

Term 1 Week 4, 19 February 2020

# Sacred Heart Pymble



## Principal's Message

### Tell Me About Your Child

Last week our teachers spent time with the parents of each child in their class – just to hear a parent perspective of each child. The teachers enjoyed meeting their new cohort of parents and working in partnership with them to start the new year. Thank you, parents, for making time to share your insights with the teachers.

### Professional Learning (PL) for Staff

To commence the new year, the staff have engaged in mandatory CPR, asthma and anaphylaxis training. Each week after school the teachers participate in PL around our strategic plan or other goals. As in all workplaces now, the teachers also engage in PL outside of the school and casual teachers are employed to continue classroom routines and programs.



## Upcoming Events

February 22

Welcome Cocktail Party

February 24

Swimming Carnival Years 3 – 6

February 25

Shrove Tuesday – Remember gold coin for pancakes

February 26

Ash Wednesday Mass 9.00am

March 2

School Photo Day

March 20

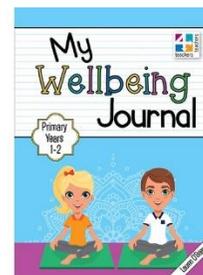
SHP Open Day

## Positive Behaviours for Learning (PBL)

At SHP we have PBL strategies to support consistent expectations of students and teachers. Children learn school rules each week. Teachers and parents meet as a committee each term to discuss behaviour patterns and how to further support positive behaviour and improve learning outcomes. When children are challenged to 'care for self, others and the place we are in' teachers make brief phone calls to parents to explain what happened, when it happened and the consequences of the incident. Last year we added a new layer to our support of PBL with a 'good news call' (GNC). Throughout the year teachers made brief calls to several parents to comment on positive behaviours or glimpses of learning. At SHP we believe that our success with PBL reflects both the challenges and growth experiences of children. If you are not familiar with PBL, please take the time to read more about it on our website.

## Wellbeing Journal

Last year our School Advisory Group (SAG) focused on our Strategic Improvement Plan in the area of Pastoral Care – to enhance the wellbeing and resilience of students. A recommendation adopted by the school for trial for the next 2 years is to use a Wellbeing Journal. The journal will be used AT school and the children will bring the journal home in wellbeing week (week 7 of each term) for you to look at and discuss with your child. We will be asking all stakeholders for feedback throughout the next two years.



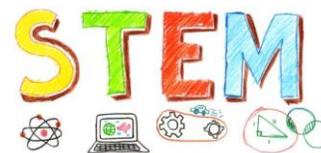
## Volunteers

During the year class teachers may ask for parent helpers in their classroom with a range of activities. It may be reading, mathematics, technology support or craft activities. At SHP we ask that you participate in a 'volunteer induction' session. All volunteers in our classrooms must participate in this training before they are able to assist. I will be running two sessions in the next two weeks – session one Friday Feb 28 at 2.30pm in the library and session two at 9am March 3 in the Bernard block. Please register your interest in attending one of these sessions by emailing our school office. Please sign in at the office prior to attending.



