

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



Principal's Message

As we embark on the Lenten journey of reflection and spiritual growth, our recent Ash Wednesday School Mass served as a poignant reminder of the values we hold dear here at Sacred Heart.

Lent calls us to introspect, to prioritise what truly matters and to strive for personal growth through acts of kindness and service.

In this spirit, I want to extend heartfelt gratitude to the families who generously volunteered their time and effort at the Working Bee last Sunday.

Your contribution not only enhances our beautiful School grounds but embodies the essence of Lent – a time of giving and community; where we've come together to nurture the spaces where our children learn and grow.

Your involvement exemplifies the principles of almsgiving and service, integral to the Lenten season and we thank you.

Together, we're strengthening our bonds as a School community, fostering an environment where compassion and generosity thrive, and that's what makes Sacred Heart so special!

Thank you for your incredible support and commitment; may this Lenten season be a time of deep reflection, growth and unity for us all.

Mrs Gina Murphy Principal Mrs Jacinta Dalton Deputy Principal

'Every Day is Open Day' at Sacred Heart

We encourage you to share your experience with family and friends looking at primary education for their child! We offer personal School Tour bookings:

www.shdiamondcreek.catholic.edu.au

UPCOMING EVENTS

TONIGHT

Foundation Welcome BBQ & Liturgy Thursday 15 February, 6pm-7.30pm ♀ In the Mackillop Courtyard

All Foundation families - Please note the change to date for this event from the printed calendar

Learning ConversationsMonday 19 February, 2pm-7pm **Q** Onsite

1.30PM STUDENT FINISH

Tuesday 20 February, 3.40pm-5pm ▶ Online

REMINDER:

- Make a booking, see Operoo
- Return the hardcopy 'About your child' sheet by Friday 16 February

KABOOM Twilight Family Carnival Thursday 29 February, 5pm-7pm ♥ School Oval

All families to attend

AT A GLANCE

Interschool Sport

Friday 16 February

What Hurstbridge Primary School

District Swimming

Wednesday 21 February

• WaterMarc Greensborough

Uniform Shop Open

Thursday 22 February, 3.15pm-3.45pm **Q** Community Centre

Assembly

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



Reading at home!

Some handy tips for home reading:

- Establish a home reading routine. Read aloud with your child every day.
- The reader holds the book! There is a lot of power and control in the world of reading.
- If reading time is stressful, move the reading to a new location.
- The less you interrupt the 10 minutes of reading, the more you are supporting the reader's independence, resilience and confidence.
- Model what it means to be an enthusiastic reader. Create a home of readers where everyone reads – it is just what we do in this house!

Further information

Parent Helpers

In the classroom!

There are many positives when it comes to having parents and grandparents support teachers and students in their learning environment.

Here are just a few!

- Enhances the sense of school community and social cohesion.
- Builds relationships.
- Having an extra adult in the classroom helps to ensure children are on target with their activities.
- Parents get a clearer idea of their child's day, their learning, and daily demands.
- When parents join their child's school day, children get a clear message that what they do at school matters and that home and school are synonymous.
- Creates positive shared experiences.
- Creates opportunity for feedback.

Further information

To see how you can help in your child's class, see their Term Overview!

HAVE YOUR SAY

Sacred Heart

Community Voice

The Sweetest Day on our calendar!

We received some lovely comments about **Shrove Tuesday 'Pancake Day'** on our social media!



THANK YOU: Shrove Tuesday 'Pancake Day'

A big thanks to our P&F and amazing volunteers all the mums and grandmas! - for marking the Shrove Tuesday feast day in such a special way serving delicious pancakes to our lucky students!

THANK YOU: Families at our Working Bee

Huge thanks to the following busy bees who helped tidy our School: Foster, Broderick, Van Rooyen, Winckens, Topolcsanyi, O'Connor, Hense, Wigmore and Ioannidis, and staff: Mrs Allison Garrard, Mr Pat Ashworth and Mrs Jacinta Dalton.



SEEKING FEEDBACK

We thank all families for their feedback on all aspects of the School; let us know your thoughts!

principal@shdiamondcreek.catholic.edu.au



Year 1/2 Snapshot!

