









Be Safe, Be Respectful, Be Your Best

MINI BLITZ- Week 8

'Put yourself to the test. And make every day your very best!'

Newsletter Term One Edition No 4

Nothing is beyond our reach if we reach out together,
If we reach out with all the confidence we have,
If we are willing to persevere even at difficult times,
If we rejoice with every small step forward and,
If we dream beautiful dreams THAT will transform our lives
Our world.

Good afternoon families,

We have had some exciting events happening at Sacred Heart over the past couple of weeks. Many students represented our school in the Regional Swimming Meet and Divisional Cricket trials. All students achieved fabulous results competing against the 'Best of The Best' in our regional area. Well done. We also had over 50 students participating in the choir of 1000 voices – this was a fabulous opportunity for our students to 'showcase' their talent and be part of this unique event. Congratulations to all involved.



Signing in at Front Desk.

Parents, please note if you visit the school for any reason, you must come directly to the school office and sign in. Please do not go directly to staffrooms or classrooms. This protects all of us. Thank you.

Riding to school

It is great to see many of our children riding to school. However, I am concerned about some of our children in the junior school riding to school without an adult.

Generally speaking, children under the age of twelve do not have the neuro-physiological and psychological development to cope with complex traffic situations on their own. Road safety authorities recommend that before the age of nine or ten years' children should not ride a bicycle in traffic without adult supervision. Depending on their cycling skills and experience, some children over this age may still require supervision.

Children under the age of twelve may ride on footpaths as may a supervising adult. They are required to give way to pedestrians and to wheel their bicycles over pedestrian and children's crossings. Children aged twelve years or older are required by law to ride on the road.

Making Parenting a little Easier

Thank you to all the parents and staff who attended our Information Evening with Dan Petro. Dan's presentation was engaging and humorous - but most importantly focused on small things we can do that will make a big difference at both home and school. These information sessions are really important for our school community. They enable us to keep parents informed about the work we are doing here at school and build strategies that we can collectively work on together. I appreciate your support.

Parents and Friends AGM

It was great to see many parent and teachers at our AGM on Monday 19th March.

I would like to express my thanks to committee for their work and dedication to both our primary and secondary schools in build a strong community that is well resourced and a happy environment for our students to grow and

learn. Special thanks go to our outgoing president Sam Ridley, Treasurer Jenny Loughnan for their <u>years</u> of dedication to their roles. Thank You.

New Committee for 2018: Jill Mullally, Abbey Hammon, Bec Coulter, Robyn Connell, Sandy Judd, Lynda White, Patrice Goldman, Arn Gorman, Lew Nagle, Kylie Buerckner, Jen Sagaidak, Nell Duffy, Nicole Niewenhout, Cara Bott, Alison Cummins, Tanya Burgess, Sam Ridley

School Uniform

Wearing our school uniform reinforces our children's pride in their appearance and instils recognition of themselves as an integral member of Sacred Heart Parish community. Our children are expected to dress in complete school uniform in a way that reflects a sense of pride in our school and themselves. It also maintains and enhances the positive image our school has in the local community.

There are a few reminders about our expectations about our school uniform

- Black shoes and white socks are to be worn runners are only to be worn when wearing our sports uniform
- Nail polish is not acceptable
- Hair ribbons to be navy or white

I ask that parents ensure our children wearing our correct uniform each day.

School Fees and Direct Debit

School Fees and Direct Debit School fee notices were sent out a few weeks ago. I would be grateful if these could be attended to in a timely manner. If payment presents a problem, then please contact me.

Prep M Buddy Assembly and Awards

This week our Prep M Assembly and awards will be held at 10am in the Mercy Centre. Next week due to the 2.30pm finish there will be no awards or assembly in the final week. Students will be participating in an Easter prayer service at 10.15am. All welcome.

Have a great 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 people for reconciliation and justice.

Hole in One Competition- March 30th-April 1st

4pm until 6.30pm - 7pm (light dependant)

A standard size "hole" with a flag will be created on the 18th fairway approx. 100m from tee off (mats, clubs and balls provided). Only one "hole in one" can be won on the day and if not won then NTP will be allocated the prize. Entry \$1 per ball. A white ring approx. 1.5m will be marked around the hole and those landing within this space win a \$5 voucher to use inside the Club only valid for that day.

Hole in One winner will receive \$100 club voucher and 12 mixed Bullers wines.

Charity community group to run this activity each day. They will benefit by all proceeds to go to their community group/charity. However, their responsibilities on the day include:

- At least one person each end from 4pm 7pm to collect money in exchange for ball.
- Record NTP entrants (sheet and two way radio provided).
- Collect balls for reuse during the allocated hours.

