



Be Safe, Be Respectful, Be Your Best

*Confirmation/Eucharist
Presentation Mass this
Sunday at 10.00am.*

Newsletter Term 4 Week 1

MINI BLITZ- Week 1
"The choices we make, reflect who
we are. Make the RIGHT
CHOICES and you will go far!"

Dear Parents,

Welcome back to Term 4. The year is coming to a close very quickly and there is still so much to be done. The weather has certainly been frustrating and has meant that we can't get the kids outside to play at recess and lunch as the grassed areas are absolutely sodden. Hopefully a couple of warm, dry days will see them back out running around the ovals soon.

Athletics – due to the condition of 'The Grove' oval we are unable to hold the athletics today so we are postponing it until the weather improves (Nov 3rd) and the kids can really enjoy their day.

Classroom Parent Reps - Sacred Heart Primary School is beginning the process of introducing Classroom Representatives across the school. The "Classroom Representative" model has been implemented with great success by many schools around Australia. Here at Sacred Heart we are hopeful of introducing this model as a trial for the remainder of 2016, with a strong focus of having it up and running formally for the commencement of 2017. A 'hard copy' letter explaining how we are starting the program is coming home with your children TODAY!


Children's Mass this Sunday – A reminder to everyone that this Sunday all families are invited to come along to the Presentation Mass for this year's candidates for the Sacraments of Confirmation and First Eucharist. If you are able to come along and participate in the Mass we would love to see you there. As always our celebration begins at 10.00am.

Camps – Next week our Year Six students will head off on their annual excursion to Canberra. The camp goes for a full week and the children get lots of opportunities to see and experience all that our national capital has to offer. The teachers, led by Lynne Lawless put a huge amount of time and effort into planning for this camp and we wish them well. The Year Three children will also be heading off to Harrietville in Week Three and they to are looking forward to their exciting, fun and educational experience.

Pupil Free Day, Term Four – A reminder to parents that our next Pupil free Day will be on Monday 31st October prior to Melbourne Cup Day. This day is allocated as our 2016 Report Writing Day. And our final day will be on Monday 28th November and this day will be used as our 2017 Planning Day. Please put these dates into your diary. The final day for students this year is Friday 16th December, 2016.

Thanks 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.

Week	Term 4						
Term 4	Mon 10 th	Tue 11 th	Wed 12 th	Thu 13 th	Fri 14 th	Sat 15 th	Sun 16 th
1 (Oct)			Wed 5 th	Thu 6 th	Fri 7 th	Sat 8 th	Sun 9 th
				Yr 1/2 Milo Cricket sessions 9am-11am	*Parish Mass-Foundation * Woods Point Visit 3H * Divisional Athletics Wang * Assembly 2.50pm		* Presentation Mass for Confirmation Eucharist candidates
2 (Oct)	* Year 6 Canberra	* Year 6 Canberra	* Year 6 Canberra	* Year 6 Canberra * Junior Future Stars (Mixed)-Basketball	* Year 6 Canberra *Parish Mass-Year 3 * Woods Point Visit 3G * Division Golf-Wang * Regional Aths- Albury * Prep Excursion-Mansfield	* Sacred Heart Spring Ball	
3 (Oct)	* 6.30pm Fete Meeting (2017) Sacred Heart College (staffroom) * 7.30pm- P & F Meeting	* Yr 3 Camp-Harrietville * Kanga 8's Carnival- Yr 5/6	* Yr 3 Camp-Harrietville		* Udderly Awesome Dress Up day *Parish Mass-Year 5 * Woods Point Visit 4W	* Multi Sport Festival	
4 (Oct)	* Senior All Stars Basketball-Regional Final Mill Park * Moira Shire Senior Citizens Gala Day Choir to sing				* Day for Daniel *Companion Mass- Year 4 * Woods Point Visit 4K		
5 (Oct/Nov)	Pupil Free Day (Report Writing Day- Staff)	Pupil Free Day Melbourne Cup Day	* Prep 2017 Transition Session 1- 11.45am-1pm	* Athletics Sports	*Companion Mass- Year 4 * Woods Point Visit 4O * Discovery Excursion-Bendigo * Radio Awareness-Yr 5/6 * Regional BBall Shepp Yr 5/6		* Presentation Mass for Confirmation Eucharist candidates

You will find further dates & events on the school app and our website.

