



Sacred Heart Catholic Primary School

Cnr Waratah & Keenan Street, Mona Vale NSW 2103

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Term 4 Week 5 - 11 November 2020

Term 2 Core Value:

School Rule:

Expectation of Behaviour:

Service

Are of service to others and in the environment

Give to the poor

Dear Parents

As we move Towards 2025, parents are invited to complete the “Tell them from Me” (TTFM) survey which was opened last week. The survey window for our school closes on Friday 27 November, 11% of parents have responded so far and 95% of teachers have completed the survey. The students in years 4-6 are yet to commence the survey.

Orientation visits for kindergarten 2021 will commence next week and we look forward to welcoming all the pre-schoolers from the surrounding suburbs of Mona Vale. It will be their first visit to the classroom and to meet lots of their classmates after having attended playgroup earlier this term. Unfortunately the “Kinder Blessing Mass” scheduled for Saturday 28 November has been cancelled due to Covid limitations of numbers in churches.



Parents are reminded that unpaid school fees are due. Fee relief is available for any family at our school. If you are experiencing financial distress please contact the school to seek support. The Covid school fee relief package will continue into 2021. There will be no increase in school fees in 2021.

Next week we are holding a planning session for the P&F HUB team for 2021. All parents are welcome to either attend in person in the library or listen in on Zoom. Please contact the office for the Zoom number if you would like to attend. As of today we have parents committed to the Advisory Team, Well-being Team, Environment Team, Class Parents, the Gala Dinner and the Fun Run teams. If you would like to join these parents, have fun, meet new friends and make a contribution to the school please join the meeting on Zoom or attend in person in the library Monday 16 November at 7 pm!

As restriction ease the school is beginning to get out and about a little. Sacred Heart students have been able to attend a debate at Maria Regina Avalon, today the year four children are attending an NRL /Eagle Tag Gala Day at Nolans Reserve Manly and yesterday some enthusiastic tennis players attended a Gala Day at Oxford Falls.

Even though parents are still not permitted to congregate in large groups in our playground nor collect children on site, parents are able to come to the office or for a meeting that is considered necessary.

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 Communion

Students in Year 3 and a number of students from other classes will be making their First Communion over the next two week ends. Thank you to Fr Bronek, Fr Richard, Suzy Caruso, Angela Smit and the Sacramental team, parents, grandparents, guardians, catechists, teachers, principals and group leaders for your time and dedication in preparing the children for the Sacrament.



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 Communion Candidates

*Lord Jesus,
Bless the children receiving the Sacrament of Holy Communion for the
first time.*

*May this day be an initial step into a life-long love of the Eucharist.
Give them a hunger for this Sacred food so that they turn to you for
comfort, guidance and wisdom as they grow into full discipleship.*

*Thank you for their innocence and goodness.
May their hands, extended in anticipation of Your Body and Blood, inspire
all of us to cherish this Sacred Sacrament.*



St Vincent de Paul – Christmas Hamper Appeal

We are beginning our Christmas Hamper Appeal collecting of non-perishable food which will be distributed to families through the St Vincent de Paul Society.

Students are asked to donate goods to families and people in need, so that they too may enjoy the delights that Christmas brings. Each class has been given the following items to collect and place in a basket in their classroom by **Friday 27 November**. (Please do not leave items at the office).

These items will be collated by Year 4 students to make 25 Christmas Hampers that will be collected by St Vincent De Paul.

K Blue – 2 Box of Tea Bags	3Green – 2 cans of tinned vegetables
K Green – 3 packets of jelly crystals	3-6S – 2 packets of lollies (no chocolate please)
1 Blue– Christmas Decorations eg bon bons, tablecloth, candles, Christmas stocking	4 Blue– 1 Christmas cake/pudding
1Green– 1 jar of spread (jam, vegemite etc	4 Green – 1 can of ham
2Blue – 2 packets of lollies (no chocolate please)	5 Blue – 1 jar of pasta sauce and 1 packet pasta
2Green -2 packet of biscuits	5Green- 1 can of tinned fruit and 1 packet of long-life custard
3Blue – Christmas Decorations eg bon bons, tablecloth, candles, Christmas stocking	6Blue – Tin of milo/chocolate drink
	6 Green –1 jar of coffee

Class Masses

Year 3 Blue attended Wednesday morning mass today. Thankyou to the parents and family members who were able to attend.

Dates for Class Masses in Term 4

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.