Week								Te	erm 1
			Wed 21st	Thu	22 nd	Fri	23 rd	Sat 24th	Sun 25 th
8 (March)	Asso Aw Fri	o M Buddy embly and vards this day 10am rcy Centre	Harmony Day Luncheon 12noon-2pm Uniting Church Hall	Division Tennis T Wangara Regional Cricket	Trials atta l	10am Wood Point 4I Parish Preps Ride 2 School Sandh	y nbly wards ls Visit- n Mass- 2		
	Mon 26th	Tue 27 th	Wed 28th	Thu	29 th	Fri	30^{th}	Sat 31s	Sun 1st
9 (March)	Regional Tennis Trials Wangaratta	Board Meeting 6pm	Special Needs Morning Tea 9.30am- 11.00am School Grounds Meeting 3.30pm	Easter Liturgy Final Da Term 2.30pm f		Good	Friday	Easter Saturday	Easter Sunday
Week								Te	rm 2
	Wed 16th	Thu 17 th	Wed 18th	Thu	19 th	Fri	20 th	Sat 21s	Sun22 nd
1 (April)		Parent Information Evening for Confirmation/Eucharist 7pm		Netball of Football Trials (W		Carita Day (11.30 1.00pr Wood Point 2O Whole School Assen 2.50pr	m) Is Visit- e ol nbly		
	Mon 23 rd	Tue 24th	Wed 25th	Thu	26 th	Fri	27 th	Sat 28th	Sun 29 th
2 (April)		Yr 3 Excursion to Scienceworks Melbourne Soccer Trials Wang	ANZAC DAY (Pupil Free Day)			Wood Point 4K	Shepp Is		

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 Brennan Mills



Position: Year Six Teacher

Interests: Music, Exercise, Sport & Netflix

Football Team: Geelong Cats & Manchester City

Favourite Food/s: Pizza

Currently Reading: Not a great deal other than the newspaper!

Favourite Holiday Destination: Goa- India

3 people you'd invite to dinner: I treasure the small things in Life...Larry David, Ricky Gervais & Jerry Seinfeld

What would you do with your last \$50? Go to an AFL game at the MCG

Favourite Movie: Lost in Translation

Favourite Quote: "It's not a lie, if you believe it" George
Costanza

Someone you admire: Prep Teachers

What do you love about our school: Staff are great. Great Outdoor & Indoor Facilities.

Catholic Identity

Meegan McInness



Holy Week Liturgy

Next Thursday at 10.15am in the Mercy Centre there will be a Holy Week Liturgy for the whole school. This will be led by our Year 6 students and all parents are welcome to join us.

Caritas Fundraising

On Friday April 20th in the first week back of Term Two, all students will be involved in a fun activity afternoon to raise money for Project Compassion. This is being organised by our Year 6 captains and SRC. More information to follow next week.

Confirmation/Eucharist

Last Wednesday all students in Year 4 received a note (red) in relation to the sacraments of Confirmation Eucharist. It is important all families return this note whether your child is making the sacraments or not. Thank you to all those parents who have already done so.

Do you want to fast this Lent?

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill you heart with joy.
- Fast from selfishness and be compassionate to other.
- Fast from grudges and be reconciled:
- Fast from words and be silent so you can listen.

Popul Francis Words

Pope Francis sent this message out last year but I think it is worth revisiting in our everyday lives.

Have a great week everyone.

Catholic Identity Leader

mmcinness001@shyarrawonga.catholic.edu.au

PROJECT COMPASSION FOR A JUST FUTURE

Project Compassion-Week Four

When Psyche Mae featured in Project Compassion 2008, she was living in a squatter settlement, on the edge of a giant rubbish dump outside Manila in the Philippines. She is now a young social worker, with plans to study a Master's degree, whilst helping others emerge from poverty, thanks to the support of individuals and Caritas Australia.



Please donate to Project Compassion 2018 and help improve the health and wellbeing of communities in the Philippines so they can work towards eradicating poverty, providing a just future for all.

A Just Future starts with your support! You can donate through Project

Compassion boxes/envelopes, visit www.caritas.org.au/projectcompassion or phone 1800 024 413

Pastoral Wellbeing Janine Buerckner jbuerckn@shyarrawonga.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.

BRAIN DEVELOPMENT SEMINAR - Wednesday, 28th MARCH



Kait Cummins is an Occupational Therapist who specialises in working with children. She will be talking to us about brain development, by age, and the impact this has on a child's behaviour, emotional regulation and learning.

