



SACRED HEART CATHOLIC PRIMARY SCHOOL

Newsletter – 14 August 2019
Term 3 Week 4

ALL UPCOMING EVENTS ARE ON OUR WEBSITE. PLEASE CLICK [HERE](#) TO VIEW
FRIDAY 16 August @ 8.45am – Kindy to Yr 2 Assembly
FRIDAY 23 August @ 8.45am – No Assembly
FRIDAY 30 August @8.45am – Yr 3 to Yr 6 Assembly

PRINCIPAL

Facebook

You may have noticed that Sacred Heart Catholic Primary School is posting some interesting snap shots. If it's good enough for Harvard, it's good enough for SHP. You may choose to LIKE us and follow our stories. We will continue with newsletters and notifications.



Soccer Gala Day

Congratulations to our boys and girls who played soccer last week at the soccer gala day. They were wonderful ambassadors for SHP. Special thanks to the many parents who helped with managing or coaching the teams. Our sports teacher Lucy Middleton, Yr 4 class teacher/sports coordinator Leanne Grouse and class teacher Simone Huttary did a fantastic job organising the successful event.

Outdoor Learning Area

You may have noticed that we are close to moving into and playing in the new playground area. We are expecting to have some final alterations completed this Friday. Careful planning and design and a close inspection by KidsSafe Australia to ensure that the playground is a safer and more enjoyable place for all to use has been a final step for stage one of our playground.



There are further stages to this project in the near future - fencing at the bottom of the stairs near before/after school care, recycled plastic seating along the path near the netball court and phase 2 playground accessibility. We are very excited about this new area and look forward to a 'soft opening' hopefully next week.

Mobile Phones

The topic of MOBILE PHONES has been front page news recently in Sydney. Some parents at SHP are keen for their children to have access to a mobile phone because they catch public transport to and from their homes each day. For several years the students of SHP have been asked to drop their mobile phone into the office each morning and they collect it in the afternoon. This system is working well.



Congratulations!

Congratulations to Hakone (Yr 4) who won a silver award in the 2019 WriteOn competition run by the NSW Education Standards Authority. Hakone's work will be published in *The Best of WriteOn 2019 Anthology* later this year.



WhatsApp

Did you know that in the European Union the minimum age of use is 16 years old and for most other countries it is 13 years of age? The reason that I mention this is that we have been advised that children as young as Yr 3 (age 9 and 10) are having friendship issues and other challenges as a result of a GROUP WhatsApp account operating between a group of children. Some might say that this is a private issue however the friendship challenges spill over into the school, the classroom and everyone's learning.

Blame me...but keep a really, really close eye on social media.

God bless



Mary Hor

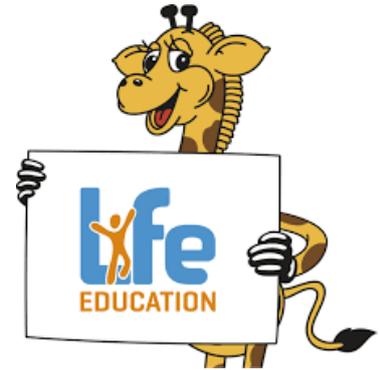
Principal

ASSISTANT PRINCIPAL

Life Education

Healthy Harold is coming to Sacred Heart! Next week the students will be visiting the Life Education van to learn about responsible decision making and developing and maintaining healthy respectful relationships.

The parent session is scheduled for Wednesday morning from 8:45am – 9:15am. Please email the office if you are interested in attending this session.



Parent Education Session – Numeracy

Back by popular demand, we will be repeating the previous parent education session on how to support your child to develop effective numeracy skills.

Please join us in the library this Thursday 15th August at 2:45pm. All welcome!



Public Speaking Finals

The speeches will be held in the hall, beginning at 2.15pm:

Year 6: Friday 16 August

Year 3 and 4: Friday 13th September

Year 5: Friday 30 August

Kindy, Yr 1 and Yr 2: Friday 20th September

All are welcome!

Kelly Clouston

Assistant Principal

RELIGIOUS EDUCATION

MARY MACKILLOP

We celebrated Mary MacKillop's feast day at Sacred Heart last week, acknowledging her work with the poor and her great love for children.

Mary's love for children grew out of her experience of loving and caring for her own brothers and sister whom she loved dearly. Her concern was to let them know they were valued and loved and could make good choices in their lives. In her work of educating children, Mary showed in practical ways that children were important members of society. She also taught compassion and a way of being of service to the poor, out of great love and respect for those in any need.



Loving God, friend of children and the poor, be with us as we try each day to be messengers of your good news. Through the example of Jesus and Mary MacKillop, may we come to know and love you as they did and show our love and care for the poor and needy in our world. Help us to make a difference in our world by being aware of those who are most in need of care and support. May we be generous in sharing what we have and being a friend to those who are alone.

