



### *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.*





## Our P.B.I.S Blitz

Treat each other with RESPECT that way you will always be YOUR BEST!



**Good Afternoon Everyone**

**It is hard to believe we are half-way through our first term!**

**Students are settled, working hard and having lots of fun. It was great to see so many parents at our Opening Mass last week celebrating the beginning of our school year.**

**Buddy Assemblies**

**Buddy assemblies will take place on 15th, 22nd and 29th of March during our**

Friday school assembly. Starting time will be 2pm.

### Timetables

Just a reminder our timetable has changed this year.

9.00 - 11.00      Learning session

11.00 - 11.40      First Lunch

11.40 - 1.30      Learning session

1.30 - 2.10      Second Lunch

2.10 - 3.15      Learning session

### Car park

Just a reminder at 'pick up' time please do not park in any of the spaces inside the school. This is a pick-up zone only - so please if you need to park please do outside the school grounds. I am sorry if this causes inconvenience however cars pulling in and backing out during the pick-up period compromises the safety of our students.

### School Crossing

I would like to remind parents that the safety of our children is a priority for all our staff. We have a school crossing in Woods Road to ensure our children are able to cross the road safely during a very busy period. Unfortunately we have both children and parents crossing Woods Road everywhere but the crossing. Firstly, as a Parent or Carer you are not role modelling safe procedures to your children. If children are not using the crossing then they are being unsafe. I hope it does not take an accident for parents to change this dangerous practice.

### Swimming sports

Well done to all the students who participated in our School swimming Carnival. A fabulous out come for Mercy who were the overall winners of the Carnival. It was great to see all our students giving their best and cheering each other on in all of the events. Thank you to all parents and staff for your ongoing support in ensuring our day runs smoothly.

## School photos

School photos will take place on Thursday 7th March. All students need to be in full school uniform

## Grade 4 Camp

This Thursday our Grade 4s head off to Lake Nillahcootie for the night. Their camp promises to be one of action and adventure.

## Cyber Safety Evening

Thank you to all the parents who attended the Cyber Safety Evening on Monday night. As a school we take pride in readying students for a technology - rich society. At the same time recognise the importance of teaching students & parents to develop cyber smart practices that are safe, secure and conducive to a safe online environment.

Have a fabulous Week

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## Completion of your child's medical profile on PAM

Just a reminder to all families, especially our new families to complete or update your child's medical information on PAM. If you are having any trouble

accessing your account please contact the office for assistance.

### Thank you

A big thankyou to Kerryn Van Den Bosch for being our Book Club Co-ordinator over a number of years. We thank her for her time and support to the school. Melissa Sitch will be the new Book Club Co-ordinator having previously done this role for a year back in 2017.

### Canteen Menu

The 2019 Canteen Menu was sent home to all families last week. Additional hard copies are available from the office if you did not receive one. Due to a price increase in chicken tenderloin's, the chicken wrap is now \$4.50.

<b>IMPORTANT DATES</b>	
Wednesday 27th Feb	Prep rest day Prep Information Night 6pm
Thursday 28th Feb	Grade 4 Camp - Lake Nillahcootie Divisional Swimming Carnival
Friday 1st Mar	Grade 4 Camp - Lake Nillahcootie
Wednesday 6th	Prep rest day Ash Wednesday
Thursday 7th	School Photos
Monday 11th Mar	Labour Day Holiday - No School
Friday 15th Mar	Grade 3 Excursion - Beechworth Prep M Buddy Assembly 2pm
Friday 22nd Mar	Prep B Buddy Assembly 2pm School Fete 5pm - 8pm
Friday 29th Mar	Prep G Buddy Assembly 2pm
Monday 1st - Wednesday 3rd April	Parent Teacher Interviews

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# Hawthorn Footballers Visit



# Sports News

## 2019 Sacred Heart Swimming Carnival

Our Year Three-Six students had a fantastic day at our annual Swimming Sports Carnival held at the Yarrowonga Swimming Pool on Thursday 21st February.

In perfect sunshine, the students enjoyed the opportunity to participate in various swimming events as well as cheer on their house teams to a possible victory.

It was great to see so many parents, friends and family come down and support the students as well.

One of the toughest events on the program was the first swim of the day. The prestigious Ironman and Ironwoman events, was taken out by Year Six students, Will Murphy and Eva Cummins.

