



Sacred Heart Catholic Primary School

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Term 1 Week 7 - 10 March 2021

| | |
|----------------------------------|---|
| Term 1 Core Value: | Respect |
| School Rule: | Respect our self, others and the environment |
| Expectation of Behaviour: | Wash your hands regularly at school, put rubbish in the bin |

Dear Parents

Don't feel sorry for or fear for your kids because the world they are going to grow up in is not what it used to be.

God created them and called them for the exact moment in time that they're in. Their life wasn't a coincidence or an accident.

Teach them to walk with faith.

Empower them to know they can change the world.

Don't teach them to be fearful and disheartened by the state of the world but hopeful that they can do something about it.

Every person in all of history has been placed in the time that they were in because of God's sovereign plan.

He knew Daniel could handle the lion's den.

He knew David could handle Goliath.

He knew Esther could handle Haman.

He knew Peter could handle persecution.

He knows that your child can handle whatever challenge they face in their life. He created them specifically for it!

Don't be scared for your children, but be honored that God chose YOU to parent the generation that is facing the biggest challenges of our lifetime.

Rise up to the challenge.

Raise Daniels, Davids, Esthers and Peters!

God isn't scratching His head wondering what He's going to do with this mess of a world.

He has an army.

Don't let your fear steal the greatness God placed in them. I know it's hard to imagine them as anything besides our sweet little babies, and we just want to protect them from anything that could ever be hard on them, but they were born for such a time as this.

Alex Cravens

Wellbeing week! Have you continued all those wonderful practices that you introduced to help through the Covid pandemic last year. Have you continued daily walking, the gratitude journal and reaching out to friends on a daily basis? As life slowly returns to normal let's not forget those impacted last year whether it be financial or emotional and let's not forget those wellbeing practices.

Wellbeing week for us, has included a touch of colour today reminding us about inclusivity and doing a little more, maybe giving a little more, giving a little more love, being a little more generous or a little more thoughtful. We are filling others buckets. Ask your child about bucket filling!

This week we also enjoyed the drama performance from Marta Maria Students, the anti-bullying play reminded children about who we can ask for help, what should bystanders do and that there are various types of bullying. The play also had a focus on cyber bullying.

Congratulations to Patrick and Ella who represented the northern beaches Catholic schools at the diocesan swimming carnival at Mingarra last night. Patrick qualified to swim in the butterfly event at NSWCPSS Polding carnival at Homebush, congratulations Patrick and Ella.

Class parents are beginning to organize events for 2021. How exciting it was to hear the news that parents are allowed back onto the school site. Our school thanks our parents especially for their flexibility and patience regarding the Covid restrictions which extended for many months. We look forward to some lovely whole school events in the near future.

The Parent's Golf Day will be our first event organized by the hub for 2021. Keen golfers are asked to register their name to Mr Lee Hang and pay on QKR so they can participate in the lunch and 18 holes at Bayview golf club on Friday 23 April. A special invite to any lady golfers, to come along and form a team.

Happy Wellbeing Week to all

Mrs Suellen Garey
PRINCIPAL

Like and follow us at: facebook.com/sacredheartmonavale

Like and follow us at: twitter.com/SHMV16



Religious Education

2021 Primary School Leaders Day

Yesterday the liturgy team and the school captains participated in a "Primary School Leaders Gathering" via zoom, with other primary school leaders in our Diocese.

The theme for the day was "Inspiring Catholic Leaders from the last 200 Years." We listened to a Year 11 student from MacKillop College called Jackson Lantry who has been a great leader by helping out his community and being the founder of the JUMP program: that stands for the "Josephite Understanding Mission Program." We learnt how Jackson and his classmates are helping in nursing homes and homeless shelters through the program.

The next guest was Bishop Anthony Randazzo who spoke about a person who inspired him at his primary school; an inspirational Catholic Leader from the past; and a current Catholic leader who is making Australia a better place because of their faith. He was inspired by his Year 3 teacher that taught him to always ask questions. He spoke about 2 inspirational Catholic Leaders from the past one of them was Carlo Acutis. He was a young Italian boy who took his parents to church and he became a saint at the age of 15. Then he spoke about two current Catholic leaders. Ashley Domelly who is a parishioner from East Gosford chosen by Pope Francis to work in the Vatican on behalf of the youth from around the world. The other Catholic leader is Matthew Hayden who is a well-known Australian Cricket player. Bishop Anthony talked about Matthew because when he reached an amount of runs he started to pray and many people saw him do it and looked up to him. Matthew is an active parishioner in his parish in Brisbane. The message we learnt was "ordinary people can do extraordinary things."

At the end of the zoom we were discussing what our school is doing to make a difference to our world and to the lives of others:

We at Sacred Heart

- Are leading Project Compassion,
- Have made gold coin donations to Indigenous Communities in remote areas that need sporting equipment,



- Have an eco team leading composting in our school,
- Hold waste free Wednesday,
- Are growing our own fruit and veggies,
- Have made gold coin donations in wellbeing week to Project Compassion.

We are planning more ways that we can make a difference to our community this year.

Yesterday was a fantastic opportunity for us leaders being part of this zoom.

Charlie, Elena, Sam, Levi, Patrick, Anna, Jack and Abby.



Family Masses

A big thankyou to the 3Green 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.”

Family Mass Calendar for 2021

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

Term 1

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 for Term 1

Wednesday 24 March @ 9:30am - Year 1 and Kindergarten 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.mcbride@dbb.catholic.edu.au

Wellbeing

Wellbeing Week

The theme for Wellbeing Week Term 1 is 'Be More'. This theme is about 'Be more kind; Be more grateful; Be more inclusive; Be more..' The children wore a touch of yellow and orange as it is a happy colour that celebrates our Be More of a bucket filler that the children have been learning about all week. When you fill someone's bucket - you fill your own invisible bucket with happiness and the other person's bucket with positive feelings of appreciation and self-awareness.

