



Be Safe, Be Respectful, Be Your Best

2017 Term 3 Week 1 Newsletter

MINI BLITZ- Week 1

- *Be Respectful
- *Be Safe
- *Be your Best

PRAYER FOR THE BEGINNING OF A NEW TERM

*Almighty God
We give you our school.
We give you all the teachers and staff who work here,
We give you all the children who learn here.
We pray our school will continue to be a place of great discovery, adventure and creativity.
May it be a place where we love to learn and where we learn to love,
A place where every one is respected and all are deeply valued.
We ask all this through Jesus Christ our Lord.
Amen.*

Welcome back to Term Three. I hope you had a relaxing two weeks and were able to stay warm. We had some very cold mornings so I was glad not to be getting up as early as I do during a working week!

School Closure Days

On 17th and 18th of August, staff will be attending a 2-day retreat in Moama. This retreat is aligned to our annual Action plan where our key focus in Catholic Identity is to build staff knowledge in both Spirituality and prayer. This retreat will be led by, Father Joe Taylor and Maria Weatherall (Catholic Identity Consultant, Sandhurst)

Prep Enrolments

A reminder to our Sacred Heart families with a child starting in Prep 2018.

Please pick up an enrolment form and book your tour ASAP. This includes existing families as well.

Reports

I'd like to thank all the parents who have provided some feedback on the reports that were sent home at the end of last term. Given the new format, all feedback is greatly appreciated and it is never too late to do so! Please feel free to email me at principal@shyarrawonga.catholic.edu.au if you would like to provide any comments.

Social Media

Towards the end of the term and during the holidays there have been numerous incidents brought to my attention around our student's use of social media (in particular our senior students). Please make yourselves aware of the apps and posts your children are posting. Many of the apps students are using requires them to be **13 years old!** Many students assume that because video and texts are "Snaps" (as they are called), disappear in just a few seconds and the app is totally harmless. However, photos, videos and texts can be saved as screenshots. This is worrisome for parents as you no control over what comes across your child's screen or what they are sending at any given moment. **We urged all parents to use the ABC of cyber safety management and to attempt at least one of the strategies, or all three to be most effective.**

- **Control ACCESS**
- **Set BOUNDRIES**
- **Openly COMMUNICATE**

Some links that may be helpful...

Common Sense media - <https://www.common sense media.org/>

eSafety Office- <https://www.esafety.gov.au/>

Prayers

Please keep Julianne Turner and her family in your thoughts and prayers.

Thought for the week

Each day holds a surprise. But only if we expect it can we see, hear, or feel it when it comes to us. Let's not be afraid to receive each day's surprise, whether it comes to us as sorrow or as joy. It will open a new place in our hearts, a place where we can welcome new friends and celebrate more fully our shared humanity. (Henri Nouwen)

Wishing you a great week as we work together for the benefit of our children.

Take Care

Arn

Acknowledgement of Traditional Custodians

Sacred Heart acknowledges the traditional custodians of the land on which this school is built. We commit ourselves to working in partnership with Aboriginal people for reconciliation and justice.

Catholic Identity

Meegan McInness



Sacrament of Reconciliation

Tuesday August 1st there will be a Parent Information Evening in relation to the sacrament of Reconciliation, for our Year three students. Any child who will be making the Sacrament of Reconciliation must have a parent attend this meeting.

A note went home yesterday to all students in Year three explaining the process and all students must return the slip indicating their involvement in the sacrament. We ask that the whole Sacred Heart community keeps these children, their families and their teachers in our prayers during this time.

Grandparents Day

Next week is the Feast day of St Anne and St Joachim who were Jesus' grandparents. We will be celebrating this Feast day and our grandparents with a liturgy and morning tea in the MPB at Sacred Heart College next Friday July 28th at 10am. We would love to have our Grandparents and parents join us for this celebration. To help make this liturgy extra special the children will be able to sit with their special guests.

If you would like to share a photo of your child/children with their grandparent/s for use in the liturgy please forward to me by email by next Wed 26th July.

