





Be Safe, Be Respectful, Be Your Best

Mini Blitz (Weeks 2 & 3) Being helpful, lots of us do, that's why Sacred Heart is such a good school. But try asking for help if you're not sure, it might help you learn and grow some more.

Newsletter Term Four Edition No 17 (October 24th 2018)

Dear Parents and Carers

Multisport Event

What a fabulous weekend we had at the Multisport event. It was terrific to see so many people from our school community volunteering their help and support over the two days. The fun run was a highlight - with so many of our students participating, demonstrating their speed, determination and sporting prowess. Well done everyone.

A huge thank you to the Multisport committee for all the work and time you dedicate to making sure the success of the event. We are very grateful



Congratulations Meg and Tyler

We FINALY received the news on Sunday evening of the arrival of Freddie Thomas Bonat. Meg and Freddie are both well. We look forward to them visiting us soon

Regional Sports

Last Friday many of our students travelled to Albury to participate in the Regional Interschool sport day. All students were fabulous competitors on the day. We are thrilled to announce Coco Vodusek and Ella Skehan both made it to the state championships taking place in Melbourne on Monday 29th October. Coco will be participating in the 800m and Ella in the 200m. Good Luck girls

Car Park

Just a reminder when you pick up time please do not park in any of the spaces inside the school. This is a pick-up zone only - so please if you need to park please do outside the school grounds. I am sorry if this causes inconvenience however cars pulling in and backing out during the pick-up period compromises the safety of our students.

Hats

Please remember all students need to be wearing their hats to and from school and during all outdoor activities at school. The hottest part of the day is often when students are leaving school!

Melbourne Cup Week

Just a reminder the Monday before the Cup is a School Closure Day

Grade 6 Camp

We were very excited to see our grade 6 students arrive home safely after they had spent the week in Canberra. The students had a wonderful time and I have enjoyed hearing of all their experience and 'antics'!!!!!! A huge thank you to all staff and parents for going beyond the call of duty ensuring our students had a wonderful experience in our Nation's Capital!

Yarrawonga's 150th Birthday

Thank you to Mrs Cussen (Sister Cussen) for leading our students in the Yarrawonga street parade. The children had a wonderful time singing old time songs as they waved to the crowd.

Discovery Excursion

Our Discovery students thoroughly enjoyed travelling to Twisted Science in Echuca. They loved the hands-on activities that stimulated their curiosity and challenged their thinking. I was relieved to hear they ALL disembarked the paddle steamer!! Again, thank you to all staff and parents for making our excursion so much fun!!

First Prep Transition Day

Just a reminder our first Prep Transition will take place on Wednesday 7th from 11.45am - 1.00pm

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.

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.





Goulburn Region Preschool Association Inc.

ENROLMENTS NOW OPEN FOR 2019 3-year-old Fun Group enrolments for 2019 are now open For the following centre: Yarrawonga Preschool 87 – 97 Orr Street, Yarrawonga Ph: 5744 3016 To enrol complete an enrolment form which is available at www.grpsa.com.au or at the centre and return to the centre. For further information please contact the centre. Enrolments close on 31st October 2018

