



Sacred Heart Catholic Primary School

Cnr Waratah & Keenan Street, Mona Vale NSW 2103

T: (02) 9999 3264

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Term 3 Week 7 - 2 September 2020

Term 2 Core Value:	Justice
School Rule:	Show Justice for Self, others and the environment
Expectation of Behaviour:	Let others learn

Dear Parents

Congratulations to Presley F and Addison D who represented Sacred Heart at the Peninsula Public Speaking finals this morning. The event was hosted by Sacred Heart and zoomed to five other Catholic schools along the beaches. This year, placings were not given however Addison and Presley were a credit to our school and their families.

Coffee and conversation with the Principal will again be held next Monday 7 September. This session is for parents of students in Year 4, Year 5 and Year 6. In these chats Mrs Garey explains the Covid Action Plan for the school as well as answering any questions parents may have generally about what is happening at Sacred Heart. Parents should have received an invitation to the zoom session via email. Please send topics to be discussed to the office by Friday.

Thank you to Mrs. Munro who has organized NRL coaching and tennis coaching for the students at Sacred Heart over the last two weeks. The sun has been shining and the children have definitely enjoyed these special, fun coaching sessions on the oval.

Staff News - Welcome to Candice Barnes who has joined our Diverse Learning Team at Sacred Heart.

A very happy Father's Day to all of the special fathers, grandfathers and father figures in our extended Sacred Heart Community. We hope you have a lovely day this Sunday.

Yours Sincerely

Mrs Suellen Garey

PRINCIPAL

Like and follow us at: facebook.com/sacredheartmonavale

Like and follow us at: twitter.com/SHMV16





Religious Education

Sacramental Program Update

The Sacraments of First Reconciliation and First Holy Communion will be completed in October and November this year.

Due to the current pandemic situation, there needs to be many changes to the way we celebrate these Sacraments. Although different to previous years, the Parish aims to facilitate the preparation of the children so that they are well prepared and to celebrate the Sacraments in a meaningful way.

The parent information evenings will take place on:

Tuesday 13 October 2020 at Maria Regina Church, Avalon at 7pm

Wednesday 14 October 2020 at Sacred Heart Church, Mona Vale at 7pm

The Sacrament of First Reconciliation will be celebrated on:

Tuesday 3 November 2020 at Maria Regina Church, Avalon

Wednesday 4 November 2020 at Sacred Heart Church, Mona Vale

The Rituals for the Sacrament of First Eucharist will be held at all Masses in both Churches over the following weekends:

24 and 25 October 2020

31 October and 1 November 2020

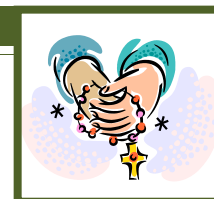
7 and 8 November 2020

The four Preparation Sessions for the Sacrament of First Eucharist for the small groups of parent/child will take place between 19 October and 13 November.

The Sacrament of First Eucharist will be celebrated on:

Saturday 14 November 2020 at Sacred Heart Church, Mona Vale at 5pm

Saturday 14 November 2020 at Maria Regina Church, Avalon at 6pm



Sunday 15 November 2020 at Sacred Heart Church, Mona Vale at 8am
Sunday 15 November 2020 at Maria Regina Church, Avalon at 9am
Sunday 15 November 2020 at Sacred Heart Church, Mona Vale at 10am
Sunday 15 November 2020 at Sacred Heart Church, Mona Vale at 6pm

Saturday 21 November 2020 at Sacred Heart Church, Mona Vale at 5pm
Saturday 21 November 2020 at Maria Regina Church, Avalon at 6pm

Sunday 22 November 2020 at Sacred Heart Church, Mona Vale at 8am
Sunday 22 November 2020 at Maria Regina Church, Avalon at 9am
Sunday 22 November 2020 at Sacred Heart Church, Mona Vale at 10am
Sunday 22 November 2020 at Sacred Heart Church, Mona Vale at 6pm

There will be a maximum of 10 children at each Mass and we ask that only the child, parents and siblings attend. We hope to be able to livestream these Masses so that extended family can participate also. More details will be given at the parent information evening.

If you have any questions or queries regarding the programs please contact Angela or Suzy at the Parish office.
1 Keenan Street Mona Vale NSW 2103 - 02 9157 0999 - www.pittwaterparish.org

Father's Day

Wishing all of our dads, grandads and father figures a very happy Father's Day on Sunday.

On Friday all of our students will participate in a special "Father's Day Liturgy" in their classroom.

Make sure you visit our school facebook page on the weekend to view the beautiful tribute to our wonderful Sacred Heart Dads.



Dates for Class Masses in Term 3

Wednesday 9 September (No Parish Mass)
Wednesday 16 September @ 9:30 KGreen, Sacred Heart Church
Wednesday 23 September @ 9:30 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.

Class Masses

We are very pleased to have recommenced classes attending Wednesday Morning Mass at 9:30. Kinder Blue 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 mums, dads and grandparents in attendance.

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

Last week was Wellbeing Week at Sacred Heart. Children took part in a variety of activities such as mindfulness meditation after reading and learning about having a Growth Mindset. The children across different classes learnt about how sometimes you have to take risks, give it a go and be resilient.



SRC & Eco Leaders - Fruit and Vegetable Month

Did you know that eating a diet high in plant foods such as fruit and vegetables is good for us – and good for the planet?

The SRC and Eco Leaders started Fruit and Veg Month on Wednesday 2 September coinciding with our Waste Free Wednesday.

Each class received a bunch of stickers, a poster with the slogan 'Help the Planet'

- Don't waste fruit and vegetables
- Choose local and in season fruit and vegetables
- Eat more fruit and vegetables.

In order to support this initiative each class is recording how many vegetables and fruit are eaten each day. Did you know that only 5-6% of Australian adults and children are actually eating the recommended serves of fruit and vegetables each day. This year’s Fruit & Veg Month is all about looking at fruit and vegetables through the lens of sustainability.






Skye Nolan-Brown, Co-ordinator

HOW MUCH FRUIT AND VEGETABLES DOES YOUR FAMILY NEED?




We all know fruit and veg are good for you and your family.
BUT HOW MUCH DOES YOUR BODY NEED?

Use this handy guide to find out.






RECOMMENDED NUMBER OF SERVES PER DAY

				
1 SERVE	1½ SERVES	2 SERVES	2 SERVES	2 SERVES
Very young children (2-3 years)	Young children (4-8 years)	Older children (9-11 years)	Teenagers (12-18 years)	Adults (19+)



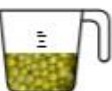


1 SERVE OF FRUIT =

	=		=	
1 medium fruit		2 small fruit		1 CUP diced or canned fruit unsweetened

RECOMMENDED NUMBER OF SERVES PER DAY

				
2½ SERVES	4½ SERVES	5 SERVES	5 - 5½ SERVES	5 - 6 SERVES
Very young children (2-3 years)	Young children (4-8 years)	Older children (9-11 years)	Teenagers (12-18 years)	Adults (19+)

1 SERVE OF VEGETABLES =

	=		=		=		=	
½ CUP cooked vegetables		1 CUP salad vegetables		½ CUP canned vegetables		1 medium tomato		½ medium potato

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.

SCHOLASTIC

Book Clubs

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

Linked Online Ordering & Payment 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

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

After much consideration, the HUB have decided that the Father's Day complimentary gifts will now be a Spring gift for families. With Covid 19 meaning we missed Mother's Day this year, we thought rather than a gift specific to Father's Day we would make it a gift for families to enjoy together. The Spring gifts will be coming home this week with the children.



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

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

