



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.



Prayer for the New School Year

For the leaders of our community: that they be role models of justice and compassion to all members of our community.

For all the new members of our community: that our new students and their families, and our new staff members, find a warm and caring community.

For our School community: that all may be inspired to seize every opportunity to reach out to others and celebrate their achievements and successes.

For the hopes and dreams that we strive for: that we may know that, even when we are challenged by life, you are with us in all we do.

For ourselves as we celebrate the beginning of another school year: that we may have deep pockets overflowing with the gifts of the Spirit.

For the silent prayers in our hearts ... We pray to you, O God that you will graciously hear us.

Good Afternoon Parents and Carers

Welcome to the 2019 school year.

There is always great excitement with the start of a new school year. This excitement is in the faces of our students, the preparations of our staff, the stories from the summer holidays, the relationship building, beginning rituals, the surprises of the new and the reconnection with friends and familiar routines. It is a privilege to be part of and witness to this Joy – as it sets the tone for our school year.

I would like to extend a warm welcome to our Deputy Principal Mr. Ben Griffin, Mrs Sarah Wollington to the Bridging Centre and Mrs Myers to the Discovery Centre. We are grateful for all they bring to our school community

I look forward to working with and for you all.

Kind Regards

Arn

Updates

Curriculum changes

This year our Specialist classes are: Physical Education, Science, Art and Library. Years 3-6 will engage in library lessons for the first semester and Grades Foundation - 2 in second semester. Students from the junior classes will still borrow books during first semester. You will be notified next week on the days borrowing will take place.

Learning Spaces

There have been many changes to our learning spaces. You will notice over the next couple of week's teachers re-organising their spaces. One of the unique features of Open plan centre's is their flexibility. The classroom needs to 'fit' the learning needs of our students – not our students having to 'fit' in with the classroom. Through the observations, feedback and dialogue in learning team's, adaptations are made to ensure we are providing our students with the support and challenge they require.

Safety

Please ensure you are modelling safe practices when dropping off your children and picking them up from school. The **school crossing needs to be used at all times**. It may require you to walk an extra block however it teaches our students best practice and ensures the safety of everyone.

Meet and Greet

Our Meet & Greet evening will be held on the 13th February from 3.30 - 6.00pm. This is a social event held every year to provide an opportunity for new families at Sacred Heart to meet existing families. It also gives everyone a chance to catch-up, have some fun and celebrate the start of the new school year. Learning Centre's will be open for families to walk through and meet with classroom teachers. A BBQ will be provided.

Parent teacher interviews will take place in week 10 term 1.

School Mass

Our opening school Mass will be held on Tuesday 19th February at 10.00am. This is one of the highlights of our school year and would love to see all our families present to celebrate together the new beginnings of 2019.

As of next week we will have a new ‘newsletter’ format. We believe this will be compatible with all phone and computer devices and keep you updated with school and community news as well as upcoming events. Our next newsletter will be posted on Wednesday 13th Feb - and will be posted on a fortnightly basis from then on.

Have a wonderful week.

IMPORTANT DATES	
Wednesday 6th Feb	Prep rest day
Friday 8th Feb	Whole school Assembly 2:50pm Swimming meeting 2pm
Wednesday 13th Feb	Prep rest day Parent Meet and Greet Night
Tuesday 19th Feb	Opening School Mass 10am
Wednesday 20th Feb	Prep rest day
Thursday 21st Feb	Yrs 3 - 6 Swimming Carnival
Friday 22nd Feb	Whole school Assembly 2:50pm
Monday 25th - 29th Feb	Yr 1 Testing (all week)
Wednesday 27th Feb	Prep rest day School Board Meeting
Thursday 28th Feb	Grade 4 Camp - Lake Nillahcootie
Friday 1st Mar	Grade 4 Camp - Lake Nillahcootie



Medical Information Update



Could all children with asthma/anaphylaxis etc plans have them updated and signed by a medical practitioner and returned to the office for our records as soon as possible.

Also, any asthma puffers or epipens need to be labelled and handed into the office.