Week												Te	erm	1 4
			v 🕇				Thu	25 th	Fri	26 th	Sat	27 th	Sun	28 th
3 (Oct)	Day for Daniel This Friday Wear Red!						Tennis 12.30pm- Yr 3/4 1.30pm- Yr 5/6		*Prep Excursion- Altina Wildlife Park *Parish Mass- Yr 3 * Woods Point Visit 1S *Walk to School Day *Day for Daniel		Rosemary Cullen Trivia Night 6.30pm Mercy Centre			
	Mon	29 th	Tue	30 th	Wed	31 st	Thu	1 st	Fri	2 nd	Sat	3 rd	Sun	4 th
4 (Oct/Nov)			*Prep Cultur Immer				Parent C Evening Yr 5/6 Leaders Centre	g 6pm	*Parish Prep * Wood Visit Pr *Yr 5/6 Region Basketl Shepp	ls Point rep S al				
	Mon	5 th	Tue	6 th	Wed	7 th	Thu	8 th	Fri	9 th	Sat	10 th	Sun	11 th
5 (Nov)	Pupil Free Day		Pupil Free Day Melbourne Cup Day		* Prep 2019 Transition Session 1- 11.45am-1pm *Wonga Wetlands Yr 3 Excursion				*Parish Mass- Year 4 * Woods Point Visit 1H * Radio Awareness- Yr 5					
	Mon	12 th	Tue	13 th	Wed	14 th	Thu	15 th	Fri	16 th	Sat	17 th	Sun	18 th
6 (Nov)					* Prep 2019 Transition Session 2- 10.00am- 12noon				*Parish Mass- Yr 5 * Woods Point Visit 1M		Chil		10am- Childr Mass	
	Mon	19 th	Tue	20 th	Wed	21 st	Thu	22 nd	Fri	23 rd	Sat	24 th	Sun	25 th
7 (Nov)	P & F Mee 7.30pm	eting			* Prep Trans Sessic 11.45an *Prep I Inform sessior	ition on 3- n-2pm Parent nation			*Parish Yr 6 * Wood Visit Yr	ls Point				
	Mon	26 th	Tue	27 th	Wed	28 th	Thu	29 th	Fri	30 th	Sat	1 st	Sun	2 nd
8 (Nov/Dec)			School Meeting 6pm SH	3	Scho Produ Charl Choco Factory	ction- lie & olate								
	Mon	3 rd	Tue	4^{th}	Wed		Thu	6 th	Fri	7 th	Sat	8 th	Sun	9 th
9 (Dec)	Swimmin Program	g Safety	Swimm Safety I	ing Program	Swim Safety P		Swimm Safety F Christm Concert	Program	Swimr Safety I	ning Program				

Catholic Identity

Meegan McInness

Confirmation & Eucharist 2019

The Confirmation Eucharist Ceremony 2019 for our current Year 3 students will be held on Friday evening August 30th 2019 at 7pm in the MPB. Therefore, the Sacrament of Reconciliation for our current Year 2 students will be held in Term 2. I will confirm this date in the next few weeks. Have a great week everyone, Meegan McInness

Mm cinness 001 @shyarrawong a. catholic.ed u.au

Pastoral Wellbeing

Janine Buerckner



jbuerckn@shyarrawonga.catholic.edu.au

Welcome back to Term 4. I trust everyone had a happy and enjoyable break. 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.

Avoid the Pitfalls of Labelling Kids by Michael Grose



People are natural labellers. We're quick to categorise others, particularly when they

hold different views to ourselves. Terms such as 'racist', 'feminist' and 'socialist' are used liberally at the moment.

The trouble with placing a label on a person is that it stops us from thinking too deeply about what they're saying and prevents us from understanding who they really are. It's hard to see beyond the label.

The same principle applies when we apply labels like these on kids:

"She's the bright one of the family."

"My child is the one on the Autism Spectrum."

"He's such a naughty kid."

"She's an only child."

"He's shy."

The labels we place on kids can become their defining characteristics. Anyone who has been called 'stupid', 'tanglefoot' or a 'klutz' will know that these tags can become an overriding narrative, remaining well into adulthood. *"I'm hopeless with accounts. I was a klutz in Maths when I was a kid and I'm still hopeless with figures,"* is an example of a self-limiting storyline that has its origins in childhood.

Even positive labels can be a burden for some children. Be told often enough that you're the 'smart', the 'good' or the 'responsible' child of the family or class and you've got some lofty expectations to live up to. There's nothing wrong with setting high behavioural or academic standards, but a child's good behaviour or high achievement shouldn't become a badge or label that they always have to wear.

Look beyond the label

Instead of labelling kids, look beyond the label when you talk about them. For instance, when working with a child on the Autism Spectrum, a teacher or coach will need an understanding of the child's condition in order to communicate with, manage and teach the child. But Autism shouldn't be the defining characteristic; it shouldn't be the only lens used to relate to the child.

A child is so much more than any condition they have, but being labelled as the 'autistic child', the 'anxious child' or the child with oppositional defiant disorder immediately colours the perception others will have of them, as well as affecting the way the child sees him or herself.