The day continued with students participating in 50 metre events in all four strokes followed by, some novelty events, the 25 metre events, more novelties and to finish the day, freestyle relays and the medley relays.

A high standard of swimming was on display, with some records being broken. Fraser Nagle, a Yr 3 student, in his first school swimming carnival broke 3 records on the day! He broke the 9 & Under 50m Freestyle held by Darby Mullins back in 2015. He broke the 9 & Under 50m Backstroke held by Mitchell Loughnan back in 2014 and in the 9 Under 50m Breaststroke, he broke the record set by Darby Mullins again in 2015. Well done Fraser!

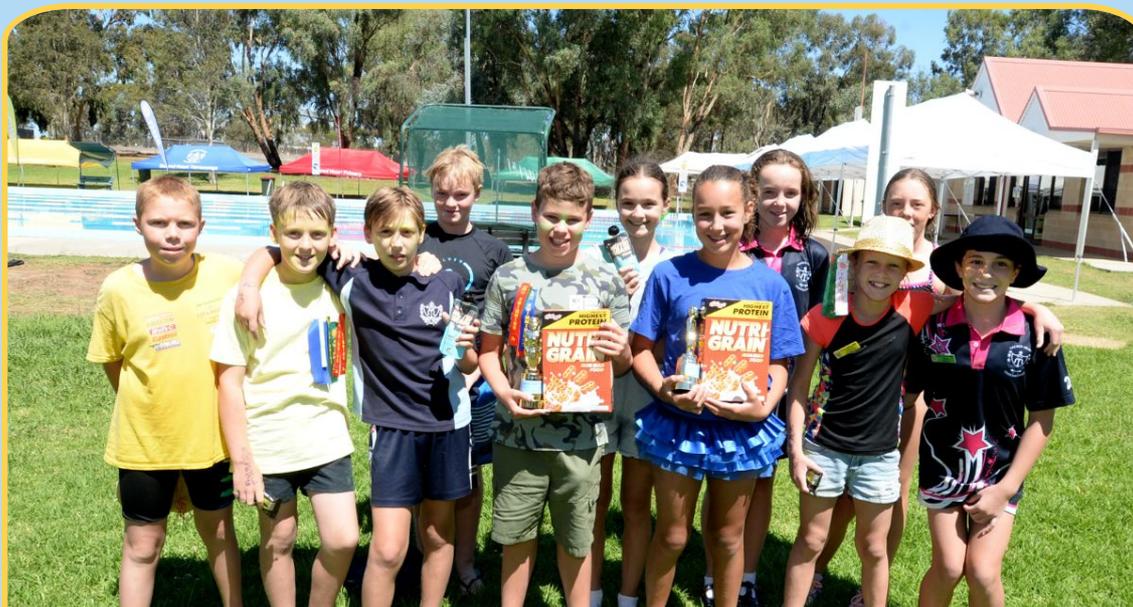
The final house results were very close between Loreto (Gold house), Lourdes (Green House) and Mercy (Blue house). Mercy took out the 2019 Swimming Carnival, followed by Lourdes in 2nd place, Loreto in 3rd and Fatima in 4th place. Mercy Captains, Noah Buckmaster, Issy Osborne, Mason Kolodziej and Victoria Laffan accepted the trophy with great delight and thanked all the competitors, parents and staff.

Sporting Carnivals wouldn't be a success without the help of parents and guardians on the day. Whether they be marshalling, lane judges, scorers, etc. it helped make for a smooth carnival. Thanks also to the staff for their co-ordinating, support and guidance for the students, Mrs. Brewer on the announcements, Mrs. Lawless as starter and carnival co-ordinating support, Les Garbutt from the

Chronicle and his photography, Lauren Holgate for the staff lunches/drinks and to Sandy, Abbey, Max and Jess for their lifeguarding and First Aid support on the day.

A special thanks goes to all our students for creating such an enthusiastic and joyful atmosphere. We wish the twenty-six students representing Sacred Heart at the Divisional Swimming Carnival in Wangaratta on Thursday 28th February all the best in the higher-level competition.

Dean Carroll



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## PREP INFORMATION NIGHT

This Wednesday night 27th February @  
6pm to approx 7pm

We hope to see you there!

The intent of the evening is to make it as meaningful and as purposeful as possible for you, so you can support your child on their educational journey. It is also a great opportunity to meet others in a relaxed environment who are going through similar experiences as you all settle into the routine of school life.

