

Term 4 Week 7, 17 November 2021

Sacred Heart Pymble



Upcoming Events

November 17

Kindergarten 2022 Visit

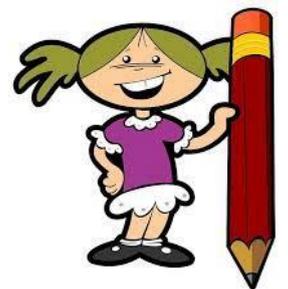
December 1

Year 6 Sausage Sizzle Fundraiser

PRINCIPAL

WRITE ON COMPETITION

My first email on Monday morning was from Andrew Fraser our Diocesan Workstream Lead for Student Achievement with the message, "Having judged this competition in previous years, achieving a Gold Award is significant!" Congratulations Imogen S. We were so thrilled to have one of our Year 2M students awarded a Gold Certificate for the Write on competition. Please listen to her reading the winning poem on the NESAs [webpage](#).



BUBBLES

As you are aware to ensure we are COVID safe at school we need to ensure that we keep children in bubbles as best we can. We have allocated children to different areas of the playground to eat, play, line up and place their bag. At this stage we are restricted around cross stage activities. Thank you for being understanding of this limitation.



PRINCIPAL

PRAYERS FOR EXAM CANDIDATES

At this time of the year, we especially pray for children who are sitting their final exams for HSC and the IB. We say it over and over again that this is just one part of their educational journey and there are many options for children to follow after secondary school. The children still worry about it and we worry for them. Please offer your prayers for our 2021 HSC and IB students.



SCHOOL MASSES UNDER UPDATED COVID RESTRICTIONS: CSNSW

Our most recent update from CSNSW is: *School masses can be held both onsite and offsite. Whole school masses can be celebrated at school if they are held outside, with the priest celebrating the mass being fully vaccinated. Classes or cohorts can also attend mass offsite in their local parish if the mass is conducted for the class or cohort and other parishioners are not in attendance.*



Proof of vaccination will be required for graduation and end of year school masses. We appreciate your support of this recent change. We will let you know as soon as possible if we're able to zoom these masses.

P&F 2021/2022

We look forward to meeting with our P&F for the AGM on Tuesday 7 December 2021. Please see P&F information in this newsletter.



STAFFING FAREWELL

At the end of this year, Mrs Pauline Toohey is commencing her retirement after around 33 years as a teacher's aide at SHP. She is looking forward to spending time carrying out grandma duties and taking the opportunity to fulfill the grey nomad role. We are most grateful for all the work that Pauline has done over the years to assist and support the children of SHP.



Mary Hor
Principal

ASSISTANT PRINCIPAL

TELL THEM FROM ME - PARENT AND STUDENT SURVEY

Thank you to those parents and carers who have already completed the Tell Them From Me survey. We appreciate the time that you take to share your thoughts with us and help us to continue our focus on improvement.



The survey will close this Friday, November 19th so be sure to get your responses in before then. The survey can be accessed at <http://www.tellthemfromme.com/shp>

Kerry Paxton
Assistant Principal

RELIGIOUS EDUCATION

2021 ST VINCENT DE PAUL CHRISTMAS HAMPERS



Our school will be joining the Pymble Catholic Parish again in supporting the St Vincent de Paul Christmas Hamper Appeal in order to help families in need at this special time of year.

The idea is for each class to prepare a hamper to be given to a family. Shortly, your child's teacher will be requesting a particular item that your child could donate. If your child could donate that item, we would ensure a variety of items within each hamper.

This is a wonderful opportunity to teach our children the true meaning of Christmas and the joy that giving brings.

Thank you for your continued support in building a kingdom of God at Sacred Heart.

THE DISH

Thank you to our team of volunteers who prepared, served and provided companionship to our friends at *The Dish* last week. Your help is very much appreciated.



We also wish to extend our gratitude to Sylvia for her co-ordination of this very important ministry.

REMEMBRANCE DAY 2021

On 11th November at 11:00am, we gathered as a school community via zoom for Remembrance Day to remember those who gave their lives in war and we prayed for peace in our world.



