



Sacred Heart Catholic Primary School

Cnr Waratah & Keenan Street, Mona Vale NSW 2103

T: (02) 9999 3264

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

Term 1 Week 4 - 17 February 2021

Term 1 Core Value:	Respect
School Rule:	Respect our self, others and the environment
Expectation of Behaviour:	Have safe and caring hands and feet

Dear Parents

Walking a difficult road? There is no shame in feeling anxious. No one parents perfectly. We learn as we go, child by child.

*'God's indulgent love always accompanies our human journey;
through grace it heals and transforms hardened hearts,
leading them back through the way of the cross.'*
Pope Francis

The first hub meeting for 2021 was well attended last night in the library. Thank you to over 30 people who attended and enthusiastically discussed the P&F Hub calendar for the year. There are a number of parent teams including the Environment, Wellbeing, Class Parent, Advisory, Diocesan Parent Council, Gala Dinner and Fun Run. Ideally we would like to 2 class parents per grade. We are still looking for 2 class parents for years 4 and 5 and one more class parent for years 3 and 6. Some parent teams are full, however if any parent would like to join any of the other teams please inquire at the office, I am sure we could find you a spot! Volunteering is a way of contributing to our school community, an act of service to our community and we sincerely think those who have put up their hand to be a part of these teams this year.

Our school swimming carnival will take place this Friday 19 February and although spectators are not permitted we are sure the day will provide lots of fun, excitement and competition for our champion swimmers. Today our colour house captains led some colour house cheering to create some anticipation for the carnival.

Thank you for registering for the "Meet the Teacher" evening last night. It was wonderful to feel the sense of community back in our school. Even though there are still restrictions in place regarding parents entering our grounds we appreciate your support. Until further notice only kindergarten parents may escort children to their classrooms in the morning and collect them in the afternoon. All other students will meet their parents at either kiss and ride or the gate.

Don't forget to check our website for updates regarding important dates for the year such as Mother's / Father's Day and Grandparents Day, the School Musical and Graduation.

As mentioned at the P&F Hub meeting last night our school improvement plans, SIP, involve a focus on literacy this year. The target is for each child to achieve 12 months growth in the year and to be the best they can be, in literacy. To enable us to reach out, target teachers will be involved in professional learning, mentoring and focus on student assessment to guide and inform the teaching and learning in the classroom.

Parents are asked to provide the school any copies of reports from educational specialists, OT, speech therapists especially if their child has received a diagnosis. All reports are treated confidentially and once reports are received the school is able to work with parents on an adjustment plan so they their child receives the best education they can. Reports may be sent to Mrs Garey or to Mrs Browne, Diverse Learners/Learning Support.

Mrs Suellen Garey
PRINCIPAL



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Like and follow us at: twitter.com/SHMV16



Religious Education

A Lenten message from the most Reverend Anthony Randazzo Bishop of Broken Bay



Most Rev Anthony Randazzo
Bishop of Broken Bay
16 February 2021

My dear sisters and brothers in Christ,

The Season of Lent is upon us once again as tomorrow is Ash Wednesday. Strangely, it is one of my favourite times in our liturgical year because of the potential that is hidden within the Season. There is a simplicity to our prayer and worship during Lent that seems to unclutter life and liberate us from the grind of a fast and furious world.

While I love the dimensions of prayer and fasting, I particularly appreciate the call of Jesus who gave his disciples a new commandment of Christ, “even as I have loved you, that you also love one another” (John 13:34). Charity means loving as Jesus loved. In the community of the Church, we seek to be witnesses to *caritas Christi* – the charity of Christ. It is more than simply doing good or registering as benefactors for worthwhile projects. The foundation to our charity, especially during Lent, is the example of Christ, who laid down his life for our salvation and for the salvation of the world. No greater love has any man or woman than this (cf John 15:13).

While the mission of the Church is understood to be spiritual in nature, we also embrace all the temporal aspects of human life. This Lent, I ask how might we do this with hearts and minds filled with the charity of Christ. How might we live and proclaim the Good News of Jesus Christ so that all people, without exception, might know and feel the loving embrace of God? As the community of the Church of Broken Bay, how can we acknowledge, respect, and love the poor, the oppressed, the marginalised, and those who find themselves burdened by adversity, vulnerability, or powerlessness?

Inspired by the Word of God and nourished by the sacraments, I invite you to join with me as together we strive to bring to bear the charity of Christ which gives authentic witness to the faith we profess. The practice of charity reveals the “new commandment” which makes known to the world the new life of the children of God.

May the power of the Holy Spirit, who reveals the charity of Christ, strengthen us in our resolve to be disciples of Jesus in the world. The charity of Christ urges us!

+Anthony

Days of Penance

This year the season of Lent commences on Ash Wednesday, 17 February and concludes on Thursday 1 April. On Ash Wednesday and Good Friday, abstinence from meat is to be observed by those who have completed their fourteenth year of age. Those who are aged between 18 and 60 are to fast on those days. The Lenten practice is not meant to be a burden upon those who have health issues or special needs.

Altar Server Training

Notes were issued last week to students in Years 4, 5 and 6 who have made their First Holy Communion and who have expressed interest in training to be altar servers to serve at our weekday masses. The training consists of four 45 minute sessions on the following dates:

Wednesday 24 Feb 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. If your child would like to participate in the training and has not received a form please send me an email. Training will begin next Wednesday 24 February at 8am. Please meet Mrs McBryde at the church.

