

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



## Principal's Message

This month, our School community commemorates Catholic Education Week, National Close the Gap Day, Harmony Week and International Women's Day.

Simultaneously, we prepare for the observance of Holy Week, a time of fasting, prayer and service, culminating in the celebration of the passion, death and resurrection of Jesus Christ.

Amidst the activity, this period serves as a poignant reminder of the vastness of our mission in Catholic education and the richness of our diverse communities.

Now, more than ever, it is crucial for faith-based communities of various backgrounds to unite in advocating for religious freedom, encompassing the right of families to choose a school aligned with their beliefs and values.

As we acknowledge these significant events and navigate through this crucial season in our faith, we remain attuned to the diverse needs of our School and broader communities, especially those coming from disadvantaged and vulnerable backgrounds.

The pursuit of diversity, freedom and harmony aligns with the principles outlined in the document 'Human Fraternity for World Peace and Living Together,' signed by His Holiness Pope Francis and the Grand Imam of Al-Azhar Ahmed al-Tayyib.

The document emphasises that religions play a pivotal role in promoting values such as peace, mutual understanding, human fraternity and harmonious coexistence.

Throughout this Lenten season, let us remain mindful of the needs within our sphere of influence and extend our compassion to those around the world grappling with poverty, suffering, violence and marginalisation.

May our faith in the salvation of humanity bring forth hope, peace, and freedom.

Mrs Gina Murphy Principal Mrs Jacinta Dalton Deputy Principal

#### **UPCOMING EVENTS**

Interschool Sport v Diamond Creek Friday 15 March 

◆ Away

St Patrick's Day Celebration Friday 15 March
Wear a touch of Green

**Easter Special Lunch Orders Due Monday 18 March**Pay via cash or CDF

BookClub Orders Due Monday 18 March Pay via cash or LOOP

School Advisory Council Tuesday 19 March, 7.30pm

Parish Connections Night Thursday 21 March, 7pm For all Foundation families

**Easter Raffle Donations Due Friday 22 March** *Delivered to the School Office* 

**Easter Special Lunch Day Friday 22 March** *Pizza, drink & treat for students!* 

Ride 2 School Day Friday 22 March

Working Bee Saturday 23 March, 10am-12pm Free BBQ lunch - All welcome!

Easter Bonnet Parade & Raffle Wednesday 27 March, 9.05am All welcome!

**END OF TERM Wednesday 27 March** *Students dismissed at 1.30pm* 









The happy 'Lego Clubbers!'

# Lunchtime Lego Club: Building Creativity & Community!

The Lunchtime Lego Club has quickly become a favourite among students at Sacred Heart, offering a great break time alternative and a chance to engage in constructive play.

Held during lunch on a Thursday, the Lego Club provides a welcoming space for students to come together, share ideas and build with those iconic bricks!

#### As they collaborate on builds:

- Friendships naturally blossom, breaking down social barriers and creating a positive and inclusive environment within the School
- They develop valuable skills such as teamwork, communication and problem-solving
- Working with Lego stimulates fine motor skills and encourages imaginative thinking, providing an educational component to the lunchtime fun.

The Lunchtime Lego Club has proven to be a fantastic addition to our School's extracurricular activities, promoting creativity, social interaction and a sense of community among students at Sacred Heart.

It serves as a reminder that even during a short lunch break, the power of play and collaboration can leave a lasting impact on our School experience!

#### **JOIN THE LEGO CLUB!**

Each Thursday at lunchtime 

✓ In the Community Centre



HAVE YOUR SAY

# Sacred Heart Community Voice





Thank you to the **Year 3/4 students** for their great artwork in the church that reflects their lenten journey.

As a parishioner, it was wonderful to walk into the church and see your bright contributions that also helps us reflect on our own lenten journey.

Thank you,

Alison Pieper Sacred Heart Parish Council

#### A GESTURE OF THANKS

Thank you, **Nando** and **Jess Culosi** (Alessia and Katiya), for your dedication and for being shining examples of the compassion that defines our School community.

Your willingness to contribute time and effort to clean the sign outside of the church that has been vandalised once again speaks volumes about the values and support for the School.

