Be Safe, Be Respectful, Be Your Best

MINI BLITZ- Week 11
''The choices we make reflect who we are. Make the right choices and you will go far.'

2017 Term 2 Week 11 Newsletter

As you set out to complete your tasks today - May your spirit be uplifted while taking on the challenges which may come your way. May you become a source of positive influence for others and constantly feel the loving arms of God wrapped around you - To shield and protect you from any hurts and the numerous pains inside your heart. May you be at peace with yourself and with the world.
AMEN

I would like to thank our children for their hard work throughout this term. Term Two is a very long term and our children have been very resilient and persistent in ensuring they are focussed and learning to the best of their ability. Thank you to all our staff, who have worked extremely hard to ensure they are meeting the individual needs of all our children in our school. I am so appreciative of the times they have gone above and beyond what is expected. Thank you to all our parents who have been so supportive whether helping at school or assisting with homework, hearing reading or showing an interest in what our children are learning in our classrooms

Feast of the Sacred Heart

Thank you to all parents who were able to attend our liturgy celebrating our Feast day. It was a wonderful celebration and I was so very proud of our students who filled the MPB with great joy through their singing and participation. We were also very grateful to Ron Foley and our Bingo Committee for presenting us with a cheque for $6000. We appreciate the tireless work you all do in supporting our school.

Reports

I hope you were impressed with your child's first semester report and you have had the opportunity to discuss it with your child, highlighting the successes and discussing goals to help overcome any challenges.
As this is a new report format – we welcome any feedback to ensure our reports are providing you with information you need in relation to your child's progress.

New Administration Officer

I would like to welcome Sonia Bourke as the new Administration Officer at Sacred Heart commencing at the beginning of Term 3. Sonia comes to us with a wealth of experience and we know she will be a wonderful resource for our School Community.

End of Term

Reminder that students will be finishing at 2.30pm on the last day of term (Friday 30th June**)**

I hope all members of our school community have a safe and relaxing holiday. May you have many great times spending time together as a family.

Have a great week.
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

Sacred Heart Day

Congratulations to everyone on our Feast of the Sacred Heart. We celebrated with a beautiful mass made even more special by the enthusiastic singing from our students, and the choir. Thank you to Mrs Cussen for preparing the children so well. It was also very special that we were able to join with Sacred Heart College for this celebration. Congratulations to our Year 6 students who then led the school in a tabloid Sports afternoon. It was the perfect way to finish the day.

Sacrament of Reconciliation

The Sacrament of Reconciliation for our Year 3 students will be held on Wednesday September 6th. An information Evening will be held for all those interested families on Tuesday August 1st at 7pm in the Mercy Centre. All children making the Sacrament must have an adult representative at the evening. A detailed note and enrolment form will go home, week one next term.

I hope everyone enjoys a great holiday with some relaxing family time.
Stay safe,
Meegan
mmcinness001@shyarrawonga.catholic.edu.au.

Week							
							Term 2
				Thu 29th	Fri 30th	Sat 1st	Sun 2nd
11 (June)				Festival of the Sacred A3 Singing (Yrs. 5/6) Wangaratta	End of Term. 2.30pm finish.		
Week							**Term 3**
	Mon 17th	Tue 18th	Wed 19th	Thu 20th	Fri 21st	Sat 22nd	Sun 23rd
1 (July)	Term 3 Begins			*State Cross Country	*Woods Point Visit- 2B *Parish Mass- 5M & 6S		
	Mon 24th	Tue 25th	Wed 26th	Thu 27th	Fri 28th	Sat 29th	Sun 30th
2 (July)			*Earn & Learn begins		*Grandparents Day Liturgy 10am MPB *Woods Point Visit- 4K		

End of Term finish 2.30pm

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.
There will be no Breakfast Club this Friday as it is the last day of term.
Wishing everyone a happy and enjoyable holiday.

With the school holidays nearly here, I thought the following article from Michael Grose might be well-timed!

