



Be Safe, Be Respectful, Be Your Best

Friday Assembly. 9am this week not 2.45pm.
Peter Robertson visiting.

Newsletter Term 4 Week 3

PBIS Blitz (Week 3)
A tidy uniform from head to our feet makes Sacred Heart kids look nice and neat!

Dear Parents,

Last week we were able to make an announcement to you all regarding our Principal for 2017. Sacred Heart is very fortunate to be welcoming Arn Gorman as Principal. Arn brings a wealth of experience and our staff and students will certainly be the beneficiaries of her extensive knowledge as we continue our journey in the Inquiry Mindset Project. Arn's input will be of great assistance to the staff as we strive for further improvement in the key learning area of literacy and more specifically, comprehension. In the days ahead, Arn and I will look at opportunities for her to meet the students and touch base with the staff as their future Principal. There will be further announcements regarding changes to staffing in 2017 and I will inform you all of these changes in the next two weeks.

Sacred Heart Spring Ball- What an enjoyable evening Saturday night was. Great company, great venue and entertainment, I think everyone who attended appreciated the opportunity to come together with staff and friends to enjoy a few drinks away from the school environment.

I hope the Parents and Friends continue to persevere with the Ball in 2017 as it is a wonderful community event that I'm sure will grow. Thanks to Sandy Judd and all those helpers who co-ordinated the event. Your efforts were greatly appreciated.

Multi-Sport Festival- This weekend we turn our attention to the multi-sports event and we continue to look for helpers to assist with the various marshalling and volunteer responsibilities. We have a number of staff who can assist on the day but we still require more parents to help out if at all possible. What a marvellous health related, community event this is to be associated with. I hope we can honour all of work that has been done behind the scenes to bring this National Event to Yarrowonga and ensure its future for years to come.

School Board Meeting- Tonight we'll be holding our October meeting for the School Board. There is still much to be done before the end of the year and we will begin our preparations for this year's Annual General Meeting.

Camps – The weather hasn't been too kind to our Year Three students who are currently involved in their camp to Feathertop Chalet in Harrierville. There's even a possibility they could see some snow. They are still enjoying themselves though and will be back with us by the time you read this newsletter.

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

Thank You

Support us



Week	<h1>Term 4</h1>						
	 <p>Friday Assembly this week at 9am. Student of the week awards. Peter Robertson our guest speaker.</p>			Thu 20th	Fri 21st	Sat 22nd	Sun 23rd
3 (Oct)					* Peter Robertson-School visit. * Parish Mass-Year 5 * Woods Point Visit 4W	* Multi Sport Festival	* Multi Sport Festival
	Mon 24th	Tue 25th	Wed 26th	Thu 27th	Fri 28th	Sat 29th	Sun 30th
4 (Oct)	* Senior All Stars Basketball-Regional Final Mill Park * Moira Shire Senior Citizens Gala Day Choir to sing 1.45				* Day for Daniel * Companion Mass- Year 4 * Woods Point Visit 4K	* Berrigan Cup	
	Mon 31st	Tue 1st	Wed 2nd	Thu 3rd	Fri 4th	Sat 5th	Sun 6th
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 * Regional BBall Shepp Yr 5/6		* Presentation Mass for Confirmation Eucharist candidates
	Mon 7th	Tue 8th	Wed 9th	Thu 10th	Fri 11th	Sat 12th	Sun 13th
6 (Nov)	* State Chess Finals			* Senior Future Stars Basketball- Mixed Regional Final Mill Park Melb	* SPIRIT DAY * Remembrance Day (10.45am) * Companion Mass- Year 4 * Woods Point Visit 5B * Radio Awareness- Yr 5/6	Eucharist/ Confirmation Ceremony MPB 6.30pm Yarrowonga Show	
	Mon 14th	Tue 15th	Wed 16th	Thu 17th	Fri 18th	Sat 19th	Sun 20th
7 (Nov)	* Fete Meeting 6.30pm * P & F SHP 7.30pm * Regional Golf- Benalla * Kinder Christmas concert	* Basketball finals- Boys- Girls	* Prep 2017 Transition Session 2- 10.00am-2pm * Mini Seminar- Dietician- Daniel Thomson Morning Tea * Board Meeting 6pm	* Division Hot Shots Tennis	* Just Leadership Day Parish Mass Mass- 1/2V & 1/2W * Woods Point Visit 5O		
	Mon 21st	Tue 22nd	Wed 23rd	Thu 24th	Fri 25th	Sat 26th	Sun 27th
8 (Nov)	* Junior All Stars- Hoop Time Yr 3/4 Melbourne- Final	* Yr 6 Orientation Afternoon 1.30- 3.10pm	* Prep 2017 Transition Session 3- 11.45am- 2.00pm	* Regional Hot Shots Tennis (Wang) * International Day of students with disability.	* Yr 2 Sleepover * Parish Mass- Yr 6 * Woods Point Visit 5C	Carols at the Mulwala Club 6pm	Christmas on Belmore- Street Parade 11am

