



Sacred Heart Catholic Primary School

Cnr Waratah & Keenan Street, Mona Vale NSW 2103

T: (02) 9999 3264

W: www.shmvdcb.catholic.edu.au • E: shmv@dbb.catholic.edu.au

Term 4 Week 4 - 4 November 2020

Term 2 Core Value:

School Rule:

Expectation of Behaviour:

Service

Are of service to others and in the environment

Help another student at school

Dear Parents

*Jesus said "I am the way the truth and the life."
Teach us through your Spirit
to walk your way of light,
to live your way of truth
and in all things to act
with love and compassion.*

Thank you to the parents who have contacted the school regarding being part of the P&F Hub for 2021. Positions are being filled for the environment, well-being and class parent teams. We are still looking for a team to organize the gala dinner and fun run! Any parent who is interested may contact Mrs Garey for more information. A planning session for the P&F Hub team and any other interested parent are invited to Zoom on Monday, 16 November at 7 pm.

This week parents should have received a Tell them From Me (TTFM) survey. The survey is being distributed to all schools in the Broken Bay Diocese and assists us to focus on school effectiveness. Participation in the survey is voluntary we will also be inviting staff and students to complete the survey so as to achieve the voice of all members of our community.

This week our students have had some marvellous sporting opportunities. We began the week with cricket coaching, today Year 5 enjoyed an NRL day and later in the week the basketball coaches will conclude sessions for all grades.

How delightful it was to welcome back Leap into Learning Playgroup last Friday. Another two play groups will be held this Friday and we are to also be able to offer orientation for Kindergarten 2021 in the coming weeks.

Our Year 6 debating team welcomed Maria Regina Avalon last Friday. The debate "That all schools should provide recess and lunch for students" earned a win for our team who debated vigorously against the topic, well done Year 6!

As we move to the last few weeks of the year, classes for 2021 are being sorted. The process for placement of students in classes is thorough. Students complete a friendship sociogram, current class teachers input academic strengths and needs ensuring a balance of abilities, gender and numbers and there is also input from the diverse learning team. It is an important part of student's social and emotional growth to learn to make new friends and to adapt to change. We are fortunate to have two classes for each of the year groups from K-6.

Congratulations to Lauren Bell a past student and School Captain of SHMV who has been elected School Captain, Mater Maria College Warriewood.

Also congratulations to Harry Kountouris and Tom Odell who were elected school leaders at Mater for 2021.

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 Sacrament of First Reconciliation

Students in Year 3 and a number of students from other classes will be making their First Reconciliation this evening at Sacred Heart Church with other children from our parish.

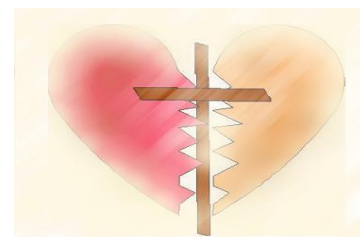


We keep them all in our prayers. Congratulations to the following students from Sacred Heart

Aleana A	Zavian B	April B	Jay C	Alfredo C
Alessandro C	Lupo C	Tasman C	Emily C	Jack D
Henry D	Elijah F	Isabella G	Alexander G	Arjen G
Lexie H	Liam H	Isabel J	Braxton K	Paige K
Tyra L	Jack L	Francesca M	Sofia M	James N
Leon O	Sophia R	Claudia R	Noah S	Alfie S
Hayden S	Cheyne T	Mia W	Piper W	Indi W
Liam W	Tate W			

A Prayer for our Reconciliation Candidates

Loving God help us to teach our children that you love us totally and unconditionally. Help us to encourage our children to grow in love and to learn how to say sorry, knowing that you always forgive. Give us the courage to pray with our children and to share our faith with them as we journey together. We ask this through Christ our Lord. Amen



Month of Remembrance

November is traditionally the month in which the Church remembers Her dead, and in a special way we are invited to remember our family and friends who have died, especially those who have passed in the previous year.