I hope everyone has a great week.

Stay safe,

Meegan

mmcinness001@shyarrawonga.catholic.edu.au.

FOR ALL PREP CHILDREN- ATTENTION

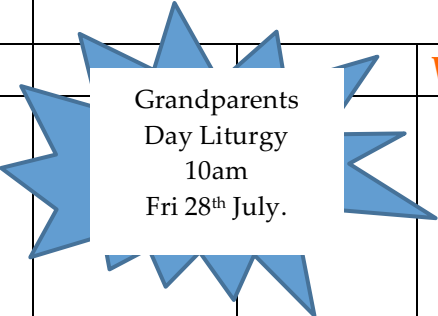
Victorian Primary School Nursing Program 2017

The Victorian Primary School Nursing Program is a free health assessment service offered by the Department of Education and Training to all children during their first year of primary school.

During 2017, the School Nurse will be visiting Sacred Heart Primary School to assess all Prep children that have returned the **School Entrant Health Questionnaire (SEHQ)**. Information provided in the SEHQ will enable the Nurse to identify and respond to parent/carer concerns about their child's health and wellbeing.

A completed SEHQ with parent/carer consent is required for a child to be seen by the School Nurse.

These questionnaires have been given to all Prep children. Please complete and return to school as soon as possible. Children will be assessed during the next few months.

| Week | Term 3 | | | | | | |
|------|--|---|---|---|--|----------------------|----------------------|
| | | | Wed 19 th | Thu 20 th | Fri 21 st | Sat 22 nd | Sun 23 rd |
| 1 |  Grandparents Day Liturgy 10am Fri 28 th July. | | | *State Cross Country | *Woods Point Visit- 2B *Parish Mass- 5M & 6S Assembly 2.50pm *Bluearth | | |
| | Mon 24 th | Tue 25 th | Wed 26 th | Thu 27 th | Fri 28 th | Sat 29 th | Sun 30 th |
| 2 | | | Feast of Joachim & Anne *Earn & Learn begins | | * Grandparents Day Liturgy 10am *Woods Point Visit * Assembly 2.50pm | | |
| | Mon 31 st | Tue 1 st | Wed 2 nd | Thu 3 rd | Fri 4 th | Sat 5 th | Sun 6 th |
| 3 | Parent Teacher Interviews 3.30pm-6pm | Parent Teacher Interviews 3.30pm-6pm | Parent Teacher Interviews 1.30pm-6pm | Parent Teacher Interviews 3.30pm-6pm | * Woods Point Visit- Prep A * Parish Mass- 2O & 2B * Assembly 2.50pm | | |
| | Mon 7 th | Tue 8 th | Wed 9 th | Thu 10 th | Fri 11 th | Sat 12 th | Sun 13 th |
| 4 | | *Feast of Mary Mackillop | Yr 5 Camp-Ballararat Special Needs Morning Tea | Yr 5 Camp-Ballararat | * Regional Football- Benalla Yr 5/6 * Woods Point Visit- Prep G * Parish Mass- 6D & 6L * Assembly 2.50pm * Yr 5 Camp-Ballararat | | |
| | Mon 14 th | Tue 15 th | Wed 16 th | Thu 17 th | Fri 18 th | Sat 19 th | Sun 20 th |
| 5 | *P & F Meeting SHC 7.30pm | | | *Pupil Free Day | *Pupil Free Day | | |
| | Mon 21 st | Tue 22 nd | Wed 23 rd | Thu 24 th | Fri 25 th | Sat 26 th | Sun 27 th |
| 6 | Book Week *Dental Van | *Hot Shots Tennis *Dental Van | *Dental Van | *Book Week Parade 10am Mercy Centre *Dental Van | * Hot Shots Tennis * Dental Van Parish Mass- 2V & 1I * Woods Point Visit- Prep M Assembly 2.50pm | | |
| | Mon 28 th | Tue 29 th | Wed 30 th | Thu 31 st | Fri 1 st | Sat 2 nd | Sun 3 rd |
| 7 | Book Week *Dental Van | *Hot Shots Tennis *Dental Van | *Dental Van | *Book Week Parade 10am Mercy Centre *Dental Van | * Father's Day Breakie *Hot Shots Tennis * Dental Van Parish Mass- 1H & 1MC * Woods Point Visit- Prep S | | Father's Day |



Welcome back to Term 3. If you have any issues that you'd like to discuss, regarding your children's education or their social or emotional wellbeing, please feel free to come and see me – my office is in the Admin Block.

