

Sacred Heart Swimming Carnival



Years 3 - 6



Come along one and all
and watch the children from Years 3 - 6 make a

SPLASH

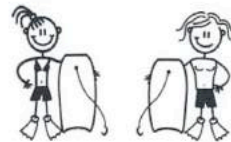
at our annual swimming carnival.



Join in the excitement poolside
from 9.45am on Thursday February 25th 2016
at the Yarrawonga/Mulwala Pool.

All children are encouraged to dress-up in their team colours.
No coloured hair spray, face paint, zinc cream or paper streamers please.

9.45 Iron Man/Iron woman Events



10.00 50 m events

11.15 Novelty Events (running, kickboard + ping pong relay)

11.45 25m events

12.45 Novelty Events (noodle + dress up relay)



1.00 Relays (4 x 50m freestyle + medley relay)

2.15 Announcement of records, iron man and iron woman.
Presentation of trophy



Be Safe, Be Respectful, Be Your Best

MINI BLITZ- Week 5
“To school, at school and on the way home, being safe is the way to go.”

2016 Term 1 Week 5 Newsletter

Some Everyday Moments When God is With Us

*Falling in love *The birth of your child *A family meal *Revelling in the laughter of a child.
*Recognising an answer to prayer *Family celebrations *Experiencing grace, even in the middle of suffering.
I'm sure you could continue to identify many more moments like these. I wonder if we ever stop to recognise God's presence in these special times.

Dear Parents,

The very hot conditions have meant we are spending our lunch times inside at the moment. We are attempting to get the children out at recess to get some outside play and fresh air but the conditions have been too hot to be outside between 1.00 – 2.00pm. We will certainly be monitoring the heat in regards to tomorrow's Swimming Carnival as well with the children's health and safety being at the forefront of our minds.

Noeline Ryan Away

I would like to inform everyone that Noeline Ryan will be away from school on Leave through until 8th March. Loretta Myers will be taking Library in Noeline's absence so if you have any queries regarding your children's Library lessons or borrowing please see Loretta.

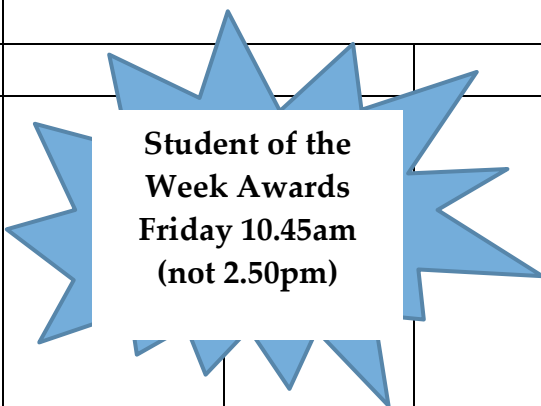
Parent Teacher Interviews

We are currently holding our Term One Parent Teacher Interviews. If you haven't arranged a time to meet with your child's teacher please do so as soon as possible. We hope that the Parent Teacher Interviews are just the first of many conversations you have over the course of the year with your teacher. As always we see the education of your children to be a partnership between the home and the school. Remember, it takes a village to raise a child!

Term One Pupil Free Days –

The final day of classes for Term One is Wednesday 23rd March. Staff will be completing our First Aid and Anaphylaxis Course work for this year on the Thursday and Good Friday will be on 25th March, 2016.