The Month of Remembrance commences on November 1st with All Saints Day, which is a feast that is celebrated by the Catholic, Orthodox, Lutheran and Anglican Churches. This is then followed on 2 November by All Souls Day, where we remember and pray for the dead.

Pittwater Parish invite you to record the names of your family and friends who have died, so that as a community we might remember them in our prayers.

Contact Suzy or Laura at the parish for more information: 9157 0999

Class Masses

Year 1 Green attended Wednesday morning mass today. They are to be congratulated for reading so fluently and confidently the Prayers of the Faithful. Thankyou to the parents and family members who were able to attend.

Dates for Class Masses in Term 4

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 weekend. 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 Coordinator

chris.mcbryde@dbb.catholic.edu.au

Wellbeing @ Sacred Heart

The Wellbeing Team meeting met last week and meets twice a term throughout the year. The meeting follows a set format of:

- Celebrating our successes
- Reviewing the Positive Behaviours Long Time Out Data
- Wellbeing Week planning with reflection and identification from our data
- General Business



The successes highlighted were:

Book Week, Research Groups, Playgroups returning this week, Kindy parent Zoom, Hub Meeting Zoom, Ice Block Day, First Communion starting, Band and Drama returning, Debating, Maths Challenge. Rosary each day. Vege Garden Thriving Kiss and Ride Year 4 and 5 helpers who are amazing.


The Wellbeing Team reviewed the Positive Behaviours for Learning (PBL) and Long Time Out Data. PBL promotes positive reinforcement of desirable behaviours rather than punishment or punitive measures related to negative behaviours. Children are acknowledged when they are following our school rules and expectations and each child receives praise and Reason to Smile stickers frequently when teachers see they are doing the right thing.


If a child has been reminded of the expectation, then retaught the expected expectation, redirected and their behaviour does not improve, they will be given a Long Time Out. Every time a Long Time Out is given the teacher who gave the Long Time Out will fill out a Google Form and the Data of where, when, who, and what School expectation was being broken. The data is reviewed twice a term at the Wellbeing Team Meeting. The Wellbeing Team discusses how to improve student behaviour outcomes through whole school behaviour intervention.

The data for this meeting represented a need to re-clarify the expected behaviours around Wet Weather as well as expectations in the Morning and at lunchtime. This has started with the work of the SRC making announcements about the expected behaviours on the playground such as wearing your hat, playing with small balls during the morning instead of large basketballs and what games are good to play during wet weather.

The Wellbeing Team planned for Wellbeing Week in Week 6 - Monday 16th Friday 20 November. The theme for Wellbeing Week is 'Inclusivity'. Inclusivity is an important theme as it means that everyone in the community feels valued and respected. It means that we should celebrate everyone's culture, special talent and interests.

On Friday the 20 November children are invited to wear to school clothes that celebrate who they are such as their culture, special talents and interest. Your child may like to wear a sporting group uniform that they belong to or colours that represent your family's culture.



Wellbeing Week 6 Monday 16- Friday 20 November					
	Monday	Tuesday	Wednesday	Thursday	Friday
Home 	You may want to watch a show that everyone likes... Talk about why you liked... What made it worth watching... <i>Being inclusive means being accepting of all</i>	Play a game outside together as a family <i>How do we play fairly and how do we work as a team for the game to be successful?</i>	Go for a walk in nature- collect different natural things e.g shells, sticks, leaves. <i>Look at how they are all different but belong</i>	Make a card or write a letter to someone you haven't seen due to Covid 19 <i>Inclusivity includes connecting with people who may feel out of the loop!</i>	Have your favourite dinner or desert and celebrate your family <i>Everyone loves different food – celebrate your families inclusivity</i>



Nutrition Snippet

MEAT-FREE MONDAY.

Get your family having more veg by making Monday 'Meat-free'.





Try these meat-free meals:

- [Mushroom, spinach and lentil lasagne](#)
- [Green frittata](#)
- [Eggplant tagine](#)

Any leftovers can be used in the lunch box the next day!

healthylunchbox.com.au





Next week is NAIDOC Week our SRC and Eco Leaders will be talking about NAIDOC Week and what it signifies and how we can learn about, and appreciate the wealth and breadth of Indigenous Nations, languages and knowledges of this continent.

