



## Sacred Heart Catholic Primary School

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### Term 1 Week 3 - 11 February 2021

|                                  |  |
|----------------------------------|--|
| <b>Term 1 Core Value:</b>        | Respect                                      |
| <b>School Rule:</b>              | Respect our self, others and the environment |
| <b>Expectation of Behaviour:</b> | Speak politely to others                     |

Dear Parents

*As we settle into the year and our world opens a little we pray for friendship.*

*May you be blessed with good friends,  
And learn to be a good friend to yourself,  
Journeying to that place in the soul where  
There is love warmth and feeling.  
May this change you.*

*May it transfigure what is negative and distant  
Or cold within your heart.*

*May you be brought into real passion, kindness,  
And belonging.*

*May you treasure your friends.  
May you be good to them and be there for them  
And receive all the challengers, truth and light you need.*

*May you never be isolated but know the embrace of your anam cara.  
John O'Donohue*

#### COVID Update

Thankyou for your support in encouraging children to come into the school grounds without parents. Kindergarten has one more week of being escorted to the playground. All other parents of children from Years 1-6 are asked to drop off / wait at the gate.

Just a reminder that parent spectators are not permitted at the school swimming carnival. Parents who have been allocated a volunteer role may attend.

#### Meet the Teacher

Parents of children in Years K-6 are invited to "Meet the Teacher" on Tuesday 16 February. Parents get a chance to listen to the classroom teacher speak about his or her expectations for the year. There will be two sessions in the classroom 5pm - 5.30 pm and 5.45pm - 6.15pm. The content is repeated in the second session. If families have more than one child at school the two sessions give parents the opportunity to listen to both teachers. So as to comply with NSW Government restrictions for parents on site at schools, parents are asked to register their attendance through Compass. There will be a cap on numbers per session.

#### Band

Unfortunately due to low numbers Band will not take place in term 1. With parent support we hope to reinvigorate band for term 2. Apologies for any inconvenience to parents and children. If children are keen to be a part of the Sacred Heart school band, they are encouraged to have commenced learning their instrument with a tutor prior to starting.

## Hub Term 1 Meeting

After the “Meet the Teacher” parents are invited to attend the Term 1 Hub meeting which will be held in the library - 30 person max limit. Parents are asked to register their attendance through Compass for this session as well.

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

### Altar Server Training

Notes were issued today to students in Years 4,5,6 who have made their First Holy Communion and who have expressed interest in training to be altar servers to serve at our week day masses.

The training consists of four x 45 minute sessions on the following dates:

Wednesday 24 February 8am - 8:45am

Wednesday 3 March 8am - 8:45am

Wednesday 10 March 8am - 8:45am

Wednesday 17 March 8am - 8:45am

The sessions will be run in the church by Ray Gillis who is an acolyte from the Parish. I will also be assisting Ray. Parents are not required to stay for the training sessions as I will escort students to school afterwards. Please sign the form your child has received and return to the office by Wednesday 17 February.



### Sacrament of Baptism for children aged between 5 and 12.

Pittwater Parish is offering a program to prepare primary school aged children for Baptism beginning on 16 February. This is for any children who are aged between 5 and 12 years who have not been baptised but would like to begin the sacramental journey.

If anybody is interested in joining the program, they can contact the parish office for more information or to book in. (9157 0999) Suzy or Angela.

### Ash Wednesday

Ash Wednesday is next Wednesday 17 February and is the beginning of Lent. Due to COVID19 restrictions Year 4 will be attending the parish mass at 11:30.

All other classes will participate in a classroom liturgy and receive a sprinkling of Ashes over the head during the liturgy.

### Class Masses for Term 1

Wednesday 17 February @ 11:30 am - Year 4 (Ash Wednesday) Class Mass, Sacred Heart Church

Wednesday 24 February @ 9:30am - Year 3 Class Mass, Sacred Heart Church

Wednesday 3 March @ 9:30am - Year 2 Class Mass, Sacred Heart Church

Wednesday 10 March @ 9:30am - Year 1 Class Mass, Sacred Heart Church

Wednesday 17 March @ 9:30am - Kindergarten Class Mass, Sacred Heart Church

Wednesday 24 March @ 9:30am - Year 6 Class Mass, Sacred Heart Church

Parents are welcome to attend their child's class Mass.

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

## Wellbeing

### Building Resilience and Dealing with Change

The school year is now underway and sometimes it can take a few weeks for children to adjust to new classes and routines. For children who start Kindergarten coming to school can create a sense of loss from the home environment as they worry about what is mum, dad, brothers and sisters doing when they are at school. A strategy to overcome worries is to talk about what everyone in the family is planning on doing in the day before and after school. This way your child knows what everyone is doing and can plan their day. This also helps your child to feel prepared for who is taking them to school and who is picking them up or how they are getting home. What activities they will be doing in the afternoon etc. This will lessen the separation at the school drop off from you as the parent. It will prepare your child for success so that they get to school and can place their bag and play with their friends. Another option is to problem solve and talk about strategies they could try at school if they are missing the familiar, such as taking some deep breaths, talking about three positive things that are happening at school e.g the sports lesson, the art lesson, playing with friends...



