

**Term 3 Week 7, 25 August 2021**

# Sacred Heart Pymble



## Upcoming Events

**23 August – 3 September**  
Book Fair

**August 25**  
P & F Meeting

**August 26**  
Illustrator "Zoom" Talk



## PRINCIPAL

### HOME BASED LEARNING SURVEY

Thank you to the 118 parents who gave us valuable feedback through the survey about Home Based Learning (HBL). We value your suggestions and ideas. We want you to know that all submitted ideas and suggestions were tabled and discussed. Please click on the link below to view [Survey Summary](#). You will already be aware that one of the requests was around increasing the number of awards at our zoom assembly on Monday, so we have already doubled the number of awards using a brief citation for the awards. We are thrilled to give more recognition of student effort each week.

As you can imagine, there are many opinions about the best way to manage and respond to HBL. We had some people requesting more zooms and some requesting less zooms. At SHP we have adjusted and struck a balance to suit the needs of the different classes. We offer instructional zooms in the morning, allowing the children to complete set tasks, with the younger ones following up with smaller group zooms and the older ones having a second whole class zoom. This combination is working well for our learning community.



We have decided to offer an Enrichment Class as a possibility for families seeking more challenging options during HBL. This class will operate on the Google Classroom platform and it will be open for children from K - Year 6. Instructions for accessing this Enrichment Class especially for children who are not familiar with the Google Classrooms was sent out via Compass on 24<sup>th</sup> August. We hope that this option will suit some families as we face ongoing lockdown. We are also keen to see children motivated to follow passion projects and be motivated to learn.

# PRINCIPAL

## STORYTIME

Next week we will be offering a K – 6 Book Club session with Mrs Munce. She will make contact later this week and give zoom connections for these sessions early next week. We hope that your children will enjoy another opportunity to work with their peers.



## STORYTIME

## STUDENT SUPERVISION

As you know we continue to cater for supervision of children of essential workers during this lockdown. The children who are at school are supervised by teachers while they continue to provide zooms and offer feedback on student work. We also have teachers who are impacted by restrictions in movement from different LGA's so remote working is impacting and restricting staff onsite.

## 2021 LEAVING STUDENTS

In the coming weeks we will be starting to plan our classes for 2022. We ask that if your child/children will be leaving SHP at the end of 2021 to please complete our Google form via the link below by Friday 17 September. If you are unsure at this stage, we ask that you still complete the form stating, "to be confirmed".

<https://forms.gle/N8rqZQMfMDYh5B6K8>

Thank you for your assistance in this regard.

Mary Hor  
Principal

# ASSISTANT PRINCIPAL

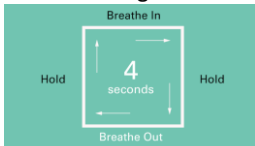
## WELLBEING WEEK – TERM 3, WEEK 8



This year for our Wellbeing Week focus, we have been highlighting some of the [Values in Action Character Strengths \(VIA\)](#).

We started to explore these last term and want to continue our journey with them to give students an opportunity to build their literacy around a strengths framework. This will give them a strengths-based language and lens with which to start viewing themselves and those around them with. There is a lot of research in the field of Positive Psychology to support that by knowing and using your character strengths it can help to:

- Increase overall happiness and wellbeing
- Build resilience (our SIP focus)
- Boost relationships
- Lead to greater academic performance

