



## 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 2 Week 7 - 2 June 2021

<b>Term 1 Core Value:</b>	Respect
<b>School Rule:</b>	Show compassion for ourself, others and the environment
<b>Expectation of Behaviour:</b>	Remind yourself when you are doing OK

Dear Parents

*My child eat honey, for it is good and the drippings of the honeycomb  
are sweet to your taste.*

*Know that wisdom is such to your soul. Proverbs 24:13-14*

*How sweet are your words to my taste,  
sweeter than honey to my mouth. Psalm 119:103*

Year 3 are studying a unit of work on bees this term with the hope of setting up some native bees (Stingless) in the Sacred Garden.

Our inaugural Fit Fun Colour Run-what a success! A huge thank you to all who assisted, a special thank you to Amber L, Kath M, Steph M and the Molinaro family and all the sponsors. Congratulations to the winners of the draw for returning their Fit Fun Colour Run sponsor forms on time. Sarah G (paddle board lessons/kayak hire), Rogi S (family bowling pass) and Freya S (dinner at Pittwater RSL). Early figures are nearing the \$20 000 profit mark. This money will be used to restock and replace sport equipment.

**Keep the Date free!**      **Moana Jr**      dates and times are as follows

- 17 August Dress Rehearsal 10am - no parents
- 18 August Matinee - 10am
- 18 August Evening Performance 7pm
- 19 August Evening Performance 7pm

Parent Beware: **Posting photos of other people** without their permission is a violation of their trust and can potentially lead to them taking **legal** action against you. Please do not share photos of children from Sacred Heart at school or school events on social media without their permission.

Parents are asked to remind children to use their OPAL tap on/off cards as buses are studying capacity numbers for all routes. If students are not using the buses we could lose bus routes, if numbers are large more buses could be added to routes. Please use Opal cards!

Congratulations to Hamish M, who has been selected to play in the National Baseball championships in Lismore on 15 June. Well done Hamish.

As you are aware, responses for the Culture Survey closed on Friday 21 May. All leaders at our systemic schools were delighted to learn that we received a total of 4,849 responses, with valuable input coming from our school communities, clergy and staff. This is an outstanding response rate and we'd like to thank all of those who took the time to complete the survey. It is encouraging to know that so many of you have taken an interest in how we shape the culture of Catholic Schools Broken Bay in the future. Responses are now being analysed and results will be available and discussed from late this term and throughout the balance of this year.

**Respect**



**Compassion**



**Justice**



**Service**

As requested here are the resources from the School Counsellor presentation to the Hub in Term 2 on helping children with anxiety.

- The Child and Adolescent Mental Health Service (CAMHS) – Royal North Shore. P: 02 9926 7111
- Macquarie University: Centre for Emotional Health (Child and Adolescent Anxiety Clinic). Ph: 02 9850 8711
- BRAVE online (<https://www.brave-online.com/>)
- The Optimistic Child- by Martin Seligman
- The Panicosaurus- by K. I. Al-Ghani
- Hey Warrior- by Karen Young
- Raisingchildren.net.au
- WorryWiseKids.org
- anxietycanada.com <https://www.heysigmund.com>

Year 5 and Year 6 are leaving for an overnight excursion to Canberra on Thursday morning. We pray for their safety and thank their teachers for thoroughly preparing the students for this exciting adventure. The children will visit Parliament House, the War Memorial, Questacon, the Electoral Education Centre, CSIRO Discovery and the National Museum of Australia.

Congratulations to our Concert Band who performed at Pittwater High on Monday evening. The Concert Band which has reformed after a break last year, due to Covid, played a three piece selection of music at the Northern Beaches Instrumental Music Festival. Children who are interested in joining a training band, who have no experience playing an instrument may contact our Band Director Miss Hopf at [maiamorningstar@gmail.com](mailto:maiamorningstar@gmail.com). The training band will commence in Term 3 on Friday mornings before school in the hall.

Next Wednesday we are raising Awareness for International Batten Disease Day. Kai R is organising a K-6 handball competition- a great initiative Kai! There will be some items for sale so bring a gold coin.

*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

### Aboriginal Reconciliation Week

This week at Sacred Heart, Year 4 have led a focus on Aboriginal Reconciliation Week. They have been learning about our Indigenous people in history and as part of their "Outreach" Program have made and sold friendship bands. The money raised by selling the friendship bands will be donated to The Aboriginal Catholic Ministry.



Year 4 will be leading a liturgy for Reconciliation Week in the hall on Friday morning at 9am.



**Respect**



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## Faith Tips at Home

### This week in our church we celebrate Body of Christ Sunday

What am I feeding my children? We know that junk food does not nourish the body. Likewise, the heart and soul need to be well fed spiritually, relationally. In one of his homilies for the feast of the Body of Christ, Pope Francis spoke of Jesus as the living bread that can satisfy our deepest yearnings. “Besides physical hunger, people have another hunger, one that cannot be satisfied with ordinary food. It is the hunger for life, hunger for love (and) hunger for eternity,” he said.