Religious Education

Meegan McInness



Confirmation/Eucharist

We are hearing great things here at school about the home base meetings and how well they are running. Thank you to those parents who have been fully committed to the sacramental program. A reminder, the expectation is that each candidate needs to attend each week with a parent or responsible adult unless the child is ill. The first Presentation Mass is this Sunday. Could any parents who have not returned the note indicating which Mass they are attending, do so by tomorrow or email your child's teacher.

We ask all members of the Sacred Heart community keep these children in our prayers.

mmcinness001@shyarrowonga.catholic.edu.au



Pastoral Wellbeing Janine Buerckner jbuerckn@shyarrowonga.catholic.edu.au

Welcome back to Term 4.

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.

NUTRITION MASTERCLASS ON FUSSY EATING

Do you have someone in your family who is a fussy eater? Are you at your wit's end trying to get your kids to try new and healthy foods? This can make life very difficult for parents at meal times and often raises the levels of stress and anxiety in both the child and the parents.

Sacred Heart Primary School is hosting a **FREE** mini seminar, here at school, to help with the understanding of this issue and offering some practical strategies to support families.

Presenters: Daniel Thomson, Dietitian
Kaitlyn Cummins, Occupational Therapist

Date: Wednesday, 16th November (Week 7)

Time: 9:30am – 11:00am

Venue: Mercy Centre

Morning tea included

PLEASE INDICATE BY PHONE (via the office) OR EMAIL IF YOU WISH TO ATTEND.



CHILDREN'S CHATTER MATTERS

Ten activities will be provided over Term Four targeting your child's knowledge of story grammar. It is important for children to learn that stories generally have parts or a sequence to follow. Knowledge of this will improve your child's reading comprehension and narrative writing.

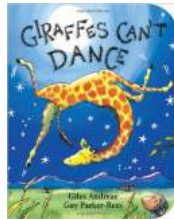
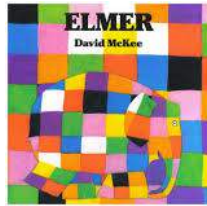
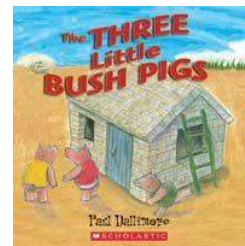
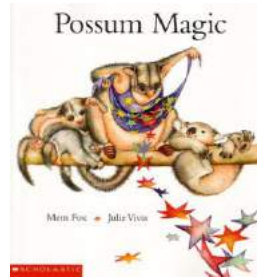
A story needs to have:

- *A setting: 'who' the story is about, 'where' the story is taking place and 'when' the story is taking place
- *A problem which arises in the story
- *Feelings: how the character feels about the problem
- *A plan to fix the problem
- *The action
- *A solution to the problem
- *An ending



** Here are some fabulous books that you might want to find/ borrow to read with your child. They have a strong storyline, which will help develop your child's comprehension.

- 'Fearless' by Colin Thompson
- 'The Three Little Bush Pigs' by Paul Dallimore
- 'Giraffes Can't Dance' by Giles Andreae
- 'Possum Magic' by Mem Fox
- 'Clancy the Courageous Cow' by Lachie Hume
- 'The Rainbow Fish' by Marcus Pfister
- 'Elmer' by David McKee
- 'There Was an Old Lady Who Swallowed a Fly' by Pam Adams



National E-Smart Week

The web is a great place to learn, be creative and stay connected, but with one in seven young Australians found to be suffering from cyber bullying, and the many other challenges young people face online, it's important that we invest in giving our students the skills they need to be responsible digital citizens. That's why we're participating in the Alannah & Madeline Foundation's National eSmart Week - along with hundreds of other schools and libraries - to show our commitment to cyber safety, wellbeing and digital inclusion.

Sacred Heart has been officially registered as an E-Smart school.