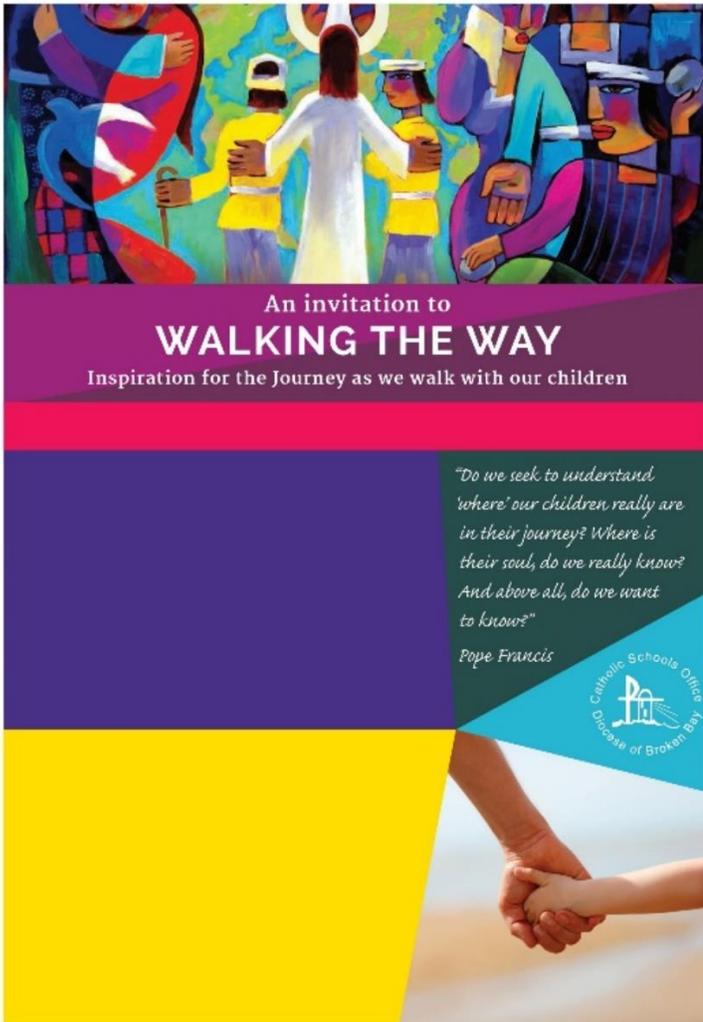
## STEM presentations

Our stage 2 teachers were engaged in a STEM project last year working with the STEM Academy from the University of Sydney. Following the final showcase at the end of the year our teachers were invited to share their presentations again with new schools about to embark on the journey. Last Friday they presented in Newcastle and on Monday this week they presented again at Sydney University. The professional learning as a result of this project has been an asset to our school with our STEM journey continuing this year. Please ask your children about what they've done and what they're doing – especially in the literacy centre. Laura Munce is our STEM coordinator this year.



Kind regards  
Mary Hor

## Religious Education



God who created us. It encourages us to turn away from the noise and over-indulged appetites so that we may understand the hunger that can be filled—with the grace of God—only by prayer, fasting, and giving to the poor.

So, we go to our parish churches once a year to have crosses signed upon our faces. It is in this same manner that, when the Gospel is proclaimed, we take our right thumbs, trace three crosses, and pray: may the word of God be in my mind, on my lips, and in my heart. The prayer of the whole Church, the Body of Christ, is that each year the sign of the cross penetrates a little deeper and moves us toward fuller conversion toward the light of Christ."

A reflection by Julianne B. McCullagh



Please join our Sacred Heart community!

### Walking The Way

Please come and join us on Thursday 27 February 9.00 – 10.30am. Please RSVP to the office if you'd like to attend.

### Shrove Tuesday

Next Tuesday 25 February is 'Pancake Day' to celebrate Shrove Tuesday. If your child would like to purchase a pancake, please bring a gold coin for donation.

### Finding God in Ash Wednesday

#### February 26

Ash Wednesday Mass 9.00am

"Why do we still undergo this ritual of ashes that is centuries old, as old as the prophets who pleaded with God's people to turn back from sin and toward God?"

We go because we need to go, because at least once a year we need to be reminded that our deepest hunger is the hunger for God.

Lent is a gift that the Church celebrates every year. It is a gift of time, a gift of contemplation and a gift of quiet so that we may listen to the Word, who whispers to us to come back to the

# Year 6 Leadership Camp, Collaroy

by Sabian

15 minutes after we got off the bus, we were at the Abseiling Wall. I looked horribly at the ferocious wall, I gulped. I walked to the ladder and said to myself "I am scared of heights!" I climbed up the ladder, but then came back down. My teacher, Mrs Stella, said to me, 'Believe in yourself!' and encouraged me to climb that ladder and try to get over my fears and I did what she told me to do! I got the hooks for my harness and the instructor put the hooks on my harness, then I nervously abseiled down. I was proud of myself and I wanted to go abseiling 100 more times!