Our Breakfast Club is held on Wednesday and Friday mornings, before school, and all are welcome. We thank the dedicated and hard-working St Vinnie's volunteers for making this program possible. The Breakfast Club operates from the canteen.

This term, Helen Wallace, chiropractor, and Kaitlyn Cummins, Occupational Therapist, will be running a workshop to discuss Primitive Reflexes and how they can impact negatively on learning, behaviour and attention. The workshop will be held on Wednesday, 9th August at 9:30am. Please see the attached flyer. If you are planning to attend the workshop, please contact the school and book in.

There has been considerable discussion, in the media, about the growing numbers of young children experiencing anxiety. Over the next three weeks, I'll include Dr Jodi Richardson's article on anxiety, what it is and how parents can help their children. Jodi is a happiness and wellbeing speaker and writer, retreat facilitator and mum to two primary school aged kids. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on [facebook.com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson).

Anxiety in Primary School Kids Dr Jodi Richardson Part 1

Anxiety affects people from all walks of life, and lots of kids have it. If that's what's happening in your family, your little one is lucky that you know, care, and are seeking answers.

The idea that one of our kids might be experiencing anxiety sets off all sorts of alarm bells in us as parents. It's fair to say it makes us anxious ourselves, and has asking all sorts of questions like "What does it mean?", "What's 'normal'?" and "What can I do to help?"

Like anything else in life, the more informed we are about anxiety, the calmer and more empowered we'll feel, enabling us to support and advise our precious kids through their challenges and seeking help when needed. That's what this article is about. Giving you the facts and helping to settle your mind so that you can begin to help them settle theirs.

Before reading on, I want you to close your eyes and take three long, slow breaths in and out... Depending on what you're up to right now, you may indeed be experiencing a level of anxiety at the moment, and this breathing exercise will help.

Okay, let's get you some answers to those questions.

Anxiety, what is it anyway?

Anxiety is a feeling. We've all experienced it. It's a completely normal reaction under dangerous or stressful circumstances. Perhaps you've narrowly avoided a car accident. Your heart pounds, your breathing becomes shallow and fast, your body floods with adrenaline to put you on red alert, your blood pressure goes up, you might perspire, and glucose dumps from your muscles into your bloodstream. All of this is preparing you to face up to the 'threat' or run like heck in the other direction. This is 'fight or flight' in action.

This reaction is a survival instinct dating back to early times when life-threatening situations were ever present. These days we can experience anxiety when we're under pressure to meet a deadline, preparing to talk in front of our colleagues or for a job interview, or simply noticing how many emails are awaiting our reply. Our lives are not in danger but our bodies react as if this were the case. The same can be true for our kids.

Anxiety is a normal response to a threatening situation. All of these physical changes happen instinctively as a tiny part of our brain called the amygdala tells the sympathetic nervous system to take over and fire us up so we can do what we have to in order to survive.

Do you know the feeling? Perhaps it happens to you now and then. But maybe, if you're one of the two million-plus Australians (including me) who experience an anxiety disorder, your body and brain respond like that more often, more quickly and more intensely than others.

Trust me, it feels awful. I've experienced anxiety since I was a child, still do and always will. My parents didn't even know anxiety existed when I was a kid and it took me until my early twenties to be diagnosed. Now that I know, I can, and do, take action to manage it. I have my ups and downs like everyone else but on the whole I live a rich, full



us

and meaningful life. Your kids can too. Anxiety is common, it's treatable and there's so much we can do to help as parents.

