



Be Safe, Be Respectful, Be Your Best

2017 Term 3 Week 3 Newsletter

MINI BLITZ- Weeks 3 & 4
'Try being stronger, give it a chance and build up your resilience.'

Dear Lord
We thank you for all the students who have an impact on our lives;
and for the privilege of having an impact on their lives. Amen.



Cybersafety

PLEASE PENCIL THIS DATE IN YOUR DIARY

Next Monday 7th August at 5.30pm we will be hosting a Cyber Safety evening, with David Williams from the Catholic Education Office as our keynote speaker. I would highly recommend this evening to all parents especially those in the Yr 4/5/6 areas. It is important that we are aware and informed about ways we can keep our students Safe and responsible when engaging in the digital world.



100 Days of Learning

Thank you to all the parents who attended our Foundation Centre celebration of 100 days of learning. We are so proud of what all the students and teachers have achieved during their first 100 days of school and look forward to seeing what they will do in the next 100!!!!



Parent Teacher Interviews

Thank you to all the parents who have booked an appointment to discuss your child's progress and development with their classroom teacher.

Reconciliation Evening

Thank you to all the parents who braved the 'chill' to attend our Reconciliation evening last night. We are very pleased to have 41 students preparing for the Sacrament this year. I would also like to thank Father Steve for his ongoing support, Meegan McInness and the Bridging Centre for their time and effort in preparing for the evening.

Grandparents Day

A wonderful celebration of our Grandparents was held last Friday. It was fantastic to see so many people attending our liturgy and visiting our School and the Learning Centres. Thank you to our Discovery Centre families who provided food for our morning tea –it was delicious!!!!

Building Update- Yr 5/6 Leadership Centre

Unfortunately, there have been a few delays in our building project, which have been out of our control. I am happy to inform you that the tender process has now started and we are hoping to see some "action" start by the end of this term.



Uniform

Please note that black socks are not part of our school uniform. White socks are to be worn each day.

School Closure Days

On 17th and 18th of August staff will be attending a 2-day retreat in Moama. This retreat is aligned to our annual Action plan where our key focus in Catholic Identity is to build staff knowledge in both Spirituality and prayer. This retreat will be led by, Father Joe Taylor and Maria Weatherall (Catholic Identity Consultant, Sandhurst).

Prep 2018 Enrolments

A reminder to our Sacred Heart families with a child starting in Prep 2018.

Please pick up an enrolment form and book your tour ASAP.

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

Take Care

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.

Catholic Identity

Meegan McInness



Sacrament of Reconciliation

A parent meeting was held last night about the Sacrament of Reconciliation and a big thanks to all those parents who were able to attend. A note about the Presentation Mass will be sent home today. Could this please be returned ASAP. We hope our Year 3 students and their families enjoy the next stage of their sacramental journey and we ask everyone to keep them in their prayers.

Grandparents Day

Thank you to all our special visitors who came to our celebration for the feast of St Anne and St Joachim with our Grandparents Liturgy last Friday. It was a lovely celebration and the children and staff were thrilled that so many people could join us. A special thank you to our Discovery Centre for the beautiful morning tea they provided, and the staff who coordinated this, as well as student's presentation of the Gospel in liquid pictures. The Year 6 students who lead us in prayer should also be very proud.

I hope everyone has a great week.

Meegan

Catholic Identity Leader

mmcinness001@shyarrowonga.catholic.edu.au.



