



Be Safe, Be Respectful, Be Your Best

**ODD SOCKS DAY  
TOMORROW**

*Wear odd socks 2mrw!!*

*Newsletter Term 4 Week 2*

**SPRING BALL TICKETS!**  
Last chance today!! No tickets at the door. Book online or ring the School office today.

Dear Parents,

Yesterday and today members of the school Leadership Team have been meeting with seventeen other schools who are involved in the Inquiry Mindset Project. Our focus has been on 'Literacy' and more specifically 'comprehension.' We have been working with Helen Timperley from the University of New Zealand to develop processes that will enable staff to use their student data to better inform their teaching. We hope to then transfer the skills and strategies we develop into other curriculum areas and enhance the consistency of curriculum implementation from Prep to Year Six. We have had two days of professional learning each term this year and we'll complete the project with two more days in Term One, 2017.

**Sacred Heart Spring Ball** – Our Spring Ball is this Saturday night at the Yarrawonga Mulwala Golf Club. Last year was an extremely enjoyable night and I'm sure this weekend's celebration will be just as fun. If you haven't got your tickets yet please do so ASAP. I hope to see you all there and enjoying a 'catch-up' in a more social setting, rather than the professional one we meet at from day to day.

**Classroom Parent Rep's** - Amanda Mansfield attended our staff meeting on Monday and spoke to us all about the implementation of the Parent Representative Program. We see this as another way of enhancing communication between home and school. We also hope it will help new families transition more smoothly into our community by having someone that they can go to whenever they are unsure of something. The 'Parent Representative' is not a Board member who you go to if you're not happy with something; we ask you to continue to speak to your teacher directly if you have an issue.

**Children's Mass this Sunday** – It was great to see so many families attending Sunday's Presentation Mass for our candidates for the Sacrament of Confirmation. The kids were great and we now move our attention to the celebration itself on Saturday 12<sup>th</sup> November.

**Camps** – Our Year Six student leaders are enjoying themselves in Canberra this week and getting a clearer understanding of everything associated with our national capital. On Friday our Prep children will head off to Mansfield for their excursion while our Year Three students will have their two-day camp next week in Harrietteville.


**Pupil Free Day, Term Four** – A reminder to parents that our next Pupil free Day will be on Monday 31<sup>st</sup> October prior to Melbourne Cup Day. This day is allocated as our 2016 Report Writing Day. And our final day will be on Monday 28<sup>th</sup> 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 16<sup>th</sup> 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						
			<b>Wed 12<sup>th</sup></b>	<b>Thu 13<sup>th</sup></b>	<b>Fri 14<sup>th</sup></b>	<b>Sat 15<sup>th</sup></b>	<b>Sun 16<sup>th</sup></b>
<b>2</b> (Oct)			* Year 6 Canberra	* Year 6 Canberra * Junior Future Stars (Mixed)- Basketball * Odd Socks Day	* Year 6 Canberra * Parish Mass- Year 3 * Woods Point Visit 3G * Regional Aths- Albury * Prep Excursion- Mansfield	* Sacred Heart Spring Ball	
			<b>Mon 17<sup>th</sup></b>	<b>Tue 18<sup>th</sup></b>	<b>Wed 19<sup>th</sup></b>	<b>Thu 20<sup>th</sup></b>	<b>Fri 21<sup>st</sup></b>
<b>3</b> (Oct)	* 6.30pm Fete Meeting (2017) Sacred Heart College (staffroom) * 7.30pm- P & F Meeting	* Yr 3 Camp- Harrierville * Kanga 8's Carnival- Yr 5/6	* Yr 3 Camp- Harrierville		* Udderly Awesome Dress Up day * Parish Mass- Year 5 * Woods Point Visit 4W	* Multi Sport Festival	
	<b>Mon 24<sup>th</sup></b>	<b>Tue 25<sup>th</sup></b>	<b>Wed 26<sup>th</sup></b>	<b>Thu 27<sup>th</sup></b>	<b>Fri 28<sup>th</sup></b>	<b>Sat 29<sup>th</sup></b>	<b>Sun 30<sup>th</sup></b>
<b>4</b> (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		
	<b>Mon 31<sup>st</sup></b>	<b>Tue 1<sup>st</sup></b>	<b>Wed 2<sup>nd</sup></b>	<b>Thu 3<sup>rd</sup></b>	<b>Fri 4<sup>th</sup></b>	<b>Sat 5<sup>th</sup></b>	<b>Sun 6<sup>th</sup></b>
<b>5</b> (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.



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

[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)



### 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, 16<sup>th</sup> 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.**

### TEACHING KIDS RIGHT AND WRONG

Here are 4 tips for parents, taken from an article in Sunday's Herald Sun, written by Tiffany Korszen:

1. Save strong emotional attention for when children are behaving well and effectively.
2. Think about boundaries that are important to you and reinforce them – make them very clear.
3. Think of consequences for breaking the rule and be consistent with enforcing those consequences.

