



## 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)

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### Term 4 Week 2 - 13 October 2021

**Term 3 Core Value:**

**School Rule:**

**Expectation of Behaviour:**

**Service**

We are of Service to others and in the environment

Lend a listening ear to someone who needs it

Dear Parents

It is exciting to announce that our community received notification that Mr Jamie Wahab will lead Sacred Heart as Principal commencing in 2022. Mr Wahab is an experienced principal currently at St Christopher's, Panania and I am delighted he has accepted the position.

Congratulations to Mrs Fiona Ngamu who has accepted the permanent position of Principal at St Rose Collaroy Plateau. Fiona has been in an Acting Principal role for Term 3 at St Rose and though she will be greatly missed here at Sacred Heart, she is a contemporary, exciting leader who will thrive in her new role. Well done Fiona.

The Return to School Roadmap as of 13 October is that Kinder and Year 1 return next Monday 18 October and the remainder of students return the following Monday 25 October. We are so excited for all of our students to return and are well aware that we need to prepare for their educational, social and emotional needs in a Covid safe environment.

Educationally our teachers will focus on three key learning areas for the remainder of the term, English, Mathematics and Religion. We have already commenced what we call the Learning Plus Program, a program to support all students academically in English, reviewing the work completed during home learning, assessing their progress and level of achievement, teaching from their point of need and planning the next step in the learning for each student. Learning Plus is for every child, a small group program led by a classroom or specialist teacher.

Teachers are also planning for assisting children emotionally and socially. Every afternoon all classes will focus on connection and belonging to the classroom, expressing their experiences of lockdown, validating a range of emotions, prioritising play and socialising.

We have some fun activities planned to engage students as they arrive on their first day back including ice blocks and music. Then on Friday 5 November we are having a SUPERHERO day so all are invited to dress in their favourite superhero costume for the day.

QR codes, social distancing and masks are still required for staff and any visitor to the office. Parents are not permitted onsite, these restrictions however may change before return dates are reached. The school continues to be cleaned twice a day. The canteen will open from Monday 25 October for a limited menu.

#### At Sacred Heart to enable a safe return for students and staff to school

- it is recommended that students wear masks but they are not compulsory,
- all staff will wear masks
- parents will drop and collect children at Kiss and Ride or at the front gate
- staggered return year groups as per roadmap above
- vaccinations for staff as per Public Health Order
- strict personal hygiene and social distancing
- canteen and library may open.
- school hygienist continues
- band continues online
- assembly will be through the PA system in the office
- school performances, gala days, excursions and P&F activities will not be permitted at this stage.

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Respect



Compassion



Justice



Service

The position of President of our parent group, The Hub, is vacant. Our school has always had a vibrant parent body - so many wonderful volunteers who support celebrations such as Mother's Day, Grandparents Day and social events. Over the past years our model has been that classes are allocated an event but we do need an overall co-ordinator, the Hub President. Can you help?

The Term 4 Hub meeting will be held on Tuesday 19 October via zoom at 7pm. Please consider joining the Hub team! Also zoom in to share your thoughts and priorities about children transitioning back to school. What are you, the parents, thinking about, wondering about, wanting and concerned about?

Zoom no: [Zoom meeting. 63695593796](https://zoom.us/j/63695593796).

Congratulations to Lewis G in Year 1, winner of the Stage 1, Bishop's Art Prize for his collage of Jesus Calming the Storm. Lewis and his family will attend the presentation evening with Bishop Anthony and Director Danny Casey, on 20 October via Zoom.

Father Richard is still in the recruitment process for a new parish secretary and bookkeeper to replace Suzy, so if you know of anyone that may be interested in this position, please pass on the details that can be found in our bulletin or on our parish website or ask them to contact the parish office on 9157 0999.

As we reached the 70% vaccination rate this week, we are pleased that our churches will be opened for private prayer from Monday 11 October 2021.

Sacred Heart Church, Mona Vale will be opened from Monday-Friday from 9am-4pm and Sundays 11am-1pm.

Parents of students in Year 3 will soon receive a letter outlining the BYODD program for 2022, the device specs and purchasing opportunity. Our BYODD iPad program certainly enabled the successful transition to Home Based Learning for our students over the past months.

Looking forward to seeing Kindergartens and Year 1 next Monday!