See what our young students are learning!

Religion

We've discussed members of our Parish and School community, Shrove Tuesday and Ash Wednesday and looked at Lent using the Project Compassion resources from Caritas Australia.

English

We shared reading using a variety of platforms such as Sunshine Online and Storybox Library, focusing on predicting and relating stories to our own experiences. In Writing, we will be reviewing the language and structure of recount texts as well as correct letter formation and positioning on lines. We will be using the SMART Spelling approach to improve spelling outcomes.

Mathematics

Our Year 2 students will finish looking at Place Value and then start looking at Time. Year 1 students will finish looking at the collection, display and interpretation of data. In Week 4, we will begin revising place value.

Inquiry

We're discussing our community, investigating what different communities we belong to and how this links to our Parish community.

Social and Emotional Learning (SEL)

In Week 3, we will be looking at "Making New Friends" using the Open Parachute platform. In Week 4, we will continue our Positive Behaviours for Learning (PBL) focusing on keeping our hands, feet and objects to ourselves.

Miss Jemma Parker, Mrs Claudia Neale & Mrs Amy Weninger 1/2 Year Level Classroom Teachers







Classroom Learning Weeks 3 \$ 4

FOUNDATION

Religion - Students will be learning our School Prayer and how to make the sign of the cross. They learned about special events related to Lent such as Shrove Tuesday and Ash Wednesday.

English - Alphabet and sound recognition, and letter formation of the letters t, p, i, n. We will be reading a variety of different stories focussing on concepts of print.

Mathematics - Students will be focussing on recognising, copying, continuing and creating repeating patterns represented in different ways.

Inquiry - Students will be exploring community helpers and special places in our community.

SEL - We will continue our Positive Behaviours for Learning (PBL) focusing on keeping our hands, feet and objects to ourselves. We will be learning our School and classroom rules.

YEAR 1/2

Religion - Students are learning about members of our Parish and School community, Shrove Tuesday and Ash Wednesday, looking at Lent and using the Project Compassion resources from Caritas Australia.

English - Shared reading using a variety of platforms such as Sunshine Online and Storybox Library, focusing on predicting and relating stories to our own experiences. In Writing, we will be reviewing the language and structure of recount texts as well as correct letter formation and positioning on lines. We will be using the SMART Spelling approach to improve spelling outcomes.

Mathematics - Year 2 students will finish looking at Place Value, and then start looking at Time. Year 1 students will finish looking at the collection, display and interpretation of data. In Week 4 we will begin revising place value.

Inquiry - Our community, investigating what different communities we belong to and how this links to our Parish community

SEL - In Week 3 we will be looking at "Making New Friends" using the Open Parachute platform. In Week 4, we will continue our Positive Behaviours for Learning (PBL) focusing on keeping our hands, feet and objects to ourselves.

YEAR 3/4

Religion - After completing the 5 Finger Prayer. Students will begin to understand what Lent is and how we participate in Lent, leading into Easter.

English - Reading for meaning and building word knowledge. In writing we are looking at persuasive writing and what it is. Mathematics - Students will be looking at statistics and probability.

Inquiry - Students will be focusing on our Inquiry topic of belonging with others. Additionally, we will be exploring Australia and its unique places.

SEL - In Positive Behaviour for Learning, students will learn about keeping hands, feet and objects to themselves. Additionally, students will use the Open Parachute platform to understand friendship skills.

YEAR 5/6

Religion - Students are exploring the concept of members of communities and groups and how this links to our Parish Community.

English - Our primary writing focus is building writing stamina. In Reading, students are looking at reading for meaning and purpose.

Mathematics - Students are continuing to revisit and extend their number and place value skills including revising the four processes.

Inquiry - Students will be exploring Democracy and Community.

SEL - Continue to explore Positive Behaviours for Learning and being the best version of ourselves.

We hope you've enjoyed this snapshot of your child's learning!

Mrs Jacinta Dalton



Lent...

A Time For Reflection

As we enter the season of Lent, it is essential for us to understand the significance of Ash Wednesday and the profound journey that follows.