Resisting kids pester power **By Michael Grose** **Part 2**

If your kids don't take no for an answer, particularly when they want you to buy, buy, buy, consider these well-tested resistance strategies:

1. **Avoid getting into too many negotiations with kids**. It's worth remembering that it's okay to say no….without always having to explain yourself.
2. **Make yourself scarce, either physically or psychologically, when they don't take no for an answer.** My wife was an expert at the latter method when my kids used to argue the point with her. She would ignore attempts to change her mind, going about her business as if they weren't there. They soon realised that arguing was futile.
3. **Communicate with your partner.** Teenagers are adept at putting pressure on parents to acquiesce to their demands, particularly when it comes to going out. Get into the habit of bringing your partner into the picture. "I'm not sure about that. I'll check with your father and get back to you" is a handy response.
4. **Draw strength from a friend.** It helps, particularly if you are on your own, to phone a friend to check if you are being reasonable. It's easy to doubt yourself, and your sanity, when you are on your own.
5. **How can you make this happen?** Sometimes it's best to put the onus on to kids, particularly when they pester you to buy them things. "Sure, you can have a new mobile phone. Have you got enough money to buy it now or do you have to save for it?" is the type of response I suggest for kids who just love you to be their automatic teller machine.

As hard as it sounds, one of the keys to reducing insidious pestering and badgering is to stand your ground, and refuse to give in. That takes some parent confidence and backbone as well, but pestering will continue if it works in terms of getting the end results that kids want.

Extend After School Care at Sacred Heart Primary School

WINTER HOLIDAY PROGRAM BOOKINGS ARE OPEN!
Participate in our winter-themed activities, including science experiments to learn about animals with blubber, recreating a winter snowstorm in a jar, and participating in a snowman slam! To check out the daily schedule, visit our website at extend.com.au and book via the Parent Portal.

FOR ALL PREP CHILDREN- ATTENTION

Victorian Primary School Nursing Program 2017

The Victorian Primary School Nursing Program is a free health assessment service offered by the Department of Education and Training to all children during their first year of primary school. During 2017, the School Nurse will be visiting Sacred Heart Primary School to assess all Prep children that have returned the **School Entrant Health Questionnaire (SEHQ).** Information provided in the SEHQ will enable the Nurse to identify and respond to parent/carer concerns about their child's health and wellbeing.

A completed SEHQ with parent/carer consent is required for a child to be seen by the School Nurse. These questionnaires have been given to all Prep children today. Please complete at your earliest convenience and return to school as soon as possible. Children will be assessed during the next few months.

LOST PROPERTY

We have a number of 'Lost Property' items, mainly jumpers, that need to be collected. As the end of term comes to a close, parents may like to look through some of the items if your child is missing some. Thanks.

SYMPATHY

The Sacred Heart School community send our sympathy to the family of Daisy Cummins who passed away recently. She is the great-grandmother of our students, Beau Cummins, Frazer and Billy Cummins, Max and Millie Holgate, Hunter and Marney Looby and Eliza Dowling.

SYMPATHY

The school community also sends our sympathy to Maya Isaac, whose grandmother, Dianne Isaac, passed away recently.

Lake Rowan Captains

Wilby Bus Captains

Congratulations to our Yr 5/6 sporting students for representing the school yesterday at the 'Wangaratta Winter Sports'. The boys were successful in making it through to the Regional stage to be held early in Term 3.

Bus Students- Our winning 'Bus Captains' the past few weeks.

ATTENTION- Students who represented the school in Zone/Regional Cross Country need to return their rep shirts asap to Miss Schutt.

SACRED HEART PRIMARY SCHOOL

SACRED HEART COLLEGE

Sacred Heart Primary School leaders.
Back- Polly McRae, Paige Duffy, Marcus Van Maanen, Emma Richmond.
Front- Aleera O'Bryan, Mitchell Loughnan, Arn Gorman, Dom McInness, Savannah Wallden.

CATHOLIC EDUCATION YARRA WONGA

Historic Past...Exciting Future

Working together to establish a network between our Catholic schools, parents, students, Parish and local community

Sacred Heart College Captains Clay Secull (left) and Olivia Elliott.

Sacred Heart Primary School

"I have come that you may have life and have it abundantly." John 10:10

This quote sits at the heart of all we do at Sacred Heart Primary School. Being part of a caring faith community instils in our students a sense of identity, a feeling of belonging and above all a powerful sense of self-worth. At Sacred heart, we measure achievement by the emotional, social and spiritual wellbeing of our students. We will more than just 'grow' your children. We strive to ensure your child flourishes into the person God wants them to be. We value excellence and expect our students to achieve their personal best in all.

