



Sacred Heart Catholic Primary School

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Term 4 Week 1 - 14 October 2020

Term 2 Core Value:

Service

School Rule:

Show Justice for Self, others and the environment

Expectation of Behaviour:

Offer to do someone else's job

Dear Parents

Welcome back to all our families for term 4 and especially welcome to Miss K Bousfield (PE), Miss M Khatri (school hygienist) and to Mrs De who has returned to Year 2 Green. We also welcome the Zilioli family to Year 5 Blue. It was lovely to see the reconnecting of children, families and staff on Monday.

*May you be blessed with good friends
And learn to be a good friend to yourself
Journeying to that place in your soul where
There is love warmth and feeling
May this change you.*

*May you treasure your friends
May you be good to them, and be there for them
And receive all the challenges, truth and light you need.*

*May you never be isolated but know the embrace
Of your anam cara (soul friend).*

Covid-19 Update

Thankfully Covid restrictions are beginning to lift in New South Wales however we still need to remain vigilant at schools in the area of health and safety. Advice from CSNSW and Broken Bay Catholic Schools as at 13 October includes the following:

- Students should stay within the relevant cohort group for all learning activities.
- School hygienists will continue a rigorous cleaning regime at Sacred Heart for Term 4.
- Playgroups may proceed with physical distancing health and hygiene measures.
- Volunteers may assist in our canteen upon signing the acknowledgment form.
- Non-essential adults are still not permitted on the school grounds or at school events.
- Choirs should generally be avoided.
- Inter-school sport can recommence with a COVID-19 safety plan in place.
- No parents or spectators are permitted to attend activities held on school sites during the school day.
- Musical instrument activities may take place under conditions - students must be 3 m apart if playing non-reeded woodwind instruments otherwise students must be 1.5 m apart.
- School excursions can recommence with a COVID-19 safety plan in place.

- Kinder orientation can commence in Term 4, parents should not remain on site for longer than 10 minutes.
- Students and staff must not come to school if they are unwell - if tested for COVID-19 the school requests a copy of the negative result.
- Schools should continue to advise parents to physically distance at pick up and drop off and avoid large congregations.
- Students may bring a birthday cake - our preference small individual cakes.
- Students will continue to use water bottles rather than the school bubblers.
- Schools may hold a Year 6 assembly to recognize the completion of primary school. Refreshments may be provided for stage three students if students bring their own food or alternatively delay events in anticipation that restrictions may be relaxed.
- Only providers that are essential to the delivery of curriculum can continue to provide services and programs until further notice.

The third orientation Zoom session for parents of Kindergarten 2021 will be held on Tuesday evening, at 7pm. Parents should have received a zoom invite. If not please contact the office.

Don't forget our Book Parade is scheduled for Friday Week 2 at 9.15am. Students may enjoy dressing up as a book character from the theme of Book Week "Curious Creatures, Wild Minds". Unfortunately parents are unable to attend but we will endeavour to share many special moments with our parents.

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

The Charitable Works Fund.

What is the CWF? The Diocese of Broken Bay Charitable Works Fund (CWF) is a Diocesan-wide Appeal that runs three times a year to raise funds for charities in the Diocese.

The CWF is still working by providing the funds to ensure our trained CatholicCare Pastoral Care Practitioners are available by mobile phone for those in hospitals in our Diocese. With restrictions on visitors, Pastoral Care Practitioners are needed more than ever for the patients, their families and the staff in the hospitals in our Diocese.

The CWF is still working by providing the funds to create online resources for students in public schools in our Diocese to receive Catholic Special Religious Education Classes. This vital ministry will assist parents at home continue the valuable faith formation to Catholic students in the public schools in our Diocese.

The CWF is still working by assisting St Lucy's School and St Edmund's College care for students with special needs who are still attending providing additional funds to two schools with students with special needs.

The CWF works every day by providing funds to those who are deaf or hard of hearing through the Ephpheta Centre.

When you give to the CWF, you can be assured that your donation is working for the faith and the people of the Diocese of Broken Bay.

Donations to the CWF can be made online at www.givenow.com.au/cwf and will support our Parish quota.



Sacramental Program Update:

Reconciliation and First Communion

A reminder that there will be a parent information night tonight at 7pm at Sacred Heart Church for First Reconciliation and First Communion.

First Reconciliation will be celebrated at Sacred Heart Church on Wednesday 4 November at 6pm, 6:30pm and 7pm.

First Communion times have changed. First Communion will be celebrated at Sacred Heart on the following dates and times:

Saturday 14 November at 3pm

Sunday 15 November at 3pm

Sunday 22 November at 11:30

Further information will be given at the Information Night this evening at 7pm.

You can also contact Suzy or Angela at the parish office: 9157-0999

Class Masses.

Year 2 Green attended mass this morning with the parish. Thankyou to the parents and grandparents who were able to join us.

