



SACRED HEART

PRIMARY SCHOOL | DIAMOND CREEK

News

Working together to build a learning community that embraces faith, diversity & personal growth



Principal's Message

We've had a great and busy start to the year with a highlight welcoming you to our *Parents as Partners: Information Evening* on Tuesday night.

It was a very successful event and a perfect example of how we, as parents and teachers, can come together in partnership to connect to support your family and child.

We proudly introduced our new staff members, and with their dedicated start here at Sacred Heart, we warmly thank and welcome again Mrs Simone Fabbretti, Mr Patrick McVeigh, Ms Mel Roberts, Miss Darby Easton and Miss Ava Bakkum.

Every day is 'Open Day' at Sacred Heart

We invite you to share your experience with other families who will now be looking at primary schools for their preschool-aged children. Likewise with families with children at other levels.

At Sacred Heart, we declare 'Every day is Open Day' – and enjoy offering families personal tours to give an authentic experience of the School.

We encourage you to invite families to book a School Tour via our website or the School Office.

We look forward to sharing our great School with more families and continuing to strengthen and build the wonderful Sacred Heart community.

Thank you again for your incredible support, I pray your time at Sacred Heart continues to provide enriching experiences and meaningful connections.

Mrs Gina Murphy
Principal

Mrs Jacinta Dalton
Deputy Principal

UPCOMING EVENTS

Assembly
Each Monday, 3pm
📍 **In the Community Centre**
All welcome

Every day is Open Day at Sacred Heart
Tour Bookings via 9438 1590 or
📍 www.shdiamondcreek.catholic.edu.au
Share with friends and families

Working Bee
Sunday 11 February, 10am-12pm
📍 **School Grounds**
FREE BBQ lunch thanks to the P&F!
All welcome – Maintenance Levy rebate for attendees

Shrove Tuesday 'Pancake Day'
13 February, at Recess
A FREE P&F student event

General Faith Night
Tuesday 13 February, 5.30pm and 7pm
📍 **St Thomas Church**
Required of all parents of 2024 Sacrament Candidates; all other parents also welcome

Ash Wednesday Mass
14 February, 9.15am
📍 **Sacred Heart Church**
All Welcome

Foundation Welcome BBQ & Liturgy
Thursday 15 February, 6pm-7.30pm
📍 **In the Mackillop Courtyard**
All Foundation families

AT A GLANCE

Interschool Sport
Begins Friday 16 February
📍 **Hurstbridge Primary School**

Year 1-6

Learning Conversations

Our parent, student and teacher Learning Conversations are held to establish your child's goals for the year ahead and encourage a positive approach to learning.

Join the chat

We invite you and your child to join us for Learning Conversations:

- Monday 19 February, 2pm-7pm
- Tuesday 20 February (online), 3.40pm-5pm

We encourage all students to take part, especially those in Years 3 to 6.

This is an opportunity to share information that will enable a successful year for all involved!

Bookings

Online Learning Conversation bookings will open shortly.

Please Note: Foundation families have separate testing and parent/teacher conversations on Wednesdays and are not required to attend.

1.30pm finish Monday 19 February

Students will be dismissed at 1.30pm on Monday 19 February to allow staff to meet with families.

Please contact the Office if alternative arrangements are required; with staff engaged in conversations supervision is limited.

Further information

✉ jacintad@shdiamondcreek.catholic.edu.au



Mr McVeigh with Year 4 student, Ella Audley

HAVE YOUR SAY

Sacred Heart Community Voice

Proud display at our Welcome Mass

We received some lovely messages about our School Mass from our Facebook video!



Great feedback on Sacred Heart News!

Let us know what you think, too.



"The new-look Newsletter looks great!!! It is very clear and easier on the eye to view on both phone and PC. Thank you – Great job." - Rebecca

THANK YOU to Parents: Information Evening

Thank you for attending on Tuesday night! It was a great opportunity to meet our dedicated staff who are working with your child, see their classroom and hear about the School's vision and strategic intent for 2024.

Be sure to check out the video on our socials!

SEEKING FEEDBACK: Parents as Partners

Thank you to all families who attended the event; we would love to know what you thought.

✉ principal@shdiamondcreek.catholic.edu.au



Core Curriculum: *Mathematics*

The recent introduction of the Victorian Curriculum F-10 Version 2.0 for Mathematics represents a shift in the required content and teaching in comparison to the previous Victorian Curriculum.

