



Be Safe, Be Respectful, Be Your Best

Newsletter Term One Edition No 7
(May 16th 2018)

MINI BLITZ- Weeks 5 & 6
'Sit down to eat your lunch then put your rubbish in the bin. You'll be happy knowing you've done the right thing.'

Good Afternoon Everyone

Gratitude

Heavenly Father, my day to day routine is so busy. So much so, that I sometimes forget to stop to thank you for all that is good in my life.

My blessings are many and my heart is filled with gratefulness for the gift of living, for the ability to love and be loved, for the opportunity to see the everyday wonders of creation.

I want to thank you, for those things in my life that are less than I would hope them to be. Sometimes life is very hard, and it's a struggle to keep my head above water. I know you are near me in times of turbulence, I am growing and learning.

I thank you for Your unconditional love.

In arriving back from Santa Fe, New Mexico I am so Grateful for Dean Carroll and staff for all their hard work whilst I was away. Thank you.

Santa Fe

We have had a wonderful time in Santa Fe, New Mexico. Our visitation to many schools affirmed so much of the work we are currently doing within our school community at the same time challenged us to continue to develop strategies that will support the development of opportunities in our school where everyone can make a valid contribution in building a "culture of community conversation and a culture of sharing.

Mother's Day Mass

A huge thank you to Meegan McInness and staff who continue to make our Mother's Day Mass a wonderful celebration of all parents, grandparents, carers in our school community who bring so much joy to our lives.

Maths Pathway Session

Thank you to the parents who attended our Math Pathway information session. We understand that this way of 'learning' is often challenging for parents as it is vastly different to the way we experienced school. However, "If we teach today's students as we taught yesterday's, we rob them of tomorrow." If you have any questions regarding last night's presentation, please do not hesitate to contact us.

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.



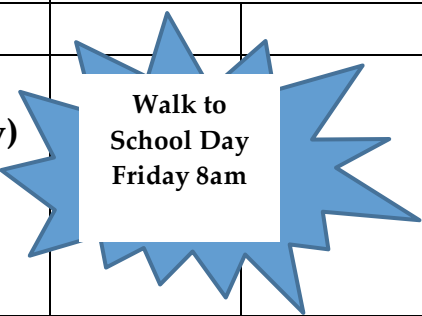
Book Fair

Thank you to Mrs Ryan for organising our Book Fair. This is a wonderful fundraising event for our school that enables us to ensure we have great literature in our library and classrooms.

Have a great week
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.

Week	Term 2						
			Wed 16 th	Thu 17 th	Fri 18 th	Sat 19 th	Sun 20 th
5 (May)			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		Pentecost Sunday
	Mon 21 st	Tue 22 nd	Wed 23 rd	Thu 24 th	Fri 25 th	Sat 26 th	Sun 27 th
6 (May)	Catholic Education Week Festival of the Sacred Singing Practice P & F Meeting 7.30pm		Prep Cultural Immersion Day with Yr 6's		School Cross Country & Fun Run Dad's Night Mercy Centre 7pm	National Sorry Day	Presentation Mass- Yr 4
	Mon 28 th	Tue 29 th	Wed 30 th	Thu 31 st	Fri 1 st	Sat 2 nd	Sun 3 rd
7 (May)	Reconciliation Week	Fire Carriers Mass Wangaratta			Confirmation Eucharist Spirit Day		
	Mon 4 th	Tue 5 th	Wed 6 th	Thu 7 th	Fri 8 th	Sat 9 th	Sun 10 th
8 (June)				Divisional Cross Country			

Catholic Identity

Meegan McInness



Mother's Day Liturgy

Thank you to all the Mums and special ladies in our life who were able to join us last Friday for our Mother's Day Liturgy.

A big thank you to all the students who read, the children for singing beautifully, our Year 5 students and their families for the magnificent morning tea and all the staff for all the little behind the scenes work. We hope we made all our Mum's feel very valued.



Confirmation Eucharist

Our Year 4s are half way through their Sacramental program this week so please remember to keep these students in our prayers. There will be Companion Mass this Friday at 12pm. It is an expectation that the candidates have an adult attend the Companion Masses with them if at all possible.

Due to the Cross Country on Friday May 25th the children will not be attending Mass that Friday.

Confirmation Dress

I have been given a white dress that would be suitable to be worn for Confirmation Eucharist. It is a size 12. If there is any family who would like to borrow the dress please let me know.

