



Sacred Heart Catholic Primary School

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Term 3 Week 5 - 19 August 2020

Term 2 Core Value:

Justice

School Rule:

Show Justice for Self, others and the environment

Expectation of Behaviour:

Take turns and play by the rules

Dear Parents

Once again we find ourselves in the space of tighter guidelines for schools due to COVID-19. Yesterday, in an effort to keep parents well informed, a "Parent Update from the Principal" was sent to all families. The main updates affecting our school were around the inability to hold the three playgroup sessions we had planned for Term 3, as well as the placing of Band on hold. Also in addition to our already implemented safety procedures any student who has tested for Covid is required to present their negative result to the school office, before they return to school.

Thank you to all parents for your continued adaptability, positivity and support as we navigate these difficult times. As soon as formal updates are received, we will attempt to share these with our community.

At Sacred Heart we are developing a "cup half full" attitude and focussing on a growth mindset, constantly asking ourselves what can we do, what is possible in the current climate. Consequently a rather quick decision was made to hold a Science Fair on Thursday. Stage and class groups will not be mixed but each class group will enjoy, on the oval, the curious questions, experiments and research that year 6 have prepared for the Science Fair. Children are permitted to wear the colours of the ocean to school as the theme for Science Week 2020 is the Deep Blue.

It is also pleasing to note that our NRL and basketball clinics can proceed with adherence to general advice.

Also our K-6 public speaking competition finals were held today and finalists were zoomed to the classroom and to their delighted parents. Congratulations to our public speaking school champions:

Junior Public Speaking Winner: Nicholas G, 2Blue

Senior Public Speaking Winner: Presley F, 6Blue

Encouragement Award: Patrick H, 5Blue

Congratulations also to our school athletics champions. Even though the athletics carnival was an abridged version and the weather was not great we were able to allow some of our sports stars to shine.

Congratulations to **Gilroy** and **Polding**, the champion teams and to **Gilroy** for winning the Spirit Cup.



We miss all our parent helpers and visitors at school. One way we are attempting to reconnect parents to the school, keeping in mind that there are restrictions in place for parents or visitors, is through a Zoom Coffee and Conversation with the Principal on Monday's. Each grade will be invited to a Zoom session and if parents have any questions or topics that they would like discussed please send them to the Principal before 2pm on Friday afternoon. The first "Zoom Coffee and Conversation with the Principal" will be held for Kindergarten and Year 1 parents next Monday 24 August at 10 am.

Yours Sincerely

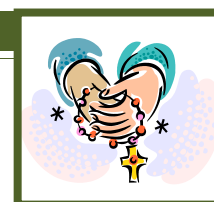
Mrs Suellen Garey
PRINCIPAL

Like and follow us at: facebook.com/sacredheartmonavale

Like and follow us at: twitter.com/SHMV16



Religious Education



Feast Day for the Assumption.

Last Friday each class celebrated the Feast of the Assumption with a class liturgy. This special feast day reminds us all of the special role that Mary played in the life of Jesus and the challenges she faced in her life.

Father's Day Photos for Class Liturgies

Thank you to the many, many families who have emailed me photos for Father's Day. We certainly have a very fine looking group of dad's here at Sacred Heart!

We will use these photos to create a beautiful slideshow that will be included in a special Father's Day Liturgy that each class will hold in honour of their dad's on Friday 5 September.

The slideshow will be included in a post on our school Facebook Page over the Father's day week end - 5/6 September.

Bishop's ArtPrize

Students from Sacred Heart have participated in the Bishop's Art Prize. This year the brief was to create a short digital video/film of up to three minutes telling a story about Jesus or told by Jesus in the Gospel of Matthew. Each class selected one film to be judged. Mrs Garey and Mrs McBryde then selected one film from each stage that will be entered into a Diocesan Competition as our finalists.

We were very impressed with the variety of film techniques used by our students.

Congratulations to the following students:

Early Stage 1:	Ewan and Thomas - Kinder Green
Stage 1:	Penny and Dior - 1Green
Stage 2:	Arlei, Ella and Leira - 4Green
Stage 3:	AJ and James - 6Blue

Class Masses

We are very pleased to have recommenced classes attending Wednesday Morning Mass at 9:30am. 4Blue attended mass this morning with social distancing practises being observed. Parents are welcome to attend.

Dates for Class Masses in Term 3

Wednesday 26 August @ 9:30am 4Green, Sacred Heart Church

Wednesday 2 September @ 9:30am Kinder Blue, Sacred Heart Church

Wednesday 16 September @ 9:30am Kinder Green, Sacred Heart Church

Wednesday 23 September @ 9:30am 2Blue, 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

Sacred Heart has built in procedures and practices to build Wellbeing for students and staff. Each term the Wellbeing Team meets twice to discuss, plan and review all the Wellbeing Initiatives that are happening at Sacred Heart. Last week our Wellbeing Team met and acknowledged the following events and programs.