At Sacred Heart, we provide vibrant, open Learning environments that enhance our student's opportunities to learn through a balance of discovery learning and personal exploration on one hand, and systematic teaching and guidance on the other. Our students are learners of the 21st Century developing Information, Communication and Technology skills alongside thinking and self-management skills. Collaboration and competition nurtures every child's ability to work with others and strive for excellence.

Our Catholic schools are places of distinction. We are proud of our culture, professionalism of the staff, self -confidence and motivation of our students and the ongoing support of our parental community. We will support all our students to journey through our centres with dignity, purpose and options. Our hope if for all students to leave Sacred Heart more curious than when they arrived and will continue to grow into engaged citizens who demonstrate a strong sense of personal and social responsibility in their journey through Catholic Education Yarrawonga and beyond.

Sacred Heart College

At Sacred Heart College Yarrawonga young people receive high quality learning and teaching in a safe and supportive environment within the richness of the Catholic tradition.

The College has consolidated itself as a quality provider of Catholic Secondary Education for students from Year 7 to 12. Recent enrolment growth at the College has included an increasing number of families from the Corowa Rutherglen area seeking Sacred Heart College as their secondary education provider. The College enjoys excellent facilities and spacious well maintained middle school and senior school campuses.

Learning is supported by dedicated, professional teachers and support staff. Our staff are engaged in continuous professional development with a specific focus on mastery of learning and developmental assesment. Staff are engaged in long term partnerships with experts in these areas, as well as developing effective feedback systems and action based research, which helps make learning effective and engaging for our students.

Students engage in a range of innovative learning experiences that combines activities designed to inspire, empower and motivate students to reach their goals. The year 9 students are currently focusing on Indigenous studies which will culminate in their 8-day Northern Territory experience. This is a great opportunity for our students to apply their classroom knowledge to real world experiences. Students have access to the latest technology through our 1:1 laptop program with each student being issued with a MacBook Air computer. This investment in each child's learning is supported by a user-friendly learning management system known as Simon. Simon allows students and parents to receive continuous feedback on their child's progress as well as staying up to date with all aspects of College life.

Sacred Heart College takes great pride in working with families to produce young people who are confident and aspirational and prepared to set out on a career of their choice.

Sacred Heart Primary - Principal Arn Gorman Ph: 5744 3339 www.shyarrawonga.catholic.edu.au

Sacred Heart College - Principal Lew Nagle Ph: 5742 1300 www.shcy.vic.edu.au

SUBWAY

NORTH-EAST BUSHRANGERS NEB BASKETBALL

NORTH EAST BUSHRANGERS

2-DAY BASKETBALL CAMP

YARRAWONGA-MULWALA

JULY 6 & 7, 2017

10am - 4pm daily

Ages 6-16yrs

OFFICIAL EVENT

YARRAWONGA MULWALA KIDS Festival

ymtb YARRAWONGA MULWALA TOURISM & BUSINESS

REGISTRATIONS

$90 per player (2 days)

$50 per player (1 day)

BYO named basketball, lunch, snacks & drink bottle

Register at:

https://lakemulwalakids.com.au/

For more info call: Noel 0418 792 106 or Wendy 0419 496 831

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BLUSCHOOL NEWS
JUNE 2017

This Issue

P1. National Sports Plan Consultation

P1. Active Leaders Program

P2. Mindfulness & Quiet Time

P2. Moving More in the Classroom

CEO Message

Remember Norm from the Life. Be In it campaign in the 1970s and early 80s? We've been hearing messages about moving more and sitting less and being active every day, for a long time now. Norm has since retired but the Life. Be in it. message lives on and has been a key message in over 100 health campaigns.

Yet despite knowing what we need to do, we don't do it. Only one-third of Australian kids and 60% of adults meet the recommended physical activity guidelines, and sedentary rates in adults and increasingly kids, continue to rise. What do we need to do to get everyone moving more and sitting less?

You have a chance to contribute to that answer. The Australian Sports Commission are developing a new National Plan for Sport and we are encouraging a diverse range of people and organisations to submit a response.

The development of the National Sports Plan is intended to be a system wide examination of sport in Australia to strategically position sport into the future. This will be delivered around four key, interrelated pillars of participation, performance, integrity and preventive health through physical activity. One of the big questions asked is *"How do we increase sport participation in the schooling years to maximise physical literacy and establish good habits for life?"*

Sport may not be your thing, but I'm sure creating a happy, healthy future for our children is. To make a submission go to https://www.ausport.gov.au/nationalsportsplan/about

Bluearth will be preparing a submission. Let us know if you would like a copy.