*Mrs Suellen Garey*

**PRINCIPAL**

Like and follow us at: [facebook.com/sacredheartmonavale](https://facebook.com/sacredheartmonavale)

Like and follow us at: [twitter.com/SHMV16](https://twitter.com/SHMV16)



## Religious Education

### Bishop's Art Prize 2021

Congratulations to Lewis G in Year 1 for his 1<sup>st</sup> Place in the Stage 1 Art Category for the Bishop's Art Prize. Sacred Heart was notified of this outstanding achievement by Catholic Schools Office Broken Bay. Bishop Anthony and Danny Casey commented on the level and calibre of artwork. On return to school children will be able to view Finalist and Highly Commendable recipients in the school office window.



## Super Hero Five for Vinnies on the 5 November

On **Friday 5 November** at Sacred Heart we will be having **Super Hero Five for Vinnies**.



In the past the Sacred Heart school community have generously donated hamper items for the St Vincent de Paul Christmas Appeal. This year due to COVID-19 we are going to raise money for gift cards for Vinnies. This means that each child can come dressed on the 5 November as a Super Hero and donate \$5 to Vinnies.



Friday 5 November will be the Friday of the second week when all children have returned to school. The theme of Super Hero's comes from the idea that the children have been Super Hero's whilst learning from home. We ask that you generously support St Vinnies as we come into the season of Advent and Christmas.

## Plenary Council

The Plenary Council has had their First General Assembly after the Listening and Dialogue stage in 2018-2019. The Plenary Council's main purpose is to discern: *What God is asking of us in Australia at this present time?* The Listening and Dialogue stage involved 222,000 people and 17,457 submissions. The Plenary Council then discerned six themes for the First General Assembly which were:

- Conversion
- Prayer
- Formation
- Structures
- Governance
- Insitution

The First General Assembly met last week with 278 Plenary Council members from all over Australia. The Plenary Council gathered for six days, meeting virtually over different time zones.

The First Assembly now enters into a time of prayer, reflection, maturation and development. The Second Assembly of the Council will meet in July 2022. If you are interested in reading more about the Plenary Council go to:

<https://plenarycouncil.catholic.org.au/>



## Religious Education Dates

Wednesday 20 October - 2Green Zoom with Father Paul/ Father Richard

From Monday after 80% vaccination rate has been achieved, public masses will resume.

## Prayers

If you have any Good News or if you need our prayers, please, contact me by email:

[skye.nolanbrown@dbb.catholic.edu.au](mailto:skye.nolanbrown@dbb.catholic.edu.au)

**PARISH WEEKLY BULLETIN** can be found at <https://www.bbcatholic.org.au/pittwater/news-events/bulletins>

**Skye Nolan-Brown**

**Acting Religious Education Co-ordinator**

**From the Assistant Principal**



**ICAS 2021**

Enrolled students completed the ICAS writing assessment today from home. Thankyou to all parents who supported their child to complete the ICAS writing from home. All other ICAS assessments will be completed at school on the following dates

YEAR GROUP	SUBJECT	DATE
Years 2-6	Mathematics	Monday, 1 November
Years 2-6	English	Monday, 1 November
Years 2-6	Science	Tuesday 2 November
Years 3-6	Digital Technologies	Tuesday 2 November
Year 2-6	Spelling	Wednesday 3 November
Year 2-6	Catch up session	Thursday 4 November

**PAT Assessments**

Each year in Term 4 all students from Year 2-6 complete an Online PAT Assessment for Reading and Maths. Progressive Achievement Tests (PAT) enable teachers to use assessment data to identify starting points for learning, target teaching and monitor growth in th areas of reading and mathematics.

*Chris McBryde – Acting Assistant Principal*

**Wellbeing**



**Review**

- ✓ Praise your child for returning to school and acknowledge that it is going to take time to transition and settle back into routine.
- ✓ At drop off, separate from your child confidently and calmly, if they resist, model calm behaviour "I can see that going to school is making you scared, but you still have to go. Tell me what you are worried about, so we can talk about it".
- ✓ Plan your after school conversations and rather than just focusing on the challenges it's helpful to recognise 'what are 3 things that went well today'.
- ✓ Build in some down time when your child returns home from school, if possible take them for a walk or engage in a relaxing family activity.
- ✓ If you have any further concerns please speak to your teacher, principal or seek external support from a GP or qualified mental health clinician.

**Analyse**

- ✓ Explore the positive and challenging aspects of returning to school with your child. Emphasise the positive aspects.
- ✓ Listen and try not to dismiss or minimise their fears but validate how they're feeling. 'It has been a difficult time and there has been lots of changes and uncertainty, it's okay to feel overwhelmed'.
- ✓ Model and practice calming strategies . Use relaxation exercises, breathing and grounding techniques such as 'noticing 5 things you can see, touch, feel, hear and taste, taking 5 deep breaths, going for a walk, rest/exercise).

