



Be Safe, Be Respectful, Be Your Best

**Newsletter Term One Edition No 6**  
(May 2<sup>nd</sup> 2018)

**MINI BLITZ- Weeks 3 & 4**  
'Remember, we are lucky to have our laptops and ipads. Use them carefully so they never drop!'

***'Shoot for the moon and if you miss you will still be among the stars'. (Les Brown)***

As the newsletter goes to print, Mrs Gorman, Mr Boulton and Christine Martin are in Santa Fe, New Mexico USA as part of a Sandhurst CEO study tour. As Arn said in the previous newsletter, it's a wonderful opportunity for our school as they learn how to fully engage our students and families in school and community life. They are visiting various schools and colleges picking up ideas and tips that would be beneficial to engaging students and families in our school.

**ANZAC Day**

Thank you to all our students, staff and families for their support of the various ANZAC Day services across the district on ANZAC Day. It was great to see so many students in attendance paying their respects to service men and women, past and present.



**Earn and Learn**

The school has this week received some fantastic resources thanks to the generosity of our families who collected many 'Earn & Learn' stickers through its Woolworths promotion last year. We have purchased some 'SPHERO' Robot balls for the students that they can use as part of their technology learning. Maths & Literacy equipment as well as some gardening supplies have also been added to our purchases.

**School Crossing**

A reminder to our students and families about the importance of 'Being Safe' at our main crossing. Following the rules, stopping and waiting for the whistle, no running, etc. are very important at the beginning and the end of each day. Please keep this in mind as Lisa assists the children across the crossing each day.

**Book Fair**

The 'Book Fair' has been a hive of activity with many families and students purchasing books, posters, stationary, etc. before and after school. A big thank you to Mrs Ryan and her band of parent helpers who have done an amazing job in setting up and assisting each day. The Book Fair continues to be open today, tomorrow and Friday morning.

**Student Learning**

The students continue to learn and grow each day with their learning. The teachers will begin to formulate and put together mid-year reports over the next month. If you have any concerns or queries regarding your child's learning, don't hesitate to touch base with your child's teacher either via phone, email or an appointment.



## Digital Noticeboard


You may have noticed the installation of our 'New Digital Noticeboard' which was erected yesterday. In the coming days, the electrical side of the noticeboard will be installed thanks to Coghill Electrical. This wouldn't have come to fruition without the amazing support of our P & F and especially the committee of the 'Multi Sport Festival'. Thousands of dollars have been raised via parents who volunteer their time for special events. The new noticeboard is a thank you to the many parents who give up their time to support events and make our school a special place to be.



Enjoy your week ☺ Mr Carroll

### 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.

Week	Term 2						
			<b>Wed 2<sup>nd</sup></b>	<b>Thu 3<sup>rd</sup></b>	<b>Fri 4<sup>th</sup></b>	<b>Sat 5<sup>th</sup></b>	<b>Sun 6<sup>th</sup></b>
<b>3 (May)</b>			Book Fair Open	Book Fair Open (8.30am-9.00am & 3.15pm-4.00pm)	Book Fair Open (8.30am-10am) Parish Mass-Yr 4		Football/Netball Carnival
	<b>Mon 7<sup>th</sup></b>	<b>Tue 8<sup>th</sup></b>	<b>Wed 9<sup>th</sup></b>	<b>Thu 10<sup>th</sup></b>	<b>Fri 11<sup>th</sup></b>	<b>Sat 12<sup>th</sup></b>	<b>Sun 13<sup>th</sup></b>
<b>4 (May)</b>			Mother's Day Craft Stall (9.30am-1pm)		Mother's Day Liturgy 10am MPB College		
	<b>Mon 14<sup>th</sup></b>	<b>Tue 15<sup>th</sup></b>	<b>Wed 16<sup>th</sup></b>	<b>Thu 17<sup>th</sup></b>	<b>Fri 18<sup>th</sup></b>	<b>Sat 19<sup>th</sup></b>	<b>Sun 20<sup>th</sup></b>
<b>5 (May)</b>		NAPLAN (Yr 3 & Yr 5)  Maths Pathway Information Session (Yr 5/6) 5.30pm Mercy Centre	NAPLAN (Yr 3 & Yr 5)  Prep Cultural Immersion Day with Yr 6	NAPLAN (Yr 3 & Yr 5)	Walk to School Day Woods Point Visit- 1M Parish Mass-Yr 4 Companions		
	<b>Mon 21<sup>st</sup></b>	<b>Tue 22<sup>nd</sup></b>	<b>Wed 23<sup>rd</sup></b>	<b>Thu 24<sup>th</sup></b>	<b>Fri 25<sup>th</sup></b>	<b>Sat 26<sup>th</sup></b>	<b>Sun 27<sup>th</sup></b>
<b>6 (May)</b>					School Cross Country & Fun Run Dad's Night Mercy Centre 7pm		Presentation Mass-Yr 4