Help kids to define themselves broadly

Many children put self-limiting labels on themselves. A child who defines himself as being stupid





because he struggles academically benefits from parents who lovingly point out that there is more to life than schoolwork. Help your kids see the strengths that they have in other areas of life such as making friends or success at leisure activities, along with personal qualities such as loyalty, patience and persistence. In other words, help children see past any labels that they place on themselves.

Label the emotion or behaviour

Just as we should resist calling a child who bends the truth a liar (as it may well become a self-fulfilling prophecy), we should also avoid labelling kids who experience anxiousness in new or unfamiliar situations as 'anxious children'. Being tagged an 'anxious child' gives a child a great excuse to avoid situations such as attending school camp or going to a concert because she feels uncomfortable, nervous or shy. The anxious child tag can stop a child from showing the bravery and courage she needs to overcome nerves, self-consciousness or feelings of discomfort.

Instead, talk about anxiousness, nervousness and tension – which are emotions that children will naturally experience – while avoiding using the terms as tags or labels. For instance, it's possible to feel anxious without being an 'anxious person'. Labelling the child instead of the feeling can too easily define and restrict kids.

Talk about behaviours that may reduce these feelings, such as planning ahead, practising and mindfulness. This will help kids feel that they have some control over their feelings, whereas being tagged with a label or name negates a child's feelings of control and makes self-regulation more difficult.

Catch yourself next time you're about to stick a label – positive or negative –onto a child. Separate the deed from the doer, the kid from the condition, and focus on the behaviour or qualities that he or she needs to succeed in whatever it is they are trying to accomplish.

CHILDREN'S CHATTER MATTERS

In order to prepare for the language & learning demands of the school environment, children need ample time and opportunity to engage in meaningful interactions with their family.



Ten activities will be provided during Term 4 focusing on pragmatic language skills. Pragmatics refers to the social use of language and includes what we say, how we say it, our

body language and whether it is appropriate to the situation. Feel free to adjust these activities according to your child's grade level.

**Turn-taking not only during games but also conversation is an important skill to master. Play games with your child to practise turn-taking (and also how to win or lose appropriately!). The following games are classics: Beetle, Guess Who, Pop-Up Pirate, Connect4, Trouble, Monopoly, Cluedo. You might need to give the verbal prompt, 'My turn', 'Your turn' for a start. Then focus on turn-taking during a conversation.

**Each day when you pick your child up from school, use a different greeting, e.g. "Hi Harry, it's so great to see you", "Good afternoon, Harry", "Harry, I've missed you so much", etc.

See if your child can use a different greeting each day also.

Alternatively try using a different farewell, e.g. "See you later, Harry", "Goodbye", "Have a great day", etc.

If you have any questions you can contact Jasman Studzinski, Educational Speech Pathologist through the School's Learner Diversity Leader, Janine Buerckner.

Extend After School Care at Sacred Heart Primary School

Extend-a-Hand

Each year Extend launches *Extend-a-Hand*, a major social initiative that educates primary school children on the benefits of contributing

to the wider community. This year, we are extending a hand to our hard working farmers who have been suffering through one of the worst droughts in living memory

Help Our Farmers Today

Learn

Children are learning about weather systems and cycles, the impact of drought, and who really provides our food.

Aid

Extend has partnered with <u>GIVIT</u> to help raise funds for our farmers and their families. Go to <u>http://blog.givit.org.au/Extend-a-Hand/</u> to donate

Appreciate

Children will create handwritten letters and drawings expressing sentiments of gratitude and encouragement to the farmers and their families as our way of saying thank you for their hard work.





Wednesday 31st October From 3.15pm to 5.30pm

A spooky afternoon of fun and games to have with your friends. Make sure you bring some old clothes to change into, we may get messy. Lots of tricks and treats to be had by all.

Jo Kingston (Team leader) and the Extend team_LookedAfter: extend.com.au

For Sale

2x Size 9 Boys Shorts. Hardly worn. \$5.00 each 2x Size 10 Boys Shorts BNWT. \$9.00 each Sueanne Preston 0466964677

Attention

Pastoral Care Group Cake and Produce Stall after Church on 3rd and 4th November.

