

# Congratulations...

Jayden Denis Arnold

Abbey Claire Belot

Keely Philomena Blick

Mikaela Jacinta Brown

Keeley Brigid Bryan

Tylan Michael Bryan

Jack Christopher Burns

Lachlan James Burrows

Rory Marc Carlin

Brandi Mary Mackillop  
Chisnall

Chelsie Veronica  
Cooper

Mabel Hannah Cope

Danielle Mary Coulter

Claudia Mary  
Mackillop Cruikshank

Chloe Aiden Cummins

Baxter George Donovan

Archie Isadore Doyle

Iris Olivia Elliott

Mia Ada Elliott

Jobe Louis Fraser

Juan Carlos John Halili

Lachlan Francis Johnson

Madison Emily de Rodot Kelly

Mylah Elizabeth Kennedy

Darla Elizabeth Ann Seton Lawless

Lachlan Michael Lee-Conway

Hunter John Loneragan

Max Louis Bertrand Loughnan

Georgia Mary Mackillop Martin

Kerth Francis Xavier Martin

Alyssa Marie Hassinet  
Milner

Oliver David Nagle

Alani Irene Petersen

Chelsea Mary Phillips

Lachlan Anthony  
Phillips

Ellie Florentina  
Rennie



Cooper Christopher Ridley

Riley Aloysius Robinson

Miller Alexander Sanderson

Ava Mary Mackillop Schulz

Beau Michael Sissons

Archie Mark Skehan

Rhani Elizabeth Thomson

Lucas Dominic Towner

Owen Francis Woolley



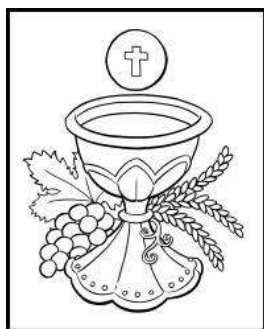


Be Safe, Be Respectful, Be Your Best

## Newsletter Term One Edition No 8 (May 30th 2018)

### MINI BLITZ- Weeks 7 & 8 'Choices'

'The choices we make reflect who we are. Make the right choices and you will go far.'



### Good Afternoon Parents & Carers, Sacraments of Confirmation and Eucharist.

On Friday June 1<sup>st</sup>, 45 Students from our school and parish will receive the Sacrament of Confirmation and Eucharist. This is a very special time for all our students and their families. Please keep them in your prayers as they enter their final week of preparation.



### Reconciliation Mass

On Tuesday, our Fire Carriers attended a Reconciliation Mass in Wangaratta. This is a fabulous opportunity that helps our students develop their understanding and valuing Aboriginal and Torres Strait Islander and non-Indigenous cultures, rights and experiences. In turn we hope for all of us this results in stronger relationships based on trust and respect and that are free of racism.



### Parental Control for Online video

When it comes to protecting our children from the content of the Internet, there is no such thing as **too much security**. Although the Internet is loaded with valuable information for children of all ages, it also can subject your child to content they may not be ready for or is otherwise inappropriate. Even innocent enough websites such as YouTube can have inappropriate material displayed. This is especially true if the computer your child is using is shared by the whole family. YouTube and Google will provide results based on your search criteria. In a shared environment, this can yield results that you may not want your children to have access to.

### Fun Run & Cross Country

Congratulations to all our students who made us very proud through their participation in our school cross country event. It was also terrific to see so many parents in the yard and at Chinamen's Island cheering the students on.



### Dad's Night

Thank you to all the Dads who attended our annual Fathers night out. By all accounts it was a great evening. This is all the information I have received other than "...What happens on the dad's night -stays on the dad's night!!!"



### Drop off and Pick up

Just a reminder to parents that students should not be entering the gate at the top end of Orr street. This drive way is only for exiting vehicles. Students who are being dropped off in Orr street need to enter the small gate where the crossing is available to ensure their safety.