Our kids are lucky. They have great parents (that's you) who know to look out for their mental health, and who have access to lots of great resources.

Anxiety affects people from all walks of life, and lots of kids have it. If that's what's happening in your family, your little one is lucky that you know, care, and are seeking answers.

CHILDREN'S CHATTER MATTERS

Language Learning activities to have a go at home.

Ten activities will be provided over Term Three to help your child think a little bit deeper about the world around them and to use longer and more complex sentences. Expanding your child's oral language use will lead to significant improvements in their writing also. You may need to adjust the activity to suit your child's level:



****Before reading a story with your child, you could use one of these trigger phrases to improve the complexity of your child's language. Model the entire phrase initially then gradually encourage your child to say the longer sentence by him/herself.**

- I think this story might be about a because
- The picture on the front makes me think about
- I wonder if
- I think I'll enjoy this book because
- I don't think I'll like this book because



While reading a story with your child, you could use one of these trigger phrases to improve the complexity of your child's language. Model the entire phrase initially then gradually encourage your child to say the longer sentence by him/herself.

- I didn't think that would happen because
- I wonder if
- I didn't/did like it when
- At the end of the story I hope that the
- If I was that character I would make/feel



After reading a story with your child, you could use one of these trigger phrases to improve the complexity of your child's language. Model the entire phrase initially then gradually encourage your child to say the longer sentence by him/herself.

- I couldn't believe it when
- While I was listening to the story I thought about
- A better ending to the story would have been
- If I was the author of this book I would have
- This story reminds me of
- My favourite part was when



Woolworths Earn & Learn 2017

Woolworths Earn & Learn is back and it is now easier than ever to earn valuable resources for our school.

From Wednesday 26th July to Tuesday 19th September 2017, when you shop at Woolworths you can collect Earn & Learn stickers when you spend \$10 or more. Collect a sticker sheet from the supermarket or from school and when completed, drop it into the box at the front office. You can just put stickers in the box without a sheet also.

Last year we purchased sporting equipment, games and books and look forward to getting more this year!



Yarra-Mul Basketball Association

Season 2 – 2017 Registration-ALL PLAYERS & AUSSIE HOOPS!

Registration is NOW OPEN for 2 weeks only, for our Junior Basketball Competition on our website. Aussie Hoops opens this Thursday 20th July. Please register at www.sportstg.com then on homepage scroll down and click on "Browse Our Sports Network", then Basketball/Victoria-Country/Yarrowonga Mulwala Basketball Association. Once on our website click on the "Register Now for Domestic Basketball" OR "Aussie Hoops" icon to take you to the registration form and pay. Those registering for Aussie Hoops must register through Aussie Hoops Icon (Not the Junior Domestic area). Past and new players most welcome.

All information about age groups, fees and nights of play can be found on our website. Please register by Saturday 29th July to secure a position, as late entries cannot be guaranteed a place and will incur a late entry fee. Any family with 3 or more children playing junior-do not register online, but contact Amanda Wheaton wheaton@iinet.net.au for family discount (excludes counting family members in Aussie Hoops).

AUSSIE HOOPS PLEASE NOTE: Registrations open this Thursday. Numbers are capped and so places are limited. Please **register early** to secure a place and avoid disappointment. Thank you.

Important Notice

YMBA REPRESENTATIVE TRYOUTS 2017/2018

Venue ECCA Centre P-12 Secondary College

Monday July 31st

Under 14 Boys 5-6pm

Under 16 Boys 6-7pm

Under 18 Boys 7-8pm

Tuesday August 1st

Under 12 Girls 4.30-5.30pm

Under 12 Boys 5.30-6.30pm

Wednesday August 2nd

Under 14 Girls 5-6pm

Under 16/18 Girls 6-7pm

Please bring your own ball, drink bottle and a dark or light singlet or shirt to train in.

Hope to see you there!

