



Sacred Heart Catholic Primary School

Cnr Waratah & Keenan Street, Mona Vale NSW 2103

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Term 4 Week 7 - 17 November 2021

Term 4 Core Value:

Service

School Rule:

We are of Service to others and in the environment

Expectation of Behaviour:

Clean up an area of the playground

Dear Parents

Yesterday we welcomed for a visit Mr Wahab, SHMV Principal (commencing 2022) and Mrs Johnston, Assistant Principal 2022. Both were excited to view our school and meet the staff, students and Hub President.

The Tell Them From Me (TTFM) survey opportunity has been extended until **Friday 3 December (4:30pm)**. The survey for parents can be accessed here: <http://tellthemfromme.com/krijk2>

Next Wednesday the Year 5 students have the opportunity to present a speech to the students at Sacred Heart before the students and teachers vote for the students leaders for 2022. The leadership positions requiring a speech are School Captain, Vice Captain and Colour House Captain. In preparation for their speeches, Year 5 participated in a "Leadership Day" today discussing the qualities of leaders and what strengths do the students have that can be shared with others whilst in a leadership position.

Class lists for 2022 are being prepared. The process involves the children selecting three friends to be with the following year. We assure the children they will be with at least one of these friends. The class teachers make recommendations about groups of students who work well together and those children for whom it would be better to be apart from. Classes need to have a mix of boys and girls and children who have diverse learning needs. It is quite a process for balancing the classes. We are fortunate to have two classes of students in each grade so that children have the opportunity of developing a range of friendships over the years. It is important to be able to know how to make new friends.

All students will meet their teacher for 2022 if possible on Tuesday 7 December.

Mrs Suellen Garey

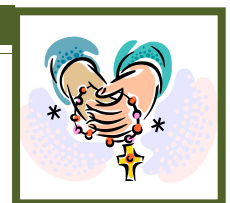
PRINCIPAL

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

Like and follow us at: twitter.com/SHMV16



Religious Education



Remembrance Day:

Last Thursday was Remembrance Day the school celebrated this day with a class liturgy and then assembled on the playground with Sam in Year 6 playing the Last Post and Rouse. The students made poppies and stood very reverently and quietly. It was a beautiful sombre time of reflection.

Respect



Compassion



Justice



Service

The Awareness Examen

Did you know that Year 6 have been leading the Daily Awareness Examen in the classrooms each day after lunch? Four students from Year 6 attend a set class and take the children through the daily examen. The Awareness Examen comes from the St Ignatius Loyola tradition. It is a technique of prayerful reflection where the aim is to come closer to God. It is a tradition at Sacred Heart for our senior students to lead this prayerful examen.

The children are called to reflect upon and answer the questions in their minds –

Thank God for something special you are aware of.

Go over the day in your mind- What was the best thing you heard?

What was the best thing you saw?

What was the best thing you did for someone else?

Is there anything you regret or feel sorry for?

Tell something to God about your day, as a friend would talk to a friend.

What can you do to improve tomorrow?

Conclude with a Hail Mary or Glory Be.

Year 5 and 6 Spirituality Day

On Wednesday it was the Year 5 and 6 Spirituality Day. The students in Year 5 were planning for the future as School Leaders and the Year 6 children were reflecting on and thinking about their transition to High School. Students watched and participated in a variety of workshops lead by our Stage 3 teachers. The students reflected on how the Holy Spirit is helping them with the next part of their life journey.

Religious Education Curriculum

Year 5 have been learning a Religious Education unit called [Prayer: How can prayer enrich our lives?](#)

The students are exploring the Guiding Questions:

- [How is communication the basis of building a relationship with others?](#)
- [How can we communicate with God through prayer?](#)
- [What are the different ways of praying and developing our relationship with God?](#)
- [What role does prayer play during Advent and in our preparation for Christmas?](#)

The students have been exploring prayer using a prayer technique of responding to the Sacred Scripture by drawing a response. Included are some beautiful artworks produced by students in Year 5.



Class Masses: Unfortunately, we have had to cancel class masses at 9:30 due to restrictions.

Religious Education Dates

Friday 3 December – Suellen’s Thanksgiving Mass @ 5:30pm (Parents Only)
Thursday 9 December- Year 6 Graduation @ 1:30pm
Wednesday 15 December Thanksgiving Mass Years 4-6
Thanksgiving Liturgy in the Hall Kindergarten to Year 3

Prayers

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



Mrs Garey’s Mass of Thanksgiving and Supper

A reminder to all parents who would like to attend this special occasion to RSVP as per the invitation by this Friday 19 November.




Wellbeing

This week is Wellbeing Week! The theme for this Wellbeing Week is 'Reconnect'. The Wellbeing team feels this is an important and timely theme as we come back together as a community after the home-based learning period. Reconnection can relate to a variety of settings. We can reconnect with our families, friends, communities, the Church and nature.



Here are some "Reconnecting" ideas for home:

<p>Family History Put together a family tree</p>	<p>Family Meal Time Have a special family meal together. Perhaps you might choose a theme for your family meal.</p>	<p>JigSaw Puzzle Creation Design and create a jigsaw puzzle with your friends or family. Work as a team to put this all together!</p>	<p>Reconnect with Nature Take a bushwalk or beach walk together</p>
<p>Invite a friend or relative over for a meal</p>	<p><u>Sacred Heart Mona Vale</u> Term 4 Wellbeing Activity Grid Ideas for Home <i>'Reconnecting'</i> </p>		<p>Card and Board Games Have a games night where you play your favourite card or board games as a family.</p>
<p>Special Memories Look back over old photo albums, baby photos, special videos.</p>	<p>Design a Family Crest Brainstorm the interests, activities or ideas that represent your family and then come up with symbols together that can be used as a family crest.</p>	<p>Bake or cook a favourite food together.</p>	<p>Family Exercise Do something physical together as a family. Go for a bike ride, play tennis, do an online yoga class, play touch football, set up an obstacle course or family workout session.</p>

Our students have been taking part in a variety of reconnecting activities in their classroom. Including playing human bingo to connect with classmates, making collaborative class artworks, team building games and mindfulness activities. They are also enjoying having a homework free week!

