Acknowledgement of Traditional Owners
Sacred Heart College acknowledges and pays respect to the Kwat Kwat people, the original custodians of the land on which we educate our students. Members of the College community commit themselves to actively work alongside Indigenous people for reconciliation and justice.

Reflection
Laughter and Schools
From an article by Michael Herbert
We know the importance of laughter. Scientists are confident they have proven that it can stop us from feeling pain. The tycoon Andrew Carnegie, believed there is little success where there is little laughter. Schools refer to themselves as communities. Relationships are at the heart of every community. For the Danish comedian, Victor Borge, “laughter is the shortest distance between two people.”
So what is it about laughter that makes it so valuable?
It is contagious, creating its own wave of joy. Scientists tell us the joy we experience from laughter results from the release of “happy chemicals” that make us feel good. We speak of mindfulness as living in the moment - laughter creates happiness in that moment.
It is said that stress is the silent killer in modern society. Staff get stressed and students get stressed. We must develop enough maturity - personally and as a society - to understand that all aspects of human health, (physical, mental or emotional) are likely to succumb to the accumulating effects of too much stress. The positive emotions created by laughter are a circuit breaker, providing temporary relief for a chronically stressed person. Sometimes it only takes some temporary relief to allow a person to view their problems from a more fruitful perspective.
It is not an exaggeration to say that school communities live on a daily basis with an expectation to be successful, (for some, that might feel like “pressure”). High expectations are not a bad thing and certainly much better than setting the bar so low that ‘ordinary’ is the norm. We just need to remember those words of Andrew Carnegie:
Margaret McKay
Wellbeing Co Ordinator

From the Principal
College Board AGM
The College Board conducted its Annual General Meeting last Tuesday evening, March 8. This meeting marked the end of tenure for 2 long serving Board members. Mr Roger Robilliard, Board Chair and Mrs Michelle Connell, Parent Representative. Both have served on the Board for the past six years. During this time, they have helped guide the College through a period of considerable change, moving from a Year 7-10 to a Year 7-12 school. The wisdom and guidance provided by both Roger and Michelle has been very much appreciated by the College Leadership Team and the College community in general. With Roger and Michelle concluding their tenure, we welcome Mrs Samantha Ridley and Mrs Jenny Donovan to the Sacred Heart College Board and we also welcome existing Parent Representative, Mrs Andrea Mitchell, to the position of Board Chair. Thanks to all Board members for the important role they play in the governance of our school.

Student Free Day
A reminder to all families that on Thursday March 24, the staff of the College will be joining with the staff of the Primary to complete annual updates for Anaphylaxis, Asthma and CPR. As a result, students are not required at school on this day. The exception will be our Allied Health students who are attending an excursion to the Wangaratta Base Hospital on this day.

Caritas Ks
The two Sacred Heart schools will be joining together on Wednesday March 24 for a Caritas Ks event. The day will be a great community event with students from all year levels coming together in a show of solidarity for those people who are less fortunate than ourselves. Students will join together representing the 5 countries who Caritas will be supporting with programs this year. Students will walk around the oval carrying buckets of water representing the daily struggle that many families face in less developed countries to have access to a resource that we take for granted. Families are asked to make a note donation for the day. Students will
receive a BBQ lunch and a drink on the day.

**Easter Raffle**

All families will have received their tickets for the very popular P&F Easter Raffle. It would be greatly appreciated if students could assist in this fundraising initiative by either bringing in an egg to contribute to the baskets or by bringing in $5 which will be used to buy an egg for the Easter baskets. Each year our P&F Association donate a large amount of money to both schools to fund equipment and programs that we would otherwise be unable to purchase. With this in mind, your support for this fundraiser is most welcomed and appreciated.

**Information Evening April 27 2016**

The College Information Evening has been brought forward and will be held on the evening of Wednesday April 27 commencing at 7.00pm. The information on this evening is predominantly aimed at families with students commencing at the College on 2017 but would also be relevant for families who have students currently in Grade 5. The evening will be promoted extensively in the weeks leading up to the event and it would be great to see this evening well attended.