Extend After School Care at Sacred Heart Primary School

Our Extend Staff would like to welcome all children & families back for Term 3 2017. Over the two weeks of holiday care we have had so many fun things to do. Some of the activities included: Hieroglyph plaques, Karate Clinic Incursion, Min Minion, Snowman pizza that we had for lunch, Aboriginal Day, Snow Dough construction, my little greenhouse, Olaf the snowman, cool for school incursion and cooking oat bars plus many more activities throughout the day.

KIDS CLUB ART COMPETITION

WIN A \$200 TOYS R US ONLINE GIFT CARD

Entries are now open for Extend's Kids Club Competition! Submit your entry online from Monday 17th July to Friday 4th August 2017.

To enter complete the sentence, "Extend is...." And submit your matching art entry online at extend.com.au. For further details and terms visit extend.com.au

...BUT THERE'S MORE! Help your After School Care service win a mystery incursion! Be sure to come along to

After School Care to enter. See you there.

Next week's activities:

Monday 24th July: **Recycle Plastic Craft** Tuesday 25th July: **Human Body- All about nails** Wednesday 26th July: **Cooking Pancakes** Thursday 27th July: **Artistic Names** Friday 28th July: **Balance Tests**

Lisa Gard- Co-ordinator

Parent Portal: extend.com.au

Does your child struggle with learning, behaviour or attention difficulties?



Perhaps Primitive Reflexes are involved?

If not integrated properly, Primitive Reflexes can be responsible for many challenges such as:
easily distracted, difficulty sitting still, tantrums / meltdowns, toe walking, W sitting, reactive and oversensitive to their environment, anxiety, poor handwriting and pencil grip issues, poor co-ordination, poor posture and balance problems.



Wheaton chiropractic

Wheaton Chiropractic 17A Piper St Yarrowonga. Ph 57443848.
Please mention **BRAIN MOVEMENT** when making an appointment.

Primitive reflexes are important reflexes that develop in utero, they have vital roles in helping a baby to be born and for its survival through the first few months of life. As your baby grows and develops, these reflexes should integrate / disappear as the brain develops to enable the baby to perform more complex tasks.

Sometimes in a child's development for many reasons, they may have rushed through or missed important steps which prevent the primitive reflexes from integrating. Reflexes that have failed to integrate properly can be associated with a greater possibility that a child may struggle with learning, behaviour, co-ordination and emotional control.



The **BRAIN MOVEMENT** program is directed at assessing which developmental steps a child may have missed and looks at promoting stronger brain pathways through tailored movement exercises, to ensure these developmental steps have been achieved.



Wheaton chiropractic

Wheaton Chiropractic 17A Piper St Yarrowonga. Ph 57443848.
Please mention **BRAIN MOVEMENT** when making an appointment.

2018 Prep Walk Thrus

A reminder to any parents & families wishing to enrol a child in 2018 will need to book a walk thru. All existing families must book as well even though they have siblings at the school. You can book on-line or ring the office on 57443339 to book a walk thru.

LOST PROPERTY

We have a number of 'Lost Property' items, mainly jumpers, that need to be collected. Parents may like to look through some of the items if your child is missing some. Thanks.

SACRED HEART PRIMARY SCHOOL



Prep 'Walk-Throughs'



Booking a 'walk-through' is a fantastic opportunity for you to experience Sacred Heart Primary School in action. You will experience our Open Plan learning throughout all centres from Foundation to Leadership.

This is an opportunity to ask any questions and find out more about Sacred Heart Primary School and is an important part of the enrolment process for both parents and children. Walk-throughs will take place during Term 3.

**To book your appointment please call the school office on:
03 5744 3339**

or

**Online - www.schoolinterviews.com.au
Event Code: x3z86**



**ST. BRENDANS
PRIMARY SCHOOL
NETBALL
CARNIVAL**

SUNDAY 20th AUGUST 2017

Entry forms can be obtained from our website

www.sbshepparton.catholic.edu.au

For further enquiries phone

Stacey Cole 0429 315 866

Sections Range From:-

9 & Under (no finals)

11 & Under

13 & Under Primary School

13 & Under Secondary School

15 & Under