YARRAWONGA & DISTRICT GARDEN CLUB

SPRING SHOW 2016

WHEN: Saturday 22nd October- 11.00am to 5.00pm

WHERE: Old Convent, Murphy Street, Yarrawonga

CHILDREN ARE INVITED TO ENTER THE CHILDREN'S SECTION

Children's Section

11 to 14 years- Class 6 A Novelty made from fruit and/or flowers

9 to 10 years- Class 7 A Garden Ornament with flowers

8 years and under- Class 8 Springtime in a Tea Cup, Class 9 Necklace made from Flowers and/or Fruit and/or Vegetables

All Ages- Class 10 A Painted Rock

Classes 6-10 1st \$5.00 2nd \$2.00 3rd \$1.00

Prizes for winners in each age group Donated by Jan Mackenzie.

Best Exhibit: BRIAN PAYNE TROPHY – Rosette & \$20.00

Zone Athletics

Due to the recent bout of wet weather our Athletics Carnival has been postponed until Thursday 4th November. The Divisional Aths Carnival is to be held in Wangaratta this Friday, 7th October. The team is made up of children from Years 4-6 and has been selected using results from school trials last term and teams from previous years. A reminder to any students who are racing in the 1500m to be in Wangaratta before 9am. All other events begin at 9:30am. Relays will be held at the end of the carnival, at approximately 2pm.

Congratulations

Thirteen students from Grades 3 & 4 competed in Regional Finals of the Junior Hooptime Basketball competition yesterday. Our determined boys team competed fiercely all day, missing the finals by 1 point!

Our gallant girls resurrected a 2-17 loss, with a 6-5 win in their final to earn themselves a position in the top 20 junior basketball teams in the state. They will compete for a state title in November. A massive thank you to Brett Harvey and Kaye Zanin who once again dedicated their day to coach, and all the parents who supported the children and staff.

DAIRY ASSISTANCE FUNDING (CAMPS, SPORTS AND EXCURSIONS FUND)

The Victorian Government implemented a response package to assist dairy farming families.

This included assistance for primary and secondary students attending schools where one or both parents:

- Own an operating dairy farm
- Are share farmers on a property primarily operating as a dairy farm
- Hold a lease for an operating dairy farm
- Work as an employee on an operating dairy farm and this is their main source of employment.

The Camps, Sports and Excursions Fund (CSEF) eligibility criterion is being extended, consistent with the 2016 drought response.

Dairy assistance payment is a one-off amount of \$375.00 per student that will be paid to schools.

The Dairy Assistance CSEF will be paid to the school where the student is currently enrolled at the start of Term 3, 2016.

Parents can apply for the dairy assistance funding by completing an application form and lodging it with their child's school by the 18th November 2016.

Completed and endorsed spreadsheets should be submitted by 2nd December 2016.

The one off \$375.00 payment to schools will be made from September 2016 with the programme ceasing at the end of Term 4 2016.

PLEASE CONTACT THE SCHOOL OFFICE IF YOU ARE ELIGIBLE FOR THIS ASSISTANCE.

Year 6 Camp

Our Year 6s along with Mr Dwyer, Miss Schutt, Mrs Lawless, Mrs Stiles and Mr Carroll head off to Canberra bright and early Monday morning. Please ensure you have checked clothing lists and all necessary items are packed. Children must pack their bathers and towel in their backpack for our swim at the AIS on the first day. In their suitcase/large bag they must have their full school uniform, including white socks and school shoes, for our visit to Parliament House on Wednesday. Any medication is to be handed to Mrs Stiles on Monday before hopping on the bus and cakes/biscuits/slices to be shared for supper need to be given to Miss Schutt. All medical forms and trampolining permission notes must be returned ASAP if not done so already.

Graduation Mass

All Year 6 students are asked to bring in a pre-prep photo of themselves to be used as part of our Graduation Mass on Thursday 15th December. Photos can either be emailed to Mrs Lawless (lless@shyarrowonga.catholic.edu.au) or bought into school to be scanned and returned.

ATTENTION!

Notes

All children in Years 5 & 6 will be bringing home a Kanga 8s note this week. Please ensure it is signed and returned asap. Year 5s will also be bringing home a note regarding Kinder visits.

Home Reading

Children in Years 5 & 6 are still expected to be reading a minimum of 80 minutes per week. Please ensure you are checking their reading and signing it off in their diary before it is returned each Friday. Children who do not return their signed diaries each Friday will be kept in at recess and lunch.

