



Be Safe, Be Respectful, Be Your Best

2017 Term 3 Week 8 Newsletter

***Sometimes we forgive not because
We are wrong, but because
Staying angry robs us of happiness.***

MINI BLITZ- Week 8
'Sacred Heart has a wish, to reduce the amount of rubbish so put your food in containers of plastic...to get made a smaller environmental footprint. Fantastic!

Good Afternoon Everyone

Spring is finally here, even though we are yet to reap the benefits of warm sunny days. I am sure they are just around the corner...

I hope all Dads had a wonderful day on Sunday, enjoying time spent with your children and the gifts they purchased at the Father's Day Stall. I would also like to thank all the Dads who attended our Father's Day breakfast. It was fantastic to have so many of you in attendance.

Reconciliation

Tonight, our Grade 3 students and children from our Parish will celebrate the Sacrament of Reconciliation. I would like to take this opportunity to thank the staff in the Bridging Centre, Home Group leaders, Father Steve and Meegan McInness for all the work they have done in preparing our students. Please keep all of our students in your prayers.

Boat Rock

Last week our Fire Carriers, members of staff and parents participated in an excursion to Boat Rock. This site is about 25 kms north from Mulwala, and is very seldom visited. The exceptional quality of this site is that it is the only site in the whole of Australia that captures how the Aborigines were able to construct water storage from solid granite rock. Uncle Col Walker shared with us stories of the Yorta Yorta people, deepening our understanding of their history, culture and achievements within our local community. I would like to thank Christine Cussen for organizing this opportunity for all of us.

Dental Van

We apologise for the delay in the dental van arriving at our school. It will arrive tomorrow and visitations will begin.

Team Work

It is vital that our teachers and parents work together as a team to ensure the very best support for our children. If a parent has any concerns about their child/ren, I ask that they first speak with their class teacher immediately so that "we are on the same page". We will then work together to ensure the best outcomes for your child/ren.

Wishing you a great week as we work together for the benefit of our children.

Take Care

Arn

Sacred Heart is a Child Safe School

Sacred Heart Primary School promotes the safety, wellbeing and inclusion of all children, including those with a disability. Applicants are welcome to elaborate on experience they may have working with children with a disability.

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.



Reconciliation

After a lot of hard work and preparation our Year 3 students are receiving the sacrament of Reconciliation tonight. There are a few nervous butterflies but we know the children have been extremely well prepared and are ready to experience Reconciliation for the first time. This evening is a very special occasion for not just our Year 3's and their families but for the whole Sacred Heart community so all are welcome to join us at 7pm in the church.

Our students have been led in their homebase meetings by Bec Coulter, Caitlin Cruikshank, Narelle Donovan, Brooke Elliott, Katrina Kennedy, Kate Lawless, Bron Nagle and Noel Skehan. We thank these parents for the wonderful job they did in preparing the students.

A big thank you must also go to the teachers, Mrs Connell, Miss Williams, Mrs Cowan, Mrs O'Dwyer, Mrs Boyer, Mrs Brear, Mrs Denys, and Mr Price for their wonderful contribution to the students preparation.

We hope everyone has a special evening as we keep these children in our prayers.

Have a great week everyone.

Meegan

Catholic Identity Leader

mmcinness001@shyarrowonga.catholic.edu.au.

