

Sacred Heart Catholic Primary School

Cnr Waratah & Keenan Street, Mona Vale NSW 2103 T: (02) 9999 3264

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Term 1 Week 9 - 25 March 2021

Term 1 Core Value: Respect

School Rule: Respect our self, others and the environment

Expectation of Behaviour: Sit and kneel quietly in church

Dear Parents

A Prayer for the World

Let the rain come and wash away ancient grudges, the bitter hatreds held and nurtured over generations. Let the rain wash away the memory of the hurt and the neglected.

Then, let the sun come out and fill the sky with rainbows. Let the warmth of the sun heal us wherever we are broken.

Let it burn away the fog so that we can see each other clearly, so that we can see beyond labels, beyond accents, gender or skin colour.

Let the warmth and brightness of the sun melt our selfishness, so that we can share the joys and feel the sorrows of our neighbours.

And let the light of the sun be so strong that we will see all people as neighbours. Let the earth be nourished by rain, bringing forth flowers to surround us with beauty.

And let the mountains teach our hearts to reach upward to heaven.

Amen

(Rabbi Harold Kushner)

Our <u>school advisory team</u> met yesterday morning and there was some vigorous and productive conversation around Compass chronicles for behaviour and Star Awards, the Bee Hive learning program initiative and finally the Be Kinder day proposed for wellbeing week Term 2.

This week as restrictions on the mixing of cohorts has eased, we have been able to enjoy lunch and recess together as a whole school. It was delightful to hear the "noise" from the playground and we are now able to resume <u>lunch clubs</u> for gardening and Chess. Thank you to Mrs. De who has organized Chess lunch club on Wednesdays and Mrs Nolan Brown who will take gardening club on Tuesdays.

<u>The Band is Back!</u> A new band director was introduced to our senior band members on Wednesday morning. Miss Hopf entertained us with some jazz music and the children each shared their expertise on their instruments. The senior band will recommence on Wednesday morning 21 April at 7:30 am. Senior Band members will receive an email from Miss Hopf about all things band in the next week or two.

The Year 6 parents and children are organizing an <u>Easter egg raffle</u> to raise funds for their end of year graduation. Tickets are available on QKR! and will be drawn on Holy Thursday 1 April.

<u>Cross Country Easter Picnic for all the school - Thursday 1 April</u>. All children from K-6 will walk to Flying Fox Park for a Cross Country event and Easter picnic. Children will need to bring their morning tea and lunch and wear their sports uniform.

Open Day 2021 is nearly upon us. Open Day 2021 for new enrolments will occur on Thursday 22 April. Please invite any prospective parents to come along and view our beautiful school. Offers of placements for Kindergarten 2022 are being made. If parents have a pre-schooler who will attend Kindergarten next year please return enrolment forms asap to ensure your enrolment.

The planning for the Mother's Day celebration at school on 4 May is well underway. The day will consist of breakfast in the school grounds, Mum can then visit the classrooms and then Mums are invited to either a classroom liturgy or whole school liturgy in Sacred Heart Church. A team of Year 4 parents are busy sorting breakfast menus and gift ideas and, along with Year 1 parents, will soon be calling for helpers to set up and serve on the day.

The <u>Fit Fun Colourful Run</u> team met this week and confirmed the school fun run will take place on Thursday 27 May. Children will be asked to gain sponsors for the fun run, will be blasted with colour on the day as they run, up and down, around and under an obstacle course. Children will have the opportunity to win some great sporting prizes. More info to come.

Mrs Suellen Garey

PRINCIPAL

Like and follow us at: facebook.com/sacredheartmonavale

Like and follow us at: <u>twitter.com/SHMV16</u>





Religious Education

Palm Sunday



This Sunday we celebrate Palm Sunday and mark the beginning of Holy Week.

On Palm Sunday we remember how Jesus entered Jerusalem for the last time before his death. A welcoming crowd joyfully shouts "Hosanna!", acknowledging God's saving presence. In the Gospels of Matthew, Mark and John, the people greet Jesus with palm branches. But in Luke's account there are no palms; he mentions only that the people spread their cloaks on the road before Jesus. A cloak (outer garment) was an essential piece of protective clothing in those times. Ponder together with your child: "I wonder what the people were saying to Jesus by their action of laying down their precious cloaks?"

Faith steps at home

Share

Over a family meal, share your insights and wonderings about the question above. Finish by praying: "Great and loving God, we praise you! Thank you for the gift of your Son, Jesus, who saves us."

Pray

Bring home palms from church this Sunday. Supplement them with branches from your garden. Place them around your home, as a reminder that it is Palm Sunday. We are about to enter Holy Week!

Family Masses

Family Masses are held at Sacred Heart Church on Saturday Evenings at 5pm. This week we look forward to welcoming Year 5Blue to the 5pm Mass on Saturday. All families are welcome to join us.