To implement these changes at Sacred Heart, Melbourne Archdiocese Catholic Schools (MACS), partnered with Ochre Education, an Australian not-for-profit organisation, to develop practical, high-quality Mathematics teaching and learning resources to support teachers in the classroom.

'Teaching for Impact' at Sacred Heart

Our Junior School Team, Foundation-Year 2, will be mentored through these resources, which are designed and taught in lessons in Year Levels, at the 'Teaching for Impact in Mathematics' professional learning series, to deliver quality Mathematics instruction to students.

During Year Level lessons, students will work through the resources together with teachers differentiating the lesson according to personal learning needs using student testing and data as well as their professional judgement.

Benefits for teachers

A core aim is to support teachers in the implementation of the new Victorian Curriculum. The resources address the new curriculum and the key needs and strengths of our MACS student group, giving teachers and School leaders the confidence that each level is covered.

The resources can contribute to creating more sustainable workloads for teachers, allowing teachers to focus more on student engagement and individual learning needs, where their time and energy count the most.

Benefits for students

- Access to the essential knowledge and skills to be successful lifelong learners
- A better learning transition from the early years to primary school
- The necessary knowledge and skills to follow chosen senior secondary pathways
- A streamlined curriculum and higher-quality teaching and learning provisions

Mrs Jacinta Dalton

Deputy Principal | Learning & Teaching Leader



SPECIALIST CURRICULUM

Reimagining Languages

Across the School, we will be consolidating language through the 'Reimagining Languages Program'!

The program increases the frequency of students' language skills so they can converse in Indonesian each day at School with their peers and teachers.

As students build their vocabulary and confidence, they are encouraged to embrace opportunities to use Indonesian throughout the School day.

The Program has been carefully structured to:

- sequentially introduce keywords and phrases that students and teachers can use in the School setting
- start learning the recommended words and phrases, and high-frequency verbs in the classroom
- work in a group setting to prepare team-teaching in Indonesian
- learn to delegate tasks, create a visual presentation, engage with their audience and design assessments for their peers.

Terima kasih sudah membaca – thanks for reading!

Further information

See your child's Term Overview



“Play is declining” so is *Mental Health*

- Dr Justin Coulson, *HappyFamilies*

The prevalence of anxiety and depression has increased in our teens and young adults over the last 15 years.

Why?

Some suggest children don't get to 'play' anymore, or that play is declining as kids are being pulled from real life, physical – and outdoor – play for more 'structured' activity.

This can be due to:

- more screen-based activities
- parental safety concerns
- increased organised sport and extracurricular activities
- a focus on academic achievement and structured learning.

All this limits their time for free play, which is a direct source of happiness for our children and is how they make friends.

So, as parents, how can we give our children the freedom to play?

- Strengthen autonomy – give more choice in how they spend their time and cut back on structured extracurriculars and adult-directed activities for unsupervised play (as developmentally appropriate).
- Build competence – set up the environment for open-ended play, which builds competence as there is no 'right' way to play.
- Relatedness - build a community of people your kids can play with easily. Connect with other school families or others in the neighbourhood.

Giving our kids a childhood with freedom to play and explore isn't just good for them now, it helps them build the resilience they need for healthy adulthood too.

Further information

This is an excerpt, see more at www.happyfamilies.com.au

SPECIALIST CURRICULUM

Garden Program! Environmental Science

We're going green at Sacred Heart as we proudly welcome The Stephanie Alexander Kitchen Garden Program!

It is a fun, hands-on learning program delivering pleasurable food education.

With strong curriculum integration and a focus on student wellbeing, collaboration and leadership, students learn to grow, harvest, prepare and share fresh, seasonal, delicious food – forming positive food habits for life.

Benefits

As well as instilling positive food habits in students through growing, harvesting, preparing and sharing fresh produce, a kitchen garden program offers:

- life and practical skills
- student wellbeing and connectedness
- alternate ways of learning for increased engagement
- investigations into sustainability and food security.

We're looking forward to getting students in the garden soon - watch this space!

Mrs Claire Molina
Environmental Science Specialist



District Swimming Trials!