## Faith steps at home

### Celebrate at home

Put extra effort into your meals this week. Come together intentionally, break bread (a nice loaf), share a cup of wine or grape juice, tell each other what you appreciate about each other.

### Pray at home

Teach your children this traditional grace: 'Bless us O Lord and these your gifts which we are about to receive from your goodness, through Christ our Lord. Amen.'

## Weekday Class Masses for Term 2

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

Please keep in your prayers all of our students who are preparing to make their Confirmation. If you have any Good News or if you need our prayers, please, contact me by email.

**PARISH WEEKLY BULLETIN** can be found [here](#)

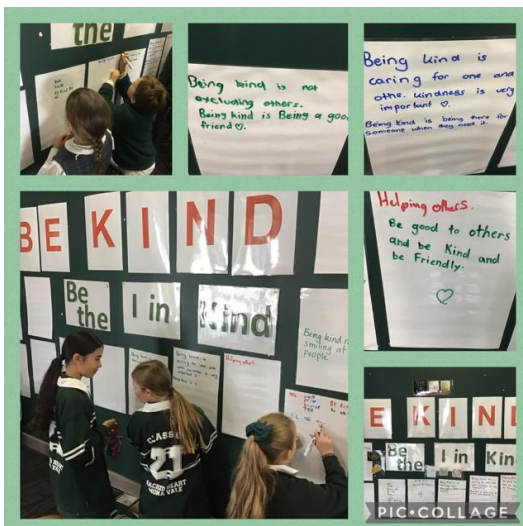
**Chris McBryde**

**Religious Education Coordinator**

[chris.mcbryde@dbb.catholic.edu.au](mailto:chris.mcbryde@dbb.catholic.edu.au)

## Wellbeing

### Wellbeing Week



At Sacred Heart it was wonderful to see the variety of activities happening during Wellbeing Week. Respectful Relationships groups will occur on Wednesday. Respectful Relationship Groups are peer support groups which give student voice and leadership.

The children will be completing a See, Think, Wonder about what they think 'Be Kind' means. **Respectful Relationships builds on creating authentic student participation through Student Voice.** When children are taught the explicit social and emotional skills to appreciate others, they become more socially aware and build their relationship skills.

The senior SRC and Eco Leaders made Kindness Wreaths for each class. The idea behind the Kindness Wreath is for the class to recognise when each other are Being Kind, which is the theme for this week's Wellbeing Week. There is also an area set up in the



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**Service**

library with a sign saying ‘Be Kind- Be the ‘I’ in Kind. The children in each Library class will be given time to write and reflect on what it means to Be Kind.



**Live Life Well @ School**

**MINDFULNESS MEDITATION**

*Mindfulness Meditation* is a helpful tool to help children manage the heightened emotions they may be experiencing.

It gives them time to breathe and imagine, be quiet and still and know that it is ok to have feelings.

Check out **Smiling Mind** for:

- Free meditations to use with your child & the family
- Digital care packs to support children through the current times and beyond

[www.smilingmind.com.au](http://www.smilingmind.com.au)





Developed by Northern Sydney Local Health District

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

**Parliamentary and Civics Education Rebate (PACER)**

**Years 5 / 6 Canberra Overnight Excursion**

Students from our school will be undertaking an education tour of the national capital on 3 and 4 June 2021. Students will be given the opportunity to participate in a variety of educational programs with a focus on Australia’s history, culture, heritage and democracy.



The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$30 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

**School Musical**



Dear Parents , I am looking for a small team of volunteers interested in doing Stage Makeup for our main characters in the upcoming August Moana Jr Musical . Please fill in the note below and return to school by Week 8 . **There will be a 9am morning meeting Friday 12 June.**

Yours Musically  
**Susan Rudd, Creative Arts Teacher**

✂-----

I am interested in doing stage make up for the Moana Jr School Musical:

Name: .....

Student: .....

Class: .....

Mobile: .....



## Sports News

### Broken Bay Cross Country

On Tuesday 25 May Sacred Heart had a team of 21 students representing the school at the Broken Bay Cross Country which was held at Fagan Park Galston. It was fantastic to see all of our students give it their all to run this tough course against the schools in the Broken Bay Diocese.



Congratulations to Jay C who had an amazing run and came 4<sup>th</sup> place in the 10-year-old boys. He will now go on to compete in the NSW Polding & Mackillop Cross Country Championship at Eastern Creek on Tuesday 8 June. We wish him the best of luck for this event.



### Tennis Coaching for K-2

Over the last four weeks Kindergarten, Year 1 and Year 2 have been participating in tennis lessons coached by Joel Goodwin from Goodwin Tennis Academy in Mona Vale. Within these lessons the children were working on many fundamental movement skills which is linked to their PDHPE



curriculum outcomes. Balance, racquet control, hand-eye coordination, throwing and catching, correct racquet grip, volleys, forehand and back hand strokes were just some of the skills the children worked on in these lessons. The children had a great time and we are grateful to have Joel Goodwin's expertise.