BOOK CLUB

Book Club orders are to be returned by Friday 14th October, in an envelope marked with the Student's name and Class. Thank you

Extend Before and After School Care at Sacred Heart Primary School

Recap

The past 2 weeks we have had lots of fun activities at vacation care such as Halloween pumpkins, earth planters. Our first incursion was back to school bonanza where we painted our very own cap, pencil case & drink bottle. Our second incursion was Lego mania conducted by Bricks 4 kidz. The children had different stations where they could build all sorts of things from Lego. We also made popcorn lions, built a kite and made footy banners plus lots more.

Lisa Gard- Team Leader



Our Extend Superstar for the week is...

Baxter Donovan for showing respect to the staff of Extend.

Next week's activities: **Blood 25 week!**

Monday 3rd October: Blood Transit Van

Tuesday 4th October: Modelling Blood

Wednesday 5th October: Blood Types & compatibility

Thursday 6th October: Check your pulse

Friday 7th October: World's greatest biscuit

Parent Portal: extend.com.au

TERM 4 LAUNCH: COME ALONG TO **RED25 WEEK** AT EXTEND AFTER SCHOOL CARE

A week filled with exciting science, craft, cooking, and sport activities based around giving blood, and general health and well-being.

Extend is coming together as a community with a goal to raise **100 blood donations by the end of October this year**. To encourage everyone to get on board, Extend Director Stevenson will complete one of three possible dares if we reach 100 blood donations! Visit darrendare.com to watch our launch video and see further information later in the newsletter. We encourage all families to make an appointment TODAY!

Your child can get involved by coming to *Red25 Week* in Term 4!

Discover what blood is made of by creating a sensory model, learn about the different blood types and which are compatible during a fun science experiment, put your chef's hat on and join us in making the World's Greatest Biscuit...and much more! Speak to your Team Leader to find out when Red25 Week begins.

Attention families and teachers: Be part of our goal to reach 100 Blood Donations!

Visit darrendare.com for further info.

Day for Daniel – Friday 28th October

This year our students will again be allowed to wear a Red t-shirt or something Red on the day. We will also have a guest speaker who will talk to some classrooms about stranger danger and Cybersafety.

In the afternoon assembly we will be holding a raffle with over 20 prizes to be won!



DAY FOR DANIEL

Friday 28th October



This year Sacred Heart Primary School will be holding a raffle fundraiser for Day for Daniel. All money raised will go directly to the Daniel Morcombe Foundation helping children of victims of crime.



Major prizes: 'HOT LAP' Winton Motor Raceway, 5 discount tickets from Tunzafun Mulwala, 4 movie vouchers from Yarrowonga Mulwala Golf Club.
Other prizes include, \$50 voucher from Bourkes Hotel, \$40 voucher from Kitchen Queens, pocket speaker from Bi-Rite Electrical, \$20 Yodasaks meat voucher and lots more prizes.

Raffle tickets for the Day for Daniel on the Friday 28th October. Major prizes include 'HOT LAP' donated from Winton Motor Raceway, 5 discount tickets from Tunzafun Mulwala, 4 movie vouchers from Yarrowonga Mulwala Golf Club and lots more prizes to be won. All money raised goes to the Daniel Morcombe Foundation to support child of victims of crime. Drawn Friday 28th October at the afternoon assembly.
Everyone is welcome to attend.

Sacred Heart presents



2016
Spring
Ball

Saturday

October, 15th

6.30pm onwards

Dress: Semi Formal

Entertainment by Toucan Rocks

\$40
incl.

Cocktail on arrival &
Finger Food served
throughout the night



Yarrowonga Mulwala Golf Club



Pay for tickets at Sacred Heart Primary School Office or by EFT

Office: 62 Orr St, Yarrowonga, Phone: 57 443 339

Account Name: Sacred Heart Parents & Friends

BSB: 803188

Account Number: 100021411

Reference: Please use full name when playing by EFT

If paying by EFT, collect your tickets at the door.

