



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 9 - 9 December 2020

Term 2 Core Value:

School Rule:

Expectation of Behaviour:

Service

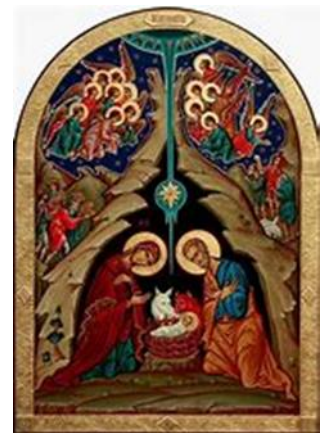
Are of service to others and in the environment

Bake a treat or make a gift for someone

Dear Parents

In an unprecedented year around the world, 2020 will be remembered as the year of the Covid pandemic and as we reflect upon the year we can certainly count the many blessings we have here in Australia, in NSW and at Sacred Heart. I feel extremely privileged to be working with our Sacred Heart children, their families and with the professional and dedicated staff who throughout this year have shown such resilience and flexibility, care and compassion for each other.

At Sacred Heart we are so fortunate to have Parish Priests Fr Bronek and Fr Richard who care so deeply and respect so much, the work we do at our Catholic school. Thank you also to Suzy, Angela and Laura in the Parish centre. We have a true partnership between parish and school. All families are welcome to attend the Children's Christmas Eve Mass in the school playground commencing at 5 pm. Children may like to dress as angels or shepherds. Families will need to book to attend all Christmas Masses and social distancing protocols will be in place.



"I bring you news of great joy, a joy to be shared by the whole people...." (Luke 2:10)

With the New South Wales Government announcing an easing of COVID restrictions from Monday, we have now been able to plan our Masses for Christmas and they are now available for booking.

Mass Times – Sacred Heart Mona Vale

Christmas Eve - Thursday 24 December 2020

5pm Family Mass in Sacred Heart School Grounds

9pm Youth Mass in Sacred Heart School Grounds

Midnight Mass in Sacred Heart Church

Christmas Day - Friday 25 December 2020

8am Mass in Sacred Heart School Grounds

10am Mass in Sacred Heart School Grounds

To book for Masses at Sacred Heart, Mona Vale, please visit

<https://www.trybooking.com/BJPSE>

Thank you and farewell to Mrs Fogwell, Mr Huskins and Mrs Munro who are leaving us this year. We thank them for their contributions to our Sacred Heart community and wish them all the best as they take on new teaching positions and explore new options in 2021.

Thank you to our wonderful teaching, administration and ancillary staff who have worked tirelessly for our students. Our office staff at Sacred Heart are fabulous and I would like to thank Carol Bartlett and Karen Calleia for the great work they do, answering endless questions, gently assisting our students requiring First Aid and always being willing to assist parents, teachers and students.

Thank you to the Parent Hub team, Advisory team, Environment, Wellbeing teams and Class Parents for being the voice of the parent community mostly on Zoom this year! A special thank you to our President Mrs Kate Warner-Smith and to those members of the Hub who have finished their term on the team - Mrs Siddall and Mrs Berrell.

Our year 6 students graduated this morning with a beautiful liturgical celebration attended by their parents in our church. We were always hopeful that this event would take place and amazingly on Monday restrictions eased and parents were able to be present. We are also looking forward to a lovely family celebration this evening at Pittwater RSL. Thank you to all the parents who were involved in organising the Year 6 Graduation Dinner and Graduation Book – especially Amanda, Angela, Vaughan, Vanessa, Bec, Jackie and Jacqui.

We farewell families who are leaving our school, some of these families have had long associations with Sacred Heart and we thank them for their many contributions to our school community: Andrews, Carroll, Cole, Curgenvin, Duke, Einspinner, Fiaola, Finch, Hackett, Hale, Hilton, Kelly, Kountouris, Kunjasic, Lee, Lewis, Lindfield, McLean, McPeake, Osborne, Peterkin, Robinson, Sadlik, Sharkey, Smyth, Thomas and Wooldridge.

Teachers for 2021

KindergartenMiss Helm & Miss Perry
Year 1Mrs Satchell & Mrs Russell
Year 2Ms Cahill & Ms De
Year 3Mrs Driscoll & Miss Paul
Year 4Mrs Thornton, Mrs Firman & Mrs McBryde (REC)
Year 5Mrs Mitford, Mrs Butler & Mrs Gibson
Year 6Mrs Nolan-Brown (Co-ord) & Mr O'Brien
PE.....TBA
Learning Support.....Mrs Browne, Mrs Wood
Creative Arts..... Ms Rudd
Library.....Mrs Harrison
Diverse Learning.....Mrs Ngamu

On Wednesday 16 December, due to NSW Covid restrictions only Year 6 parents and parents of Year 5 leaders may attend the Thanksgiving Liturgy in the playground. Parents will need to sign in at the kiosk in the foyer and social distance on the playground. We will announce the student leaders for 2021. These leaders will receive their badges next year.