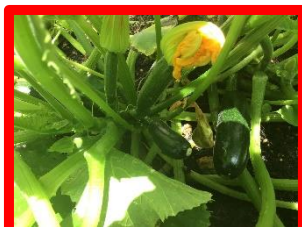
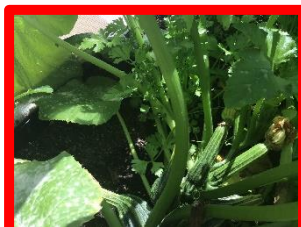
Skye Nolan-Brown, Co-ordinator

Garden Club

Vegetable Garden Sales

Look out for Year 3 at Kiss and Ride for some freshly grown produce.

Recently we harvested some beetroot and spinach while looking forward to some cucumbers, zucchinis and capsicum.



Madison Paul, Year 3 Teacher and Gardener

Canteen

Coming Soon! Delicious Chobani Greek yoghurt now available for sale, on line lunch orders only. Strawberry flavour, gluten free, no artificial flavours or preservatives 100gms \$1.80



Volunteers: The lunch orders are overflowing and i would love to have some help in the canteen. If you are available on either a Thursday or Friday from 11.30-1.30 please contact me asap

Canteen closure: Please note the canteen will be **closed on Friday 27 November**.

Kay Neale – Canteen Co-ordinator

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

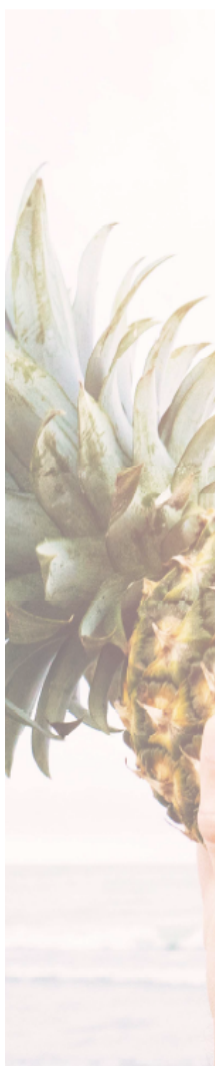
The Hub

*The
Hub*

2020 - The HUB (P&F) are organising a Silent Auction –
We ask our beautiful Sacred Heart community - *can you help?*

NOTE - If you or someone you know would like to donate a prize for our silent auction but it is a service or product that is unable to be dropped to our school office, please email kate@sydneystratareports.com.au - the business logo, short description of the prize and approx. value (for advertising purposes). Thank you.

The HUB (P&F) are also organising a Kids Raffle, with amazing prizes to be won! Tickets will be available soon. More details to follow.



DONATIONS NEEDED

SILENT AUCTION

can you help?

Do you own or manage a business or know someone that does that may like to donate a service or product?

Do you know a famous sporting person or team that would be willing to donate time, product or tickets?

Could you donate a shopping or dining voucher or do you make anything that you could donate?

Could you donate a bottle of spirits, wine or champagne (min. value \$25)?

If you are interested or know a business that might be interested, please contact your class parents asap or drop your donation to the school office by Tuesday 10th November

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





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



A COVID-19
COMPLIANT EVENT!
REGISTER
NOW!

BARE CREEK TRAIL RUN

Our kids deserve a celebration this year so we're inviting our school communities to join us for this fantastic event in our beautiful Aussie Bushland. Just 30 minutes from Sydney CBD, Garigal National Park offers the perfect opportunity for kids of all ages to enjoy some freedom in a natural adventure playground. Form a school team or just spread the word to your school community. From the 2km Dash and 6km family walk/run to the challenging 12 and 20km courses, there's an event that's perfect for everyone.



Sunday 8th November 2020 • www.barecreektrailrun.com
facebook.com/barecreektrailrun

2km Dash • 6km Family Walk / Run • 12km Run • 20km Run