



Sacred Heart Catholic Primary School

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Term 4 Week 1 - 14 October 2020

Term 2 Core Value:

School Rule:

Expectation of Behaviour:

Service

Show Justice for Self, others and the environment

Offer to do someone else's job

Dear Parents



Last Saturday, 17 October, Australia celebrated the 10th anniversary of the canonisation of Australia's first saint, St Mary of the Cross MacKillop. Did you know at North Sydney you can visit Mary MacKillop's tomb at the Memorial Chapel in Mount Street. Pilgrims visit this site daily to pray to God, through her intercession, for their needs.

As New South Wales begins to lift some restrictions for schools we were delighted that our combined school band could recommence this week. Please note there is one session per week for all band members, a combined band Wednesday morning at 7:30 am in our school hall.

Congratulations to Marik VK in Year 6 who has been selected for the New South Wales Under 14 Basketball Development Athletes Program. Marik tried out with hundreds of aspiring players and was selected in a squad of 25 players. A great achievement, Marik.

The third and final Kindergarten 2021 Parent Session was held last night via Zoom. The Kindergarten teachers for 2021 were introduced, Miss Helm and Miss Perry. We are also extremely delighted to be able to welcome the pre-schoolers and a parent to playgroup and for orientation visits this term. Kindergarten 2021 parents will be emailed a set time and date for both activities. Parents are reminded to submit or complete any outstanding documents, pay the enrolment fee and collect the information bag from the office.

The P&F Hub AGM will be held next Tuesday 27 October at 7:00pm via Zoom. The Zoom number will be sent to all parents on Friday. We sincerely thank Kate Warner-Smith who is stepping down from the President's role and thank her for her support of our school during this very difficult year. Though we have not been able to hold any P&F functions after the Welcome BBQ, due to the Covid pandemic restrictions, Kate has been a wonderful supporter of our school. Our school has a long tradition of parent support and we look forward to a new Hub President and team, planning for 2021. If any parent is interested in knowing some more information about the roles of our Hub team you are encouraged to speak with Mrs Garey. At the AGM we will also view the new proposed play equipment design.

This week we've had some fun with the Book Week. We are looking forward to the parade on Friday and today, there was a wonderful showcase themed "Curious Creatures Wild Minds" in the hall.

Children were also challenged to complete an A-Z list of children's books, entries close on Friday so there is still time to have a go at this exciting, creative challenge.

Is your family participating in the "Water Night Challenge". This challenge is being held on Thursday 22 October. The challenge is a novel approach to remind us how we use water and help break the habit of unnecessarily turning on the tap. Water night encourages families to avoid taps and only use 1 x 10L bucket of water from 5pm to 5am the following morning. Get the family involved and see if you can switch off the taps for the night!

Yes, there are still restrictions in place for schools, however at Sacred Heart we are endeavouring to continue with many exciting learning, sport and cultural opportunities. This term we have specialist coaching for various classes for:

- Basketball
- NRL
- Cricket
- Tennis

As well as the above Year 6 will also participate in:

- interschool debating
- a Spirituality Day

We will again be holding a:

- whole school talent quest

All events and activities will have a Covid Safe plan!

Yours Sincerely

Mrs Suellen Garey

PRINCIPAL

Like and follow us at: 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.

A new look for Catholic Schools Broken Bay

The Most Reverend Anthony Randazzo, Bishop of Broken Bay has launched a much-anticipated new branding for Catholic Schools Broken Bay which introduces a new name and a dynamic new logo.

The changes are in line with the vision Bishop Randazzo has for the education mission of the Diocese.

Read the full story on the [Diocesan website here](#)



Class Masses.

Year 1 Blue attended mass this morning with the parish. The students read the Prayers of the Faithful with confidence and were able to answer Fr Richards questions about the Gospel Story which was “Feeding the Five Thousand” from Lukes Gospel.

Thankyou to the parents and grandarents who were able to join us.

Dates for Class Masses in Term 4

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

Wellbeing @ Sacred Heart

At Sacred Heart there are many exciting events planned for our students for Term 4, such as Book Week. During these COVID times we need to take care of ourselves and our families more than ever. We need to recognise that we have been in very challenging months and that although some restrictions are being lifted, we need to continue to be vigilant and COVID safe.



The children have become familiar with the new processes that have been put in place such as split recess and lunch times. It is a time to celebrate and recognise the ‘new normal’ and how well we all have adapted to this new reality. It is a time to be optimistic and look for the silver linings in the new experiences. Below is a calendar that you may want to put on your fridge or somewhere to help you to continue to develop optimism within your family and life.