Lent is a time of reflection, self-discipline, and spiritual growth, marking the 40 days leading up to Easter. At the heart of this season lies the call to deepen our relationship with God, fostering compassion and kindness in our daily lives.

Ash Wednesday is a solemn day where we are marked with ashes in the shape of a cross on our foreheads. This symbolic gesture serves as a reminder of our mortality and the need for repentance. The ashes, traditionally made from palm branches blessed on the previous year's Palm Sunday, encourage us to embrace humility and seek renewal in our spiritual journey.

Following Ash Wednesday, the Lenten season invites us to reflect on our lives, make positive changes and grow closer to God. This period mirrors the 40 days Jesus spent fasting in the desert, facing temptations and emerging victorious. During Lent, many individuals choose to make personal sacrifices or commit to acts of kindness, mirroring Christ's journey of self-discipline.

Project Compassion

In conjunction with the Lenten season, our School is once again participating in *Project Compassion*. This initiative by Caritas Australia focuses on raising awareness and funds for communities in need, both locally and globally. It aligns with the core values of Lent – compassion, generosity and service to others.

Lent and Project Compassion provide us with a unique opportunity to live out our faith in tangible ways. By embracing the Lenten practices of prayer, fasting and almsgiving, and actively participating in Project Compassion, we extend a helping hand to those facing adversity. It's not just about giving up something for the sake of sacrifice; it's about using our resources and blessings to make a positive impact on the lives of others.

As we embark on this Lenten journey, let us embrace the teachings of Christ, deepen our faith and demonstrate compassion in action through Project Compassion. May this season be a transformative and enriching experience for all of us, fostering a sense of unity, love, and service within the Sacred Heart community.

Wishing you a blessed Lenten season.

Mrs Claire Molina Religious Education Leader **SCHOOL MASS**

Ash Wednesday

The Sacred Heart community gathered today on Ash Wednesday, to begin the reflective period of Lent.

We received ashes in the form of the cross and listened as Father Steve spoke of deepening our spiritual journey throughout Lent by focusing on:

- Prayer
- Fasting
- Almsgiving an act of selfless giving steeped in compassion.

We embrace this sacred time as we prepare for the celebration of Easter – and do so with sacred hearts and sacred hands, seeking to grow closer to God and one another.





Parish Connections

Welcoming our Foundation Families

Sacred Heart Parish invites parents of Foundation students to a social event to celebrate and further develop the relationships between families and the Parish Community.

This will be a relaxing evening where we celebrate your special child.

Child Minding will be provided if required to enable both parents to attend and get to know other parents in your child's year level.

We are looking forward to meeting you on this special night!

Parish Connections Night - Foundation
Thursday 21 March, time to be confirmed
♥ School Community Centre
Tea, coffee, wine, beer and nibbles provided

Further Information

Contact Mrs Pat Guatta, Parish Secretary

<u>DiamondCreek@cam.org.au</u>

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

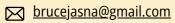
9am Mass - second and fourth Sundays of School Terms

• 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.



FAITH FORMATION

Eucharist Faith Might

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

Tuesday 12 March, 5.30pm **♀** St Thomas Church Greensborough Nth

Required of all parents of 2024 Eucharist Sacrament Candidates

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

Commitment M_{ass}

For all First Eucharist Sacrament Candidates and their families to attend

Sunday 17 March, 9am ♥ Sacred Heart Church Attendance required



Previous year's proud Eucharist Candidates

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



LIBRARY NEWS

Library

e-books Available Through Our

Great news! Our School library now offers students access to over 1000 e-books through Wheelers ePlatform One.

Whether your child loves fiction, non-fiction or educational reads, there's something for everyone. And say goodbye to overdue fines and worries about damaged books due to accidents like drink bottle leaks or pets getting a little too curious!

Accessing e-books is easy

- Visit https://shdiamondcreek.wheelers.co/ or find the link via the Sacred Heart Student Portal.
- Use your child's School username (e.g., fredm) and password "library1" to log in.

Instructions for reading online or downloading to your device are available on the website.

Remember

Some books may be on loan, but they can be reserved, just like our real library! Loans last for two weeks, and books automatically disappear after, so no overdue fines!

