



MINI BLITZ- Weeks 6 & 7

"Treat each other with respect, that is how we be our best."

Newsletter Term 1 Week 6

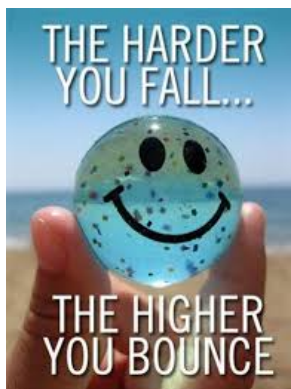
School Photos- Next week
Thursday March 10th

Dear Parents,

It's been a very busy start to the year with Opening School Mass, Information Evenings, Parent Teacher Interviews and Buddy Assemblies and we're now coming to the end of Term One. I'd like to provide a couple of suggestions to everyone as we get into Terms two, three and four.

Reading at Home – the last couple of days has reinforced to me the importance of parents as partners in the learning process. We always ask that you read to your children and, in turn, listen to them read.

This time you have with your children is vital, not only because of the importance of supporting your children's reading development but simply because they grow up very quickly and this opportunity to spend time with your children will not last long. We would urge you to use the time well; don't simply read the story, engage with it, laugh about it or have conversations about your reading. Ask questions that go a little deeper than just 'what is happening'. Talk about characters and the messages that the story is giving. Reading to and with your children can be great fun but it can also help them to become deeper thinkers, creative problem solvers and children who grow to love books.



Resilience – now that we've begun the year it's an appropriate time to sit down and talk to your children about how they are going socially and emotionally, how they are enjoying their peers and the activities they are doing in their Recess and Lunch times. Some children handle these times very well, others struggle a little and we have to look at strategies to develop their resilience. Supporting your child to solve their own problems in the school yard or with their peers can help them to handle difficult situations at school or at sporting events. Talk to your children about how you manage these situations, give them words to help them describe their feelings and explain to them that these feelings are normal and that all children experience these feelings from time to time.

For children to experience issues with relationships is absolutely normal – how you support them as they learn to develop skills to handle these issues is critical. Remain calm, use family gatherings, birthday parties and sleepovers as opportunities to engage with your children about their social and emotional wellbeing and continue to talk to them in a positive way.

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.



Paul Maher



Heather Keenan



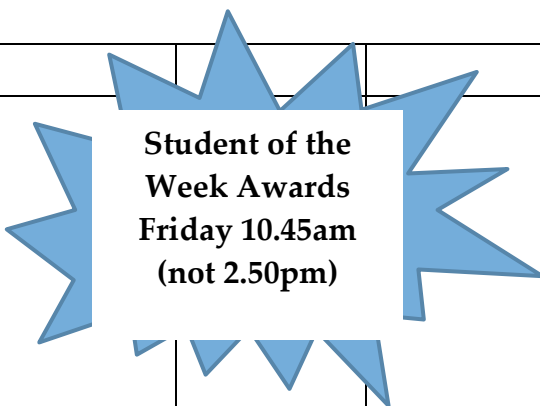
Jacqui Nixon

62 Orr St or P.O Box 199 Yarrawonga

Phone: 03 5744 3339

Fax: 03 5743 1377

principal@shyarrawonga.catholic.edu.au, hkeenan@shyarrawonga.catholic.edu.au, jnixon@shyarrawonga.catholic.edu.au

Week	Term 1						
				Thu 3 rd	Fri 4 th	Sat 5 th	Sun 6 th
6					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 7 th	Tue 8 th	Wed 9 th	Thu 10 th	Fri 11 th	Sat 12 th	Sun 13 th
7			Prep Testing Life Education Van	School Photos Life Ed Van	Woods Point Visit- 5B Parish Mass- 1/2V & 1/2W Life EdVan		
	Mon 14 th	Tue 15 th	Wed 16 th	Thu 17 th	Fri 18 th	Sat 19 th	Sun 20 th
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 21 st	Tue 22 nd	Wed 23 rd	Thu 24 th	Fri 25 th	Sat 26 th	Sun 27 th
9	Life Ed Van P & F AGM 7.30pm SHP		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.

Yarrowonga Girl Guide Hall

Corner Hume Street & McNally Street
Yarrowonga

AVAILABLE FOR HIRE

Contact: Mary Mansfield
5744 3333

P & F News

The Annual General Meeting (AGM) will be held on the 21st March at 7.30pm. The venue will be Sacred Heart Primary.

All new and existing parents/guardians are welcome to attend.