This act of kindness not only repairs a physical structure but reinforces the bonds that make our community special.

**Mrs Gina Murphy** 





### Mrs Rachel Murphy Performing Arts Coordinator & Learning Support Officer

"I have lived in Diamond Creek for 23 years. We have 3 sons. All of our boys attended Sacred Heart. Lachlan is 26 years old and lives in Adelaide with his partner Madison, who is a paramedic. Lachlan wears number 4 for the Adelaide Crows in the AFL. He will be playing his 100th game next week which is very exciting. Blake, 23 is an electrician and also plays football at Montmorency FC. Blake is an amazing cook, he takes after my Sicilian Nonna! Blake also loves music and trying his hand at mixing music for clubs. Sebastian is 16 and is in Year 11 at Parade College. Seb also plays football at Montmorency, as well as for Parade and the Knights, he also hopes to be drafted into the AFL. My hubby, Rod, works in International Trade for the NAB. He is looking forward to retiring next year after 45 years in the bank. He also loves gardening, horse racing and jigsaw puzzles.

I have been teaching Performing Arts at Sacred Heart for 19 years and have been a Learning Support Officer for 13 years. I love helping students across all levels with their learning, especially in the Arts. Music is extremely beneficial as is dance. I love to help my students to gain confidence in themselves so that they can "dare to be different" which is my Performing Arts motto. Watching their confidence grow and their talents develop is most rewarding. The whole School bi-annual productions are extremely busy, yet an amazing way to expose the staff and students to the wonderful world of performing.

My life in the Arts started as a 4-year-old child studying ballet, contemporary, and modern jazz ballet, which continued for 16 years, most of which was 5 days a week. When I finished secondary school I moved to Norfolk Island, which is where my family have lived since 1986. Having studied catering I worked full-time in the hospitality industry, running bars and restaurants, as well as tourist resorts. While living on Norfolk Island, I became part of NATS Norfolk Ameture Theatrical Society. Acting, Singing, Dancing as well as choreographing, directing and producing plays, and musicals. We would perform 3 major productions per year.

I began a hairdressing apprenticeship in Norfolk and after 5 years I moved to Cronulla in Sydney. I only lasted 5 months and moved back to Melbourne where I continued to work as a hairdresser. I missed the arts so I started honing in on Voice and singing, this led to songwriting, as well as teaching singing, which I still do today. I then trained as a Zumba Instructor and ran classes in Diamond Creek for roughly 5 years. Norfolk Island is a paradise that I love to visit when I can. I am still hairdressing after 35 years which I still enjoy. I recently dabbled in acrylic paint pouring due to lockdowns, which I find is very therapeutic and rewarding.

I love being a part of the Sacred Heart Family. Having all of my Sons attend, who still love to come back and visit, and who still have close friendships with students they attended with is something that I hold very dear and makes me extremely proud. Some of my best friends are also my colleagues, which is so special to me."

#### SPECIALIST CURRICULUM

## Indonesian Idol 199

#### Winners!

Students sang their hearts out at our very own 'Indonesian Idol' competition this week!

#### **Congratulations to the Class Winners!**

Nate Fitzmaurice – Year 4 Shaye Pearce – Year 4 Jacob Sciberras – Year 5 Eva Parker – Year 6

Well done to all students in 3/4 and 5/6 – they each spent weeks crafting rehearsal materials for their fantastic performances which were a wonderful celebration of language and talent.

A big thanks to our special parent judges for coming along and to our Indonesian Teacher Bu Olivia for bringing such fun and creativity to Sacred Heart!



# Creative Arts

#### On show!

Congratulations to Alessia Culosi, Year 1, and Alexander Hernandez, Year 4, who had their artworks selected for display at the Catholic Education Week Creative Arts Exhibition this week!

The exhibition showcases artworks from Catholic primary and secondary schools across Victoria and is held at the Catholic Leadership Centre in East Melbourne.

Well done Alessia and Alexander!



#### **COMMUNITY EVENT**



#### **Easter Celebrations at**

Sourced Heart!