## Catholic Identity

Meegan McInness



### *Mother's Day Liturgy*

On Friday May 11<sup>th</sup> we will be holding our Mother's Day Liturgy at 10am in the MPB at Sacred Heart College followed by Morning Tea. This is always a lovely celebration and we encourage all the Mums, Nans and special ladies in our lives to join us. As part of the liturgy I would like a photo from our Prep and Year 6 students with their Mum or significant person. If this could be emailed to me [mmcinness001@shyarrowonga.catholic.edu.au](mailto:mmcinness001@shyarrowonga.catholic.edu.au)

By next Wednesday 9<sup>th</sup> May I would appreciate it.

### *Sacred Heart has Talent*

Friday of week One was a great success with our Sacred Heart Has Talent Fun Day. Organised by our Year Six Leaders and SRC our children were entertained by 21 amazing acts from students from Prep through to Year Six. We had dancers, jugglers, singers, a guitarist, a karate demonstration, fidget spinning, flossing, mime and much more. The children were also able to enter a colouring competition.

Congratulations to our winners

#### Leadership Centre

1<sup>st</sup> Brandi Chisnell

2<sup>nd</sup> Zander Smith

#### Bridging Centre

1<sup>st</sup> Grace Lynch

2<sup>nd</sup> Samantha Knight

#### Discovery and Foundation

1<sup>st</sup> Ella Lawless

2<sup>nd</sup> Emily Roper.

Loom bands and a collection of second hand books were also sold on the day. It was a fantastic day and we raised \$2408.15 for Caritas and Project Compassion. We thank everyone for their support.

### *Project Compassion Boxes*

If anyone still has their Project Compassion box at home could the contents of it be sent to school by Friday. Thankyou.

### *Important Dates*

Companion Masses 4/5, 18/5, 25/5, 1/6,

Spirit Day 1/6

Ceremony 1/6 7pm in the MPB.

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### *Presentation Mass*

Congratulations to 20 of our Confirmation Eucharist Candidates that were presented to the Parish community at Mass on Sunday morning. Our children are in Week Two of their homebased program. Please keep these students in our prayers as they prepare for this important step on their faith journey.

Have a great week everyone.

Catholic Identity Leader

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



[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 – my office is in the Admin Block.

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

### Parenting for Resilience

by Michael Grose

### Part One

When we build resilience in our children, we set them up for success. Over the next few weeks, I will include the following article from Michael Grose, which gives good tips and strategies for building resilience.



*Resilience has proven to be one of the most important factors in predicting success as an adult. The ability to bounce back, regulate emotions and cope with stress are key traits in a healthy, functioning person. Resilience also helps prevent anxiety and depression. It is something we need to be instilling in our children.*

As a child's first educators, parents can't leave it to early learning centres, pre-schools and schools to develop their child's resilience. It's something that parents need to be constantly developing. Building resilience is not a program, but should be an approach or mindset that guides your parenting.

Here are five principles/ideas that you can easily adapt to develop a strong sense of resilience in your child.

#### 1. Develop your child's self-sufficiency

Self-esteem is an essential element for resilience. It teflon coats children against rejection and self-doubt. The foundation for self-esteem is self-sufficiency. It's the simple things such as feeding yourself as a toddler, making your own snacks in primary school and making your own lunch in secondary school that build self-esteem. Mastery over your own life provides a strong sense of self, which is an important piece of the resilience puzzle.

### 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 vocabulary and morphology (the way words are constructed with stems, prefixes and suffixes). Feel free to adjust these activities according to your child's grade level.