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	<h1>Term 1</h1>						
				Thu 25th	Fri 26th	Sat 27th	Sun 28th
5				Swimming Carnival Yrs 3-6 No Canteen today Subway orders P-2	Prep S Buddy Assembly 10am S.O.W Awards-10.45am Woods Point Visit- 3G Parish Mass-5O & 5CO		
	Mon 29th	Tue 1st	Wed 2nd	Thu 3rd	Fri 4th	Sat 5th	Sun 6th
6		Divisional Swimming	Prep Testing First Aid for students		Prep M Buddy Assembly 10am S.O.W Awards-10.45am Woods Point Visit- 4W Parish Mass-1/2H & 1/2MP	Dinner for Daniel 6.30pm Club Mulwala	Children's Mass 10am led by Discovery Centre
	Mon 7th	Tue 8th	Wed 9th	Thu 10th	Fri 11th	Sat 12th	Sun 13th
7			Prep Testing Life Education Van	School Photos Life Ed Van	Woods Point Visit- 5B Parish Mass-1/2V & 1/2W Life EdVan		
	Mon 14th	Tue 15th	Wed 16th	Thu 17th	Fri 18th	Sat 19th	Sun 20th
8	Labour Day Public Holiday	Life Education Van	Life Education Van	Life Ed Van	Woods Point Visit- 6L Parish Mass-1/2T & 3H Life Ed Van		
	Mon 21st	Tue 22nd	Wed 23rd	Thu 24th	Fri 25th	Sat 26th	Sun 27th
9	Life Ed Van		End of Term	Pupil Free Day Staff PD- First Aid/ Anaphylaxis	Good Friday	Easter Saturday	Easter Sunday

Exchange Students

Southern Cross Cultural Exchange is looking for host families to host FRENCH students, who will arrive on 12th May, for a 3-MONTH only program, in Victoria, with a rural focus! The host family choose the gender, the local school and the interests of the student that you feel is the best match for your family. They arrive with English language skills, plus their own spending money and health insurance cover, all arranged by Southern Cross Cultural Exchange.

Maybe you would be interested in hosting one of these students or perhaps some of your friends would like to experience this unique opportunity? If you have any questions or are interested in hosting one of these fabulous French exchange students, please contact me, Jan James on ph. 0424 931 900.

Staff Profile

Lilly Maroney



Position: Foundation Teacher

Interests: Boxing, Waterpolo, Cooking & Traveling

Football Team: St Kilda. Go Saints!

Favourite Food/s: Sunday Night Roast

Currently Reading: Black Tide- Peter Temple

Favourite Holiday Destination: New Zealand

3 people you'd invite to dinner: Roald Dahl, Leonardo DiCaprio & Beyonce

What would you do with your last \$50? Go out for a good steak!

Favourite Movie: Braveheart

Favourite Quote: "Reap what you sow"

Someone you admire: My Mum

What do you love about our school: The friendly faces and that everyone you pass always says hello with a smile!

Religious Education Meegan McInness



Children's Mass

Our first Children's mass for this year will be held on Sunday March 6th and will be led by the Discovery Centre. We would love as many children across the school to attend. If your child would like a job at Mass, like reading, offertory, etc please email me as soon as possible at mmcinness001@shyarrowonga.catholic.edu.au.

WELCOME TO WEEK 2 OF LENT

Every family should of received a Project Compassion box and information leaflet last week. Please contact me if you didn't receive one. Each week Caritas has a story about a person and their life and how Caritas Australia is helping their community. A short film about each person is available to watch on the Caritas Australia website and students will be shown this film each week.

In Laos Duangmala's son, Hum Noy, has the chance to learn and thrive at a school for children with intellectual disabilities, supported by Caritas Australia.

Please donate to Project Compassion 2016 and help children living with intellectual disabilities in Laos learn, grow and reach their full potential.

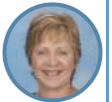
www.caritas.org.au/projectcompassion 1800 024 413

Have a great week everyone.

Meegan

mmcinness001@shyarrowonga.catholic.edu.au

Pastoral Wellbeing Janine Buerckner



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. We thank the dedicated and hard-working St Vinnie's volunteers for making this program possible. The Breakfast Club operates from the canteen.

What's My Choice?

Seven Habits of Relationship – William Glasser – Choice Theory

Seven Deadly Habits

Criticising
Blaming
Complaining
Nagging
Threatening
Punishing
Rewarding to Control

Seven Caring Habits

Supporting
Encouraging
Listening
Accepting
Trusting
Respecting
Negotiating Differences

- Will what I say or do bring us closer together? (Caring Habits)
- Will it push us further apart? (Deadly Habits)

5 confidence-building strategies every parent and teacher should know By Michael Grose

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children's and young people's confidence is complex. It's more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well.

Over the next 5 weeks, I'll include Michael's practical strategies that you can use to build real self-confidence in kids of all ages:

3. Praise strategy

While effort is key for achievement, it's not the only thing. Kids need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches – not just sheer effort – to learn and improve. It helps, too, to focus language on better and smarter ways of improving.

