



# St Patrick's Day

When: Thursday 17<sup>th</sup> March

What to wear: Wear something Green to school on this day. Come dressed as a leprechaun, St Patrick or just wear a hat, green t-shirt, etc.

Who: All students and staff from Prep- Year 6

GOLD COIN Donation towards Project Compassion





Be Safe, Be Respectful, Be Your Best

**Newsletter Term 1 Week 8**

**MINI BLITZ- Weeks 8 & 9**  
"Say NO to bullies and don't watch on. Step in if you can, cause Bullying is wrong!"

Dear Parents,

On Friday Lucynda Mansfield, Ellie Head and Georgia Phillips took part in the Leukaemia Foundations, 'World's Greatest Shave.' Lucynda had her head shaved while Ellie, Georgia and some members of staff had their hair coloured. The children were very serious about supporting the Foundation and not just taking part in Friday's shave and they showed this by raising a total of \$3562.51 – a wonderful amount which will be added to the Foundations grand total. Any funds whatsoever that go towards finding a cure for Cancer is very important but when our children are getting involved to show their support and commitment it's even more meaningful. Only twelve months ago, Jobe Kennedy and Ethan Byrne also took part so our congratulations go out to all these children for thinking of others in such a beautiful way; a way that reflects deeply our Christian call to help others.



**Easter Raffle** - Thank you to all those families who have made a contribution to 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. Please ask your children to be careful as they drop them off as we can't add BROKEN eggs to the baskets and we have received a number of these. 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. DEADLINE for the return of tickets is next Tuesday 22<sup>nd</sup>.



**School Sores** – A couple of weeks ago we notified all families about some cases of school sores that have been identified here at school. I would like to remind all parents to remain vigilant in checking your children and please notify us if these symptoms present in your children. The Department of Education website does have a link with information regarding School Sores and this is the document we sent home recently.



**Before and After School Care** - What a wonderful start we've had to our program this year. Numbers are continuing to rise which is great. If you are looking for a Holiday Program you need to register your interest with Extend via their website so please do so asap.

**Please Note** – I will be away from school from today 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

[62 Orr St or P.O Box 199 Yarrowonga](http://62 Orr St or P.O Box 199 Yarrowonga)

[Phone: 03 5744 3339](http://Phone: 03 5744 3339)

[Fax: 03 5743 1377](http://Fax: 03 5743 1377)

[principal@shyarrowonga.catholic.edu.au](mailto:principal@shyarrowonga.catholic.edu.au), [hkeenan@shyarrowonga.catholic.edu.au](mailto:hkeenan@shyarrowonga.catholic.edu.au), [jnixon@shyarrowonga.catholic.edu.au](mailto:jnixon@shyarrowonga.catholic.edu.au),

# Thank You!

## The World's Greatest Shave!

Lucy Mansfield, Elli Head and Georgia Phillips banded together last Friday to support the fundraiser, 'World's Greatest Shave'. Lucy shaved her hair and Georgia and Elli coloured theirs as did some staff members. A big thank you to Rachel Crothers (Yarrowonga Haircare) for her time and enthusiasm :)

Today, 34 Australians will be given the devastating news that they have blood cancer, and they'll turn to the Leukaemia Foundation for help.


A big thank you to everyone for their support and fundraising.

Lucy, Elli and Georgia



Elli, Lucy and Georgia and the before shots



Week	Term 1						
			Wed 16 <sup>th</sup>	Thu 17 <sup>th</sup>	Fri 18 <sup>th</sup>	Sat 19 <sup>th</sup>	Sun 20 <sup>th</sup>
8			Life Education Van Board Meeting 6pm	St Patrick's Day- Wear Green! Life Ed Van Rep Cricket	Woods Point Visit- 5B Parish Mass- 1/2V & 1/2W Rep Tennis National Day of Action against Bullying & Violence		Palm Sunday
			Mon 21 <sup>st</sup>	Tue 22 <sup>nd</sup>	Wed 23 <sup>rd</sup>	Thu 24 <sup>th</sup>	Fri 25 <sup>th</sup>
9	Life Ed Van P & F AGM 7.30pm SHP	Dinosaur Incursion Essential Oils Information Class for parents 3.30pm	Easter Liturgy 10am Caritas Ks- 11.30am BBQ- 1pm Easter Basket Draws- 1.20pm End of Term	Pupil Free Day Staff PD- First Aid/ Anaphylaxis	Good Friday	Easter Saturday	Easter Sunday