The following five have been chosen as a way to support wellbeing during HBL. These activities are about building support for students and parents and developing ways to foster wellbeing during a challenging time for all.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Self-Regulation</b></p> <p>This is a very important strength to cultivate during HBL. It involves self-control, regulating what you feel and do and being disciplined. Which is hard at the moment.</p> <p><u>Activities:</u></p> <p>Create a weekday routine. Get up at the same time each morning, start your school work at the same time and have scheduled breaks. Creating a timetable for your day can help you stay motivated.</p> <p>Write a to-do list that you can tick off when completed. You might ask your parents to help you write this and then be in charge of ticking off each item when you have completed them.</p>	<p><b>Appreciation of Beauty and Excellence</b></p> <p>This strength is the ability to find awe, wonder and elevation. It is a strength of Spirit. People who have this strength notice the beauty and excellence in the world around them. From God's creation and the beauty found in nature to a deep appreciation for a brilliant mind or invention. This is such an important strength at the moment and so much joy can be found in going on daily adventures outside with your loved ones.</p> <p><u>Activities:</u></p> <p>Hunting for Greatness - Spend some time journaling about what was beautiful, excellent or uplifting in your day and truly savour these moments.</p>	<p><b>Ways to Wellbeing Wednesday</b></p> <p>Write, draw, paint, take a photo of an activity that you have been doing during HBL that helps you to feel good and increases your wellbeing and the wellbeing of those around you.</p> <p><b>Tomorrow</b> post a photo on the SHP Facebook page. You might see a post from one of the teachers or other students in our community doing a wellbeing activity that you would like to try.</p> <p><b>NO WIFI WEDNESDAY!</b></p>	<p><b>Mindfulness</b></p> <p>This strength is about being able to focus your full attention into the present moment. Oftentimes our minds are racing and jumping from one topic to the next but this strength allows us to focus our attention on exactly what we are doing at the time and much joy can be found by doing this. This strength reduces our stress, helps our memory and increases our overall wellbeing.</p> <p><u>Activities:</u></p> <p><a href="https://www.youtube.com/watch?v=iN6g2mr0p3Q">https://www.youtube.com/watch?v=iN6g2mr0p3Q</a> Training the mind- Head</p> <p>Box breathing-</p> 	<p><b>Humour/ Positive Emotions</b></p> <p>This strength is the ability to see the lighter side of life and not always take yourself or things too seriously. People who have this strength love to uplift those around them. They make the ordinary livelier and put others at ease during stress and challenge. This is a powerful strength at the moment. Feeling positive emotions actually help us to develop resilience and build our responses for tackling challenges.</p> <p><u>Activities:</u></p> <p>Start the day laughing. Watch a funny clip or tell someone a funny story to kick off the day in a good mood. Laughing is also contagious - watch this video and see how... <a href="https://www.youtube.com/watch?v=UctRZ91m9XA">https://www.youtube.com/watch?v=UctRZ91m9XA</a></p> <p>Have Joke time on</p>

<p>Set a timer for each task. You only get a certain amount of time to complete a task in class so try to create these same conditions at home.</p> <p>Listen to some focus music while you work.  <a href="https://www.youtube.com/watch?v=oPVte6aMprl">https://www.youtube.com/watch?v=oPVte6aMprl</a>          Here is a link but you can also find it on spotify.</p> <p>Do a 5 fingered breathing activity each time you sit at your desk to get yourself into the green zone before starting your task.</p> <p><b>5 Finger Breathing</b></p>  <ol style="list-style-type: none"> <li>1. Stretch one hand out so that you have space between your fingers.</li> <li>2. Hold up your pointer finger from the other hand.</li> <li>3. Start at the bottom of your thumb. Use your pointer finger to trace up your thumb as you slowly breathe in through your mouth.</li> <li>4. When you get to the top of your thumb, slowly breathe out your nose as you trace down the other side.</li> <li>5. Repeat for all fingers until you have traced your whole hand.</li> </ol>	<p>Keeping an inspiration list - Take some time to think about all the things that inspire you. It may be a person, a place, an invention or something found in creation.</p> <p>Go on a nature walk and create a nature journal.</p> 		<p>Follow the leader breathing. Pretend that your breath is the leader and you have to follow it wherever it goes. You can't lose it and must follow it all the way in and all the way out. Practise doing this with 10 breaths in and 10 breaths out. Try to breathe in and out of your nose.</p> <p>Savouring your food- pick your favourite meal of the day and rather than scoffing your food down try to savour each mouthful. Truly taste all the flavours.</p>	<p>today's zoom lesson. Make it your mission to make one person smile today.</p> <p>Share a small moment that went well today at dinner with your family.</p> <p><a href="https://www.youtube.com/watch?v=B8WHKRzkCQY">https://www.youtube.com/watch?v=B8WHKRzkCQY</a>          David Attenborough- What a Wonderful World          Watch this clip on all the amazing wonders in the world and write about how you feel after watching it.</p> <p>Share moments that you are most looking forward to once lockdown finishes. What little things will you miss?</p>
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## FRUIT & VEG MONTH