**Make sure negative behaviour doesn't result in positive outcomes for the child (getting what they want after you've already told them no).**



### 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.



**\*\*Share books with your child by reading and asking questions. This will help your child hear the entire sequence and flow of the story, which will assist them learning story structure. Once your child has had the opportunity to have a few**

texts read to them uninterrupted, it is important that during reading, you begin to take turns in talking about what is happening in the pictures and ask your child questions that focus on the elements of the story.

Before reading a story with your child, discuss the following questions:

What is the title of the book?

What does the cover tell you about the book?

What do you think the book is about?

Have we read a book like this before?



During reading with your child, the following questions can be asked:

What do you think will happen next?

What is the problem in the book?

How do you think the problem will be solved?

Why do you think the character did that?

How do you think the character feels?

When you were reading this part, what were you picturing in your head?



After reading, ask the following questions:

Describe the setting of the story?

Where did the story take place?

What was your favourite part?

Which part would you change?



### YARRAWONGA & DISTRICT GARDEN CLUB

#### SPRING SHOW 2016

**WHEN:** Saturday 22<sup>nd</sup> 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 1<sup>st</sup> \$5.00 2<sup>nd</sup> \$2.00 3<sup>rd</sup> \$1.00**

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

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

#### 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 15<sup>th</sup> December. Photos can either be emailed to Mrs Lawless ([llawless@shyarrowonga.catholic.edu.au](mailto:llawless@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.

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

### Recap

Last week Extend had RED25 week. We have had some interesting things to learn about blood & donating blood, we made a blood transit van using our crafts. We were fascinated by the blood model activity. And of course the favourite activity was cooking some yummy biscuits that represented the biscuit you get when you donate blood.



Lisa Gard- Team Leader (Parent Portal: [extend.com.au](http://extend.com.au))

### **Our Extend Superstar for the week is...**

**Hunter Lonergan** for playing fairly with the littlies in downball.

Next week's activities:

Monday 10<sup>th</sup> October: Hair Dresser      Tuesday 11<sup>th</sup> October: Big foot race

Wednesday 12<sup>th</sup> October: Bread in a bag      Thursday 13<sup>th</sup> October: Ipod Speakers

Friday 7<sup>th</sup> October: Halloween Crafts

### Day for Daniel – Friday 28<sup>th</sup> 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 28<sup>th</sup> 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 B1-Rite Electrical, \$20 Yodaaks meat voucher and lots more prizes.



Raffle tickets for the Day for Daniel on the Friday 28<sup>th</sup> 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 28<sup>th</sup> October at the afternoon assembly.  
Everyone is welcome to attend.

# Sacred Heart presents



2016  
*Spring*  
*Ball*

Saturday

October, 15<sup>th</sup>

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](mailto: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](http://www.ymmf.org.au)

For accommodation options phone 1800 062 260 or visit [www.yarrawongamulwala.com.au](http://www.yarrawongamulwala.com.au)



Sacred Heart Parent and Friends are proud to bring you the:

**Yarrowonga 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](http://www.ymmf.com.au)

To stay up to date - check out our **Facebook** page - Yarrowonga 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 Yarrowonga Foreshore Fun Run in 2006 to now 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, 1 & 2 and 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 have been sent home and are available in the office. Kids can also register on the day.**

BACKGROUND:

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

\* 2011 - A State to State Swim was added and event was renamed the Yarrowonga 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 Yarrowonga Mulwala Multisport Festival (YMMF) due to our proven track record of organising a professional and successful event.

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

This will be the fifth year for the YMMF. Initially started by Triathlon Victoria with the assistance of Yarrowonga 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.

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

OTHER EXCITING NEWS

One of Australia's most picturesque and spectacular regional triathlon courses has been released. The course surrounding beautiful Lake Mulwala features two states and a run across it's iconic bended bridge over the Mighty Murray River.

Check out the website....[www.ymmf.com.au](http://www.ymmf.com.au) for a visual of the spectacular course!

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](mailto: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](mailto: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.

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



a national mental health and stigma campaign



... because anyone can have an odd day

Pull on your Odd socks and join us in a light-hearted approach to remind people that anyone can have an odd day

## **Thursday October 13th 2016**

Join Yarrawonga Health team by uploading a picture of you in your workplace or community wearing Odd Socks

Liking and Tagging the

**Yarrawonga Health Facebook page.**

Please like and share your post with your community.

If you wish to find out more visit the website at: [www.oddsocksday.org.au](http://www.oddsocksday.org.au)



**Being different is ok, Wear odd socks today.**