We invite families to join us for our exciting Easter Bonnet Parade and Parents & Friends Easter Raffle Draw!

#### **EASTER BONNET PARADE**

- Students to dress in their finest home-made hats!
- A prize for every class!
- Pre-schoolers welcome!

#### **EASTER RAFFLE DRAW**

- Dozens of prizes to be won!
- Tickets just \$1 each, payable via cash or CDF
- Donations of Easter Eggs delivered to the Office

#### **Further Information**

parentsassoc@shdiamondcreek.catholic.edu.au



#### **EASTER SPECIAL LUNCH - FRIDAY 22 MARCH**

- Choice of pizza type plus a drink & treat!
- See the flyer for all the exciting details





#### **'TIGER PAW' Program**

For total wellbeing!

Our Year 5/6 students will be taking part in the awardwinning Tiger PAW program this coming Monday - a wellbeing initiative run by Richmond Football Club!

The program uses videos of experts and athletes to impart important physical, mental health and nutritional messages to empower students to take control of their own physical and mental wellbeing.

#### Students will cover:

- Physical Activity A practical session that uses AFL skills as the driver but also focuses on transferable skills from other sports
- Nutrition Using videos of Richmond Football Club Players to start discussions about the student's food choices. This is an interactive session where there are several games and discussions about nutrition and how it looks different for everyone
- Respectful Relationships Discussing all components of respect using the first two modules of examples of what respect is and how it looks and sounds.

Stay tuned for the exciting outcomes, we're looking forward to sharing them with you!

Mr Patrick Ashworth & Mrs Simone Fabretti Year 5/6 Classroom Teachers





**GET ACTIVE** 

# Ride2School Day!

So far this month we've had lots of students riding and rolling to School as part of the Ride 2 School initiative!

Students are encouraged to ride their bikes or scooters or walk either the whole or part way to School throughout March.

#### Ride 2 School Day Friday 22 March

House Leaders will collect the final tally of how students have made their way to School this month on Ride2School Day on Friday 22 March.

The class with the most tally marks for riding/walking to School will receive a class set of tokens!

This initiative is designed to encourage increased physical activity in students and encourage a positive start to students' day.

#### **Further Information**

▶ bicyclenetwork.com.au



in **Leo, Year 3** and **Ali of Foundation**, and roll out for Ride2School month this March





# St Patrick's veleprations

#### Wear a touch of green tomorrow!

As March unfolds, we eagerly anticipate the vibrant celebration of St Patrick's Day, an event of great significance for our Catholic primary school!

St Patrick's Day, observed annually on 17 March, is a timehonoured tradition that holds deep cultural and religious importance.

St Patrick, one of the patron saints of Ireland, is celebrated for spreading Christianity across the Emerald Isle and for his legendary act of using the three-leafed shamrock to explain the Holy Trinity. His life and teachings serve as an inspiration for our students, promoting values of faith, compassion and perseverance.

#### St Patrick's Day at School

At Sacred Heart, we take this occasion as an opportunity to instil in our students an appreciation for diversity and the richness of Catholic heritage. Through engaging activities and lessons, we aim to foster a sense of unity and understanding among our students, embracing the cultural tapestry that makes our School community unique.

On Friday 15 March, which will be our celebration of St Patrick's Day, students are encouraged to wear a touch of green, symbolising not only the lush landscapes of Ireland but also our commitment to growth, harmony and the teachings of St Patrick.

Our School and Religious Education student leaders will be attending a mass at St Patrick's Cathedral on this day as well!

Let us come together in joy and gratitude, celebrating the legacy of this revered saint and the values he imparted, reinforcing the spirit of community that defines our Catholic education.

May the blessings of St Patrick continue to guide and inspire us all.

Mrs Claire Molina Religious Education Leader SACRAMENTAL PROGRAM

### Eucharist Faith Might



The Very Rev Dr Kevin Lenehan hosted the Eucharist Faith Night for our Year 3 parents this week, which was a profound evening of spiritual connection.

Families gathered to deepen their understanding of the Eucharist and its significance in their children's faith journey as they prepare to receive the sacrament of First Eucharist.