## A Moment in Time

By Sophia

I could feel my harness digging into my skin while a faint "Beep, Beep, Beep, HEAVE!" played at the back of my mind. A surge of adrenaline rushed through my veins and it urged me to run. I glanced down at the world that felt like it was hundreds of metres beneath me and I suddenly felt light-headed and the world started to sway. I was as small as a ladybug, looking down at the huge world beneath it. I lifted my head back up with determination as my body was dangling helplessly in the air. My friends were pulling the rope from the ground to make me rise higher, my life was in their hands. The instructor's voice asked me to pull the rope, sounding far away and distant. This was it. The final tug. I took a deep breath of hesitation and doubt and, grasping the blue and white rope, I pulled with all my might. Everything was still. Nothing happened. Desperation filled my heart and I started to worry. With my heart thumping in my chest, I gave it another tug. I was stock still, still dangling in the air. Was it the wrong rope? I pulled the green rope. Nothing. I felt all hope drain out of me. Thirteen metres off the ground was no place for mistakes. Suddenly I felt the rush of air beneath my feet as I plummeted to the ground. The rope had detached from my harness. In an instant, I jolted back up and I flew through the air. I was now at the summit of the swing, at the top of the world.



Kind regards

Liana Stella REC

## Playgroup

We are looking for someone to run our Playgroup for Toddlers this year. It is held one morning to be determined after school drop off until 10.30am. If you are interested, please contact the office.

## 2020 Class Parents

Thank you to those parents who have offered to be class parents for 2020. We still have vacancies for the following classes:

K Maroon  
K White  
1 Maroon  
1 White  
2 White  
3 Maroon  
3/4 White  
4 Maroon  
5 Maroon

*If you are interested or need clarification regarding the roll of class parent, please contact the office.*

## Open Morning



**Open Morning**

**FRIDAY 20 MARCH 2020**  
**9.15am - 10.30am**

**1 Bobbin Head Road Pymble TEL 9440 8056 WEB [shpdbb.catholic.edu.au](http://shpdbb.catholic.edu.au)**

## The Literacy Centre

Thank you to all the students who have remembered to bring in their library bag to borrow books. We have so many new wonderful books that are being taken home to read!

**\*\*\* Remember to return your books the following week even if you would like to renew them for another week\*\*\***

The 'Book Muncher' will be outside the Literacy Centre each Tuesday and Wednesday morning so that you can return your books before school starts. THANK YOU, STUDENTS!

### **Parent Helpers**

A HUGE thank you to all the wonderful parents who have been covering books and assisting in the Literacy Centre. The students

at Sacred Heart have been so excited to see the new books and I have really enjoyed the assistance.

### **Tiny Tots Story time!**

**DON'T FORGET** - Starting this Thursday 20th February at 8:45am-9:15am, I will be welcoming preschool children to join me in the Literacy Centre for story time each week! The children will also be able to borrow books (under their sibling's name) during this time.



## P & F



### P&F Welcome Drinks Party

All parents and friends of Sacred Heart Pymble are warmly invited to drinks on **Saturday, 22 February** to mark the beginning of what we hope will be another successful year in our community. Drinks will start from 7pm at 40 Kissing Point Road – with thanks to the Hudson Family for kindly offering to host this year.

Details are in the invitation below and you can click on the following link to register, if you would like to attend:

<https://www.greetingsisland.com/invites/paxjuhfolow3>

*This is a P&F funded event, but if you can spare an hour or so to help set up on Saturday afternoon or tidy up on Sunday morning, please contact Daniela Foote (0423107755) or Jenne Cusack (0499099667).*



### P&F Committee

Thanks to the following people who have volunteered to be members of the P&F for 2020.

- President – Ed Bridgeland
- Vice President – Christian Garling
- Treasurer – Angelina Royle & Emma Centofanti
- Secretary – Christine Webb
- Events and fundraising – Jenne Cusack & Daniela Foote
- Class Parent Coordinator – Sylvia Ulevik
- CSP Coordinator – Claire Brickett
- Grants – Mark Jarrett



### Upcoming P&F Dates for the Calendar

We are looking forward to another year of events at Sacred Heart. The next key date for the calendar is the **Camp Out** on **21 March**. More details will follow nearer the time.

Other dates for the calendar are:

- Thursday 19 March – Term 1 P&F General Meeting
- Saturday 16 May – Trivia night (parents)
- Wednesday 10 June – Term 2 P&F General Meeting
- Friday 12 June – Disco (children)
- Wednesday 23 September – Term 3 P&F General Meeting
- Saturday 17 October – POSH Ball
- Wednesday 2 December – Term 4 P&F AGM

## Canteen

Thank you for volunteering your time in assisting us in the canteen.

We are very lucky so please if you are not on the roster for this term, you will be on next Term.

