

ATHLETIC SPORTS

Friday September 15th 2017

PROGRAM TIMETABLE

- 8.55 Mark roll/ students collect bib from chairs and gather in quadrangle.
- 9.15 Leave school by bus to the Grove.
- 9.30 Snack / toilet break/Assemble in teams.
- 9.45 11.00 SPRINTS- All children**
- 11.00 Prep, 1 & 2 begin Rotations
- 11.15 Senior Rotations begin
- 12.40 -1.20 LUNCH** (need to stagger the lunch start for hot dogs)
- 1.30 Bell to assemble in house team areas for relays
- 1.40 RELAYS**
- 2.10 Sprint off-Staff Vs Students. (top 8 from each year level 4-6)
- 2.20 PRE-SCHOOLERS RACE
- 2.30 Announcement of results and New Records
PRESENTATIONS
Tidy Oval – collect bibs
- 2.35 Children may leave with parents or return to school.

Hot Dog Orders

Any outstanding 'Hot Dog Order' payments need to be paid asap either via the school office or the classroom teacher.



Be Safe, Be Respectful, Be Your Best

2017 Term 3 Week 9 Newsletter

MINI BLITZ- Week 9

'We always wear a grin, when we do WIN. But let's get caught, being a GOOD SPORT!'

The Best Part about Life?

Every morning you have a new opportunity to become a happier version of your self

Good Afternoon Everyone

The last couple of weeks have been 'actioned' packed with Chess tournaments, Basketball tournaments, Tennis Hotshots and Dental Van to name a few. It has been pleasing to hear feedback on how well our students have behaved and participated in each of these events.

Stewardship & Resources Review

Tomorrow we will have Mr. Rob Papworth from the Catholic Office and Mr. John Cortes principal of Notre Dame College Shepparton reviewing our processes and procedures in regards to school structures, human resources (staff & parent community) and financial resources.

School Sports

Our annual sports carnival will be held this Friday (15th September). The students have been practicing very hard. I am sure we will see many "personal bests" as well as lots of fun! May the best team win!!!!

End of Term

Please remember we will be finishing at 2.30pm on Friday the 22nd of September. School will resume on Monday the 9th of October.

Congratulations

Miss Monica Van Roy will finish this term a little earlier (this Friday) as she prepares for her special Wedding Day on Saturday the 23rd of September. We wish Monica and Mark a life- time of happiness together.

Market Day next Tuesday

Next Tuesday our Grade 6's will be holding a Market Day. Students will have the opportunities to browse and purchase goods from the different stalls. The market will be opened from 11.30am- 1.00pm All money raised will go towards their camp to Canberra departing on the 16th of October.

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

Take Care

Arn

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.

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.



Reconciliation

Well done and thank you to our Year 3 candidates on the beautiful way they participated in the Reconciliation Ceremony last Wednesday evening. It was wonderful to see the delight on the children's faces after speaking to Father Steve or Father John.

Confirmation/Eucharist 2018

Please note that the Confirmation Eucharist ceremony for 2018 will be held on Friday June 1st.

Andrew Chinn End of Year Concert- Term Four

Andrew Chinn a famous religious singer and song writer will be joining Sacred Heart for the day on Thursday November 23rd. He will spend some time with each centre and then there will be a concert that evening for all children and their families in the MPB. This will be our end of year, whole school concert. Please note this date in your diaries also.

Enjoy the sunshine and Go Rennie.

Meegan

Catholic Identity Leader

mmcinness001@shyarrowonga.catholic.edu.au.




Year 6 Market Day
Tuesday 19th
September
11:30am ~ 1pm

The children in Year 6 have been working on a unit in Economics. They are currently planning a market day to be held on Tuesday 19th September. All classes and teachers are invited to attend the market; parents and family members are most welcome as well. Stalls including chocolate fondue, milkshakes, spiders, homemade cakes and slices, face painting, lolly shop, ice cream, drinks, yabby races, side show games, .. and so much more. We'd love to see you there !!