The United Nations has declared 2021 as the International Year of Fruits and Vegetables to celebrate the amazing role that fruit and vegetables play in our health, our planet's health and the health of local communities. To help spread this message to students in NSW primary schools, the theme of Fruit & Veg Month 2021 is... **Festival Fruit & Veg!**



There are lots of ways for families to get involved:

- Try some new recipes <https://healthy-kids.com.au/teachers/fruit-veg-month/2021-recipes/>
- Explore the latest information for families around child nutrition <https://healthy-kids.com.au/parents/>
- Enter the student competition to draw a fruit & veg party. <https://healthy-kids.com.au/fvm-student-competition/> All entries are to be sent into the school office no later than **7th October**.



Kerry Paxton  
**Assistant Principal**

# LITERACY CENTRE

## PREMIERS READING CHALLENGE – FINISHES NEXT WEEK!

As mentioned in the Compass announcement last week., the Premier's Reading Challenge has extended its completion date by a couple of weeks. The PRC now closes for students on **Friday 3rd September**. Don't forget to log all books as your child reads them. You were all sent information and passwords in March and students were asked to write them in their diaries or keep the passwords in a safe place.

New PRC rules, as of August 4th, to assist students complete the challenge in HBL:

- Students can now enter books that have been read collaboratively as a class, in person or online with their teachers, or at home with their parents/ carers.
- Students are now able to include up to 10 Choice Books.

Congratulations to the 97 students who have already completed the challenge. Don't forget to use the 'ebooks' on 'World Book Online' if you have read everything at home!

## KEEP READING AND ENTERING YOUR PRC BOOKS!

### BOOK WEEK 2021

We have had a wonderful start to Book Week 2021!

The students have been involved in various literacy and creative tasks linked to Australian Literature as well as daily 'Challenges'!

Our Zooms were filled with colour and laughter this morning as we celebrated with a 'virtual Book Parade'! Don't forget tomorrow we will be having our illustrator Zoom at 9:15am-the link was sent yesterday to parents via Compass, and will be on the class Seesaw or Google Classroom platforms. We ask that all students arrive to the zoom on mute, one device per family, using speaker view in gallery. Students will need paper and a pencil.

**Don't forget that our BOOK FAIR is LIVE!**

I wish to thank parents in advance who can contribute to the school library at this time by donating a book through the Book Fair. Your child's name will be put in the front cover of the book, and they will be able to borrow this book first when children are back on site.

Head to the Lindfield Learning Hub website and use the 'Sacred Heart Pymble' tab to purchase books.

<https://www.lindfieldlearninghub.com.au/>

### 'BOOK CLUB ZOOM' WITH MRS MUNCE – LINKS TO BE PROVIDED NEXT WEEK

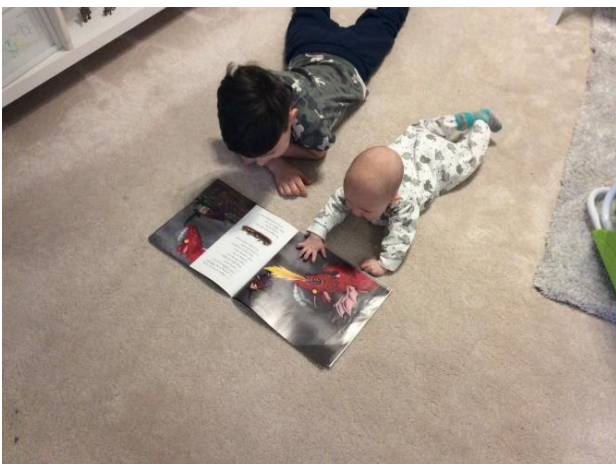
Commencing next week, I will be offering an optional Zoom for any child who would like to come and listen to a story and complete a task about a book.

