



Be Safe, Be Respectful, Be Your Best

### *2017 Term 3 Week 10 Newsletter*

#### **MINI BLITZ- Week 10**

'We always wear a grin, when we do WIN. But let's get caught, being a GOOD SPORT!'

#### **Good Afternoon Everyone**

Welcome to the final week of Term 3. It has certainly been a busy term at Sacred Heart as we have worked diligently through a number of wet and/or chilly winter weeks. Some glimpses of sunshine over the weekend are hopefully a sign that more pleasant weather is on the way!

#### **Athletic's Sports**

What a wonderful day.

Congratulations Lourdes for a terrific win – your team put in an enormous effort and were worthy winners.

Congratulations also to all our students for their participation, encouragement and support for each other during the day.

Thank you to Ms. Bonat, staff and parents for making this day possible.

#### **Market Day**

I would like to thank and congratulate the Grade 6 students, teachers and parents for their enormous amount of work that allowed for a very successful Market Day. I was so impressed with the way the students presented their stalls, interacted with customers ☺ and dealt with 'floats'.

My car sparkled (due to the deluxe car wash!) all the way to Wangaratta.

#### **Mobile Phones**

This is just a reminder that under no circumstances are students allowed to use mobile phones at school. If your child has to bring a phone to school, it will need to be dropped off at the **front office** (not in the classroom) and collected **after** the bell at the end of the day.

#### **Cebu**

This Saturday 13 staff and students from Sacred Heart Primary School and the College are heading off to Cebu to distribute funds (collected over the past few years) to those less fortunate. The tour will also be visiting the Church erected with the assistance of funds from the Cullen Family and our own Rosie Cullen Foundation.

There are many projects in Cebu that are Rosie Cullen Foundation supported, for example a day care Centre that supports people living at the dumpsite and a Housing project to relocate people who are living at the dumpsite.

This is a wonderful legacy that our School will continue to play an active role into the future.

We wish everyone a wonderful trip

#### **End of Term**

Please remember we will be finishing at 2.30 on Friday the 22<sup>nd</sup> of September. School will resume on Monday the 9<sup>th</sup> of October

I would like to take this opportunity to thank all families for your support across the term, as well as our staff members for their tireless dedication to supporting the academic, emotional and social needs of each and every one of our students. Finally, I would like to congratulate the students of Sacred Heart on a fantastic term of learning. May you continue to 'Aim High' in Term 4!

I wish everyone a safe and happy break

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

Take Care

Arn

# ♡ Year 6 Market Day ♡



A very big thank you to all the students, staff and families that supported our Market Day yesterday. It was fantastic to see all the children having so much fun - playing games and enjoying all the yummy treats that were available. An especially HUGE thank you to the families of our Year 6 children who helped plan, cook, shop and prepare all the wonderful activities that made our day so successful.

The Year 6s raised an amazing \$3725.90 that will go towards the cost of our camp in Term 4. Thanks again for your wonderful support !!





## Confirmation/Eucharist 2018

Please note that the Confirmation Eucharist ceremony for 2018 will be held on Friday June 1st.

## Andrew Chinn End of Year Concert- Term Four

Andrew Chinn a famous religious singer and song writer will be joining Sacred Heart for the day on Thursday November 23rd. He will spend some time with each centre and then there will be a concert that evening for all children and their families in the MPB. This will be our end of year, whole school concert. Please note this date in your diaries also.

Enjoy the break!

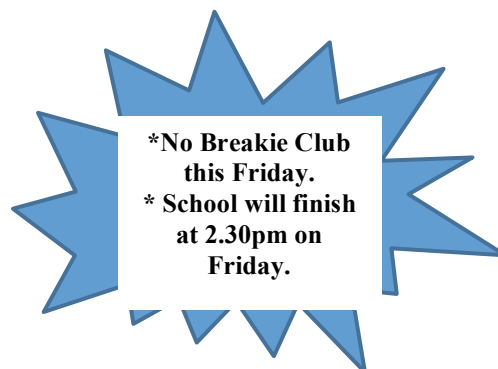
Meegan

Catholic Identity Leader

[mmcinness001@shyarrowonga.catholic.edu.au](mailto:mmcinness001@shyarrowonga.catholic.edu.au).