Presentation Mass

Our final Presentation Mass will be Sunday 27th May. All students who weren't presented at the first Mass must attend this Mass.

Have a great week all.

Catholic Identity Leader

mmcinness001@shyarrowonga.catholic.edu.au

Pastoral Wellbeing

Janine Buerckner



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 Two

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.



2. Allow kids to resolve their own problems

Resilience is developed when children own and resolve their own problems, whether those problems are learning, relational or organisational challenges. A lunch left at home is a child's problem to solve – either he borrows or goes without. A teenager who sleeps in on a school day needs to be allowed to manage the inconvenience of the situation, experience the stress that comes with being late and find a solution to avoid a repeat. Look for ways to coach your kids through social, physical and learning challenges but resist the urge to interfere or rescue kids unless it's absolutely necessary.

3. Encourage play (and mucking around) at every age

Encourage your child to play and be playful. As a community, we seem to hold little store in the value of free, child-initiated, or even teenager-initiated, play. It's almost as if play time is a waste of valuable learning time. As any adult who experienced the joys of 'mucking around' as a child or young person will know, free play has huge benefits.

These include helping children manage fear, providing opportunities to negotiate risk, and learning how to work

flexibly with others. Importantly, free play and mucking around help children experience and tame stress, which is essential for resilience.



4. Focus on face-to-face friendships

Healthy peer relationships are important protective factors against anxiety and depression for children and young people. From a resilience perspective, peer relationships are most potent when connections are face-to-face rather than through a digital medium. Studies are now showing how simple face-to-face social engagement has a massive positive impact on wellbeing. Positive face-to-face engagement – a smile, a wink or a nod – releases oxytocin, which increases trust and reduces cortisol (stress hormone). These simple face-to-face interactions also release dopamine, which makes us feel better.

For the sake of your child's resilience, encourage more face-to-face interactions, model healthy socialisation and help them balance their time between the online and real worlds.



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.

****Guess what's inside the bag:** Fill a range of items in a cloth or any opaque bag. The children (and adults) are required to feel one of the items and describe it (in relation to its texture, size and shape) before trying to guess what the item may be. Encourage them to use interesting and different words rather than the usual – big, hard, square (considerably large, tough, four-sided figure). This game could be played at home, in the classroom, in the car etc. as long as nobody takes a sneak peek in the bag.

**** Reading:** When reading a text with your child, discuss words that have tricky meanings i.e. words you don't hear or see very often. Develop a weekly list of tricky words e.g. exhilarated, frantic, ogre, pessimistic, ambled. Encourage your child to draw a picture of each word or find a picture of the word on google images. Get them to use the word after watching a TV program each day. For example, I was so exhilarated after watching my favourite show I couldn't wipe the smile off my face.



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 month our community activities are based on Healthy bones

The children really enjoyed the visit by Helen Wallace the Chiropractor, and learnt a lot about exercises to strengthen our bones and improve our posture.

Our first aftercare excursion went really well, and the children all seemed to enjoy our visit to the local St Vincent De Paul's shop.

The children have shown interest in sign language, and we will be looking at some basic signs over the next few weeks.

With the cold weather arriving we will be changing over to our winter menu. Which will include, toasties, pasta, rice dishes, baked beans and toast, along with some regular favourites.

The Men's shed go fund me page is sitting at \$125, we have raised the goal to \$150. So more donations would be welcome.

Other News: GOFUNDME page for the local Men's Shed.

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

Jo Kingston – Team Leader & Service Coordinator

PARENT PORTAL: extend.com.au



Our Extend Superstar is ... Tahlee Roper, for always being bright happy and full of energy

What's on in the coming week:

Monday 21st May:

Choc chip cookies, Pipe cleaner art

Tuesday 22nd May:

Food intolerances, Aboriginal log painting

Wednesday 23rd May:

Chromatography, Buoyancy

Thursday 24th May:

Invisible ink, Chocolate hedgehog

Friday 25th May:

Bush medicine plant, Bottle brush flowers, Yoga

LOOKEDAFTER: extend.com.au

Parents & Visitor Reminders

Parents that are coming into the school to do parent help must have a current working with children's check and that they must provide a copy to us in the office.

Parent Help- Lunchtimes (Netball & Football)

A big thank you to the Mums & Dads who continue to come down to assist with some lunchtime umpiring. 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
- * Ring the office and leave details of days available to help out.



Dear Parents and Friends,

Sacred Heart Primary School, Yarrawonga hosted a Scholastic Book Fair from 30th April to 4th May 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.