Donations would be greatly appreciated. Any queries please contact Eileen Thorp on 0418 172 901.



Our MyGolf Junior series will start on the 28th of October. If you want a fun filled program for your kids to follow, click on the link below and register them today! <u>http://www.mygolf.org.au</u> If you need anything else please let me know. Kind Regards, **Craig Stickling** Golf Professional Golf Club Road MULWALA NSW 2647 Clubhouse: (03) 5744 1911 | Pro Shop: (03) 5744 3983 www.yarragolf.com.au



Regional Athletics

Today, some of our students represented the school at the Regional Athletics Championships held in Albury. Archie Skehan 100m, Archie Jaques 800m, Keira Freeman 800m, Coco Vodusek High Jump & 800m, Ella Skehan 100m & 200m & Morgan McRae Triple Jump competed today. Jess Freeman & Darby Mullins also qualified. A great effort by all students to make it to this level. Congratulations also to Ella Skehan in the 200m and Coco Vodusek in the 800m who have qualified for the Vic Primary Schools State Championships. An outstanding effort.



Yr 6 Canberra Camp 2018

Last week our Year 6s headed off for an action-packed week in the Nation's capital. After studying the Australian Parliamentary System during Term 3, we were all excited and looking forward to our trip. We had the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy. Visits to Parliament House, Old Parliament House, the Australian Electoral Commission, Government House and the War Memorial gave us an opportunity to see Parliament in action, building on the work we had done in the lead up to our camp. We were extremely lucky to meet the Federal Member for Murray, Damien Drum, who answered the children's questions about his role and responsibilities. We were also lucky enough to witness the politicians at eh best, or worst as the students described their behavior as appalling during question time.

The children also visited the National Dinosaur Museum, Cockington Green, the National Zoo & Aquarium, The Royal Australian Mint, the National Museum of Australia, Questacon and the AIS. Night time activities included Laser Tag, Flip Out and Indoor Rock Climbing.

A huge thank you to Ms. Barry and Mr. Carroll and our parent helpers, Andy Jacques, Bec Coulter and Damien Vodusek who gave up their time to accompany the students on camp. We're not sure who and more fun though, the students or the parents. We'd also like to thank Fallon's Bus Lines and our drivers Greg and Barry for all their support and generosity with our students this week. They all really made for an unforgettable experience.

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 in meeting the cost of the excursion the Australian Government contributed \$20 per student, under the Parliament and Civics Education Rebate (PACER) program, to lower the cost of our camp to families. We would like to thank the Australian Government for their support of this program.



Our students outside Government House with 'Roger', who's been there for close to 40 years!!

Damien Drum and our Yr 6 students at Parliament House



Discovery Centre Excursion- Twisted Science Echuca

The Discovery Centre returned with smiles on their faces after a fun filled day in Echuca last week. Students were able to learn about Light and Sound at Twisted Science, as well as experiencing what school was like in the olden days. We even got to enjoy a beautiful cruise on a paddle steamer! Thanks to all the parents who supported us throughout the day, we couldn't have done it without you. And a big shout out to Mrs Brewer, thank you for organising our excursion.











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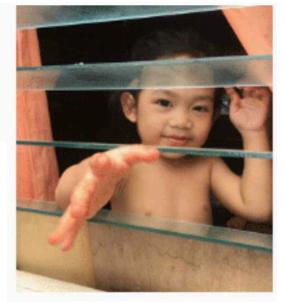


Sat 27th Oct

Mercy Area @ Sacred Heart Primary School

Supper Provided

BYO Drinks





Doors open 6.30pm for a strict start time of 7.30pm

\$15 per adult

Tickets available via TryBooking https://www.trybooking.com/YAAY

Over 18's only

Goods&Services Auction

Great Prizes

All funds raised are to support the poorest of the poor in Cebu

Yarrawonga Sacred Heart Parents & Carers

We invite you

child care and kids to a Parent Café supper provided supper provided So bring them along

How's our communication?

