

# SACRED HEART 2018 CHRISTMAS CONCERT



*Welcome everyone to this year's Christmas Concert. Please enjoy watching your talented children. Please note that school children will stay seated with their class throughout the concert and pre-schoolers and toddlers to be in the care of their parents or guardians throughout the concert. The concert will be held on grassed area outside the Yr 5/6 learning centre. A Sausage Sizzle will be available from approx. 5.15pm. All money raised will go towards school projects in 2019. There will be no playing on the playground while the concert is underway. A lot of work and effort has gone into preparing these items and we would like to give them the respect they deserve.*

*Thank You. Christine Cussen*

6.00 PM START

**WELCOME** Arn Gorman

**Choir, Guitar, Xylophone, Ukulele and Glockenspiel groups leading the**

**FOUNDATION** children in

**Away in a Manger and The Drummer boy.**

*Special guest Andrew Brew on trumpet.*

*This is a Sing Along so everyone please join in.*

**Celebrate**

**DISCOVERY**

**Riptide**

**Aussie Christmas Lee Kernaghan**

**BRIDGING**

**12 Aussie Days of Christmas**

**Christmas In Australia**

**LEADERSHIP**

**Christmas Play Grade 5's**

**Shotgun Grade 6 and**

**Baby Shark with their buddies.**

**FINALE** *ALL staff and students.*

**Aussie Jingles Bells Waka Waka dance...**

**THANK YOU** Arn Gorman

**7.15 Finish approximately**



*Be Safe, Be Respectful, Be Your Best*

**Newsletter Term Four**  
**Edition No 20**  
(December 5<sup>th</sup> 2018)

*On Sunday, we celebrated the first week of Advent:*

*Almighty God, we begin this Advent Season as an 'Advent People' - people of hope, ready to do your will. Let your blessing come upon us and May it turn our hearts to you in the days ahead. Grant us the peace and joy we long for, as we await the coming of your Son with patient hearts. We ask this through Christ our Lord. Amen.*

### **Classes 2019**

When deciding on classes, our teachers consider academic achievement levels, children who work well together and children who are better to be separated, special learning needs and behaviour and social or emotional needs. This process takes a lot of time, care, compassion, thought and trust. It is not vital for your child to be in the same class as his/her best friend. It is vital to be in a class with the best interest of your child in mind. It is very difficult to move children around once classes have been set. It is not possible to move one child as this inevitably affects that of another. I thank you for your understanding in this matter.

### **New Staff 2019**

We welcome new staff members Sarah Wollington and Mikaela Close to our Sacred Heart School Community. Sarah will be teaching in the Bridging Centre and Mikaela in the Discovery Centre. Both teachers will be in attendance at our Orientation day - please make them feel welcomed.

### **Orientation Day**

Whole school orientation will take place on Tuesday 11<sup>th</sup> December from 9.00 - 11.00. Students will find out who their teacher will be for 2019.

### **Swimming Program**

Perfect week (weather wise) for our swimming program. Please make sure your child's clothes are clearly marked.

### **Christmas Concert**

Thursday night we will be hosting our Christmas concert. Sausages and cold drinks will be on sale from 5 O'clock onwards. Concert starts at 6.00 sharp. Students are to sit in their class groupings. Playground is closed whilst the concert is in progress.

### **Prep Transition Days**

It has been very entertaining watching our 2019 Foundation class engage in their transition days over the past 4 weeks. Each week we have witnessed bigger smiles, more interaction, relieved parents and excited staff. What more could I ask for? Thank you.

### **Charlie and the Chocolate Factory**

Congratulations to all our students who participated in our production of Charlie and the Chocolate Factory. You were fabulous and we were all very proud of you. A big thank you to Marley Fountain for all her hard work in ensuring the night was a great success.

### **Last Day of term**

This year students will be finishing on Wednesday the 19<sup>th</sup> December at 3.15pm

### **Carols on the Lagoon**

Carols on the Lagoon will be held this Friday 7<sup>th</sup> December at 7.30pm

### **Fees and Levies**

Attached to our newsletter today is our new Fee schedule for 2019. As you will notice there is a slight increase from 2018. The shortfall between the basic costs of running a school and the amount funded by governments means a reasonable fee structure is essential for Sacred Heart to operate and provide the high quality of education that Catholic Education is known for and parents rightly expect. In keeping with Gospel values, no child will be refused a Catholic education due to genuine financial difficulty, which has been verified by the school. New or existing parents who find themselves in this situation and who do not hold a health card are encouraged to discuss fee concessions directly with their school principal to apply for special consideration. This request will be treated with understanding, sensitivity and confidentiality.