Last week we held our swim trials at Diamond Creek Outdoor Pool – we had a great turnout of experienced swimmers and those who wanted to push themselves to try.

Congratulations to the following students who will be representing Sacred Heart at the District Swimming on 21 February at WaterMarc:

Harvey Su'a
Emily Lamb
Ollie Parker
Erica Motschall
Harry Lord
Heidi Madden
Harry Friedrich
Finn Gallagher

Caitlin Waddington
Tyler Stacey
Daniel McIlroy
Lucy Jones
Jack Nicholson
Marley Lemi
Tom Bordignon
Annabelle Ross

Congratulations to all students who trialled for this event. I was extremely proud of everyone, including those who stepped out of their comfort zones and even decided to swim an extra stroke on the day.

Well done everyone for giving it a go!

Miss Jemma Parker
Sport Coordinator



Some of our qualifying students!

SACRED HEART PRESENTS

SPLIT DECISION



A Whole School Production

Coming to you in October 2024!

PERFORMING ARTS

'Dare to be Different'

Performing Arts
at Sacred Heart 

Our Performing Arts program covers choreography, movement, voice and drama skills, as well as the fundamentals and structure of a production.

We also proudly produce a whole-school concert performance bi-annually.

For 2024, we excitedly announce the production of *'Split Decision'*!

Keep your eye out for the exciting details coming soon.

Mrs Rachel Murphy
Performing Arts Coordinator

Further information

✉ rmurphy@shdiamondcreek.catholic.edu.au



'Respect'

Our Term 1 Value

Respect serves as the cornerstone of a harmonious and thriving community, fostering positive relationships and creating an environment where we feel valued and appreciated!

Respect for each other

In our School and wider community, the cultivation of respect is not just a virtue but a guiding principle that shapes the way we interact with one another.

Inspired by Jesus, we prioritise respect in all we do, echoing John 13:34: "Love one another. As I have loved you, so you must love one another."

Respect goes beyond mere tolerance; it acknowledges and embraces each of our unique qualities, perspectives and experiences that we bring to our School and community, and creates an inclusive atmosphere where diversity is celebrated!

Respect at School

In the educational setting, respect forms the basis for effective communication and collaboration among all of us – students, educators and staff. We encourage students to actively listen to one another, embrace diverse opinions and learn from their peers. Teachers model respectful behaviour by recognising and valuing the diverse talents and backgrounds of their students.

Respect in our Community

Our commitment to respect extends beyond the School gates as we instil respect in students so they can contribute positively to the world around them as guided by John 13:34 and the wisdom of Jesus.

By living out the message of respect, we ensure we love and care for one another and cultivate a culture of love, understanding and unity in our School and the wider community.

Practical Ways to Show Respect

- Actively listen to others without judgement, fostering understanding and empathy
- Use inclusive language that avoids stereotypes, so everyone feels valued
- Show kindness and empathy, recognising others' challenges and offering support
- Embrace and celebrate diversity, recognising that our differences contribute to the richness of our community
- Handle conflicts respectfully, seeking understanding and resolution through open communication rather than confrontation.

Mrs Claire Molina
Religious Education Leader



Annabelle Ross, Year 6

A NOTE FROM OUR

Student Leaders

Religious Education

Hello parents and Sacred Heart Community

Welcome! It is another great year to learn, thrive and grow. We are the 2024 Religious Leaders, **Annabelle Ross** and **Elijah Su'a** of Year 6.

You will see us around, helping with the church, reading in masses, and sometimes saying prayers in Assembly and at events.

Hello from Annabelle

"I've been at Sacred Heart for the whole duration of my primary school years, and have made many great memories. Now, I sit here writing this, almost seven years after I first walked into the Prep classroom, and am pleased to have obtained the important role of RE leader. I hope I can have another great year for my last year, and can't wait for all the opportunities that this leadership role presents. Thank you for reading this!"

Annabelle, Year 6

Hello from Elijah

"I came here this year from Our Lady of the Way School in Wallan and I can't wait to help with the church. I will enjoy my last year of primary school at Sacred Heart; it has been awesome so far. Thanks for reading!"

Elijah, Year 6

CATHOLIC IDENTITY

Shrove Tuesday



Pancake Day is almost here!

Did you know Shrove Tuesday, or 'Pancake Day', is the feast day before Ash Wednesday, marking the start of Lent?