**Social Media**

I have attached a “Guide to using Social Media Wisely” for your interest. The Guide provided by Andrew Fuller, provides some practical advice and hints that families can employ to ensure their children are using social media appropriately and staying safe online. If parents would like further advice or assistance regarding this matter please contact the College.

_Lew Nagle_
Principal

**Learning and Teaching**

**Moira Junior Council**

The first meeting of the Moira Junior Council for 2016 was held Tuesday 8th March at Red Gum Retreat, Ulupna Island, Strathmerton.

At the beginning of our day, we arrived and had morning tea. After a short break we broke into groups for team bonding sessions. There were four groups, with different activities, two inside and two outdoors. After the activities each school got together and discussed different concerns and issues within their local communities. All the schools came up with interesting ideas.

Finally, we had rolls for lunch and then went to explore the beaches and forest. While exploring we found a koala who kindly posed for a few photos.

If any students have any issues, concerns or ideas for the community please don’t hesitate to email us.

Alaura, Abbey, Maddie, Ethan, Tim and Liam
Moira Shire Junior Council Representatives

**Library Report**

**Year 7 Chess**

The Year 7 students have, after only one double session in maths, learnt to play chess! Unfortunately many people hold the misconception that it is difficult to learn chess and never have a go...if you have a Year 7 student at home get them to teach you, or if you play, challenge them to a game. The benefits of chess for brain development have been proven in many studies.

Chess teaches higher level thinking skills such as the ability to visualise, analyse, and think critically. It promotes thinking strategically and foreseeing consequences. We like to encourage our students to increase higher level thinking skills, advance math and reading skills, and build self-confidence simply by playing chess. There are also many studies that show playing chess actually makes you smarter!

All these advantages from the original ‘war game’!

_Bev Baird_
Librarian

**Faith and Ministry**

The Faith and Ministry team for 2016 will be focusing on Ministry.

This year we have a 17 member team comprising of Tayla Bogle, Kayla Flanagan, Eden Mackinnon, Melissa Pitches, Aubry Rodriguez, Vince Scalzo, Chloe Bogle, Kayleigh Harman, Tyler Barnes, Jordyn Buckmaster, Gabby Dobson, Ben Coghill, Mitch Clancy, Mackaylee Cusick, Jack Franklin and Sophie Mulquinney. These students will be leading our school in a number of different activities.
Some activities include working with our Primary school, the local community and broader community. We have also met with David Winter and Emily Crossland our Diocesan Stronger Group leaders, to help implement these plans.

Throughout the year our activities will be listed on the campus ‘Faith and Ministry’ notice boards which are located near both campus offices.

**Caritas Ks**

On Wednesday the 23rd of March, Sacred Heart College will be holding Caritas Ks. Caritas Ks is an opportunity to fundraiser and educate people in schools, workplaces or communities in social justice, with the aim of inspiring them to “be more” and “be a voice” for the poorest in our world.

This will be a combined event with Sacred Heart Primary and will be held at the Primary School campus. The students will walk as a team around the perimeter of the school, over a period of 90 minutes, taking it in turns to carry buckets of water.

Every day, thousands of women and children around the world need to cover many kilometres to fetch water, obtain food, get to school or market, or simply to survive.

By participating in Caritas Ks we provide the opportunity for our students to walk in the shoes of these women and children and others less fortunate while raising money for Caritas Australia.

Each College family is asked to donate money in a note denomination.

The walking will commence after recess and we will finish with a free Sausage Sizzle.

The children will walk as a team named after one of the countries Caritas is raising money for through Project Compassion. We encourage the students to dress in the colours of the country’s flag or something symbolic of the country.

- **Australia:** Red, White, Blue  Preps, Year 6 and Year 12
- **Cambodia:** Red and Blue  Year 1 & 2 T, W, MP and Year 11
- **Papua New Guinea:** Black, Red, White and Yellow  Year 3 and Year 8,
- **India:** Saffron, White and Green  Year 4 and Year 9
- **Laos:** Red, White and Blue  Year 5 and Year 10
- **Malawi:** Red, Green and Black  Year 1 & 2 H, V and Year 7

Parents and Friends Easter Basket Raffles will be drawn during lunch.