**K-2 Students: 2pm Tuesdays**

**3-6 Students: 2pm Wednesdays**



# LITERACY CENTRE



## THE DISH

As you all know, our school community provides a nourishing meal for some of the more vulnerable people living in our area via The Dish in Hornsby every term (this time it will be on Tuesday, 7 September).

The P&F Executive Committee continues to coordinate our school's contribution to this much-needed local outreach initiative as an important element of our commitment to live our faith through community service. We can all imagine how much more difficult the current lockdown would be for those who need to access The Dish, so this service is even more critical at this challenging time.

**WE HAVE ALL MEALS COVERED FOR THIS TERM ALREADY - THANK YOU VERY MUCH SHP COMMUNITY!**

For the first time in over a year (maybe ever?!), we already have several families who have come forward and offered to provide the 40 meals and 40 desserts plus the 40 breakfast and 40 toiletries packs for this term. It is wonderful to be part of such a generous community!

Due to the COVID mobility restrictions, we are not able to attend The Dish this term (as it is in the next LGA and more than 5km from our locality), so one of their staff will collect the meals and packs from us instead on this occasion. Hopefully things will improve so we are able to go along and help with distribution again next term.

**If you'd like to help with meals, packs and/or distribution in Term 4, please contact Sylvia Ulevik on [home@ulevik.com](mailto:home@ulevik.com) or 0404294970.**

Thank you & stay safe!

**SHP P & F Executive Committee**

## VACATION CARE



### VACATION CARE PROGRAM

*The Vacation Care period will run from Monday 20 September – Friday 1 October 2021*

Sacred Heart Catholic School, Pymble  
Hours: 7.30am – 6.00pm  
P: 0427 013 778

Please direct any questions or comments to:  
[oshc.pymble@catholiccardbb.org.au](mailto:oshc.pymble@catholiccardbb.org.au)

[Click here for more information](#)

## PARISH

In my Parish Bulletin of 30 May 2021, I reported on the demonstrated community support for the development of a portion of the Sacred Heart site, following our parish consultation forum and Parish needs assessment process conducted from March – June this year. In that Bulletin I foreshadowed the launch of an Expression of Interest (EOI) campaign (more detail of this campaign was set out in the 25 April Parish Bulletin and school newsletters).

Since June, the Pymble Development Committee (PDC) and I have been working towards the commencement of the EOI campaign and I wanted to provide you with a status update.

1. Engaging the Market – real estate agents CBRE have been selected and appointed to represent the Parish in engaging the market more widely through the EOI campaign to determine development interest in the site.
2. EOI campaign  
The EOI campaign will begin in the week commencing 30 August 2021 so you may notice a signboard will be placed along the Bobbin Head Road section of the Sacred Heart site. If you have any questions about this or the campaign more generally, please address them to the parish office at:  
[office@pymblecatholicparish.org.au](mailto:office@pymblecatholicparish.org.au)

During the 4-week campaign, CBRE will conduct weekly inspections onsite so you may notice unfamiliar people entering/leaving the area. Please be assured that CBRE has its own QR code and Covid-safe inspection arrangements which it will adhere to strictly. Mary Hor (School Principal at Sacred Heart Primary School) will be in contact with CBRE in relation to any special requirements or arrangements in relation to inspections, given the proximate location of the school to the inspection area.

3. Parish Consultation Forum (post EOI)- once the EOI campaign is finalised, possible development options will be presented to the Parish at a further “forum”. At this stage we envisage this forum might take place in October, but given the restrictions in place, it is very likely this will need to take place via Zoom. Details will be available via the Parish bulletin in the next few weeks.