Your promptness in doing this is appreciated.

Catholic Identity

Meegan McInness mmcinness001@shyarrowonga.catholic.edu.au

Welcome back to 2019. It is wonderful to see the smiling faces of all our students as they enthusiastically come to school each morning.

Our Opening School Mass is to be held on Tuesday February 19th at 10am in the Multi-Purpose Building (MPB) at Sacred Heart College. This is always a great celebration as we welcome our preps, new students and teachers and ask for God's blessings on us this year. All parents and extended family members are welcome to join us for this Mass.

Our school Masses and liturgies are a very special part of life at Sacred Heart Primary and the children love having their families there if at all possible.

This year I will again be working Tuesday and Wednesday every week and every second Friday. If you have any queries please feel free to contact me via email or via the school office. I look forward to working with your child and yourselves this year.

Have a great week,

Meegan McInness
Catholic Identity Leader

Pastoral Wellbeing

Janine Buerkner jbuerckn@shyarrowonga.catholic.edu.au
Nada Nolen nnolen@shyarrowonga.catholic.edu.au

Welcome back to Term 1 for 2019. 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 or Nada Nolen. Our Breakfast Club began again this morning and will continue, for the year, on Wednesday and Friday mornings, thanks once again to the invaluable support from St Vinnies and the wonderful volunteers who freely give of their time for our school and students.

During last year, I included tips from Michael Grose, an excellent parenting educator, on how to help your children achieve success. I will continue to include snippets from his newsletter most weeks. If you would like to get more tips and advice from him, you can go to his website at www.parentingideas.com.au.

I will also include tips from the Speech Pathology office of the CEO on how to continue to develop your child's oral language. This underpins all your child's learning and is a vital part of their education.

When I find other topics of interest or relevance, I'll also include those.

Five Forgotten Skill Sets That Contribute to Student Success by **Michael Grose**

At a time when we hear a great deal about growth mindsets, good mental health habits and creating digitally savvy students, we can easily overlook the skill sets that form the building blocks of long-term school success. These are skill sets that are also easily forgotten when we narrow our



focus onto numeracy, literacy, performing arts, STEM and other academic areas.

While all these other mental skills and academic areas are important, the skills I want to focus on here are ones that can be taught, or at the very least drawn out, alongside every other skill when we as parents and teachers know what to look for.

Following are five skill sets that contribute massively to overall student success and contentedness at school.

1. Friendship skills

The ability to get along with others is hugely important for children and teenagers. Those students with a strong set of friendship skills are easy to like, easy to relate to and easy to play with. The skills they possess include knowing how to win and lose well, how to approach others to join in a group and how to lead rather than boss.



2. Organisational skills

The ability to organise your time, your space, your items and other aspects of your life is a massive plus for any student. The best way to help children who are organisationally challenged is to introduce them to systems and processes to help them organise themselves. These processes include the use of visual reminders, anchoring (i.e. linking new behaviours to habitual behaviours) and the mapping out of activities.

3. Optimism skills

It may seem strange to see optimism as skill set, but as leading psychologist Professor Martin Seligman discovered through his research, optimism can be taught. Seligman found that while some children are more inclined by nature to see a glass as half empty than half full, all children are capable of developing an optimistic explanatory style through exposure and direct teaching. The skills of optimism include being aware of self-talk, reframing negative events into positive events and the practice of perspective-taking.

4. Coping skills

Kids will generally face a number of challenges during the course of their school lives including overcoming the disappointment of not being picked on a team, working their way through difficult learning situations and dealing with rejection. The impact of these challenges will depend on each kid's own spirit, the support they receive and their coping skills. The good news is that coping skills can be taught or, at the very least, encouraged if adults know what to focus on. Coping strategies include parking problems for a while, normalising difficult situations and accepting and moving on. Some kids will use coping strategies quite naturally, while others need parental and teacher input to help them cope with even seemingly minor challenges.