### Basketball Coaching

Over the last four weeks years 3-6 have been enjoying Basketball specialist lessons with Basketball Coach Lauren Dalton. They have been playing many fun games which focus on ball control, dribbling, passing, catching and shooting. The students have thoroughly enjoyed the lessons, a big thanks to Lauren Dalton from Manly Warringah Basketball.



**Kate Richmond, PE Teacher**

## Birthdays

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



Gabriella M

Tara F

Kayla G

Harvey H

Xavier S

Lucas W

Zavier G



**Canteen**

**NEW - June/July Winter Special: Mondays only, commencing 7 June.** Delicious Bolognese Pasta (220gms) – lean beef mince, cooked pasta, carrots, crushed tomatoes, onion, garlic and cheddar cheese. On-line lunch orders only through QKR! \$4.80. (This produce contains wheat and dairy)



Next week’s canteen roster:

CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
<b>Mon 7 Jun</b>	Anna A, Sally W
<b>Thur 10 Jun</b>	Michelle N, Julie F
<b>Fri 11 Jun</b>	Danielle C, Bec B, Kirsten W

**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](mailto:becmolinaro@outlook.com)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>2 June</b>	<b>3 June</b>	<b>4 June</b>
		ALISON G	VACANT	TATIANA N
<b>7 June</b>	<b>8 June</b>	<b>9 June</b>	<b>10 June</b>	<b>11 June</b>
MELINDA B	ALISON G	ALISON G	REBECCA M	TATIANA N
<b>14 June</b>	<b>15 June</b>	<b>16 June</b>	<b>17 June</b>	<b>18 June</b>
<b>PUBLIC HOLIDAY</b>	JULIE F	KARISSA M	REBECCA M	TATIANA N
<b>21 June</b>	<b>22 June</b>	<b>23 June</b>	<b>24 June</b>	<b>25 June</b>
AMBER L	SALLY W	ALISON G	REBECCA M	<b>PUPIL FREE DAY</b>

**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](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)



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



Our parish playgroup will re-commenced on **Monday 26 April**. Join us between **9.30am and 11.30am** in the Parish Centre. **All children between 0-6 years are most welcome.** **No need to Register.** **Break the daily routine and treat the children and yourself to some social interaction, make new friends and have some fun.** **For more information:** **Maureen Wooldridge**  
**0421 907 469 or**  
**Marie Bockman**  
**mbockman@hotmail.com**

## InterSchools Snowsports Championships

### Calling all Skiers and Snowboarders!

We would like you to join our Sacred Heart snow sports team this season at the The SUBARU Northern NSW & QLD Interschools Snowsport Championships in the June/July School Holidays at Perisher Valley from Monday 28th June to Friday 2nd July.



The cost to enter is \$49.00 per race plus \$30.00 registration per child. Please note that the entire fees do not include your lift ticket. You will have to arrange your own accommodation and transport to and from the event.

There are three divisions, boys and girls compete separately.

Division 4 - Years 5 & 6

Division 5 - Year 4 to Kindy

Division 6 - Year 2 to Kindy (Please note Division 6 is only offered in Alpine & Ski Cross)

Race options are:

**Alpine GS** – Skiers are timed on a modified giant slalom course.

**Ski Cross** – Skiers are timed individually on a course including jumps and high-banked turns.

**Freestyle Moguls** – Skiers are scored on a bumps/jumps course.

**Snowboard GS** – Snowboarders are timed on a modified giant slalom course.

**Snowboard Cross** – Snowboarders are timed individually on a course including jumps and high-banked turns.

This event is **not** organised by Sacred Heart School. Please direct any questions to:

**Belinda Wearne** on **0415 205 227**. **Entries close w/c 7th June.**

Respect



Compassion



Justice



Service



Community News



## School Holiday Camps

NORTHERN BEACHES FUTBOL ACADEMY



### 5 & 6 July

Pittwater RSL Futsal, Mona Vale

#### Monday & Tuesday

09.00 - 12.30 hours  
(drop off from 08.45 hours)  
Price \$55 per day

### 28 & 29 June

German International School,  
Terrey Hills

#### Monday & Tuesday

09.00 - 12.30 hours  
(drop off from 08.45 hours)  
Price \$55 per day



### To Book:

Scan QR code for  
booking form!

Phone:  
0452 014 597  
Email:  
info@nbfutbolacademy  
.com.au



## VILLARREAL SYDNEY ACADEMY

**Holiday CLINIC**

7&8 July 2021 (9 am to 12 pm)

Age groups: 6 to 14 years  
St Ives Showground  
(450 Mona Vale Rd, St Ives, NSW 2075)  
Contact us: [clinics@villarreal-sydney.com](mailto:clinics@villarreal-sydney.com)  
Phone: 0406 484 916  
Register at: [villarrealssydneyacademy.com.au](http://villarrealssydneyacademy.com.au)

**65 aud/day**  
(Villarreal CF uniform included)



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