Fr Lenehan's insightful teachings illuminated the sacredness of the sacrament of Eucharist, fostering a sense of deepening spiritual understanding among attendees. As the night unfolded we were joined in the shared experience of faith.

In closing, Fr Lenehan expressed heartfelt gratitude to all families for their presence, acknowledging the importance of their commitment to spiritual growth of their children.

We thank Fr Lenehan for sharing his wisdom with us and thank St Thomas the Apostle for hosting the evening.



Fr Lenehan shared this image of one of the earliest depictions of Communion







Fr Steve's Weekly Homily

#### THE EYE OF THE BEHOLDER

In this week's Gospel reflection, we contemplate how God views us as His cherished creations. Far from a distant judge, God sees humanity through the lens of love and redemption.

St Paul beautifully describes us as "God's work of art," each of us a unique expression of His creativity and love.

Just as an artist treasures their creations, God desires to reveal the beauty within each of us, illuminating our lives with His healing and transformative light.

As Easter approaches, we anticipate the symbol of Christ's victory over darkness, the Paschal Candle, shining brightly in the midst of our lives, reminding us that we are all cherished works of art in the Divine gallery.

Through His love and salvation, we are called to be the Light in the world, reflecting God's truth and love to others.

▶ Join me in exploring the depth of God's love and our role as bearers of His Light; click here for the full homily.

Fr Steven Rigo Sacred Heart Parish Priest



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, 7pm-8.30pm ♥ School Community Centre
Tea, coffee, wine, beer and nibbles provided

**RSVP** 

Please email your attendance or otherwise to **Alison Pieper**, Parish Council ⋈ alisonpieper52@gmail.com

Sourced Heart

**Mass Times** 

**All Welcome!** 

Sacred Heart Diamond Creek

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

♥ St Peter's Hurstbridge First Saturday of the Month, 7.15pm

### The Science Behind Raising Readers

Literacy forms a cornerstone of early education, with a focus on mastering the ABCs, comprehension skills and literary devices.

Beyond academic achievement, exposing children to reading from a young age sets off a 'causal spiral' — the more they read, the better their skills become, leading to greater academic success!

#### And the benefits of reading extend far beyond academics:

- Stress Relief: Reading reduces cortisol levels and boosts oxytocin, aiding in coping with mental and physical health challenges
- **Empathy and Connection:** Reading fiction strengthens neural networks, enhancing theory of mind capabilities and fostering meaningful connections with others
- Happiness: Frequent fiction readers report greater life satisfaction and positive wellbeing
- Longevity: Book readers experience a survival advantage, leading to a longer life filled with the joy of reading.

#### **Reading at Home**

Creating a reading culture at home includes **reading together**, having **physical books readily available**, **modelling reading behaviour**, and **avoiding pressure to read early**, ensuring a nurturing environment for developing a love for reading.

Delve further into the science behind raising readers and explore how to cultivate a reading culture at home at the link below.

www.happyfamilies.com.au



## Safety First at Sacred Heart! EVACUATION DRILL

Our recent School evacuation drill unfolded seamlessly, showcasing our preparedness and the coordinated efforts of students and staff.

The drill demonstrated the commitment to safety within our School community and with clear communication and practised procedures, everyone navigated the evacuation process with efficiency and poise.

- Students exhibited a commendable understanding of the protocols, following instructions promptly and maintaining a calm demeanour throughout the exercise.
- Teachers and staff members, well-versed in their roles, guided students with assurance, fostering an atmosphere of safety.

This outcome reassures us of the safety measures in place, serving as a reminder of the importance of ongoing preparedness and our commitment to ensuring the wellbeing of every member of our School community.





A Learning Superpower: Positive Mindsett

During our Open Parachute sessions, we have learnt about having a positive mindset for learning.

It is normal to have negative thoughts when we are struggling, and we have been learning skills and strategies to use when this happens.

We can practise the skill of changing negative thoughts and feelings into more realistic, positive thoughts.

We have been discussing strategies we can use when we come to challenging goals and can practise the skill of perseverance to help achieve that goal.