**We look forward to catching up - Foundation Staff**

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## STEM

(Science Technology Engineering Mathematics)

The children have been busy working with Mrs Whitely in their STEM classes. Click below to view the STEM blog.



[Click here to view the STEM blog](#)

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[Catholic Identity News](#)

Meegan McInness - [mmcinness@shyarrowonga.catholic.edu.au](mailto:mmcinness@shyarrowonga.catholic.edu.au)

### Opening School Mass

Thank you to all the families who joined us, Tuesday of last week for our Opening School Mass. It was wonderful to see the way our Year 6 students lead from the front and were wonderful role models for our Prep students. The children all sang beautifully and participated very reverently. What a great way to start the year!

### Ash Wednesday

Next Wednesday is Ash Wednesday and the beginning of Lent. This is a very important time in the church year and all students in Grade 4 -6 will be attending the Parish Mass. Our grade 1 – 3 students will be participating in a liturgy here at school at 10.20 in the Mercy Centre. Parents are welcome to join their children at either liturgy. Each family will receive a Project Compassion box to collect money for those less fortunate than ourselves. While all money raised goes to a very good cause it is also very important that the children understand the significance of going without for the benefit of others.

These are some other important dates for your calendar

Children's Mass: March 24th

Parent Information Evening for Reconciliation April 30<sup>th</sup> at 7pm

Mother's Day Liturgy: May 10th

Children's Mass: May 19th and June 2nd

Reconciliation Ceremony Tues June 5th

Parent Information Evening Confirmation Eucharist Tues June 25<sup>th</sup> at 7pm

Feast of Sacred Heart Combined Mass with SHC Fri June 28th

Children's Mass July 21st and August 11<sup>th</sup>

Grandparents Liturgy 26<sup>th</sup> July

Confirmation Eucharist Friday August 30th 7pm

Children's Mass November 24th

End of Year Mass Tuesday December 17<sup>th</sup>.

Have a lovely week everyone,

Meegan McInness

[mmcinness001@shyarrowonga.catholic.edu.au](mailto:mmcinness001@shyarrowonga.catholic.edu.au)

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## **Pastoral Care News**

Janine Buerckner - [jbuerckn@shyarrowonga.catholic.edu.au](mailto: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 or Nada Nolen.

Our Breakfast Club is held on Wednesday and Friday mornings, before school, and all are welcome.

### **Top Five Strategies to Improve Your Parenting This Year by Michael Grose Part One**



The start of the year is a great time for making changes and improvements to the way you raise kids. But it's difficult to know where to begin.

To assist with the change process, we've carefully selected five practical strategies that will have a positive impact if acted upon. We've organised webinars in the first half of the year to assist you to implement each strategy.

#### **1. Switch on your child's strengths**

Most of us have been conditioned to focus on what kids can't do. There is a better way. The Positive Psychology movement led by US-based psychologist, Dr. Martin Seligman, showed that when we can unearth kids' strengths we are, in effect, unlocking their true potential for success and happiness. Three elements come together to make a strength and parents need to be mindful of all three: performance (being good at something); energy (feeling good doing it); and high use (choosing to do it).

Professor Lea Waters, author of the wonderful new book, 'The Strength Switch', and current President of the International Positive Psychology Association will show you how to focus on kids' strengths in her webinar, 'Switching on your child's strengths'.

#### **2. Balance kids' extra-curriculum activities**

Alongside social media and news events, being busy is now recognised as a major stressor for many children and young people. The choice of activities to keep kids busy after school hours is mind-boggling. Having so many options is wonderful but it does place a new set of pressures on parents and kids. The cost of loading kids up with scheduled activities is that many don't get the chance for free play, or simply 'vegging out' on the couch.

Parenting Ideas expert, Dr Jodi Richardson, will help you find the right balance of activity for your family in her webinar, 'Balancing extra-curricular activities'.

**Parenting \* Ideas Webinar - Switching on Your Child's Strengths.**

## 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.



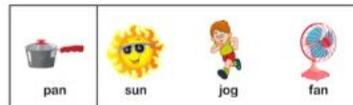
Ten activities will be provided this term focusing on key areas of oral language supporting literacy, learning and socialising. Feel free to adjust these activities according to your child's grade level.

### Phonological Awareness Activities:

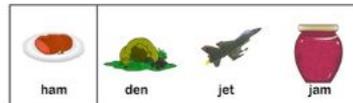
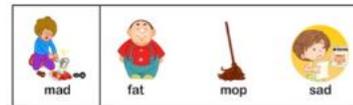
**\*\*Objective** – The child will recognise rhyming words.

