

Semper Fidelis



Sacred Heart College Yarrawonga Vic 3730

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Issue 4 March 2021

We acknowledge and pay respect to the peoples of the Yorta Yorta Nation, including the eight clan groups, as the traditional and ongoing custodians of the land on which we gather today and we recognise that it continues to be sacred to them. We Hail them:

As guardians of the earth and of all things that grow and breed in the soil;

As trustees of the waters – the seas, the streams and rivers, the ponds and the lakes and the rich variety of life in those waters.

Commitment to Child Safety

Sacred Heart College Yarrawonga is committed to the safety and wellbeing of all students at the College.

As a Catholic school, we are entrusted with the holistic education of the child, in partnership with parents, guardians and caregivers who are the primary educators of their children. Sacred Heart College will implement the Child Safe Standards to ensure the safety and wellbeing of all students at the College and promote an organisational culture that manages the risk of child abuse and neglect.

Child Safe Standards

All schools in Australia are mandated to comply with the eight Child Safe Standards.

The standards are in place to keep your children safe. In order for us at Sacred Heart College to comply, it is imperative that we know who is on site between 8.30am and 3:30pm, the reason for their visit and how long they will be on site for. As such, any visitor to our school (including parents, volunteers and trades people), must enter via the front Administration Office and sign in and cannot simply enter any of the learning areas before doing so. Please do not be offended if a staff member asks you the reason for your visit or if you have signed in. This is for the safety of all children. If you have any queries, please feel free to contact the College.

Easter Prayer

Draw Us Forth

Draw us forth, God of all creation.

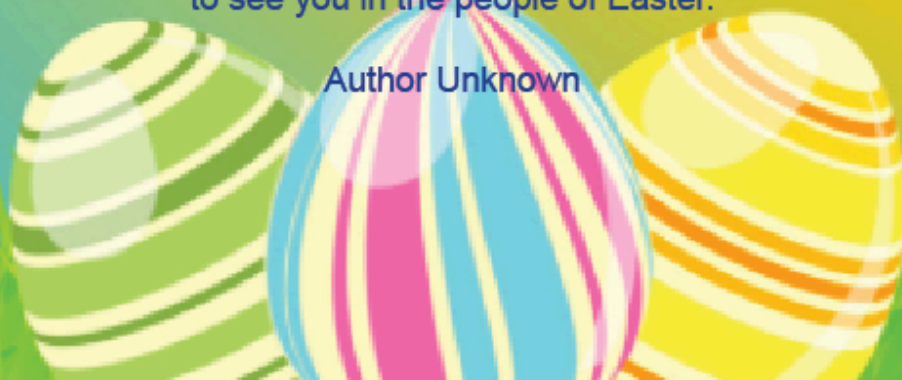
Draw us forward and away from limited certainty
into the immense world of your love.

Give us the capacity to even for a moment
taste the richness of the feast you give us.

Give us the peace to live with uncertainty,
with questions, with doubts.

Help us to experience the resurrection anew
with open wonder and an increasing ability
to see you in the people of Easter.

Author Unknown



From the Principal - Mr Lew Nagle

As we approach the Easter season and the end of Term 1, I am very grateful that we have had a positive start to the school year. The return of full school events such as the Opening Mass, House carnivals, full school assemblies and year level camps has been very well received by our community. We very much look forward to this continuing in Term 2. The College will gather for an Easter Liturgy during the final week of term providing a timely opportunity to reflect with gratitude on all that we have and the sacrifices that have been made on our behalf.

Caritas

A big thank you to all members of our community that supported the Caritas fundraiser last week. The event raised just over \$1000 which was a great achievement. The work by our Faith and Justice team to make and sell delicious cup cakes was greatly appreciated, as was the work of our student leaders who helped coordinate the event. Learning Advisor groups are organising additional mini fund-raising events to help the College exceed its initial target of \$1500.



Left: Mr Skehan telling Mr Byrne the correct way to serve sausages in bread.
Right: Faith and Justice team selling cupcakes for Caritas.