As previously foreshadowed, it will be important for the Parish to be in a position to move quickly to formalise the documentation with a preferred developer at the end of the EOI campaign. Given the constraints of the site we are not anticipating multiple competing developers so a prompt decision will minimise the risk of losing the opportunity.

4. Engaging with the preferred party/documenting the arrangements – after the forum, we will be in a position to engage with the preferred party, with a view to finalising documentation promptly.
5. PDC and experts –The PDC comprising myself, Peter Lenehan, Adam Bowe, Amal Wahab, Roman Pazniewski, Peter Meers, Elaine Oei, Mary Hor and Sue Host will remain involved as the EOI campaign progresses, supported by the Parish’s appointed experts and members of the Diocese.

Once again, I remain most grateful to members of my Parish Pastoral Council and Parish Finance Committee in providing me guidance and advice as well as to all of you for your shared interest, enthusiasm and strong desire to sustain our wonderful Parish well into the future.

Yours sincerely in Christ,



Fr Boguslaw Loska



## COMMUNITY

### MANLY WARRINGAH SOFTBALL ASSOCIATION Upcoming Teeball/Softball Summer Season

In the midst of another lockdown, it is important for families to be able to think about what fun summer sporting options will be available for kids in a Covid safe environment. Softball is a very engaging team sport for children of all ages involving core sporting disciplines. Girls and boys aged 4+ they are introduced to Teeball. Older girls play Modball and then girls 12+ through to women play Softball.

Ahead of our summer season starting, Manly Warringah Softball Association (MWSA) is contacting schools to:

- invite interested schools to submit teams, and/or
- invite interested students to join an existing team.

Covid permitting, our competition will run from the start of Term 4 through to March 2022, with a break for the summer school holidays. Games are played on a Saturday at the Abbott Road diamonds, North Curl Curl. School teams can wear their school sports uniform. Volunteers from MWSA/its participating clubs can assist with coaching school teams.

Registration for MWSA's annual (free) Come & Try Day are now open and we are inviting everyone who is interested in attending, including schools, to let us know. As soon as we are able to confirm times and dates, we will let this group know. **Register here: [come-and-try.com](https://come-and-try.com)**

#### Teeball/Softball Gala Day – 2022:

MWSA is planning a gala Teeball/Softball day in 2022, during term time – date TBC.

You can register your school's interest by return email or again, contact me with any questions you may have.

#### Janine Rolfe

Committee Member, Manly Warringah Softball Association (MWSA)

0410 601 077

[janinerolfe@iinet.net.au](mailto:janinerolfe@iinet.net.au)

### KISSING POINT CRICKET CLUB



## RAY WHITE



### Rowan Lazar

Ray White Upper North Shore

M: 0412 329 789

E: [rowan.lazar@raywhite.com](mailto:rowan.lazar@raywhite.com)

W: [www.raywhiteuppernorthshore.com.au](http://www.raywhiteuppernorthshore.com.au)

## PYMBLE PLAY GROUP



Pymble Playgroup runs from a heritage house in Pymble dedicated to Playgroup, a safe space for children to learn and develop through informal play activities and social interaction.

Making Playgroup part of a weekly routine gives children the valuable opportunity to get out of the house and brings parents and carers together to bond over similar experiences. Long lasting support networks have been developed through the Playgroup network with friendships that continue well beyond the early years.

Pymble Playgroup is affiliated with Playgroup NSW, a not-for-profit organisation. We are run by a group of local dedicated members who volunteer time, skills and services. We do not engage carers or facilitators as each group organises and runs their own sessions based on individual needs and ages of their children. This ranges from structured activities such as arts and crafts to free play.

Playgroup sessions are available morning or afternoon, Monday to Friday, visit our website for existing sessions and email us for more information on fees and how to join.



Where fun, family & community connect

To join an existing session or start your own Session email [pymbleplaygroup@gmail.com](mailto:pymbleplaygroup@gmail.com)

Pymble House, 57 Merrivale Rd, Pymble [www.pymbleplaygroup.com.au](http://www.pymbleplaygroup.com.au)