Kind Regards

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.

#### **Last Day of Term Run Down- Wed 19<sup>th</sup> Dec**

10.15am- 10.45am- John Longmire visit- Whole School Assembly for P-6  
10.30am- Yr 6 students head off to Aqua Zone  
10.45am- John will visit Eliot's Yr 1 class  
2.00pm- 2.15pm- End of Term assembly  
3.15pm- Dismissal

2019- School Year

Tues Jan 29<sup>th</sup>- Staff Return

Thurs Jan 31<sup>st</sup>- Students return

#### **PBIS Mini Blitzes- Weeks 9 & 10**

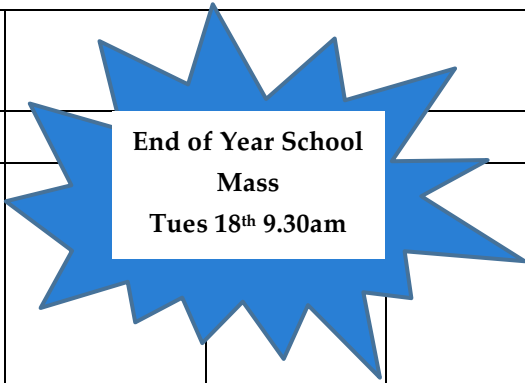
##### **Swimming**

"We all love swimming but being safe is our number one rule. Listen and be careful while you swim around, we want all our students to be safe and sound!"

##### **Library Books**

"As we near the end of the year, it's time to hunt n look and return all those library books"

There will be no Canteen or Lunch Orders on Monday 17<sup>th</sup> December due to the Pool Fun Day and BBQ.

Week	Term 4						
				<b>Thu 6<sup>th</sup></b>	<b>Fri 7<sup>th</sup></b>	<b>Sat 8<sup>th</sup></b>	<b>Sun 9<sup>th</sup></b>
<b>9</b> (Dec)				Swimming Safety Program Yr 3-6  Christmas Concert 6pm	Swimming Safety Program P-2 & Yr 5  Ski Club Carols on the Lagoon 7.30pm		
	<b>Mon 10<sup>th</sup></b>	<b>Tue 11<sup>th</sup></b>	<b>Wed 12<sup>th</sup></b>	<b>Thu 13<sup>th</sup></b>	<b>Fri 14<sup>th</sup></b>	<b>Sat 15<sup>th</sup></b>	<b>Sun 16<sup>th</sup></b>
<b>10</b> (Dec)	Swimming Safety Program P-2 & Yr 5	Swimming Safety Program Yr 3-5 & Prep 9.30am-Prep 2019 Transition 9.00am Yr 1-5 Transition 2019	Swimming Safety Program Yr 1-2 & 6	Swimming Safety Program Yr 3-6	Swimming Safety Program Yr 3, 4 & 6		
	<b>Mon 17<sup>th</sup></b>	<b>Tue 18<sup>th</sup></b>	<b>Wed 19<sup>th</sup></b>	<b>Thu 20<sup>th</sup></b>	<b>Fri 21<sup>st</sup></b>	<b>Sat 22<sup>nd</sup></b>	<b>Sun 23<sup>rd</sup></b>
<b>11</b> (Dec)	Fun Day at the Pool & BBQ P-2 11.30am-1pm Yr 3-6 1.00pm-2.30pm  No Canteen or lunch orders today	9.30am- End of Yr School Mass	Final Day for Students  Yr 6 Aquatics Day  10.15am- John Longmire visit  2pm- End of Term assembly  3.15pm finish	Staff PD	Final Day for Staff		

## Catholic Identity

Meegan McInness

### Advent

In this busy time of year, it is important to not lose sight of the real meaning of Christmas. It is great to walk through our school and see the hint of purple everywhere in recognition of the season of Advent and the learning that is taking place preparing for the birth of Jesus.

### End of Year Mass

Our End of Year Mass will be held on **Tuesday December 18th at 9.30 am** in the MPB at Sacred Heart College. This Mass is always a wonderful way to farewell our Year 6 students and celebrate the successes of all our children. We hope to see everyone there.

Enjoy your week.

Meegan McInness

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

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.