ACTION CALENDAR: OPTIMISTIC OCTOBER 2020




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
"Choose to be optimistic. It feels better" - Dalai Lama 			1 Write down your most important goals for this month	2 Look for reasons to be hopeful even in difficult times	3 Take the first step towards a goal that really matters to you	4 Be a realistic optimist. See life as it is, but focus on what's good
5 Start your day with the most important thing on your list	6 Do something constructive to improve a difficult situation	7 Remember that things can change for the better	8 Make progress on a project or task you have been avoiding	9 Avoid blaming yourself or others. Just find the best way forward	10 Take time to reflect on what you have achieved this week	11 Focus on a positive change that you want to see in society
12 Look for the good intentions in people around you today	13 Put down your To-Do list and let yourself be spontaneous	14 Do something to overcome an obstacle you are facing	15 Look out for positive news and reasons to be cheerful today	16 Thank yourself for achieving the things you often take for granted	17 Share your most important goals with people you trust	18 Make a list of things that you are looking forward to
19 Set hopeful but realistic goals for the week ahead	20 Find the joy in completing a task you've put off for some time	21 Let go of the expectations of others and focus on what matters	22 Share an inspiring idea with a loved one or colleague	23 Write down 3 specific things that have gone well recently	24 Recognise that you have a choice about what to prioritise	25 Plan a fun or exciting activity to look forward to
26 Start the week by writing down your top priorities & plans	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?	29 Find a new perspective on a problem you face	30 Set a goal that links to your sense of purpose in life	31 Think of 3 things that give you hope for the future	

ACTION FOR HAPPINESS







www.actionforhappiness.org
Keep Calm · Stay Wise · Be Kind

Learn more about this month's theme at www.actionforhappiness.org/optimistic-october

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>

Curious Creatures – Showcase

Curious Minds were on the hunt for Curious Creatures today to celebrate Book Week! Our Little Einstein's Research Group showcased their findings from mythological gods to a star nosed mole! Sacred Heart students were asking lots of questions and then chatting about their new found knowledge.





Skye Nolan-Brown, Co-ordinator

BOOK WEEK



A REMINDER

CHILDREN'S BOOK WEEK PARADE

Friday 23 October

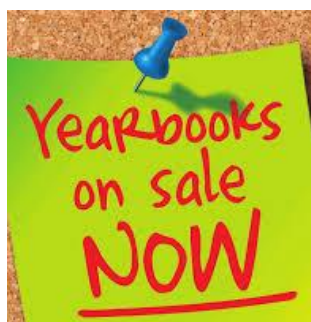
The whole school will take part in a Book Character Parade.

The children can come to school dressed as a **BOOK CHARACTER** or as something related to "Curious Creatures Wild Minds". Be creative, think 'outside the square', and surprise everyone!

Children can come to school dressed in their outfits on the day.
Bring a change of clothes if necessary.

Unfortunately, due to Covid-19, parents will be unable to attend.
Not to worry! We will be recording the week's fun and sharing it with you online

From the Office



Year 6 2020 Yearbooks

Yearbooks are on sale now via Qkr! @ \$35.00.

Closing dates for orders is Monday 16 November.



Student Transport

Transport for NSW has issued the following information:

- 2021 school travel applications are now open, including new applications, change of school, or change of address applications. Click on the link for further information: [School Travel for 2021](#)
- From January onwards, there will be a number of School Opal cards expiring, as the physical card has reached its lifespan.
- These are cards for students who will be in years 8 to 12 in 2021, and only those Opal cards which haven't been replaced in the last five years.
- Impacted students and/or their parent/guardian will be contacted directly by Transport for NSW via email or post. They will be asked to confirm their details online in order for a new School Opal card to be sent to the correct postal address in time for the new school year.
- If contacted by Transport for NSW, details should be submitted [online](#) by December 1, 2020 at the latest. Affected students who do not confirm their details in time will have a new School Opal card posted to the address we currently have on file.



Canteen News

Reminder that 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.

Chocolate flavoured and Strawberry flavoured milk have returned to the menu and are available for ordering.



Kay Neale – Canteen Co-ordinator

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

The Hub

Can you help?

This year the HUB are organising an online raffle and auction to replace our Annual Gala Fundraising Night - this will be a fun and different experience with lots of great prizes!



- Do you have a business that would like to sponsor the event?
- Can you donate a prize?
- Do you have any local connections that would like to donate?

If yes please contact your class parents ASAP or call or email Kate on 0410 11 44 11 or kate@sydneystratareports.com.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 have several packets of Size 2-8 white school socks –3pairs in a pack for \$3. Please contact the office.

We welcome uniform donations **in good condition**. In particular, we would like any size 8, 10 or 12 uniform items as we have had many enquiries and we are unable to assist at the moment.

Unfortunately, we can no longer take white sports shirts as donations.

SHMV HUB (P&F) admin@shmvparents.com

Community News