Week

Term 3



| | | | | Thu 3 rd | Fri 4 th | Sat 5 th | Sun 6 th |
|---|-----------------------------------------------------------------|--------------------------------------|-------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|----------------------|
| 3 | | | | Parent Teacher Interviews 3.30pm-6pm | * Lightning Premiership Yr 5/6 Numurkah *Woods Point Visit- Prep A * Parish Mass- 2O & 2B * Assembly 2.50pm | | |
| | Mon 7 th | Tue 8 th | Wed 9 th | Thu 10 th | Fri 11 th | Sat 12 th | Sun 13 th |
| 4 | * Cybersafety Presentation for Parents 5.30pm | *Feast of Mary Mackillop | Yr 5 Camp-Ballararat Special Needs Morning Tea | Yr 5 Camp-Ballararat | * Regional Football-Benalla Yr 5/6 * Woods Point Visit- Prep G * Parish Mass- 6D & 6L * Assembly 2.50pm * Yr 5 Camp-Ballararat *Byramine Homestead Visit Yr 1/2 | | |
| | Mon 14 th | Tue 15 th | Wed 16 th | Thu 17 th | Fri 18 th | Sat 19 th | Sun 20 th |
| 5 | | Board Meeting 6pm | | *Pupil Free Day | *Pupil Free Day | | |
| | Mon 21 st | Tue 22 nd | Wed 23 rd | Thu 24 th | Fri 25 th | Sat 26 th | Sun 27 th |
| 6 | Book Week *Dental Van *P & F Meeting SHC 7.30p | *Hot Shots Tennis *Dental Van | *Dental Van | *Book Week Parade 10am Mercy Centre *Dental Van | * Hot Shots Tennis * Dental Van Parish Mass- 2V & 1I * Woods Point Visit- Prep M Assembly 2.50pm | | |
| | Mon 28 th | Tue 29 th | Wed 30 th | Thu 31 st | Fri 1 st | Sat 2 nd | Sun 3 rd |
| 7 | | *Hot Shots Tennis | | | * Father's Day Breakie *Hot Shots Tennis * Dental Van Parish Mass- 1H & 1MC | | Father's Day |
| | Mon 4 th | Tue 5 th | Wed 6 th | Thu 7 th | Fri 8 th | Sat 9 th | Sun 10 th |
| 8 | | *Hot Shots Tennis | Reconciliation Ceremony | | *Hot Shots Tennis *Parish Mass- 1H & 1MC * Woods Point Visit- Prep S | | |
| | Mon 11 th | Tue 12 th | Wed 13 th | Thu 14 th | Fri 15 th | Sat 16 th | Sun 17 th |
| 9 | | | Whole School Market Day (Yr 6) | | School Athletics Carnival | | |



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.

This term, Helen Wallace, chiropractor, and Kaitlyn Cummins, Occupational Therapist, will be running a workshop to discuss Primitive Reflexes and how they can impact negatively on learning, behaviour and attention. The workshop will be held on Wednesday, 9th August at 9:30am. Please see the attached flyer. If you are planning to attend the workshop, please contact the school and book in.

There has been considerable discussion, in the media, about the growing numbers of young children experiencing anxiety. This is the last instalment of Dr Jodi Richardson's article on anxiety, what it is and how parents can help their children. Jodi is a happiness and wellbeing speaker and writer, retreat facilitator and mum to two primary school aged kids. 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/Dr Jodi Richardson](https://www.facebook.com/DrJodiRichardson).

Anxiety in Primary School Kids Dr Jodi Richardson Part 3

Anxiety affects people from all walks of life, and lots of kids have it. If that's what's happening in your family, your little one is lucky that you know, care, and are seeking answers.



Okay, so how can I help?

1. Spend regular quiet time with your primary schooler to foster a loving and open relationship while giving them time to share with you their thoughts, fears and worries. You can also help immensely by remaining calm under stressful situations (I know – easier said than done sometimes!)
2. If you think your primary schooler is experiencing anxiety, talk about it and go together to see your GP and have a conversation about what's been happening.
3. Teach your child about anxiety so he/she knows what underlies the thoughts and feelings. I highly (*highly*) recommend *Hey Warrior! A book for kids about anxiety*, by Karen Young. Anxiety is not nearly as frightening when you understand why.
4. Because breathing becomes shallow and fast with anxiety, a simple yet incredibly effective way to show the amygdala that everything is okay is to take deliberate, slower breaths (in for 3, hold for 1, out for 3). After all, no-one can do this when their life really is in danger!
5. Mindfulness is a superpower for the anxious brain (any brain in fact!) and there are lots of great ways to help kids practise mindfulness. One fun game is lying on the floor, eyes closed and asking them to tune into their 'Spidey Senses', listening carefully for any sounds near or far, feeling any sensations under their hands and body and smelling for any scents in the air. Mindfulness reduces the size of the amygdala among other incredible changes in the brain.
6. If they are worrying about things over and over in their minds – let's say it's about presenting to their class – instead of saying, "You'll be fine, I've heard your presentation, it's wonderful," or, "Don't worry, all the other kids will be nervous too," or similar, try this instead: "I understand how you're feeling, that's so normal. I'd feel the same way; is it helpful to keep thinking about it?" No! "Okay, then let's focus our attention on something we can do to help, like practising more, making cue cards or going outside to bounce on the trampoline." They need to know that you understand, that you 'get' it, and that they're not alone.

