



Sacred Heart Catholic Primary School

Cnr Waratah & Keenan Street, Mona Vale NSW 2103

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Term 2 Week 1 - 21 April 2021

Term 1 Core Value:	Respect
School Rule:	Show compassion for ourself, others and the environment
Expectation of Behaviour:	Be a bucket filler

Dear Parents

Welcome back to Term 2 to all families and especially to our new families, the Longo family (2Blue) and Bird family (3Blue).

Covid-19 update. Throughout the past three school terms we have a school hygienist disinfecting throughout the day the high touch points in the school as well as the regular daily cleaning of all areas. This more extensive cleaning schedule will continue for Term 2. Covid safety plans remain in place and parents entering the school are required to sign in and out at the kiosk in the front foyer. Again, parents are reminded that if children are unwell they need to remain at home.

Congratulations to Hamish M and Jesse H (in Year 5) who both competed in the NSW Baseball State Championships recently representing Manly. There were 4 days of competition against some very tough competition. It was an amazing effort by both boys - who showed great sportsmanship and skill. Hamish and his team were State runners up!

At Sacred Heart Mona Vale we have a strong history of creating a positive environment for student wellbeing through a Positive Behaviours for Learning (PBL) approach.

Sacred Heart has many Tier 1 Universal Interventions in place - including the four Core Values of Respect, Compassion, Service and Justice, and explicit teaching of appropriate behaviours e.g. speak kindly to others, be a bucket filler. The school has a Wellbeing Team of teachers and parents, electronic data gathering of students receiving a Long Time Out (LTO) for inappropriate behaviour, active supervision and student choice in tasks.

The school has a Tier 2 Team that meets regularly to analyse and discuss student behaviour as well as teacher identification and nomination of students displaying inappropriate behaviour, matching student need to intervention, developing intervention strategies eg: Check in Check Out, Social Skills Program and Self - Monitoring Programs.

In some instances it is necessary for the school to engage a Tier 3 team to develop individualised behaviour intervention plans from a behaviour matrix for any student requiring intensive support for behaviour.

The school has also has in place a school wide recognition system for appropriate behaviours. There is regular recognition of children for Merit Awards, Principal Award, Core Value Award and the Reasons to Smile Reward System for children in K-2. The school has currently revised the Reason to Smile system for children in Years 3-6 to be replaced with a star award system which we believe will be more appropriate for that age group.

Tomorrow, Thursday is Open Day for new enrolments for 2022. Thankyou to the class parents who have volunteered to be tour guides and advocates for our school. Please meet Mrs Garey in the school foyer at 9am. Current families with siblings to commence school next year are reminded that they do need to complete an enrolment form to secure their place in Kindergarten asap as positions are filling up.

On Tuesday 4 May we are celebrating Mother's Day at Sacred Heart. We welcome all our mums to school for an early breakfast, a visit to the classroom and a liturgy in their child's classroom. If families have more than 1 child at school the family attends the liturgy in the eldest child's classroom at 9.30am with all school siblings. A gift stall will be held at school on Thursday 6 May and Friday 7 May. Families may order breakfast and gifts on QKR!

7.30am – Breakfast under the Peppercorn tree

8.00am – Open classrooms K-6

9.00am – Assembly & raffle

9.30am – Mums liturgy in class rooms

Respect



Compassion



Justice



Service

Naplan assessments will take place for children in year 3 and year 5 commencing 11 May. It is difficult to make up tests so it would be appreciated if parents make that effort to ensure children attend their Naplan assessments.

Mrs Suellen Garey

PRINCIPAL

Like and follow us at: facebook.com/sacredheartmonavale

Like and follow us at: twitter.com/SHMV16



Religious Education

Celebrating the Easter Season at home

Welcome back to school after a beautiful Easter Break. The Easter season continues to be celebrated in our church and concludes on Pentecost Sunday which is Sunday 23 May.

At home you may like to continue celebrating the Easter Season by passing a candle around the table. Each person holding the candle shares: 'What gives me joy and brings a smile to my face is...' Response: "We give thanks to the Living God. Alleluia, Alleluia!"



Weekday Class Masses for Term 2

Classes are rostered to attend the Wednesday Morning Parish Mass at 9:30 in the church.

