



Sacred Heart Catholic Primary School

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Term 2 Week 4 - 12 May 2021

Term 1 Core Value:	Respect
School Rule:	Show compassion for ourself, others and the environment
Expectation of Behaviour:	Include someone who is alone on the playground

Dear Parents

**We will live, love, reach out to the world
Bringing joy, hope and peace in God's name
As your people, We have faith,
Faith in the Future.**

These words are the chorus written for a national song by Fr Rob Galea 2020 celebrating 200 years of Catholic Education in Australia. On Monday, 24 May our school will be celebrating with schools all throughout Australia, 200 years Catholic Education with a Mass at Sacred Heart. If any parent would like to attend this Mass please contact the school for an invitation as numbers in our church are limited.

Parents of children in Year 5 & 6 attending the Canberra overnight excursion, have been sent a zoom invite to an information session this Thursday evening, 13 May at 7pm. It would be appreciated if any questions are forwarded to the office before the meeting.

At SHMV we have a strong history of creating a positive environment for student wellbeing we also are able to offer support to parents. On Monday evening, 17 May at 7pm in the library, Sonia David, our school counsellor will present a workshop on helping children with anxiety and assisting children to be more resilient. Please bring a friend!

The Advisory Team meeting will be held next Tuesday morning 18 May at 9am in the meeting room. Topics on the agenda include the new Principles for Enrolment and a healthy canteen.

Congratulations to Cayleigh S and Saxon L who placed second in their respective races at Northern Beaches Cross Country last week. Good luck to Cayleigh, Saxon and our other qualifiers who will now represent the Northern Beaches Catholic Schools at the Broken Bay Cross Country at Fagan Park on Tuesday 25 May. Wishing you all a PB!

Is your child interested in joining the Sacred Heart Training Band in Term 3! We are having an information evening and performance in the hall on Wednesday, 26 May commencing at 7pm. Please come along to chat and enjoy some music.

All children this week took home a sponsorship form for the Sacred Heart Fit Fun Colour Run to be held on Thursday 27 May. After obtaining sponsors children return the sponsor forms to school to be in the draw for some amazing prizes. All money gathered from sponsors is placed on Qkr by the parent. There is also a silent auction for private tennis lessons, a term of dance lessons, a term of swim lessons, rock climbing, skate, karate, putt putt and hairdresser packages and much more. A huge thankyou to Amber, Kath, Steph, Jasmine and Lynne for an amazing effort sourcing prizes. Thankyou to the Molinaro family for donating a piece of fruit for all competitors. We are all so looking forward to the Fit Fun Colour Run day! It is now up to the kids to get their sponsors!

Parents are asked to note that there is a whole Diocese Staff Development Day on Friday 25 June on the last day of Term 2. Children do not attend school on this day as staff attend the launch of "CSBB Towards 2025". This will be an exciting time for all Catholic Schools in the Diocese where after months of research, analysis, surveys and workshops the CSBB will launch the strategies to move our schools Towards 2025.

Covid-19 update- in response to the continuing restrictions some school events have changed- students and parents do not assemble on the playground in large groups.

Respect



Compassion



Justice



Service

Naplan assessments will continue next week for children in Year 5. Thankyou to parents for ensuring all children are on time each morning.

Congratulations to our Mother's Day raffle winners:

- 1st prize (hotel stay) - Skye S
- 2nd prize (Jonah's voucher) - Imogen C
- 3rd prize (spa voucher) - Indi W
- 4th prize (Doterra gift pack) - Lila O
- 5th prize (Women's Wellness Pack) - Solomon P
- 6th prize (KX Pilates voucher) - Killian Q
- 7th prize (Sauna voucher) - Abbie W
- 8th prize (serving tower) - Oliver L
- 9th prize (serving platter) - Alexandra T

Does your child have anxiety? Cool Kids - Taking Control is a free online self-help program that is designed to help children (7-12 years) who have been targets of bullying and who also have high levels of anxiety. It is based on the well-known Cool Kids Anxiety program developed at Macquarie University. Are you interested?

<https://www.coolkidstakingcontrol.com.au>

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



Religious Education

Feast of the Ascension

This Sunday we celebrate the Feast of the Ascension.

Absence is part of the journey

When a child grows up and leaves home, for a parent it can feel like a loss, a grief. Yet it is a necessary 'letting go' in the circle of life. The story of the Ascension is a bit like that. After all the amazing resurrection encounters with Jesus, there comes a time when the disciples must say 'goodbye'. Scripture tells us that Jesus is 'taken up into heaven' and his disciples are left staring after him. (Acts 1:1-11) Their lives are changed forever. Yet they must move ahead without the immediacy of Jesus' earthly presence, assured of his Spirit-filled care and glorious return.

Confirmation

This weekend is the Rite of Enrolment and Ritual 1 for our Confirmation candidates (mostly Year 3 students). Candidates are welcome to attend any of the masses over the weekend to Enrol in the program.
Contact Suzy or Angela at the Parish office for further information – T: 9157 0999.

