



*Newsletter Term 1 Week 7*

**MINI BLITZ- Weeks 6 & 7**  
"Treat each other with respect, that is how we be our best."

**School Photos- Tomorrow!**  
Thursday March 10th

Dear Parents,

The extreme heat has all of us struggling to get through the days at the moment and we are watching the children closely at the moment, especially during our breaks. You may have been told by your children that this week we are trialling a swap in our Recess and Lunch breaks. The extended break of 50 minutes is now at 11.00am when conditions are better for playing outside and the 30 minute break is at 1.20pm during the hottest part of our school day. As always if we believe the conditions are too hot ( above 35 degrees ) we will also look at keeping the children indoors.



*Annual Census and Financial Statement – Term One is always extremely busy from an Administrative point of view with the collation of our annual staffing, census and financial data. Once again this year our student numbers have increased, up to 425 which is very exciting for us and our financial result for 2015 was also very pleasing. This sound financial position does put us in a very good place if we are successful in receiving a state government grant for a new Leadership centre to replace the older portable classrooms. I would like to thank Heather for her efforts in regard to the preparation of this annual data. We also completed the annual audit this week with auditors giving us an extremely favourable report – a report which reflects very clearly the professional work of Heather.*



*Labour Day Holiday – Just a reminder to everyone that the Victorian Labour Day holiday will be this Monday 14<sup>th</sup> March. There will be no classes on this day with school resuming on Tuesday 15<sup>th</sup> March.*

*Easter Raffle - The office is starting to look a little like Easter with a few eggs arriving for our Parents and Friends Easter Raffle. Every family is expected to make a donation towards the raffle so please remember to drop yours off in the next week or so. Also, "you have to be in it to win it" so make sure you sell your tickets to give your family an opportunity to enjoy one of our lovely baskets.*



*Please Note – I will be away from school from the 16<sup>th</sup> March through to the end of term on sick leave.*

*Dean will be Acting Principal in my absence.*

*Peace and best wishes, Paul*

**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

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## The World's Greatest Shave!

Lucy Mansfield, Elli Head and Georgia Phillips have banded together to support the fundraiser 'World's Greatest Shave'. Lucy will be shaving her hair and Georgia and Elli colouring theirs. A big thank you to Rachel Crothers (Yarrowonga Haircare) for her time and enthusiasm :). This will be taking place at lunch time on Friday and so far Mr Maher has also taken up the challenge as well.

Today, 34 Australians will be given the devastating news that they have blood cancer, and they'll turn to the Leukaemia Foundation for help. Please sponsor our team 'The Tenners' and help support families and continue the urgent search for cures.

You can sponsor our team online by clicking on the link below.

The Tenners

<https://secure.leukaemiafoundation.org.au/registrant/TeamFundraisingPage.aspx?teamID=97059>

Thank you

Lucy, Elli and Georgia



Elli, Lucy and Georgia getting ready for the big day on Friday!

School Photos-  
Tomorrow....  
Thursday March  
10th



### Leadership Yr 5 & 6

Parents please check your child's diaries each night. Please sign off on their reading (80mins) for the week and also their weekly goals sheet.



### 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. We ask that tickets be returned asap. If you require extra tickets please ask at the office.

A large number of prizes are always on offer just before Easter. Your donation as always is very much appreciated.

### Message to our Parents/Guardians in Year 5: One to One Laptop Session for Parents

The laptops have arrived. Before the students take them home we would like to run a Parent Information session. This will take place in the Year Five Learning space on Wednesday 16th March. If you have had a son or daughter in Year 6 in the last two years you are not required to attend, however we ask that you sit with your child and read through the contract with them. Parents and students need to sign the contract and return to school before the laptop is taken home. Charges need to be kept at home and it is the students responsibility to charge each night and bring laptop to and from school in the bag provided. A further note outlining a time on the Wednesday will be sent home asap. Thank-you, Daniel, Nikki, Alisha and Meg