Wednesday 21 April @ 9:30am - Year 6 Class Mass, Sacred Heart Church

Wednesday 28 April 9:30am - Year 5 Class Mass, Sacred Heart Church

Wednesday 12 May @ 9:30am - Year 4 Class Mass, Sacred Heart Church

Wednesday 26 May @ 9:30am - Year 2 Class Mass, Sacred Heart Church

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

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

Wednesday 23 June @ 9:30am - Year 1 Class Mass, Sacred Heart Church

Parents and family are very welcome to attend weekday masses.

Family Masses

On Saturday 24 April, students from 2Blue are invited to attend their Class Family Mass at Sacred Heart at 5pm.

Confirmation

Students from Year 3 are preparing to make their Confirmation this term.

Students participate in Religious Education lessons in class to support the Parish-based program that enrolled students will be attending in the coming weeks.

Contact Suzy Caruso from the parish if you require further information:

T: 9157 0999 or E: sacraments@pittwaterparish.org

Prayers and Celebrations

Congratulations to Luca A who was baptised at Sacred Heart Church last weekend.

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

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 **NOT TESTS**. 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 [here](#) 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

Wellbeing

Welcome back to Term 2 2021

This term is going to be an exciting term of learning. The whole school community will be taking part in a range of learning experiences and events. As a school community it is wonderful to have some of the restrictions lifted that were very much in place this time last year. The children will be focusing on building, developing and consolidating their learning which will see half yearly reporting and parent teacher interviews.

The children and teachers have all come back to school invigorated from a holiday period without any restrictions.



<p>Show Compassion for self, other and the environment</p>
<ol style="list-style-type: none"> 1. Speak and act with kindness 2. Be a bucket filler 3. Include someone who is alone on the playground 4. Include someone who is alone in the classroom 5. Return lost property to the owner 6. Listen to someone who is sad 7. Remind yourself when you are doing ok 8. Offer to help someone else 9. Help a classmate with a difficult task 10. Give a meaningful apology

This term at Sacred Heart we are focusing on the

Core Value of COMPASSION

Compassion for self, others and the environment

Compassion is something that all people need to develop and work on. An article from Positive Psychology.com states that *'Compassion is like a muscle; it gets stronger the more it is practiced.'* For children this can be explained in our weekly explicit expectations. The children are taught, reminded, redirected about an explicit skill which will develop Compassion such as - Be a bucket filler; Speak and act with kindness; Include others....

When teaching your child about Compassion it is always a good idea to look for the positives. Some ideas that you could do at home is to take our weekly expectation and use this as a focus in your home environment. Then use the common language that is being taught at school such as 'Be a bucket filler' and then plan for opportunities in your child's week to reinforce this expectation.

It could take place at the dinner table or a family meal you share during the week or a reflection time such as in the car on the way to or from an after-school activity. You could take time to fill each other's bucket by offering up a focused affirmation for each family member.

This could be by saying little affirmations such as:

I love it when you listen or get yourself ready for school..

I like it when we sing or dance or play....

How funny was it in the holidays when....

Aren't you great at...

.....it was so nice to see you playing/ watching/ listening..... to ...(siblings name)








How could we fill.....bucket?



Lunch Clubs at Sacred Heart

This term has seen the return of some wonderful Lunch Clubs. Lunch Clubs are a great way for children to find common interests, talents or learn a new skill. We provide these Lunch Clubs at lunchtime over the week. They create opportunities for students across Kindergarten to Year 6 to participate in different activities once they have eaten their lunch. You may like to encourage your child to attend one of these lunch clubs. The Lunch Clubs Roster has a huge range of activities that in past years have been a huge success.

Lunch Clubs Roster *Term 2*

Monday	Tuesday	Wednesday	Thursday	Friday
Mindfulness Club Miss Helm 	Garden Club Mrs Nolan-Brown Mrs Browne 	Chess Club Mrs De 	Pom Pom Club Mrs Russell 	Jump Jam Club Mrs Richmond 
	Library (K-6) 	Library (K-6) 		

The Sacred Garden

The Sacred Garden is a very special place in our school. It provides learning opportunities across K-6 for all our children. This term we are having a Gardening Club on Tuesdays and we are encouraging parents to come and help us in our garden. This week at Gardening Club we had children working on composting, raking, weeding and we would love it if we could have more participants from our community.



Live Life Well @ School

HEALTHY BALANCED LUNCHBOXES

Pack the core food groups every day to help kids...