**Activity Instructions** – Adult to say the words and show the pictures. Adult could say, "What word rhymes with pan/bag/\_\_\_?" The child has to circle the picture that rhymes. Find objects around the room that rhyme and collect a rhyming bag.

Circle the correct rhyming word.



Circle the correct rhyming word.



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**\*\*Objective** – The child will be able to produce rhyming words.

**Activity Instructions** – Adult to say the following pairs of words and the child to complete it by giving one or more rhyming words. Adult can say, "What word or words could rhyme with \_\_\_, \_\_\_"

- bat, cat, \_\_\_, \_\_\_
- cot, dot, \_\_\_, \_\_\_
- let, met, \_\_\_, \_\_\_
- but, nut, \_\_\_, \_\_\_
- kit, lit, \_\_\_, \_\_\_
- date, gate, \_\_\_, \_\_\_
- boat, goat, \_\_\_, \_\_\_
- crook, hook, \_\_\_, \_\_\_
- feet, meet, \_\_\_, \_\_\_
- rain, main, \_\_\_, \_\_\_

You could also play "I spy a word that rhymes with ...far = car!"



## Could you be a permanent care parent?

There are a number of children supported by the Department of Health & Human Services who require a *family for life* as they are unable to live with their birth families. We are seeking committed and motivated people who would be interested in learning more about providing a permanent family for a child.

Assistance payments are made to the Permanent Care family to assist with the day to day expenses of caring for a child/young person. Assistance payments are considered to be a reimbursement for expenses and not an earned income.

We are also keen to speak with families who are particularly interested in caring for children aged between 5 and 10 years.

**Information sessions** are being held on:

*Wednesday 20<sup>th</sup> March 2019 at 6:00pm*  
Department of Health & Human Services  
43-47 Rowan Street, **Wangaratta**

*Thursday 21<sup>st</sup> March 2019 at 6:00pm*  
Department of Health & Human Services  
163-167 Welsford Street, **Shepparton**

**Bookings are not essential. For further information please contact:  
Adoption & Permanent Care Program  
☎: 5832 1552**



# NDIS Information Session

## Getting ready for your first planning conversation

The National Disability Insurance Agency (NDIA) is running an information session in Yarrowonga for people with disability, family members and carers to help you prepare for your first National Disability Insurance Scheme (NDIS) planning conversation. In this session we will cover topics such as:

- What will I be asked about in my first NDIS planning conversation?
- What is an NDIS goal and how do I develop a goal for my plan?
- Who will help me to make and start my NDIS Plan?
- Who makes decisions about what is funded in my NDIS Plan and how do I manage NDIS funding?

This session will be delivered in partnership with Intereach.

Friends, family members (including children with adult supervision) and carers are welcome.

### Event Details

**Venue:** Yarrowonga Neighbourhood House

**Date:** Monday 4 March 2019

**Time:** 12:30pm – 2:30pm

**Address:** 1 Hargrave Court, Yarrowonga

**RSVP:** Places are strictly limited. Registration on Eventbrite is essential. Please register by clicking [www.eventbrite.com.au](http://www.eventbrite.com.au)

If you are unable to register online or have any accessibility requirements please email [engagement.vicnorth@ndis.gov.au](mailto:engagement.vicnorth@ndis.gov.au) or call 03 9427 6676.

There will be Auslan interpreters at this session.



[ndis.gov.au](http://ndis.gov.au)



ENQUIRIES: LAUREN 0400 227 246

# Junior Netball Registrations (Wang)

REG: MON 4/3 5-6:00PM

GRADING:

WED 13/3 4-5:00PM (PRIMARY)

WED 13/3 5-6:00 (HIGH SCHOOL)



Yarrowonga Mulwala  
Basketball Association

**AUSSIE HOOPS.** There are still a few places left in our Aussie Hoops Program for Prep and Grade One Boys and Girls. Please register on our website ASAP.

10 week season which starts Tuesday March 12<sup>th</sup> at Sacred Heart MPB.

4.15pm Prep and Grade One Girls.

5.00pm Grade Prep Boys.

5.45pm Grade One Boys.