Staff Profile

Hannah Williams



Position: Discovery Teacher 1/2W

Interests: Arts, Sport, ICT

Football Team: VFL Werribee Tigers (The team my brother plays for)

Favourite Food/s: Pancakes

Currently Reading: Room by author Emma Donoghue

Favourite Holiday Destination: Anywhere with a beach!

3 people you'd invite to dinner: Ellen DeGeneres, Chris Hemsworth and Emma Stone

What would you do with your last \$50? Go out for dinner

Favourite Movie: Lion King

Favourite Quote: "Today you are you! That is truer than true! There is no one alive who is you-er than you!" – Dr. Suess

Someone you admire: My mum! She is my inspiration and the reason I started teaching.

What do you love about our school: The friendly and welcoming nature of all the staff and students.

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.

SACRAMENTAL DATES- For your calendar:

Reconciliation Parent Information Evening Tues May 24th (Term 2 week 7) Children's presentation Mass Sun June 5th Homebase Wk 1 Mon 6th June (T2 W9) Homebase Wk 2 Tues 14th June (T2 w10) Homebase Wk 3 Mon 20th June (T2 w 11) Homebase Wk 4 Mon 11th July (T3 w 1) Children's presentation Mass (backup date) Sun 17th July Reconciliation Ceremony Wed July 20th 7.30 pm

Confirmation/Eucharist Information Evening Tues Aug 30th Presentation Mass Sun Oct 9th Homebase Wk 1 Sept 12th (T3 w 10) homebase Wk 2 Oct 4th (t4 w 1) Homebase 3 Oct 10th (T4 w2) Homebase Wk 4 Oct 17th (T4 wk 3) Homebase Wk 5 Oct 24th (T4 wk 4) Homebase Wk 6 Oct 31 (T4 wk 5) Children's Presentation Mass (backup) Nov 6th Spirit Day 11th Nov Confirmation/Eucharist Ceremony Sat 12th Nov

WELCOME TO WEEK 3 OF LENT

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.

Dominic in Papua New Guinea has learnt communication and problem solving skills to lead his community towards a more peaceful, prosperous future.

Please donate to Project Compassion 2016 and help empower communities in Papua New Guinea to lead their own development and create more harmonious futures.

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.

The Keys to Contentment by Stuart Passmore, Psychologist

All parents can have a happy home and contented family life, according to Mr Passmore, if they do the following:

- Do fun things together, even if it's for 10 minutes
- Divide chores between all family members
- Set firm boundaries
- Respect your child and they will respect you
- Realise there are ups and downs. It's about an underlying happiness

His new book, 'Parenting for a Happier Home', has tips for building parent/child relationships, disciplining effectively and restoring family harmony.

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:

4. Develop self-help skills from an early age

A child's self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

CHILDREN'S CHATTER MATTERS

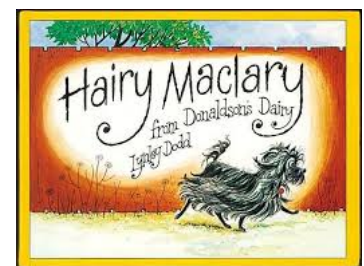
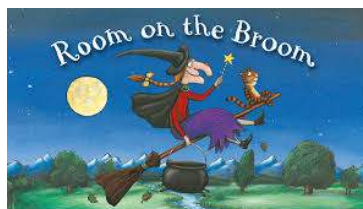
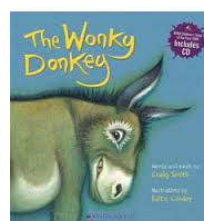
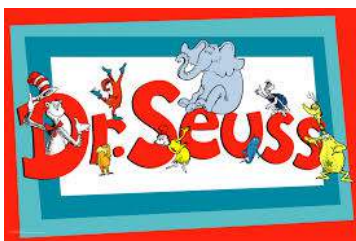
Activities will be provided each term, focusing on key areas of oral language supporting literacy. Feel free to adjust these activities according to your child's grade level.

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.

** Reading rhyming books and singing songs that emphasise rhythm and rhyme are great ways of developing your child's knowledge and awareness of rhyme. When reading/singing rhyming books and songs, pause slightly before the second rhyming word. This helps your child to think about, and even guess, what the rhyming word could be. For example, "wine....dine... they rhyme! They both have the same sounds at the end of the word (ine)."

Here are a few fabulous books that you might want to find/borrow to read with your child.