### Parent Teacher Interviews

Parent Teacher Interviews will take place in Term 3, Weeks 2 and 3. Reports will be sent out in week 10 of Term 2.

School interviews and reports are formal ways of reporting your child's progress throughout the year. However, if at any time during the school year you would like to discuss your child's learning or social & emotional development, please do not hesitate to contact your child's classroom teacher.



### School Fees

School fee notices are starting to be sent home. Many thanks to the parents who address these in a timely way or who are paying them off regularly.

If payment presents a problem, then please make an appointment to speak with me.

Have a great week

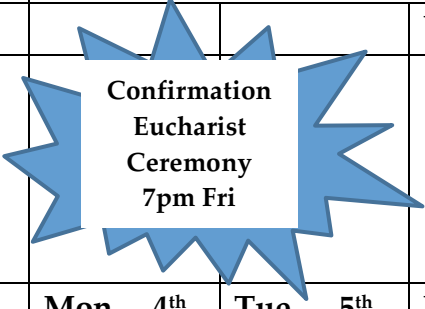
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#### Acknowledgement of Traditional Custodians

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.



Fire Carriers 2018 attending the Reconciliation Mass recently in Wangaratta.

Week	Term 2						
			Wed 30 <sup>th</sup>	Thu 31 <sup>st</sup>	Fri 1 <sup>st</sup>	Sat 2 <sup>nd</sup>	Sun 3 <sup>rd</sup>
7 (May)					Confirmation Eucharist Spirit Day and Ceremony 7pm		
	Mon 4 <sup>th</sup>	Tue 5 <sup>th</sup>	Wed 6 <sup>th</sup>	Thu 7 <sup>th</sup>	Fri 8 <sup>th</sup>	Sat 9 <sup>th</sup>	Sun 10 <sup>th</sup>
8 (June)			Royal Flying Doctors Visit (Yrs. 3-6)	Divisional Cross Country Wang Royal Flying Doctors Visit (Yrs. 3-6)	Royal Flying Doctors Visit (Yrs. 3-6) Woods Point Visit- 1S Parish Mass- 3W & 3K Whole School Assembly 2.50pm		
	Mon 11 <sup>th</sup>	Tue 12 <sup>th</sup>	Wed 13 <sup>th</sup>	Thu 14 <sup>th</sup>	Fri 15 <sup>th</sup>	Sat 16 <sup>th</sup>	Sun 17 <sup>th</sup>
9 (June)	Queen's Birthday Holiday (Pupil Free Day)	Ditto Bravehearts 11.30am (P-2) & 12.15pm			Woods Point Visit- 5B Parish Mass- 5M & 5S Whole School Assembly 2.50pm		
	Mon 18 <sup>th</sup>	Tue 19 <sup>th</sup>	Wed 20 <sup>th</sup>	Thu 21 <sup>st</sup>	Fri 22 <sup>nd</sup>	Sat 23 <sup>rd</sup>	Sun 24 <sup>th</sup>
10 (June)			Regional Cross Country Winton		Sacred Heart Day 10am Mass Whole School Assembly 2.50pm		
	Mon 25 <sup>th</sup>	Tue 26 <sup>th</sup>	Wed 27 <sup>th</sup>	Thu 28 <sup>th</sup>	Fri 29 <sup>th</sup>	Sat 30 <sup>th</sup>	Sun 31 <sup>st</sup>
11 (June)				Wang Winter Sports Yr 5/6 Wangaratta	Final Day of Term 2.30pm Finish		

### 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.



## Catholic Identity

Meegan McInness



### Confirmation Eucharist

Well the big night is getting very close. It is wonderful to see the excitement of the children.

They have been very busy with all their preparation and I know they are well prepared to receive the sacraments.

A reminder to families of the candidates, the white Confirmation Card is due back by tomorrow to school at the very latest.