Google Yarrowonga Mulwala Basketball Association to get to our website and register



## Cobram Junior Soccer Association 2019 Season Registrations Now Open!

The Cobram Junior Soccer Association (CJSA) provides a fun and safe environment for Boys and Girls ages 4-13 to play the world game each Saturday morning.

All past and prospective players are now invited to register for the 2019 competition, which will be played at grounds in Cobram, Finley and Yarrowonga.

2019 Competition age groups will be:

- Under 5 mixed (Born 2014 or later)
- Under 7 mixed (Born 2012 or later)
- Under 9 mixed (Born 2010 or later)
- Under 11 mixed (Born 2008 or later)
- Under 11 Girls (Born 2008 or later)
- Under 13 mixed (Born 2006 or later)



Notes:

Girls turning 14 in 2019 (Born 2005) are eligible for the mixed U13 competition.

Children must be under the maximum age listed for each competition as at 31/12/19

Cost is \$90 for the season (GST Inclusive). Discounts are available to families with 3 or more children playing, with the third and any subsequent child half price.

Players will be allocated to a team from Cobram, Finley or Yarrowonga, with weekly training sessions held at each of these locations.

The CJSA will provide team shirts for the duration of competition. Players will need to supply their own soccer boots, shin guards and shorts.

### CJSA 2019 Season Dates:

**Registrations:** via the new Play Football website <https://www.playfootball.com.au/>.

**Registration Close:** Friday 22 March, 2019

**Meet the Coach Day:** Saturday 6 April, 2019

**First Game:** Saturday 27 April, 2019. Competition runs until mid-August.

If you would like further information, please leave a message on our Facebook page [f Cobram Junior Soccer Association](#) or email the CJSA Secretary: [cobramjsa@gmail.com](mailto:cobramjsa@gmail.com)



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## Extend OSHC at Sacred Heart Yarrawonga

### **A big welcome to all our new families.**

It is wonderful to see so many new faces in our program

### **March community month: Local police**

Over the month we will look at all aspects of our local police force.



**Autumn Vacation Care** is not far away, and bookings are now open. please take the time to look at the program. Which can be found at our Extend website (parent portal), or on the window, next to the sliding door of the mercy centre. Remember book now and qualify for the early bird special. We have three excursions and two incursions. Including a visit to the local Men's Shed to have a workshop making our own bird feeder to keep.



### **Art Show: Friday 15th March 3.15-5.30pm** **Sustainability, Nature, Recycling and Culture**

Next month aftercare will be having a special Art Show Open Day. All of the children have contributed to the display. We will also have a member of the Men's shed present cutting out animal shapes for the children to keep. The children will also be displaying what they have learned about the invasive carp in our area. Put this in your diary now. The children have worked hard on their items for you to see

**Our Extend Superstar is ...Mia Broesder:** for becoming a confident member of our aftercare program, and showing us her creative skills

#### **What's on in the coming week:**

##### **Monday 4th Mar:**

Fishing display preparation

##### **Tuesday 5th Mar:**

Police: What do they do?

##### **Wednesday 6th Mar:**

Make your own afternoon tea

##### **Thursday 7th Mar:**

Make your own family invitations for the art show

##### **Friday 8th Mar:**

Art Class: basic watercolour

**LookedAfter:** [extend.com.au](http://extend.com.au)

# Black Dog Ride

## 1 DAYER 2019



online

Register and ride from

the Yarrawonga

foreshore 'eastern end' -

leaving at 8am to join up

with the Wang ride!!

<https://www.facebook.com/yarramulriders>



"start the conversation"



### Sunday 17th March

Black Dog Ride's iconic annual 1 Dayer aims to start a **national conversation about depression and suicide prevention.**

Get the country talking and join your local 1 Dayer at:



**WANGARATTA, VIC**



For more info contact Coordinator

Bernie Garvey m: 0428 628 444

e: [vic@blackdogride.com.au](mailto:vic@blackdogride.com.au)

Route: Wangaratta to Wodonga via

Everton, Stanley and Ovens

Then onto Wodonga for lunch and presentations - then home as group or solo!

Register Today: [blackdogride.com.au](http://blackdogride.com.au)

If you, or someone you care for, is experiencing a mental health crisis, call:

Lifeline 24/7 on 13 11 14 or Suicide Call Back Service 24/7 on 1300 659 467



Share



Forward



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**Our contact details are:**

school.information@shyarrowonga.catholic.edu.au

62 Orr Street, Yarrowonga, VIC, 3730

ph: 5744 3339

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