Amen.

**Liana Stella
REC**

CANTEEN

Hello Everyone,

I can't believe we are heading to the middle of the term already. As you may be aware we no longer have our recess treats.

This term also I have had trouble getting Gluten Free Chicken Nuggets but I have Gluten Free Chicken Tenders.

Thanks again for all our many volunteers; we couldn't do this without your help.

Wk 4 Wednesday 14 August		Wk 4 Friday 16 August	
Melissa G.	9:30am – 1:30pm	Angela B.	10am – 1.30pm
Triona B.	10.30am – 1.30pm	Jo C.	10am – 1.30pm
		Anthea S.	10am – 1.30pm
Wk 5 Wednesday 21 August		Wk 5 Friday 23 August	
Melissa G.	9:30am – 1:30pm	Monique C.	10am – 1.30pm
Alison M.	9.30am - 1.30pm	Jessica V.	9am – 12.45pm
Maria L.	9.30am – 12.30pm	Jacqueline W.	10am – 1.30pm

Wk 5 Wednesday 28 August		Wk 5 Wednesday 30 August	
Melissa G.	9.30am – 1.30pm	Amanda T.	10am – 1.30pm
Triona B.	10.30am – 1.30pm	Monique C.	10am -1.30pm
		Kate B.	9am – 12.45pm

Kind regards
Debbie Behn
 Canteen Supervisor

FATHERS DAY BREAKFAST



You are invited to join us to celebrate

Father's Day @ SHP

Thursday 29 August 2019

8.00am—Breakfast & Open Classrooms

9.00am—Mass

SPORTS NEWS

Congratulations to all those students who took part in the Soccer Gala Day last week, the four teams did extremely well. Their sportsmanship skills especially are to be congratulated. Thank you very much to the parents that assisted and supported on the day it wouldn't be possible to take part if it wasn't for your help.



Thank you for your patience awaiting the Cluster Athletics Team. Congratulations to those who made it, there were so many very close results. The team is selected based on the criteria from the Primary Schools Sport Coordinator with a specific amount of students allowed to enter each event.

The Cluster Team will be heading to the North Shore Sports Carnival next Tuesday 20th August at Narrabeen. The athletics vests will be issued this week.

Each school is allocated an event to manage Sacred Heart Pymble are on 'High Jump' unfortunately we currently only have two helpers and are still looking for one more, it will involve a 90 minute session. The role will be to help measure High Jump alongside myself. Please let us know if you can help, it will be much appreciated.

Kind Regards

Lucy Middleton & Leanne Grouse

FROM THE OFFICE

Lost Property

I have a large amount of lost property in the office either without a name or which has the name of a past student. We cannot return these items to the correct child. Please make sure your child's belongings are clearly marked with their name. If your child has lost their jumper, hat, etc and it does not have their name on it, please come to the office to collect by the end of the week otherwise they will be sent to the second hand uniform shop.

Extended Leave 10 or more days

If your child is taking leave for 10 or more days please either download the "Application for Extended Leave" form from the website or come to the office. This form must be returned to the office with a copy of your flight itinerary seven days prior to departure. This will enable us to prepare a Certificate from the school which you must carry with you when you travel.

Jodie Devitt
School Office

SACRED HEART NETBALL CLUB

Congratulations to all our teams on another wonderful season for Sacred Heart!

The finals series commences this weekend and we would love some supporters to come along and cheer loudly for Sacred Heart! Well done to our Year 5 team and our Mums team who both finished the Winter Season in 3rd place.

Saturday 17/8/19 - 9.45am SH4 Court 18 (Year 5 team)

Saturday 17/8/19 - 2.10pm SH2 Court 25 (Mum's team)

Spring Comp registration is also open now. Please get your team together and register BY TOMORROW 14 August.

<http://sacredheartnc.nsw.netball.com.au>

Presentation Night is Friday 13 September in the Marian Hall commencing at 6pm.

PARENT WORKSHOP

Missing **2 days** of school a month is equivalent to **1 entire year** of missed learning in a student's school life.

Learning Every Day Counts



FREE PARENT WORKSHOP

For families interested in:

- ✓ Developing positive routines for school
- ✓ Encouraging a child's 'can-do' attitude
- ✓ Establishing life-long skills and good habits

TUE 27TH AUGUST 2019 – ALL WELCOME

Sacred Heart Catholic School, Pymble
Morning **9.30 – 11am** Evening **6.30 – 8pm**

Brought to you by North Shore Catholic Schools, working with families to help improve student attendance and achievement. Contact your local Catholic school for more details.



Community of Catholic Schools
DIOCESE OF BROKEN BAY

ATTEND MORE, LEARN MORE, BE MORE...

