

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



Principal's Message

In this final edition of *Sacred Heart News* for the term, we extend our heartfelt appreciation to the community for your abundant support of our students and staff!

Students have enthusiastically embraced learning and wellness opportunities and our families have come together to celebrate the new school year as only the Sacred Heart community can!

We are so proud.

We've enjoyed welcoming new staff and students and celebrated with School Mass, Kaboom, Foundation BBQ, Information Evening and Open Morning; we've had Shrove Tuesday festivities, Interschool Sports, District Swimming, music lessons, Parents & Friends and School Advisory Council meetings, Faith Nights and Commitment Masses as well as Working Bees, Learning Conversations, Running Club and Ride2School.

It's been busy and exciting! Amidst all this, our ongoing commitment to our academic endeavours and student wellbeing has continued to underpin all of this activity.

An overwhelming response on School tours is how calm the School is and how polite the students are - we extend our gratitude to you, our dedicated parents, and thank our dedicated staff, for your contribution to this success.

We also commend our students for their generous contributions to our community, particularly for their artwork to raise awareness and funds for Project Compassion, which has attracted great community feedback.

Thank you for entrusting us with the privilege of educating your children and for your support and feedback as we strive to provide the best possible environment at Sacred Heart.

On behalf of the Sacred Heart staff, Fr Steve and Fr Ananda, we wish you a joyous and safe Easter break. We hope you cherish this time with your children, they are truly remarkable individuals.

Mrs Gina Murphy Principal Mrs Jacinta Dalton Deputy Principal

UPCOMING EVENTS

Uniform Shop Open
Thursday 21 March, 3.15pm-3.45pm

♥ In the Community Centre

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

Ride 2 School Day Friday 22 March

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

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

Interschool Sport v Greenhills
Friday 22 March
• Home

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

Easter Raffle Tickets Due ASAP

Easter Bonnet Parade & Raffle Wednesday 27 March, 9.05am ♥ In the Welcome Courtyard All welcome!

END OF TERM 1

Wednesday 27 March Students dismissed at 1.30pm

AT A GLANCE

START OF TERM 2 Monday 15 April Commencing 8.50am

School Photos Tuesday 16 April Place orders anytime from now; see General Notices





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 return ASAP
- Donations of Easter Eggs due to the Office Friday 22 March

Further Information

 ${\color{red} \, \boxtimes \,} \ parents as soc@shdiamond creek. catholic.edu. au$



EASTER RAFFLE TICKETS DUE

Please return all Raffle Tickets ASAP to the School Office



HAVE YOUR SAY

Sacred Heart

Community Voice



MACS ART EXHIBITION

Our clever students, **Alessia Culosi**, Year 1, and **Alexander Hernandez**, Year 4, received many comments upon us sharing their achievement in being selected for the Melbourne Archdiocese Catholic Schools 'Creative Arts Exhibition' last week!



Sacred Heart Primary School

5 d Like Reply

Claudia Neale so impressive! 🦠 🍑



Get to know your Teachers!



L-R: Matt, Tom, Madeleine, Lachlan and Kerry

Ms Kerry Neilson

Year 3/4 Teacher & Student Wellbeing Leader

"Hi! My name is Kerry Neilson and I am co-teaching Year 3/4 in 2024.

I have taught in schools in South Melbourne, Ivanhoe and Rosanna before coming to Sacred Heart in 2010.

I have taught across all year levels during my time here at Sacred Heart, with this year also taking on the role of Wellbeing Leader.

I am married to Matt and we have 3 children, Lachlan (13), Thomas (10) and Madeleine (6). I try to play a little sport, but our growing family certainly keeps us very busy! We enjoy the outdoors, going to the beach and adventuring to new places.

I love teaching as I find much fulfilment in helping children develop their potential in learning and with their families, helping to guide them in their learning path. I love the interaction one can only experience with children - they are endlessly entertaining and often surprising with their maturity and insight.

It's terrific when I witness, and am part of, their genuine sustained progress, both academically and personally.