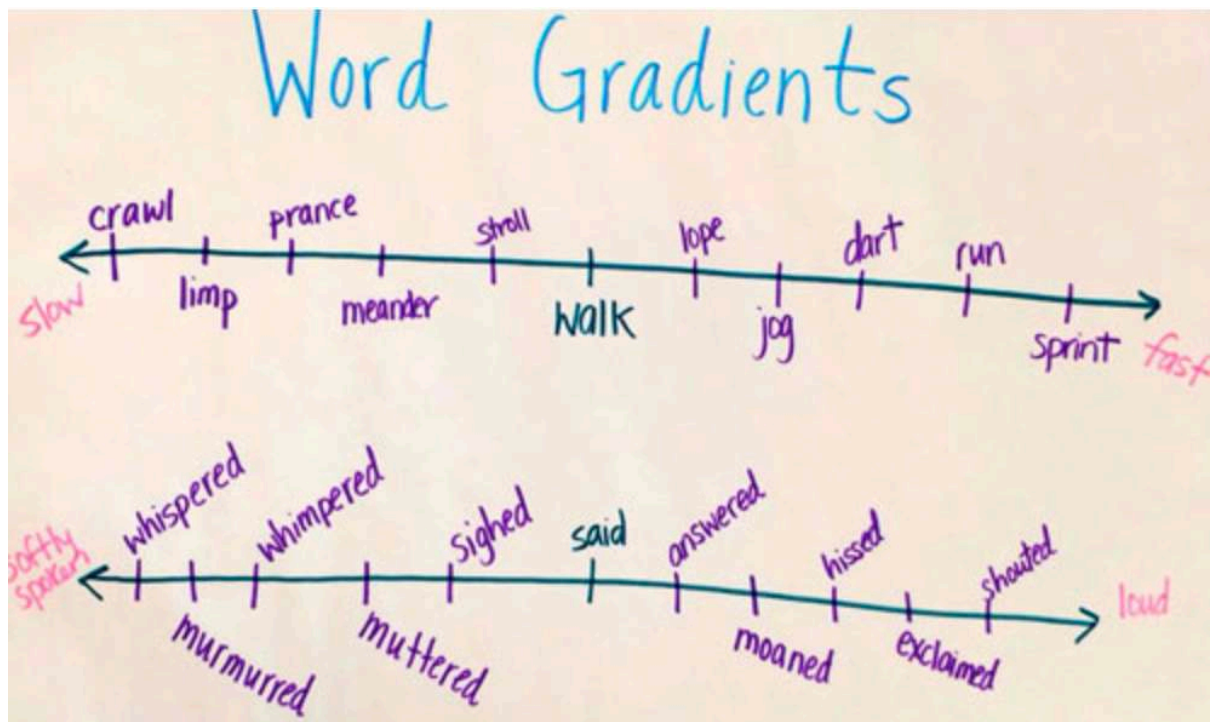


**\*\*Find the synonym or antonym:** If your child has a set of spelling or tricky reading words s/he's working on this week, you can play games to build the words' meaning words. Decide whether the object of the game is to name antonyms or synonyms for the words. Once that is established, one player selects a word. Set a timer for one minute. See how many antonyms or synonyms each player can come up with in that time. For example: humid – muggy, close, steamy, oppressive, stuffy. Discuss tricky word meanings and try to put them into meaningful sentences. You could use pen and paper, and ask each player to write their words down.

**\*\*Word Gradients:** Word meaning gradients are a way to broaden and deepen students' understanding of related words. The idea is to consider a continuum of words by order of degree. Start by selecting a pair of polar opposite words and generate at least five synonyms for each of the opposite words. For example, hot and cold which may



include boiling, scorching, blistering, tepid, lukewarm, cool, chilly, freezing. Ask your child to arrange the words in a way that makes a bridge from one opposite word to the other. Continuums can be done horizontal or vertical, in a ladder-like fashion. Discuss the reasons why they placed certain words in certain locations. Encourage a conversation about the subtle differences among the words.



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**

This next month of May our community activities are based on one of the businesses in our community: Chiropractor & our bone health



As part of this theme, the children will be learning how exercise and diet play a big part in bone health. We will be visited by a Chiropractor, and she will talk to us about bone health, and bring some artificial bones she uses in her work with her clients.

With Mother's day just around the corner the children are working on their secret gifts.

With the wonderful weather we are spending a lot more time outside, even doing some of our planned activities outside, and picnics for afternoon tea.

Other News: we have started a GUFUNDME page for the local Men's Shed., hoping to raise some more funds for the group.