Class Masses for Term 1

Yesterday, Kindergarten and Year 1 attended the Wednesday Parish Mass. This was the first time Kinder were able to attend Mass this year. Students from both classes very confidently read the Prayers of the Faithful. Students were so excited to see so many parents and grandparents also in attendance.

Classes will resume attending the week day Mass next term.

Holy Week Liturgy

A highlight at Sacred Heart each year is our Holy Week Liturgy. Traditionally all classes play a part in our Liturgy which is held in the church during the final week of term. (Holy Week)

This year due to Covid restrictions being in place at our church, we have decided to film our Holy Week story with each class preparing and presenting a particular part of the story.

Year 5 have played the main roles and are filming and editing.

Each class has the following roles:

Kindergarten: Introduction

Year 1: Jesus entry into Jerusalem (Palm Sunday)

Year 2: Jesus washing the Disciples Feet

Year 3: The Last Supper

Year 4: The Garden and arrest of Jesus

Year 5: Jesus trial and Crucifixion

Year 6: At the Tomb

Year 6: The Resurrection.

Students will view the "Holy Week Movie" during class time next week. Snapshots from the movie will be uploaded to Facebook next week.

Consultation for Women

Catholic women are being invited to participate in a national consultation via Zoom on 27 March. The event invites women to articulate and celebrate their contribution to and vision for the mission of the Catholic Church in Australia. The event is being organised by the Bishops Commission for Evangelisation, Laity and Ministry.

Consultation Details:

Date: Saturday 27 March Time: 2pm-4pm AEDT Platform: Zoom

Participants must register to attend. Please register by 4pm, Friday 26 March, using the <u>form on this</u> <u>link</u>. (NOTE: There is a limit of 300 participants.

Upon reaching capacity you are invited to register

for the Wait List, which will keep you informed of availability and future initiatives):

Find more information at www.nce.catholic.org.au/catholicwomen



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



From the Assistant Principal

Anzac Day Dawn Service

On ANZAC Day, Sunday 25 April 2021, Sacred Heart has been invited to attend the Dawn Service at the Cenotaph located at the rear of Pittwater RSL Club. The children will need to arrive at 5.20am and will be seated at their schools reserved seating. Mrs Ngamu will be



attending the service and will sit with the students. The service will commence at 5:30am. A wreath will be provided for our school to be placed on the Cenotaph. Students will need to wear their full school uniform to the event. Family medals can be worn on the right side of the chest. Breakfast will be available to purchase.



Could you please email Mrs Ngamu if your child is able to attend this event and represent Sacred Heart School.

fiona.ngamu@dbb.catholic.edu.au

ICAS 2021

Sacred Heart Mona Vale will be participating once again in the International Competitions and Assessment for Schools (ICAS). Students in Years 3 to 6 have been invited to participate in the 2021 International Competitions and Assessment for Schools (ICAS) in English, Mathematics, Digital Technologies, Science, Writing and Spelling.

Students in Year 2 have been invited to participate in English, Mathematics, Science and Spelling.

The competition is an initiative of Educational Assessment Australia (EAA) of the University of New South Wales. It should be noted that these are <u>NOT TESTS</u>. These are competitions and are not necessarily based on the stage outcomes the children are working on, as often, they are set at the stage above. All students receive a Certificate and an individual Student Report indicating which questions they answered correctly, as well as the average mark for their state.

These competitions / assessments are not compulsory. Competitions are held at school over the following days:

YEAR GROUP	SUBJECT	DATE	COST
Years 3-6 only	Digital Technologies	Monday, 9 August to Friday, 13 August 2021	\$15.50
Years 3-6 only	Writing	Monday, 9 August to Friday, 13 August 2021	\$19.50
Years 2-6	English	Monday, 16 August to Friday, 20 August 2021	\$15.50
Years 2-6	Science	Monday, 23 August to Friday, 27 August 2021	\$15.50
Years 2-6	Spelling Bee	Monday, 23 August to Friday, 27 August 2021	\$15.50
Years 2-6	Mathematics	Monday, 30 August to Friday, 3 September 2021	\$15.50

Certificates are awarded for each year level in each State as follows:

- ◆ High Distinction to the top 1% of entrants
- Distinction to the next 10% of entrants
- Credit to the next 25% of entrants
- Participation to all other participating students.
- Medals are awarded to the top student(s) in each year level in each state
- Medals and Certificates are awarded at the discretion of EAA

Please find information regarding the Assessments <u>here</u> or can be located on our school website on the "Parent Information/Forms and Links for Parents/Permission and Information Notes" tab.

All purchases are to be made via the QKR! App and entries close Friday 25 June 2021 (T2, Wk10)

Unfortunately no late entries can be accepted.