**Plan**

- ✓ Brainstorm ideas that could help your child prepare to return to school i.e. engaging with friends before returning, becoming familiar with the school routine again, allow space for your child to verbalise/label any worries/concerns that may arise.
- ✓ Check in with your school regarding social distancing expectations, mask wearing and hygiene changes and model these at home .
- ✓ Explore the COVID-19 resource pack provided by your school.

**Act**

- ✓ Set up a routine in preparation for your child going back to school including dinner, bath and bed times. Agree on revised bed and wake up times as these may have changed during home based learning.
- ✓ Ask your child to help you prepare all school equipment – school bag, books, lunch box etc. A visual checklist might be helpful to remind children what they need.
- ✓ Practice wearing the uniform, hat and shoes before being back on site. Encourage school routine during home based learning including crunch and sip, recess and lunch time.
- ✓ Talk about or trial any new drop off/pick up arrangements.





# Return to School Wellbeing Newsletter

Term 4, Week 2, 2021

## The details:

- Kindergarten and Year 1 return Monday 18th October
- All other grades return Monday 25th October
- Parents are unable to enter the school grounds
- Masks are strongly recommended for students
- All school staff are required to wear masks

## How our staff will support the students as they transition back to school:

- Teachers are very aware of their students varying needs and have been undertaking professional learning to inform their practise and to help them support students as they return to school.
- Teachers have planned a Social and Emotional Learning and Wellbeing unit for their class and will be implementing this daily for the remainder of the term.
- A staff member will be at the gate for drop off (from 8:15am-8:45am)
- Fun activities have been planned to engage students as they arrive on their first day back.

## Hints for preparing your child and supporting them through the transition back to school:

- Discuss the return to school and go through any changes to drop off and pick up arrangements
- Talk about the experience of Home Based Learning. What have they enjoyed? What have they missed?
- Understand that there will be a period of adjustment. Children may be quite tired and may experience a range of emotions before, during and after their return to school.
- Get back to routines at home eg. earlier bedtimes
- Get organised each night before coming to school to make mornings less stressful.
- Communicate with your child's teacher if you have any concerns.

## We're Going Back To School



## The Hub

*The  
Hub*

### Second Hand Uniform Shop

Our second hand Uniform Shop is, unfortunately, currently closed to parents to visit.

If you are looking for second hand items, please email the office with size and type of uniform and we will do our best to help you out.

All items \$3.00, payable via QKR! only (no cash).

## Buses – Forest Coach Lines



### A message from Forest Coach Lines

Good Afternoon,

**All School bus services will be running from Monday 18 October.**

With the schools returning to face to face learning, Forest Coach Lines is taking a proactive preventative approach to ensure we minimise any risk to our clients.

To ensure that our fleet is contagion safe, buses are disinfected twice daily with a hospital grade disinfectant, with extra emphasis placed on all physical touch-points in the vehicles.

Vaccinations for transport workers are not mandatory however we are actively encouraging our team to get the vaccine and have a very high vaccination rate among our drivers.

In our depots, we continue to monitor our driver health including daily temperature checks to ensure that no potential cases go unnoticed. We have engaged an independent health care provider to advise and assess any drivers for potential symptoms as they arise and provide consultation where any suspicion or concerns are present. We will ensure that any self-isolation required is carried out and that you as our client are informed immediately should any potential contamination incident occur.

We have a hygiene awareness program with educational posters in best-practice hygiene and protection against the spread of viral infections including COVID-19 and are providing appropriate means for hand-washing and sanitising. Drivers have also been provided with personal hand-sanitising bottles.

Forest Coach Lines has a daily touch point with officials from NSW government as a result of our contracted services which assists us in ensuring we are up to date with any developments as soon as they are available.

The safety of our customers is of the utmost importance at all times and we will continue to keep you updated with any further developments. In the meantime, if you have any questions or concerns please contact me on the details below and I will be glad to assist at any time.

Kind Regards

Denise

Denise Sutthoff | Charter and Deputy Regional Operations Manager



P (02) 9485 0698

E [charters@forestcoachlines.com.au](mailto:charters@forestcoachlines.com.au)

W [www.forestcoachlines.com.au](http://www.forestcoachlines.com.au)

Forest Coach Lines Pty Ltd

335 Mona Vale Road Terrey Hills NSW 2084

Respect



Compassion



Justice



Service