



Be Safe, Be Respectful, Be Your Best

MINI BLITZ- Weeks 2 & 3
‘Welcome back to Sacred Heart.
If we follow the 3Bs we will have a
great start!’

“And suddenly you know... it’s time to start something new and trust the magic of beginnings.”

Welcome everyone to the 2018 School year. We have had a great start to the year, with everyone happy to return and settling back into what promises to be a very exciting learning journey.

I would like to welcome all of our preps for 2018 as well as all our new families who have joined us at Sacred Heart.

We thank you for choosing to be part of our community and we look forward to taking part in many of your child(rens) milestones. I know the whole community will make you feel welcome!

We encourage your involvement in your child’s learning at Sacred Heart. Together we can create an effective learning environment in a climate of mutual respect. There are many ways you can help your child at school. Some ways are;

- Attending school and parish liturgies and Masses and faith nights
- Establish regular contact with your child’s teacher
- Read to your child and listen to your child read
- Encourage your child to take increasing responsibility for his/her learning and organisational skills
- Encourage healthy eating, sufficient sleep and regular exercise
- Celebrate your child’s successes
- Attend school events, meetings and information sessions
- Ensure you read the newsletter so you are aware of what is happening at Sacred Heart.

Parent Engagement

This Year we have the privilege of George Otero working at Sacred Heart in helping us strengthen our relationships with parents and community. At Sacred Heart, we want to ensure Parent engagement extends beyond parent involvement in volunteering at the school. We want a deliberate focus on influencing and improving learning and wellbeing outcomes. George will guide and provide us with ideas and strategies that will encourage us to collaborate more effectively allowing the school and community to strengthen its partnerships and directly assisting in the support of children’s learning. Effective parent engagement creates authentic relationships valued by each party. Also, as part of our learning Christine Martin (school Board) Dan Boulton (teacher/ parent engagement representative) and myself will be taking part in a study tour to Santa Fe, New Mexico, USA. This is an exciting opportunity for us, participating in a program involving school and community visits, a number of workshops to gain knowledge and experience of how Community Engagement is achieved in different socioeconomic and culturally diverse communities in the region. This study tour shows the commitment of Catholic Education Sandhurst to the ongoing support of Parent Leadership and Family Engagement.

Sacrament of Baptism

The Sacred Heart school community would like to congratulate Bobbi Taylor and Zoe Freestone who recently received the Sacrament of Baptism. This is a special time for themselves and their families.

Parking

Please be careful when parking along Orr street. I have had numerous complaints regarding cars being parked across driveways restricting the home owner’s ability to come and go from their properties. This seems to be most prevalent in the block near the crossing. In being a little more mindful we can hopefully avoid unnecessary confrontation which unfortunately some of our parents have experienced.

Testing

The teachers over the coming weeks will begin individual testing with all of our learner's. This data will then be used to best plan learning moving forward. Some Emergency teachers will be covering these days to allow our teachers to work one on one with our learners!

Have a wonderful week.

Arn

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

Week	Term 1						
			Wed 7th	Thu 8th	Fri 9th	Sat 10th	Sun 11th
2	 <p>Swimming Carnival Yrs 3-6 Wed 21st</p>		Prep Testing		Woods Point Visit- 2M Parish Mass- 6D & 6M Whole School Assembly 2.50pm		
			Mon 12th	Tue 13th	Wed 14th	Thu 15th	Fri 16th
3		Shrove Tuesday Laptop/ Cybersafety Information Night Yr 5/6	Prep Testing Ash Wednesday P-3-Liturgy- 10.30am 4-6- Parish Mass	Baton Relay Life Education Van (Yr 5) Welcome to Prep Night	Woods Point Visit- 2O Whole School Assembly 2.50pm Parish Mass- 6S & 5M		
	Mon 19th	Tue 20th	Wed 21st	Thu 22nd	Fri 23rd	Sat 24th	Sun 25th
4	Life Education Van (Yr 3)	Life Education Van (PM, 1S, 1MC & 4I) Meet & Greet Whole School & BBQ.	Prep Testing Swimming Carnival Yrs 3-6 Life Education Van (1H, 2M, 2B, 2O)	Life Education Van (PG, PS, 4K & 4J)	Prep G Buddy Assembly 10am Woods Point Visit- 3CO Parish Mass- 3W & 3K		
	Mon 26th	Tue 27th	Wed 28th	Thu 1st	Fri 2nd	Sat 3rd	Sun 4th
5	Life Education Van (Yr 6) Yr 4 Camp- Nillahcootie	Yr 4 Camp- Nillahcootie Board Meeting 6pm	Prep Testing	Divisional Swimming Wang	Opening School Mass 10am Woods Point Visit- 3K		Children's Mass 10am led Year 6 & Prep

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.