Sacred Heart is a great school at which to work. Sacred Heart has a strong sense of community and as a family with two children attending, we love being a part of it and all that Sacred Heart has to offer.

Being here for some time now allows me the continued privilege of maintaining relationships with families when teaching several children within the family.

Sacred Heart offers a family-type environment for learning as well as developing all aspects of the student, something that is very important to me. I'm sure the families at Sacred Heart hold the same values!

I am looking forward to sharing this journey with them!"

WELLBEING

Time for $\int_{\partial \mathcal{J}_{\alpha}...}$

Our wonderful staff recently enjoyed a gentle and relaxing yoga session led by Cate Trembath from True Breath Wellness.

It was a great opportunity to pause and recharge and contribute to our culture of prioritising wellbeing across the School.

A huge thank you to Cate for generously volunteering her time and expertise.

Want wellbeing and wellness for yourself?

Explore Truebreath's offerings by contacting Cate, today.

truebreathwellness@gmail.com







Creative Arts Exhibition Update!

Alessia Culosi, Year 1, and Alexander Hernandez, Year 4, headed into the Catholic Education Week *Creative Arts Exhibition* with their families last week to see their work displayed amongst others from schools around the state.

Congratulations on being part of this exciting event, **Alessia** and **Alexander**!





Save the Wate!

A BIG 'Split Decision' announcement!

Look what we got a sneak peek at recently!

A read-through for our super-exciting production of *Split Decision* with our superfantastic cast! And it's already sounding SO good!

And in BIG NEWS – we can announce the performance date...

Mark your calendar for Thursday 17 October, folks!

All ticket and booking details coming soon - stay tuned!



GET ACTIVE

Ride2School Day!

Ride 2 School Day is tomorrow, Friday 22 March!

Miss Jemma Parker, Sports Coordinator, will greet students as they arrive tomorrow, tally the number of riders, hand out stickers, take photos and calculate the winning class for tokens.

Happy riding!



Reflecting on NAPLAN

As we approach the end of the NAPLAN (National Assessment Program – Literacy and Numeracy) testing period, it is important to remind ourselves about the process.

NAPLAN is an essential assessment that helps schools understand how well students are progressing in key areas of literacy and numeracy.

It provides valuable insights into the strengths and areas where students may need additional support, helping staff tailor their teaching to better meet the needs of their students.

Secondly, NAPLAN results provide schools with valuable data for evaluating the effectiveness of their teaching programs and curriculum implementation.

By analysing trends and patterns in student performance over time, schools can make informed decisions about resource allocation, professional development opportunities for teachers, and curriculum adjustments.

A big thank you for all students' efforts during the NAPLAN assessment period. They worked hard in test conditions displaying stamina and commitment to giving their best.

Mrs Jacinta Dalton
Deputy Principal | Learning & Teaching Leader



What's happening in our dasgrooms!

As we draw close to the end of Term 1, remember to ask your child how their learning activities are going especially about their exciting Inquiry Unit!

Our Year 5/6 students are designing a new suburb for Melbourne complete with facilities and services and rules and laws.

In 3/4, students are exploring community rules, our 1/2 students are working on the events of Easter and our Foundation students are writing sentences.

What a wonderful effort!

GET ACTIVE

Reading over the





As the holidays approach it is important to remember that reading is a life skill and there are lots of things you can do to help your child read during the school holidays.

- Continue with a daily reading routine with short sessions of around 20-minutes per day.
- Spend some time with your child revising their letters, sounding out difficult words, chunking the text, making predictions and inferring meaning from the writing. Discussing how the illustrations relate to the text also helps children understand what they are reading.
- Engage young children by giving them the agency to choose books for themselves. Take them to the library or a bookshop and let them find the books that interest them.
- Find stories that relate to your child's interests or, if you're travelling somewhere, find stories about the destination or activities you'll be doing.

One of the very best things that parents can do is to show their kids how much pleasure they get from reading.

So grab yourself a book, settle down to read and enjoy the holidays!

'TIGER PAW' Program

For total wellbeing!

By Annabelle Ross, Year 6

On Monday, the 5/6 year level had a special incursion called Tiger Paw!