GO

Wholegrain breads, grains and cereals give us energy to "go go go". Mix it up with sandwiches, rice or pasta.

GROW

Protein foods (dairy, meat/alternatives) help us grow healthy muscles, bones and teeth. Examples include egg, cheese, yoghurt, hummus, lean ham or tuna.

GLOW

Help kids shine bright by including fruit and vegetables. Try vegie sticks, salad in a wrap, fresh or canned fruit.

Choose to include water as the best drink!

For Go, Grow and Glow lunchbox ideas, visit makehealthynormal.nsw.gov.au



Health
Northern Sydney
Local Health District

Skye Nolan-Brown, Co-ordinator

Respect



Compassion



Justice



Service

Sports News



Sacred Heart Cross Country and Easter Picnic

The last day of Term 1 was a magnificent one. We were very blessed to have beautiful weather after the previous weeks of rain. We were also blessed to be able to all come together as a whole school to participate in the School Cross Country and picnic games day down at Winnererremy Bay.

It was fantastic to see the children who participated in the Cross Country to persevere over their long distance run and to see their peers and parents cheering them on.

The Year 6 students organised lots of fun games and activities which the students thoroughly enjoyed. A great day was had by all!

Congratulations to the following students who will represent Sacred Heart in our Cross Country Team in the Northern Beaches Carnival on Wednesday the 5 May at Rat Park.

8 years Girls

- | | | | | | |
|--------------|-------------|-----------|-------------|----------------|------------|
| 1. Alessia M | 2. Olivia W | 3. Anna T | 4. Elodie G | 5. Annabelle B | 6. Lilly W |
|--------------|-------------|-----------|-------------|----------------|------------|

8 years Boys

- | | | | | | |
|----------|-----------|-----------|-------------|--------------|-------------|
| 1. Zac C | 2. Aden N | 3. Rogi S | 4. Edward G | 5. Filippo P | 6. Damian M |
|----------|-----------|-----------|-------------|--------------|-------------|

9 year Girls

- | | | | | | |
|---------------|---------|------------|------------|------------|------------|
| 1. Cayleigh S | 2. Kali | 3. Emily C | 4. Emily W | 5. Alice W | 6. Zahli D |
|---------------|---------|------------|------------|------------|------------|

9 year Boys

- | | | | | | |
|-----------|-----------|------------|------------|------------|---------------|
| 1. Noah S | 2. Tate W | 3. Flynn W | 4. Henry P | 5. Harry W | 6. Benjamin J |
|-----------|-----------|------------|------------|------------|---------------|

10 years Girls

- | | | | | | |
|----------------|--------------|----------|-------------|-------------|----------|
| 1. Charlotte S | 2. Florrie B | 3. Mia W | 4. Isabel J | 5. Aleana A | 6. Ivy P |
|----------------|--------------|----------|-------------|-------------|----------|

10 years Boys

- | | | | | | |
|----------|-----------|------------|-----------|-------------|--------------|
| 1. Jay C | 2. Liam H | 3. Alfie S | 4. Lupo C | 5. Joshua T | 6. Alfredo C |
|----------|-----------|------------|-----------|-------------|--------------|

11 years girls

- | | | | | | |
|---------------|-----------|--------------|------------|-------------|----------------|
| 1. Izabella L | 2. Maia C | 3. Matilda L | 4. Piper L | 5. Sienna D | 6. Alexandra T |
|---------------|-----------|--------------|------------|-------------|----------------|

12 years girls

- | | | | | | |
|--------------|---------------|-----------|-----------|------------|------------|
| 1. Abigail C | 2. Isabelle A | 3. Erin C | 4. Leah G | 5. Elise S | 6. Elena C |
|--------------|---------------|-----------|-----------|------------|------------|

12 years boys

- | | | | | | |
|---------------------|-------------|-----------|--------------|-------------|-------------|
| 1. Saxon L | 2. Joshua G | 3. Axel C | 4. William C | 5. Harvey H | 6. Samuel J |
| 7. Jack B (Reserve) | | | | | |

Kate Richmond, PE Teacher



Band News



At Sacred Heart, we have a Concert Band (experienced) and a Training Band (beginners). Both bands are open to all students wishing to participate!