The school choir will be leading us in the singing on Friday night. We would love to have the wider school community join us for the ceremony, so if your child would like to come and they haven't received a choir note from Mrs Cussen please email me.

Have a great week all.

Catholic Identity Leader

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

## Pastoral Wellbeing

Janine Buerckner



[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 Three

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.

#### 5. Tell stories of resilience

Storytelling is a powerful way of shaping children's understanding of how the world works. According to a recent study, children who hear stories about family members overcoming obstacles are more resilient and display more grit in the face of challenges. The most helpful stories are those that are realistic, reflecting life's ups and downs. It's often stories of difficulty rather than success that teach and inspire children to persist. Similarly, it helps to remind children of times you worked hard in the past to overcome obstacles. These might include how you learned to ride a bike, how you adjusted to moving schools or how you got along with a seemingly challenging teacher, boss or work colleague.



Perhaps the easiest way to bring resilience into your parenting is to develop a mindset for resilience. It helps to remember the struggles and difficulties you may have experienced and be willing to keep kids' chins up when difficulties and challenges get them down. It's also helpful to remind kids that things will get better. They always do, which is a fabulous resilience lesson to learn.

#### 10 Best phrases to teach resilience to your kids

1. Goal – **Humour** – Phrase – “Come on, laugh it off!”
2. Goal – **Contain thinking, perfectionism and anxiety** – Phrase – “Don't let this spoil everything.”
3. Goal – **Distraction** – Phrase – “Let's take a break.”
4. Goal – **Handling worry and asking for help** – Phrase – “Who have you spoken to about this?”
5. Goal – **Offering hope** – Phrase – “I know it looks bad now but you will get through this.”



6. Goal – **Positive reframing** – Phrase – “What can you learn from this so it doesn't happen next time?”

7. Goal – **Acceptance** – Phrase – “Don’t worry – relax and see what happens!”
8. Goal – **Perspective** – Phrase – “This isn’t the end of the world.”
9. Goal – **Flexible thinking** – Phrase – “You could be right. But have you thought about ...”
10. Goal – **Taking action** – Phrase – “What can we do about this?”



## 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.

**\*\* Morphology:** Morphological awareness is a skill that helps students read and spell. It involves breaking up words into their root word, prefixes, and suffixes. These can be added or taken away from a word to alter its meaning. For example, the word unhelpful can be broken into: a prefix – un (meaning not), root word – help, and a suffix – ful (meaning full of). This could be explained as: not full of help. The following activities will help develop your child’s morphological awareness and improve indirectly their fluency, reading comprehension, and spelling.

**\*\*Play or conversations with your child:** Draw your child’s attention to the different parts of words during everyday activities and conversations. For example, when playing with or conversing with your child you can occasionally draw some attention to word parts that add additional meaning to words that represent the child’s toys. “I have one car, but you have two cars. Cars. I hear the /z/sound at the end of cars. This tells me there is more than one car.”

Another example involves talking about a specific prefix or suffix, its meaning, and then “playing” with that prefix or suffix by adding it to words that make up real (or nonsense) words. Consider this interchange between a parent and her child:

Parent: “That is the tallest man I’ve seen in a long time. Hmm, I added -est to tall.

Tall...est. ‘est’ means the most. That man is the most tall. I said it another way. . . . He is the tallest. If I wanted to say your bedroom was the most clean I’ve seen, I could say it another way. . . . the cleanest! Cleanest means most clean. Let’s think of another way to say most kind. What do you think is another way to say, most kind?”

Child: “Kindest?”

Parent: Yes! Kindest is another way to say, most kind. What about this? What’s another way to say hardest?”

Child: “Most hard.”

Parent: “Yes! Most hard is another way to say hardest.”

**\*\*Find the Roots:** Teach the concept of root words to your child. You might say, “A root word is the ‘main’ word in a longer word.” Give examples and then have your child practise identifying the root words.