- 'Hairy Maclary' by Lynley Dodd
- 'The Wonky Donkey' by Craig Smith
- 'The Dr Seuss' Books
- 'Noisy Nora' by Rosemary Wells
- 'Room on a Broom' by Julia Donaldson



Many familiar nursery rhymes and songs also emphasise rhyme, like 'Incy Wincy Spider', 'Little Miss Muffet', 'Humpty Dumpty', 'Little Jack Horner', 'One, Two, Buckle My Shoe', 'Hey Diddle Diddle', 'I'm a Little Teapot', and many more. As a harder activity (particularly for older children), try recreating familiar nursery rhymes by changing the rhyming words. For example, "Humpty Dumpty sat on the chair, Humpty Dumpty ate his green pear."

The final of our Prep Buddy assemblies will be held this week. Last week the Prep S 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 M this week are asked to bring along something to share for morning tea.

The final date for the Prep Buddy assembly is as follows:

PREP M- Friday 4th March 10am

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

Extend Before and After School Care at Sacred Heart Primary School



AUTUMN HOLIDAY PROGRAM
BOOKINGS ARE OPEN!

Book by the deadline to take advantage of lower rates! VIC & QLD booking deadline: Friday 18 March
We have heaps of fun activities planned these school holidays and can't wait for you to attend! Create a diorama of the Amazon jungle, mould an autumn leaf dish out of clay, and participate in lots of group games including a time challenge and secret agent maze! Join in on all this and more at Extend's Autumn Holiday Program.

To check out what's on visit our website at extend.com.au and book via the Parent Portal.

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.

PARENT PORTAL: extend.com.au

FOR SALE

Smartboards! Would you like a smartboard in your home? Maybe the spare room? Sporting Clubs? The Smartboards are for sale at a cost of \$250. Usually valued at thousands of dollars, the school is making these available to our school community. Along with the smartboard, you also get the projector. A fantastic bargain!

Also 'For Sale' are some desks but at no cost!

Please see Dean in the Office if any of the above items interest you. First in, best dressed for these items.



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 need to be lodged with the school by the end of Term 1 2016.

Any queries please contact the office.

Centre News from Across the School

The Yarrawonga/Mulwala swimming pool was a sea of colour as the students in Years 3 to 6 from Sacred Heart participated in our 2016 swimming carnival. As the children arrived you could hear the excitement in the air. The first events of the day, and the most strenuous of the lot, were the Iron man and Iron woman events, open to Year 6 students. A tremendous effort was given by all competitors with Bella Bridgeman & Ethan Byrne taking out the titles.

Students then participated in the 50 metre events in all four strokes followed by three novelty events, the 25 metre events and finally 2 more novelties. Initially scores were tight but as the day went on it was a clear race between Fatima and Lourdes. The relays were a last chance effort with houses scoring points and the spectators erupting as the swimmers took to the blocks and swam in the freestyle and medley relays. At the end of the day the winners were announced and Fatima (Red house) took out the trophy, which was graciously accepted by house captains, Mia McCully and Ethan Byrne, and vice captains, Jessica Mansfield and Ollie Ridley. Congratulations also went to those students who broke records, Darby Mullins, Ella Skehan, Mia Kennedy and Bella Bridgeman. A huge thankyou to all parents who assisted on the day and to the children for the way they participated and gave it their all in each and every event. A team of 20 will now head across to Wangaratta to represent Sacred Heart at the Zone swimming sports. We wish them all the very best.



The Iron Men and Iron Women



Fatima .. the winning team on the day

Leadership Centre Ride to School Day – 4th March, 2016

The Leadership Centre at Sacred Heart will be joining in with other Catholic Primary Schools across Australia to raise awareness for Caritas, by riding to school. This Friday, 4th March, your child is encouraged to ride their bike to school from two meeting points. This event coincides with the National Ride to School Day, which is a community initiative aimed at raising awareness of health, road safety and transport. We will be promoting Caritas on the day, however children are **not** required to bring along a donation. We will have two meeting points for children to gather and ride safely to school. Leadership staff will gather at each meeting point to join in with the ride to school. We encourage children to meet at one of the following locations:

Permewans Hardware Car Park on the Murray Valley Highway

or

Shire Hall on Belmore St.



We aim to gather at 8.00am so that we can leave both locations by 8.10am.

This will allow us to arrive safely at school by 8.20am. Younger siblings are welcome to join in on the ride. We hope to see you in the morning,
Leadership Centre Staff.

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.



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



The new Bike Shelter for our students.



School Photos- Thursday March 10th – Family Packs

School Photo Family packs are available in the office if you require a pack. Please see Heather, Jacqui or Kay for a pack.



Parents & Friends
Easter Raffle

The annual P & F Easter Raffle is on again this year. All students are asked to bring along an Easter Egg to donate to the raffle.