5. Relaxation skills

The ability to relax and get away from it all is vital for the maintenance of mental health, which in turn affects a student's ability to perform. Many of today's kids live with pressure. That pressure needs to be released through relaxation and play, otherwise it can lead to anxiety and other mental illnesses. The ability to relax and unwind

is paramount to your child's school success. Relaxation techniques include mindfulness and meditation, participating in hobbies and enjoying creative pursuits.

These skills are part developmental and part environmental. That is, kids will naturally develop many of them as they mature but the skills also need to be nurtured environmentally. They need to be recognised, encouraged, taught and modelled by adults who children and teenagers respect and admire. That makes parents and teachers 'Very Important People' in the process of acquiring them.

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.

Research suggests that the types of questions we ask and the quality of discussions we have with our children, from a very young age, are linked to school success. As children progress through the grades they must learn to use extended discourse in telling stories, giving explanations, reporting, expressing an opinion or writing an essay. Asking children "if, why and how" type questions allows them to deepen their thinking and prepare longer and more complex responses. It makes sense to build their confidence with extended discourse gradually, beginning with simple oral tasks.



In each weekly newsletter this year, our school's Speech Pathologist will provide some "family friendly", fun oral language tasks aimed to enhance learning and literacy skills.

We encourage you to set some time aside each week so that you can get the most out of your interactions with your child. In a busy household, sometimes the car is the best place for these focused activities. The key ingredients for a creative interaction are a time, a place, a willing talking partner or audience and an engaging topic or activity.

If your child is reading a particular book at home or in class, try to incorporate words or ideas from that text into your activity. For example; if you are building your child's use of describing words, select a character from your child's reader to describe. Encourage increasingly expensive words such as the *beautiful*, *gorgeous*, *stunning* and *breath-taking* princess.

Positive communication experiences at home help children feel accepted and valued. Growth in spoken language skills will build children's self-confidence and help them learn to negotiate social interactions at school. This often transfers to other aspects of their learning and life.

Ten activities will be provided each term focusing on key areas of oral language supporting literacy, learning and socialising. Feel free to adjust these activities according to your child's grade level.

The following link is to the most comprehensive website available that provides parents with activities that are free, easily accessible and enjoyable. Each activity has been carefully selected to reflect the highest quality, up-to-date research evidence on early literacy development. There is also advice for parents who are concerned about their child's reading and language development.

<http://www.fivefromfive.org.au/parent-resources/>

If you have any questions you can contact Tiarnah Keely, Educational Speech Pathologist through the School's Special Education Coordinators, Nada Nolen and Janine Buerckner.

Good luck and most importantly, enjoy this very special time with your child.

Phonological awareness activity:

****Objective** – Your child will know that phrases and sentences are made up of words. They will be able to count the number of words in phrases and sentences.

Activity Instructions - Adult to say the sentence and ask the child to count the number of words in the following sentences using their fingers or counters/blocks:

- I love my family
- It is hot and I would like an ice-cream
- My holiday was filled with lots of adventures
- The cat in the hat was sitting on the mat.
- I was driving my car to work when it ran out of fuel
- I enjoy looking at the stars in the sky at night
- I really want to have a bubble bath and play with some bath toys
- Travelling on a plane can be fun when my friends or family are with me
- Riding a bike through the rough dirt road was thrilling
- Baking delicious chocolate chip cookies with my mum is so much fun

You could also choose sentence from their readers or texts.

Sacred Heart Parents & Friends (P & F) News

A warm welcome to new families who have joined our school community. The Sacred Heart Parents & Friends Committee is made up of parents and staff representatives from both Sacred Heart Primary and Sacred Heart College. The P & F have played a valuable part in assisting both schools to fund equipment and resources. At the primary campus the P & F have recently funded the electronic sign on Woods Road, play equipment, basketball backboards and robotics equipment for student use. The P & F meet every 2 months and our major fundraisers include a fete (held every 2 years) and The Multisport Event. The P&F are also involved in community events including the Cod Classic. There are many ways to be involved at Sacred Heart Primary and being a member of the P & F Committee is a great way to meet others and to hear about what is happening at both campuses. Our first P & F Committee Meeting for 2019 will be held at Sacred Heart Primary in the staffroom on Monday 18th February at 730pm. All welcome.