Staff Profile

Emma Kerr



Position: Yr Three Teacher

Interests: Running, Netball, Snowskiing and Golf

Football Team: Sydney Swans

Favourite Food/s: Spicy- Thai/Italian

Currently Reading: Curriculum Docs

Favourite Holiday Destination: Ulladulla/Sicily

3 people you'd invite to dinner: Winston Churchill, David Attenborough

What would you do with your last \$50? Dinner with my family & friends

Favourite Movie: The Shawshank Redemption

Favourite Quote: "The Road not taken" Robert Frost

Someone you admire: Mother Theresa

What do you love about our school: The students & staff.

Religious Education

Meegan McInness



Welcome back to a new year. It is great to see all the smiling faces of our students full of enthusiasm for the year ahead.

To help with your planning here are some important dates for your calendar.

TERM 1

Wed 14th Feb: Ash Wednesday Liturgy 1-3, Parish Mass 4-6

Friday 2nd March: Opening School Mass MPB 10am (please note change of date)

Sunday 4th March: Children's Mass, Prep and Year 6

TERM 2

Tues 17th April: Parent Info Evening for Confirmation Eucharist Candidates (Yr 4)

Sunday 29th April Presentation Mass Yr 4

Friday 11th May: Mother's Day Liturgy

Sunday 27th May: Presentation Mass Yr 4

Friday 1st June: Confirmation/Eucharist Ceremony

Friday 22nd June: Sacred Heart Day

TERM 3

Tuesday 24th July: Parent Information Evening for Reconciliation Yr 3

Friday 27th July: Grandparents Day

Sunday 5th August: Presentation Mass Yr 3

Wednesday 29th August: Reconciliation Ceremony

Term 4

TBC

I will be working Tuesdays, Wednesdays and every second Friday this year and can be easily contacted through the front office and via email mmcinness001@shyarrowonga.catholic.edu.au.

Enjoy your week,

Have a great week everyone.

Catholic Identity Leader

mmcinness001@shyarrowonga.catholic.edu.au

Welcome to New Staff

We would like to welcome our new staff for 2018.

Miss Emma Kerr Year 3, Miss Kate James Year 4, Brennan Mills Year 6 and Sonia Bourke Admin

Please make them feel welcome.



jbuerckn@shyarrowonga.catholic.edu.au

Welcome back to Term 1 for 2018. 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 began again this morning and will continue, for the year, on Wednesday and Friday mornings. During last year, I included tips from Michael Grose, an excellent parenting educator, on how to help your children achieve success. I will continue to include snippets from his newsletter most weeks. If you would like to get more tips and advice from him, you can go to his website at www.parentingideas.com.au. I will also include tips from the Speech Pathology office of the CEO on how to continue to develop your child's oral language. This underpins all your child's learning and is a vital part of their education. When I find other topics of interest or relevance, I'll also include those.

Helping children make a bright start to school by Michael Grose



Starting school is a major step in a child's educational journey. It is made easier when children are prepared for the transition. Children's milestone events such as starting school always bring a mix of emotions for both children and parents, with excitement, anticipation and nervousness being the most common. If either you or your child is feeling anxious about the big event then the following tips will help ease the tension and ensure your child makes the best possible start to their school life:

1. Be positive about the year ahead

School starters generally take their cues from their parents so your attitude to school, your child's teacher and learning can set the scene for a positive year ahead. Be positive and confident that your child will fit in and succeed and you increase the likelihood that they will do so.

2. Tell them what to expect

best ways to ease a child's anxiety is to provide information about what expect at school. Over the school holidays, reinforce what they have learned about lining up, play areas, routines and other aspects of school have experienced during the transition program. In this way, your child better prepared for what happens when real school starts.



One of the they can already they may will be

3. Develop your child's independence skills

Children with age-appropriate self-sufficiency skills generally find starting school much easier than children who have always had everything done for them. In the months leading up to the start of school make sure your child knows: how to open and close their lunchbox; how to pack their bag or backpack; how to use the toilet independently; and how to pack away their belongings. Practise eating play lunch and school lunch with your child. Also help them develop the habit of packing up their toys, their dinner plates and their clothes. These simple habits soon become ingrained patterns that will help maximise your child's long-term success at school.