Ask your child to highlight the root words in the following complex words:

1. Mouthy
2. Hopeful
3. Sleepless
4. Carefully
5. Childish
6. Workable
7. Sawed
8. Trembling
9. Growing
10. unhelpful

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

### June community month: North east water. Water Sustainability

Over the month, we will look at all aspects of water, our usage, saving water, reusing water, water pollution, and the work at the local North east water facility. There will also be a visit from the Education officer of North east water.



We have just finished our month of bone health, and our bone fact of the day was very popular, with many of the children being able to recall the facts we have discussed.

We have been talking about food intolerances, as some of the children said they did not understand what it meant, the consequences for sufferers, and the need to protect people from their triggers. The discussion led to other areas too, such as plants, pollen, insects, dust, smoke etc.

I have introduced the sport of the week. We have had Hockey, Badminton and Tennis, this week will be Table tennis. The children are enjoying the focus on one sport at a time. (other sports equipment is still available too)

Winter Vacation Care is not far away, please take the time to look at the program. Which can be found at our website, or on the window, next to the sliding door of the mercy centre. Booking are open, book now and qualify for the early bird special.

#### Other News:

Jo Kingston (Team leader) and the Extend team

**Our Extend Superstar is ...Ella McCarthy, for always being full of energy, and having some great ideas**

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

##### **Monday 4th June:**

Drinking straws, Bird in a cage

##### **Tuesday 5th June:**

Deadliest ocean trash, Beetles

##### **Wednesday 6th June:**

Plant maize, vegemite scrolls

##### **Thursday 7th June:**

Aboriginal fibre sculptures, bird seed pictures

##### **Friday 8th June:**

Crazy leftover art day

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

Prep Parent Reminders  
A reminder to our Prep Parents  
to please return their 'School  
Nursing Program 2018  
Questionnaire' asap.

#### Book Club

This Friday will be the last day for Book Club orders.  
Please get your orders in over the next few days.

#### Parents & Visitor Reminders

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

## Thank you & Congratulations

A big congratulations to all our students who competed in the Fun Run and Cross Country at Chinamen's Island last Friday. They gave it their all and should be proud of their efforts. We thank all our staff for their organisation and support of our students. To Carolyn Willet and Yarrawonga P-12 for setting up the course at Chinamen's Island. It was much appreciated. We also thank the Rosemary Cullen Foundation for the Prima drink & cupcake that was on offer to the students. Well done to Mercy House for winning the shield. The results were as follows:

- 1<sup>st</sup>- Mercy- 550 points (58 Competitors & 9.48 Average)
- 2<sup>nd</sup>- Lourdes- 467 points (51 Competitors & 9.15 Average)
- 3<sup>rd</sup>- Loreto- 325 points (49 Competitors & 6.63 Average)
- 4<sup>th</sup>- Fatima- 354 points (60 Competitors & 5.90 Average)

Congrats to the following students who've made it through to the Divisional Cross Country Championships at Wangaratta next Thursday 7<sup>th</sup> June.

- 10 Yr Girls- Keira Freeman, Rhani Thomson, Sophie Coghill, Chelsie Cooper & Taya Mitchell
- 10 Yr Boys- Archie Jaques, Lach Lee-Conway, Miller Sanderson, Archie Skehan & Max Loughnan
- 11 Yr Girls- Anna Zanin, Eva Cummins, Hannah Loughnan, Coco Vodusek & Ella Skehan
- 11 Yr Boys- Max Holgate, Jordan Ibbott, Hudson Crothers, Matt Saxton, Joe Knight & Bodhi Leonard
- 12/13 Yr Girls- Jess Freeman, Georgia Phillips, Morgan McRae, Ava Vodusek & Bronte Thomson
- 12/13 Yr Boys- Harry Hogan, Joe Lee-Conway, Daniel O'Brien, Lochlin Harvey & Jaxon Potter