### Managing Christmas Chaos as a Sole Parent

by Penny Webb



*Did anyone else blink and miss 2018? December is hard to navigate at the best of times, but when you're a single parent it can be particularly challenging logistically, physically, emotionally and mentally.*

The end-of-year school concerts, presentation ceremonies, work parties, school parties, social catch-ups, Christmas shopping, decorating, more parties ... anyone else exhausted just reading this?

Nevertheless, here we are just weeks away from the busiest time of year, so it's time to get proactive about managing the chaos that comes with Christmas.

#### 1. Get technical

Technology has been my saviour in recent years. If it isn't in my smartphone, it doesn't happen! As soon as you receive an invitation or notification of an event, enter it into the calendar on your phone. This will minimise the risk of double bookings or at least get you on top of logistics early. For each event, I set a reminder for a week ahead, a day ahead and an hour ahead.

Cozi ([www.cozi.com](http://www.cozi.com)) is a scheduling app that can link multiple users within a family. If you and your ex-partner are on Cozi, you can both see important dates that have been scheduled, such as school concerts and end-of-year presentations. Cozi is particularly useful for families that have shared care of the kids, helping everyone to stay across important dates with much less risk of something getting missed.

There is also the Parachuute app ([www.parachuute.com](http://www.parachuute.com)) to help with the logistics of getting multiple children to multiple locations. Created by two Melbourne mums, Parachuute is a carpooling app that allows you to tap into your trusted network for help with transporting the kids to their various events.

#### 2. Ask for help

There is a reason the saying "It takes a village..." is so popular. It absolutely DOES take a village to raise a child, especially if you are doing it solo. You physically cannot be in two (or more!) places at once, so reach out and ask family, friends and neighbours for help.



be  
you

When I moved two hours away from our family home in Sydney, I didn't know anyone. But less than a year later, I have a lovely bunch of friends – mostly parents of my sons' friends – whom I feel confident I can turn to when I need extra help. It may feel uncomfortable, but asking for help is one of the simplest things you can do to manage the busyness of Christmas.

#### 3. Lower the high expectations you've set for yourself

This was a big one for me. Once I realised that aiming for perfection was only going to lead to disappointment – let's face it, nobody is perfect! – I relaxed the ridiculously high standards I had set for myself. These standards were borne of parent guilt, divorce guilt, any sort of guilt you can think of. I did the emotional and mental work necessary to loosen up and lower those expectations.

Why spend hours handmaking individual gifts for teachers, coaches and dance instructors when a handwritten and heartfelt note of thanks will make just as much, if not more, of an impact?

#### 4. Parenting down

My wonderful therapist shared this concept with me. It's for those tough days – those times when everyone is a little exhausted, ratty and emotional. You don't have to serve up a fresh, homemade meal with the perfect ratio of the five food groups. No way! If it's been a tough day, parent down. That's what 2-minute noodles or Weet-Bix for dinner is for. Give yourself a night off from your own expectations.

## 5. The gift of presence

Your financial situation changes when you separate, sometimes for the better and sometimes for the worse. If money is a little tight, the kids won't mind if there are less toys under the tree. Give the gift of your presence. Make a list of fun, low or no-cost experiences you can share together. Bushwalks, trips to the beach, even an afternoon running around under the sprinkler in the backyard. These are what memories are made of and memories last much longer than the latest Pokemon.



I also use this little ditty to keep a lid on gifts: "Something they want, something they need, something to wear and something to read." Add some fun family experiences into the gift-giving mix and you'll have happy kids.

Christmas can be a tough time of year for single parents. Getting on the front foot from an organisational point of view will stand you in good stead for managing the physical, logistical and emotional demands December brings.

Just keep swimming. You got this.



*Penny Webb is the Publisher and Editor of Lift, the e-magazine for mums flying solo. After her marriage broke down, she moved her two sons to the Southern Highlands of NSW and started a new life. So far so good! Check out Lift Magazine at [www.liftmagazine.com.au](http://www.liftmagazine.com.au) and connect online via Instagram @lift\_magazine and Facebook [www.facebook.com .au/liftmagazine.com.au](http://www.facebook.com.au/liftmagazine.com.au).*

## 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.

**\*\*Encourage your child to order their own drink or food from a café. They will need to greet the waiter/waitress, request their items and end the exchange appropriately with thank you.**

**\*\*Language is used for a huge range of purposes. Has your child had a chance to practise all of these this week:**

- instruct
- predict
- negotiate
- clarify
- disagree
- persuade
- explain
- sympathise
- retell a story
- apologise

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

## Extend OSHC at Sacred Heart Yarrawonga

### Christmas is not just about receiving it is also about giving

Christmas international community support: If each family in our service donated \$2 we could buy chickens for 4 families for Christmas.