4. Explain what school expects from them

Let your child know that being at school requires some behaviours that may be very different from those required at home. For instance, there will most likely be different rules and routines. They will probably have to work with many more children, they may have to put up their hand to get a teacher's attention and they may have to wait their turn to be heard. Help them understand that in a classroom they may not be able to



do things when they want to – which can come as a shock to some children. These lessons about fitting in will help your child adapt quickly to their new surroundings.

5. Teach social etiquette

School requires children to make friends with other children and also to work and play alongside others. Take the time to explain and role-play the social etiquette that will help your child succeed socially. “Jeremy, when you want to play with others you need to say, ‘Excuse me! Can I join in your game?’” Another way for children to learn social etiquette is through play dates, family gatherings and family mealtimes. Also insist that your child shows good manners including using ‘please’ and ‘thank you’, which will aid their continued social development.

6. Familiarise them with the school environment

The scale of the physical environment of a school can be daunting for young children so consider spending some time at school during the holidays so they become familiar with the playground and the buildings. Also make the journey to and from school a number of times prior to the start of school so that they are comfortable when they go on the first day.

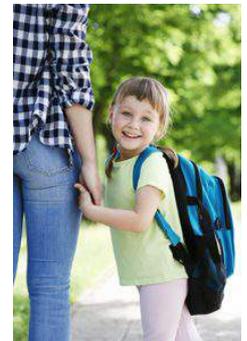
7. Develop a goodbye routine

Despite the best start to the school year there will always be those days when a child just doesn’t want to go to school. Tears and tantrums are common for many school starters. It helps in these less-than-pleasant situations if you have a goodbye routine that includes a smile, a kiss and/or hug and leaving without looking back. If saying goodbye in the morning continues to be a struggle, seek the advice and help of your child’s teacher.

8. Don’t forget to develop a hello routine too!

Once school has finished some children just want to relax without talking about school, while others may unload about the events of the day. Follow their lead but regardless of whether your child opens up or closes down make sure they have some downtime so they can relax and unwind. If your child always presents a tale of woe about school (“I hate school. I’m not going back”), be patient and remember that children can be faulty observers and don’t always see things as they really are. Help them look for the positive or good parts of their day by asking questions such as “What did you enjoy about today?”

At times of transition it’s worth remembering that some children adapt to change far quicker than others. Some children adapt easily to new routines and new surroundings, while others may take many weeks to feel comfortable with going to school. If the latter is the case for your child, then patience, consistency and exposure to affirming parent networks may be the best allies that you and your child can have.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia’s leading parenting educators. He’s the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*, and his latest release *Spooned Generation: How to raise independent children*.

CHILDREN’S CHATTER MATTERS

In order to prepare for the language & learning demands of the school environment, children need ample time and opportunity to engage meaningful interactions with their family.

Research suggests that the types of questions we ask and the quality of discussions we have with our children, from a very young age, are linked to school success. As children progress through the grades they must learn to use extended discourse in telling stories, giving explanations, reporting, expressing an opinion or writing an essay. Asking children “if, why and how” type questions allows them to deepen their thinking and prepare longer and more complex responses. It makes sense to build their confidence with extended discourse gradually, beginning with simple oral tasks.



In each weekly newsletter this year, our school's Speech Pathologist will provide some "family friendly", fun oral language tasks aimed to enhance learning and literacy skills.

We encourage you to set some time aside each week so that you can get the most out of your interactions with your child. In a busy household, sometimes the car is the best place for these focused activities. The key ingredients for a creative interaction are a time, a place, a willing talking partner or audience and an engaging topic or activity.

If your child is reading a particular book at home or in class, try to incorporate words or ideas from that text into your activity. For example; if you are building your child's use of describing words, select a character from your child's reader to describe. Encourage increasingly expensive words such as the *beautiful, gorgeous, stunning and breath-taking* princess.

Positive communication experiences at home help children feel accepted and valued. Growth in spoken language skills will build children's self-confidence and help them learn to negotiate social interactions at school. This often transfers to other aspects of their learning and life.

Ten activities will be provided each term focusing on key areas of oral language supporting literacy, learning and socialising. Feel free to adjust these activities according to your child's grade level.

The following link is to the most comprehensive website available that provides parents with activities that are free, easily accessible and enjoyable. Each activity has been carefully selected to reflect the highest quality, up-to-date research evidence on early literacy development. There is also advice for parents who are concerned about their child's reading and language development.