Congratulations

Abbey Belot

Joel Brown

Jack Burns

Rory Carlin

Chelsea Cooper

Danielle Coulter

Chloe Cummins

Archie Doyle

Mia Elliott

JC Halili

Lachlan Johnson

Lachlan Lee –Conway

Darla Lawless

Lenny Lonergan

Georgia Martin

Alyssa Milner

Oliver Nagle

Ellie Rennie

Riley Robinson

Beau Sissons

Keeley Blick

Mikaela Brown

Lachlan Burrows

Sophie Coghill

Mabel Cope

Claudia Cruikshank

Baxter Donovan

Iris Elliott

Jobe Fraser

Max Heffernan

Madison Kelly

Mylah Kennedy

Hunter Lonergan

Max Loughnan

Kerth Martin

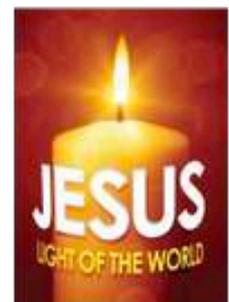
Taya Mitchell

Alani Peterson

Cooper Ridley

Miller Sanderson

Archie Skehan



Week	Term 3						
			Wed 6 th	Thu 7 th	Fri 8 th	Sat 9 th	Sun 10 th
8			Reconciliation Ceremony 7pm	*Dental Van	*Hot Shots Tennis (3-6) *Parish Mass-1H & 1MC * Woods Point Visit-Prep S *Dental Van		
	Mon 11 th	Tue 12 th	Wed 13 th	Thu 14 th	Fri 15 th	Sat 16 th	Sun 17 th
9	*Dental Van	*Dental Van * Hot Shots Tennis (P-2)	*Dental Van	*Dental Van	School Athletic's Carnival		
	Mon 18 th	Tue 19 th	Wed 20 th	Thu 21 st	Fri 22 nd	Sat 23 rd	Sun 24 th
10	Life Relationships Yr 6	*Whole School Market Day 11.30am-1.00pm (Yr 6) Earn & Learn finishes			End of Term finish 2.30pm		

Extend After School Care and Holiday Programs

Last week at ASC the children were in creative mode as they prepared their gifts for Father's Day. The children made cards, lanyards, and made Father's Day Portrait poems. We also enjoyed another messy activity making edible chocolate mud cups and burned off our energy finishing the week with leapfrog.

Next week's activities:

Monday 11th September: **DIY Wall Art** Tuesday 12th September: **Silly Putty**

Wednesday 13th Sept: **Apple Pie Bites** Thursday 14th Sept: **Dodge Frisbees**

Friday 15th Sept: **Spring Flowers**

Lisa Gard- Coordinator Parent Portal: extend.com.au



SPRING HOLIDAY PROGRAM BOOKINGS ARE OPEN!

Book 14 days in advance to receive the lowest rate.

Make your own DIY paints and have fun with messy art, participate in delicious cooking activities, learn all about persistence of vision by inventing your own spinning thaumatrope, and loads more!

To check out the daily schedule, visit our website at extend.com.au and book via the Parent Portal.

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.

Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on [facebook.com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson) Enquiries to jodi@drjodirichardson.com.au

Using screen time to foster kids' wellbeing and family fun by Dr Jodi Richardson Part 1

Children of my generation (born in the 1980s) used to spend a great deal of time outside. Childhood is different now. Technology has changed everything. Our 'digitally native' children don't know of a life when watches were used to tell the time and if you wanted to make a phone call anywhere other than at home you needed 30 cents and a phone booth. As kids we built forts, practised goal shooting in our backyard ring, rode our bikes all around and spent hours outside. We loved it.

Nowadays, left to their own devices, literally and figuratively, our kids are relying on technology for their entertainment. Some young Australians are now spending a third of their waking hours glued to screens, and this is affecting their physical, psychological and behavioural health.

For optimal health and wellbeing, our young people need more quality family time, movement, green time (over screen time) and a chance to put a stop to the perpetually rewarding dopamine drip from constant tapping, scrolling, searching, swiping and Angry Bird launching.

Well, what if I was to tell you that you can combine the wonders of technology with an endless number of outdoor adventures that are infinitely more fun than selfies, snapchat and episodes of *Little Lunch*? Would you want to give it a go?

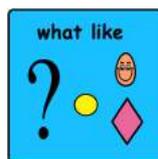
All you need to do is to download a free app called 'Geocaching'. It's a high-tech GPS-based treasure hunting app and it's one of the best-kept family fun secrets.

CHILDREN'S CHATTER MATTERS

Language Learning activities to have a go at home.

Ten activities will be provided over Term Three to help your child think a little bit deeper about the world around them and to use longer and more complex sentences. Expanding your child's oral language use will lead to significant improvements in their writing also. You may need to adjust the activity to suit your child's level:

** Encourage your child to use more interesting sentences by using a variety of adjectives (describing words) and adverbs (words that describe verbs)



See how many adjectives your child thinks of about an object e.g. Cornflakes...

(crunchy, delicious, sweet, small)

A dog... (furry, timid, ferocious)

How many adverbs can they add to these sentence stems:

(Swiftly, slowly) The old man walked (quietly, timidly, with an odd gait)

(Loudly, energetically) The children played (boisterously, peacefully)

We were all speaking.....

Get your child to find the adjective and adverbs in their stories and act them out to help them develop meaning.



BOOKCLUB ORDERS

Book Club Orders
are due back
by tomorrow,
Thursday 7th.