Tiger Paw is a Richmond Football Club AFL, AFLW and VWFL football skills and mental health clinic run for primary schools around Melbourne.

The clinic lasted for around two hours, and had three parts to it footy skills and training, eating healthy and having a good mindset.

In the first 45 minutes, we did teamwork skills, handballing and exercises on the oval.

We got into teams and learnt how to work together and show good sportsmanship by doing activities such as; handballing in a chain, handballing to each other, and giving each other support/cheering our teammates on, etc.

After that, we went inside out of the heat and learnt about eating healthy and staying fit.

We learnt that different foods have different properties, such as brussel sprouts and how they can actually decrease the risk of you getting some cancers.

We also saw some clips of Richmond AFL, AFLW and VWFL players talking about the foods they eat before training/games, after training/games, what they eat the night before, what food makes them feel happy and light and what food doesn't.

In the last session of Tiger Paw, we learnt about the food groups and what was Green rated food (food that you should eat a lot of), Amber rated food (food that you should limit) and what was Red rated food (food that you should avoid).

In this session, we also watched some videos of the players talking about how they include all food groups into meals and sneak them into other foods that wouldn't normally have them. We also learnt about how to keep yourself happy and have a good mindset.

Overall, the whole 5/6 level really enjoyed this session, and it was a memorable experience (of which is probably going in most of the Year 6's yearbooks).

A big thank you from us at Sacred Heart for the representatives who came in and taught us, they did a fantastic job and we picked up some important skills, not just in AFL, but also keeping healthy mentally and physically.





TIGER PAW IN ACTION





















An Zaster Message

As we approach the blessed season of Easter, the Sacred Heart community is filled with excitement and gratitude.

Easter is a time of reflection, renewal and rejoicing in the triumph of light over darkness.

This sacred season holds profound significance in our Catholic faith, reminding us of the love and sacrifice of Jesus Christ.

Throughout the School, our students are actively engaging in activities that reflect the spirit of Easter.

Our classrooms are adorned with symbols of hope and rebirth. The Easter story is being shared and celebrated, fostering a deep understanding of the religious significance behind this joyous occasion.

Our annual Easter Bonnet Parade brings smiles and laughter to our students.

As they show off their bonnets, we not only celebrate the joy of the season but also emphasise the importance of unity and community.

Easter at Sacred Heart is not just a time for celebration; it is a time for spiritual growth and gratitude.

Our community comes together to embrace the teachings of Christ, spreading love and compassion to all.

As we embark on this Easter journey, let us carry the light of hope in our hearts and share the joy of resurrection with one another.

May this Easter season fill your homes with love, peace and the blessings of the Risen Lord.

Happy Easter from all of us at Sacred Heart!

Mrs Claire Molina Religious Education Leader SACRED HEART PARISH

Father Steve's





EMBRACING SACRIFICE FOR TRUE LIFE

In this week's Gospel reflection, we contemplate the transformative power of sacrifice and selflessness as revealed in the historical context of Ephesus.

As I reflect on the lessons from Ephesus, I'm reminded of its rich history and the early Christian persecution it bore witness to.

We explore Jesus' profound teachings on selflessness and sacrifice, echoing the transformative power of giving oneself for a greater cause.

Through the metaphor of the grain of wheat, Jesus reveals that true life emerges from selfless service. I urge you to transcend selfish desires and embrace a life dedicated to others, mirroring Jesus' own sacrificial love.

Let's ponder the eternal significance of living for a greater purpose, prioritising spiritual growth over material pursuits.

► Join me in embracing a life of service and sacrifice. Let's make a difference together; click here for the full homily.

Fr Steven Rigo Sacred Heart Parish Priest

Calling all Yomen of Sacred Heart Primary School

You are warmly invited to this exciting event - gather a table of school mums and friends and get set for a fantastic evening!

www.trybooking.com/CQICQ





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 is 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 tonight!

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 <u>alisonpieper52@gmail.com</u>

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



Westmead Feelings Program

at Sourced Heart

We are proud to offer the Westmead Feelings Program again in 2024.