### 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.



Week	Term 4						
	Mon 9 <sup>th</sup>	Tue 10 <sup>th</sup>	Wed 11 <sup>th</sup>	Thu 12 <sup>th</sup>	Fri 13 <sup>th</sup>	Sat 14 <sup>th</sup>	Sun 15 <sup>th</sup>
1	Welcome back!				*Bluearth		
	Mon 16 <sup>th</sup>	Tue 17 <sup>th</sup>	Wed 18 <sup>th</sup>	Thu 19 <sup>th</sup>	Fri 20 <sup>th</sup>	Sat 21 <sup>st</sup>	Sun 22 <sup>nd</sup>
2	*Yr 6 Canberra Camp	*Yr 6 Canberra Camp	*Yr 6 Canberra Camp	*Yr 6 Canberra Camp	*Yr 6 Canberra Camp *Prep Excursion- Darlington Point		

## Extend After School Care and Holiday Programs

Last week at ASC the children used icy-pole sticks to create a simple yet elegant wall art. As requested by many children we also made some silly putty. Cooked up a storm by making apple bites. As well we celebrated spring by making spring flowers using craft supplies.

Plus it was good to have a couple of warm days this week for us to play outside.

### Next week's activities:

Monday 18<sup>th</sup> September: **Table Covers** Tuesday 19<sup>th</sup> September: **All about: Spring**

Wednesday 20<sup>th</sup> Sept: **Fruit & Yoghurt Cups** Thursday 21<sup>st</sup> Sept: **Soccer Skills**

Friday 22<sup>nd</sup> Sept: **Spring Tree**

Lisa Gard- Coordinator Parent Portal: [extend.com.au](http://extend.com.au)

### SPRING HOLIDAY PROGRAM BOOKINGS ARE OPEN!

Make your own DIY paints and have fun with messy art, participate in delicious cooking activities, learn all about persistence of vision by inventing your own spinning thaumatrope, and loads more!

To check out the daily schedule, visit our website at [extend.com.au](http://extend.com.au) and book via the Parent Portal.







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.

**There will be no Breakfast Club this Friday.** We thank the dedicated and hard-working St Vinnie's volunteers for making this program possible.

Wishing everyone a happy and safe holiday.

### Dr Jodi Richardson

*Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at [drjodirichardson.com.au](http://drjodirichardson.com.au) and say hello on [facebook.com/DrJodiRichardson](https://facebook.com/DrJodiRichardson) Enquiries to [jodi@drjodirichardson.com.au](mailto:jodi@drjodirichardson.com.au)*

### Using screen time to foster kids' wellbeing and family fun by Dr Jodi Richardson Part 3

**The PERMA model of flourishing tells us there are five key contributors:**

**P**ositive emotions. These are aplenty when geocaching, starting with a sense of adventure and excitement, followed closely by wonder, curiosity, joy and elation. **E** is for Engagement, which is all about devoting time to those things that capture your attention and enable you to dive in head first to an activity, experiencing a feeling of flow by being fully immersed in what you're doing. A big tick for geocaching on this one!

**R** is for Relationships which are essential for our kids' mental, social and emotional health. Geocaching will bring you together as a family as you work towards a unified outcome, take turns to locate the cache, chat, problem solve, search, laugh and encourage each other along the way.

**M** represents Meaning, something we experience when we feel a part of something bigger than ourselves. Being a valued part of their family fosters meaning for our young people, and so does being a part of the geocache community as a whole.

**A** is for Achievement, which is absolutely essential for our kids to flourish, not to mention us as parents too. The sense of achievement experienced by 'geokids' is evident by the smiles on their faces with every successful treasure hunt. It never gets old.