### Discovery Centre News

As we near the end of a busy term, we realise children are becoming tired and petty arguments become more regular. We stress again the importance of your child's teacher being the first point of contact. We need to build relationships and work together rather than complain and gossip outside of school. Thanks for your co-operation.

Reading Diaries for 1/2H have been discontinued, therefore the supplier is providing us with another book. This book will be slightly different from the other classes, but serve the same purpose. These should arrive early Term Two. Thanks for your patience.

#### 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.



*Active April- Parents, families and students we need your help for 'Active April'*

Here is the link:

<https://app.activeapril.vic.gov.au/register>

Teachers, parents or students will need to fill in their details and then they can join the Sacred Heart team. More details in next week's newsletter.

---

## Student Profile

Riley Inglis



*Position: SRC Leader*

*Interests: Art & English*

*Football Team: Sydney Swans*

*Favourite Food/s: Nachos & Dippin Dots*

*Currently Reading: Grim & Grimmer 2*

*Favourite Holiday Destination: Japan*

*3 people you'd invite to dinner: My Mum and Grandparents*

*What would you do with your last \$50? Buy some cheap bread to eat!*

*Favourite Movie: Miss Congeniality*

*Favourite Quote: "I'll be back"*

*Someone you admire: My Mum*

*What do you love about our school: We learn a variety of things.*

---

## Religious Education Meegan McInness



### Caritas KS

All families should have received a Caritas Ks sponsor book and information sheet late last week. If your family missed out or you need another one please contact me here at school.

### Holy Week Liturgy

Next Wednesday we will be having a whole school liturgy to finish the term and to remember the events of Holy week leading to the Death and Resurrection of Jesus. This will be held at 10am in the Mercy Centre and parents are very welcome to attend.

### Andrew Chinn Concert

On Monday April 11th, (first day back for Term 2) Australian religious songwriter and singer, Andrew Chinn, will be visiting our school to share his songs with our children. Andrew's songs, such as "These Hands", "Rainbow" and "An African Blessing" are used in classrooms and liturgies around Australia, New Zealand, USA and Canada. The children will be participating in a workshop during the day and then will be part of a concert that night. Parents/parishioners are warmly invited to be a part of the celebration of faith and fun. There is no charge for adults. The concert will take place in the MPB, at Sacred Heart College at 7pm. We look forward to seeing you.

### Project Compassion

Before enrolling in a Community Health Program young midwife Sreymom lacked experience. Now, she is a trusted midwife, helping to improve the health of indigenous women and children in her region in Cambodia.

**Please donate to Project Compassion 2016 and help healthcare workers in isolated areas of Cambodia gain vital training to improve the health and wellbeing of the region's indigenous women and children.**

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

Have a great week everyone.

Meegan

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

## Pastoral Wellbeing Janine Buerckner



[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.

## Teasing Versus Bullying by Michael Grose (Part 1 this week)

When speaking with parents when I present at schools, or engaging with them via our social media, bullying is always a hot topic. A recent Facebook post had one of our biggest engagement rates ever. It begged the question- "What is bullying? Do we mix it up with teasing and other forms of mean behaviour?"



Bullying is a term that's wrapped in emotion. For many people it's associated with bad childhood memories. It's been estimated that around 40 per cent of people have experienced bullying in the past. It's something that we don't want to happen to our kids.

But I fear it's being overused at the moment and confused with teasing and rudeness.