Condolences

The Sacred Heart School Community extend our sincere condolences on the passing of Imelda Dowling, mother of Danny & Hannah and grandmother of Eliza and Grace Dowling.

Congratulations

Congratulations to Brent, Jo, April and Iris Yearwood on the birth of their dear little daughter and sister, Alice

FREE DENTAL CHECK UP- STARTING TOMORROW!

HAVE YOU RETURNED YOUR FORM? YOU CAN COMPLETE IT ON-LINE TOO!

Sacred Heart Primary School is collaborating with Smiles Onsite to promote healthier, happier smiles at our school! This incredible service is being offered for FREE under the federal government's Child Dental Benefits Schedule (CDBS), and comes along with the chance to grab some amazing prizes.

You can fill out the dental consent form for your son or daughter by inserting this link on the web browser - <https://form.jotform.co/72142322508851>



Year 6 Market Day
Tuesday 19th
September
11:30am ~ 1pm

The children in Year 6 have been working on a unit in Economics. They are currently planning a market day to be held on Tuesday 19th September. All classes and teachers are invited to attend the market; parents and family members are most welcome as well. Stalls including chocolate fondue, milkshakes, spiders, homemade cakes and slices, face painting, lolly shop, ice cream, drinks, yabby races, side show games, .. and so much more. We'd love to see you there !!

THE CANTEEN WILL NOT BE OPEN ON THIS DAY FOR LUNCH ORDERS OR WINDOW SALES



Yarrawonga Neighbourhood House

Registered Training Organisation No 21765

Taming Your Tablet

This is a fun, friendly workshop that covers such topics as using your tablet as a productivity tool, attaching photos to emails and Facebook.

Date: Friday 15th September, 9:30am – 12:30pm

Cost: \$50 (GST Free)



Visit our website: www.ynh.org.au
1 Hargrave Court, Yarrawonga 3730
Ph: 03 5744 3911
Email: office@ynh.org.au

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Contact:
Darren Forrester - 0437 817 011
Lynda White- 0407 432 756

Yarrowonga Foreshore Fun Run (Yarrowonga Mulwala Splash n Dash)

Request for new Junior Fun Run Committee

The Yarrowonga Mulwala Multisport Festival is a major fundraiser for Sacred Heart Primary School and Sacred Heart College. The Junior Fun Run is held as part of the Festival weekend and will take place on Sunday 22 October 2017 at 10 am.

This event promotes good health and fitness for our children and since its inception has been a very popular event with our kids, seeing approximately 200 Sacred Heart Primary School students participating every year.

Due to the continued growth of this event, the Multisport Festival Committee is looking for a small number of volunteers to form a committee and work together to ensure the streamlined running of the Junior Event. The list of duties includes the following:

PRIOR TO EVENT:

- Assist packing show bags and medallions (provided by YMMF Committee);
- Marketing of event - Promote at Sacred Heart Primary School and other primary schools in the district;
- Lock in volunteers - To assist at start & finish line, the registration area, On-course & Starter (max 8 helpers); and
- Organise Les Garbutt (or other photographer) to take photo of place getters at finish line.

ON THE DAY:

- Ensure equipment is collected ready for start (provided by YMMF committee);
- Ensure showbags and medallions are taken to finish line prior to start of junior run; and
- Ensure event runs smoothly on day.

AFTER EVENT:

- Write newsletter article for Sacred Heart Primary School to advise of place getters and to thank volunteers and participants.

Feel free to get creative with this event, fresh ideas are welcomed! Support will be provided from Yarrowonga Mulwala Multisport Festival (YMMF) Committee. If this is an event that you wish to help with, please contact any of the below members of the YMMF Committee - Lynda Ford-White Ph: 0407 432 756, Cathrina Shaw Ph: 0437 290 970, Sonia Bourke Ph: 0407 197 665

Nationally Recognised Training

at

Yarrowonga Neighbourhood House

Registered Training Organisation No 21765



Hygiene for Food Handlers

The unit SITXFSA001 Use hygienic practices for food safety is for those who want to work in restaurants, cafes or bakeries, or are members of a community group involved in food preparation.

Date: Friday 22nd September

Time: 9:30am – 4:00pm

Cost: Full Fee \$ 110

Concession: \$ 90 (GST Free)



Visit our website: www.ynh.org.au

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SPRING 2017

HOLIDAYS!



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BEFORE & AFTER
SCHOOL CARE

CHECK OUT WHAT'S ON AND BOOK TODAY

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