### **P-2 Fun Run Placegetters**

- Prep Girls- 1<sup>st</sup>- Summer New, 2<sup>nd</sup>- Lyla Payne, 3<sup>rd</sup>- Mackenzie Wolfe, 4<sup>th</sup>- Ruby Phillips
- Prep Boys- 1<sup>st</sup>- Charlie Bourke, 2<sup>nd</sup>- Reed McGlynn-Phillips, 3<sup>rd</sup>- Roley Brear, 4<sup>th</sup>- Taylor Lewis
- Yr 1 Girls- Equal 1<sup>st</sup>- Milla Hicks & Lyla Levett, 3<sup>rs</sup>- Holli Cameron, 4<sup>th</sup>- Emily Judd
- Yr 1 Boys- 1<sup>st</sup>- Harry Ramsdale, 2<sup>nd</sup>- Sam Cummins, 3<sup>rd</sup>- Tate Thomson, 4<sup>th</sup>- Jackson Smith
- Yr 2 Girls- 1<sup>st</sup>- Summer Ibbott, 2<sup>nd</sup>- Kiera Buerckner, 3<sup>rd</sup>- Bonnie Cooper, 4<sup>th</sup>- Charlie Taylor
- Yr 2 Boys- 1<sup>st</sup>- Sam Osborne, 2<sup>nd</sup>- Riley Jones, 3<sup>rd</sup>- Ted Brear, 4<sup>th</sup>- Luke O'Brien
- 8/9 Yr Girls- 1<sup>st</sup>- Demi Crothers, 2<sup>nd</sup>- Samantha Knight, 3<sup>rd</sup>- Emily Beckingham, 4<sup>th</sup>- Charlotte Wallace
- 8/9 Boys- 1<sup>st</sup>- Cooper Webster, 2<sup>nd</sup>- Max Vodusek, 3<sup>rd</sup>- Cameron Stephens, 4<sup>th</sup>- James Cummins

We also thank our local Woolworths, store managers, Toby Finnegan & Sue Athanitis and their staff for providing fruit for both the schools at the Cross Country over a 3-4hr time slot. It was much appreciated.









Don't keep History a Mystery



# National Reconciliation Week

27 May - 3 June 2018

"Everyone has a story to tell - each doll has its own story.  
Make it about somebody. Something that reminds you about someone  
or something in your life".

## Doll Making Workshop 1

### Nathalia

SUNDAY 8 APRIL

Nathalia Heritage Centre

10am until 4pm

Facilitated by: Dr Treahna Hamm  
Yorta Yorta Artist

Bookings ph: 0358 719 222  
(light lunch provided)

## Doll Making Workshop 2

### Cobram

WEDNESDAY 11 APRIL

Cobram Community House

10am until 4pm

Facilitated by: Dr Treahna Hamm  
Yorta Yorta Artist

Bookings ph: 0358 719 222  
(light lunch provided)

## Doll Completion

Dolls are to be completed and returned to: Barmah Heritage Centre Nathalia, Cobram Community House, Yarrawonga or Numurkah Neighbourhood Houses by Friday 11 May. Workshops held early April to allow for doll making timeframes.