Held in the

new

5/6 Building



6pm

To

7.30pm

So, you've told us our communication isn't that great!

Well, here's your chance to tell us what we are doing well, and offer suggestions for improvements and changes you would like made with the way the school communicates with you.

Come and have a cuppa and a chat!

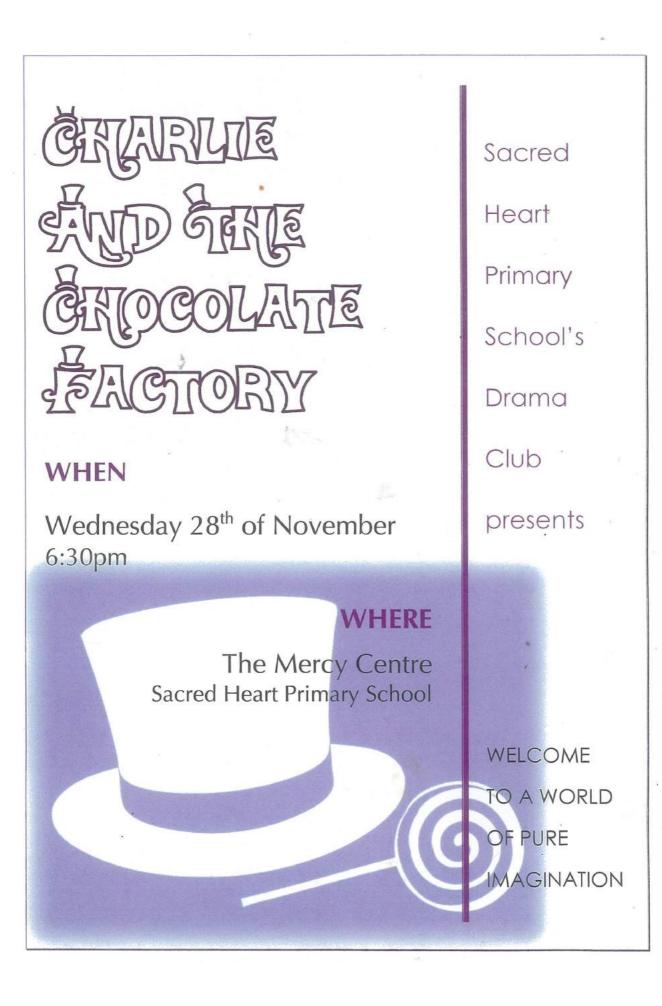
Our success depends on your input. We will be discussing

PAM, the App, the newsletter, teacher communication and facebook

so this is your chance to tell us how you want to be communicated with.

Hosted by Dr George Otero the Parent Café is designed to cater for all parents for a quick catch up and exchange of ideas and ultimately a happier school community listening to the needs of our parents

RSVP via PAM or facebook event page



Portsea Camp **January 2019.**

Vacancies exist for children

to participate in the Portsea Children's Camp January 19th. - 25th. 2019.

Requirements:-

- * be prepared to have a great time with others
- be aged 9 12 years old
- be prepared to be away from parents for 7 days
- · should be ready for excitement, adventure and mateship
- fill in an application form available from Noel Tinney.
- Phone Noel on 0427 550 923 and leave a message, or send an email to jcntinney@gmail.com
- Total cost \$343 per child, which is broken down to
 - \$30 subsidy by the Rotary Club of Yarrawonga-Mulwala
 - \$313 to be paid by the child's parents.

For any inquires or application forms, contact Noel Tinney Phone: 0427 550 923 Email: jcntinney@gmail.com

A project supported by the Rotary Club of Yarrawonga-Mulwala.

Portsea Camp Portsea Camp Portsea Camp

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The Portsea Camp. - Summer holiday on a budget.

The Portsea Camp has a long history of providing exciting holidays for school children who may not have an opportunity for a holiday with their peers. The Camp is situated on 2.8 hectares of securely fenced land on the bay beach at Portsea. The Portsea Camp offers a safe residential holiday experience for 9 to 12 year old children. It is accredited by the Camping Association of Victoria, and is fully supervised by responsible adults, with a ratio of less than 1 adult to every 10 children. There is a medical team available on site 24 hours a day with all Recreational Officers trained in first aid. Meals are provided by an extensive kitchen which serves healthy, nutritious meals, as well as catering for special diets.