Clean Up Australia Day

On Friday students from Sacred Heart took part in clean up Australia Day. The children enthusiastically cleaned up the school and the surroundings. By taking part in this event - the children are learning the importance of caring for our environment.



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 - 12:50 for Years 4-6 and then 12:50 to 1:30 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.



Have You Filled a Bucket Today?

Share
Listen
Be Kind
Take Turns
Include Others
Smile
Help
Be Polite
Compliment





Next week it is **National Day of Action against Bullying and Violence**. At Sacred Heart we take part in this initiative in numerous ways. This includes a visit from Mater Maria students, a webinar by the eSafety Commissioner and lessons in your child's PDHPE lessons.

This week the children in Years 3-6 watched and learnt about the four types of Bullying Behaviours by Drama students from Mater Maria College. The children were asked to identify how to be an upstander or how to improve the situations.

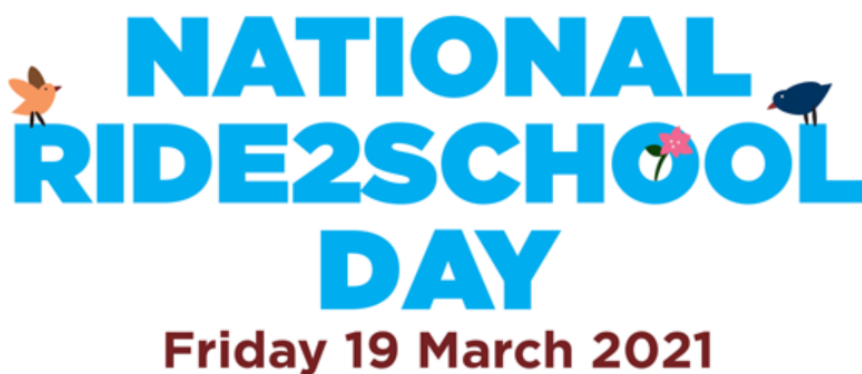
Children next week will also take part in lessons which focus on developing their skills at identifying and creating positive relationships with others. Students in Years 3-6 will take part in an eLearning lesson with the eSafety Commissioner. This lesson will use a case study to explore how being an upstander can help a situation; learn how to be upstanders and recognise the harm that can be caused by cyberbullying.

The National Day of Action has some wonderful family information if you are unsure of how to talk about this issue with your family: <https://bullyingnoway.gov.au/resources/fact-sheets/fact-sheets-for-families>



Big Veggie Crunch - On **Thursday 18 March** the SRC are calling on all classes to take part in the Big Veggie Crunch. Could you please pack your child/ren with a vegetable to crunch.

Ride 2 School Day - On **Friday 19 March** at Sacred Heart we are supporting the Ride 2 School Day.





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

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

Skye Nolan-Brown, Co-ordinator

From the Office

Kiss and Ride

A friendly reminder to all our parents and carers who use our wonderful Kiss and Ride...

To pick up your child/ren from Kiss and Ride **please ensure you join the queue from our school side of Waratah St and TURN LEFT into Keenan Street.** You are unable to turn right from Waratah St to join the queue, therefore would you please continue to the round about further along Waratah St and do a U-Turn to enable you to join the queue accordingly on the Sacred Heart school side of Waratah St.

We appreciate your consideration of other drivers and the safety of all our students at Sacred Heart.



Writing Competition

Write4fun

The Australian wide **Write4fun** competition is now open and accepting entries from all of our talented, creative writers at Sacred Heart. Real cash prizes, devices and gift packs can be won! Entering is easy. Compose a short story (less than 500 words) or a poem (16 lines or less) and send it in online with your entry form. You can write on ANY TOPIC and in ANY STYLE. All of the details can be found at write4fun.net or you can email your entry to enter@write4fun.net. Get your entries in by March 31.



Megan Mitford, Year 5 Teacher

Sports News

Cross Country Carnival

Sacred Heart will be holding our school Cross Country next Thursday 18 March at Kitchener Park for years 2-6. This event is not a compulsory event, however, we encourage all of our students to run and have a go. The top students from each age group will be selected to represent the school in the Northern Beaches Cross Country event.

It is a requirement that all students participating in this event can run the distance without assistance. The distance for each age group is:

8, 9, 10 years - 2km

11, 12, 13 years - 3km

We encourage our students to build up their fitness levels by going for some runs outside of school hours. Why not take your children down to the local park and go for a jog as a family!

Further details for the event is on Compass.

Swimming Carnival results and updates will be in next week's newsletter.

Kate Richmond, PE Teacher



Birthdays

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



| | | | | |
|---------|----------|----------|---------|----------|
| Kalan F | Sienna F | Edward S | Saxon L | Mateus B |
| Lucas D | Zara G | Skye L | | |

Canteen News

TNT ice blocks: Unfortunately the the new ice blocks TNT are out of stock from the supplier until further notice. Im hoping they will be back in term 2 as they are a total hit with the kids. In the meantime I have replaced them with another option, Juicie- Wildberry flavour 100ml cost of \$1.00.



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

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

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 Gery, 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.

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Phone: (02) 9999 3264 Email: shmv@dbb.catholic.edu.au Web: www.shmvdbb.catholic.edu.au
All families looking for a faith-based education for their child are welcome to apply

Community News



northern
beaches
council



#worldfoodmarket
northernbeaches.nsw.gov.au