A big thank you to all the parents, students and staff that supported our school library by purchasing items from our Book Fair, your kindness and support made our Book Fair a great success.

We sold just over \$7771.00 worth of books; this was our best book fair ever. Over \$2700 (35%) goes directly to our school library for new book purchases.

A very special thank you to all the hard-working volunteers who offered their time to help at the Book Fair. Your kindness was appreciated by all.

With sincere appreciation,

Noeline Ryan

Sacred Heart Primary School,
Yarrawonga.



Cross Country & Fun Run- Friday 25th May

On Friday 25th May, students in Prep-Yr 2 will have a Fun Run at our school from approx. 2pm.

Students in Years 3-6 will compete down at Chinamen's Island. They will join in with the Yarrawonga P-12 College.

A combo pack for students will be on offer for the students.

\$2.50 will get students a drink and a cup cake.

Lunch orders will be as normal on this day.

A detailed note outlining times and events will be sent home later this week via the P.A.M module for our Yr 3-6 students.



Walk Safely to School Day

Friday 18th May



The children of Sacred Heart will join in with Primary school aged children across Australia to make important steps towards a healthier future by participating in National Walk Safely to School Day, this Friday, 18th May, 2018. National Walk Safely to School Day is a community initiative that aims to raise awareness of the health, road safety, transport and environmental benefits that regular walking (especially to and from school) can provide for the long-term health of our children.

We will have two meeting points on Friday for children to gather and walk safely to school. Staff will gather at each meeting point to join in with the walk to school. We encourage children to meet at one of the following locations:

- **WB Hunter Home Hardware car park on the Murray Valley Hwy**

or

- **Shire Hall on Belmore St.**

We hope to gather at 8.00am so that we can leave both locations by 8.10am. This will allow us to safely walk to school by 8.30am, where breakfast will be provided. Parents and siblings are welcome to join the walk.

Thank you,
Mr. Boulton

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 11th May

SITHGAM001 Provide responsible gambling services

Friday 18th May

HLTAID003 Provide first aid & HLTAID001 Provide CPR

Tuesday 25th May

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



1 Hargrave Court, Yarrowonga 3730

Ph: 03 5744 3911

Email: office@ynh.org.au

Yarrowonga Neighbourhood House

Registered Training Organisation No 21765

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

Beauty and Wellbeing **

Wednesday 2nd May – 6th June

Introducing Online Selling **

Friday 4th May – 15th June

Skills for Devices and Desktops **

Monday 7th May – 25th June

Career Planning and Resume Writing

Wednesday 9th May – 13th June (Online)

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



1 Hargrave Court, Yarrowonga 3730

Ph: 03 5744 3911

Email: office@ynh.org.au

It's Back:
**DAD'S
NIGHT**
2018
EDITION

**FRIDAY
25TH MAY
FROM 7PM
IN THE
MERCY CENTRE**

(enter via the basketball gates on Woods rd.)

A fun night for Dads and Pops
including:

**Collingwood Vs
Bulldogs**


on the big screen

-Raffles for Meat Trays, First &
Last goal scorer and Lucky
numbers.

BYO alcohol.

Nibbles provided throughout the
night.

Dad's Night has proven to be a popular night each
year so we hope to see everyone again this time
round!



Yarrawonga Mulwala

COMMUNITY EXPO

"Get to know your community groups"

Family Friendly
FREE EVENT

Monday, June 4
5:30 pm - 7:30 pm

Sacred Heart College
Multi-Purpose Building
Coghill Street, Yarrawonga

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

EMAIL: trhodes@yarrawongamulwala.com.au

PHONE: 0408 771 572



Raise Some **DOUGH**

for

**YARRAWONGA PRE-SCHOOL
AND OCCASIONAL CARE
DOUGH RAISER**

Domino's Yarrawonga are donating \$2 from every pizza sold from the 14th of May until the 20th of May to the **Yarrawonga Pre-school and Occasional Care.**

What: Domino's Yarrawonga Doughraiser, \$2 from every pizza sold.

When: 14th May - 20th May 2018

Where: Domino's Yarrawonga,
Shop 7&8, Yarrawonga Shopping Centre,
Cnr Belmore & McNally Street.

Time: 3pm - 10pm Mon to Thurs &
11:30am - 10pm Friday to Sunday

dominos.com.au
MOBILE & ONLINE ORDERING SITE

131 888

People
POWERED
PIZZA

Unfinished Projects Workshop



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

Old Yarra Wonga 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

