

Term 4 Week 1, 14<sup>th</sup> October 2020

# Sacred Heart Pymble



## Upcoming Events

October 19

Book Week Starts

October 22

Book Week PARADE

For more details please go to  
our website

[www.shpd.catholic.edu.au](http://www.shpd.catholic.edu.au)

## Principal's Message

### Welcome Back to Term 4

I hope you've had a relaxing and enjoyable holiday. The children have returned with lots of stories about going camping and fishing, playing with friends and generally having a wonderful break. The teachers have also returned refreshed and ready for an exciting term. Stage 2 have commenced the term with their swim program.

We are looking forward to some minor adjustments to COVID safety practices, but we continue to sanitise regularly, maintain 'stage' (cohort) activities and other good hygiene standards. We continue to employ a school hygienist every day during term 4. We also ask that you continue to help us efficiently conduct the Bobbin Head Road drive through in the morning and afternoon by displaying the SURNAME sign for your car, remaining in your car as the children independently get in & out of your car. Thank you to the many parents who are parking their car in the Richard Porter Way entry on the netball court and walking around to pick up their children. We also notice that people are continuing to be cautious about social distancing as they wait.

At this stage, we will be making contact in the next few days about modified plans for the Kindergarten 2021 transition. We are looking forward to meeting our new students. Year 6 graduation will be here very soon too. As I said, it's a busy and exciting term.

Welcome back to term 4 for our SHP families. Please do not hesitate to make contact the teachers, our administration staff or me if you have any concerns that you would like to discuss.



## Broken Bay Diocese Support

The financial strain of COVID-19 continues to impact on many of our families. Broken Bay Diocese is committed to supporting families during this difficult time. As job-keeper and other changes emerge over the next couple of months, please be aware that no family will be excluded from SHP due to financial hardship. If you would like to visit our website, to 'fee relief during COVID' click [here](#) or you might like to ring our school office to confidentially discuss your concerns. Our Bishop the Most Rev Anthony Randazzo said in March, 'Throughout this time of uncertainty, let us never cease in our care for one another.'

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### The Office

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#### Summer Uniform

All students are now required to wear their full summer uniform.

With Covid regulations still preventing direct sales at the Uniform Shop, please continue to use the Qkr! App to place your orders online. Orders close at 5:30pm each Monday and are sent home with your child the following day, Tuesday.

If you prefer not to use the Qkr! App, you can download the 2020/21 Summer Uniform Order Form from the school website, follow the link below, complete and email it to the school office.

<https://www.shpddb.catholic.edu.au/our-school/uniform-shop/>

#### Lost Property Procedure

We do not have a lost property box. If lost property comes to the office and it has a name on it, it will be returned to your child. If the garment does not have a name or it has a past student's name, we cannot return it to the correct child.

***Please label all your child/ren's belongings with their name clearly marked.***

## Literacy Centre

### Next week is **Book Week 2020**

As mentioned in our previous newsletters we will be celebrating Book Week 2020 next week (19<sup>th</sup> October – 22<sup>nd</sup> October). Book Week will definitely look a little different this year due to COVID regulations, but we have planned some fantastic events and experiences for the students.

Below are the dates and details for some of the Book Week events. Please note that parents **will not be** able to attend the Book Parade this year, but we will be bringing it to you virtually via Facebook and our website!



### Author Visit Matt Cosgrove Wednesday 21st October

We are delighted to announce that Matt Cosgrove, author of the 'Macca the Alpaca' series will be coming to Sacred Heart on the Wednesday of Book Week. Matt will present to all the Sacred Heart students across the course of the day, discussing writing, illustrations, inspiration and his career as a children's book author! **We have attached information on how you can order a signed copy of Matt's books.** This can be done online following the instructions and will then be delivered to Sacred Heart!

### Book Parade Thursday 22nd October

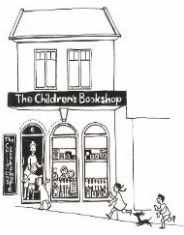
Students to come to school dressed up as a book character they know. The theme this year is 'Curious Creatures, Wild Minds' and students can take inspiration from this, or just choose their favourite character to dress as! We can't wait to see their costume choices!

### Online Book Fair via 'Lindfield Learning Hub'

This year we will be having our book fair online and families will be able to donate a book to the school library via the 'Lindfield Learning Hub' Sacred Heart Link (launched on Book Week)! Donated Books will then have the Donor's name put in the front of the book and these children will have first borrowing rights! We thank you for your support in advance. Book Fair log on instructions and information will be given later this week.

We can't wait to celebrate our love of literature at Sacred Heart next week! Keep an eye out on our Facebook page and website for Book Week photos!

Laura Munce



# The Children's Bookshop

95-97 Cowper Street  
Glebe NSW 2037  
Phone: (02) 9571 1897

## ORDER FORM

### Author Visitor: **Matt Cosgrove**

Matt Cosgrove will be visiting your child's school.

