



Sacred Heart Catholic Primary School

Cnr Waratah & Keenan Street, Mona Vale NSW 2103

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Term 3 Week 6 - 26 August 2020

Term 2 Core Value:

Justice

School Rule:

Show Justice for Self, others and the environment

Expectation of Behaviour:

Turn a negative thought about yourself into a positive

Dear Parents

Welcome to Wellbeing Week at Sacred Heart. This week it was delightful to speak to the parents of students in Kindergarten and Year 1 on Zoom for the “Coffee and Conversation with the Principal”. These sessions were initiated to create the opportunity for parents to chat with Mrs Garey on any concerns they may have to share, the current restrictions for schools due to Covid and to connect with each other.

Some questions discussed included whether it was necessary for a child who has asthma or allergies, a cough or runny nose to get a Covid test, whether there any changes to pick up from After School Care, will children continue to attend Mass in our local church and are we having a celebration for book week? The answers included children who show symptoms of flu are advised to get tested, there are not any changes to pick up from After School Care, children will attend Mass in class groups not grade groups and, yes, we will have a Book Week Parade with or without parents depending on restrictions at the time.

Next Monday, 31 August parents of students in Year 2 and Year 3 have been sent an invite to the Zoom “Coffee and Conversation with the Principal”, so if you have not received your invite with the Zoom number, please contact the school office. Any questions for Mrs Garey can be sent to the school office by Friday.

Good news, Book Week 2020 will now be held in October and we will hold our annual Book Week Parade on Friday, 23 October. These later dates apply in NSW recognizing the exceptional circumstances of the COVID-19 pandemic. The theme for Bookweek is CURIOUS CREATURES, CURIOUS MINDS, so get your dress ups ready!

Congratulations to the students who received an award for their curious minds during Science Week 2020. All students were invited to investigate why the ocean is blue, who are the smartest creatures in the ocean and to name as many sea animals as possible beginning with the letter “S”. Students found the final question about why we can hear the ocean in a seashell, very challenging. Congratulations to the following children for their fantastic explanations or reasons for their answers: Anique S, Damian M, Jesse C, Emily W, Rosetta S, Neive M, Zali D, Charlotte S, Isla F, Charlie L and Claire D.



Yours Sincerely

Mrs Suellen Garey
PRINCIPAL

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

Like and follow us at: twitter.com/SHMV16



Religious Education



RCIA Program

An invitation from the parish to Catholics as well as non-Catholics.

We are happy to invite everybody who would like to know more about our Catholic faith tradition to join our next RCIA programme of our Parish in Pittwater. If Jesus asked us as he queried Peter and his disciples “Who do people say the Son of Man is?”, what would our answer be?? Our RCIA team (RCIA stands for ‘Rite of Christian Initiation of Adults’) would love to share our answers with you based on our faith tradition and our personal experience.

When: Wednesday, 2 September, 2020

Time: 7:30 pm- 9:00pm

Where: Parish Centre at Sacred Heart Church, Mona Vale.

In 24 informal evening sessions we discuss some of life’s deeper questions: - What does it mean to be Catholic today? - What can the Bible and the Church tell us in this day and age? - What do we really believe, really? In the past few years close to 60 people have joined us and given us numerous enthusiastic responses. Many participants testify to this every year by becoming full or renewed members of our Church at Easter. Why not you?

In view of the ongoing COVID restrictions would you please register at our Parish Oce (02 9157 0999) before September 3 and join us on Wednesday, September 4, at 7.30pm (for 90 mins) in our Parish Centre Everybody is welcome!

Class Masses

We are very pleased to have recommenced classes attending Wednesday Morning Mass at 9:30. 4 Green attended mass this morning with social distancing practices being observed. Thank you so much to the parents who attended mass this morning. The children loved having their mum, dad or grandparents in attendance.

Dates for Class Masses in Term 3

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

The wellbeing of children and young people is enhanced, and their learning outcomes optimised when they feel connected to others and experience safe, trusting relationships. Students who feel connected, safe and secure are more likely to be active participants in their own learning and to achieve better physical, emotional, social, spiritual and educational outcomes.



Australian Student Wellbeing Framework, 2018

At Sacred Heart we strive to create opportunities for our students to connect with others. This has been very evident in recent weeks with our wonderful Athletics' Carnival, National Science Week and our whole school Public Speaking Competition. We foster experiences that children have student voice and can share their learning in a safe and supported learning environment.

