see if they need anything.	Write down the names of three people you can go to when you need help with something.	Ask three different people what they are grateful for and why.
Name five things you love about yourself.	Use post-its to write positive messages for the family members in your house. Post them in different places to remind everyone they are special!	Post a "Thank You" sign on your door for your mail carrier and/or delivery person.	Get organized. Write out a schedule for your day. Make decisions about what is a priority and what can wait. Be sure to include breaks!	Call or video chat with grandparents and/or older family members to cheer them up.

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. "It's not what happens to you, but how you react to it, that matters." Epictetus
<i>My favourite birthday party would be...</i>	2. Children must play sports, even if they don't want to

<i>If I was a superhero...</i>	<i>3. If I was Prime Minister for a day, I would....</i>
<i>If I had three wishes it would be...</i>	<i>4. Kids can help combat climate change</i>
<i>I love Sacred Heart because...</i>	<i>5. Is technology making us smarter or dumber?</i>
<i>Animals that amaze me</i>	<i>6. Is it ever OK to lie?</i>
	<i>7. Strange addictions</i>
	<i>8. How I define success</i>
	<i>9. "A leader is one who knows the way, goes the way, and shows the way." John Maxwell</i>
	<i>10. My life as a shopping trolley</i>
	<i>11. A world without pets?</i>
	<i>12. 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

TURN OFF SCREENS + GET ACTIVE

Screens can be great for learning, play and communication. Too much screen time can be unhealthy. **Try to sit less and move more!**

HOW MUCH SCREEN TIME EVERYDAY?

0-2 years	No screen time	Increase active play and limit sedentary activities to less than 1 hour at a time
2-5 years	Less than 1 HOUR per day	A reduction in screen time can improve sleep patterns and physical development
5-12 years	Less than 2 HOURS per day	Excluding homework time

** Based on Australian Physical Activity and Sedentary Behaviour Guidelines 2014

Types of screens?

TV/DVD/BLURAY
 Computer
 Game Console
 Tablet/Portable Games
 Phone

Based on WHO screen time poster

More information at: healthykids.nsw.gov.au

From the Office



Lost Property

We have some lost property at the office:

- A car key for a Suzuki – with possibly a post office box key attached on a brown lanyard;
- Two wallets – one billabong / one Mimco
- A little star glitter cushion
- A cat with a shopping bag rolled up inside;
- A school head band and a metal rod with some beads and a flower hanging off it
- A note pad in the shape of a mobile phone



Please contact the office if these are yours...

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: sshmv.canteen@dbb.catholic.edu.au



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) 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

