



## Sacred Heart Catholic Primary School

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### Term 4 Week 8 - 2 December 2020

**Term 2 Core Value:**

**School Rule:**

**Expectation of Behaviour:**

**Service**

Are of service to others and in the environment

Visit or call a grandfriend

Dear Parents

The readings from Isaiah 40 for next Sunday, the second Sunday of Advent, remind us that we are not abandoned which is comforting after the year that we have all been through! When all those around us are at their lowest point we must remember that there is comfort from above and comfort from those beside us. We each have a role to play in the lives of others. We may not be able to offer answers but we can offer encouragement, hope, practical care and comfort. Our God is a God who comforts.



As we move rapidly towards the end of the term we are looking at planning for our Thanksgiving liturgy. As restrictions are still in place for schools we will be unable to hold our liturgy in the church therefore we are planning a beautiful liturgy in the playground for students. Traditionally the Year 6 leaders for the following year are announced at this celebration and this tradition will continue this year. Parents of the leaders for 2021 will be emailed an invitation to the Thanksgiving liturgy. Unfortunately other parents will be unable to attend this year. The liturgy will be held on Wednesday, 16 December at 10am in the school grounds. The badges for the leadership positions will be presented formally to the leaders at the opening school Mass in 2021- restrictions permitting!

Pittwater Parish is renowned for its 5 pm children's Mass on Christmas Eve. So far we have not been notified of the times of Christmas Eve and Christmas Day Masses. Fr Bronek is awaiting approval from the Bishop. As soon as this information is available we will inform parents what time and where the Masses will be held and how families can book their attendance.

Parents are reminded that school semester reports will be available through the COMPASS portal from Thursday, 10 December. Families who are leaving our school need to print or download the semester reports as the access to COMPASS for leaving families will be closed at the end of the term.

On Tuesday, 8 December students will meet their teachers and classmates for 2021. For some students change can be difficult yet we know that parents can assist students with a smooth transition to the next year group and teacher with positive talk and a positive attitude to change.

Congratulations to Xavier VK who was one of eight boys who made it through the Broken Bay basketball trials last week. He will be going to Tamworth in February to try out for the Polding basketball team.

Next week's newsletter will be the final newsletter for the year.

Peace to all during this Advent, the season of Hope.

Yours Sincerely`

Mrs Suellen Garey  
**PRINCIPAL**

Like and follow us at: [facebook.com/sacredheartmonavale](https://facebook.com/sacredheartmonavale)  
Like and follow us at: [twitter.com/SHMV16](https://twitter.com/SHMV16)



## Religious Education

### Advent tips

1. Prepare your heart. Begin preparing for Advent through prayer. Offer your heart as a dwelling place for the Holy family to live in. Ask Jesus, Joseph and Mary to help you live out Advent as a time to prepare and wait for the coming of Jesus' birth.

2. Set up a space for prayer. You don't need anything fancy to set up a prayer space. All you need is an Advent wreath. If you don't have an Advent wreath or your budget is limited, you can buy three purple candles and a pink one to light up as the weeks in Advent pass or you can set up a Nativity set without baby Jesus in the manger. You can place the image of the child in the manger on Christmas day before opening gifts.

3. Don't forget those in need. Jesus came to serve, so following in his footsteps we should consider how we could serve our brothers and sisters in need. November and December are some of the busiest times for volunteer centres. If you can't find a place to serve in person, you can always make and send cards to those in hospitals or in nursing homes. Many times patients in the hospital or the elderly in nursing homes are happy to receive cards from people who are thinking of them.



### St Vincent de Paul – Christmas Hamper Appeal

Thankyou to the many families who have supported our St Vincent De Paul Christmas Appeal. Year 4 will be collating the hampers over the next week.



### Dates for Class Masses in Term 4

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

Wednesday 9 December Year 6 Graduation Mass for students only @ 11:00am Sacred Heart Church

Wednesday 16 December Whole School Liturgy @ 10:00am School Playground.

### Christmas Masses

The parish is currently waiting for the government to finalise guidelines for Christmas Masses.

### 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](#). (NB. this link has been updated)

**Chris McBryde, Religious Education Coordinator**

[chris.mcbryde@dbb.catholic.edu.au](mailto:chris.mcbryde@dbb.catholic.edu.au)

## Wellbeing

### Wellbeing Week at Sacred Heart

Sacred Heart is buzzing with Advent and Christmas cheer. As you walk around the school you see evidence of celebration of a year's learning. Students and teachers are creating opportunities to celebrate achievement and joy in the Advent/ Christmas Season. This year it feels extra important to celebrate and foster a sense of belonging in a positive environment.





## **Cyber Safety- Keeping yourself safe online**



At Sacred Heart we teach children about being safe when using ipads and being online. As it comes close to the long summer holidays it is always a good idea as a family to sit down and go over your family's rules. That way everyone is aware of the rules and can keep themselves safe online as well as spending time for personal fitness and wellbeing.