Dates for Class Masses in Term 4

Wednesday 21 October **1 Blue** @ 9:30 Sacred Heart Church

Wednesday 28 October - Priests Away

Wednesday 4 November **1 Green** @ 9:30 Sacred Heart Church

Wednesday 11 November **3 Blue** @ 9:30 Sacred Heart Church

Wednesday 18 November Priests Away

Wednesday 25 November **3 Green** @ 9:30 Sacred Heart Church

Wednesday 2 December **4 Blue** @ 9:30 Sacred Heart Church

Wednesday 9 December **4 Green** @ 9:30 Sacred Heart Church

Wednesday 16 December Last Day of Term

All parents and family members are very welcome to attend class masses. Covid restrictions apply. You will be asked to sign the attendance register.

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



Welcome back to Term 4- it looks to be an exciting term of learning and preparing for the transition to the following year level or to new destinations. Term 4 is always a wonderful term. As teachers, we assess and reflect on the students learning growth as well as consolidate and improve student achievement in particular Key Learning Areas.

It is a time for students to think about what do I need to do to improve or develop in regards to skills or application for the following class. It is a time of reflection and celebration to look at the progress and make goals that can be achievable for the individual children. Term 4 is a time of transition for our children- this can be in the form of moving from Kindergarten to Year 1 or from the infants section of the school to the primary sector or from primary to high school.

It is a time, as teachers, parents and children, to upskill our children to be resilient, bounce back, demonstrate a growth mindset and to be aware of themselves and others. These transition skills are all supported in the classrooms especially in the PDHPE units and the Social and Emotional Learning framework that SHMV follows.

With any change it is always good to plan, celebrate and build resilience for your child so that they can be successful in the next step. It is a time as parents that we need to think about how we can help our child/ren to prepare for what lays ahead.

Do we need to help our child to become better organised?

Do we need to listen to them read more or learn their times tables?

Do we need to support them to widen their friendship circle or make connections through different outdoor activities so they know more children that could be in their class next year?

Do we need them to become more independent such as bringing home their containers or learning how to catch the bus?

Positive Behaviours for Learning Term 4

This term's Core Value is **Service**.

Below are the expectations that we will be focusing on weekly.

Be of Service to others and in the environment	
1.	Offer to do someone else's job
2.	Lend a listening ear to someone who needs it
3.	Help to carry a heavy load
4.	Help another student at school
5.	Give to the poor
6.	Offer to help a neighbour
7.	Clean up an area of the playground
8.	Visit or call a grand-friend
9.	Bake a treat or make a gift for someone
10.	Give a helping hand at home

Live Life Well @ School
TEACHING GOOD FOOD CHOICES

Help make meal times less fuss.

Download the **Australian Guide to Healthy Eating** to put on your fridge.

Have children choose from the five food groups to guide their food choices and develop their food literacy.

Download a copy at:
www.eatforhealth.gov.au

Developed by Northern Sydney Local Health District

SRC & Eco Leaders-

The SRC and Eco Leaders are actively encouraging all members of our community to take part in Water Night.

What is Water Night?

Between **5pm to 5am on Thursday 22 October**, we're encouraging Australians to use one bucket of water, no taps, no showers, no running water. – **Except for washing hands and being COVID safe.**



WATER NIGHT

Thursday 22 October 2020
5pm - 5am

No taps. One bucket.
Improve your water mindfulness

Brought to you by



Tips for the event night:

- Fill up enough water bottles for your household and put them in the fridge
- Make sure you have a standard bucket (say 9-10ltrs) or similar size container to keep your water allowance in
- Have some tape or tea towels ready to cover your taps to remind you not to touch them
- We would love it if you and your family would take part in this by signing up at:

<https://waternight.com.au/#register>

REDUCE REUSE RECYCLE

Remember the SRC and Eco Leaders promote **Waste Free Wednesday** on Wednesday's.

Waste Free Wednesday means reducing all waste or avoiding waste. This means bringing lunchboxes that have little or no packaging. Taking all waste home, turning off the light, reducing water usage.

Here are some examples of how your lunchboxes can be Waste Free:



Sun Safety

Warmer weather is here and all children are being reminded to wear their hats whilst outside. It is always a great time to check your child has their name in their hat. Children who have misplaced their hats can look for them in the Orange Lost Property Box. It is always a quick turn around when the child's name is clearly marked.

Skye Nolan-Brown, Co-ordinator

Band

Band parents were recently emailed regarding the Band possibly resuming in Term 4.

Could we please ask **Band parents to reply to this email by this Thursday 2pm** so we can determine if we have enough players returning to start Band in Week 2.

We would love to resume Band again this term if we have the numbers, so we would appreciate your prompt reply.

Thank you to those who have replied already.

Karen Calleia, Admin Officer



Canteen News

Welcome back all families!

At this stage the canteen is still offering on line lunch orders only until further notice.

There have been a few slight changes to the term 4 menu.

Some of the menu items are now only available on certain days e.g.: Butter chicken is now only available Mondays and Fridays.

In addition to the menu, Beef nachos is back on Thursdays! Beef mix, corn chips, sour cream and cheese available in large only \$5.50. Also, Red Rock Sea Salt flavoured chips 28gms \$1.40.

And as we approach the warmer weather, I hope to offer another ice block day for the children which was thoroughly enjoyed last term.

Kay Neale – Canteen Co-ordinator

Please feel free to contact me via email at: shmv.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!

We welcome uniform donations **in good condition**. A good rule of thumb would be if you wouldn't buy it second hand in that condition, please don't send it.

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