Please find below the canteen roster for the next 3 weeks. If you need to change or swap please contact someone on the same day as you or contact me by email [deb.behn@dbb.catholic.edu.au](mailto:deb.behn@dbb.catholic.edu.au)

<b>Wk 4</b>	<b>Wednesday</b>	<b>19th Feb 2020</b>	<b>Wk 4</b>	<b>Friday</b>	<b>21st Feb 2020</b>
	Tiona Burton	10:am – 1:30pm		Melissa Garling	9am – 1:30pm
	Kate Lee	9am – 1:30pm		Pauline Sharpe	9am – 1:30pm
				Josephine De Luca	9am – 1:30pm
<b>Wk 5</b>	<b>Wednesday</b>	<b>26th Feb 2020</b>	<b>Wk 5</b>	<b>Friday</b>	<b>28th Feb. 2020</b>
	Kate Lee	9am – 1:30pm		Jane Williams	9am – 1:30pm
	Alison Marshall	9:30am -12:30pm		Angela Bracks	9am – 1:30pm
				Claire Brickett	9am – 1:30pm
<b>Wk 6</b>	<b>Wednesday</b>	<b>4th March 2020</b>	<b>Wk 6</b>	<b>Friday</b>	<b>6th March 2020</b>
	Kate Lee	9am – 1:30pm		Melissa Garling	9am – 1:30pm
	Triona Burton	10:30am – 1:30pm		Pauline Sharpe	9am – 1:30pm
				Claudia Chen	9am – 12:45pm

Debbie Behn  
Canteen Co-Ordinator

## Pymble Parish

If you have any questions, please contact the Parish Office – 91442702

[info@pymblecatholicparish.org.au](mailto:info@pymblecatholicparish.org.au)

 <p>PYMBLE CATHOLIC PARISH <b>Youth</b></p>	<h1>Youth Groups</h1> <p>7:00-8:30pm Yr 5-9 Thursdays Marian Hall SH 14yrs+ Sundays Meeting room SH *** For more information email <a href="mailto:katrina@pymblecatholicparish.org.au">katrina@pymblecatholicparish.org.au</a> 📍 PymbleCatholicParish</p>
<p>Theme for 2020: <b>IDENTITY</b></p> <h1>I am who I am</h1> <p>Exodus 3.14</p>	

## Aquabliss

### 5 Signs of a Super Swim School

**Aquabliss, who manage the swim school at Sacred Heart's on-site pool, explains** what to look for when choosing a swim school.

The water can be a scary place for a child. A safe and positive water experience is paramount. To equip your child with the skills they need to be water-wise and unlock a lifelong love of swimming ensure the right people are teaching your kids the right way.



#### It's About Safety

Your child will be supported by a program that assures water safety as a prime priority. Yes, learning to swim should be fun, but it's about much more than playing in the pool. Fun lessons are built on the bedrock of basics, such as floating, entering and exiting the pool safely, being made aware of how to be safe around water, as well as increasing stamina and strength.

#### It's About People

All Aquabliss instructors are AustSwim or Swim Australia qualified. With 20-hours of training in the Aquabliss teaching methodology, every team member is on the same page when it comes to the teaching program. All staff have had their Working with Children Check, as well as being CPR and/or First Aid certified. So, your kids are in qualified, safe hands. Aquabliss is also accredited with the peak industry body, Swim Australia, to ensure they keep up with any new ripples across the industry.

Beyond their qualifications, each teacher is chosen based on their ability to inspire and educate with kindness and patience.



#### It's About Programs

At Aquabliss' super swim school your child will have access to a consistent program which can deliver consistent results. A program which accommodates age appropriate skill sets. Working towards defined outcomes, each skill taught is achievable in terms of stages of development. To ensure a positive experience in the pool, your child will be placed at an appropriate level and carefully assessed for their ability and readiness.

#### It's About Communication

There's nothing worse than watching a process without understanding the principles behind it. Aquabliss believes it's important to share the aims of its methodology, so regular feedback can be offered around how your child's progressing, and how you can play a part in moving them forward. There is also a Supervisor on deck to assist with any questions you might have.

#### It's About Maintenance

At Aquabliss, your child will learn to love swimming in a safe, secure and clean place with regular checks. Aquabliss are highly vigilant. The pool undergoes frequent checks to confirm everything's running according to optimum standards. If any anomalies are discovered, immediate action is undertaken.