CHILDREN'S CHATTER MATTERS

Activities will be provided each term, focusing on key areas of oral language supporting literacy. Feel free to adjust these activities according to your child's grade level.

The activities provided this term will target phonological awareness skills. Phonological awareness is one of the key building blocks for reading and writing. It is listening to, and thinking about, the sounds in words.

** As you read with your child, practise breaking words into syllables. For example, chick-en (chicken) has two syllables and el-e-phant (elephant) has 3 syllables. Clapping out the word into syllables can help. Talk about how longer words have more syllables.

Search for words with the same number of claps in a book. For example, words with 3 syllables/claps in the story "Miniboy in Danger" (Joy Cowley) are: *Miniboy, dangerous, delicious, suddenly, etc.*

You might also like to play 'What's the word, Mr. Wolf'. Rather than stepping out the time, the wolf must call out a word and participants can step out the syllables. Watch out for dinner time!



CANTEEN

Due to the Swimming Sports Day being held on Thursday 25th February, for Grades 3 - 6, there will be NO CANTEEN available on that day, for the children in Grades P - 2.

Subway orders will be available for the students in P-2.

Extend Before and After School Care at Sacred Heart Primary School



Enrol now for After School Care

Enrolling is quick and easy! Simply enrol and set up your account online at extend.com.au.

Please note – all children must be enrolled before attending.

Once you have enrolled online you'll be able to manage your own bookings at any time you like – 24 hours a day, 7 days a week!

FOR OPERATING HOURS & FEES:

Visit this link: extend.com.au/shpy1468

QUESTIONS?

Check out the FAQs on our website which contains useful information for new parents.

This week's activities:

Wednesday 24 February: **Fruit Kebabs**

Thursday 25 February: **Crazy Faces**

Friday 26 February: **Sensory Balls**

Parent Portal: extend.com.au

School Crossing Notice

Crossing Woods Road at the supervised crossing is the safest option for children and adults.

While this may not be the quickest or most convenient, it is definitely the best and safest.

Several families are choosing to cross at the Orr street roundabout.

Please use the supervised crossing.

CAMPS, SPORTS AND EXCURSIONS FUND (CSEF)

To be eligible for the fund, a parent or guardian must be the holder of a concession card being successfully validated with Centrelink on the first day of either Term 1 2016 (27th January 2016) or Term Two (11th April 2016). The CSEF is an annual payment to the school to be used towards, camps, sports and/or excursions expenses for the benefit of the eligible student.

Primary School Student Rate is \$125.00 per year.

Secondary School Student Rate is \$225.00 per year.

The CSEF is paid directly to your child's school. Forms are available from the school office and we require a copy of your Concession Card. The forms needs to be lodged with the school by the end of Term 1 2016.

Any queries please contact the office.

Junior Netball in Wangaratta.

Inviting all grade 5 and grade 6 girls who are interested in participating in Netball in Wangaratta in 2016 to email Lauren Mulquiney at : laurenmulquiney@hotmail.com.

We need your name, grade and contact email.

We will be holding a registration day in the next two weeks, however, you will need to have received and completed your registration by then.

If you have already contacted Lauren you will receive an email with the registration details shortly.

Kind regards

Mary-Anne White.

Centre News from Across the School

Swimming Sports- Tomorrow, Thursday 25th

If you are able to, come down to the Yarrawonga Swimming Pool on Thursday for the annual Swimming Sports for our Year 3-6 students. There will be lots of colour and swimming events happening. The house teams of Fatima, Loretto, Lourdes and Mercy will be fighting it out till the end! The front cover of the newsletter has a run down of the program.



Music Awards

Max Saxton for the excellent way you participated in music lessons this week, your glockenspiel playing was excellent.
Ellie Rennie for the fabulous way you listened to beat and rhythm in our music games this week.

The second of our Prep Buddy assemblies will be held this week. Last week the Prep A students were presented to the audience by their buddies. Morning tea will again be provided for the parents and friends. Year 6 buddies of the students in Prep S this week are asked to bring along something to share for morning tea.