Wendy Gillett
Chief Executive Officer

Active Leaders Program

What better way to relay the importance of physical activity to kids, than through other kids? Since 2014, we have helped create more than 3000 active leaders at primary and secondary schools around Australia. These students are now passionate peer leaders, showing other students how much fun and how important physical activity is.

Over the course of a school year, students taking part develop leadership skills, resilience and the self confidence to run events for their school and wider communities.

Northern Bay College in Corio, Victoria, has been part of the program since its inception. Teachers have reported that students taking part are more settled in school, more engaged with their learning and have greater self confidence. And the impact on the school has been huge – the College Principal believes the program is addressing sedentary living and creating the momentum for change.

If you'd like to learn more about how your school could benefit from our Active Leaders program, speak to your Bluearth Physical Activity Officer, or call us on 1300 784 467. You can learn more about the program by watching this video (https://youtu.be/IIxVidVcaK8)

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Mindfulness & quiet time

Richard Corbet, National Operations Manager

I was lucky enough to spend two weeks in the Kimberley, working in schools and early childhood settings from Kununurra to Warmun.

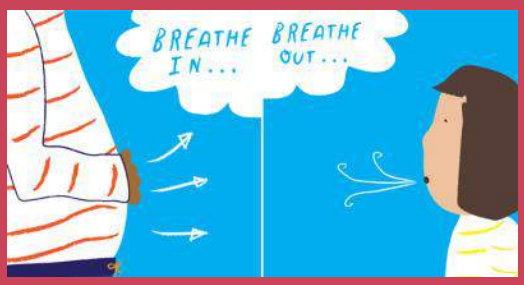
The highlight was visiting the two tiny communities of Doon Doon and Frog Hollow.

The dedicated and lovely staff made me feel very welcome and the kids demonstrated an enormous enthusiasm and skill for movement and activity.

The challenge for these kids, like many we work with, is learning to be comfortable with silence and stillness. Rarely do we get the opportunity to explore this aspect of living. We all need time for self and to develop the skills and ability to be at 'rest'. Mindfulness, meditation and breathing practice are all ways to access this quiet and restful state which is highly valued in our busy lives.

The Teachers Resource Centre has some great ways to invoke this sense of stillness – either for yourself or for your whole class. Click on the 'Core' tab, then 'Recovery'. The Constructive Rest and Diaphragmatic / Belly Breathing exercises are both simple ways to bring about the restful state we all need in our lives.

From time to time, search out some quiet time for yourself. I can report that the kids of the remote East Kimberley eventually did settle into this space – a poignant contrast to the dynamic and energetic activities they love.



Moving more in the classroom

Research suggests that schools need to do more to get kids more active during the school day [1]. Is this something extra you have to fit into an already busy school day?

School hours can be the key period of the day where kids have more time and opportunities to be active compared to after school[1]. And with only 1 in 5 Australian school-aged children meeting physical activity guidelines, it's clear more needs to be done.

It's surprisingly easy to introduce more physical activity into the classroom. Physical activity differs from PE in that it's anything that gets the body moving – walking, dancing, running, yoga and our Movement Snacks are all ways to break up the long periods of sitting each day in the classroom. There are also lots of ways to use movement to deliver cross-curricula outcomes.

And the benefits of moving more last the whole day. Physical activity during classroom time helps activate the brain, improves on-task behaviour and helps students remain engaged. In the longer term, regular physical activity improves children's self-confidence, self-esteem and resilience and even their academic performance. Some teachers say active students are easier to teach.

Our Move More Sit Less website has a series of Movement Snacks that are quick and easy to introduce, especially when transitioning from one task to another. The Teachers Resource Centre also has some great activities you can try. Plus, your Bluearth Physical Activity Officer can help you introduce some of their activities into a classroom setting.

In a crowded curriculum, the thought of adding in something else to the day can feel impossible. But adding in movement breaks throughout the day not only makes students more attentive and focused, it demonstrates to our younger generation the benefits of living a healthy, active life.

1. Strugnell et al 2016: Composition of objectively measured physical activity and sedentary behaviour participation across the school-day, influence of gender and weight status: cross-sectional analyses among disadvantaged Victorian school children

The Kinder class at Tocumwal Public School is enjoying their 1st year of Bluearth!

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