Although parents are restricted from entering the school, parent engagement is occurring with the Wellbeing Team Meeting, Eco Parent Sustainability Meeting, the Public Speaking Competition being zoomed to finalist parents and Mrs Garey's Zoom Parent Morning Meetings. When given opportunities for all members of our community to engage, this creates optimal support for our students and an acknowledgement that we are striving for the very best.

Live Life Well @ School

MINDFULNESS MEDITATION

Mindfulness Meditation is a helpful tool to help children manage the heightened emotions they may be experiencing. It gives them time to breathe and imagine, be quiet and still and know that it is ok to have feelings.

Check out **Smiling Mind** for:

- Free meditations to use with your child & the family
- Digital care packs to support children through the current times and beyond

www.smilingmind.com.au



Developed by Northern Sydney Local Health District

As parents you may not be aware of our Year 6 Leadership who run each morning's assembly over the school PA system. They lead the school in daily prayer, read out the playground rosters for play areas for different classes days, make daily announcements about the Wellbeing SRC and Eco Leaders August Initiatives, remind students about Waste Free Wednesdays and award Reason to Smile Awards and Class Achievement Awards on a Friday. There is many things to celebrate that are occurring at Sacred Heart to make students feel safe, secure and connected.

Welcome to Wellbeing Week!!

Wellbeing Week is a time for everyone to stop, breathe and think about how they are travelling over the term. This week is Week 6 and the days are getting lighter and the weather has been cold, though there is a hint of spring in the afternoon and hopefully will be here by the end of the week.

The children in their classes have been reflecting on having a growth mindset as well as being mindful through meditation. Our children have been participating in Mrs Rudd's meditations which children in the younger years received during Home Based Learning. If you are wanting to participate with your family in mindfulness meditation you could always download the Smiling Mind app. The Smiling Mind is designed to help to create opportunities of

mindfulness which leads to better attention, memory, regulations of emotions and self-awareness. *Mindfulness is paying attention to the present moment with openness, curiosity and without judgement* (<https://www.smilingmind.com.au/about-us>).

Skye Nolan-Brown, Co-ordinator

From the Office

Kinder 2021 Enrolment

You should have received your invitation to the Parent Information Zoom Session with the Principal on Tuesday 8 September from 7 – 8 pm. Please contact the office if you do not have the zoom details.



Book Club

Unfortunately, during this period, we are unable to accept cash at the office for book club orders. Please see the information below regarding how to order and how to make payment for all book club orders.



The **EASIEST** way for parents to order and pay for **Book Club!**

Linked **O**nline **O**rdering & **P**ayment platform

It's easy to order and pay online for your child's **Book Club** order using your credit card. Your order will electronically be linked to your school when you order and pay by **LOOP**.

Also available as an app:



Canteen News

Butter chicken: It has come to my attention that the last batch of butter chicken was on the spicy side. It seems the suppliers were a little chilli happy and added a few too many spices. This has now been addressed and I can assure all our butter chicken lovers that it is back to normal and mild once again.



Small pies: Unfortunately Four and twenty have pulled their **SMALL PIES ONLY** (100gms) from their product list and is no longer available. However, after a few different taste tests we now have a replacement. *Mrs Macs Small Beef Pie* which is slightly larger at 110gms and now available for sale.

As there are no volunteer helpers allowed at the moment and time is very restrictive may I ask that when placing on-line lunch orders to make sure you press check out and confirm that your order has been processed. This will help limit the amount of kids at the window with no lunch! Also, if your child does have a large lunch order, please add an extra bag.

Kay Neale – Canteen Co-ordinator

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

The Hub

*The
Hub*

Father's Day

The Hub is pleased to provide each student with a complementary father's day gift to take home. These will be packaged and delivered mid-next week.

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! (no cash). The admin office will be contacting those who have outstanding payments.

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

Light Heart Theatrics



Dear Parents,

We have been advised through Catholic Education Office to cease our after school Light Heart Theatrics drama classes.

We have completed four weeks of tuition and will endeavour to resume the remaining four classes as soon as we are given permission. This might be in Term 4. We are both disappointed, as will the children be, but this current directive must be adhered to.

Thanks for your understanding and we will send a follow up email when we are to resume.

Kind regards

Fiona Connolly & Susan Rudd Light Heart Drama Teachers

Community News



Start your *Stella* story



Stella Maris
COLLEGE MANLY

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