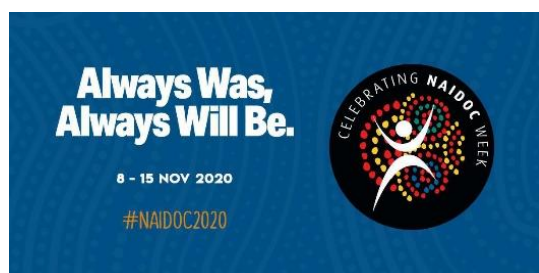
PARISH WEEKLY BULLETIN can be found [here](#)

Chris McBryde, Religious Education Coordinator

chris.mcbryde@dbb.catholic.edu.au

Wellbeing @ Sacred Heart

Wellbeing for all is about recognising every individual in our community. A sense of wellbeing is created when you celebrate others. This week at Sacred Heart we are celebrating NAIDOC Week. Our SRC are leading the assemblies with messages about the theme for NAIDOC Week being 'Always Was Always Will Be.'




NAIDOC Week recognises that First Nations people have occupied and cared for this continent for over 65000 years. Australia has the world's oldest oral stories and at Sacred Heart we are taking up this tradition by participating in NAIDOC Week and the Australian Reading Hour on Thursday. We have an array of books and access to online stories that the children will be exploring with beautiful new titles that celebrate and recognise Aboriginal and Torres Strait Islander people.

Wellbeing Week- Week 6

Next Week is Wellbeing Week at Sacred Heart -Monday 16 to 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>



ECO Parent Group

At Sacred Heart we have an Environmental Parent Group who meet once a term to discuss our schools Environment Initiatives.

Our meeting this term celebrated the work of:

- The Environmental Leaders and their composting.
- Year 3's gardening in the Sacred Garden and their selling of produce at Kiss and Ride.
- The Gardening Club's huge success on Monday's at lunchtime for K-2 children.

If you are interested in being part of this group- please email:

skye.nolan-brown@dbb.catholic.edu.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

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



Book Club



**NOTE: David Walliams - Code Name Bananas –
Now available to order – see details below!**



It's our final issue for the year and it is loaded with incredible Christmas books and gift ideas for everyone! Book Club will have students' summer reading sorted!



You'll notice a brand new novel, *Code Name Bananas* by David Walliams below. Unfortunately it didn't make it into the catalogue, however it's available to order on LOOP for the Club price of \$18 using item order #084.

Canteen

ICE BLOCK DAY!

The canteen will be holding another ice block day on **Monday 16 November**. There will be one option available - 50c fruit stick and a maximum of one per person. All orders must be placed on line only (no cash transactions) through QKR by **5pm Friday 13 November**.



Reminder: 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*

PROUDLY SPONSORED BY
Narellanpools

KIDS RAFFLE

The HUB (P&F) have organised a Kids Raffle, with amazing prizes to be won!

The prizes have been displayed in the school office window. Tickets will be available soon, more details to follow.

1st Prize

Almost brand skateboard,
187 Killer Pads set &
Triple Eight helmet

2nd Prize

Wildcat V3 Pro Scooter

3rd Prize

Manta Bodyboard package

4th Prize

Spalding basketball & Lakers hat

5th Prize

5 x \$10 Boost Juice vouchers

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**. 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

Australian Girls Choir Open Day

Look no further than the Australian Girls Choir (AGC) because we encourage, challenge and inspire girls as they learn to sing, dance and perform.



School aged girls are invited to come along to our Open Day on Saturday November 21 or Saturday November 28 to try our fun and inclusive classes and learn more about being part of the AGC!

Please visit our website to register to attend our free Open Day: <https://ausgirlschoir.com.au/openday2020/>



AUSTRALIAN GIRLS CHOIR



Is this your daughter?

Look no further than the Australian Girls Choir because we encourage, challenge and inspire girls as they learn to sing, dance and perform.

JOIN US AT OPEN DAY
SATURDAY NOVEMBER 21 OR 28



AUSTRALIAN SCHOOL OF PERFORMING ARTS

[ausgirlschoir.com.au](https://www.ausgirlschoir.com.au)



AUSTRALIAN GIRLS CHOIR



An experience that goes far beyond the stage!

We believe in growing girls through the hidden elements of our curriculum; your daughter will develop confidence, public speaking and presentation skills, resilience and friendships that will last a lifetime.

Over 200 girls recently shared the stage with Hugh Jackman in The Men, The Mice, The Monkeys Arena Tour to sold-out audiences around the country. We're proud to have represented Girls in the 1 2 3! Call Australia Home! advertisements and all live events for the past 20 years.

Now accepting 2021 enrolments for our rehearsal venues in Balgownie, Boscraff, Kellyville, Leichhardt, North Parramatta, North Ryde, St Ives and Waverley.



Join us at our free **OPEN DAY** on November 21 or 28
Register now at ausgirlschoir.com.au/openday2020 or phone 1800 338 142



AUSTRALIAN SCHOOL OF PERFORMING ARTS