Sun Safety: At Sacred Heart we encourage SunSmart practices. Children need to wear their school hat when they are outdoors. Please make sure your child's name is clearly marked on their hats.





How can you encourage your family to eat enough fruit and veg?

- 1. Include fruit at breakfast** such as mashed banana on toast or fresh or canned fruit on cereal
- 2. Add veggies to breakfast** with baked beans, sliced tomato or avocado on toast
- 3. Make a fruit (or veg!) breakfast smoothie** Try this recipe - healthy-kids.com.au/recipes/fruit-smoothies/
- 4. Put out plates** of ready-to-eat fruit and veggies at snack time
- 5. Try veg-centric lunchbox winners** like cucumber, carrot and/or avocado sushi, vegetable pizzas and veggie patties
- 6. Add grated veggies to your cooking**, and try adding an extra serve of veggies at meals
- 7. Offer fruit as dessert**

NEED MORE: For more tips check out: healthy-kids.com.au/wp-content/uploads/2021/08/FruitAndVegTips.pdf





Respect † **Compassion** † **Justice** † **Service**

From the Office

Yellow 2022 Family Registration forms are now overdue. These forms were sent home with your eldest child for a return date of **15 November**. Thank you to the families who have returned this form.



PLEASE NOTE :

ALL Families at the school must complete the form.

We need to know the following

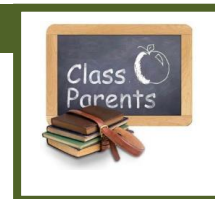
- if your child is returning to Sacred Heart in 2022
- if your child is leaving Sacred Heart (including Year 6) and the destination school (this is a government requirement)
- Other children in the family, and the school they are attending (there may be a discount given)
- **No discounts** will be given unless this form is completed, signed by both parents.

Thank you.

Carol Bartlett
Senior Administration Officer

Class Parents

Thank you to the class parents for Year 2 and Year 6 who have kindly volunteered for 2022. We still require class parents for the remaining year groups (K, 1, 3, 4 and 5). Perhaps if you were a parent volunteer for 2021, you would like to consider continuing in the role for your child's 2022 class? We could really use your help. We have a wonderful Hub team with our co-Presidents, Amber and Kath to guide you.



Please contact the office at shmv@dbb.catholic.edu.au if you could be of assistance.

Canteen

Volunteers: Please note that if you are volunteering in the canteen you will need to sign in, show your Covid certificate and complete some induction forms (if you have not already done so) at the front office before entering the school grounds. You may wish to arrive 10 mins before your scheduled time.



Next Week's Roster:

CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
Mon 22Nov	Janet D (11am-1:30pm), Christine H
Thur 25 Nov	Rebecca W, Jillian T
Fri 26 Nov	Jackie B, Lisa B

Kay Neale, Canteen Co-ordinator

SSHMV.canteen@dbb.catholic.edu.au

Kiss and Ride

We are pleased to advise our Kiss and Ride can be operational again. Therefore we are seeking more volunteers to perform this most rewarding duty. 8:15am to 8:45am, either once a week, once a month, once a term – whatever suits you.

It is such a beautiful way to start your day, greeting the children and helping them out of the car.

Please contact Rebecca Molinaro on 0414 416 874 if you are interested.

STUDENT
DROP-OFF
AND
PICK-UP
AREA

The Hub

*The
Hub*

Christmas Gingerbread House Fundraiser

Sacred Heart Primary School has organised a festive Christmas Fundraiser the whole family will enjoy, selling 'Gingerbread Folks' kits straight to your door. All money raised will go directly to the school library to purchase new books.



Families can purchase kits through a dedicated webpage, then kits are sent directly to your doorstep! You can buy for yourself, or send a gift to a loved one. Link below to purchase and contactless delivery.

Choose from original, gluten free and chocolate gingerbread house kits. Generous 350g lollies available as an extra for a one-stop-shop! The online fundraiser closes on Nov 30.

https://rebrand.ly/SacredHeartCatholicPSMonaVale_gingerbrd_fundraiser



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. It may take a few days to fill your order. All items \$3.00, payable via QKR! only (no cash).

Respect



Compassion



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COMMUNICATION *at Sacred Heart*

COMPASS



Official school portal to receive notifications, record absences and book/approve events and view school reports

SCHOOL NEWSLETTER via email & school website

Weekly newsletter sent out via email. A must read.

SCHOOL WEBSITE www.shmvdbb.catholic.edu.au

Comprehensive website full of information

SCHOOL EMAIL shmv@dbb.catholic.edu.au

You will also receive the email address of your teachers

SCHOOL FACEBOOK www.facebook.com/SacredHeartMonaVale

Official Facebook page for the school (public page)

You can engage and comment.



THE HUB (P&F) FACEBOOK www.facebook.com/shmvhub

Facebook page run by the HUB (public page)

You can engage and comment.

KINDY 2022 FACEBOOK GROUP (SHMV Kindy 2022)

Private Facebook group for parents of Kindy 2022 students (closed group)

You can engage, comment and post.



Community News