Wishing you and your families hours of good old-fashioned (if high-tech) outdoor fun. Learn more about geocaching at [geocaching.com](http://geocaching.com). And connect with me on Facebook/[drjodirichardson](https://facebook.com/drjodirichardson) to let me know how you go!!



### 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:

**\*\* Here is a list of fabulous books to read with your child that model complex sentences and rich vocabulary:**

'Fancy Nancy' series by Jane O'Connor

'Fearless' by Colin Thompson

'Clancy the Courageous Cow' by Lachie Hume

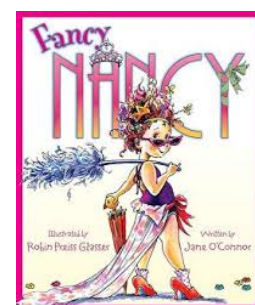
'Suddenly' by Colin McNaughton

'The Terrible Plop' by Ursula Dubosarsky

'The Three Little Bush Pigs' by Paul Dallimore

'Giraffes Can't Dance' by Giles Andreae & Guy Parker-Rees

'Herman and Rosie' by Gus Gordon



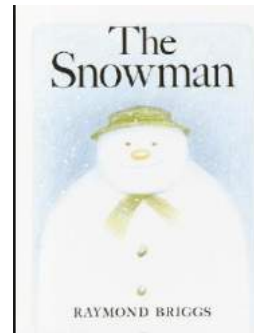
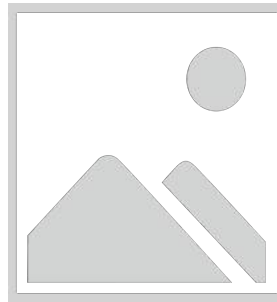
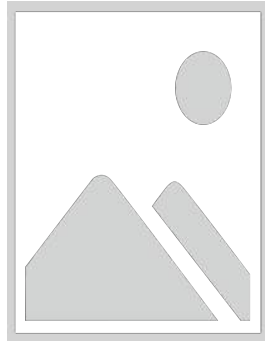
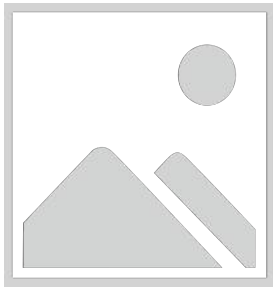
Wordless books (You will have to make up the sentences for these!):

'Window' by Jeannie Baker

'The Snowman' by Raymond Briggs

'Good Dog Carl' by Alexandra Day

'Mouse Around' by Pat Schories



Go to [www.goodreads.com/blog/show/459-fifty-great-books-to-read-with-kids](http://www.goodreads.com/blog/show/459-fifty-great-books-to-read-with-kids) or <http://www.speechpathologyaustralia.org.au> (Book of the year awards) for other recommended book titles.

**Nationally Recognised Training**  
at  
Yarrowonga Neighbourhood House  
Registered Training Organisation No 21765

**Hygiene for Food Handlers**

The unit SITXFSA001 Use hygienic practices for food safety is for those who want to work in restaurants, cafes or bakeries, or are members of a community group involved in food preparation.

Date: Friday 22<sup>nd</sup> September  
Time: 9:30am – 4:00pm  
Cost: Full Fee \$ 110  
Concession: \$ 90 (GST Free)

Visit our website: [www.ynh.org.au](http://www.ynh.org.au)  
1 Hargrave Court, Yarrowonga 3730  
Ph: 03 5744 3911  
Email: [office@ynh.org.au](mailto:office@ynh.org.au)

**YNH** Live Learn Local YARROWONGA

### **DECONSTRUCTION CLUB**

The Deconstruction Club is requesting items for their Monday Deconstruction Club... Used/non-working appliances are ideal and much appreciated. Please leave in the front office.

**Nationally Recognised Training**  
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**CHC43115 Certificate IV in Disability**

With the roll out of the NDIS, job opportunities in this rewarding and diverse sector are expected to increase.