The seminar will be followed by morning tea and an opportunity for a chat and catch up. The seminar will be held in the **Mercy Centre**, beginning at **10am**. If you are able to attend, please let the Office know, for catering purposes.

How independence-building is the pathway to your child's resilience by Michael Grose

Parents and teachers often ask me how to build resilience in kids.

My response is always the same: "Start by building independence and resilience will follow." Here's how.



Children are hardwired for independence

Sometime around the age of fifteen months, give or take three months, most children will make a strong case for self-sufficiency. They demand to do things their own way. This



demand is soon backed by a strong voice – "NOOOO!" – and then more articulate cries of "I can do it!" as their third birthday approaches.

This is the time to harness your child's push for independence and self-sufficiency. Their desire for independence and mastery over their immediate environment will see most children take incredible physical risks in the form of play and exploration of that environment. Concerned parents will naturally minimise risks by moving furniture around, keeping doors closed and hiding sharp implements, to name a few protective measures.

But parents can't eradicate all risks. Kids will fall and hurt themselves ... but they'll also get up and go again. In time, they'll learn to assess situations, stare down their fears and test themselves out in new situations. Falling down, brushing yourself off and trying again is part of the natural learning experience for most young children.

Parents don't have to do much more than assess a situation for real dangers, then stand back and allow their kids to explore their environments, pulling them up only when their play and explorations transgress the rights and peace of others.

So, what's this got to do with resilience?

Well, everything really. Independence is the pursuit of mastery over one's self and one's environment and rarely happens without mishaps and mistakes. It nearly always involves hurt, hardship, frustration and fear. That's where resilience comes in. Resilience is the art of bouncing forward after experiencing these hurts, hardships, frustrations and fears. Resilience is what comes from seeking out self-sufficiency and independence.





The language of independence

The fact that there's a whole genre of language devoted to resilience (mostly cloaked in cliché) is no accident. Terms such as "Get back on the bike/horse when you fall off", "Come on, brush yourself off and get on with it" or "What doesn't kill you makes you stronger" are built into the psyche of past generations. Many parents today will cringe at these terms as they appear a little callous and out of touch. Conversely, most current parents' relationship with risk and adventure – both required for independence-building – is very tenuous at best, non-existent at worst.

Therein lies the challenge. I haven't met a parent, carer or teacher who doesn't want the children in their care to develop resilience that will last a lifetime. Yet many of those same adults will block the pathway to children's resilience by over-indulging them, solving their problems and not giving them real responsibility. In doing so they deny kids the sense of mastery that comes from sorting out their own problems, getting themselves out of jams and getting up after a fall.

You can never love your children too much, but you can love them helplessly. That's what happens when we deny kids the opportunity to become truly independent and self-sufficient. Deny self-sufficiency and you block a child's resilience. Develop real independence and you open a pathway to resilience that will last a lifetime.

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.

Ten activities will be provided this 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.



** Objective - The child will be able to break down (segment) words into its sounds.

Activity Instructions – Adult to say the instruction, e.g. "What sounds can you hear

in the word ____?" and the child says the correct number of sounds. For example; truck = 4 sounds, car = 2 sounds, biscuit = 6 sounds. *Remember, we want the sounds and not the letter name/s*. You could try a challenge each day and see who is the first person to find 3 things with 4 sounds eg; post, school, trees.

**Objective - The child will be able to join (blend) sounds to make words.

Activity Instructions – Adult to say the instruction, e.g. "Let's join the sounds to make a word?" and the child says the correct word. For example; sh-ir-t = shirt. *Remember, to say the sounds correctly and clearly so your child can blend them together to make a word.*

When giving instructions to your child ask them to guess the word by blending the sounds together. For example: put your s-o-ck-s in the b-l-ue drawer.

Other examples include: /h/ /o/ /t/ (hot), /w/ /e/ /t/ (wet), /p/ /a/ /t/ (pat), /m/ /a/ /p/ (map),

/c/ /o/ /l/ /d/ (cold), /c/ /a/ /m/ /p/ (camp), /b/ /o/ /l/ /t/ (bolt), /b/ /r/ /u/ /sh/ (brush) etc.

**Objective - The child will be able to make a different word by deleting sounds to words.

Activity Instructions - Play a game called sound thief, whereby your child makes different words by changing or deleting sounds in a word, e.g. if you are changing all words to begin with /t/ sound then 'chair' would become 'tair' and 'lot' would become 'tot.' For something a bit harder: Try changing the final sound e.g. 'pack' would become 'pat' and 'flag' would become 'flat'.

Ask your child to steal a sound at the start or end of a word and tell you what's left.

