



## Sacred Heart Catholic Primary School

Cnr Waratah & Keenan Street, Mona Vale NSW 2103

T: (02) 9999 3264

W: [www.shmvdbb.catholic.edu.au](http://www.shmvdbb.catholic.edu.au) • E: [shmv@dbb.catholic.edu.au](mailto:shmv@dbb.catholic.edu.au)

### Term 1 Week 6 - 3 March 2021

<b>Term 1 Core Value:</b>	Respect
<b>School Rule:</b>	Respect our self, others and the environment
<b>Expectation of Behaviour:</b>	Use the internet appropriately

Dear Parents

*Lord  
When someone fails or disappoints you  
May the graciousness with which you engage  
Be their stairway to renewal and refinement.  
Amen*

Congratulations to all of our swimmers who competed at the Northern Beaches Catholic School's swimming meet yesterday at the Warringah Aquatic Centre. Thank you to Mrs. Richmond, Mr. O' Brien and Mrs Mitford who accompanied the children and to the parent volunteers from Sacred Heart. Patrick H and Ella McC qualified to represent our cluster at the Diocesan Carnival at Mingarra next Tuesday 9 March.

It's delightful to see the Year 3Blue parents and children at Mass on Saturday evening. Finally parishioners can attend Mass without masks and we look forward to celebrating the Year 3Green family Mass on Saturday evening. Even though we are unable to offer a BBQ hospitality after Mass at this stage, parents may like to organise their own get together at a restaurant or club. A lovely opportunity to meet and greet each other.

Nine parents attended the planning meeting for the school "Fitness & Fun Run with Colour" meeting last Monday in the library. Thank you for volunteering for this whole school event. These volunteers will be assisted by the parents of Year 5 students. This year we are trialling a new model of Hub volunteers and each grade has been allocated an event. The Fun Run will be held on Friday 28 May.

On **Friday 12 March** parents who are interested in assisting with the school musical for 2021 are invited to meet Miss Rudd **at 8:15am. Please note the new date – Friday 12 March at 8:15am** (changed from 5 March due to a funeral). The musical for 2021 is MOANA. Parents with skills who can assist with props, costumes and make up are welcome and, actually, if parents would just like to assist, come along I am sure there are some jobs for you to do. All are invited to attend. Please sign in at the kiosk at the front office on arrival.



Yesterday we welcomed five Manly NRL players to our school who spoke to the students from years 3 to 6 about resilience and sportsmanship. The children enjoyed wearing their team's colours and Year 6, as part of the Social Justice initiative, raised funds for sporting equipment for indigenous communities in country NSW.



This year we will be holding two OPEN DAY's, 22 April & 21 July. Enrolments are open for 2022. Our school Facebook and website are interesting ways of sharing what we do and how we do it at Sacred Heart. Please share these posts with your social media communities to spread the news far and wide that Sacred Heart is open for enrolment. Sibling enrolments have been sent to all families and due back to the office ASAP.

**Next Monday, 8 March is photo day – Full summer uniform.** Please remind your child to have the correct coloured ribbons, no jewellery, shiny black shoes, fold over white socks not sport, socks, not anklets for the photo. Shoulder length hair needs to be tied back. If your child has class sports on Monday, please bring their sports shoes to change into. Parents are reminded that extremely short, shaven haircuts are not appropriate for primary age students nor are they part of the Sacred Heart dress code.

Mrs Suellen Garey  
**PRINCIPAL**

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

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



## Religious Education

### Project Compassion 2021.



Students at Sacred Heart participate in Project Compassion each year during Lent to learn, reflect and pray for those who struggle in our world.



Participating in Project Compassion is part of our social justice program at Sacred Heart. Each classroom has a Project Compassion Box where the students are encouraged to donate some of their pocket money or do some extra jobs to earn money for those in need.