THE CANTEEN WILL NOT BE OPEN ON THIS DAY FOR LUNCH ORDERS OR WINDOW SALES



Week	Term 3						
			Wed 13 th	Thu 14 th	Fri 15 th	Sat 16 th	Sun 17 th
9			*Dental Van	*Dental Van	School Athletic's Carnival	Tungamah vs Rennie Grand Final Yarra Pigeons- Good luck to the 7 sides.	
	Mon 18 th	Tue 19 th	Wed 20 th	Thu 21 st	Fri 22 nd	Sat 23 rd	Sun 24 th
10	Life Relationships Yr 6	*Whole School Market Day 11.30am-1.00pm (Yr 6) Earn & Learn finishes	*Prep Culminating Day (11.30am-1pm)		End of Term finish 2.30pm		

Week	Term 4						
	Mon 9 th	Tue 10 th	Wed 11 th	Thu 12 th	Fri 13 th	Sat 14 th	Sun 15 th
1	Welcome back!				*Bluearth		
	Mon 16 th	Tue 17 th	Wed 18 th	Thu 19 th	Fri 20 th	Sat 21 st	Sun 22 nd
2	*Yr 6 Canberra Camp	*Yr 6 Canberra Camp	*Yr 6 Canberra Camp	*Yr 6 Canberra Camp	*Yr 6 Canberra Camp *Prep Excursion- Darlington Point		

Extend After School Care and Holiday Programs

Last week at ASC the children were in creative mode as they prepared their gifts for Father's Day. The children made cards, lanyards, and made Father's Day Portrait poems. We also enjoyed another messy activity making edible chocolate mud cups and burned off our energy finishing the week with leapfrog.

Next week's activities:

Monday 11th September: **DIY Wall Art** Tuesday 12th September: **Silly Putty**

Wednesday 13th Sept: **Apple Pie Bites** Thursday 14th Sept: **Dodge Frisbees**

Friday 15th Sept: **Spring Flowers**

Lisa Gard- Coordinator Parent Portal: extend.com.au

SPRING HOLIDAY PROGRAM BOOKINGS ARE OPEN!

Book 14 days in advance to receive the lowest rate.

Make your own DIY paints and have fun with messy art, participate in delicious cooking activities, learn all about persistence of vision by inventing your own spinning thaumatrope, and loads more!

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





Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. 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/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson) Enquiries to jodi@drjodirichardson.com.au

Using screen time to foster kids' wellbeing and family fun by Dr Jodi Richardson Part 2

Hailed as the world's biggest treasure hunt, the premise of geocaching is to get us all playing outside. And that it does. Here's how it works:

You start by downloading the app and creating an account, giving you the perfect opportunity to chat to your kids about remaining anonymous online. Once you're all signed up, you can load up a map of your current location (or anywhere in the world) and watch for all of the hidden 'geocaches' – otherwise known as 'caches' – to appear showing their precise coordinates. Each cache is a hidden, small waterproof container containing a logbook and, if large enough, a pen and a whole range of trinkets or swaps from previous finders.

When you find a cache, being careful not to be seen by outsiders affectionately known as 'muggles', you can sign and date the log, swap your trinket or toy with something inside the container, close it all up and return to exactly where you found it.

There are millions of these geocaches hidden all over the world. There's probably one near you right now!

The app provides information about the difficulty of finding the cache, the local terrain, the size of the cache, a description of what you're looking for and even hints if you're having a bit of trouble. We always like to check the 'activity' of a cache too, to make sure it's been found recently so that we can be confident it's where it's meant to be. It's so exciting when you all find one! Some are really quick finds while others can take quite a bit of hunting. We practise perseverance each time and agree not to give up until we achieve success.

My family have had the most amazing fun on our geocache adventures. Some days we plan an afternoon of treasure hunting, other times we set off after school to hunt for one closer to home. Some families even plan holidays around their geocaching adventures!

Aside from the obvious advantages of getting outside into the fresh air, moving and having fun, geocaching ticks all the boxes for the elements that contribute to happiness and flourishing.



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:

**** When reading with your child, change one of the joining words and get your child to complete the sentence:**

- e.g. The mouse ran into its hole and..
The mouse ran into its hole because..
The mouse ran into its hole when..
The mouse ran into its hole while..



DECONSTRUCTION CLUB

The Deconstruction Club is requesting items for their Monday Deconstruction Club... Used/non-working appliances are ideal and much appreciated. Please leave in the front office.

Yarrowonga Neighbourhood House

Registered Training Organisation No 21765

Taming Your Tablet

This is a fun, friendly workshop that covers such topics as using your tablet as a productivity tool, attaching photos to emails and Facebook.