For example, use names; Say **James** but steal the **j** sound = **ames**. Say **James** but steal the **z** sound = **Jame**. Use words from their readers. b/room, broo/m etc.

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.

Extend After School Care at Sacred Heart Primary School

• We are continuing talking about the Yarrawonga Men's Shed" Who have donated many wooden items for the children to use in the program. The children have brainstormed some ways to thank the men for their donations. We have made them a card, and the children have cooked cakes for their afternoon tea, We have set up a gold coin donation jar to help out with the cost of their donations.



- With Easter and the end of term not far away, the children are talking chocolate and holidays.
- Our holiday program is ready to go. We have two excursions, week 1: Thursday 5th April, Cactus country, the children will also plant their own cactus to keep, Week 2: Wednesday 11th April, Oddies creek park and Flying fruit fly circus, where the children will learn some circus skills. We also have two incursions. Our incursions are, week 1: Wednesday 4th April, Bricks for kidz,

Lego workshop. Week 2: Thursday 12th April, Commonwealth Games Bonanza.

Everyone is welcome to join us on our special days, we have children, that just attend for holiday program activities.

Jo Kingston – Service Coordinator

PARENT PORTAL: extend.com.au

Our Extend Superstar is ... Max Peacock for helping out, and trying his best at all times

What's on in the coming week:

Monday 26th March:

Easter coloring pictures, Foil easter eggs

Tuesday 27th March:

Make Easter bunny biscuits, Potato print Easter eggs

Wednesday 28th March:

Easter maze challenge, Make rice bubble easter eggs

Thursday 29th March:

Pin the tail on the Bunny, Decorate easter egg biscuits

Friday 30th March:

Good Friday

LOOKEDAFTER: extend.com.au

2018 Junior Netball Competition

Who: 11 & Under - Grade 4 & 5 13 & Under - Grade 6 & 7 **When:** 5-6pm FRIDAY'S. Starts Fri 27/04/18 & Finishes Fri 10/08/18

Cost: \$82 (\$29 comp fee & \$53 VNA fee)

Registrations: Go to 'Yarrawonga and District Netball Association' Facebook page.

Online Registrations ONLY – Registrations close Friday $21^{\rm st}$ April 2018 (1 week prior to round 1 - as

teams need to be formed)

For assistance with any online registrations - please contact Meg 0408128854

Please Note:

Junior Competition runs for 9 weeks with 3 weeks of finals.

There will be no Junior Netball on the following dates:

8th June – Queen's Birthday Long Weekend, 29th June - School Holidays

6th July - School Holidays, 13th July - School Holidays

Junior players are required to wear navy blue or black skirt, a white top and runners. No jewellery is to be worn on court. Taping for fresh piercings is allowed - please provide own tape.

If you are interested in helping by either coaching a junior team or umpiring junior matches, Netball Victoria now requires people over the age of 18 to have a current and valid Victorian Volunteer Working with Children Check. Please provide surname and card number OR application number to a Y&DNA committee member by 1st round.

2018 Rep players (only) please use the "Representative Netball JUNIOR COMP REG" sign up form.

YARRAWONGA & DISTRICT LITTLE LEAGUE 2018 INFORMATION FOR AUSKICK, U8, U10, U12

Auskick

To register your child for 2018 Auskick program you must go to the Auskick website. www.aflauskick.com.au and type in our post code,3730 where prompted, then simply follow the links. All registrations and packs are handled by the AFL, not YDDL. Registrations are open for Auskick. Please note if your child turns 7 before the 14 of April 2018, they are no longer eligible for the Auskick program and should register for YDDL under 8 age group. Please do not register under 8,10 or 12 group participants via the Auskick website as they will not be properly registered of Friday night little league.

The Auskick program will commence on Friday the 20th of April at 4pm at JC Lowe oval Yarrawonga. All your child needs to do is turn up in their favourite footy colours and have some fun.

YDDL

Yarra District Little league, Friday night footy will commence on Friday the 20th of April with Under 8's at 4.15pm, Under 10's at 5.00pm, under 12's at 5.45pm. There will be a skills assessment session on April 13th to aid the team equalization process. We strongly encourage as many kids as possible to attend this session, team allocations will be posted shortly after this. Further details (times ect) will be posted on the facebook page closer to the date. Jumper presentation and meet the coach night will be Wednesday the 18th of April at the Yarrawonga Club rooms, again times and further details will be posted on the facebook page closer to the date.

AGE GROUPS

Under 12 Born Between 01/01/2006 and 31/12/2007

Under 10 Born Between 01/01/2008 and 31/12/2009

Under 8 Born Between 01/01/2010 and 01/04/2012

All registrations for age group footy are directed through the sports TG website. Registrations will open soon and details on how to register will be posted on the YDDL Facebook page.