Click on the link below for more information with helpful home hints, too!

▶ Open Parachute

Yours in wellbeing,

Ms Kerry Neilson Wellbeing Leader





A team effort at our last Working Bee - students and all!



#### Join in the hive of activity of our next Working Bee - at Sacred Heart it's a family thing!

We would love to see as many families - including kids! - at our second working bee of the year to ensure our School is looking the best it can.

#### Saturday 23 March 10am-12pm

#### You can help:

- Strip & mulch garden beds
- Tidy the veggie garden space
- Remove lower tree branches around water tanks
- Remove cobwebs
- Clean windows
- Remove the old cubby house
- Tighten screws on play equipment
- Remove graffiti

#### **Tools**

If you have any tools to support the above jobs please bring them along - wheelbarrows, rakes, shovels, cobweb broom, window cleaning items, gloves - thank you!

#### **Maintenance Levy**

Families attending two Working Bees receive a levy rebate.

#### BBQ LUNCH!

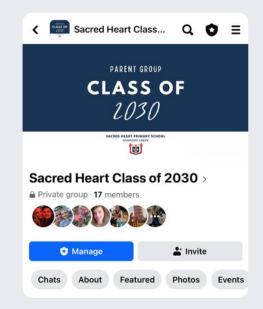


We're offering a free sausage sizzle to our much-valued helpers, thanks to our Parents & Friends group.

#### PARENT REPRESENTATIVES

### **Connecting our**

Parents & kids



Did you know each year level has a dedicated parent representative who volunteers to act as a conduit between the School and families?

Year Level Reps manage year-level Facebook groups to facilitate communication and share information.

#### It's a place to:

- See reminders
- Ask School-related questions (Reps can ask questions of the School on your behalf and share answers with the group)
- Arrange social events for parents and

Please contact the Office for the link to your yearlevel Facebook Group.

#### 2024 Year-Level Reps are:

- Foundation Sarah Wallis (Alby S)
- Year 1 Camillia Sinclair (Chloe)
- Year 2 Sarah Wallis (Alannah)
- Year 3 Megan Ioannidis (Alby I)
- Year 4 Michelle Lord (Justine)
- Year 5 Camillia Sinclair (Jake)
- Year 6 Michelle Lord (Harry)

#### **THANK YOU**

We are so grateful to our Parent Reps who do such a wonderful job connecting and informing our School families!



# Making waves!

#### The Chatfield brothers are back with more waterski success!

The 'Robinvale Euston 80' ski race was won by Harley Chatfield, Year 2.

Harley won Under 10s, skiing at 88.8 kilometres per hour, with his Uncle Jase driving and cousin Kohdi keeping a watchful eye, as observer.

**Eden Chatfield**, Foundation, returned to Echuca to continue his training runs with his Poppy, in preparation for his debut in Mildura.



Eden and Harley having a social ski in Echuca



### WE LOVE STUDENT NEWS!

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



newsletter@shdiamondcreek.catholic.edu.au

#### STUDENT AWARDS





Our Value Awards are proudly presented to recognise and celebrate students who show the value of 'Respect' within the School community.

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

**Alice Holt & Maverick Marinelli** 

**Lucy Matulick** 1/2 CN **Chloe Sinclair** 1/2 JP 3/4 DR **Will Lewis** 

3/4 NM **Angus Thoroughgood** 

**Sade Ambrose** 5/6 SF 5/6 PA **Audrey Hodgson** 

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

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

**Alby Ioannidis** Indonesian **Marley Lemi** PE **Rook Bishop STEM** 

Environmental Georgia Erle & **Toby Johansen** Science

**Spencer Friedrich &** Performing **Madeleine Bordignon** Arts

**Logan Griffin &** Visual Arts **Luke Dooley** 





#### **General Notices**



#### **BookClub due Monday 18 March**

The latest edition of BookClub is out now with rewards used by our library to purchase additional books and library resources.

scholastic.com.au/LOOP

parentsassoc@shdiamondcreek.catholic.edu.au

#### **School Photos**

Mark your calendar! School photos are scheduled for Tuesday 16 April in Week 1 of Term 2.