PYMBLE PARISH

Parish Community Event

Trivia Night

Saturday 24th August
Marian Hall - Sacred Heart Church
7.00pm - 10.30pm

Why not make up a table of 10?
Group Table Discount - only \$250
Early bird discount - \$25 per head!

Under 18 - \$20 per head!
Includes a glass of champagne on arrival
Coffee and tea station throughout the night

BYO Drinks & Nibbles
Best Dressed Table Prize
Choose your own theme!

Bookings through: <https://www.trybooking.com/BDFDP>
or at the Parish Office 9144 2702

www.pymblecatholicparish.org.au

For this week's parish bulletin please click on the link below

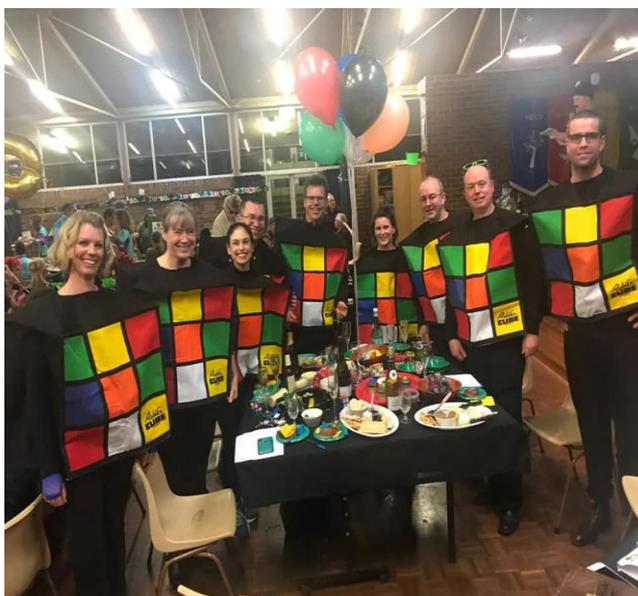
<https://www.bbcatholic.org.au/pymble/news-events/parish-bulletins>

P&F NEWS

Trivia Night

Over one hundred parents and friends of the school were transported back to the eighties for an evening of questionable fashion and trivia last Saturday. Everyone had a great time and well done to the 'Rubik's cube' team who finished victorious.

Thank you to all the parents who helped to organise and set up the event, especially Michael and Kerry Lockwood for running the evening.



P&F General Meeting

The next P&F General Meeting will be on Thursday 5th September at 7pm in Library. Please do come along to find out more about what is going in the school and get involved. As two further incentives to attend – the meeting will not go for longer than an hour and there will be wine!

Sacred Heart Family Fun Fair

Work continues at pace for Sacred Heart Family Fun Fair. There will be a lot to do over the coming months to help ensure we have a successful day, so if you have any time to spare, please contact Jenne Cusack or Daniela Foote to support the team.

We are currently seeking interest from any Sacred Heart families who are interested in having their own external stall on the day. The stall can be anything non-food related, for example jewellery, handbags, Christmas gifts, artwork, cards/stationary, fresh produce. Alternatively, if you have family members or friends that would like to have a stall, please ask them to get in touch! Please email your interest to Michelle Mullins on michelleamullins79@gmail.com

Please also like and share the links below, so you can stay up-to-date on what to expect, as well as encourage your friends and family to come along!

<https://www.facebook.com/SacredHeartPymbleFamilyFunFair2019/>

<https://www.facebook.com/events/644232356038527/>

And please follow this link to the site where you can pre-purchase ride tickets, saving money and queuing time on the day!

<https://www.trybooking.com/BCTVI>

AQUABLISS NEWS

Benefits of Having a Swim Routine for Your Child

Studies have proven that creating a routine instils familiarity, comfort and confidence in children.

“Whilst change is inevitable and not everything will always go to plan, routines can allow children to feel safe and provide them with a sense of control over their lives. The same can be said for swimming lessons,” says Carlena Robb, Program Coordinator for Aquabliss Pymble.

Carlena’s experience, which includes performance coaching as well as teaching children to learn to swim, places her in a good position to advise of the benefits of having a swim routine.

Carlena has worked for Aquabliss since 2013. Her on the job experience is built on a strong educational foundation having completed a Bachelor of Exercise, Science and Business Administration.



Carlena suggests four reasons why creating a routine of swimming lessons can help you and your child in more ways than just their swimming progression:

- 1. Swimming routines can help kids get on a schedule**

Having your child come to regular lessons at the same time, on the same day throughout the whole year, provides a schedule that your child can expect. Having this expectation will help your child prepare themselves mentally for lessons.

- 2. Swimming routines can create less hassle for parents**

Knowing what is to come minimises surprises that can side-track your child. Coming to swimming lessons frequently can mean less stress on you as a parent. Children often cooperate more fully when they get into a rhythm. Just like having eating, sleeping or other routines, a swimming routine minimises stress and allows both children and their parents to map out time efficiently.

