



Sacred Heart Catholic Primary School

Cnr Waratah & Keenan Street, Mona Vale NSW 2103

T: (02) 9999 3264

W: www.shmvdcb.catholic.edu.au • E: shmvdcb@catholic.edu.au

Term 3 Week 3 - 5 August 2020

Term 2 Core Value:	Justice
School Rule:	Show Justice for Self, others and the environment
Expectation of Behaviour:	See a paper pick it up

Dear Parents

As we enter Week 3, I would like to reassure you of the safety of your students at Sacred Heart. We are continuing to be vigilant about taking all precautions for the safety of the students and adults in our school community. I would like to thank you for your continued support especially in regards to keeping students who are unwell at home and for using the kiss and ride zone for pick up in the afternoons and drop off in the mornings.

It is pleasing to read the research findings published in the Lancet Journal of Child and Adolescent Health and from University of Sydney that the rate of Covid-19 transmission in New South Wales educational settings was extremely limited during the first wave of Covid-19.

I am most aware of the need to provide an element of positivity and fun for our students during these difficult times. Therefore we are continuing to move forward with a positive attitude towards our Athletics Carnival on Friday. Unfortunately parents and spectators are not permitted at the Narrabeen Athletics Centre for school carnivals. I understand how this will disappoint many parents who have been wonderful supporters of our school events but we do hope and pray that we will be able to welcome parents back into our school environment and to all our events in the not too distant future.

All students are to come to school as usual on Friday morning for the Athletics Carnival and will be taken by bus to the athletics fields and returned to school for the normal pick up times. If the weather is wet on Friday students will attend classes as normal.

School enrolments for 2021 are strong. The Leap into Learning playgroups are full. We have included one extra playgroup in Term 4 for any families who have missed out on registering for playgroup. An updated Orientation Program for Kindergarten 2021 will be sent home next week.

If you could learn anything at school what would you choose? Sacred Heart students have been asked this question this week. Many classes have been introduced to Genius Hour to empower students, to engage students in creativity and critical thinking. Our Little Einsteins will be flourishing in Genius Hour!

Last Monday was photo day at Sacred Heart. Thank you to the parents who took that extra time and effort to ensure that their student was looking their very best for the photos. Being neat and tidy in your dress is a habit that certainly helps a student in later life. Radical haircuts, ankle bracelets, jewellery and coloured items of clothing are not part of our school uniform. At Sacred Heart we encourage our students to take pride in their appearance. Thank you to our parents who assist their child to be the best they can be and to wear their school uniform with pride.

Yours Sincerely

Mrs Suellen Garey
PRINCIPAL

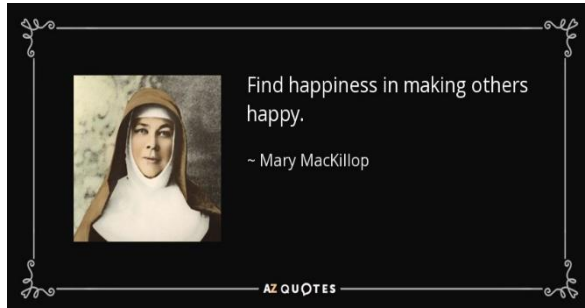
Like and follow us at: facebook.com/sacredheartmonavale
Like and follow us at: twitter.com/SHMV16



Religious Education

Feast Day of Mary MacKillop

Mary MacKillop Feast Day is held every August 8, in honour of the revered Saint Mary of the Cross MacKillop.



She was the first Saint of Australia and her influence in the country has spread far and wide. She is recognised for her commitment to the poor, helping those who needed it the most in any way she could.

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. 5 Blue attended mass this morning with social distancing practices being observed. Parents are welcome to attend.

Dates for Class Masses in Term 3

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



Road Safety Awareness @ Sacred Heart

This week at Sacred Heart all children started a Road Safety Program called the *NRMA Science and Road Safety Program*. This program is aimed at using PDHPE and Science to teach the children about applying safety strategies to keep them safe. The program uses videos and interactive tools to teach the children about :



seatbelts, booster seats, front seats, safety doors, how to select and wear a helmet properly, how to be safe near driveways and car parks, crossing the road, being a distracting passenger and distracted pedestrians for Years 3-6. Attached this week to the newsletter email is the Parent Booklet for your information on what your child would be learning in the classroom.