Religious Education

Meegan McInness



Confirmation/Eucharist

The candidates are very involved both at school and at home preparing to receive the sacraments. Some great research is being done about their chosen Saint and the school community looks forward to them sharing their saint's story with us over the next few weeks. Our Confirmation/Eucharist Ceremony is a very special occasion made even more special by the contribution by our parish choir and our school choir. If there are any children who would be able to join us for the ceremony and sing could you let Mrs. Cussen or I know ASAP. Please continue to keep our candidates and their families in your prayers.

I have been given a white dress and veil and 3 pairs of white flat shoes (approx size 2). Please been in touch if you think you can use any of these items. Thanks to the family who donated the dress and shoes.

Our **Graduation Mass** will be held Thursday December 15th at 10 am in the MPB. This is where we reflect on the year gone by, congratulate and farewell our Year 6 students, and Mr Maher and were our annual book awards are presented. Please put this date in your diary.

Have a great week,

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.

INTERNATIONAL DAY OF PEOPLE WITH DISABILITY, 2016

Please find an invitation attached to promote services in Yarrawonga for International Day of People with a Disability. An RSVP is required for this event for site mapping and catering purposes.

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.



"Teach kids to problem solve" by Michael Grose (Part One)

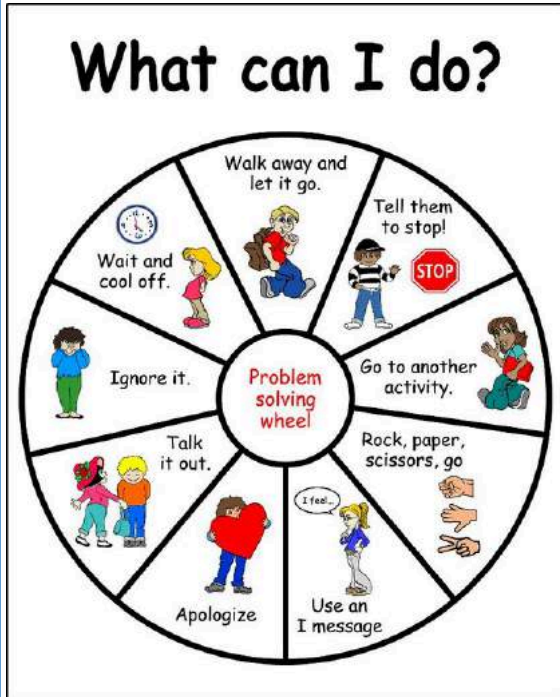
When parents solve all children's problems we not only increase their dependency on adults but we teach them to be afraid of making mistakes. That's fertile ground for anxiousness and perfectionism, which often go hand in hand.

Kids get used to bringing their problems to parents to solve.

Of course, if you keep solving them, they'll keep bringing them. "Mum, my sister is annoying me?" "Dad, can you ask my teacher to pick me for the team?" "Hey, I can't find my socks!"

It's tempting if you are in a time-poor family to simply jump in and help kids out.

Alternatively, you can take a problem-solving approach, cuing them to resolve their own problems and take responsibility for their concerns. "What can you do to make her stop annoying you?" "What's the best approach to take with your teacher?" "Socks, smocks! Where might they be?"



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.



** After reading a book with your child, play a guessing game to see how well they were listening and comprehending. Choose a character, place or time from the book and provide clues for your child to guess. For example, "I wore a mask", "I crept into the house at night" and "I was scared of the dog" = "the robber".

ATTENTION!

Representative Tops

Students who have recently represented the school at Zone or Regional Athletics are asked to return the representative shirts to Mrs Bonat asap.

SCHOOL HATS

All students are asked to label their wide brim hats. With students now wearing hats at recess and lunch each day, it's important names are clearly labeled.

Kinder Visits- Yr 5

The Yr 5 students will begin Kinder visits over the next few weeks. A note will be sent home today with information. Please return notes asap.