On Remembrance Day, the symbol of the poppy is used to remind us that we unite in memory of all Australian soldiers who have given their life fighting for their country.

During our liturgy, each class was invited to lay their class wreath onto their sacred space as a symbol of respect.



THE OFFICE

NEGATIVE COVID RESULTS

Please continue to email the office with your child's Covid negative test results. Please only you're your child to school if they are symptom free.

YEAR 6 BBQ FUNDRAISER

A reminder that our Year 6 students will be holding a Sausage Sizzle Fundraiser on Wednesday 1 December to raise money for their gift to the school. If you haven't already done so, please order via the Qkr App. If any parents from Year 6 are able to help on the day please contact your class parents, Rehani or Gisela or email the office.



LATE ARRIVALS/EARLY DEPARTURE REMINDER

If your child is late to school or needs to leave early, the office will enter this into Compass on your behalf. For early departures, upon arrival at the school please call the office and we will get your child down to the office and will meet you outside the office door near the car park.

FREE SHP UNIFORM RACK

Located at 19 Bobbin Head Road, Pymble (walking distance from school)

Monday to Friday

- All uniform items are free including bags, hats, etc
- Donations are welcomed and must be clean
- Follow us on our Facebook page: [SHP Free Uniform Clothes Swap](#)

RAISING YOUR CHILD IN A DIGITAL WORLD

Conversations with our Children – Raising your child in a digital world
Presented by Dr Kristy Goodwin.

If you missed this webinar please click on the link below:

https://programs.drkristygoodwin.com/raising-your-child-in-a-digital-world_relationships_australia/

P & F

P & F ANNUAL GENERAL MEETING

Tuesday 7 December 7.30pm

Our Annual General Meeting for the Parents & Friends Committee is to be held Tuesday 7 December at 7.30pm. We plan to have a COVID safe face-to-face event with a Zoom option for those who would like to attend virtually.



Every year at our AGM, we appoint the committee for the new year. All existing members will stand down from their current positions and whilst many will volunteer for the same or new positions, there will be some vacancies. If you would like to join the committee or are interested to find out a little more, please come along, or reach out to Christine Webb on 0407 660 757 prior to the meeting.

As community life starts to return to normal, our outgoing committee, along with the school are hopeful that we can do a lot more fun activities in 2022. Have your say and help your school by coming along to find out what it is all about. You don't have to join the committee to attend the AGM. All parents and friends are welcome to join in the discussion and all ideas are welcome.

THE DISH

Last week our school community volunteered at The Dish one last time for 2021.

A HUGE THANK YOU to everyone who helped by:

- Cooking/contributing meals and desserts
- Making up takeaway breakfast and toiletries packs; and/or
- Coming along to distribute and extend the hand of friendship and community support to those vulnerable people living in our local area who attend the service.

It was heart-warming to receive so many offers to help, spanning our entire school community. Families in every single year group from Kindy through to Year 6 were represented on the night. We even had a new 2022 Kindy family contribute to meals and helping with distribution - after they read about it in the last newsletter. What a wonderful demonstration of our school community's generosity and Christian faith in action to round off a challenging year!

We have committed to supporting The Dish again next year once each term and the relevant dates will be published in the newsletter early in Term 1.

If you have any questions before then, please contact Sylvia Ulevik on home@ulevik.com or 0404 294 970.

CLASS PARENTS



KINDY DAD'S DINNER
THURSDAY 25TH NOVEMBER
@ 7PM
BISTRO, PYMBLE HOTEL
1134 PACIFIC HWY, PYMBLE

Please RSVP to Angeli on 0414891539 or
angeli_gulati@hotmail.com by Monday 22/11.

**Please note that you will be able to order your own food at the Bistro
and the booking is under Vijay Ponnuru.**

KINDY PLAY IN THE PARK

*Please join us for
a play in the park*

Please bring some covid friendly snacks to share.
Please also bring a small gift valued under \$10 if you'd like your child/children to participate in Kris Kringle.