#### Book Now!

**Contact** Aquabliss today to book in your little swimmer to be part of their super swim school. Drop by, call **02 9488 7397** or email [pymble@aquabliss.com.au](mailto:pymble@aquabliss.com.au) to discuss their current offers.



**Tell Your Friend!**

*Win!!!*

## Swim Season Prize Pack

All **New Sign-Ups** until **31 March 2020** will automatically go into our Swim Season Prize Pack draw to win a prize of their choice!

**To Enter, Sign-up Via Our Website:**  
[www.aquabliss.com.au](http://www.aquabliss.com.au)



## Sacred Heart Football Club



### 2020 Season Register Now

Register now to avoid disappointment!

All children are encouraged to join the mighty Lions for the 2020 soccer season. Playing soccer is a great way for your child to have fun, make new friends and keep active. It is also a great way for parents to get together. Registrations are now open online.

Visit the website [www.lionsfootball.org.au](http://www.lionsfootball.org.au) to register. Joining our club is not restricted to children of Sacred Heart, so if your child has friends at other schools who would like to play, all are welcome!

**Active Kids voucher** - This year there is the ability to get a \$100 reduction on each child's registration fee by utilising the NSW Government initiative known as "Active Kids". Go to NSW Office of Sport website for details [www.sport.nsw.gov.au/sectordevelopment/activekids](http://www.sport.nsw.gov.au/sectordevelopment/activekids). Voucher registration is via the Service NSW website at <https://www.service.nsw.gov.au/>. Once you register for your Active Kids voucher use your voucher code when registering for Sacred Heart Football Club online.

**Girls Welcome** – The Lions football club has always been lucky to have a strong representation of girls playing football. We have both mixed teams and girls only teams, so if you are interested in playing, please don't hesitate to contact us.

**Dads Welcome** - We also field a "Men's Over-35 and Over-45" teams, so Dads – come join up! The men's teams are in it for fun and it is a great way to keep active. Newcomers welcome and no prior playing experience necessary.

**NEW ALL AGE TEAM** - Due to significant interest, registration numbers permitting, we will be starting an All Age team for 18 years and over. This is an exciting step for the club and something that will keep Sacred Heart FC players together throughout adulthood. To all parents with ex SHPFC players 18 and over, please pass this information on to the players and ask them to speak with their friends about this exciting opportunity. An All Age package will be available within the registration system.

**Kindergarten Students** - we especially welcome you! Now is the time to register with the Sacred Heart Lions Football Club. It is a great way to make friends and meet other families in our school community. Our kindy students train on the school oval after school on Wednesday afternoons and play on Saturday mornings in the local Kuring-gai area. Registrations are open NOW! All welcome - no experience needed!

Sacred Heart Pymble Football Club is proudly sponsored by **Hornsby Honda, Petbarn and Greencross Vets.**

Any queries can be directed to [president@lionsfootball.org.au](mailto:president@lionsfootball.org.au)

## Positions Vacant

There are a number of committee positions that are vacant that need to be filled for us to register teams with NSFA this year. To encourage your involvement, we will need at least one person from each year group on the committee as a pre-requisite for registering any teams in the competition for that age group. Current positions vacant are:

- Secretary
- Junior player development/coaching coordinator
- Registrar
- Web admin
- Vice-president
- Grounds coordinator

It is a great way to get involved and meet people. Frankly the roles are easy. Position descriptions are on the website at [www.lionsfootball.org.au](http://www.lionsfootball.org.au) and if you have any queries please do not hesitate to contact Mike Penny at [president@lionsfootball.org.au](mailto:president@lionsfootball.org.au)

## Start the chat before someone else does



Start the chat about online safety and help make every day a Safer Internet Day! Join in the Safer Internet Day buzz

This year Safer Internet Day will be celebrated on Tuesday, 11 February 2020. The theme is 'Together for a better internet' and Australia's eSafety Commissioner is encouraging parents to mark the day by starting family conversations about online safety.

You can download our Safer Internet Day resources at [esafety.gov.au/sid](http://esafety.gov.au/sid) and use them to start the chat about online safety with your family.

### Explore Australia's online safety hub

#### Join our free parent webinar

The session will cover how to start the [chat about](#) harmful content, contact with strangers and cyberbullying.