### Safer Internet Day- Tuesday 9 February

Students across K-6 took part in a variety of activities regarding keeping themselves safe on the internet on Safer Internet Day. The purpose of Safer Internet Day is to raise awareness about the safe and positive use of digital technology. It gives students and teachers the opportunity to discuss all the ways to enjoy and use the internet safely.

Students in Years 3-6 took part in the eSafety Commissioner Webinar course- *Be an eSafe Kid: Fake news, real harm*. This course informed students that there are 5.6 billion pages on the internet and that some are not real and not accurate. There are also scammers and pages set up with 'click bait' to get a user to click on for marketing purposes. It discussed how some people had been tricked during COVID to think that they were purchasing puppies when really, they were fraudulent sites. The children were taught skills about recognising fake information and how to make decisions and use trustworthy

sites. A great way to reinforce their learning is to have a conversation at home about your family's use of the internet and ways to think critically around certain sites.

**Wednesdays at Sacred Heart are Waste Free Wednesdays.** Our SRC and Eco Leaders promote this initiative. Our student leaders today started the campaign to try and bring lunchboxes to school that are promoting a reduction in waste. It was great today to see so many Kindergarten Lunchboxes that were supporting our waste free lunchboxes.



**Live Life Well @ School**  
**PLASTIC FREE HEALTHY LUNCHBOX**



**Be plastic free**  
Use a lunch box with a variety of sections or a few smaller containers.  
Paper bags come in handy.  
Avoid plastic wrap, foil, zip lock bags, packaged foods.

**Healthy plastic free tips**

- Freeze healthy muffins and use each day.
- Cut your own cheese slices and place them with crackers in a small container.
- Pack a handful of dried cereal or snack mix with dried fruit (e.g. apples, sultanas, banana), pepitas and sunflower seeds in a small reusable container.
- Make a smoothie at home and store it in a cold thermos that holds the temperature until recess or lunch time.
- Pop your own popcorn and pack it in a foods.



**Health**  
Northern Sydney  
Local Health District

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

### Birthdays

**Happy Birthday** from all at Sacred Heart to the following students who have had their birthday during the school holidays and to the end of this week:

Mia W

Isabelle M

Charlotte S

Amelia E



### Canteen News

#### Volunteers this week!

Thursday 11 Feb - Kylie Malivanek 10.30am - 1.45pm.

Friday 12 Feb - Alana Morgan 10.30am - 1.45pm

Yasmin Afoa - 11.30am - 1.30pm



**Ice blocks!** The canteen is selling ice blocks over the counter (cash only) on:

- Thursdays for Kindy – Year 2 only; and
- Fridays Yr3 - Yr6 only.

This coincides with their alternating lunch times as they are still split at this stage. There are no ice blocks available on Mondays.

**Gluten Free or allergies:** If your child is gluten free or has an allergy and would still like to order from the canteen, please contact me anytime to chat about some options.



**February special:** Chicken Caesar Salad! Chicken pieces, bacon bits, croutons, cos lettuce and special dressing \$5.50. Available every Monday in February through QKR.

**Lunch orders:** If your child has a lunch order but is unable to attend school on that day you have 2 options: Cancel your order up to 8.30am on the day of or contact myself asap to move the order to a different day.

**Class updates:** Thank you to all the parents that have updated their child's class details through QKR!. However, there are still a number of children with the incorrect details which has caused lunch orders to go in the wrong baskets and at the wrong time due to the split lunch system. Please may I ask that you check your details are correct when next ordering eg: for a child in 6Blue it should read Yr6 then 6Blue.

**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**



**Second Hand Uniform Shop Opening Hours**

Our second hand Uniform Shop will be reopening from Week 3. All items \$3.00, payable via QKR! only (no cash).

**One visitor at a time, and please sign in at the Compass Kiosk** at the office window.

We really



**Times:**

Tuesdays 8:30-9:15am (Nicole)

Wednesdays 8:30-9:15am (Amy)

Thursdays 8:30-9:15am (Nicole)

Friday's 8:20-8:50am (Sam) and 2:30-3:00pm (Tanja)

We welcome uniform donations **in good condition**.

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

**SHMV HUB (P&F)** [admin@shmvparents.com](mailto:admin@shmvparents.com)

Or contact Nicole Kelsall on

Email: [admin@shmvparents.com](mailto:admin@shmvparents.com)

Website: [www.shmvparents.com](http://www.shmvparents.com)

Community News



**OPEN DAY 2021**

**Thursday 4 March 2021**  
**4pm to 7pm**

*You're invited to visit our NEW facilities,  
meet the students, staff and experience  
an evening at Mater Maria Catholic College*

Year 7, 2022 applications have closed - waiting list applications only  
Year 7, 2023 applications close on 24 March, 2021  
Years 8 - 11 waiting list applications only

For more information please contact our Enrolment Registrar  
on 02 9997 7044 or email [deborah.fitzgerald@dbb.catholic.edu.au](mailto:deborah.fitzgerald@dbb.catholic.edu.au)

**[matermaria.nsw.edu.au/enrolments](http://matermaria.nsw.edu.au/enrolments)**

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