*May you be filled with the wonder of Mary,
the obedience of Joseph,
the joy of the angels,
the eagerness of the shepherds,
the determination of the magi,
and the peace of the Christ child.
Almighty God, Father, Son and Holy Spirit
bless you now and forever, Amen.*

Yours Sincerely

Mrs Suellen Garey
PRINCIPAL



Like and follow us at: facebook.com/sacredheartmonavale
Like and follow us at: twitter.com/SHMV16

Religious Education

Prayer for Advent

God of Love,
Your son, Jesus, is your greatest gift to us.
He is a sign of your love.
Help us walk in that love during the weeks of Advent,
As we wait and prepare for his coming.
We pray in the name of Jesus, our Savior.
Amen.



St Vincent de Paul – Christmas Hamper Appeal

Thank you to all our families who have supported our St Vincent De Paul Christmas Hamper Appeal.

Christmas Eve and Christmas Day Mass Participants and helpers

Christmas Eve

We are delighted that our beautiful Christmas Eve Masses will be held in the school playground again this year. The 5pm Vigil is our special children's mass where we love to have our students participate in the nativity play. If you know that you will be attending the mass and would like your child/children to be involved, Please email your reply, chris.mcbryde@dbb.catholic.edu.au with the heading: "Christmas Eve Liturgy Child Participation" before Tuesday 15 December.

Helpers for set up on Christmas Eve

The parish requires people to help with setting up the chairs on Christmas Eve in our school playground. The setting up will be from 9am – 10am on Christmas Eve. If you are able to assist please email your reply, chris.mcbryde@dbb.catholic.edu.au with the heading: "Christmas Eve Chair set up"

Christmas Day

This year masses on Christmas Day will also be held in the school playground at 8 am and 10am. We will require helpers to put away the chairs after the 10am mass. If you are available to assist please email your reply, chris.mcbryde@dbb.catholic.edu.au with the heading: "Christmas Day Chair pack up."

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)

The December 2020 issue of Broken Bay News is now online! Featured in the December Christmas edition is Bishop Anthony's Pastoral Letter, Celebrating Vocations with three diaconate ordinations, a new look for Catholic Schools Broken Bay and much more!

https://issuu.com/bbcatholic/docs/broken_bay_news_december_2020_issue_208

Chris McBryde, Religious Education Coordinator

chris.mcbryde@dbb.catholic.edu.au

Wellbeing

Wellbeing Week at Sacred Heart

Wow!!! As I write my piece for the Newsletter, I am reflecting on what a year we have had. If twelve months ago you were told that the life you are living is going to be turned upside down, shook from side to side and stepped on, you would not believe it!!!







For most of us, 2020 has been a year of what can the world we live in do to us next! At Sacred Heart the community has had tumultuous change for all. Parents, you really did become your child's guide and challenger whilst undertaking home based learning. Our school practices and systems had to change which created a change in routines that can be difficult at times for children to adapt to. With split recess and lunches, assemblies and announcements over the loud speaker or online, our many traditions and celebrations being re-worked to include zooms, whole school masses being replaced with liturgies; parent teacher interviews on Zoom; Athletic Carnivals minus our wonderful parents; missing our parents on the playground though welcoming faces at the gate or kiss and drop.

It has been a very challenging year, though the community has demonstrated resilience, a bounce back attitude and a willingness to appreciate what we have. Thank you to all the parents, students and members of our community who have pulled together to create our sense of community and belonging.

With the Christmas holidays fast approaching it is time to enjoy the small wonders that your time together will provide. It is a time to rest and regroup, to celebrate and enjoy each other's company. For some children the time when school concludes should not mean that they go backwards in their learning. There are a few things you can do to stop the term known as the Summer Slide. Try and read with your child or children as well as set up routines so that your child returns to Sacred Heart invigorated and ready for 2021 and no Summer Slide has occurred in learning. Below are some ideas that can help you to set up learning opportunities that create a sense of belonging as a family or will keep your child's learning on track for 2021.

This will give you some ideas as well: [7 Ways to Stop the Summer Slide | Scholastic | Parents](#)

Some Wellbeing Ideas to Stop the Summer Slide

<p>Read every day- set a time for quiet reading for your child</p> 	<p>Have a craft box and make different crafty things</p>	<p>Spend time getting bored- Boredom gets the imagination going!</p>	<p>Go on a Spiritual Walk – Take your family for a walk that they like and say a prayer as you walk -like a mantra</p>	<p>Count or practise times tables, do simple addition and subtraction every day</p> 
<p>Journal or take time each day to write something</p> <p>Send someone a postcard or card</p>	<p>Play some board games as a family</p> 	<p>Find something to investigate - ask your child to choose an interest to them and create a presentation for the family</p>	<p>Exercise together as a family - go for a run at the beach</p> 	<p>Take time to be grateful and appreciate others - at a family meal each day - family members state 3 gratitude's of appreciative statements</p>

**Have a safe and enjoyable
Holiday!!**

**Remember to look after your
Wellbeing and your family's
Wellbeing!!!**



Nutrition Snippet

The simplest way

... to pack a Christmas lunch box.