Need help? Please email or visit the library; I'm here to help make your child's reading experience enjoyable and hassle-free.

Happy Reading!

Mrs Brenda McMahon Library Technician

brendam@shdiamondcreek.catholic.edu.au

Sacred Heart Indonesian Idol!

This term, Years 3 to 6 are taking part in Sacred Heart's Indonesian Idol!

To practise their writing and reading, students will write the Indonesian song they have been learning and make a craft with it.

This craft can be used for them to practise the song of their choice at home.

Later, each student will present the song in front of the class at our fun Indonesian Idol competition!

Parents, we invite you on Tuesday 12 March to come and judge our first Indonesian Idol or simply enjoy our performance.

See you there!

Ms Olivia Modine Indonesian Teacher





Students with their song lyrics on their craft projects!





A Balanced Approach to Parenting

These insights reflect a compassionate approach to parenting that prioritises understanding and guidance over punitive measures

- Dr Justin Coulson, Happy Families

We've heard of 'consequences' but what does it mean?

It may have become a buzzword, often equated with punishment, but does that truly motivate children...

As parents, we aim to guide our children towards understanding the impact of their actions and choices, which helps them to understand the outcome or consequences.

Consequences are the outcome of an action or choice.

By exploring our child's actions and natural consequences, we can understand their emotions and motivations and gain insight into their behaviour.

These calm conversations, and not lengthy lectures, empower children to reflect on and understand the consequences of their actions, giving them insight into their decision-making and developing problem-solving skills.

With this positive approach, we explain the link between our children's actions and the consequences and reinforce the learning without punishment and shaming.

Dr Justin Coulson, is a renowned parenting expert, emphasising that children don't need to learn consequences through punishment but rather support to make informed decisions.

Further information

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

GET ACTIVE

Join the

Running Unb!

The Running Club will start Friday 23 February and run each Friday until 15 March.

Run by Dale Nardella, father of Jack, Year 5 and Beau, Year 2, this is a great opportunity for students to increase their fitness and start the day with some exercise and fun!

Dale has a current Working With Children Check and will supervise the students.

This takes place on the oval starting at 8am each Friday.

Thank you Dale!



Nate, Year 4, ready for Running Club!



Skiing Students!

The Chatfield-Cartledge Brothers

Harley Chatfield-Cartledge, Year 2, was looking to back up his Southern 80 ski race win of 2023 with another first-place last weekend.

Unfortunately, he missed his start, but Harley managed to catch the field and pass another competitor to claim a second placing.

We are very proud of Harley for his ongoing commitment to training and his results on the day.

Harley's team consisted of his Uncle Jason and his idol, cousin Kohdi Cartledge, (pictured), the current Under 18 World Champion in ski racing.

Harley's younger brother, Eden, of our Foundation class, also trained hard and was to have his first ski in the Southern 80 race to continue the Cartledge family tradition.

The junior race didn't go ahead, so Eden will debut at a future ski race event.

We are very proud of Eden for his enthusiasm and commitment to training as well.

What a great job, boys!



Eden, Foundation, on his training run!





Harley, Year 2, claiming second place in the Southern 80 ski race last weekend





Eden, with his Poppy, who still ski-races (!), on a training run on the river

WE LOVE COMMUNITY NEWS!

If you have a good news story or something to share, we'd love to know!



newsletter@shdiamondcreek.catholic.edu.au



2024 Student Leaders

Congratulations again to the following students who were been nominated Class Leaders!

These students proudly received their badges at Assembly last Monday.



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 Awards to students.

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

Week 2 Award Winners



Our Week 2 'Student of the Week' Award recipients with their certificates

STUDENT AWARDS



'Value' Award recipients

Well done to the following students for receiving this week's 'Value' Awards"

Alexis Stephenson Malvin Khaira 1/2 CN 1/2 JP Orianna Geega 3/4 DR Harvey Su'a 3/4 NM Meliz Hoe 5/6 SF **Xavier Hernandez** 5/6 PA **Daniel Buttigieg**

'Specialist of the Week' **Award recipients**

Well done to the following students for receiving this week's Specialist Awards

Week 2

Indonesian Performing Arts Liam Locke PE **STFM**

Noah Coleman Harvey Su'a **Eddie Davidson**

Week 3

Jack Black Indonesian **Evran Ibrahim** PF **Sophie Lewis** STEM

Melanie Hoe & Science

Amelia Stacey

Performing Arts Collins Lemi & **Penelope Gibbs**

Visual Arts **Jack Nardella & Alexis Stephenson**





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 funfilled 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.