National Mass to Celebrate 200 years of Catholic Education in Australia.

A National Mass will be celebrated across all states, territories and Dioceses on the Feast of Our Lady Help of Christians (24 May 2021) to commemorate 200 years of Catholic Education in Australia. Students in Years 4,5,6 will attend a special Mass in our Parish at 10:30am on Monday 24 May. Students in Years Kinder-3 will participate in the mass via Live stream in our hall.



Weekday Class Masses for Term 2

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

Prayers and Celebrations

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

Walk to School Day

This Friday is Walk to School Day. This year is the 22nd year of Walk to School Day, the annual campaign encourages all primary school children, their parents and carers to walk safely and regularly to school.

The event seeks to promote road safety, health, public transport and the environment.

Australian children are becoming less active. One substantial contributor is the decline in walking and/or taking public transport to school.

Children who are regularly physically active are healthier, perform better academically and are less likely to be obese or overweight. Sedentary behaviour can lead to long-term and costly risks of illnesses such as heart disease and diabetes. Walking regularly is the best exercise because you can build it into your daily routine.

World Bee Day - Thursday 20 May



We need bees.

FOOD SECURITY
BIODIVERSITY
ECOSYSTEM HEALTH

WorldBeeDay.org.au



Live Life Well @ School

KEEPING KIDS ACTIVE



Join Walk Safely to School Day on 14 May!

Try parking the car a distance from school and walk kids the rest of the way. Benefits include:

- Extra exercise
- Quality family time
- Reduced road congestion at school
- Improved safety

For more information search 'school' at roadsafety.transport.nsw.gov.au



Developed by Northern Sydney Local Health District

The SRC and Eco Leaders are calling everyone in the Sacred Heart Community to celebrate World Bee Day. World Bee Day is on Thursday 20 May. Our Year 3 children have been learning all about Bees in their Science unit this term. At Sacred Heart we will be talking about the importance of Bees and how they help our environment.

Respect



Compassion



Justice



Service

Reuse, Recycle and Reduce

The SRC and Eco Leaders are working on promoting Waste Free Wednesday's. Waste Free Wednesday's is about the 4 R's - Reduce, Reuse, Recycle and Rethink. As the weather cools down the children seem to bring jumpers to school and then in the middle of the day take them off and forget to take them back to their bags. The children have noticed a large amount of 'Lost Property'. This week they started running a campaign about labelling all school clothing with names such as hats and jumpers. The SRC and Eco Leaders are promoting for each class to bring their Blue Tubs to the playground for jumpers and lunchboxes to go into whilst children are playing. As parents you can help the SRC and Eco Leaders by labelling your child's name on any belongings so that they can quickly return them to the correct child.

Skye Nolan-Brown, Co-ordinator

Live Life Well @ School
STAY SAFE ONLINE

Help your children safely navigate their digital world and educate them to avoid harmful online experiences.

Stay safe online

For online safety:

- Use an internet filter
- Activate the parental control function on devices
- Supervise internet use
- Let children know that they should tell you if they have any problems online, see something that they know is wrong, or anything that upsets them.

Cyber safety is everyone's business!

For more information:
esafety.gov.au/iparent

NSW GOVERNMENT
 Developed by Northern Sydney Local Health District

Sports News

Northern Beaches Cross Country

On Wednesday 5 May we had a fantastic team of students represent Sacred Heart at the Northern Beaches Cross Country Event. We had 53 children compete against 12 other schools across all age groups. We would like to congratulate all the children who competed in this event! Mrs Garey and I were lucky enough to be assisting at the finish line and watch the Sacred Heart students really pushing themselves to achieve their personal best.



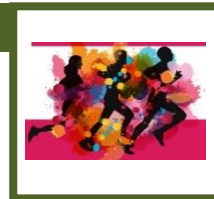
Sacred Heart did so well that we achieved 2nd place in the overall points for the day.

Congratulations to the following children who achieved an excellent place in their age group and will be representing the Northern Beaches Catholic Schools in the Broken Bay Cross Country Event on Tuesday 25 May at Fagan Park in Galston, we wish them the best of luck in the next competition.

1. Alessia M - 7 th place	12. Izabella L – 13 th place
2. Cayleigh S -2 nd place	13. Sienna D – 15 th place
3. Emily C – 6 th place	14. Alexandra T – 20 th place
4. Kali H – 13 th place	15. Oliver W – 11 th place
5. Emily W – 15 th place	16. Luke M – 13 th place
6. Noah S – 7 th place	17. Connor O'S – 19 th place
7. Jay C – 6 th place	18. Abigail C – 12 th place
8. Alfredo C – 9 th place	19. Isabelle A – 13 th place
9. Liam H -14 th place	20. Saxon L – 2 nd place
10. Alfie S – 15 th place	21. Joshua G – 13 th place
11. Maia C – 8 th place	

Sacred Heart Fit Fun Colour Run – Fundraiser

The first **Sacred Heart Fit Fun Colour Run** will be held on Thursday 27 May. The organising grade for this event is the Year 5 parents and a big thank you our main organisers, Amber, Kath and Steph. The run will involve K-6 both having fun in the school grounds as well as at Flying Fox Park as they run to get fit, have fun over obstacle courses and over distances with bursts of colour on their old white shirts. The powder spray is non-toxic and biodegradable, however we are asking if children would like to wear their swimming goggles they may wish to do so.