This bright and colourful Christmas themed lunch box is delicious and ticks off all 5 food groups. It includes:



- [Chicken and couscous salad](#)
- A yoghurt tub
- Diced watermelon
- Cucumber and cherry tomatoes
- [No bake cookies](#)
- Water

For more recipes, ideas and lunch box inspiration visit healthylunchbox.com.au

healthylunchbox.com.au



Nutrition Snippet

The simplest way

... to make healthy party food.

Celebration season is upon us – but party food doesn't have to be unhealthy. Fruit and veg are bright and colourful and make the perfect ingredient for special party foods. Try these fun ideas:

- Watermelon fruit salad bowl
- Pita bread Christmas trees
- Frozen yoghurt pops
- Watermelon cookie cutter shapes
- Banana and strawberry candy cane



healthylunchbox.com.au

Skye Nolan-Brown, Co-ordinator

Class Awards



Congratulations to the following students who received the Principal's Award in Term 4

KBlue	Ayden C	KGreen	Scarlett G
1Blue	Isabella M	1Green	Jasper W
2Blue	Kieran D	2Green	Elle M
3Blue	Sarah G	3Green	April B
4Blue	Gabriella M	4Green	Florrie B
5Blue	Leah G	5Green	Matisse F
6Blue	James C	6Green	Liam S
Core Value Awards "Service"	Jacob R (KBlue), Georgie K (KGreen), Imogen M (1Blue), Dior F (1Green), Zahli D (2Blue), Isaac C (2Green), Hayden S (3Blue), Cheyne T (3Green), Lucas W (4Blue), Byron S (4Green), Sienna C (5Blue), Jack B (5Green), Isabella L (6Blue), Indianna M (6Green)		

Canteen



The **last canteen day** for this year will be **Monday 14 December** for all on-line lunch orders only.

Wishing all the families at Sacred Heart a wonderful Christmas and happy holidays!

Kay Neale – Canteen Co-ordinator

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

The Hub

*The
Hub*

SILENT AUCTION 2020 IS NOW LIVE - HAPPY BIDDING!

WWW.MYMINIAUCTION.COM/SHMV2020

BIDDING WILL CLOSE ON SATURDAY 12TH DECEMBER @ 9PM

WINNING BIDDERS CAN PAY VIA QKR! OR BANK TRANSFER & AFTER PAYMENT HAS BEEN MADE COLLECT ITEM FROM THE SCHOOL OFFICE

LET'S END 2020 WITH A BANG & HELP RAISE SOME MUCH NEEDED FUNDS FOR THE NEW PLAYGROUND FOR OUR CHILDREN!



SILENT AUCTION

NOW LIVE





Narellanpools^o

CHRIS & DEBB ARE DELIGHTED TO SUPPORT OUR 2020 SILENT AUCTION & KIDS RAFFLE

TO RAISE FUNDS FOR OUR BEAUTIFUL SCHOOL

Established nearly 50 years ago, Narellan Pools has become an iconic global brand. With humble beginnings in a chicken shed in south west Sydney, we have grown to become a world leading pool manufacturer of technologically advanced fibreglass pools.

Narellan Pools are the quintessential client-centric business where our client is truly at the core of everything we do. We are committed to delivering the world's best and most loved client experiences. Most notably, Narellan Pools success can be attributed to our incredible network of passionate and local, qualified pool builders who love bringing their clients dreams to life.

At the core of Narellan Pools is a philosophy of making a difference and giving back to the communities we operate in. Our Philanthropic Purpose is "We fund and lead education and support programs for Aussie women and children." Chris and Debb Meyer believe if everyone shared the philosophy of giving back, the world would be a better place.

We believe although we are the lucky country, there are so many people struggling in every community. It's about the privilege we have as people "who have" to give to the people who "have not". To make a difference to people less fortunate, to create the foundations for growth not only now, but for generations to come.

Narellan Pools' commitment to remaining ethical whilst contributing to economic development and improving the quality of life of communities they operate in is an absolute focus and passion. Chris and Debb have also been recognised individually as a franchisor and manufacturer for their work in social responsibility.



THANK YOU

WE WOULD LIKE TO
THANK OUR SPONSOR

Narellanpools[®]

YOUR SUPPORT IS GREATLY APPRECIATED

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@shmvpayers.com

Community News



ACCEPTING APPLICATIONS FOR YEAR 7, 2023

LIMITED AVAILABILITY FOR YEAR 7, 2022



ENROL ONLINE
MERCYCHATSWOOD.NSW.EDU.AU