<http://www.fivefromfive.org.au/parent-resources/>

If you have any questions you can contact Jasman Studzinski, Ed. Speech Pathologist through the School's Special Education Coordinator, Janine Buerckner.

Good luck and most importantly, enjoy this very special time with your child.

The Rosemary Cullen Foundation is organising tea towels for the different centres. The students will draw their pictures and have their names on the tea towels. There will be ones available from Preps and their Grade 6 buddies; Discovery Centre; Bridging Centre; and Leadership Year 5. The tea towels are of a high quality and will be \$15 each or 3 for \$40. We are hoping to have them available for Mother's Day.



Extend After School Care and Holiday Programs at Sacred Heart Primary School

Welcome to 2018

The start of a new year is always exciting. New routines, new classmates and teachers.

This month we are focussing on children's positive skills and we will be working on our cooperative skills in group situations.

This year we will have a variety of regular activities including: cooking, science, sustainability, creative arts, sport/games, cultures, group discussions, and following the children's interests.

If you are curious about what we do, feel free to drop into the Mercy Centre. Staff will be available from 2.45pm and will be able to answer any questions you have, show you examples of our programs and discuss the orientation process with you.

Jo Kingston – Service Coordinator

PARENT PORTAL: extend.com.au

Our Extend Superstar for the week is.... **Kendall** for taking great care of his little sister during our summer holiday programs.

This week's activities:

Wednesday 7th February:

The value of water and scrap paper art

Thursday 8th February:

Making juggling balls and making stencils for painting

Friday 9th February:

Banana Pancakes

Canteen News

- * 2018 Canteen Menu is attached. Also available on the app and Facebook.
- * Due to the Swimming Sports, the canteen will be closed on Wednesday 21st February. Therefore no Lunch Orders on this day.

CAMPS, SPORTS AND EXCURSIONS FUND (CSEF)

To be eligible for the fund, a parent or guardian must be the holder of a concession card being successfully validated with Centrelink on the first day of either Term 1 2018 (29th January 2018 or Term 2 2018 16th April 2018).

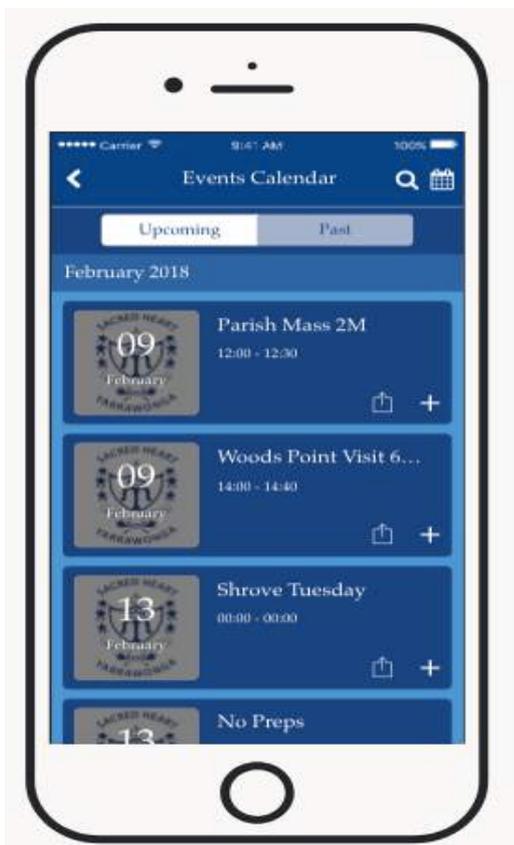
The CSEF is annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

Primary School Student Rate is \$125.00 per year.

The CSEF is paid directly to your child's school. Forms are available from the school office and we require a copy of your Concession Cards. The forms need to be lodged with the school by the end of Term 2 2018. Any queries please contact the office.

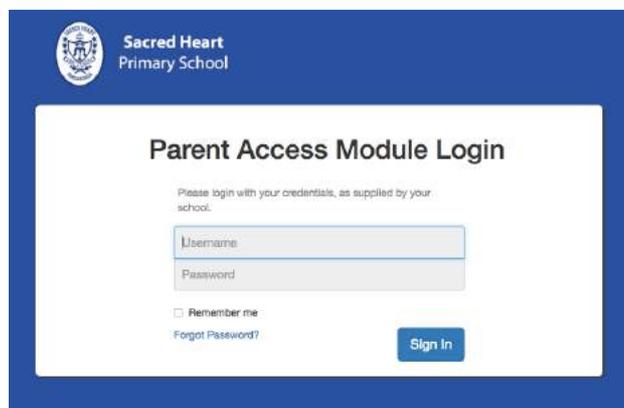
School App & Website

Have you got our school app on your phone? Iphone or Android? Head to the app store and type in 'Sacred Heart Yarrowonga'. Check out the website too if you get a chance.