Orders Due Monday 19 February

FUNDRAISING

Support Book Club and support our School!

Scholastic Book Club is a firm favourite with its fantastic range of books - AND your order helps support our School as 15 per cent of the spend comes back in Scholastic Rewards!

The rewards are used by our library to purchase additional books and library resources.

It is easy to order!

The Book Club Linked Online Ordering Platform, LOOP, allows you to securely order and pay online credit/debit card. By ordering through LOOP, you will also be eligible for bonus offers and rewards.

Visit, scholastic.com.au/LOOP

Cash orders can also be made by completing the order form at the back of the catalogue and returning it with the correct cash amount in an envelope, addressed to "Book Club" through the classroom tub system.

When will the orders be delivered?

Your child's order will be delivered to class, within 1-2 weeks of orders closing. A "Gift" option is available through online orders. If this option is selected, we will notify you when your order is ready to be collected from the School Office.

Further Information

Sasha Topolcsanyi, P&F Treasurer parentsassoc@shdiamondcreek.catholic.edu.au



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.

NEED TO KNOW



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 Op 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!

- @SacredHeartPrimarySchool3089
- @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.

mewsletter@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

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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
19 WEEK 4 B	20	21	22	23	24	25
No Assembly Learning Conversations	Learning Conversations 3.40pm-5pm (Online)	Foundation - No School District Swimming	Uniform Shop 3.15-3.45pm	ISS v Apollo B (home)		
2-7pm (On-site) Students finish 1.30pm	School Advisory Council (SAC) 7.30pm					
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				ISS v Plenty Valley (home)		Catholic Education week begins until 17
Loyola Comm. Service week				International Women's Day		March 'In the light of Christ'
Assembly 3pm						
P&F, 7.30pm						
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		TERM 1 FINISHES	SCHOOL CLOSURE - Staff PL	GOOD FRIDAY PUBLIC HOLIDAY		
Assembly 3pm		1.30pm				

WIDER COMMUNITY NOTICES

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







EXPERT TUITION FOR YOUR CHILD

PRE-PRIMARY TO YEAR 6

Does your child need assistance with their learning? I can help

My name is Erin, and I am a qualified primary school teacher with 20 years' experience across all year levels.

At Olive Branch Education, I offer expert tuition in Literacy and Numeracy. I use a multisensory approach in all lessons and tailor lessons to suit the individual needs of students.

To find out more, please view my website **OliveBranchEdu.com.au** and submit an Expression of Interest.











ANAM CARA STUDIO







Truebreath.com.au

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



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

Views expressedby MyTime staff, members and supporting parents of guests do not necessarily express the views held by the Warrandyte Community Church

2 DREAM MUSIC ARTS & WELLBEING



PLEASE ENROL ONLINE for music lessons at 2dreammusic.com

DRUMS

PIANO

GUITAR

SINGING & DANCE









Receive a Welcome Information sheet and an Invoice once your child has been enrolled.

website:2dreammusic.com | email: contact@2dreammusic.com text only: 0485 908 284

The benefits of music, arts and wellbeing in a child's education are many.
Learning music provides cognitive foundations for effective learning, and increased social and emotional wellbeing.

2DMAW offers affordable and accessible programs.





enterprise that promotes wellbeing through music and arts programs. Our team is passionate about our purpose and lessons, which inspire positivity, resilience and compassion towards self and others - which in turn will create a special, empathic and bright future for our community and world.

"2DMAW staff are always very attentive and responsive to the needs and requirements of students, parents and staff. It is a fabulous opportunity for any school embrace."

PETER LUSCOMBE

Drummer for PAUL KELLY and ROCKWIZ TV Show & Drum teacher