Date: Friday 15th September, 9:30am – 12:30pm

Cost: \$50 (GST Free)



Visit our website: www.ynh.org.au

1 Hargrave Court, Yarrowonga 3730

Ph: 03 5744 3911

Email: office@ynh.org.au



Contact:
Darren Forrester - 0437 817 011
Lynda White- 0407 432 756

Yarrawonga Foreshore Fun Run (Yarrawonga Mulwala Splash n Dash)

Request for new Junior Fun Run Committee

The Yarrawonga Mulwala Multisport Festival is a major fundraiser for Sacred Heart Primary School and Sacred Heart College. The Junior Fun Run is held as part of the Festival weekend and will take place on Sunday 22 October 2017 at 10 am.

This event promotes good health and fitness for our children and since its inception has been a very popular event with our kids, seeing approximately 200 Sacred Heart Primary School students participating every year.

Due to the continued growth of this event, the Multisport Festival Committee is looking for a small number of volunteers to form a committee and work together to ensure the streamlined running of the Junior Event. The list of duties includes the following:

PRIOR TO EVENT:

- Assist packing show bags and medallions (provided by YMMF Committee);
- Marketing of event - Promote at Sacred Heart Primary School and other primary schools in the district;
- Lock in volunteers - To assist at start & finish line, the registration area, On-course & Starter (max 8 helpers); and
- Organise Les Garbutt (or other photographer) to take photo of place getters at finish line.

ON THE DAY:

- Ensure equipment is collected ready for start (provided by YMMF committee);
- Ensure showbags and medallions are taken to finish line prior to start of junior run; and
- Ensure event runs smoothly on day.

AFTER EVENT:

- Write newsletter article for Sacred Heart Primary School to advise of place getters and to thank volunteers and participants.

Feel free to get creative with this event, fresh ideas are welcomed! Support will be provided from Yarrawonga Mulwala Multisport Festival (YMMF) Committee. If this is an event that you wish to help with, please contact any of the below members of the YMMF Committee - Lynda Ford-White Ph: 0407 432 756, Cathrina Shaw Ph: 0437 290 970, Sonia Bourke Ph: 0407 197 665

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Nationally Recognised Training

at

Yarrawonga Neighbourhood House

Registered Training Organisation No 21765



Hygiene for Food Handlers

The unit SITXFSA001 Use hygienic practices for food safety is for those who want to work in restaurants, cafes or bakeries, or are members of a community group involved in food preparation.

Date: Friday 22nd September

Time: 9:30am – 4:00pm

Cost: Full Fee \$ 110

Concession: \$ 90 (GST Free)



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Email: office@ynh.org.au

Yarrawonga Lawn Tennis Club

Saturday Junior Tennis Registration

When: Saturday 16th September 8:30 – 10:30 am

Where: Tournament Box, Yarrawonga Lawn Tennis Courts

Hotshots – Introduction to Tennis

Ready Set Go – Group coaching with YLTC Senior Club coach Greg Duns and Junior Development Coach Brady Pritchard

Matches – Set Play on Grass courts

Cost:

Junior Membership \$80

Adult Membership \$125

Family Membership \$260

Further information contact:

Jason Bassett – M: 0448 838 256

Stephen York – M: 0407 317713

SPRING 2017
HOLIDAYS!

extend
BEFORE & AFTER
SCHOOL CARE

CHECK OUT WHAT'S ON AND BOOK TODAY
extend.com.au

YARRAWONGA-MULWALA *Little Athletics*

The 2017/2018 season of Little Athletics is almost here

We are open to all children between the ages of 5-15
with events held each week on Monday at 5pm.
Season runs for 12 weeks from 9 October.

*So if you or your child think they could be the next
Usain Bolt or Sally Pearson, then...*

WE WANT YOU

Fees this season are still \$95 for the first child
and \$85 for each additional child thereafter
Our brand new official YMLA singlets will
need to be purchased for \$15

Parent participation

Family, Fun and Fitness

is our motto so come along and get involved.

You will love it!

It is vital that all children be supervised
by a parent/guardian each week



Yarra Mul Little Aths

Further Information

Registrar: Lisa Hayes **0413 656 936** or
President: Brenden Cuskelly **0401 762 227**



All 2017/2018 registrations
and payments are online at
www.yarrawongamulwalalac.com.au

before

Registration Day

on **Sunday, 8 October**
from 2pm onwards

at the

**Little Athletics Shed,
Yarrawonga 9-12 College
Secondary Campus Oval**

Please bring your online receipt and
birth certificate to complete registration
and receive your athletic packs.