Week	Term 1						
				<b>Thu 10<sup>th</sup></b>	<b>Fri 11<sup>th</sup></b>	<b>Sat 12<sup>th</sup></b>	<b>Sun 13<sup>th</sup></b>
<b>7</b>				School Photos Life Ed Van	Parish Mass- 1/2V & 1/2W Life Ed Van		
	<b>Mon 14<sup>th</sup></b>	<b>Tue 15<sup>th</sup></b>	<b>Wed 16<sup>th</sup></b>	<b>Thu 17<sup>th</sup></b>	<b>Fri 18<sup>th</sup></b>	<b>Sat 19<sup>th</sup></b>	<b>Sun 20<sup>th</sup></b>
<b>8</b>	Labour Day Public Holiday	Life Education Van	Life Education Van Board Meeting 6pm	St Patrick's Day- Wear Green! Life Ed Van	Woods Point Visit- 5B Parish Mass- 1/2T & 3H Life Ed Van		
	<b>Mon 21<sup>st</sup></b>	<b>Tue 22<sup>nd</sup></b>	<b>Wed 23<sup>rd</sup></b>	<b>Thu 24<sup>th</sup></b>	<b>Fri 25<sup>th</sup></b>	<b>Sat 26<sup>th</sup></b>	<b>Sun 27<sup>th</sup></b>
<b>9</b>	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 21<sup>st</sup> March at 7.30pm. The venue will be Sacred Heart Primary.

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

#### St Patrick's Day

Thursday 17<sup>th</sup> March

All students and staff are welcome to wear green on this day!

#### BOOK CLUB

The next round of Book Club is due back next Wednesday 16th March. Delivery maybe after the holidays, early in Term 2.

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## Student Profile

Charlotte White



*Position: SRC Leader*

*Interests: Horse Riding & Dancing*

*Football Team: Collingwood*

*Favourite Food/s: Mum's Lasagne*

*Currently Reading: Verity Sparks*

*Favourite Holiday Destination: Gold Coast*

*3 people you'd invite to dinner: Dane Swan,  
Adam Sandler & Ben Franklin*

*What would you do with your last \$50? Save  
it.*

*Favourite Movie: Cowgirls & Angels*

*Favourite Quote: "The only thing between try  
and triumph is a little 'umph'!"*

*Someone you admire: My Mum because she  
gives up her time for me.*

*What do you love about our school: The  
friendly people and there is always someone  
willing to help*

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## Religious Education Meegan McInness



### Children's Mass

A big thank you to all the children who joined us for the Children's Mass on Sunday. It was a great liturgy and the children did a wonderful job. Thank you to our readers, percussionists, those who carried the offertory and for you all singing so beautifully. Thank you also to all the teachers from the Discovery Centre for preparing the children so well and for all the teachers who supported our students at Mass.

### 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 4 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.

First Australian Evangeline is an Artsworker at the Djilpin Arts Ghunmarn Culture Centre where she is flourishing with new skills and a passion for the preservation and promotion of her Aboriginal culture.

**Please donate to Project Compassion 2016 and help First Australians to gain new skills and renewed passion to preserve and celebrate traditional culture.**

[www.caritas.org.au/projectcompassion](http://www.caritas.org.au/projectcompassion) 1800 024 413

### Caritas Ks and Holy Week Liturgy

On Wednesday the 23rd of March will we be participating in Caritas Ks. A school Liturgy will be held in the Mercy Centre at 10 am and then after recess we will join with the College in walking around our school. A letter and sponsor book will be sent home to each family this week with the all-important information.

Have a great week everyone.

Meegan

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





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

**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:

**5. Give them real responsibility**

From a young age, start giving children responsibility for some aspects of their lives. By giving kids responsibility for many aspects of their lives we are sending a powerful message that we think they are capable. Also, they are learning the skills necessary to care for themselves.

**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.



\*\* Encourage your child to listen to sounds at the *beginning* of words. Choose two words from their reader/book and ask them to judge if the two words start with the same sound (say some that match and some that do not). Encourage them to say the two words and feel the first sounds with their mouth. Then, point out the two sounds at the start. For example, "Mouse and Moon start with the same sound.... Mmmmouse, Mmmmoon. They both start with the 'mmmm' sound". Once your child is able to recognise when words do/do not begin with the same sound, encourage them to try to name the first sound (be sure they say the sound, not the letter name). You might then like to think of other words that start with the same sound together.

For students who have a strong awareness of first sounds, try making up tongue twisters and sentences using the same first sounds. For example: Silly Simon searched for seagulls while he sang a sweet song by the sea.