Developed and run by the Children's Hospital at Westmead, Sydney, for many years, it is now offered in schools to teach children to better express and understand their feelings and the feelings of others.

It also teaches social skills and ways to solve problems. This program runs alongside our classroom social and emotional programs.

Groups

- Foundation to Year 2: 4-6 students in each group
- **Years 3-6:** 4-6 students in each group

Student Sessions

The sessions (45 minutes) will run each fortnight for 15 weeks in Terms 2, 3 and 4.

Facilitators

Our Learning Diversity Leader, Mrs Sandy Morgan, and Mrs Gina Murphy, are trained to deliver the Westmead Program.

Parent Sessions

The program extends to parents of participating children and their teachers, offering them insight into the curriculum and training to serve as 'emotion coaches'. This empowers them to support children in practising new skills both at home and school.

These sessions (90 minutes) will run at the beginning of each term.

Like to know more?

If you would like your child to be considered for this program, please email Mrs Sandy Morgan, Learning Diversity Leader.

smorgan@shdiamondcreek.catholic.edu.au



WELLBEING



Safety and Respect:

Talking Boundaries

During Open Parachute sessions this week we have had a focus on acceptance, boundaries and unsafe situations.

Boundaries are the limits that people set for themselves in relationships.

It is important to have boundaries to keep us safe and there are boundary setting strategies we can do with our friends.

When we have healthy boundaries, we can say "no" when we want to. This can be really challenging.

We can set boundaries online, and know how to seek help and how to set safe online boundaries, too.

If our friends don't respect our boundaries, we need to practise the skills of ignoring, focus on something positive and seek help.

Everyone's boundaries are different and unique.

Click on the link for more information with activities to practise these skills at home too.

Open Parachute

Yours in wellbeing,

Ms Kerry Neilson Wellbeing Leader



This Saturday!



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



Join in the hive of activity of our Working Bee this Saturday!

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, chainsaws and pruning tools.

Maintenance Levy

Families attending two Working Bees receive a levy rebate.

BBQ LUNCH! 9



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

JOIN IN THE FUN

Mother's Day 2024

Make mun's day!

Each year to honour our wonderful Sacred Heart mums, the Parents & Friends group hosts special Mother's Day celebrations.

We invite the community to get involved!

Mother's Day Stall Wrapping

Join us as we gather our goodies and wrap gifts Thursday 18 April, 7pm

♀ In the Administration Building

Volunteer at the Mother's Day Stall!

Help our little ones shop for their special something for mum! Thursday 9 May, 9am-12pm

♀ In the Community Centre

ARE YOU A MAKER OR CRAFTER?

We'd love to include homemade items at our Mother's Day Stall.

If you make, bake or craft something you think our kids and mums would love, get in touch!

Contact

Belle Harte (Eli, Year 1; Alfie, Year 3) Mother's Day Stall Coordinator 0467 634 955



The Parker sisters doing some serious shopping at our 2023 Mother's Day Stall!



Jones journeys to Regionals!

Evie Jones, Year 5, recently played at the School Sports Victoria Tennis Competition and had a great day!

Winning two out of three games, Evie qualified to play in the Regional Competition next Monday at Eaglemont Tennis Club.

Well done, Evie, and good luck for Monday!







Our Arts Leaders held an Art Competition recently with the theme being 'Space'!

Well done to **Eva Parker**, Year 6, **Lennie Parker**, Year 1, **Meliz Hoe**, Year 4 and **Harry Friedrich**, Year 4, who were selected as the winners and proudly announced at Assembly on Monday.

Congratulations!



STUDENT AWARDS





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

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

F William Holt
1/2 CN Elly Gallagher
1/2 JP Thomas O'Connor
3/4 DR Alexander Hernandez
3/4 NM Ava Clark & Justine Lord
5/6 SF Hunter Sparks-McPherson
5/6 PA Caitlin Waddington

'Specialist of the Week' Award recipients

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

Indonesian Eddie Davidson
PE Harry Lord
STEM Sully Koster

Environmental Science Eloise Ross & Finn Gallagher

Performing 3/4 DR Arts

Visual Arts Orianna Geega & Jasmina Khaira





General Notices

2025 Enrolments

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

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





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

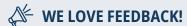
This newsletter, Sacred Heart News, is the School's flagship publication and aims to be a one-stop-shop for all you need to know.