P.A.M

Have you completed your on-line Medical Forms? All families will have received an envelope with on-line details. Please contact the office if you have any issues or have not yet received your log ins.



Nationally Recognised Training

at
Yarrowonga Neighbourhood House
Registered Training Organisation No 21765



SITHFAB002 Provide responsible service of alcohol

Friday 16th February

SITHGAM001 Provide responsible gambling services

Friday 23rd February

HLTAID003 Provide first aid & HLTAID001 Provide CPR

Tuesday 6th March

For more details or to enrol in any of the listed courses, see our term guide, visit www.ynh.org.au or drop in to:



1 Hargrave Court, Yarrowonga 3730

Ph: 03 5744 3911

Email: office@ynh.org.au

Yarrowonga Neighbourhood House

Registered Training Organisation No 21765

Beauty and Wellbeing * Bring a Friend for Free *****

Wednesday 21st February – 28th March

Excel Basics

Wednesday 7th – 21st March

For more details or to enrol in either of these short courses, see our term guide, visit www.ynh.org.au or drop in to:



1 Hargrave Court, Yarrowonga 3730

Ph: 03 5744 3911

Email: office@ynh.org.au

Yarra-Mul Basketball Association

Season 1 – 2018 Registration-ALL PLAYERS & AUSSIE HOOPS!

Registration is NOW OPEN for our Junior Basketball Competition & Aussie Hoops on our website. Please register at www.sportstg.com then on homepage scroll down and click on "Browse Our Sports Network", then Basketball/Victoria-Country/Yarrowonga Mulwala Basketball Association. Once on our website click on the "Register Now for Domestic Basketball" OR "Aussie Hoops" icon to take you to the registration form and pay. Those registering for Aussie Hoops must register through Aussie Hoops Icon (Not the Junior Domestic area).

Past and new players most welcome.

All information about age groups, fees and nights of play can be found on our website. Please register by Friday 16th February to secure a position, as late entries cannot be guaranteed a place and will incur a late entry fee. Any family with 3 or more children playing junior-do not register online, but contact Amanda Wheaton wheaton@iinet.net.au for family discount (excludes counting family members in Aussie Hoops).

AUSSIE HOOPS PLEASE NOTE: Numbers are capped and so places are limited. Please **register early** to secure a place and avoid disappointment. Thank you.

Yr 6 Graduation T-Shirts & Jumpers

Year 6 Families will be able to pick up their children's Graduation shirts and jumpers from Monday of next week. Yr 6 students will be presented with their shirt at the Monday Morning Assembly.

Payment is to be made at the office before collection of items.

Shirts cost \$35 each and jumpers \$40 each.

NSW BUS TRAVELLERS

Parents are required to apply online, print a paper version of their application and return the form to the school office for endorsement and submission.

The link

is <https://apps.transport.nsw.gov.au/ssts/howToApply>

If you do not have access to a computer please contact the school office.

Strengthening Family Community Engagement



a day with
Debbie Pushor



Wangaratta

Wednesday 28th Feb 2018

Quality Hotel Wangaratta Gateway

29-37 Ryley Street, Wangaratta

9:30am - 3:00pm

Bendigo

Thursday 1st March 2018

CEO Bendigo: De Campo Hall

120 Hargreaves Street, Bendigo

9:30am - 3:00pm

WHO IS THE WORKSHOP FOR?

Parents, teachers, school leaders and Family Community Engagement Teams interested in strengthening Family Community Engagement to improve student learning outcomes.

WORKSHOP OUTLINE

Elements of enhancing Family Community Engagement for schools.
Formulating Family Community Engagement Action Plans.



Debbie is a professor in the Department of Curriculum Studies at the University of Saskatchewan in Canada. In her program of research, Debbie has researched parent knowledge, parent engagement and leadership. In her undergraduate and graduate teaching, Debbie highlights an often absent or underrepresented conversation about the role of parents in relation to school communities.

Whilst this day builds on Debbie's visit to Sandhurst in 2017, this day is useful as an entry point for new school personnel and participants.

Registrations close at 5pm on Friday 23th February 2018.