<https://www.gofundme.com/mens-shed-yarrawonga-mulwala>

**Jo Kingston – Team Leader & Service Coordinator**

**PARENT PORTAL:** [extend.com.au](https://extend.com.au)

**Our Extend Superstar is ... Maddison Cassidy, for joining in with the activities and giving them a go.**

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

**Monday 7th May:**

Mother's Day cards, making movie glass

**Tuesday 8th May:**

Which bones are which, make a fairy

**Wednesday 9th May:**

Make new table cloth, yoga

**Thursday 10th May:**

All about me, cooking Hedgehog

**Friday 11th May:**

Strong bone exercise, food for strong bones poster

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

**School Choir**

Tomorrow the choir will be fulfilling a long-term commitment to sing at St Cuthbert's for a Mother's Day Luncheon for the elderly of Yarrawonga at 2pm.

The children involved will have practice from 9.00am- 9.30 am. We will be singing the songs we did for 1000 voices concert, so if any child was involved in that I would love them to come. We will leave the school grounds at 1.45pm and return about 2.45pm.

Thank you. Mrs Cussen.

**Parent Help- Lunchtimes (Netball & Football)**

A big thank you to the Mums & Dads who have come down to assist with some lunchtime umpiring the past two weeks. Any Parents or family members who have a spare lunchtime and would like to assist in anyway over the term are most welcome to come in and help out for approx. 40min.

If you can help out please:

- \* Email or ring with details...day or days available to help out
- \* Email Mr Carroll at [dcarroll@shyarrawonga.catholic.edu.au](mailto:dcarroll@shyarrawonga.catholic.edu.au)
- \* Ring the office and leave details of days available to help out.

**Mother's Day Gift Stall**

Wednesday 9th May

Mercy Centre

9am - 1pm

All children will visit the stall to purchase a small gift for their Mum.

The stall will provide gift tables to the value of \$1, \$2, \$3, \$4, \$5, \$6, \$7 & \$8.

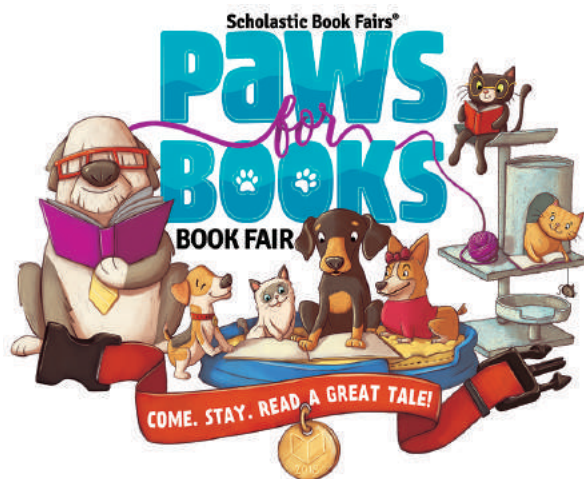
Gifts include photo frames, mugs, gift cards and many other gifts to choose from.

All money raised from the Stall goes back to our School.

**Request for Volunteers**

The request for volunteers for the stall on Wednesday the 9th May from 9am-11am or 11am-1pm.

Please message or call Karen Vodusek on 0438 433 202 if able to assist at any time.



Dear Parents and Friends,

Sacred Heart Primary School, Yarrawonga will continue to host a Scholastic Book Fair to increase literacy and to encourage our students to read.

Every year, our families come together to promote reading, books and lifelong learning at our Book Fair. When children read, they learn to think critically and creatively. Their vocabulary expands, allowing them to communicate effectively. Even their writing improves. Through reading, children gain a greater knowledge of the world they live in. They build confidence, become more resourceful, and learn to empathise. Therefore we instill the love of reading in our children. We give our children access to books they will love.

We need your help to make our Book Fair a success. Please consider visiting our Book Fair in the school library. If you have time to volunteer to assist with sales please contact me.

Our Book Fair theme for 2018 is **Paws for Books: Come. Stay. Read a Great Tale!**

**PAWS :**

**Pick a great book.**

**Allow 20 minutes a day for reading.**

**Write a booktalk**

**Share with your classmates.**

*Readers will find purr-fect books and have a dog-gone good time at this season's book fair.*

With sincere appreciation,

Noeline Ryan

Footy/ Netball carnival this Sunday 6th May at Vic Park.