ATTENTION!

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

(llawless@shyarrowonga.catholic.edu.au) or bought into school to be scanned and returned.

Yarrowonga & District Senior Citizens Gala Day

(Monday 24th October. Yarrowonga Town Hall)
Sacred Heart School Choir to sing at 1.45pm.
Parents and friends most welcome to come along and watch our choir.

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.

Canberra Camp

Last week our Year 6s had a very busy, but fantastic, week in Canberra. After spending last term learning about the Australian Parliamentary System we were all really excited and looking forward to our trip. While in Canberra we undertook an educational tour of the national capital. We had the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy. Visits to Parliament House, Old Parliament House, the Australian Electoral Commission, Government House and the War Memorial gave us an opportunity to see Parliament in action, building on the work we had done in the lead up to our camp. We were extremely lucky to meet the Governor General, His Excellency General the Honourable Sir Peter Cosgrove, who answered the children's questions about his role and responsibilities. We also witnessed a 21-gun salute as the Prime Minister, The Honourable Malcolm Turnbull MP, welcomed the Prime Minister of Singapore to Parliament House.

The children also visited the National Dinosaur Museum, Cockington Green, the National Zoo & Aquarium, The Royal Australian Mint, the National Museum of Australia, Questacon and the AIS. Night time activities included Ice Skating, Trampolining, AIS Sports Experience and Indoor Rock Climbing.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist in meeting the cost of the excursion the Australian Government contributed \$20 per student, under the Parliament and Civics Education Rebate (PACER) program, to lower the cost of our camp to families. We would like to thank the Australian Government for their support of this program.



Extend Before and After School Care at Sacred Heart Primary School

Recap

Last week at After School Care we had so many giggles playing the big foot race. We had to run down & around the cones and back wearing a huge pair of gumboots. For our cooking this week we made bread in a bag. We also made a set of ipod speakers using cardboard tubes and foam cups. And as always we love making Arts & Crafts.



PUPIL FREE DAYS- The extend team would like to offer a full day program from 8am to 6pm on the 31st October and the 1st November. A minimum of 15 bookings needs to be filled for the days to go ahead. To book online go to the Extend Parent Portal.

Lisa Gard- Team Leader (Parent Portal: extend.com.au)

Our Extend Superstar for the week is...

Leah Appleton for asking others if they would like to play a game with her.

Next week's activities:

Monday 24th October: Letters to the Elderly

Tuesday 25th October: Soccer

Wednesday 26th October: Bush Doughnuts

Thursday 27th October: All about clouds

Friday 28th October: Weather Display Box

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 Yarrawonga Mulwala Golf Club.
Other prizes include, \$50 voucher from Bourkes Hotel, \$40 voucher from Kitchen Queens, pocket speaker from Bi-Rite Electrical, \$20 Yodaaka 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 Yarrawonga 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.



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:

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

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 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 days 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





YARRAWONGA WINDSURFING



LEARN TO WINDSURF AND STAND UP PADDLE. STARTING NOVEMBER 5 FOR 6 CONSECUTIVE SATURDAYS. 9.30 TO 12AM AT YACHT CLUB. AUSTRALIAN YACHTING COURSE WITH QUALIFIED INSTRUCTORS. OPEN TO GRADES 3,4,5 & 6

GRAB A FRIEND AND DONT MISS TH FUN
 ONLY 15 PLACES AVAILABLE
 ONLY \$45-00 FOR 6 SATURDAYS
 WETSUITS, LIFEJACKETS, BOARDS SAILS
 PADDLES, ALL INCLUDED
 FOR FURTHER INFORMATION SEE THE
 YARRAWONGA WINDSURFING SCHOOL WEBSITE
 OR THE FACEBOOK PAGE OR
 CONTACT JOHN SHAW ON 0407850116



To All Disability Service Providers,

An all-abilities concert is being held in the Yarrawonga Town Hall to celebrate International Day of People with a Disability 2016

Thursday 24th November 2016
10am – 2pm

More information on the concert will be sent out in the coming weeks

YNH and PALS have reserved the grassed area beside the Hall for the duration of the concert.

All Service Providers are invited to promote their services to the public and concert goers in this area.

Set up will start at 9am

BYO table and chairs

BBQ lunch will be provided

RSVP by 10th November

For more information, contact Debbie Cooper
community@ynh.org.au or 03 5744 3911