Capture your child's school moments and order photos in advance.

Order anytime from now at the QR link below or visit the website.

www.advancedlife.com.au



#### SCHOOL ADMISSIONS 2025

#### We are currently accepting 2025 enrolments

We encourage current families with children commencing in 2025 to complete and return enrolment forms as soon as possible.

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!

@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



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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#### March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11 WEEK 7 A	12	13	14	15	16	17
				Running Club, 8am Final for Term 1  ISS v Diamond Creek (away)  Wear a touch of green for St Patrick's Day!		St Patrick's Day  CATHOLIC  EDUCATION  WEEK ends
18 WEEK 8 B	19	20	21	22	23	24
Assembly, 3pm  Special Lunch Orders & BookClub due	School Advisory Council, 7.30pm	HARMONY WEEK Until 26 March	Foundation Parish Connections Night, 7pm	Ride2School Day ISS v Greenhills Easter Eggs due Special Lunch Day	Working Bee 10am-12pm	Palm Sunday Blessing of PPC Members, 9am Mass
25 WEEK 9 A	26	27	28	29		-
NAPLAN finishes Assembly, 3pm		Easter Bonnet Parade, 9.05am TERM 1 FINISHES 1.30pm	SCHOOL CLOSURE - Staff PL	GOOD FRIDAY PUBLIC HOLIDAY		

#### WIDER COMMUNITY NOTICES

#### **VillageOSHC: The Network - Community Hub**

VillageOSHC's valuable and informative monthly publication, 'The Network - Community Hub' is back with another edition.

This will provide you with interesting articles, reviews and ideas for our community. Please click below to download the latest edition:

• The Network - Community Hub March 2024

#### **Edendale Farm Repair Café Survey**

We are collecting community feedback around the feasibility of running a Repair Café at Edendale Farm. A Repair Cafe is a place where community volunteers help to repair items that community members bring in to repair. Repair Cafes are usually held monthly throughout the year.

We want community members to get excited about it and to get on board to help create this community-run initiative. Do you have 5-10 minutes to share your feedback with us? If so please find a link to the survey below.

• Edendale Farm Repair Cafe survey (surveymonkey.com)

#### **Youth Wrap Up**

The latest Nillumbik Youth Wrap Up newsletter is out now! This community E-News aims to provide updates on the new and exciting initiatives and programs available to young people in the municipality.

• www.nillumbikyouth.vic.gov.au



You are invited to help celebrate

# Wattle Glen Fire Brigade's 80th Anniversary

Join us for an open station, speeches and a light lunch to celebrate 80 years!

#### Saturday 16th March

Open station 10.30am - 2pm Speeches 11.30am Refreshments 12pm

RSVP for catering purposes:
Scan QR code below
or contact our Duty Officer in Charge
0437 716 079

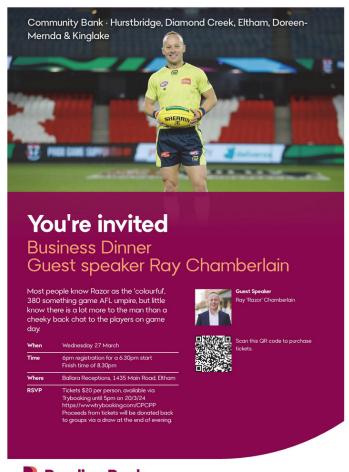








Book Today at VillageOSHC.com.au for Term 2!







JOINTHEFUN!

Diamond Creek Mid-Week

Auskick Centre

Sacred Heart Primary School

Wednesdays 3:30pm-4:30pm

Contact: Jake Murphy jake.murphy@afl.com.au

Scan the QR Code to Register!











We believe in female participation in team sports & provide an inclusive environment where players of all ages & skill levels can enjoy playing football & creating new friendships.

Please contact registrations@dcwfc.com.au for more information.





ANAM CARA STUDIO 10 BARREENONG ROAD COTTLES BRIDGE

Truebreathwellness@gm ail.com

Truebreath.com.au

0437006053

### 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

Firstly, HAPPY NEW YEAR! I nope 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

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