A reminder to drop off cakes/slices / biscuits to the canteen on the day if you can please. This is a fundraiser for our P&F.

We also need 1 volunteer for each of the following time slots:

10.30am-12 noon and 12noon – 1.30pm.

If you can help during those times please call Sandy Judd 0438 182782.

**LOST**

Mac Van de Graaf in Class 3C has misplaced his jumper two weeks ago and it is clearly marked with an iron-on name tag. If parents could please check their child's items it would be much appreciated and if found could you please return to School.

**FOUND**

At the front of the School earlier this week in a blue bag, a pair of girls runners. Please contact the Office.

Sacred Heart Tea Towels (Rosemary Cullen Foundation)

The Tea Towels have arrived and look fantastic.  
Thank you to Mrs Brear for organising these.  
The tea towels are of a high quality and will be \$15 each or 3 for \$40.  
Great quality and a great idea for Mother's Day.



**Nationally Recognised Training**

at

**Yarrowonga Neighbourhood House**

Registered Training Organisation No 21765



**SITHFAB002 Provide responsible service of alcohol**

Friday 11<sup>th</sup> May

**SITHGAM001 Provide responsible gambling services**

Friday 18<sup>th</sup> May

**HLTAID003 Provide first aid & HLTAID001 Provide CPR**

Tuesday 25<sup>th</sup> May

For more details or to enrol in any of the listed courses, see our term guide, visit [www.ynh.org.au](http://www.ynh.org.au) or drop in to:



1 Hargrave Court, Yarrowonga 3730

Ph: 03 5744 3911

Email: [office@ynh.org.au](mailto:office@ynh.org.au)

**Yarrowonga Neighbourhood House**

Registered Training Organisation No 21765

**\*\* Bring a Friend for Free \*\***

**Beauty and Wellbeing \*\***

Wednesday 2<sup>nd</sup> May – 6<sup>th</sup> June

**Introducing Online Selling \*\***

Friday 4<sup>th</sup> May – 15<sup>th</sup> June

**Skills for Devices and Desktops \*\***

Monday 7<sup>th</sup> May – 25<sup>th</sup> June

**Career Planning and Resume Writing**

Wednesday 9<sup>th</sup> May – 13<sup>th</sup> June (Online)

For more details or to enrol in either of these short courses, see our term guide, visit [www.ynh.org.au](http://www.ynh.org.au) or drop in to:



1 Hargrave Court, Yarrowonga 3730

Ph: 03 5744 3911

Email: [office@ynh.org.au](mailto:office@ynh.org.au)

**Senior Basketball Registration**

The YMBA adults competition registrations are now open on the YMBA basketball website. Womens are playing Wednesday nights starting Wednesday 9<sup>th</sup> May from 8pm. 8 weeks round robin (Last 8 weeks of term 2). Mens are playing Thursday nights starting Thurs 10<sup>th</sup> May from 6.20pm. 8 weeks round robin (Last 8 weeks of term 2). Cost \$60 YMBA plus \$40.58 BVC Insurance Fee (insurance lasts until 31st Dec 2018). Please register ASAP by Sunday 29<sup>th</sup> April. No fees are payable at this time, but will be payable online before week one of competition.

**Junior Domestic Basketball Training**

Training for YMBA U10/U12 Domestic players has started and will continue for the next 4 weeks at the Sacred Heart MPB.

Girls 4.30pm - 5.15pm and Boys 5.15pm - 6.00 pm

Bring own ball and drink bottle.

Gold Coin donation for each player, each week, to cover court hire costs. Please take advantage of this opportunity for the younger kids to train and learn more basketball skills.

Training will be taken by Christy Ibrahim, who will be fantastic to teach fundamental skills.



# Unfinished Projects Workshop



Supporting the *Rosemary Cullen Foundation's* work in Cebu, Philippines

**Old Yarrawonga Convent**  
**June 1st, 2nd and 3rd**

**Quilting, sewing, hand stitching projects, mosaics...**

**Come along and bring those projects you've been meaning to finish!**

**\$50 per day**

**Including a homemade Morning Tea and Lunch**  
**Working through until 9pm with your work left uninterrupted over**  
**the 3 days at your work space.**



**To book a work space, please contact Michelle**  
**0429 427 605**