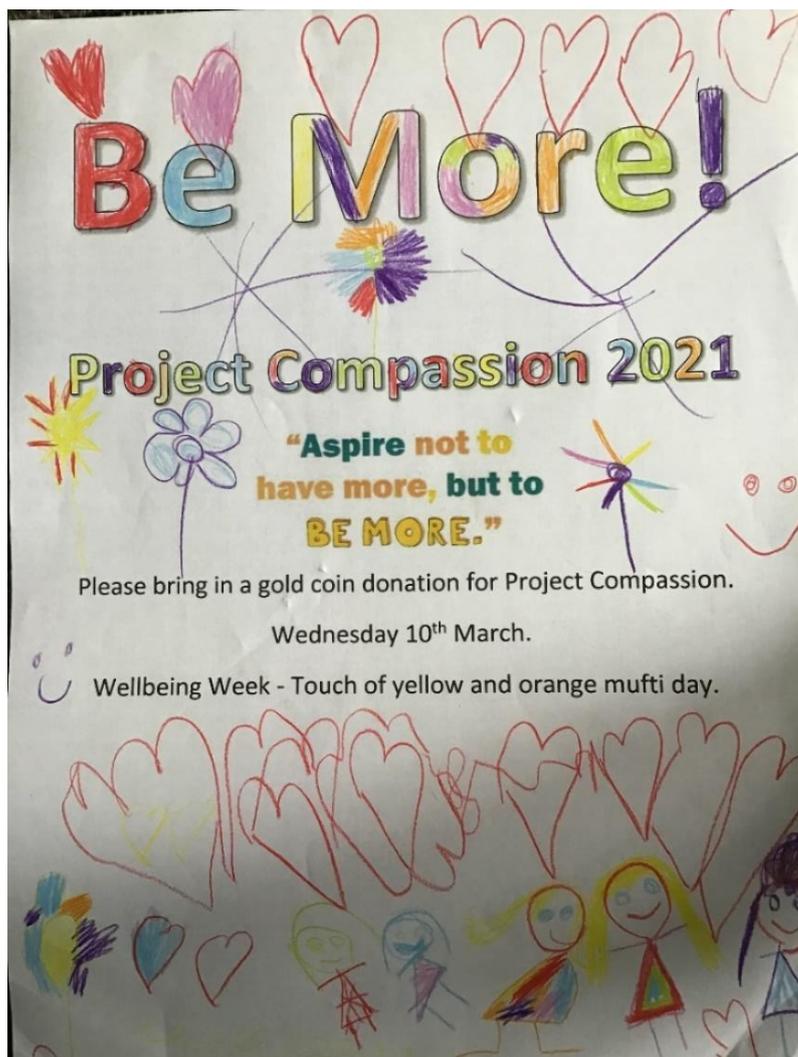
The theme for Project Compassion this year is “Be More”

**“Aspire not to have more, but to be more.”  
– Saint Oscar Romero.**

This message invites us to step up and step out for those who do not have the essential resources they need for their survival. Those whose needs at this time are far beyond ours.

Each grade at Sacred Heart raises awareness for and supports a Social Justice Initiative every year. Kindergarten are raising awareness for and promoting “Project Compassion” during well being week which is next week.

On Wednesday 10 March all students are being asked to bring a gold coin donation and to wear a touch of yellow and orange.



## **Family Masses**

A big thankyou to the 3Blue families who came to the 5pm Mass last Saturday. The students read beautifully and it was a wonderful way to celebrate the Parish theme this year of “The Year of the Family.” This Saturday we are looking forward to welcoming families from 3Green at the 5pm Parish Mass.

### **Family Mass Calendar for 2021**

Family Masses are held at Sacred Heart Church on Saturday Evenings at 5pm.

#### *Term 1*

Saturday 6 March @ 5pm - 3Green, Sacred Heart Church  
Saturday 20 March @ 5pm - 5Green, Sacred Heart Church  
Saturday 27 March @ 5pm - 5Blue, Sacred Heart Church

#### *Term 2*

Saturday 24 April @ 5 pm - 2Blue, Sacred Heart Church  
Saturday 1 May @ 5 pm - 2Green, Sacred Heart Church  
Saturday 19 June and Sunday 20 June - Confirmation (time to be confirmed)

#### *Term 3*

Saturday 17 July @ 5 pm – Kblue, Sacred Heart Church  
Saturday 24 July @ 5pm – Kgreen, Sacred Heart Church  
Saturday 31 July @ 5pm - 4Green, Sacred Heart Church  
Saturday 7 July @ 5pm - 4Blue, Sacred Heart Church  
Saturday 28 August @ 5pm - 6Blue, Sacred Heart Church  
Saturday 11 September @ 5pm - 6Green, Sacred Heart Church

#### *Term 4*

Saturday 16 October @ 5pm - 1Blue, Sacred Heart Church  
Saturday 23 October @ 5pm - 1Green, Sacred Heart Church  
Saturday 20 November @ 5pm Blessing of Kindergarten students for 2022

## **Class Masses**

Year 2 attended the weekday parish Mass today with our parishioners. Thank you to the parents and grandparents who also attended.