For any further information on Caritas Australia or Project Compassion and where the money we raise for Caritas Ks is used, visit their website: www.caritas.org.au

We thank you in anticipation for your support of this very worthwhile activity and cause. Any queries please feel free contact me at the College or email: michael.falkiner@shcy.vic.edu.au

**Michael Falkiner**
Faith and Ministry Leader

**Year 10 Camp Term 2**

Year 10 Outdoor Activity Camp will be held during the first week of Term 2 on Wednesday 13th to Friday 15th April. The base camp will be situated at Bright. The students will be involved in a range of outdoor activities, including bike riding, bushwalking, abseiling, etc. in the areas around Bright, Myrtleford, the Rail Trail and Mount Buffalo National Park. Students will be accommodated the Bright Holiday Park at River Lodge. The cost for the camp is covered by the school. Detailed information and notes will be distributed to the Year 10 students at school later in the week.

**Barb Woodward**
Year 10 Level Leader
Organisation and Administration
College Office Hours
Wexford Campus:
Monday to Thursday 8.00am to 4.00pm
Friday 8.00am to 3.30pm
Kennedy Campus:
Monday to Thursday 8.30am to 4.30pm
Friday 8.30am to 4.00pm

Newsletter items
If you have any items to include in our newsletter, please email
eleanor.haynes@shcy.vic.edu.au

Key Dates

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>17 March</td>
<td>Year 7 Immunisation</td>
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<td>17 March</td>
<td>Senior Sports Day</td>
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<td>18 March</td>
<td>Sandhurst Switches Off</td>
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<tr>
<td>21 March</td>
<td>P &amp; F meeting 7.30pm Sacred Heart Primary School</td>
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<td>22 March</td>
<td>Junior Sports Day</td>
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<td>22 March</td>
<td>Year 7 - 10 Digital Workshops</td>
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<td>23 March</td>
<td>Caritas Ks</td>
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<td>23 March</td>
<td>Last day of Term. Students dismissed at 3.10pm</td>
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<td>24 March</td>
<td>Staff PD</td>
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<td>3 April</td>
<td>Daylight Savings ends</td>
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<td>11 April</td>
<td>Term 2 begins</td>
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Need a tutor?
English tutoring available for all year levels.
Contact Natalie Wilson
on 0438395745
for more information.

Yarrawonga Mulwala Artists Association
Easter Art Exhibition
Mulwala Golf Club Resort
Thursday 24th March until Sunday 3rd April.
Opening times 9.00am to 8.00pm daily.
Come along and see the skills and strengths of our local artists where there will be a display of their work. You may not be aware but some of our artists’ exhibiting their work are volunteer tutors in the Schools Workshop Art Program which is now in its 11th year.
Hope to see you

Sacred Heart College
PO Box 286
Yarrawonga VIC 3730
Ph: 03 57 421 300 Fax: 03 57 421 333
www.shcy.vic.edu.au
Above: After school Metal classes

Above: Moira Shire Junior Council, Tim Lawrence, Liam Connell, Ethan Kaine, Maddi McInness, Alaura Tizzano Catlin and Abbey Payet

Above: Zali Turner and Claudia Lazar

Above: Sarah Ryan shows off her recent artwork

Below: Red 3 held a Milkshake Day to raise funds for Caritas
Easter Raffle

$1.00 per ticket

• Please bring an Easter-Egg per child to school by Monday 21\textsuperscript{st} March
• Tickets to be returned to school by Tuesday 22\textsuperscript{nd} March

Drawn Wednesday 23\textsuperscript{th} March 2016
Cyber Smarts—Using social media wisely
Andrew Fuller
You have access to the world’s largest museum, art gallery, library and social group ever created. You also have access to ways to expand your intelligence and your influence that your past generations could have never imagined. To gain these massive benefits you need to have your wits about you and know how to use technology and social media wisely.