For further information see the P&F and Primary School Facebook Page,

email: pandf@shyarrowonga.catholic.edu.au or contact Sandy Judd: 0438182792



YARRAWONGA-MULWALA

Multi Sport Festival



now incorporating Splash n Dash

22nd & 23rd October



TRIATHLON
AUSTRALIA
AGE GROUP
ITU WORLD
CHAMPIONSHIP
QUALIFYING RACE

Saturday Oct 22nd

Mulwala Water Ski Club Super Saturday

- Flagship ITU World Qualification Standard Distance Triathlon
- Sprint Distance Triathlon
 - Mini Triathlon
 - Kids fun village
- Presentation Party

Sunday, Oct 23rd

Yarrawonga Mulwala Tourism Foreshore Fun Runs

- 5km and 10km, plus kids 1km and 3km fun runs/walks
- Yarrawonga Health Helping Hands Corporate Challenge
 - Kids fun village

Register online at www.ymmf.org.au

For accommodation options phone 1800 062 260 or visit www.yarrawongamulwala.com.au



Sacred Heart Parent and Friends are proud to bring you the:
Yarrawonga Mulwala Multisport Festival (YMMF)
Saturday 22 and Sunday 23 October 2016.

The program will include the ITU World Qualification Standard Distance Triathlon, Sprint Distance and Mini Triathlon events on the **Saturday afternoon.**

On **Sunday** your favourite Fun Run is back!!

There's something for everyone during this fantastic two day festival:

- Flagship ITU World Qualification Standard Distance Triathlon
- Sprint Distance Triathlon
- Mini Triathlon
- 5km and 10km fun runs
- Kids 1km & 3km fun runs

Entries are now open - jump on-line and register!!

For a detailed event schedule please go to event details menu item on our website.

www.ymmf.com.au

To stay up to date - check out our **facebook** page - Yarrawonga Mulwala Multi Sport Festival.

This is a major fundraiser for Sacred Heart Parent & Friends and your participation, either as an entrant or volunteer is greatly appreciated.

The support we have received from our very first Yarrawonga Foreshore Fun Run in 2006 has been amazing!!

This will be our 11th Annual 10k Run and 5km Run/Walk - a great event for the whole family. And don't forget the popular **Junior Fun Run** (1km for Prep, Grade 1 & 2, 3km for Grades 3 to 6).

Sacred Heart Primary School Students have been strong supporters of this event with about 200 lining up at the start every year. We love seeing their excited faces as they cross finish line and collect their gold medallions. Entry forms will be provided soon and kids can also register on the day.

BACKGROUND:

* 2006 - The **Yarrawonga Foreshore Fun Run** was established by Sacred Heart Parent & Friends.

* 2011 - A State to State Swim was added and event was renamed the **Yarrawonga Mulwala Splash n Dash** attracting hundreds of participants from across the state and southern NSW.

* 2015 - Our committee was approached by Triathlon Victoria to assist with the running of the 2015 Yarrawonga Mulwala Multisport Festival (YMMF) due to our proven track record of organising a professional and successful event.

* 2016 - Complete merger of Yarrawonga Mulwala Splash n Dash and YMMF.

This will be the fifth year for the YMMF. Initially started by Triathlon Victoria with the assistance of Yarrawonga Mulwala Tourism this event has quickly grown into a premier event attracting 800 participants last year, contributing in excess of 1.3 million of economic benefit to the region.

Yarrawonga Mulwala Multisport Festival has just been awarded World Qualification for the ITU World Championship and will further place Yarrawonga Mulwala on the map. A significant achievement only awarded to several triathlons in Australia.

OTHER EXCITING NEWS

We are about to release what will be one of Australia's most picturesque and spectacular regional triathlon courses surrounding beautiful Lake Mulwala featuring two states, a run across it's iconic banded bridge over the Mighty Murray River. The organisers are in the final stages of securing permits for the course. Stay tuned!

OUR YMMF COMMITTEE:

Darren Forrester 0472 555 647 - Race Director
Jared Loughnan 0419 336 884- Media & Marketing & Sponsorship
Lynda Ford-White 0407 432 756 - Secretary/Treasurer
Andrew Macpherson 0404 372 647- Run Co-ordinator
Scott Jaques 0451 370 369 - Bike Co-ordinator
Cathrina Shaw 0437 290 970 - Swim Co-ordinator & Sponsorship
Peter Elliott 0434 625 485 - Committee
Phil Conway 0428 393 650 - Committee
Tracee Stevens 0400 934 199 - Junior Fun Run Co-ordinator

(Sub-committee of Sacred Heart Parent & Friends).