Ash Wednesday

Due to Covid 19 restrictions, students in Years 4, 5 and 6 attended Mass today. Students in Kinder, Year 1, Year 2 and Year 3 participated in a classroom liturgy and received their Ashes from their teachers.

Class Masses for Term 1

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

Wellbeing

Healthy Food Ideas/ Crunch and Sip-

Did you know your child has a Crunch and Sip break every day at Sacred Heart?








At Sacred Heart we have Crunch & Sip in the morning during the Literacy Block usually around 10 o'clock. The reason for this is to give your child the opportunity to 'refuel' on vegetables and fruit as well as 'rehydrate' on water. This time is for students to continue working whilst snacking on their fruit or vegetable. Many class teachers read to their students whilst they are eating. Studies have shown that by creating this opportunity it increases concentration and student's



fruit and vegetable consumption. *Remember to pack your child (or have your child pack) a healthy snack of fruit/vegetables and water!*

Are you struggling for ideas for healthy lunchboxes? Below are some ideas from Nutrition Australia celebrating Healthy Lunchbox Week which you would have seen on our Sacred Heart Facebook site earlier in the week.

Food group	Nutrients	Examples
Grain foods 	Carbohydrate providing energy for brain and body. Choose wholegrain options for more fibre and longer lasting energy.	<ul style="list-style-type: none"> - All types of bread – whole meal, multigrain, white, pita or other flat breads, fruit loaf - Rice, pasta, crispbreads, rice crackers
Fruit 	Carbohydrate for long lasting energy, vitamins, minerals and fibre.	<ul style="list-style-type: none"> - Fresh whole fruits or cut up and placed in a container - Dried fruit mix, canned fruit
Vegetables 	Vitamins, minerals and fibre for healthy gut and strong immunity.	<ul style="list-style-type: none"> - Cherry tomatoes, capsicum strips, snow peas, small corn cob or baby corn spears - Carrot, celery and cucumber sticks - Salad vegetables or coleslaw in a sandwich
Milk, yoghurt & cheese 	Major source of calcium for strong bones and teeth.	<ul style="list-style-type: none"> - Milk poppers - Cheese slices, cubes or sticks - Tub of yogurt
Lean meats, fish, poultry, egg, nuts and legumes 	Protein, iron and zinc for growing bodies.	<ul style="list-style-type: none"> - Cold lean meats or chicken - Tinned fish such as salmon, tuna or sardines - Boiled eggs, baked beans, hommus

Have you ever wondered what your child does during play time?

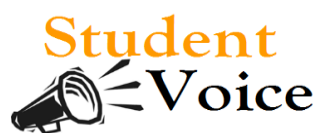
Sacred Heart has many initiatives in place to help your child create a sense of belonging and wellbeing during play time. Some of these initiatives are:

The Buddy System: The Buddy system is for children in Kindergarten who are buddied with a Year 6 child. This helps the Kindergarten child with the transition to school and develops the Year 6 child’s leadership and awareness of self and others. The Year 6 student’s in the last few weeks have been helping their Kindergarten buddy settle in and have positive relationships. The children in Year 6 and Kindergarten have loved this special time each day to form positive relationships.

The Toy Shed: Students in Year 4 do a wonderful job of managing and allocating play equipment that children can play with on the School oval at lunchtime. The equipment is kept in the Shed near the oval and students are rostered to help organise and run the toy shed. The toy shed has many fun types of play equipment which encourages cooperation, team work and opportunities for children to make connection through play. This has been generously supported by the P&F Hub over the years.

The Sand Pit, Shops and Wonder World - these play environments cater to children who love to explore and build. They are located at different parts of the playground. You will often see children digging, building and chatting. These play environments help to develop your child’s social skills, language and communication.

The Oval, Play Equipment and Basketball areas - these areas see many games according to the Season and what children are playing outside of school. There are different days for different classes and children can be playing soccer, touch football, chasing games and basketball. The children love playing games that develop their physical skills.



Student Voice - SRC and Eco Leaders

This week was the first week that all the Student Represent Council (SRC) and Eco Leaders from each class from K - 6 met. It was a wonderful opportunity to see so many students who had been nominated by their class to represent their voice at our SRC and Eco Leaders meeting. The students were passionate about all the recycling and waste reduction activities that they are doing in their classroom and across the school. *Did you know that our Eco Leaders compost all the fruit and vegetables that occur each day during Crunch and Sip?* The children in the classes are also responsible for making sure to sort any rubbish, recycle paper and use the correct bins in the classrooms.

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:

Liam H	Campbell T	Kaiden H	Dela M	Felix T
Jack D	Lucas H	Grace W	Bella W	Chloe W

Canteen News



February special: Next Monday is the last day for the Chicken Caesar salad special! Crisp Cos lettuce, crunchy croutons, Bacon bits, chicken pieces, cheese and special dressing \$5.50.

REMINDER: This Friday 19 February, the canteen will be open just for Kindy and Yr 1 for all on line lunch orders. For all other years, a gentle reminder to NOT place a lunch order through the canteen due to the swimming carnival.

Kay Neale – Canteen Co-ordinator

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

The Hub

*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.



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

Or contact Nicole Kelsall on

Email: admin@shmvparents.com

Website: www.shmvparents.com

Community News



WALK IN NEW LIFE
MATER MARIA CATHOLIC COLLEGE

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

matermaria.nsw.edu.au/enrolments

MATER MARIA CATHOLIC COLLEGE • 5 FOREST ROAD WARRIEWOOD NSW 2102
Telephone 02 9997 7044 • visit matermaria.nsw.edu.au