## Get Involved

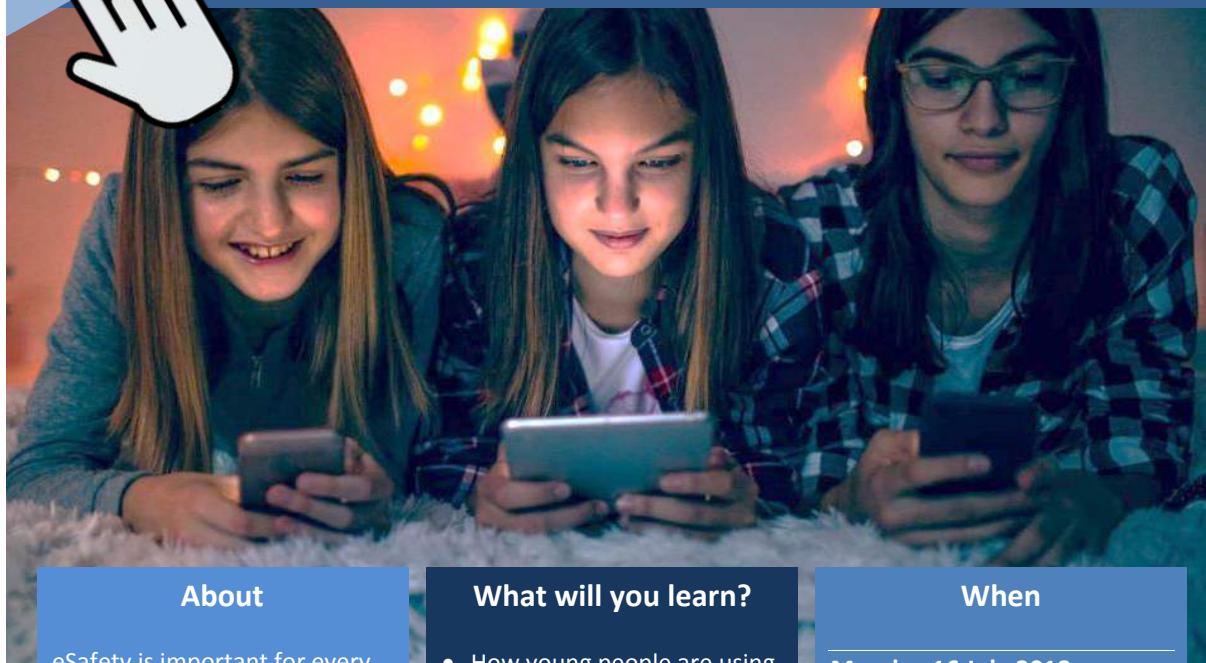
Join in and share your story, everyone, all ages, all cultures. Doll kits including doll cloth & template available at workshop alternatively contact Council for a kit. Paper dolls also available - get the kids involved. BYO decorative material & resources to create your doll.

## Exhibition of Dolls

All dolls will be exhibited at Barmah Heritage Centre Nathalia and throughout Moira Shire during National Reconciliation Week and until July. These workshops are proudly supported by Moira Shire Council. Further enquiries ph: 0358 719 222.

FREE EVENT

# online safety workshop for parents



## About

eSafety is important for every child from ages 1 to 18.

Moira Shire Council has engaged an eSafety expert from the Office of the Children's eSafety Commissioner will be delivering a FREE workshop on how you can help keep young people safe online.

For more information visit

[esafety.gov.au](https://esafety.gov.au)

## What will you learn?

- How young people are using social media and technology
- How to make a complaint about child cyberbullying
- How we can help remove serious cyberbullying material
- Identify age appropriate and manage privacy settings on apps and websites
- Initiate conversations about online issues
- Support your child using online safety resources

## When

### Monday 16 July 2018

Burke's Hotel Function Room  
96 Belmore St, Yarrowonga  
6pm – 8pm  
Light Supper Provided

### Tuesday 17 July 2018

Shamrock Hotel Function Room  
5 Melville St, Numurkah  
6pm – 8pm  
Light Supper Provided


Places are limited so bookings are essential for both sessions, please contact the Moira Shire Youth Department on 5871 9222 or email [youth@moira.vic.gov.au](mailto:youth@moira.vic.gov.au)



Office of the  
**eSafety Commissioner**







# *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](mailto:trhodes@yarrawongamulwala.com.au)

PHONE: 0408 771 572



# 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**



# CLUBMULWALA

Fully Supervised.  
Police Present.  
No passouts.

## RED & BLUE DISCO

FRIDAY 8<sup>TH</sup>

*June*

Year 8 & below.

From 6 - 8pm. Food & Drinks available.

ClubMulwala