It's a time-honoured tradition to enjoy pancakes to use up rich ingredients before beginning the fasting period.

Shrove Tuesday 'Pancake Day'
Tuesday 13 February
Students get 3 pancakes with topping of choice!

Parents - Join the fun! See the Operoo Parent Helper request

This is an exciting FREE event, provided by our fantastic Parents & Friends group for our lucky students – thank you to our volunteers!

Have dietary requirements?

✉ Please email parentsassoc@shdiamondcreek.catholic.edu.au

INVITATION

Sacred Heart Parish

Children's Liturgy

Bringing the Good News to the younger members of our community, in a safe and age-appropriate environment.

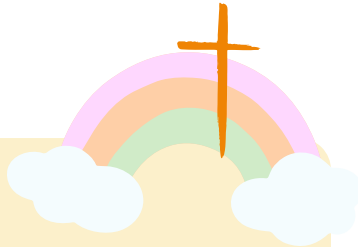
The Parish is hosting a Children's Liturgy during Sunday Mass. Children will be blessed by the Priest before the first Reading, after which they will join parent volunteers and helpers for a short lesson based on the Mass's readings of the day in the Parish Centre. They will rejoin the congregation at the Offertory.

Children's Liturgy of the Word
9am Mass - second and fourth Sundays of School Terms
📍 In the Sacred Heart Parish Centre
Suits children from Foundation to Year 3

Further information

Suitably trained adults are welcome to join as leaders and helpers of the program. Working With Children Check (WWCC) and online Safeguarding Training essential, training provided. Contact Jasna Bruce.

✉ brucejasna@gmail.com



FAITH FORMATION

General Faith Night

For parents of 2024 Sacrament Candidates

At this Faith Formation session, you will gain a contemporary adult perspective on the Catholic faith, particularly the Sacraments, to understand your child's program and support them as they prepare to receive a Sacrament this year.

Tuesday 13 February
5.30pm and 7pm
📍 St Thomas the Apostle Church

Required of all parents of 2024 Sacrament Candidates; all other parents also welcome

On behalf of the Combined Parishes of Sacred Heart, St Thomas the Apostle and St Mary's

LENT

Ash Wednesday Mass

Join our School Mass as we mark the beginning of Lent and prepare for Easter

14 February, 9.15am
📍 Sacred Heart Church
All Welcome



PARISH MASS TIMES

📍 Sacred Heart Diamond Creek

Wednesday, 9.15am
 Friday, 9.15am
 Sunday, 9am

📍 St Peter's Hurstbridge

First Saturday of the Month, 7.15pm

STUDENT COMMUNITY



2024 Student Leaders

Congratulations to the following students who have been nominated Class Leaders!

These students will be proudly presented with their badges at Assembly on Monday at 3pm.

Junior School for Term 1

Foundation - **Maverick Marinelli** and **Alice Holt**
 1/2 CN - **Fletcher Luchetta** and **Elly Gallagher**
 1/2 JP - **Evelyn Berriman** and **Thomas O'Connor**

Senior School for Semester 1

3/4 DR - **Josephine McIlroy** and **Charlotte Molinaro**
 3/4 NM - **Emily Lamb** and **Nate Fitzmaurice**
 5/6 PA - **Audrey Hodgson** and **Finn Gallagher**
 5/6 SF - **Tyler Stacey** and **Erica Motschall**

JOIN US

Parents are warmly invited to join us at Assembly each week as we present Badges and Awards to students.

Assembly
 Each Monday, 3pm
 In the Community Centre
All welcome

Week 1 Value Award Winners



Our Week 1 Value Award recipients with their certificates

STUDENT AWARDS

Student of the Week

Each week, students are presented with Student of the Week Awards at Assembly.

In Week A, we present Value awards and in Week B, general Student of the Week awards.

Student of the Week Awards

These Awards are proudly presented to recognise and celebrate students' exceptional qualities, achievements or contributions within the School community.

Congratulations

Well done to the following students for receiving this week's Student of the Week Awards:

F	Eden Chatfield
1/2 CN	Fletcher Luchetta
1/2 JP	Grace Johnston
3/4 DR	Harry Friedrich
3/4 NM	Conor O'Reilly
5/6 SF	Erica Motschall
5/6 PA	Elijah Su'a



Well Done!