This is a fundraising event and funds raised will go towards new sports equipment. Children have brought home their sponsor forms this week to obtain pledges and donations. There are some terrific prizes up for grabs.

PRIZES

The class who brings all their sponsor forms back first will receive

- ◆ an ice block from the canteen

The class who raises the most money will receive:

- ◆ an NRL developed clinic session
- ◆ a movie and popcorn afternoon
- ◆ wear mufti for the day

The top three individual fundraisers in the school:

- ◆ 1st place: \$100 voucher for Parkhouse plus a large sports pack filled with a variety of sports equipment
- ◆ 2nd place: \$50 voucher for Pittwater RSL and a medium sports pack / equipment
- ◆ 3rd place: sports pack

All students who return their sponsor forms before the 27 May will go into the barrel for a chance to win:

- ◆ \$50 voucher for Pittwater RSL
- ◆ Family voucher for AMF Bowling
- ◆ Pro Kayak family voucher

SILENT AUCTION

Tomorrow (Thursday) a silent auction will go live and run until 9pm on Thursday 27 May. Look out for the link on Facebook.

OTHER INFORMATION

Pledges and donations need to be paid into **QKR!** under each child's name and filled in sponsor forms need to be brought back to class.

If you require an additional sponsor form they can be found on the school website under Parent Information -> Forms and Links for Parents

[Fit-Fun-Colour-Run-Sponsor-form.pdf \(shmvdbb.catholic.edu.au\)](https://shmvdbb.catholic.edu.au/Fit-Fun-Colour-Run-Sponsor-form.pdf)

**FIT FUN
COLOUR RUN**

THURSDAY MAY 27



Flying Fox Park and on the School Grounds

Children to wear old white clothing
and swimming goggles for eye protection

Pledge Forms for donations to be returned
to school for great prizes!

ALL DONATIONS TO BE PLACED ON QKR

LOADS OF PRIZES UP FOR GRABS

Band News



Concert Band

We are so excited for the Concert Band to be playing in the 2021 Northern Beaches Instrumental Festival in Week 7 at Pittwater High School! More information about this will be sent out shortly.

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. For enquiries, 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.

We will be holding a Training Band information night at 7pm on Wednesday 26 May in the School Hall! Parents of any student, Year 2 or above, who is interested in learning an instrument (or has just started learning) are invited to attend. There will be an opportunity to ask any questions you might have about your child joining the Training Band in Term 3. See the flyer at the end of this newsletter.

We are planning for rehearsals to recommence in Term 3.

Maia Hopf, Band Director

Birthdays

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



Frankie M Dakota M Kayla R Anna T Charlie S

Canteen

HELP needed - Friday, 14 May (tomorrow) and Thursday 20 May. Please contact Kay.



Next week's canteen roster is:

CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
Mon 17 May	Christine H, Lily C
Thurs 20 May	Julie V-K, HELP NEEDED
Fri 21 May	Leanne K, Sally W, Yasmin A

Kay Neale, Canteen Co-ordinator

Kiss and Ride

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			13 May	14 May
			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

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 MONA VALE BAND

BE IN THE BAND

Why join the band?

- learn to read music and play an instrument;
- be part of a music "team";
- gain a skill for life that will progress in high school
- gain confidence, discipline, teamwork skills, a sense of achievement, and great relationships with their peers!

What's involved?

- have weekly 30 minute lessons with a specialised tutor on their instrument;
- practice three times a week at home;
- attend weekly rehearsals, concerts and workshops for the whole year.

Contact

Maia Hopf, **Band Director**
maiamorningstar@gmail.com



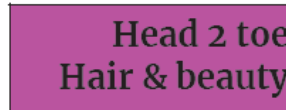
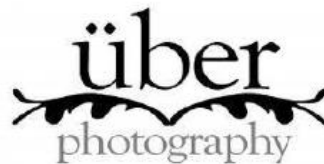
What can I play?

Flute
Oboe
Clarinet
Bass Clarinet
Alto Saxophone
Tenor Saxophone
Baritone Saxophone
Trumpet
French Horn
Trombone
Euphonium
Bass guitar
Percussion
Keyboard



SACRED HEART FIT FUN COLOUR RUN - SPONSORS

The Fit Fun, Colour Run committee would like to thank the following companies who have so generously donated prizes to our event and silent auction.



Respect † Compassion † Justice † Service