E: pandf@shyarrawonga.catholic.edu.au

Sacred Heart Schools Fete

Sacred Heart College

Friday 22nd March 2019 5-8pm

The major fundraiser for the Sacred Heart Schools P&F is to be held soon. The fete is a very popular school event and a great way to start the year as so many families and members of the congregation attend. For new families this is a great way to be involved in the school community. If you would like to be involved in helping to organise the fete please come along to our Fete Committee meeting which will be held on Thursday 14th February at 7:30pm at The Criterion Hotel Deck. This has been scheduled in the evening as a number of working parents have requested a later meeting. Hopefully meeting commitments will be minimal. You will hear from our committee and teacher reps (Jenny Sagaidak and Lily Maroney) in the next few weeks about the following:

Raffle Baskets:

Each class will be given a theme (please see below). If you could buy an item relating to this theme and place it in the basket located in your child's classroom it would be much appreciated. All baskets will be drawn on the night of the fete.

CLASS	TYPE OF BASKET	CLASS	TYPE OF BASKET
Prep B	Chocolate	4K	Party
Prep G	DIY/Handyman	4S	Laundry
Prep M	Bathroom	4W	Garden
1H	Party	5B	Sweet Treats
1C	Stationery/Office	5F	Garden
1S	Craft	5I	Bathroom
2F	DIY/Handyman	6D	Baking
2M	Office	6M	Kitchen
2O	Laundry	6S	Sports/Games
3B	Office		
3C	Kitchen		
3K	BBQ/Outdoor Entertaining		

Raffle Tickets:

Each family will receive 2 small books of tickets. Once the tickets are sold all money and tickets are to be returned to school. If you need more tickets don't hesitate to contact us.

Book Stall:

Our book stall is happening again. Please send your pre loved books and dvds to your child's class. Boxes will be available in each class.

Goods and Services Auction:

If you have any items or services that you would like to donate for the Auction please feel free to contact us.

Cake Stall Donations:

Each family will receive a plastic plate in the next few weeks and you are asked to make something for the cake stall which can be dropped to the college Multi Purpose Building on the morning of the fete.

Volunteers:

Your classroom teacher will be looking for parent/family member volunteers to fill a short shift on the evening of the fete. If you haven't already got a Working with Children Check it would be worthwhile applying so that you can be involved in classroom help, excursions etc. Many sporting teams also require parents to have one. It's an easy process. Go to: www.workingwithchildren.vic.gov.au

If you have any queries or would like further information please contact:

Sandy Judd: 0438 182792

Robyn Connell: 409 441646

e: pandf@shyarrowonga.catholic.edu.au

Rosemary Cullen Foundation
2018 Tea Towels

If anyone is wanting to buy tea towels from last year with your child's drawing, they are still available for \$7

CAMPS, SPORTS AND EXCURSIONS FUND (CSEF)

To be eligible for the fund, a parent or guardian must be the holder of a concession card being successfully validated with Centrelink on the first day of either Term 1 2019 (29th January 2019) or Term 2 2019 (23rd April 2019).

The CSEF is annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

Primary School Student Rate is \$125.00 per year.

The CSEF is paid directly to your child's school. Forms are available from the school office and we require a copy of your Concession Cards. The forms need to be lodged with the school by the end of Term 2 2019.

Any queries please contact the office.

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.

Extend OSHC at Sacred Heart Yarrowonga

Welcome to 2019

The start of a new year is always exciting. New routines, new classmates and teachers. It will take a few weeks for it all to settle down into a familiar routine for children. This year we welcome quite a few preps to our program.



Our Community:

This month our focus is a community issue.

Invasive fish in the Darling Murray Basin which includes our lake. Where did they come from? What can we do about them? What problems do they cause?

I am trying to arrange a speaker on this subject.

Summer vacation care

Summer vacation care was amazing. We had our biggest number yet for a vacation care program. We are also having children from other yarrowonga schools attending too.