Christmas local community support: The men's shed has been part of our program for the whole year, and we will be continuing this relationship next year.

We are putting together a Christmas hamper for the Men's shed as a surprise.



So far we have enough for 2 chickens, and our box for the men's shed is  $\frac{3}{4}$  full.

**Basic First Aid Lessons** So far we have covered 000 calls. How to control Bleeding both minor and severe, as well as burns both minor and severe. Next we will be looking at blood noses, and broken bones.



**Our Holiday Program bookings are being taken now. Book early to get the early bird specials**

Dec 2018: 20th and 21st. Jan 2019 7th to 29th



Poster making has become popular



An example of our textile art

### **Upcoming Activities for next week:**

Monday 10th December: Room display Christmas tree, Hidden Santa game

Tuesday 11th December: continue our display tree, the Christmas story

Wednesday 12 December: Paper cut out decorations, free play

Thursday 13th December: First aid poster, Christmas crossword

Friday 14th December: Art class/drawing, hanging Santa decoration

Jo Kingston (Team leader) and the Extend team

**LookedAfter: [extend.com.au](http://extend.com.au)**

## **Sacred Heart College Year 6 Transition Day**

**Full Orientation Day - Tuesday 11th December from 8.50am to 3.10pm**

### **Carols by the Lagoon**

We hope to see as many Parents and children to support this great even. Gold coin donation to 'Friends in Common' who wonderfully support those families in our community who are experiencing cancer in their lives.

Looking for Christmas Ideas for Grandparents?

2018 Tea towels

\$10 each or 2 for \$15

Supporting the Rosemary Cullen Foundation and the poor of Cebu

### **John Longmire, coach of the Sydney Swans will be visiting Sacred Heart Primary**

When: Wednesday 19th December

Time: 10.15am-10.40am

Where: Mercy Centre

Students: Students who barrack or support the Sydney Swans can wear their Swans colours on this day, jumpers, scarves, hats, etc.



### **Attention- Yr 5/6 Laptops**

A reminder to all Year 5 and Year 6 students that their laptops will need to be handed back to the school by the end of this year. Students need to have returned their:

- laptop
- covers
- charger





## Sacred Heart Primary Yarrowonga

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### 2019 Fees and Levies

<b>Family Fee</b>	1 Student	\$1,200
	2 Students	\$1,380
	3 or more Students	\$1,570

#### **Curriculum and ICT Levy**

Prep	\$400
Year 1	\$400
Year 2	\$400
Year 3	\$430
Year 4	\$430
Year 5	\$600
Year 6	\$600

**Build / Maintenance** \$250 per family  
(Includes Sandhurst Diocese Land Fund)

#### **Camps, Sports, Excursions, Swimming and Incursions**

Prep	\$125
Year 1	\$125
Year 2	\$135
Year 3	\$295
Year 4	\$305
Year 5	\$385
Year 6	\$675



# Carols by the Lagoon

**Friday, 7th December, 7.30pm-9pm**

■ **Special Guests:**

- Lakeside Voices Choir
- Paul Vitullo
- Rodney Vincent
- Scott & Amanda

■ **Entertainment also includes:**

- Mulwala Public School
- MC: John Walker
- Sacred Heart Primary School

■ **Proceeds to Friends In Common**

■ **Dress for the festive season**

■ **Food & drink available**

■ **\$2 entry**

■ **No BYO**

**mulwala**  
**waterski**  
*Club*



# Kilmister & Gwynne FAMILIES

## Fundraiser

Following a horrific road accident at Brimin which tragically took the lives of Amanda & Harrison Kilmister on Friday, 2nd November.



Felix, Harrison, Morgan, Paul, Austin, Amanda Kilmister

Please join us at the Bundalong Tavern, 7419 Murray Valley Hwy, on Saturday 15 December from 12 noon onwards & help raise much-needed funds for remaining family members Paul, Felix, Morgan & Austin.

**BUNDALONG**  
TAVERN  
and Villas



For any info or to contribute in any way please call Brett Butler on 0425 787 886, or Nici Freeman on 0417 870 446.

All profits from the day will be be donated to the Kilmister Family Fund.