Date: Thursday 19<sup>th</sup> October  
Time: 9:00am – 3:30pm  
Cost: Unfunded: \$ 3,500  
Funded: \$ 941  
Concession: \$ 473 (GST Free)

**HLTAID003 Provide first aid & HLTAID001 Provide CPR**

Early enrolment in HLTAID003 is essential to allow time for the online component to be completed prior to class.

Date: Friday 20<sup>th</sup> October  
Time: 9:00am – 5:00pm CPR 9:00am-1:00pm  
Cost: \$ 150 (GST Free) CPR \$ 75 (GST Free)

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Date: Friday 20<sup>th</sup> October  
Time: 9:30am – 4:00pm  
Cost: Full Fee \$ 110  
Concession: \$ 90 (GST Free)

Visit our website: [www.ynh.org.au](http://www.ynh.org.au)  
1 Hargrave Court, Yarrowonga 3730  
Ph: 03 5744 3911  
Email: [office@ynh.org.au](mailto:office@ynh.org.au)

**YNH** Live Learn Local YARROWONGA

### **Sacred Heart is a Child Safe School**

Sacred Heart Primary School promotes the safety, wellbeing and inclusion of all children, including those with a disability. Applicants are welcome to elaborate on experience they may have working with children with a disability.

# FAMILY FUN DAY

## RELAY 4 LIFE

PROUDLY Sponsored BY **TUNZAFUN**  
For Team “Colour’s of Hope”

WHAT: Family Fun Day @ TUNZAFUN Mulwala.

WHO: “Colour’s Of Hope” Relay 4 Life Fundraiser.

WHERE: TUNZAFUN. Melbourne Street, Mulwala.

WHEN: Sunday 15<sup>th</sup> October 2017. 10am to 4pm

WHY: All Proceeds taken at the gate go directly to  
Sun Country Yarrawonga Mulwala Relay 4 Life.

COST: \$12 per Child, ticket at gate includes all rides  
& a BBQ Snag..... (Additional Sausage in bread \$2 each)

ALL WELCOME 😊

Please come and help support this great cause.  
Thanks in advance From Team “Colour’s of Hope”





SPRING 2017  
**HOLIDAYS!**



extend  
BEFORE & AFTER  
SCHOOL CARE

CHECK OUT WHAT'S ON AND BOOK TODAY  
**extend.com.au**

### Athletic's Record Breakers

Congratulations to the following students:

- Darcy Skehan 7yr 50m Sprint-8.76 sec
- Jobe Fraser- 9 yr Triple Jump-7.20m
- Harry Hogan- 11yr Long Jump-3.90m
  - Ella Skehan-11yr Discuss-17.80m
  - Paige Duffy-12yr High Jump-1.30m



# YARRAWONGA-MULWALA *Little Athletics*

## The 2017/2018 season of Little Athletics is almost here

We are open to all children between the ages of 5-15 with events held each week on Monday at 5pm. Season runs for 12 weeks from 9 October.

*So if you or your child think they could be the next Usain Bolt or Sally Pearson, then...*

# WE WANT YOU

Fees this season are still \$95 for the first child and \$85 for each additional child thereafter. Our brand new official YMLA singlets will need to be purchased for \$15.

### Parent participation

*Family, Fun and Fitness*

is our motto so come along and get involved.

You will love it!

It is vital that all children be supervised by a parent/guardian each week



Yarra Mul Little Aths

### Further Information

Registrar: Lisa Hayes **0413 656 936** or  
President: Brenden Cuskelly **0401 762 227**



All 2017/2018 registrations and payments are online at  
[www.yarrawongamulwalalac.com.au](http://www.yarrawongamulwalalac.com.au)

before

*Registration Day*

on **Sunday, 8 October**  
from 2pm onwards

at the

**Little Athletics Shed,  
Yarrawonga 9-12 College  
Secondary Campus Oval**

Please bring your online receipt and birth certificate to complete registration and receive your athletic packs.