I would urge all parents/friends to join this page as all information/correspondence through the year will appear on this page.

Ride to School Day

Friday 23rd March, 2018

The children of Sacred Heart are invited to participate in the National Ride to School Day, this Friday, March 23rd. National Ride to School Day is a community initiative aimed at raising awareness of health, road safety and transport. Your child is encouraged to ride their bike safely to school from three meeting points. Teachers will gather at each meeting point to join in with the ride to school. We encourage children to meet at one of the following locations:

Permewans Hardware car park on the Murray Valley Highway
 Shire Hall on Belmore St.
 Mulwala- Corner of Melbourne St and Gulai Rd

We aim to gather at 8.00am so that we can leave all locations by 8.10am. This will allow us to arrive safely at school by 8.20am (Possibly later from Mulwala). Younger siblings are welcome to join in on the ride. We hope to see you Friday morning.

Thanks,

Daniel Boulton

If you would like any further information please contact the school or

email: dboulton@shyarrawonga.catholic.edu.au

Garden News

In 2018, our school is part of an exciting Kitchen Garden Program called "Stephanie Alexander". This program is designed to teach kids about growing vegetables, looking after the garden and how to cook the produce collected. Last Thursday, a group of 30 students from Year's 4 to 6 began our Stephanie Alexander journey. Keep an eye out in the newsletter for exciting updates on what's happening in Our Sacred Heart School Vegetable Garden.

If you would like any further information or feel that you would like to volunteer or be of some assistance in any way with this program please feel free to contact the school. Alternatively, you can find more information on the following website: www.kitchengardenfoundation.org.au











AUTUMN HOLIDAY PROGRAM BOOKINGS ARE OPEN!

Book at least 14 days in advance to receive the lowest rate.

Participate in our fun-filled activities, including a science experiment to learn about making butter, cooking healthy coconut fudge and participating in DIY bowling!

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



Just a friendly reminder we have our third and final PREP ASSEMBLY

this Friday 23rd March @lOam in the Mercy Centre



You are all welcome to come along and officially meet all the students in

DRED W

Their Year 6 Buddles will be providing morning tea so we hope you can stay and enjoy a cuppa and something to eat. It's a great opportunity to meet the other families in your child's grade.

Our Weekly Student Awards will be straight after the Buddy Assembly

EASTER LUCKY NUMBERS Thursday 29th March

Win your Easter feast! Tickets on sale from 6pm with winners drawn at 7pm; \$1 buys 5 numbers.

20 x Hams

10 x Chickens

10 x Easter Hampers

\$100 Cash

Easter Bunny and eggs for all the kids.
Also, enjoy Happy Hour from 6.30pm,
members badge draws at 6pm, 7pm, 8pm & 9pm



www.yarragolf.com.au (03) 5744 1911





SAT 24TH MARCH 5KM RUN/WALK

Katie Cummins is walking **50km in April** to raise funds for HEADS TOGETHER who has supported daughter Isabelle and the family in her recovery, after a brain lesion and then meningitis which left her with a brain injury.

JOIN Katie and crew on their training run!!! From 7am-12noon aiming to complete 5 loops of the park = 25km!

Everyone is welcome to join at ANY time; the course is pram friendly and we'll have a Portaloo on site. **RUNNERS** will commence at 8am for a timed 5km run. A lucky competitor will be drawn out to win two weeks of SunRunner training sessions (or online training if out of town) and a junior will receive a SunRunner Visor.

COST = \$10 adult, \$5 kids, \$25 per family 100% donated!!!

Donations can also be made: www.mycause.com.au – Goodness Gracious: Isabelle necessary on a bike?

OUD TO SUPPORT
KATIE ON HER
MISSION TO RAISE
FUNDS FOR ABI

5KM RUN OR JOIN KATIE & CREW FOR PART OF THEIR
25KM TRAINING
WALK

TIMED RUN STARTS
AT 8AM SHARP!

SCENIC COURSE ALONG THE MURRAY RIVER GORMAN PARK MULWALA



Welcome to the 2018 Tungamah Social Club

Good Friday Appeal

30th March 2018 - Tungamah Hotel

It all kicks off at II:00am

Raffles: Over 30 prizes available

Activities for the kids: face painting, lucky dips, show bags, hair colouring

Food & Drinks: available all day

Fresh Produce: Fruit & Veg

II:00am: Car Rally

12:00pm: Raffles drawn

2:00pm: Yabby Races

2:10pm: Auction

4:00pm: Live Music