Fiona Ngamu – Assistant Principal

World Autism Awareness Day







WEDNESDAY March 31, 2021 Buy an ICY POLE from your 3-6S friends

Friday 2 April 2021 is *World Autism Awareness Day*. Autism is a condition that affects how a person thinks, feels, interacts with others and experiences their environment.

Did you know it is estimated that 1 in 70 people are on the autism spectrum? That is almost 230,000 Australians!

There is a Satellite Class for students with Autism from Autism Spectrum Australia in our community at Sacred Heart Catholic School. This class has thirteen students, two teachers and two teachers' aides.

At Sacred Heart this year we would like to celebrate World Autism Day on WEDNESDAY 31 MARCH with our Satellite students raising money for World Autism Day selling ice blocks to their Sacred Heart friends. This is a great way to practise the student's social skills by interacting and getting to know each other better.

3-6S students have been preparing for this day and will visit classes. They are so excited to have their own ICE BLOCK STALL! Please bring a \$1 gold coin donation and buy an ice block from 3-6S on Wednesday 31 March (WEEK 10).

Nikki Bye and Nick Middleton 3-6S Special Education Teachers

Wellbeing

Wellbeing Ideas- for the Autumn Weather and Holidays

The Easter holidays are fast approaching and after a week of wet weather- we all need ways to care for our Wellbeing. Some ideas you can have for the holidays and the Autumn Days that will cater for your child's wellbeing and your family's connection are:



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Make some warm	Take five deep	Get lots of sleep	Play a board	Have a family exercise challenge
yummy treats:	breaths at every		game	- Who can skip the most?
 Raisin toast 	meal break			 Who can do ten push ups?
- Hot cross buns	JUST BREATHE			Jump Rope Challenge
Get your children	Drink water to	Put some music on	Let your	Paint or create an Autumn Leaf
to make an iMovie	hydrate	and have a dance off	children get	scultpure
from your photos			bored- Boredom creates creativity	

Time to Celebrate

The term is coming to an end and at the end of every term it is always important to stop and reflect on the term that has been. Think back to the beginning of the year, think about your child and how they have grown and learnt new things over the last term.

What has you child shared about their learning with you? What can they now do that they couldn't do at the beginning of the year?

It might be getting out of the car on their own; packing or organising themselves for learning; completing their Homework without you constantly reminding them; knowing a skill set such as their skip counting by 5's; reading the yellow readers etc....

It's a time to celebrate all the small changes your child has learnt and to reflect on what direction you want to head for in Term 2. It is the time to set some goals for your child and celebrate their success!!!!!



If you are passionate about Gardening or you would like to help with the Sacred Garden, please email skye.nolan-brown@dbb.catholic.edu.au or come to Sacred Heart at lunchtimes 12:50-1:30 to help with our school garden.

Skye Nolan-Brown, Co-ordinator

From the Office





Making school parking easier

Getting your kids to and from school can be a busy and stressful time of day. No one likes waiting in long queues at the Kiss and Drop zone or battling for a spot to park.

Try this instead

- Park in nearby streets and walk a short distance to school
- Park at a nearby playground and meet other families for a play before or after school
- Arrive at school pick-up zones a few minutes after the bell to avoid the 'rush'
- You could also try car-pooling, walking, riding a bicycle or taking a bus

Benefits

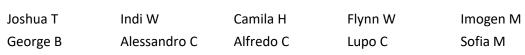
- · Less stress
- · Reduces traffic around schools
- · Improves road safety for children
- Reduces inconvenience for residents
- Models positive behaviour and healthy lifestyle choices to your children

More information, videos and tips: northernbeaches.nsw.gov.au



Birthdays

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



Ivy P Koby Y Gabriella K



Canteen

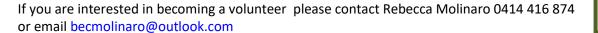
Exciting! The canteen will finally be opening up the shutters for all 'over the counter' service from today, Thursday. This included morning tea at 11am (please read the menu for items available) and ice blocks etc from 1pm for all years, Kindy – Year 6. Now that we are back to a normal time schedule I can finally put a roster together for Term 2! So, if you haven't already sent through a volunteer slip and would like to, may I ask that you complete one asap or contact me via email. The hours are either 9.30am-1.45pm or 11am-1.45pm. I look forward to seeing you all soon!

The canteen will be open the last day of Term 1 for all lunch orders and over the counter service.