The dates for each Grade are as follows:

PREP S- Friday 26th Feb 10am

PREP M- Friday 4th March 10am

Student of the week Awards will follow the Buddy assemblies starting at approx. 10.45am



Subway lunches for Prep-Year 2 tomorrow. See your teacher or the office for Order Forms.

School App

As I mentioned last week, I've been in touch with the App company in regards to some glitches regarding the app. They are going to run an update on the school app in both the iTunes and Android app stores. They believe this will enable our newsletters to turn when the device is turned, to enable easier viewing. Fingers crossed the update will be finalized this week.

Thanks. Dean



RICHMOND
EST 1885

AFL Player Visit at YARRAWONGA

Grades 4,5 and 6 for a Clinic and autographs

**@ JC Lowe Oval
Monday February 29th
@ 11.00am - 12.30pm**

facebook



Sacred Heart Facebook site coming soon!

Apply for a Working With Children Check

Go to <http://www.workingwithchildren.vic.gov.au>

Go to Apply for a Check

What you need to fill in for an online application.

- An email address so we can contact you about your application
- the address of every place you have lived in the last 5 years in Australia
- the name, postal address and phone number in Australia for each organisation you will be doing volunteer child related work for
- a printer that will print a legible copy of the Application summary.

Once you have filled in the online application form, you need to go to a participating Australia Post Retail Outlet to lodge your application.

What you take with you when lodging.

- The application summary and receipt that you printed at the end of the online application.
- A passport size photo of yourself
- Documents that prove your identity
- Volunteer WWC Checks are free.

DO NOT SIGN the Application Summary before lodging.

When you have successfully lodged your application at Australia Post, your receipt will be stamped and returned to you. You can use this receipt to prove that you have applied for a WWC Check.

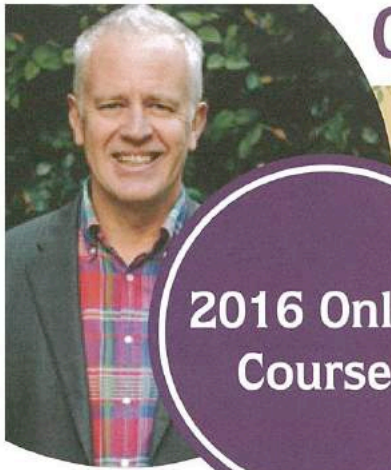
Those people that do not have access to a Computer and Printer, please do not hesitate to contact the school office and we can arrange to do this first step for you.



TAC CUP **AFL VICTORIA**
MURRAY BUSHRANGERS
SEASON 2016
MURRAY BUSHRANGERS
JUNIOR TALENT CAMP
TUESDAY 5TH APRIL
WODONGA SENIOR SECONDARY COLLEGE
AND
THURSDAY 7TH APRIL
KIALLA REC RESERVE, SHEPPARTON
PLAYERS BORN IN 2002, 2003 & 2004
9:30AM TO 2:30PM
COST: \$70
Clinics Include:
HIGH PERFORMANCE TESTING
SKILL DEVELOPMENT
GAME SIMULATION
UNDER GUIDANCE OF TAC CUP HEAD COACH LEON HIGGINS
SPOTS LIMITED
REGISTER ONLINE AT MURRAYBUSHRANGERS.AFLVIC.COM.AU