Drop in

If you are curious about what we do, please feel free to drop into the Mercy center any school day. Educators will be there from 2.30pm, and will be able to answer any questions you have, show you examples of our programs, and discuss with you the orientation process.

Jo Kingston (Team leader) and the Extend team

Our Extend Superstar is ... Lilli Rogash: for helping her younger brother Bernie settle into the aftercare program in a caring and nurturing way

What's on in the coming weeks:

Monday 11th February:

Flower hammering

Tuesday 12th February:

Hot rocks

Wednesday 13th February:

Turn old crayons into new

Thursday 14th February:

Mini artwork

Friday 15th February:

Floating chalk picture

LOOKEDAFTER: extend.com.au



Yarrowonga Sunday Junior Football UPDATE (AWJFL)



U16s boys - coach Scott Pendergast, assistant Mark House, training starts Tuesday 5th Feb
(Tuesdays and Thursdays, 5.30-6.30pm)

U14s boys - coaches Craig "Hornet" Frauenfelder & Luke Brennan, assistants Aaron Loughnan &
Brett Harvey & Bailey Frauenfelder, training starts next Tuesday night 12th Feb (Tuesdays &
Thursdays, 5-6pm)

U12s boys - coach Glenn Leonard, assistants Noel Skehan & Lee Fraser & Mick Stevens & Kane
Smith, team manager Mick Ibbott, training starts Tuesday 26th Feb (Tuesdays & Thursdays,
4.30-5.30pm)

All welcome. Spread the word!

Tungamah Football Netball Club



Tungamah Football Netball Club
are holding a 'Meet the Coaches Night'
Friday 8th February 2019
Fourths training starts at 5.15pm
Thirds - 6pm start



If you are interested in playing football this season or would like to learn please
come along as we welcome everyone.

Any inquiries please contact Cas Sampson Secretary 0427744221



Yarra-Mul Basketball Association

Season 1 2019 Registration-ALL JUNIOR PLAYERS, SENIOR PLAYERS & AUSSIE HOOPS!

JUNIORS AND AUSSIE HOOPS-Registration is NOW OPEN for 2 weeks only, for our Junior Basketball Competition & Aussie Hoops on our website. Please register on our website homepage. Google Yarrowonga Mulwala Basketball Association to find our website. Once on our website click on the "Register Now for Domestic Basketball" **OR** "Aussie Hoops" icon to take you to the registration form and pay. Those registering for Aussie Hoops must register through Aussie Hoops Icon (Not the Junior Domestic area). Past and new players most welcome.

All information about age groups, fees and nights of play can be found on our website. Juniors please register by Monday 18th February to secure a position, as late entries cannot be guaranteed a place.

AUSSIE HOOPS PLEASE NOTE: Numbers are capped and so places are limited. Please **register early** to secure a place and avoid disappointment. Thank you.

SENIORS- We are looking to start up a mens and womens summer competition, but need to gauge how much interest there is to enable it to proceed. If you can please fill out our "Expression of interest" form on our website by 8th February to ensure the competition goes ahead.

Details of adults competition:

Nights of play - Womens:Wednesday night. Mens:Thursday night.

Game times - Womens:8pm, 8.50pm. Mens:6.30pm, 7.20pm.

Weeks in competition - 8 week round robin comp

Start date - Womens:Thursday 13th March (after Fast 5 netball season has finished) 4 weeks before Easter school holidays and 4 weeks after Easter. Mens:Feb some time.

Cost - \$60 YMBA Fee plus \$39 Compulsory BVC Affiliation/Insurance Fee (valid until Dec 31st 2019, so doesn't need to be paid again for season two 2019. Only paid once per year).

Moira Council Traffic Management Survey

This Friday, 8th February, the Moira Shire Council will be conducting a 'Traffic Management Survey' on our school crossing between 8:00 and 9:30am and 2:30 and 4:00pm.

The council will have officers there counting cars and foot traffic.