REMINDER

KABOOM: Start the year with a bang!

Thursday 29 February, 5pm-7pm
 📍 **On the School Oval**
All families to attend

Our Parents & Friends Association proudly hosts the Kaboom Sports Twilight Family Carnival – a fun family event that brings the whole community together to celebrate the new School year!

Held on the School oval, students and siblings take part in an hour of fun, non-competitive sports activities while families spectate and socialise.

Students join families following activities for a picnic-style dinner, available to purchase from the P&F Kaboom Barbecue or BYO.

Kaboom Kids Sport returns to run this event in small groups with emphasis placed simply on being involved in fun-filled challenges that enhance basic PE and social skills using safe equipment tailored to development.

Event Information

- Students to arrive at 4.50pm
- Wear casual sports clothes
- Bring a hat, sunscreen & drink bottle
- Siblings (and parents!) are welcome to join in the activities
- Families bring picnic rugs or chairs
- Buy dinner from the P&F Kaboom BBQ or BYO
- We suggest students have a snack beforehand
- We'd love some older siblings to help supervise activities! Please see Staff on arrival.

We look forward to an exciting community-building event that's great fun for all ages. **It is anticipated that all families attend the evening.**

SENIOR SCHOOL REMINDER

Secondary School Applications 2025-2026

Families of Year 5 students wishing to attend Catholic Secondary School should attend Open Days currently being held; applications for 2026 close early this year.

Families of Year 6 students looking to apply to Government School are encouraged to attend Open Days now; information to be sent home early in Term 2.

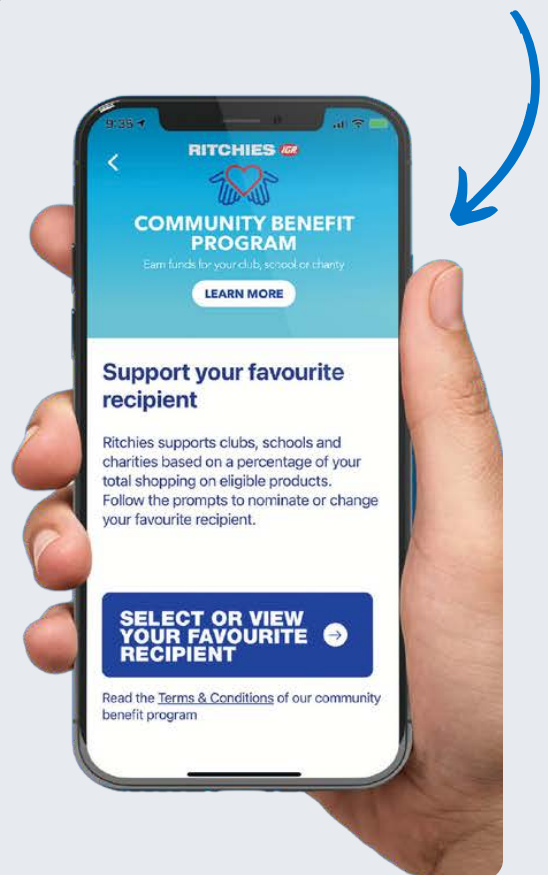
COMMUNITY BENEFITS

Ritchies IGA Diamond Creek

Did you know Sacred Heart benefits when you simply shop at our local Ritchies?

Download the Ritchies Card Community Benefits App, NOMINATE Sacred Heart and you can help us generate extra funds!

Go on, download or update the Ritchies Card App, today!





NEED TO KNOW

General *Motives*

Late Arrival and Early Pick-up

All students arriving after 9.05am or leaving early, need to be signed in or out at the Office.

Parents, please remain in the Office, your child will be collected by students. This helps to decrease disruption to students and learning spaces.

A Note on Parking

No parking is allowed on School grounds.

Please see the *Parent Handbook* for further information on our 'Kiss and Drop' zone and parking.

Tuckshop Open Fridays

All Lunch Orders need to be written and are due Thursday morning. Lunch items must be ordered and are not available over the counter to buy on Fridays.

School Fee Accounts

School Fee and Levy Statements have now been issued to all families via email to both parents/debtors.

Should you wish to pay fees via a regular payment (weekly, fortnightly, monthly), please complete the Direct Debit Authority (attached to the newsletter email) and return to the School Office as soon as possible.