**FOR SALE**

*In last week's newsletter we had a number of Smartboards available for sale. We had a fantastic response and sold 9 smartboards. We have been informed that we have approx. a further 8 smartboards available which are being held at the college. If you are interested please contact Dean in the Office. 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!*



## Extend Before and After School Care at Sacred Heart Primary School



### Recap

Last week at after school care we learnt how some plants don't need dirt to grow. We planted an orchid cutting in a coconut husk; the children were amazed by this way of growing plants!

We also introduced timber work to the children this week, using screws & screwdrivers to join wood together. This has been so popular that we are offering wood work to our children as a activity choice.

### VACATION CARE AUTUMN HOLIDAYS

**Yes! Extend are running a VAC program at Sacred Heart Primary School.**

**Our first program will be starting, term 1 Easter holidays 2016.**

Tuesday 29th March - Friday 8th April.

**Booking are made through the Extend Parent Portal at ([extend.com.au](http://extend.com.au))**

**Booking deadline is Friday 18 March, to avoid a late fee.**

Lisa Gard – Team Leader

Our Extend Superstar for the week is... Crystal Milner.... **for working so well with other children.**

Next week's activities:

Monday 14 March:

**PUBLIC HOLIDAY**

Tuesday 15 March:

**All about me**

Wednesday 16 March:

**Sensory ball**

Thursday 17 March

**Let's dance**

Friday 18 March:

**Soccer**

Parent Portal: [extend.com.au](http://extend.com.au)

The poster is for the Murray Bushrangers Junior Talent Camp. At the top, it features logos for TAC CUP, the TAC CUP logo, MURRAY BUSHRANGERS SEASON 2016, and AFL VICTORIA. The main title is 'MURRAY BUSHRANGERS JUNIOR TALENT CAMP'. Below this, it lists the dates and locations: 'TUESDAY 5TH APRIL WODONGA SENIOR SECONDARY COLLEGE AND THURSDAY 7TH APRIL KIALLA REC RESERVE, SHEPPARTON'. It specifies 'PLAYERS BORN IN 2002, 2003 & 2004' and the time '9:30AM TO 2:30PM'. The cost is '\$70'. Under 'Clinics Include:', it lists 'HIGH PERFORMANCE TESTING', 'SKILL DEVELOPMENT', and 'GAME SIMULATION'. It also mentions 'UNDER GUIDANCE OF TAC CUP HEAD COACH LEON HIGGINS' and 'SPOTS LIMITED'. At the bottom, it says 'REGISTER ONLINE AT [MURRAYBUSHRANGERS.AFLVIC.COM.AU](http://MURRAYBUSHRANGERS.AFLVIC.COM.AU)'.

## **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](http://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](mailto: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](mailto: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 - 24<sup>th</sup> 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](mailto:rkvodusek@hotmail.com)**



## 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 (or 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





## doTERRA Essential Oils

### Information Class



doTERRA Essential Oils are like your families Natural First Aid Kit.

Come along and find out about these 100% pure Essential Oil and what they can do for your family's health and wellbeing.

**SACRED HEART PRIMARY - STAFFROOM**

Tuesday 22nd March @3.30pm  
(receive a free gift for attending)

Phone Katrina on 0412092597

Come and listen, smell, feel, taste and experience using these amazing Certified, Pure, Therapeutic Grade Medicinal Oils!



**Benefits of Using Essential Oils can help in the managing of, ADD~ADHD~AUTISM Also in the Classroom**

Our school day is long, and students and teacher can become sleepy, off-task, and in need of a little something to help them focus and get back on task. **Diffusing essential oils** in and around your class will help. To diffuse a variety of essential oils in your classroom that can help you or better yet have your students be more attentive and responsive especially in the afternoon when attention spans become shorter, irritated and easily triggered. Also this will help ward off a variety of ailments such as sneezing, coughing, flu like symptoms and other health issues. By applying certain essential oils to the scalp will also help deter one of schools problems 'Head Lice'.

Help the Mood and Energy Levels  
Helps reduce Stress and Anxiety  
Supports a Calm Learning and Teaching Environment



**Restoring Health with the Power of Natural Oils**  
**Educate ~ Empower ~ Essential Oils**