**December Sunday 12th from 11:30am at
Bobbin Head Playground**

Please RSVP to Tatjana on +61 468 914 185 by 1/12 with the number of adults and children attending.

Please note all adults need to be fully vaccinated to attend.



*Year 5 Parent
Dinner*

Saturday 27 November • 7.30 PM
Jai-Ho Indian
Pacific Highway, Turrumurra
(Have booked upstairs area)

RSVP - CHARLOTTE BY 20TH OF NOVEMBER

COMMUNITY

FREE MENTAL HEALTH & WELL-BEING WEBINARS

To say thank you for being part of our “**Loud & Clear**” fundraising campaign, KYDS Youth Development Service is offering free mental health webinars for families and young people in the area.



Deep listening: How to communicate effectively with teenagers

- Understanding the neurobiology of the **stress response** and how it affects communication
- Learn **practical skills** in communicating effectively with young people
- Identify & overcome frequent mistakes that get in the road of **effective listening**
- Discover strategies to **facilitate connection** and create opportunities for conversation

Time: 6:30pm

Date: Tues 11th November & Thurs 23rd November

Register: <https://lu.ma/zjkzn698> (11th Nov) / <https://lu.ma/nsqxj1ze> (23rd Nov)

About the presenter: Helen Jarvis is the Chair of KYDS Youth Development Service, Co-Ordinator of the Graduate Diploma for Relationships Australia, co-founder & director of Reboot Resolve, and a nationally accredited mediator. She has spent the past ten years helping families with dispute resolution.

Mental stealth: The seven secrets of stress management

- Understand the difference between "**eustress**" & "**distress**"
- Learn seven evidence-based foundations for **managing stress & anxiety**
- Unlock simple & effective techniques to develop a **happier mindset**
- Discover an easy-to-implement formula to **prevent overwhelm & burnout**

Time: 6:30pm

Date: 18th November

Register: <https://lu.ma/ss9nlrtv>

Ages: Useful for both adults and teenagers

About the presenter: Nick Kenny is a graduate of James Ruse, an ACA-accredited counsellor, Head Facilitator with KYDS Youth Development Service, and current Chief of NSW Speakers Tribe. He has spent the past twelve months helping thousands of students improve their mental health both in and out lockdown through workshops & keynote presentations.

Parenting a screenager: How to help your child develop a healthier relationship with technology

- Learn the neuroscience of the **effects of technology** on the adolescent brain
- Discover how to maintain control while encouraging personal **autonomy & responsibility**
- Find out how to model & foster **positive behaviours** in the digital age
- Identify and overcome common obstacles to create a more **healthy relationship** with technology

Time: 6:30pm

Date: 30th November

Register: <https://lu.ma/c5kwumex>

About the presenter: Mary Santiago is a Family & Adolescent Counsellor who has helped thousands of families since 2017 through her work with KYDS Youth Development Service. She is Sessional Lecturer at Excelsior College, and her expertise is social media & technology health.

COMMUNITY



School Rewards
GIVING BACK TO
THE COMMUNITY



The Athlete's Foot
SCHOOL REWARDS PROGRAM

**\$5 IS DONATED BACK
TO YOUR SCHOOL**
FROM EVERY PAIR
OF SHOES PURCHASED

*See theathletesfoot.com.au/school-rewards
for more details



Lifeline Saving Lives
Crisis Support. Suicide Prevention.

GIANT BOOK FAIR



WE'RE COVID SAFE

70,000 books at great prices	Huge scope of fiction & non-fiction	CDs, DVDs & video games	Easy-access categories to explore
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Sat 11 to Mon 13 December
8am – 5pm
Barker College, Hornsby

WITH THANKS TO
Barker
Inspiring Tomorrow

RAY WHITE



Rowan Lazar

Ray White Upper North Shore

M: 0412 329 789

E: rowan.lazar@raywhite.com

W: 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

Pymble House, 57 Merrivale Rd, Pymble www.pymbleplaygroup.com.au