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

© Sacred Heart Primary School 2024 25 Gipson Street, Diamond Creek VIC 3089 www.shdiamondcreek.catholic.edu.au

March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18 WEEK 8 B	19	20	21	22	23	24
			Uniform Shop Open 3.15pm-3.45pm Foundation Parish Connections Night, 7pm	Ride2School Day Easter Eggs due ISS v Greenhills 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 & Raffle, 9.05am TERM 1 FINISHES 1.30pm	SCHOOL CLOSURE - Staff PL	GOOD FRIDAY PUBLIC HOLIDAY		

WIDER COMMUNITY NOTICES

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







TRUE BREATH WELLNESS 2024

CATE FRAMPTON -YOGA, MEDITATION BREATHING COACH



0437006053

Truebreathwellness@gmail.com

Truebreath.com.au

Dear FRIENDS of SACRED HEART PRIMARY SCHOOL

I am delighted to be teaching yoga again this year at SACRED HEART PRIMARY SCHOOL.

Classes will run on 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 or email and I will give you the banking details 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 wellbeing 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!



A family event with entertainment, D.I.Y. plus a Sausage sizzle fundraiser with all funds going to the Good Friday Appeal

Date: Thursday 21st March 2024

Time: 6:00pm-8:00pm

Activities and fun for the whole family

There will be lots of activity including, Live performances from The Eltham Orchestra, Cake Stalls from Hayden's Helping Hands & 1st Eltham North Scout, Games, Fairy Floss, plus of course a special visit from the Easter Bunny!!! It's going to be Egg-celent!



store for details and book your spot using the QR Code above.

For more information contact us on 94300100 or visit www.bunnings.com.au/Eltham











OINTHE FUN!

Diamond Creek Mid-Week

Auskick Centre

Sacred Heart Primary School

Wednesdays 3:30pm-4:30pm

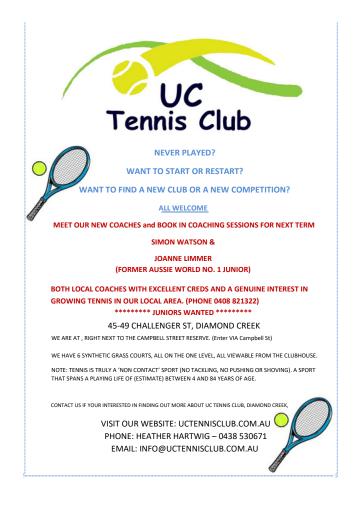
Contact: Jake Murphy jake.murphy@afl.com.au

Scan the QR Code to Register!





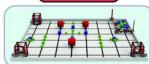






Students from Templestowe College invite you to participate in our introduction to Robotics Holiday Program





Program is running from: Tuesday April 2nd - Friday April 5th Monday April 8th - Friday April 12th 9:00am - 3:00pm. BYO Lunch. \$95 a day. Breaks included. Years 4 to 6 welcome.

Bookings-https://www.trybooking.com/CQHZI For any enquires: templestowerobotics@gmail.com



Keys skills include:

- signing
- **Building**



Sign up to as many essions as you like!





The RED trailer?
Do you have questions about renewable energy? Would you like to sneak in some kids' science education on the school holidays? Come along and check out the Renewable Energy Demonstration (RED) trailer

What does it have?

- battery storage
- solar panels
- climate and energy learning tools
- science educators





Free school holiday event

Wednesday 3 April 10:00am - 4:00pm

Edendale Farm

30 Gastons Rd, Eltham

Come and visit

Drop in to Edendale Farm throughout

the day to have a look at the trailer and chat to the science educators about

renewable energy and energy efficiency.
All are welcome for this free event

suitable for all ages.





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