APPLICATION FOR CANTEEN VOLUNTEERS

WHERE:	Sacred Heart School Canteen					
HOURS:	9.30am and finish at 1.45pm, however if you are unable to commit to these hours, please contact Kay to discuss options (eg.10:50 to 1:30pm). I will be happy to accommodate you.					
WHEN:	The canteen is open 3 days a week - Mondays, Thursdays and Fridays.					
SALARY:	A light lunch. Plenty of tea and coffee. New friendships.					
BONUS:	Your children/grandchildren are happy to see you.					
	You get to meet their friends and classmates.					
	You meet new people and make good friends within the school community.					
	You get to spoil your children by spending a little extra money.					
BENEFITS:	Supporting school activities.					
	Being part of your children's educational environment.					
	Meeting other parents and families.					
	Hearing and keeping up to date with school news.					
	Experience in the hospitality industry.					
** All canteen vo	lunteers must complete the necessary volunteer paperwork and be inducted**					
If you are able to	assist, please tick your preferred options and return to the office.					
If you have any q	uestions, contact Kay on 0416 262 458.					
Kind Regards						
Kay Neale - Co	anteen Co-ordinator					
•						
	CANTEEN ROSTER 2021					
Name:						
	(Please print)					
Email:	Mobile Number:					
I am able to hel	p in the canteen on a:					
DAY						
☐ Monday	☐ Thursday ☐ Friday					
I would like to	be rostered on:					
☐ As an em	ergency contact for					

Kiss and Ride





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22nd March	23rd March	24th March	25th March	26th March
AMBER L	SALLY W	ALISON G	REBECCA M	TATIANA N
29th March	30th March	31st March	1st April	GOOD FRIDAY
MELINDA S-B	REBECCA M	ALISON G	VACANT	

Easter Egg Raffle

EASTER EGG RAFFLE – Ticket purchases now open via QKR!, closing 10am Wed 31 March.





YEAR 6 GRADUATION FUNDRAISER

EASTER EGG RAFFLE!

Tickets can be purchased on QKR - 2 tickets for \$5 or 5 tickets for \$10 Raffle will be drawn on Thursday, April 1 (last day of term)

Don't miss your chance to win one of the egg-cellent hampers!!



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





INSPIRING YOUR CHILD TO LOVE LEARNING AND BETHE BEST THEY CAN BE

School Tours: 9:00-11:00am

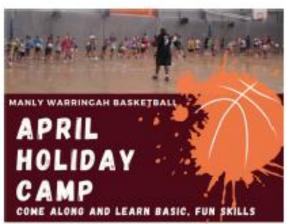
Principal's Address: 9:30am

At Sacred Heart Mona Vale, our community is what makes us different. Community is an essential part of our school asteachers, families and students care for and support each other throughout their time at the school. The wellbeing of all children in our care ispivotal to everything wed on and plays a vital part in their academic success. We offer a dynamic learning enhoment 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: shmw@dbb.catholic.edu.au Web: <a href="mailto:swww.shmwdbb.catholic.edu.au All families looking for a faith-based education for their child are welcome to apply

Community News





DATES:14,15 & 16TH APRIL,2021

TIME: 5 to 9 Yrs old 9:00 to 12:00pm 10 to 14 Yrs old 1:00 to 4:00pm

VENUE: Northern Beaches Indoor Sports Centre

AGES: broken into age groups

COST: \$105(if camp is cancelled, total refund)

NO SINGLE DAYS MUST PAY FOR 3 DAYS

PLEASE BRING LIGHT SMACK O'WAYER

Due to Covid-19 restrictions there will be limited numbers, & No spectators. MWBA Will provide sanitised balls on the day. No balls to enter the stadium.

HTTPS://WWW.TRYBOOKING.COM/BPNDR







Community News

April Holiday Camps





6th April 2021 - 16th April 2021

Join our Holiday Camps and play soccer indoors on grass

CAMPS FILL FAST, SO BOOK NOW!

Here at the Football Factory we acknowledge the necessity to focus on the development of an individual's skills. It is important that children have fun whilst they learn new skills, and that's why we've tailor made our school holiday camps to be both fun and engaging!

- Professionally qualified & engaging FFA & AFC coaches.
- Learn new tricks, skills and techniques to improve your overall ball mastery and game play. We will teach
 you how to execute a 'Zidane Turn', 'The Socrates', 'Rabona', 'Maradona Spin', 'Cryuff Cut', 'Ronaldo Chop',
 or learn how to do a 'Rainbow Flick!
- . Each day has a different 'Football Focus'. Tricks, skills and moves relevant to the daily focus will be taught.
- Build your child's confidence and self-belief in a nurturing, and fun environment where they can improve
 their skillset. This leads to more creative players on the football field.
- · Play football, no matter what the weather, in your boots!
- Finish the day with Laser football!
- Clean and safe environment where individual needs are catered to.

Check it Out!

The Football Factory | Unit 2, 8 Aquatic Drive, Frenchs Forest | (02) 9972 7766 | thefootballfactory.com.au