VOLUNTEER REQUEST

2016 YARRAWONGA MULWALA MULTISPORT FESTIVAL

SATURDAY 22ND OCTOBER 2016 - Olympic, Sprint & Mini Triathlon

SUNDAY 23RD OCTOBER 2016 - YARRAWONGA FORESHORE FUN RUN 10KM & 5KM , JUNIOR FUN RUN 1KM & 3KM

The YMMF is just 3 weeks away.

We are proud that our school fundraiser is now a major event on the Yarrowonga-Mulwala calendar, attracting entrants from all over Victoria and southern NSW.

This event could not take place without the generous time and effort offered from countless volunteers within our school community.

We would be delighted to hear from you if you are able to assist.

Please contact me by phone 0407 432 756 or by email lford3@bigpond.com or return the attached slip to the school office.

Sacred Heart Parent & Friends Association

VOLUNTEER REQUEST

This event could not take place without our wonderful school community.

Please contact Lynda by phone 0407 432 756 or by email lford3@bigpond.com

or return the slip below to the school office if you are able to assist.

We would be delighted to hear from you.

Name:	
Phone:	
Email:	
Saturday 22nd October 2016 Triathlons—Olympic, Sprint & Mini	
1-30pm to 4.00pm	
4.00pm to 6.30pm	
Sunday 23rd October Yarrowonga Foreshore Fun Run 10k, 5km & Junior Fun Run 3k & 1k	
6.00am to 7.30am Set Up	
7.00am to 9.00am Regos	
8.30am to 10.30am Marshall	

YARRAWONGA-MULWALA

Multi Sport Festival

Oct 22 & 23 2016

now incorporating Splash n Dash





Extend Head Office:
30-32 Hull Street
Richmond VIC 3121

Office locations and training centres:
Melbourne | Sydney | Brisbane | Adelaide | Perth

Extend (Australia) Pty Ltd
ABN 99 100 681 552

Telephone 1300 366 437
Facsimile 1300 849 438

enquiries@extend.com.au
www.extend.com.au

Hello!

Thanks for your interest in joining Extend's Red25 campaign to raise 100 blood donations.

Please see instructions below to book your appointment today:

STEP 1: APPOINTMENT

Make an appointment online at <https://www.donateblood.com.au/make-appointment> or call 13 14 95. You will be able to find the nearest location and check your eligibility to give blood.

STEP 2: JOIN OUR GROUP – EXTEND AFTER SCHOOL CARE

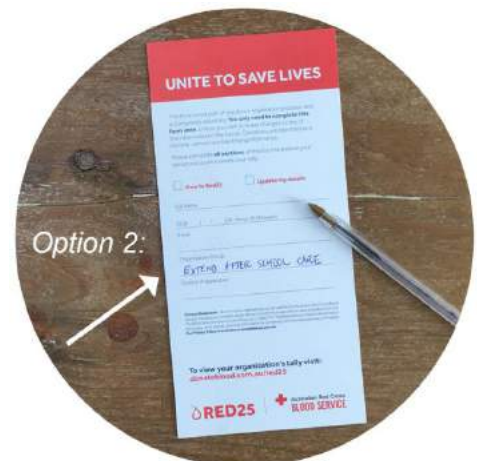
Join our Red25 Group (**Extend After School Care**) to make your blood donation count. This step is extremely important, as your blood donation won't be part of our total tally if you skip this step. And don't worry, you can change your Red25 group at any time.

There are two ways to join our Red25 Group.

Option 1 – (Only applies if you already have a Donor ID)

Visit <https://www.donateblood.com.au/red25/join-group> and follow the prompts to nominate **Extend After School Care** as your Red25 group online.

Option 2 – Complete the Red25 form at your blood donation appointment on the day. Please ask the Blood Donor centre staff for the form if it is not given to you. Nominate **Extend After School Care** as your Red25 group.



STEP 3: SPREAD THE WORD!

Share this with your friends and family so they can get on board too. Anyone can be a part of our campaign to reach 100 blood donations.

We appreciate your support in this worthy cause. Let's get together as part of Extend's community to reach our goal!

PS. Have you voted for Darren's Dare? Decide on his fate at darrensdare.com

With best wishes

The Extend Team