Further information

✉ office@shdiamondcreek.catholic.edu.au

Stay Up to date!

Social Media

Be sure to keep up with the daily fun at Sacred Heart by following along on our socials.

Catch handy reminders, student and community news, impromptu stories and event information.

Be sure to get involved by liking, commenting and sharing the love - it really helps!

Facebook [@SacredHeartPrimarySchool3089](https://www.facebook.com/SacredHeartPrimarySchool3089)

Instagram [@sacred_heart_primary_school](https://www.instagram.com/sacred_heart_primary_school)

Newsletter

This newsletter, *Sacred Heart News*, is the School's flagship publication and aims to be a one-stop-shop for all you need to know.

We encourage parents to stay up-to-date with the latest news by reading the newsletter each week.

Access online

➤ www.shdiamondcreek.catholic.edu.au

Password: shdcnewsletter

Community News

We love Community News!

If you have news, we'd love to share it! Please email your story and photos by 4pm each Wednesday.

✉ newsletter@shdiamondcreek.catholic.edu.au

WE LOVE FEEDBACK!

If you have any comments or feedback for Sacred Heart News or Sacred Heart Community Voice, we'd love to know!

✉ newsletter@shdiamondcreek.catholic.edu.au

IMPORTANT DATES | Term 1

February

Please note, while we always endeavour to provide accurate information, the following dates are subject to change and updated weekly

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 WEEK 2 B	6	7	8	9	10	11
			Parish Pastoral Council, 7.30pm			Working Bee 10am-12pm
12 WEEK 3 A	13	14	15	16	17	18
Assembly 3pm	Shrove Tuesday Pancake Day Sacramental General Faith Night - 5.30pm & 7pm - St Thomas the Apostle	Foundation - No School Ash Wednesday Mass 9.15am	Foundation BBQ Evening 6pm-7.30pm	ISS v Hurstbridge (away)		
19 WEEK 4 B	20	21	22	23	24	25
No Assembly Learning Conversations 2-7pm (On-site) Students finish 1.30pm	Learning Conversations 3.40pm-5pm (Online) School Advisory Council (SAC) 7.30pm	Foundation - No School District Swimming	Uniform Shop 3.15-3.45pm	ISS v Apollo B (home)		
26 WEEK 5 A	27	28	29			
Assembly 3pm		Foundation - No School	Kaboom Sports Twilight Family Carnival 5-7pm			

March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				ISS v Yarrambat (away)		
4 WEEK 6 B	5	6	7	8	9	10
Foundation Fulltime Loyola Comm. Service week Assembly 3pm P&F, 7.30pm				ISS v Plenty Valley (home) International Women's Day		Catholic Education week begins until 17 March 'In the light of Christ'
11 WEEK 7 A	12	13	14	15	16	17
LABOUR DAY HOLIDAY CATHOLIC EDUCATION WEEK	5.30pm Eucharist Faith Night - St Thomas the Apostle	NAPLAN Starts		ISS v Diamond Creek (away) St Patrick's Day		9am Eucharist Commitment Mass - Sacred Heart
18 WEEK 8 B	19	20	21	22	23	24
Assembly 3pm	SAC 7.30pm	HARMONY WEEK until 26 March	Uniform Shop 3.15-3.45pm Parish Connections	Ride2School Day ISS v Greenhills (home)	Working Bee 10am-12pm	Palm Sunday
25 WEEK 9 A	26	27	28	29		
NAPLAN finishes Assembly 3pm		TERM 1 FINISHES 1.30pm	SCHOOL CLOSURE - Staff PL	GOOD FRIDAY PUBLIC HOLIDAY		

WIDER COMMUNITY NOTICES

VillageOSHC

'The Network - Community Hub' is back with another edition.

- [The Network - Community Hub January 2024](#)

Catholic Education Guide

The Feb 2024 edition of the Secondary Education Guide assists your decision-making for your child's education for 2025 and beyond.

- [Victoria School's Guide - Secondary Edition](#)

Health Ability – Parent Support Seminars in 2024

Join groups that provide practical advice on nurturing positive family relationships, supporting your child's emotional and mental health, and building resilience.