- The continued work of the Wellbeing Team during Term 2 and Home Based Learning and how we had used zoom meetings to engage all members of the Wellbeing Team.
- The Grandparents zoom liturgy was a wonderful opportunity to touch those who ordinarily would have missed and create engagement with the school during these COVID times.
- The Athletics Carnival.
- The student voice that is occurring at Sacred Heart especially with our Year 6 students being confident to speak out through SRC/Eco warriors initiatives and assemblies in the morning.
- The fact that class masses have resumed.
- The role of Genius hour / curiosity focus across K-6.
- The wonderful presentation of our diverse learners with the Night of the Notables which is run through Research Groups.
- The variety of programs that are run across Sacred Heart to cater for Diverse Learning across the grades.
- The ongoing Professional Learning for teachers around the area of Gifted and Talented.

The Wellbeing Team then discussed and planned for next week's Wellbeing Week. Wellbeing Week will be held in Week 6 (24 August to 28 August). The theme for Wellbeing Week is Being Curious and having a Growth

Mindset. Over the week the children will be taking part in Guided Mediations. The meditations are 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, the children will take part in meditations called: Butterfly Relaxation, The Castle, The Rainforest, Sea Bird and Ice Crystal. You may want to discuss the meditations with your child during Wellbeing Week.

The children will be watching and reading the children's book -The Dot by Peter H Reynolds.

<https://www.youtube.com/watch?v=t5mGeR4AQdM> The Dot is about having a curious mind and being open to new ideas. It tells the story of Vashti who thinks she can't draw. However, she is encouraged to have a go. Her teacher inspires her to try to approach the drawing task differently and it helps her discover that where there's a dot there's a way... The book was chosen for its message of curiosity and growth mindset. It also teaches about how every individual is different and all can make a dot.

Wellbeing Week- Ideas for at home with a Sustainability Focus

<p>Visit your local garden centre and buy some seeds to plant for Spring.</p> 	<p>Lay on the grass and look up for 10 minutes and admire.</p> 	<p>Use your reusable shopping bags and say "no" to plastic.</p> 
<p>Plan your meals and only buy the ingredients you need.</p> 	<p>Hang your washing in the sunshine.</p> 	<p>Drop off some soft plastic into the RedCycle bins at your local supermarket.</p> 
<p>Use a reusable water bottle.</p> 	<p>Make another Boomerang bag.</p> 	<p>Collect recyclable materials and create something. e.g. Creature, fairy/gnome garden.</p> 

Whole School Public Speaking Competition

This week we had our whole school Public Speaking Competition with our finalist from each class being:

K Blue:	Anique S	K Green:	Harvey J
1 Blue:	Jack S	1 Green:	Anna T
2 Blue:	Nicholas G	2 Green:	Killian Q
3 Blue:	Alex G	3 Green:	Frankie M
4 Blue:	Camila H	4 Green:	Dylan H
5 Blue:	Patrick H	5 Green:	Jordan S
6 Blue:	Presley F	6 Green:	Addison D

Well done to the children who were their class representatives. The presentations and impromptu speeches were outstanding. Look at our Facebook page for the winners.

National Science Week



This week is National Science Week, the theme is *Deep Blue Innovations for the future of our Oceans*. At Sacred Heart the children have been actively involved in Science discovery. Many classes across the school have taken part in Zoom lessons with the Coastal Environmental Centre learning about Whales, Turtles and Oceanography. Year 6 have been busy thinking of science activities and

experiments that they can showcase at Thursday's Science Fair. On Thursday children are able to wear blue, green and yellow as a celebration of all things in the ocean.



Skye Nolan-Brown, Co-ordinator

Sports News

Athletics Carnival News

A huge thank you goes to all the teachers who assisted at the Sacred Heart Athletics Carnival on Friday 7 August.



All children represented their colour houses and collected points for their team throughout the day. The final point score tally came in at:

CRAWFORD	183
KEENAN	172
GILROY	195
POLDING	195

Congratulations to GILROY and POLDING for such an outstanding result.

The Spirit Cup was awarded to GILROY.

The Ashley Wren 100m all age sprint winners were **Axel C** and **Anabel R**.

The age championships and runners up were:

	Junior Girls	Junior Boys	Senior Girls	Senior Boys
Age Champion	Matilda L	Luke M	Addison D	Alberto J Saxon L
Runners Up	Ella M	Dylan H	Anabel R	Axel C

Records broken on the day were:

Luke M for the 800m Junior boys.

Saxon L for the 800m 11 years boys.

Alberto J for the 11 years Boys Discus.

Congratulations to all our competitors who participated on the day!

Steph Munro, PE Teacher



Kinder 2021 Enrolments

A reminder that the **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.

Kinder 2021 Parents are invited to the Parent Information Session with the Principal on Tuesday 8 September from 7 – 8 pm. This will be held by Zoom.

We look forward to meeting you face to face in Term 4.



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



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

The Hub

Community News

Community
news



ENROLLING NOW for YEAR 7 2023

If you wish to enrol your daughter for Year 7 2023 at Stella Maris College, the Registration form needs to be received by the Registrar no later than Friday 18 September 2020.

To download a Registration form, please visit our website www.stellamaris.nsw.edu.au

Interviews for Year 7 2023 will be conducted early in Term 1 2021.

Limited places still available for Year 7 2022.

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