What activities are available?

You may choose riding the giant swing or the flying fox, absailing from the old fort, climbing on a purpose built boulder wall, archery, discos, concerts (your acts), helicopter rescue and CFA demonstration, cricket, football, giant slide, tug-o-war, Star Wars game, orienteering, mountain-bike riding, and much, much more.

Who can go?

The camp is open to schoolchildren aged 9 to 12 years who want to have a good time. It is aimed at those children who would not normally be able to have a holiday. The camp provides a special opportunity for children of similar ages to enjoy a holiday together in a safe, supervised environment. Children who have been pampered at home may not like the camp as they are required to be self sufficient and able to do things for themselves. The children are encouraged to mix with others and to create their own entertainment. Computer games, videos and other forms of pre-packaged entertainment are not welcomed at the camp.

Who looks after you?

Counselors are the adults with most contact with the children. They are responsible for the well being and day to day needs of a group of children They make sure the children get to meals on time, keep their hut clean and tidy, organize groups for different activities and help with any problems the children may have.

Recreational officers organize and supervise the activities for the children to participate in. They are trained and qualified and attend up to 5 camps a year. All counselors and rec. officers are now required to have a Working with Children card.

How do you get there?

Bus travel to and from the camp is included in the cost. Buses usually leave Yarrawonga about 8.30am and arrive back about 3pm. The buses are usually tourist coaches giving a very comfortable trip each way. Counselors are present on the bus to help organize entertainment and refreshments.

What is the cost?

The summer camps are designed for children who would not normally get a holiday. The cost is set at a much lower level than the regular cost of a camp there. There is a camp fee of \$343, which includes bus fare, hat and T-shirt. However the Rotary Club of Yarrawonga-Mulwala contributes \$30 per student. This will mean the camp will cost parents \$313 per child.

When is the camp?

The Yarrawonga group is booked into the third camp for 2019. This is from Saturday, January 19^h. to Friday, January 25th., 2019. It is a 7 day camp.

Who do you contact?

The Rotary Club of Yarrawonga-Mulwala is acting as the coordinating body for this area. The club accepts all applications from students and counselors. All camp fees are paid to the Rotary Club who then forwards them to the Portsea camp in one payment. Rotarian Noel Tinney is the contact person to answer all inquires Noel's contact details are:-

<u>Mobile</u>: <u>Email</u>: 0427 550 923(leave a message if no answer) jcntinney@gmail.com

CENTRAL VICTORIAN CHILD HEALTH PRESENTS ...

DR TONY ATTWOOD Autism Workshop

FRIDAY NOVEMBER 2, 2018

WESTSIDE PERFORMING ARTS CENTRE, MOOROOPNA

MORNING SESSION

Cognitive Abilities: a different way of thinking and learning 9am - 1pm

AFTERNOON SESSION

The profile of abilities in girls with ASD-Level 1 (Asperger's Syndrome) 1pm - 3pm Optional Q&A session 3-3:30pm

TICKETS

Parents/carers of children who have been seen at one of our clinics in the last 12 months are eligible for a CVCH client discount.

Morning session Includes morning tea and lunch. General admission: \$65 CVCH client discount: \$50

Afternoon session General admission: \$50 CVCH client discount: \$35

Whole day Includes morning tea and lunch. General admission: \$110 CVCH client discount: \$80

To purchase tickets: https://www.trybooking.com/VDMC Or phone our Shepparton clinic; 03 5831 2419 3

Victorian Child Health 🧿

WWW.CVCHILDHEALTH.COM.AU

Esteemed Professor Tony Attwood is a clinical psychologist who has specialised in Autism Spectrum Disorders since he qualified as a clinical psychologist in England in 1975. He has worked with many thousands of individuals of all ages with Asperger's syndrome or an Autism Spectrum Disorder. He presents for us sessions on cognitive abilities, thinking and learning profiles, and the presentation of ASD in girls.