- <https://healthability.org.au/services/parenting-well>

COME & PLAY NETBALL
Play on Saturdays
NILLUMBIK ASSOCIATION OUTDOOR COURTS
Diamond Street, Diamond Creek
NO PREVIOUS EXPERIENCE NECESSARY
* Limited spots available for U11 & U13
PLAY AT THE SAME VENUE
& GENERALLY SAME TIME EACH WEEK
SEASON STARTS: Saturday 10th Feb
EMAIL: sacredheartnetballclub@gmail.com
SACRED HEART NETBALL CLUB
MANY SCHOOLS ONE CLUB # FAMILY FRIENDLY

U9's - 2017, 16, 15
U11's - 2014, 2013
U13's - 2012, 2011
U15's - 2010, 2009
U17/19 - 2008 - 2005 (inc.)



SEEKING PLAYERS
FOR UNDER 10S MIXED AND
UNDER 12 GIRLS TEAMS



Register now!



Open Day

Sunday 3 March



Belong. Believe. Become.



Register now
whitefriars.vic.edu.au

For all your Real Estate needs contact Dan Deltondo 0419 899 853

Twilight Sounds 2024

LIVE MUSIC & FOOD TRUCKS

SATURDAY 10 FEBRUARY

FEATURING:
5PM - 10PM

Heidelberg Park Oval,
Beverley Road

Banyule's premier **FREE** and **INCLUSIVE** music event. For more information and to view the full program, scan the QR code or visit:

banyule.vic.gov.au/TwilightSounds

SUPPORTED BY:

Nelson Alexander
More Than Real Estate



Ash Grunwald
and band

Plus Bumpy, Fulton Street, Georgia Fields, Maya Vice, Riflebirds

PRESCHOOL

DANCE



Classes Resume from
3 February for all Ages



2 Fully Equipped Dance and Singing Studios
450 Ironbark Rd
Yarrambat



NEW STUDENTS receive 40% DISCOUNT TERM 1

PRESCHOOL CLASSES

3-4yrs Tues & Wed 9.30-10.15am
Thurs 2.30-3.15pm
Sat 9.00-10.00am
18mths-2yrs Tues & Wed 10.15-10.45am

Dance & movement, singing, musical instruments & more

CLASSES IN CONTEMPORARY, JAZZ, TAP, MUSICAL THEATRE, BALLET, ACROBATICS, PLUS PRIVATE VOCAL LESSONS

ENROL NOW

www.lindajeandancingacademy.com.au
0419 586 886

TRUE BREATH WELLNESS term 1 - 2024

CATE FRAMPTON -
YOGA, MEDITATION
AND
BREATHING COACH

Dear FRIENDS of SACRED HEART PRIMARY SCHOOL

Firstly, HAPPY NEW YEAR! I hope you have had a joyful festive season and are leaping into the new year with a spring in your step. If not you maybe ready for a new health routine to help you traverse life's challenges.

I am delighted to be teaching yoga again this year at SACRED HEART PRIMARY SCHOOL. I have taken over from Kerrie Wailles on a Monday evening in the Community room. Classes will run until Monday 25th

March.

Monday Evenings

7 pm to 8.30 pm

The term price is \$162 (\$18 / class). Or \$25 casual class attendance.

I teach an easy flowing yoga called DRU, suitable for all.

To book your spot in the class either text me or email me with the details in the side panel and I will give you the banking detail for a direct transfer. However, if you prefer to pay by cash, please bring it along to the first class of the term.

I also offer retreats and day workshops, health and well being programs at my studio and am offering a YOGA, SNORKELLING, SAILING adventure at the Whitsunday Islands at the end of August 2024.

Come and join the fun!

Cate

ANAM CARA STUDIO
10 BARREENONG ROAD
COTTLES BRIDGE

0437006053

Truebreathwellness@gmail.com

Truebreath.com.au

WARRANDYTE FRIDAYS

9.30 am -11.30 am

Why MyTime?

MyTime is for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

FIND US AT:

WarrandyteCommunity Church
57 YarraSt, Warrandyte3113
Park & Enter at rear via Playground

CONTACT:

Facilitator: Sue Batcheler
Phone: 0413 655 659
Email: suzanneb@mytimevic.com.au

Unwind and share experiences with others who understand



Supporting parents of children with disabilities

Views expressed by MyTime staff, members and guests do not necessarily express the views held by the Warrandyte Community Church

mytime.net.au