SRC and ECO Leaders-

The student representatives of Sacred Heart identified in early Term 3 that they love when the school has Wellbeing reminders and quotes to prompt themselves to care for their own and other’s wellbeing. This is something that we all can do; we can take small steps at building in daily rituals and routines that create tools and strategies for enhanced wellbeing. This week the SRC and Eco Leaders handed out the below calendar for their class to work on. This calendar will create daily opportunities for student voice and raising the student’s awareness about caring for each other by living the core value of Justice. The SRC and Eco Leaders will be leading the daily assembly about how they can care for others wellbeing and continue the work of caring for our school environment through the composting initiatives with the crunch and sip.

ACTION CALENDAR: ALTRUISTIC AUGUST 2020

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Choose to be kind to others (and yourself) all this month	2 Send a positive message to someone you can't be with	3 Treat everyone you interact with as though they are a friend	4 Ask someone how they feel and really listen to their reply	5 Spend time wishing for other people to be free from suffering	6 Smile and be friendly, even when 'physical distancing'	7 Thank someone you're grateful to and tell them why
8 Give unused items, clothes, food or money to help a local charity	9 Water some flowers or plants in a public park or outdoor space	10 Contact a friend to let them know you're thinking of them	11 Be thankful for your food and the people who made it possible	12 Share an encouraging news story to inspire others	13 If someone annoys you, be kind. Imagine how they are feeling	14 Try to bring a smile to as many people as possible today
15 Cook your favourite food for someone who will appreciate it	16 No plans day! Be kind to yourself so you can be kinder to others	17 Make a thoughtful gift as a surprise for someone	18 Give your time to help a project or charity you care about	19 Check in with someone who may be lonely or feeling anxious	20 Look for the good side in everyone you meet today	21 Tell someone about a book or article you found helpful
22 Today do something to make life easier for someone else	23 Turn your phone off and give people your full attention	24 Take time to forgive someone who hurt you in the past	25 Give your time and energy to help someone in difficulty	26 Find a way to 'pay it forward' or support a good cause	27 Notice when someone is down and try to brighten their day	28 Start friendly conversations with people you don't know
29 Plan a future project or gathering for your local community	30 Today do something to be kind to nature and our planet	31 Share Action for Happiness with other people today	<p style="font-weight: bold; color: green;">In a world where you can be anything, be kind. Every act of kindness makes a difference.</p>			

ACTION FOR HAPPINESS

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

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

Kinder 2021 Enrolments – Screening

Please note that **Screening Sessions** on 24 and 25 August for Kinder 2021 have been cancelled. You may have noted your diary in advance so please remove these accordingly.

An updated Orientation Program for Kindergarten 2021 will be sent to families next week.

Carol Bartlett, Senior Admin Officer



Census 7 August 2020

The Australian Government Department of Education, Skills and Employment, requires that schools conduct a census of students as at Friday 7th August 2020. Please click on the following link to read the Census Privacy Notice for the Annual School Census:



[2020 Census Privacy Notice](#)

Or go to our Sacred Heart website to Parent Information/Forms & Links for Parents/Privacy and Policies.

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!.



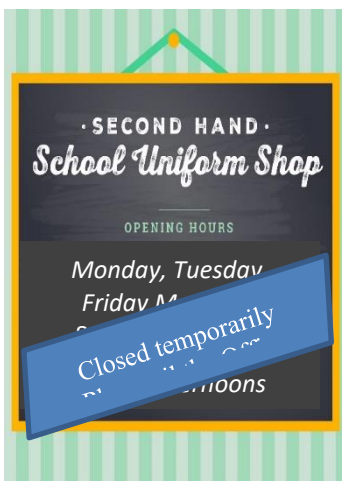
Note the canteen will not be opened at Recess or Lunch for over the counter purchases. We are unable to have volunteers at this time.

Kay Neale – Canteen Co-ordinator

Please feel free to contact me via email at: shmv.canteen@dbb.catholic.edu.au

The Hub

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