#### Helping Kids Thrive Online

12th February 2020 at 8:00 PM (AEDT) 14th February at 2020 12:00 PM (AEDT) Register now at [esafety.gov.au/parents/webinars](http://esafety.gov.au/parents/webinars)

Check out eSafety's great range of advice and resources. Get started by visiting our [parents and carers](#) pages and reading the practical

eSafety Commissioner

[esafety.gov.au/sid](http://esafety.gov.au/sid)



It's never too early to start the chat about online safety.

### Top tips for online safety

- 1| Set up your device.
- 2| Tell an adult if you see anything online that makes you feel yuck.
- 3| Limit who can contact you.
- 4| Stop all contact with anyone online who asks you to do anything you don't want to do.
- 5| Ask for help.

eSafety Commissioner

eSafety Commissioner

## Top 5 online safety tips for kids

- 1 Set up your device to protect your information.
- 2 Explore safely & tell an adult if you see anything online that makes you feel yuck.
- 3 Limit who can contact you when you're playing games.
- 4 Stop all contact with anyone online who asks you to do anything you don't want to do. Report and block them.
- 5 Ask for help if anything online is bothering you.



eSafetykids

[esafety.gov.au/kids](http://esafety.gov.au/kids)

# 1st Turrumurra Scout Group OPEN DAY

Come and find out what Cubs and Scouts do at our Open Day!

**Sunday March 8th 1.00pm – 3.00pm**

Scout Hall located at the top of Warragal Road, Turrumurra

[www.1stTurrumurraScouts.org.au](http://www.1stTurrumurraScouts.org.au)

**FREE TRIAL NIGHT**

You're invited to try **GIRL GUIDES**

**VACANCIES IN 2020 AT WEST PYMBLE GALAH GIRL GUIDES FOR YEAR 5 & 6 GIRLS**

WHEN: Mondays 6:30pm – 8:15pm  
WHERE: Guides Hall, Bicentennial Park, West Pymble

**FREE TRIAL**

**MONDAY 24 FEBRUARY 6:30-8:15PM**

**MASTERCHEF NIGHT**

Weekly meetings include fun and challenging activities, e.g. outdoor games, campfires, hikes, drama, cooking and outings.

The \$100 Active Kids Voucher is accepted by Girl Guides NSW.

RSVP by Friday 20/2/2019. For more information or to book your free trial night please email [Brendapren@gmail.com](mailto:Brendapren@gmail.com)

OUTSTANDING RESULTS IN THE HIGHER SCHOOL CERTIFICATE.  
RANKED 99<sup>TH</sup> IN THE STATE.



**MERCY CATHOLIC COLLEGE**  
**OPEN DAY**  
SUNDAY, 1 MARCH 2020 11AM-2PM

TOUR OUR COLLEGE GROUNDS INCLUDING OUR NEW GILCHRIST CAMPUS DESIGNED TO CATER FOR 21<sup>ST</sup> CENTURY LEARNING.

CATHOLIC GIRLS SECONDARY COLLEGE, YEARS 7 - 12  
MERCYCHATSWOOD.NSW.EDU.AU




**Open Day**  
Sunday 1 March, 10am-2pm  
Bookings online  
[www.msb.nsw.edu.au](http://www.msb.nsw.edu.au)

Become a Bennies girl



Mount St Benedict College

449C Pennant Hills Rd, Pennant Hills [www.msb.nsw.edu.au](http://www.msb.nsw.edu.au)

**St Leo's Catholic College, Wahroonga** *All welcome!*

*Come along and find out everything St Leo's has to offer!*

- Speak to our staff and students
- Hear from our Principal, Mr Anthony Gleeson
- Interactive displays & activities by each faculty
- Music, vocal, drama & dance performances
- Tour our newly completed \$25m building upgrade
- Inspect our new state-of-the-art \$14m Creative & Performing Arts, Technology & Hospitality Centre
- See our custom-built online learning platform including e-portfolios for all our students
- Find out about our Pathways Program, guiding our students beyond school
- Catering by our Hospitality students
- Rides and food stalls.

Our innovative learning environment, strong academic results, caring community and personalised approach make St Leo's is an exceptional place to learn.



**St Leo's** CATHOLIC COLLEGE



**OPEN DAY & EXPO**  
Tuesday 10 March, 4-7pm

Tour our new \$25m campus upgrade

*Enter with passion – graduate with greatness* [stleos.nsw.edu.au](http://stleos.nsw.edu.au)