- 3. Swimming routines can make your child feel in charge**

Like adults, children love to feel in charge of themselves. Does your child say, “I can do it,” “I am not a baby”? Over time, children start to want to be more independent, like brushing their own teeth, packing their backpacks and choosing their own clothes to wear. The same applies to swimming. Having children come to classes consistently will make them feel more confident and in turn, more independent. It will allow them to gradually set their own swim goals and feel self-empowered to progress further.

4. Swimming routines can set your child up for the future

Teaching your child life lessons, to set them up for the future, is every parent’s goal. An important life skill is teaching your child that accomplishing a goal requires dedication and hard work. It requires having actionable tasks that need to be done on a routine basis. Having your child come to lessons year-round is important as it teaches them the importance of commitment and an understanding of continual improvement in an activity.

Ultimately, coming to lessons consistently will teach them that “consistent actions create consistent RESULTS.”

Contact Carlena at Aquabliss: Carlena loves to see children progress through the swim levels and the challenge of finding what works for each child.

Book your next class at Aquabliss Pymble today to support your child’s love of swimming and to instil a routine that will teach them the importance of commitment. Contact Aquabliss by calling 02 9488 7397, emailing pymble@aquabliss.com.au or just pop in to discuss their current offers:

- #ExerciseYourSacredHeart: For new customers - one FREE lesson + one FREE assessment*
- #SwimAhead **this Winter**: For existing customers until 31 August - 50% off any second lesson taken in the same week*.

*Terms and conditions apply, including all offers subject to availability. Speak to Aquabliss staff for more information.

COMMUNITY NEWS

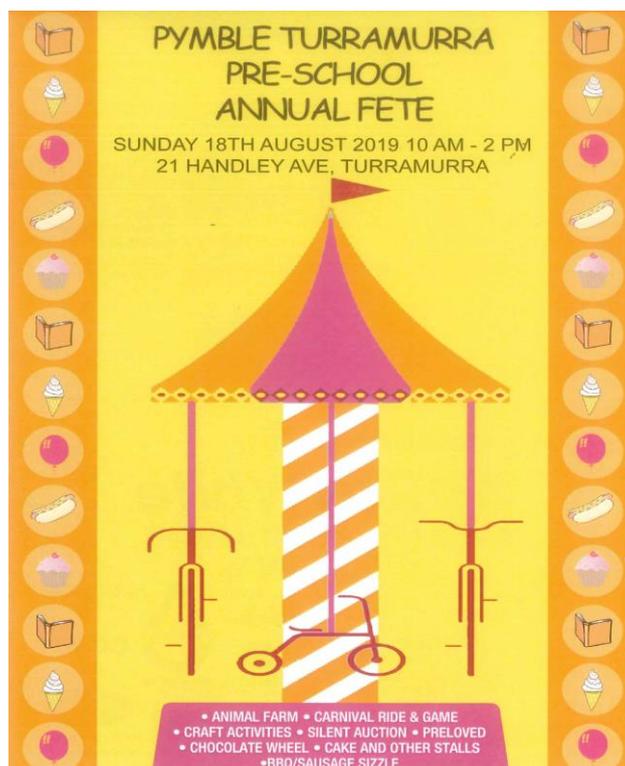


College Tour
Wednesday 21 August, 11am
Bookings online
www.msb.nsw.edu

Become a Bennies girl

 **Mount St Benedict College**

449C Pennant Hills Rd, Pennant Hills www.msb.nsw.edu.au



**PYMBLE TURRAMURRA
PRE-SCHOOL
ANNUAL FETE**

SUNDAY 18TH AUGUST 2019 10 AM - 2 PM
21 HANDLEY AVE, TURRAMURRA

• ANIMAL FARM • CARNIVAL RIDE & GAME
• CRAFT ACTIVITIES • SILENT AUCTION • PRELOVED
• CHOCOLATE WHEEL • CAKE AND OTHER STALLS
• BBQ/SAUSAGE SIZZLE

School

1 Bobbin Head Road,
Pymble 2073
Principal: Mary Hor
Tel: 9440 8056
Email: shp@dbb.catholic.edu.au
Website: www.shpdbb.catholic.edu.au

APP: **IOS:** <https://itunes.apple.com/us/app/sh-catholic-primary-pymble/id1295536269?ls=1&mt=8>

Google Play: https://play.google.com/store/apps/details?id=com.sacred_heart_pymble_app
https://play.google.com/store/apps/details?id=com.sacred_heart_pymble_app

Parish

2 Richard Porter Way,
Pymble 2073
Parish Priest: Fr Boguslaw Loska
Tel: 9144 2702