### **Class Masses for Term 1**

Wednesday 17 March @ 9:30am - Year 1 and 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.

**Please note the change for Year 1 Class Mass. Year 1 Will now attend mass with Kindergarten.**

## **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

Next week is Wellbeing Week!!!

Wellbeing Week occurs each term at Sacred Heart. Wellbeing week is designed to build in time to reflect as a family how you are looking after your Wellbeing. Many children love Wellbeing Week as they associate it with 'No Homework'!



There is so much more to Wellbeing Week - it is a scheduled time in the school calendar to think about how each child, family and staff member are caring for themselves. Are they making time for themselves daily, weekly, monthly to care for their social, emotional, spiritual and physical wellbeing? In today's busy world more people are identifying the stresses of modern life.

At Sacred Heart we teach the children a variety of strategies to help them to care for themselves in their daily life. We have brain breaks, PDHPE units of work where children are taught the benefits of exercise and how to live a healthy life. We teach them about mindfulness and gratitude.

The theme for Wellbeing Week Term 1 is '*Be More*'. This theme was chosen at the Wellbeing Team Meeting in Week 4.

What is the theme and what does it mean? '*Be More*' came from the Project Compassion theme. The Wellbeing Team brainstormed that Be More... can apply to all aspects of wellbeing such as Be more Kind; Be more Respectful; Be More Compassionate; Be More Inclusive. As you can see the theme can go on and on. The children will be taking part in a range of activities such as 'Be more of a Bucket filler!' Where they will look at how to fill other buckets. Bucket filling is an invisible bucket that every person has which they carry around with them. When we say kind words or acts of appreciation to another, we fill the other person's bucket. The school will focus on this during Wellbeing Week. Kindy will be raising money for Project Compassion by asking the children to wear a touch of orange and yellow which ties in with the idea of living in Harmony with others. **Children can wear their orange and yellow clothing on Wednesday 10 March.** This will also tie into being more inclusive of others and supports Harmony Day as part of our Wellbeing Week.



***Are you or your child's grandparent a keen gardener? Do you have a green thumb that could help our school garden?***

At Sacred Heart we would love it if parents or grandparents could come and help with our Sacred Garden at lunchtimes. Our lunchtime goes from 12:10 - 12:50pm for Years 4 - 6 and then 12:50 to 1:30pm for children in Kindergarten to Year 3. We would love it if you could come or encourage someone to come and help us in our school garden. All you need to do is sign into the Office at lunchtime and come and help us with our school garden. Your children will love to participate in the garden with you. Bring your gloves.

Are you after any great lunchbox ideas- Sign up for Let's look at Lunches at:

<https://mnswhd.health.nsw.gov.au/health-promotion/portfolio/healthy-eating/>

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



**Live Life Well @ School**

**KEEP UP KIDS' CRUNCH&SIP BREAK**

The Crunch&Sip break is a great routine to keep up at home-school.

It's a set time during the school day for students to eat vegetables or fruit and drink water (usually around 10am).



**CRUNCH & SIP IDEAS**

- Water infused with herbs, fruit, ice cubes
- Vegie sticks, chopped fruit, slinkied (curly) apples

*Crunch&Sip helps students perform better, show increased concentration, and be less likely to be irritable and disruptive.*

For more ideas, search 'Crunch&Sip' at [health.nsw.gov.au](http://health.nsw.gov.au)



Developed by Northern Sydney Local Health District

## From the Office



### Sacred Heart Catholic - Mona Vale 2021 School Photos Your school photo day is almost here!

We are excited to be capturing your child's memories at Sacred Heart Catholic - Mona Vale on **Monday 8 March 2021**

Ordering your 2021 photos is quick and easy! You can order now through the Compass Portal.

Be quick to order and take advantage of the special pricing, when you order through the Compass Portal. But these prices are only available for a limited time.

To place your order, make sure you have your Compass login details handy!