Concert Band

The Concert Band is for students who have been tutored to play a brass, woodwind or drums and percussion instrument for over 12 months. There is no age restriction. It is more about competence and experience.

We're excited to inform you that Concert Band has started rehearsing again this term. Rehearsals are on Wednesdays from 7:25am in the Hall.

We are really looking forward to some performances this term and later this year! More information about this will be published closer to the time.

If your child has been playing an instrument for more than 12 months and would like to join the Concert Band, please email Maia Hopf, Band Director, at maiamorningstar@gmail.com.

Training Band

The Training Band is for students who have started learning an instrument this year or plan to later in the year.

The current plan is for the Training Band to begin rehearsals in Term 3, however there will be an introduction night / instrument demonstration halfway through this term. More details about this will be put in the newsletter shortly.

Maia Hopf, Band Director

Birthdays

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



Byron B

Marli D

Tilley F

Zoe M

Canteen

Hello and welcome back everyone!

The canteen was off to a great start on Monday resuming the normal times and even more exciting to finally have all volunteers back!

The roster was sent home at the end of last term. If you did not receive a copy or would like to volunteer, please contact me at anytime.

Gluten/Dairy Free: A gentle reminder that only children that have supplied the canteen with their special bread requirements are to order under the Gluten free section of QKR. This has been purely set up for their needs only.



CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
Mon 26 April	Amber L, Sally W
Thurs 29 April	Kylie M, Nikki H
Fri 30 April	Emma M, Brittany C, Amanda M, Caroline G

Kay Neale, Canteen Co-ordinator

Kiss and Ride

STUDENT
DROP-OFF
AND
PICK-UP
AREA

If you are interested in becoming a volunteer please contact Rebecca Molinaro 0414 416 874 or email becmolinaro@outlook.com

MONDAY 19 April	TUESDAY 20 April	WEDNESDAY 21 April	THURSDAY 22 April	FRIDAY 23 April
AMBER L	REBECCA M	NUALA Q	REBECCA M	TATIANA N
26 April	27 April	28 April	29 April	30 April
AMBER L	REBECCA M	ALISON G	SALLY W	TATIANA N
3 May	4 May	5 May	6 May	7 May
MELINDA B	VACANT	ALISON G	REBECCA M	TATIANA N
10 May	11 May	12 May	13 May	14 May
MELINDA B	VACANT	ALISON G	REBECCA M	TATIANA N
17 May	18 May	19 May	20 May	21 May
AMBER L	SALLY W	ALISON G	REBECCA M	TATIANA N

The Hub

*The
Hub*

Second Hand Uniform Shop Opening Hours

Our second hand Uniform Shop is now open. All items \$3.00, payable via QKR! only (no cash).

We are in need of good quality second hand winter uniforms, especially shirts and jumpers/jackets.

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



Times:

Tuesdays 8:30-9:00am (Nicole)

Wednesdays 8:30-9:00am (Amy)

Thursdays 8:30-9:00am (Nicole)

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

SHMV HUB (P&F) admin@shmvparents.com

Or contact Nicole Kelsall on

Email: admin@shmvparents.com

Website: www.shmvparents.com



SACRED HEART
PARENTS GOLF DAY
 FRIDAY 23RD APRIL FROM 12:00 PM
BAYVIEW GOLF CLUB
ALL WELCOME

\$130pp
 includes 18 holes of golf, golf cart, meal + beverage prior to tee off
 LUNCH SERVED AT 12PM - TEE OFF AT 1PM
TO BOOK YOUR SPOT EMAIL DAMIAN.LEEHANG@ALLIANZ.COM.AU



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, Suelien 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.

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

MOTHERS DAY – SAVE THE DATE (bookings via QKR! from Thursday 22 April)



Sacred Heart welcomes Mothers and Grandmothers to our...

2021 MOTHER'S DAY CELEBRATIONS

TUESDAY 4TH MAY

Breakfast on the oval from 7.30am
 \$8 per adult, \$3 per child
 Tickets available on Qkr from Thursday 22nd April

Open Classrooms from 8am

School Assembly & Raffle Draw 9am
 \$3 per ticket or 5 for \$10
 Tickets available on Qkr from Thursday 22nd April

Mothers Day Mass / Liturgy 9.30am
 We will hold a school Mass or classroom liturgy depending on covid restrictions - details will be confirmed closer to the date

Community News