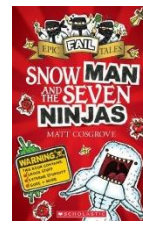
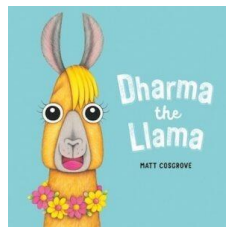
Matt Cosgrove is the author and illustrator of the best-selling Macca the Alpaca series, and many other picture books, including My Dad is a Robot, Thanks Mum! and Dharma the Llama. His Epic Fail Tales series (Guaranteed no sloppy kissing, no handsome princes and no happily ever after!) includes Snow Man and the Seven Ninjas, Attack of the Giant Robot Zombie Mermaid and Little Stunt Riding Hood. Matt's picture book, Alpacas with Maracas, was the official National Simultaneous Storytime book for 2019, with over 1 million kids across Australia and New Zealand reading together! His latest book is Dharma the Llama.

**If you would like to purchase a signed book by Matt Cosgrove please visit:**

<https://www.thechildrensbookshopspeakersagency.com.au/person/cosgrove-matt-speaker/>

**The Children's Bookshop will then send the book/s to the school for your child (free delivery)**

Alternatively, you can call The Children's Bookshop directly on 9571 1897 to order and pay over the phone.



## Canteen

Wk 1	Wednesday 14 <sup>th</sup> October	Wk 1	Friday 16 <sup>th</sup> October
	Melissa Garling 9:am – 1:30pm		Pauline Sharpe 9am – 1:30pm
	Triona Burton 10:30am – 1:30pm		Angela Bracks 9am – 1:30pm
			Kristen Roland 10am – 1:30pm
Wk 2	Wednesday 21 <sup>st</sup> October	Wk 2	Friday 23 <sup>rd</sup> October
	Melissa Garling 9am - 1:30pm		Angela Bracks 9am – 1:30pm
	Alison Marshall 9:30am – 12:30pm		Pauline Sharpe 9am – 1:30pm
			Mandy Fourie 9am – 1:30pm

Debbie Behn  
Canteen Co-Ordinator

**AQUALITES**

**Spring into Action**  
BEFORE SUMMER HITS!

**Tell a friend!**  
**2 Lessons FREE!\***

\*New Customers Only

**Offer ends 31 Oct** T&C's Apply

**WE'RE COVID SAFE**

**KU-RING-GAI GIRLS CRICKET**

**Master Blasters for Girls**  
**Ages 7 to 10**

Master Blasters for Girls is a super fun, social, safe, cricket program for girls aged 7 to 10. The program is shorter than traditional cricket, with a maximum of 90 minutes playing time. All the equipment is supplied and the games take place at Auluba Oval each week.

Spring Comp (starts Oct) / Summer Comp (starts Jan)

Joining forces and brought to you by  
St Ives Wahroonga CC & Kissing Point CC

for more info or to register go to either:

 [kissingpointcc.com.au](http://kissingpointcc.com.au)  
 [stiveswahroonga.com.au](http://stiveswahroonga.com.au)



## Aquabliss

### The Right Balance



#### **Sacred Heart's onsite pool is managed by Aquabliss Swim School.**

Sacred Heart's pool isn't 25 metres. But that's a bonus for your little one. Why?

For young beginners, larger pools can be overwhelming because of more people, more noise and more distractions. It's good to have some distractions, because children need to learn how to deal with them, but too many can impede their learning. So, Sacred Heart's 18 metre pool strikes the right balance - not too small and not too large.

Once your toddler has learnt the basics of how to swim (and yes that takes time – a lot longer than most expect), Aquabliss cautions against moving up to a 25-metre pool too quickly.

Even adults can be daunted by the challenge of reaching the other side of a 25-metre pool. Imagine how your “mini-me” might feel, having shorter arms and legs. 25 metres is a long way for most tiny tots.

In a larger pool, a child can become too focused on reaching the other side which may cause their technique to be compromised. At these early primary school ages, Aquabliss endorses that developing good technique first, which is better achieved in a smaller pool, is far more important than building endurance and stamina.

Good technique is also a vital foundation block for water safety. A swimmer who is less out of breath, is less likely to panic.

Aquabliss swimming lessons, focusing on technique, can teach a child how to move through the water more efficiently. For example, if you swim with your hips and feet deep below the surface, you experience greater drag. Consequently, you will tire easier and will lose speed. This is why Aquabliss prioritises technique over endurance at this early stage in a swimmer's journey, which can be best achieved in a smaller pool environment.

#### **Two Free Lessons for New Customers**

To help you get your child swim-ready for summer. Aquabliss are currently offering two free lessons for new customers.

#### **Get in Touch – Spring into Action**

Contact Aquabliss Pymble on (02) 9488 7397, [pymble@aquabliss.com.au](mailto:pymble@aquabliss.com.au) or just drop in and speak to their friendly reception team. Or visit [www.aquabliss.com.au](http://www.aquabliss.com.au) for more information.

#### **COVID Safe**



Aquabliss have completed their COVID-19 Safety Plan and have registered with the NSW Government as a COVID Safe Business.