“Is it helpful?” is a great question (when asked compassionately), followed up with asking your child what they can do that will help the situation, or engaging him/her in something meaningful and enjoyable, making a positive step forward.

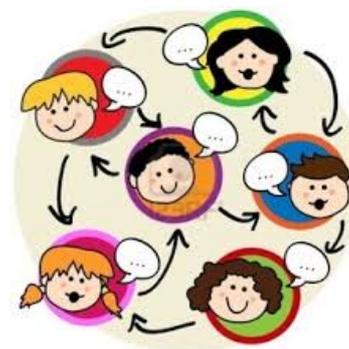
CHILDREN’S CHATTER MATTERS

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:

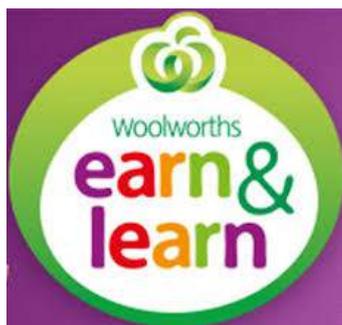
** Encourage your child to use a range of ‘openers’ when starting a conversation or getting your attention (rather than just ‘Muuummmm’):

- e.g. I’ve just had the best idea..
The strangest thing just happened..
Mum, unfortunately..
I would like to add..
Would the best parent in the world please...
I’m wondering..



You might respond quicker when you hear a different one!

Woolworths Earn & Learn 2017- Keep Collecting



Woolworths Earn & Learn is back and it is now easier than ever to earn valuable resources for our school.

From now through to Tuesday 19th September 2017, when you shop at Woolworths you can collect Earn & Learn stickers when you spend \$10 or more. Collect a sticker sheet from the supermarket or from school and when completed, drop it into the box at the front office. You can just put stickers in the box without a sheet also.

Last year we purchased sporting equipment, games and books and look forward to getting more this year!

Extend After School Care at Sacred Heart Primary School

Last week at ASC we have been able to play outside now the weather has improved, we have been playing on the playground, using our sports equipment & just enjoying the sun. For cooking we made brownies. We made a planet earth looking from space, using paper plate, shave foam and paint. Also we played a game of baseball.

Next week’s activities:

Monday 7th August: Travel Bingo **Tuesday 8th August: Making Goo** **Wednesday 9th August Fruit Pancakes**
Thursday 10th August: Mood Sacks **Friday 11th August: Tennis**

Lisa Gard- Co-ordinator

Parent Portal: extend.com.au

Parents & Friends News

P&F Funds for our Schools

The P&F Committee has recently provided funding for the electronic blinds that are used as a backdrop for the many services and school functions at the Multi-purpose building (MPB) at the College. Both school communities will benefit from the blinds. They are easy to use and help to transform the MPB for masses, liturgies, information nights and ceremonies.

Spring 2017 Social Night

The P&F committee would like to invite any school community members to help organise a social night for parents and friends from both campuses at The Silverwoods driving range. This great facility has an undercover bar area and seating and lovely views of the lake and the golf course. The aim is to have a casual social night with some live music. If you are interested in helping to organise the night please email: pandf@shyarrawonga.catholic.edu.au

If you would like to attend the P & F meeting they are held on the 3rd Monday of each month. The next meeting will be held on Monday 21st August at 7.30pm in The Sacred Heart College staffroom.



Yarrowonga Pre-School

is currently taking
enrolments for
3 year old kinder
for 2018.

For all enquiries,
please contact the
Pre School on
5744 3016.
Enrolments close
Friday 1st
September 2017.

Dear SHPS Families

Pupil Free Days

Thursday 17th & Friday 18th August
(8am - 6pm)

Extend After School Care!

**We will offer a full day program for
those students needing care over the 2
days the SHPS teachers are**

attending a retreat

**For bookings please go to:
extend.com.au**

(subject to 12+ students booked)