SACRED HEART PRIMARY SCHOOL CANTEEN MENU 2019

SANDWICHES & ROLLS ☺ ☺ (Choose either white W or Multigrain MG)

Vegemite Sandwich add 20c for cheese	2.50
Vegemite Roll	2.00
Vegemite & Cheese Roll	2.50
Large Cheesymite / Ham & Cheese Scroll	3.50
Ham & Cheese Sandwich	3.00
Ham & Cheese Roll	3.50
Ham & Salad Roll	5.00
Chicken & Salad Roll	5.00

(Salad : lettuce, tomato, cucumber, cheese, carrot, beetroot & mayo)

Toasted Available extra \$0.50

WRAPS ☺ ☺

Chicken/Ham & Salad Wrap	5.00
(Salad: lettuce, tomato, cucumber, cheese, carrot, beetroot & mayo)	
Tuna Salad Wrap	5.50
Chicken Tenderloin Wrap ☺	4.00

(lettuce, cheese and mayo, sweet chilli or BBQ sauce optional)

Chicken Tenderloin with Salad	5.50
Gluten Free Tenderloin Wrap available extra cost \$0.50	

SALAD BOXES ☺ ☺

Salad Box	GF, V	4.00
Deluxe Salad Box with Ham		4.50
Deluxe Salad Box with Chicken	GF	4.50
(Salad: mixed lettuce, tomato, cucumber, carrot & balsamic dressing)		
Fruit Salad Box		4.00
(1st & 4th Term only)		

HOT FOOD ☺

Homemade Quiche Lorraine	3.50
Vegetable Frittata	3.50
(sweet potato, cherry tomatoes, feta & spinach)	
Homemade Sausage Roll	3.50
Bakery Sausage Roll Large	3.80
Traveller Meat Pie	3.80
Bakery Meat Pie	4.50
Party Pies (2 per serve)	2.50
English Muffin Pizza Ham & Cheese	2.50
English Muffin Pizza Chicken, Cheese & BBQ	2.50
Nacho with Cheese & Salsa	4.00
(sour cream optional) (GF)	

CANTEEN SNACKS & DRINKS ☺

Available at Recess & Lunch Breaks

DRINKS ☺

Big M Milk 250ml(choc/strawberry)	2.50
Focus Flavoured Water	2.00
Supa Essentials Fruit Juice 350ml 5star rating	3.50
Prima	1.50
Water 600ml	1.50

FROZEN SNACKS ☺

Calippo Mini (lemon/pine/rasp)	1.00
Lemonade Icy Twist	1.00
Paddle Pop choc/rainbow	1.50
Frozen	
Cyclone	2.00
Bulla Frozen Yoghurt	2.00
Zooper Dooper or Zing	.50
Moosie Milks Ice Treat Choc/Strawberry	1.00
Shaky Shake	2.00

SNACKS ☺

Homemade Large Biscuits	1.00
Homemade Assorted Muffins	2.00
Assorted Bit Size Slice	.50
Steamed Dims Sims (soy sauce optional)	1.00
Popcorn	1.00
Red Rock Chips	1.50
Banana Bread	1.50

Treat Day Friday only we do have some lollies available

TO ORDER

Please place bag orders as follows:

Clearly write your child's name, class, order, dietary requests, price & total on paper and place in the lunch order bags that can be purchased from the front office for \$10.00 or alternatively on a brown paper bag. Correct money is appreciated. Please not in cling wrap and NO STAPLES.

Include payment for family orders in your oldest child's bag and note this on sibling's bags.

Parents should note allergens in RED text on bag orders. ie. NO EGG / NO DAIRY

Lunch orders to be placed in the class basket/bag by 9.00am.

Frozen snacks and Drinks can be ordered on your child's bag and collected at the canteen @ lunch.

<p>Large Hot Dog 3.00 Steamed Dim Sims (soy sauce optional) 1.00 Hashbrowns 1.00 Tomato Sauce (per sachet) .20</p>	<p>☺ ☺ Every Day Foods ☺ Sometimes Foods GF Gluten Free</p>
<p>NOTE: Any changes/additions will be advertised in the school newsletter/app. Prices subject to change in line with supplier increases. We cannot guarantee the absence of allergens.</p>	