**[Click here for our simple online ordering guide.](#)**

**[Click here to Start Ordering!](#)**

**If you are having problems logging into your parent portal, click "Can't access your account?" and follow the prompts.**

Sibling Photos are also available to order through Compass and must be ordered before midnight **PRIOR** to photo day.

Please note that students hold the responsibility of presenting themselves for their family photo at their allocated time slot.

If you have any questions regarding the photography service or packages available for purchase, please contact our friendly team on

**9499 6555 or by email to [sydney@msp.com.au](mailto:sydney@msp.com.au)**

Get your smiles ready!

Kind Regards  
MSP Photography - Sydney

MSP Sydney  
02 9499 6555  
[SYDNEY@MSP.COM.AU](mailto:SYDNEY@MSP.COM.AU)  
[www.msp.com.au](http://www.msp.com.au)



## Birthdays

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



Olivia F

Emma R

James N

Arjen G

## Canteen News



March Special: Chicken Fillet Burger! chicken, lettuce and mayo on a bun. Mondays only, all orders through QKR.

**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.**



#### 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)



Enrolling now for 2022

**Open Days**  
Thursday 22nd April & Wednesday 21st July

School Tours 9:00-11:00am  
Principal's Address: 9:30am

#### INSPIRING YOUR CHILD TO LOVE LEARNING AND BE THE BEST THEY CAN BE

At Sacred Heart Mona Vale, our community is what makes us different. Community is an essential part of our school as teachers, families and students care for and support each other throughout their time at the school. The wellbeing of all children in our care is pivotal to everything we do and plays a vital part in their academic success. We offer a dynamic learning environment featuring modern facilities, extensive outreach programs and many sporting opportunities. Principal, Suellen Garey, leads a dedicated and professional team, proud of the academic results they have achieved for their students and committed to guiding them to be the best they can be.

Sacred Heart Catholic Primary School Cnr Waratah and Keenan Streets, Mona Vale, NSW 2103  
Phone: (02) 9999 3264 Email: [shmv@dbb.catholic.edu.au](mailto:shmv@dbb.catholic.edu.au) Web: [www.shmvdbb.catholic.edu.au](http://www.shmvdbb.catholic.edu.au)  
All families looking for a faith-based education for their child are welcome to apply

# Mona Vale Raiders



Come and Try Rugby League at  
Newport Oval for U6s-U12s on  
Thursday 4th March, from  
4.30pm-5.30pm



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)

MATER MARIA CATHOLIC COLLEGE • 5 FOREST ROAD WARRIEWOOD NSW 2102  
 Telephone 02 9997 7044 • visit [matermaria.nsw.edu.au](http://matermaria.nsw.edu.au)




**IN 2021 THE MERCY COMMUNITY WELCOMES MRS BRENDA TIMP OUR NEW COLLEGE PRINCIPAL**

**OPEN DAY**  
**SUNDAY 7<sup>TH</sup> MARCH 2021, 11-2PM**

- Providing excellence in teaching and learning since 1890.
- Recognising our students' needs are diverse, we constantly aim to develop courses and apply teaching strategies that accommodate different learning styles.
- Offering a comprehensive range of electives in addition to mandatory studies from Year 7, leading to the award of the Higher School Certificate credential in Year 12.
- Interested in the development of the whole person, we offer numerous opportunities for students to participate in co-curricular activities. Over 30 programs including a variety of Sport, Creative Arts and special interest clubs.

Based on a framework of positive psychology the College's well developed pastoral care structure supports student wellbeing. With specialised staff including the Director of Student Wellbeing and the Youth Minister who work with students on a variety of projects including faith development, social justice and wellbeing.

The College enjoys modern facilities and state of the art technology in classrooms designed to cater for 21st century learning.

Located in the heart of Chatswood the College is a short walk to Chatswood Interchange where there are connecting buses and trains.



Mercy Catholic College, Chatswood  
 Catholic Girls Secondary College, Years 7 – 12  
 TEL 02 9419 2890 EMAIL [mercy@dbb.catholic.edu.au](mailto:mercy@dbb.catholic.edu.au)

**WORLD FOOD MARKETS**

Enjoy great international food and live music under the stars.

**12, 19, 26 March**  
 Winnererremy Bay  
 Mona Street, Mona Vale  
 5 - 9pm