**Rudeness** refers to thoughtless behaviours and thoughtless words. Kids often do rude things to each other without thinking their actions through. Examples include breaking wind in a child's direction; joking about the colour of a child's hair in front of others; failing to share possessions and neglecting to acknowledge someone. Rudeness is usually about selfishness and thoughtlessness. Taken on their own, many rude behaviours can be seen as an element of bullying but when looked at in context they are more about thoughtlessness, lack of consideration and poor manners rather than a deliberate attempt to hurt someone.

## 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 *end* of words. Choose two words from their reader/book and ask them to judge if the two words end with the same sound (say some that match and some that do not). Encourage them to say the words too, and feel the sounds at the end of the words. Then, point out the two sounds at the end.

After mastering this, you might then say two words and ask your child which word has a certain sound at the end. For example, "Which word has the 'd' sound at the end: bed or man (bed)".



### 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.

### Mixed Adults Basketball

The mixed adults basketball round robin competition will start up again for 8 weeks in term 2 on a SUNDAY night starting Sunday 17th April. Registrations are now open online on the YMBA homepage [www.foxsportspulse.com](http://www.foxsportspulse.com) then click on-> Basketball -> Victoria-Country -> Yarrowonga Mulwala Basketball Association. Games times will start from 6.00pm on Sunday's, at the YP-12 ECA centre. Past and new players born 1999 or before are most welcome. Each player will be placed in a team to ensure an even competition. Spouses/partners may be placed in a team together. Fees are \$48.00 for this season plus BVC fee of \$39.00 (BVC fee covers you for all of 2016-season 2 included) and small foxsportspulse admin fee. Registrations close Tuesday 5<sup>th</sup> April. See our website for more information. Any enquiries to Damien Oliver 0438 572 120.

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



### Recap

Last week we enjoyed being creative with our new Maccano set & playing dress ups. The children also took part in indoor sports including dodge ball & bat tennis.

Looking forward to next week!

Lisa Gard – Team Leader

### 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)  
Booking deadline is Friday 18 March, to take advantage of the lower rate.**

Our Extend Superstar for the week is... Lachlan McDonald for his improved behaviour.

### Next week's activities:

Monday 21 March: **Stained Glass Easter Egg**

Wednesday 23 March: **Bunny Cups**

Friday 25 March: **GOOD FRIDAY PUBLIC HOLIDAY**

Tuesday 22 March: **Choc Crackles**

Thursday 24 March: **PUPIL FREE DAY**

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

**BLUE LIGHT DISCO**

**CLUB MULWALA**  
6PM-8PM 18TH MARCH, 2016

ENTRY COST: \$5  
AGES 5 TO 13 YEARS.  
FOOD AND DRINKS AVAILABLE

**\$200 IN LUCKY DOOR PRIZES**

Proudly Sponsored by:  
**ClubMulwala**  
**YARRAWONGA CHRONICLE**

**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](http://MURRAYBUSHRANGERS.AFLVIC.COM.AU)

## Yarrawonga/Mulwala Darts Association

### LEARN TO PLAY DARTS



**All Welcome**  
**Commencing**

12<sup>th</sup> April 2016 to 13<sup>th</sup> September 2016

*No darts during school holidays*

5:00pm – 6:30pm Tuesday nights

\$10.00 Registration (to cover insurance)

Open to children- 12 years and above

### JUNIOR DARTS

#### Benefits are:

- No weekly fees
- Affordable sport for all
- Learn and gain maths and coordination skills while having fun
- Meet new friends
- Easy sport to learn
- No equipment or outfit to purchase

Contact: John Veijs (President) 0487 268 466, Janice Helmore, 0431 335 433

Darts will be supplied if necessary

Held at The Club House Yarrawonga Showgrounds



## 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 Yarrawonga and District Little League Home Page [www.foxsportsuse.com/assoc\\_page.cgi?assoc=6212](http://www.foxsportsuse.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 Yarrawonga Junior Football

If you are playing in the U12 on a Sunday, do not register through YDLL, but through Yarrawonga 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 "Yarrawonga & District Little League" to receive information during the season.**

**Please direct all enquiries to Karen at [rkvodusek@hotmail.com](mailto:rkvodusek@hotmail.com)**



## 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