Please click on the link to register:

www.ceosand.catholic.edu.au/news/professional-learning

Family Community Engagement
Participation & Empowerment



SACRED HEART PRIMARY SCHOOL

CANTEEN MENU 2018

SANDWICHES & ROLLS 🍔🍔

(Choose either white **W** or Multigrain **MG**)

Vegemite Sandwich add 50c for cheese	2.00
Vegemite Roll	2.50
Vegemite & Cheese Roll	2.50
Large Cheesymite / Ham & Cheese Scroll	3.00
Ham & Cheese Sandwich	3.00
Ham & Cheese Roll	3.50
Ham & Salad Roll	4.50
Chicken & Salad Roll	4.50

(Salad : lettuce, tomato, cucumber, cheese, carrot, beetroot & mayo)
Toasted Available extra \$0.50

WRAPS 🍷🍷

Chicken/Ham & Salad Wrap	4.50
(Salad: lettuce, tomato, cucumber, cheese, carrot, beetroot & mayo)	
Tuna Salad Wrap	5.00

Chicken Tenderloin Wrap 🍷

4.00

(lettuce,cheese and mayo, sweet chilli or BBQ sauce optional)

Chicken Tenderloin with Salad 5.00

Gluten Free Tenderloin Wrap available extra cost \$0.50

SALAD BOXES 🥗🥗

Salad Box	GF, V 3.50
Deluxe Salad Box with Ham	4.00
Deluxe Salad Box with Chicken	GF 4.00

(Salad: mixed lettuce,tomato,cucumber,carrot & balsamic dressing)

Fruit Salad Box 4.00

(1st & 4th Term only)

HOT FOOD 🍲

Homemade Quiche Lorraine	3.50
Homemade Sausage Roll	3.50
Bakery Sausage Roll Large	3.50
Traveller Meat Pie	3.50
Bakery Meat Pie	4.50
Mrs Mac Gluten Free Pie	5.00
Party Pies (2 per serve)	2.00
English Muffin Pizza Ham & Cheese	2.50
English Muffin Pizza Chicken, Cheese & BBQ	2.50
Nacho with Cheese & Salsa	4.00
(sour cream optional) (GF)	
Large Hot Dog	3.00
Steamed Dim Sims (soy sauce optional)	1.00
Hashbrowns	1.00
Tomato Sauce (per sachet)	.20

NOTE: Any changes/additions will be advertised in the school newsletter/app. Prices subject to change in line with supplier increases. We cannot guarantee the absence of allergens.

CANTEEN SNACKS & DRINKS 🍷

Available at Recess & Lunch Breaks

DRINKS 🍷

Big M Milk 250ml(choc/strawberry)	2.50
Focus Flavoured Water	2.00
Prima	1.50
Water 600ml	1.50

FROZEN SNACKS 🍷

Calippo Mini (lemon/pine/rasp)	1.00
Lemonade Icy Twist	1.00
Paddle Pop choc/rainbow	1.50
Frozen	
Cyclone	2.00
Bulla Frozen Yoghurt	2.00
Zooper Dooper or Zing	.50
Moosie Milks Ice Treat Choc/Strawberry	1.00
Frozen Sunraysia 100% Fruit Drink	2.00

SNACKS 🍷

Homemade Large Biscuits	1.00
Homemade Assorted Muffins	2.00
Assorted Bit Size Slice	.50
Steamed Dims Sims (soy sauce optional)	1.00
Popcorn	1.00
Red Rock Chips	1.50
Banana Bread	1.50

Treat Day Friday only we do have some lollies available

TO ORDER

Please place bag orders as follows:

- Clearly write your child's name, class, order, dietary requests, price & total on paper and place in the lunch order bags that can be purchased from the front office for \$10.00 or alternatively on a brown paper bag.
- Correct money is appreciated. Please not in cling wrap and **NO STAPLES**.
- Include payment for family orders in your oldest child's bag and note this on sibling's bags.
- Parents should note allergens in **RED** text on bag orders. ie. **NO EGG / NO DAIRY**
- Lunch orders to be placed in the class basket/bag by 9.00am.
- Frozen snacks and Drinks can be ordered on your child's bag and collected at the canteen @ lunch.

🍷🍷 Every Day Foods

🍷 Sometimes Foods

GF Gluten Free



LUNCH WALLETS

reusable lunch order bags

SAY GOODBYE TO PAPER BAGS FROM THE CANTEEN!!!



Lunch Wallet Bags available at the front office until all sold out. Only available in Blue.