Did you know the age restrictions around the following online Apps:

						
Instagram 13 years +	Snap Chat 13 years	8+- 18 parent controls are in place	10+ years	Tiktok/ Musically/ Lively 13 years plus (this app has been in the media lately with warnings for parents)	Facebook 13 years plus	Fortnite 13 years +



*Did you know there is a YouTube for Kids? (This is a safer option for your children as Youtube really is for people over 17)*

*Parents can create an account according to age group:*

*pre-school (4 and under), younger (5 to 7), and older (8 to 12).*

### ***What can you as a parent do to support your child at home?***

Monitor and have a talk about the apps you are allowing your child to use. Another suggestion is to always be on the apps your child is using and have a regular digital safety conversation with your child about what your expectation is and what you consider appropriate behaviours. Try and be a role model to your child about responsible use of devices. Encourage open conversations around usage as well as being visible to others in the home. Set time limits and keep rewards and consequences easy to uphold.

Check the settings on the app- are they in Private as some apps by default are public unless the privacy settings have been changed.

If you are worried about an app your child is using at home- the following websites have well informed cyber safety warnings and how to help you to talk to your children about using the internet appropriately

<https://thecybersafetylady.com.au/2020/11/smart-toys-speakers-privacy-risk-or-great-christmas-gift-idea/>

<https://www.esafety.gov.au/parents/online-safety-guide>.

A wonderful Podcast and Website that you may be interested in is the Cyber Safety Lady- Leonie Smith. At Sacred Heart we had Leonie talk to our parents a few years ago. I found the podcast was something that you could listen to with very helpful ideas and how to teach your child to be cybersafe and use technology appropriately. Plus how to talk to your child about using all your digital devices in this modern world.



30 episodes

A 30min weekly podcast hosted by Leonie Smith "The Cyber Safety Lady" in conversation with parents, students, children, cyber safety experts, family councillors, child protection experts, wellbeing coaches, psychologists and more at [more](#)

## Digital Families

Leonie Smith

Kids & Family

★★★★★ 5.0 • 2 Ratings

[Listen on Apple Podcasts ↗](#)



27 NOV 2020

### How To Resolve Family Disagreements Around Digital Devices Episode 30 >

My guest today is Fred Bretthauer. Fred is a senior Family Dispute Mediator with Catholic Care and a committee member of the Family Law Pathways Network in Sydney. He has been resolving family separation disputes for over 10 years, he also runs education seminars for parents who are

[▶ PLAY](#) 42 min

18 NOV 2020

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With Christmas almost upon us, many parents are looking into buying their little one a new smart toy, watch or device. >

## Gala Days

At Sacred Heart Years 3-6 took part in a Cricket Gala Day. These days consolidate the skills the students have been learning in Cricket. It is such a wonderful day with children supporting each other on the field and creates a sense of belonging and School Spirit.



## Nutrition Snippet

### SAVVY SNACK SWAPS.



#### Swap cake for these healthy snacks:

- [Banana Bread](#)
- [Pumpkin and sweet potato scones](#)
- [Fruit loaf](#)

Check out our [interactive healthy swap guide](#) for more inspiration!

[healthylunchbox.com.au](https://healthylunchbox.com.au)

**Cancer Council**  
Healthy Lunch Box

**Skye Nolan-Brown, Co-ordinator**

## Technology

### HOUR OF CODE

We live in a world surrounded by technology. And we know that whatever field our students choose to go into as adults, their ability to succeed will increasingly depend on understanding how technology works.

That's why our entire school is joining in on the largest learning event in history: The Hour of Code, during Computer Science Education Week (December 7-13). More than 100 million students worldwide have already tried an Hour of Code. Each student will engage in a hands-on coding activity specifically designed for their age and skill level.

*The 'Hour of Code™' is a global initiative by Computer Science Education Week [csedweek.org] and Code.org [code.org] to introduce millions of students to one hour of computer science and computer programming.*

**Suzy Driscoll, Class Teacher**

## Canteen

### ICE BLOCK DAY!

The canteen will be holding another ice block day on **Monday 7 December**. 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! no later than **8am, Monday 7 December**.



**Kay Neale – Canteen Co-ordinator**

Please feel free to contact me via email at: [sshmv.canteen@dbb.catholic.edu.au](mailto:sshmv.canteen@dbb.catholic.edu.au)

## The Hub

Please note new closing date for the Kid's Raffle – Wednesday 9 December at 3:30pm

*The  
Hub*

**Kid's Raffle tickets now available on Qkr!**

**Ticket purchases close Wednesday 9 December at 3:30pm**

1 Ticket for \$5.00

5 Tickets for \$20.00

12 Tickets for \$40.00

Raffle Drawn on Friday 11 December



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## KIDS RAFFLE

### 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](mailto: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](mailto:admin@shmvparents.com)

## Community News



# ACCEPTING APPLICATIONS FOR YEAR 7, 2023

LIMITED AVAILABILITY FOR YEAR 7, 2022



**ENROL ONLINE**  
[MERCYCHATSWOOD.NSW.EDU.AU](http://MERCYCHATSWOOD.NSW.EDU.AU)