Tickets will be sent home with the newsletter in the next couple of weeks. Tickets will be \$1 each.

A large number of prizes are always on offer just before Easter.

Your donation as always is very much appreciated.



YARRAWONGA & DISTRICT LITTLE LEAGUE **INSTRUCTIONS ON HOW TO REGISTER FOR U8, U10 & U12** **FRIDAY NIGHT FOOTBALL - COST - \$95.00**

Registrations are now open

To register your child for Friday Night Football, go to the Yarrowonga and District Little League Home Page www.foxsportspulse.com/assoc_page.cgi?assoc=6212.
On the right hand side of this page, there is a text box "Member Access". Click here. You will be brought to a AFL Footyweb Page.

- To register whether you are a new member or an existing member, enter your email address and simply follow the prompts. To make this process easier the login will from now on be through entering the email that you have used previously and the password you can now set yourself. This will remove the confusing computer generated username and password which has previously been in place.
- If your email address has changed you will need to email rkvodusek@hotmail.com to inform of new email. (When doing this include name of child and DOB). Once updated you can go ahead to register.
- If you are registering to participate in this club for the first time or transitioning from Auskick to Junior Football, enter your email address and select "Yes I'm new". You will receive an email to that email address to follow the link to set your password and then follow the registration process. You must have turned 7yrs by the 17th April to be eligible for U8. (No Exceptions)
- Once you have gained access to the system, enter details, complete the Basic Info, Extra Info and Summary and complete with payment via Credit Card.

Under12 (2004>2005) Rennie, Mulwala and Tungamah Registered Players

Kids that are playing at outside clubs such as Rennie, Mulwala and Tungamah and are wishing to play Friday Night Football, need to register and pay fees to their home club. These fees will cover you in regards to insurance while playing Friday Night Football. You will need to email rkvodusek@hotmail.com to let her know, so when completing team allocations you will be included.

Auskick

All kids not old enough to play Friday Night Football and are wishing to participate in Auskick need to register via the Auskick website. Auskick payments and packs are not organised through YDLL.

Under 12 (2004>2005) Sunday Yarrowonga Junior Football

If you are playing in the U12 on a Sunday, do not register through YDLL, but through Yarrowonga Junior Football website.

Age Groups

U12: Born between 1/01/2004 > 31/12/2005

U10: Born between 1/01/2006 > 31/12/2007

U8: Born between 1/1/2008 > 17/04/2009

Registrations close Friday - 24th March

Hand out Jumpers and Meet your Coach Friday - 8th April

Season will commence - 14th April.

Make sure you join our Facebook page "Yarrowonga & District Little League" to receive information during the season.

Please direct all enquiries to Karen at rkvodusek@hotmail.com

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..

ANGER MANAGEMENT WORKING WITH ANGER AND DEPRESSION

Along the Murray Project

Working to : understand and balance our emotions,
develop alternate problem solving methods, improve relationships and
our sense of belonging, set goals and see ourselves achieving them.



Support to: Increase our ability to relax;
reduce angry outbursts; reduce hurting self and
others; reduce feelings of anger, anxiety and
depression, guilt, humiliation and shame.

Approach: Person Centred and Strengths Based.

10 weekly sessions (for a 24 session programme)

Start date: 22 March, 2016

Venue: 12 Coghill Street, Yarrawonga

Time: 2.00 pm to 4pm

Cost: Negotiable by contacting Centacare Course Practitioner

Attendees will receive:

Light Refreshments, Handouts and Relevant Resources
As well as a certificate of attendance on completion

For more information or to register your interest, please contact Centacare South West
NSW Course Practitioner on 0448 772 010 phone or text



TRIPLE P 0-12 years GROUP PARENTING COURSE

Small Changes—Big differences

This 8 session program offers parents and carers the opportunity to:

- Understand their role in raising healthy, well adjusted children
- Help children develop the skills and confidence to succeed at school
- Help children develop positive relationships with others
- Suggestions and ideas on Positive Parenting
- Develop practical strategies to manage challenging behaviours and implement them within the family setting.



Venue: 12 Coghill Street, Yarrawonga

Time: Wednesday, 22 March, 2016

10.00am—12.00midday

Number of Sessions: 8

**Fees are based on your income and capacity to pay. Concessions are available on all programs*

Parents will receive:

A Triple P Parent Workbook

Light refreshments

Certificate of Attendance plus all additional supporting resources

Opportunities for individual follow up sessions either in person, or on the phone



For further information or to register your interest please contact Centacare South West NSW
Programme Practitioner on 0448 772 010 for phone or sms

www.triplep.net