Accountability
Being completely anonymous online is a thing of the past. Anything that you share on social media, publicly or privately, can be tracked back to you and you may be held accountable for sharing it.

Always use the “Nana” rule
If you wouldn’t want your nana, parents, teachers, or future employer to see something, don’t share it on social media.

Illegal Content
There are some things that are entirely illegal to share on social media. Threatening posts and messages or “sexting” a nude photo of an underage person—even if that person is you—can lead to legal action and police involvement.

Privacy Settings, Know Your Audience
Know exactly who can see a post, picture or tweet before you share it. If total strangers can see all of your information, pictures, and everything you post, they can use this information to track you or to hack your profile.

Public versus Private
Privacy settings allow you to share appropriate content with friends and family while making sure that strangers can’t access your information. Carefully choose what information you want people that you don’t know to see when they view your social media profiles.

Private Isn’t “Secret”
Just because you have a piece of information, a photo, or a post set to “private” doesn’t mean that it can’t be shared with others. While privacy settings make it more difficult for others to see things you don’t want them to see, people inside your private network can still share photos and screenshots outside of the network.

Strangers & Online Friends, Know the Site
Some sites, like Twitter and Tumblr, are known for allowing people to connect and discuss art, music, politics and ideas with people from all over the world. Other social media applications, like Facebook and Snapchat, are almost always used exclusively for friends and family. Understand the culture of the social network before you join—it will help you make smart decisions about who to connect with.

Who to Friend
Strangers will occasionally send you friend requests on Facebook. Sometimes, they might even be from halfway around the world! No matter who they are or what they say, don’t accept friend requests on Facebook from individuals that you don’t know. Most people have a lot of personal information available on Facebook, and these strangers are looking for that information—not a new friend.

Don’t trust everyone
Online friends can be valuable members of your social network—if they really are who they say they are. The Internet can be a great place to make friends with similar interests and from all over the world, but it is also full of people who are looking to take advantage of you.

Verify identity
Take action to make sure that anyone you interact with online is really who they say they are. Google’s “reverse image search” can be used to check if a photo is really of that person, or if they stole it from an online source. Real people usually have fleshed-out profiles, visible interactions with friends and family members and lots of available photos.

Security
Secure passwords
Create a secure password keeps your identity secure, your personal information safe, and your accounts from being hacked. Choose a password that only you could think of, using information that isn’t readily available on your online profiles. Every password should include both uppercase and lowercase letters, numbers and special symbols (！@#$%^*).
Security questions wisely
Sites often use security questions to help you reset a forgotten password. Hackers can use information on your social media profiles to easily answer these questions and gain access to your accounts. Choose security questions with answers that cannot be discovered by a quick scroll through your Facebook profile.

Location Tracking
Any time you upload a photo online, there's a chance that your location can be tracked through it. Most phones and cameras have GPS installed, and the information of your location can be found in the data of pictures taken on these devices. Websites can also track your location via your IP address.

Hackers
Most hackers use clues on your social media to discover your passwords and account details-- or they may pretend to be someone that they're not to convince you to tell them your information directly.

If You Think You’ve Been Hacked
Change your passwords immediately; delete any posts that anyone else may have published on your account, and let your social network friends know not to open any suspicious messages from you.

Feeling Safe
Cyber bullying
Harassing threatening or intimidating someone else online is cyber bullying and it’s illegal.

If You’re Being Cyber bullied
Don’t respond to any messages or posts that make you feel unsafe-- use your computer’s screenshot function to take a picture of the message and show it to an adult that you trust.

Blocking Features
Most social networking sites have a block feature that can prevent another user from contacting you any further. Learn to use the block feature to stop a cyber bully in their tracks.

Reporting Harassment
Many websites allow their users to report other users who are sending harassing messages. Doing so may lead to the cyber bully’s account being disabled.

When to talk to an adult
Any time someone has made you feel unsafe online, it’s a good idea to talk to an adult about how to handle it.

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