Chess Kids Australia
RJ Shield Chess Tournament
Yarrowonga
Sunday 28th February
Time: 12:45pm to 5:00pm
YARRAWONGA COLLEGE PREP-12, SECONDARY CAMPUS
SENIOR STUDY CENTRE
PINNEGAR ST ENTRANCE
Cost: \$25 per player
A TOURNAMENT FOR EVERYONE
The RJ Shield events are the longest running series of junior chess tournaments in Australia. They were first started by Hilda O'Callaghan in 1994 and known simply as "Novice Tournaments". They were later named after legendary International Master and former Australian Chess Champion, Robert Jamieson. Robert is still involved with these events; if you start playing in RJ Shield's you might just be lucky enough to meet him one day!
Come along for a fun day of competition chess, whether you're an established player or a novice, this is the tournament for you. Learn new skills, meet new friends and even gain a chess ranking, or better the one you have.
Age divisions, under 8's, under 10's, under 12's, under 14's and OPEN (14YRS TO ADULT)
Trophies awarded in all age divisions.
An additional trophy is awarded to the best girl in each division.
Certificates are awarded to each player, ranging from participation to high distinction.
Please register online at www.rjshield.com/yarrowonga - click on ENTER. Any difficulties call Karen 0437176769 and I will be happy to help.
Cost is \$25.00 per player.
Please ARRIVE BETWEEN 12.30pm to 12.45pm so we can register names and start the tournament at 1.00pm.
There are only fifty places available so get in early and don't miss out.
Coffee, tea, cold drinks and snacks are available for purchase on the day.
This tournament is run by Chess Kids Australia in conjunction with YCP-12 Community Workshop, all proceeds, after costs, will be donated to the workshop for materials and supplies.



Great Parenting Starts Here...

2016 Online Courses



Michael Grose, Australia's leading parenting educator, is conducting practical online courses that will help build your parenting skills and knowledge in four vital areas:

Term 1 - Cracking the Confidence Code

A must-do course for parents where low risk-taking and fear of failure is a constant companion for their kids. This course will put the skills and know-how at your fingertips to develop a real sense of confidence, competence and mastery in your kids.

Term 2 - Raising Well-behaved Kids

Learn communication techniques that will increase your children's cooperation levels and decrease your stress levels. Know how to manage your kids visually, what to do when they ignore you and how to get more cooperation, without telling your kids what to do.

Term 3 - Mood Meter for Parents

Want to help your children be the best they can be? Then you need to build their emotional intelligence. Michael draws on research from the team at the Yale Center for Emotional Intelligence to help you give your kids the tools they need to recognise, manage and regulate their emotions.

Term 4 - Raising Mighty Boys

Don't be fooled by the title, even parents of girls need to know how boys tick. Unlock the secrets of raising boys of any age so that they become more confident, achieve more at school, talk about what's on their minds, better manage anger and other strong emotions, and make the most of their natural strengths.

4 COURSES + YEARLY CLUB MEMBERSHIP \$147
(Save \$50 with discount code SCHOOLCLUB)

- ✓ Mixture of downloadable videos, PDF workbook and activities
- ✓ Weekly Facebook group-based discussions with Michael Grose
- ✓ Download resources and complete the course in your own time or during designated dates with the online group
- ✓ Course comes with a full money-back guarantee if it doesn't meet your expectations
- ✓ Participation certificate for each course

JOIN TODAY at parentingideasclub.com.au



Receive these great BONUSES if you join now:

- ✓ Monthly Q & A sessions with Michael Grose
- ✓ Yearly access to parentingideasclub.com.au resource centre
- ✓ Developmental Maps to better understand your child's growth stages
- ✓ On your child's birthday receive our Developmental Parenting Guide to help navigate for the year ahead

DAINE RUNNALLS MUSIC

Hi guys, have just launched my own music business as a sole trader. I am offering entertainment for parties, weddings, or just a good time. My other area of service is music tuition which is a hobby i've been undertaking for 8 years now.

Prices for Entertainment is negotiable.

Prices for music tuition incorporating vocals and guitar are as follows.

- **1/2 hour 1 on 1 private lessons \$400 based on a 10 week term (\$40 per lesson.)**
- **1/2 hour 2 on 1 lessons \$250 per term based on 2 students. (\$25) per lesson.)**

I am also offering junior choir which is a 45 minute lesson for singers which is \$150 per term. (\$15) per lesson.

All payment is to be made upon commencement for the term, of which I will run 4 terms per year.

I am currently undertaking a small business course so my level of professionalism is of a high standard. I have been a musician for almost 20 years and in that time have learned to sing, play guitar, mandolin, ukulele, drums, bass and keyboard. I have an Advanced Diploma in Popular Music and Performance from J.M.C Academy in South Melbourne.

All students are most welcome in all abilities and all ages.

Hoping to hear from You,

Daine

Phone - 0458616656

Email - dainerunnalls@gmail.com.

Please don't hesitate to contact me with any inquiries..