ANZAC Day

Our College Captains will once again have the honour of delivering their address at the ANZAC Dawn Service to be held at the Commemorative Wall at Club Mulwala. This year we acknowledge the centenary of the Royal Australian Air Force and this will form the basis of the leaders' address.

Sporting Achievements

Our students have had a very successful time in various sporting pursuits this term. Congratulations to Year 9 student Mia Spiteri who was selected for her first game for Under 19 Bushrangers AFL football on the weekend. Fellow Year 9 student, Harry Hogan, and past student, Macey Hicks, performed very well at the recent Barefoot Titles held at the Mulwala Ski Park. Our swimmers have once again had a very good showing with Year 7 student, Chelsea Kerr, competing strongly at state level. Year 9 student, Isobel Nagle, will also be off to the State Swimming titles after dominating at the Regionals last week. Recently, Yarrawonga Mulwala Basketball Association had several teams competing at the State Titles at Ballarat. The U16 and 18s boys team, which featured several Sacred Heart College students, were successful in winning the title in their division. Many students are competing in the finals series in local cricket competitions in the next week. We wish them all the best.

Term Break

I wish all our families a happy, holy and safe Easter period. For those travelling please travel safely and I look forward to seeing you well rested and revitalised to commence Term 2.



Mia pictured at her debut game for the Murray Bushrangers Under 19 NAB AFLW team at Highgate Reserve, Craigieburn against Gippsland Power.

Year 10 student, Brock is pictured using the equipment in STEM. Year 10 Stem investigating sustainable housing using the STLR sustainable housing kits. Investigations include glazing, thermal mass airconditioning & roofing, just to name a few.

Students had a fantastic day last Friday raising awareness and funds for Caritas. They were allowed to wear casual clothes and held a Cupcake Stall.



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23rd March, 2021

Dear Parents & Carers,

As we approach the Easter break we are all very grateful to reflect back on an almost uninterrupted and very positive Term 1. We were able to conduct some of our full school events such as the Opening Mass, House Swimming Carnival, Year 7 & 8 Camps, zone and regional sport. Last Friday was our major fundraiser for Caritas which raised over \$1000 which was a great effort. Next Monday, we will gather as a school for our Easter liturgy highlighting the significance and importance of Good Friday and Easter Sunday.

Term 2 will resume on Monday, 19th April. The 2022 Year 7 Information session for parents and carers will be held on Wednesday 28th April at 5pm in the MPB. Our house athletics sports will be held at Vic Park on Friday, 30th April later that week.

Families are asked to take note of a change of date for the Parent Teacher Interviews which will now be held on Thursday, 20th May. Interviews will run from 11.30am to 6pm. Information on bookings will be circulated early in Term 2. This day will be student free with the exception of VET Engineering which will run as normal.

Families are reminded that Term 1 will conclude at 2.15pm on Thursday 1st April.

Wishing you all a happy, safe and holy Easter break. For those families travelling please stay safe on the roads.

Yours sincerely,

Lew Nagle
Principal

Catholic Identity - Lucienne Camenzuli

CARITAS Fundraisers

It is great to see so many LAs and students engaging with CARITAS fundraising activities and supporting the Be More campaign. Last Friday's Caritas Free Dress Day, BBQ and Soft Drink Lunch pushed our goal of reaching a donation of \$1500 well on its way. Additionally, Faith and Justice Leaders, contributed beautifully baked items to a Cup Cakes and Cookies Stall and proved themselves savvy barterers with keen purchasers by the end of lunchtime. The efforts of volunteer students and staff are the foundations of the success of these events and we are very grateful for all the efforts undertaken with smiles and great intentions. This is Catholic Social Teaching in action service enabling dignity and equity for all.

Switch Off!

This Friday, the 26th March, the College will be participating in the Sandhurst Diocese Sandhurst Switches Off! We will be turning off lights for one hour during the school day and as much as possible, reduce our use of electronic devices, in an effort to raise more consciousness about over-use of the earth's resources, in a bid to change habits in our consumption of energy. Just one hour of switching off has a profound effect on climate change. Our roles as stewards of the Earth and in communion with all of God's creation, helps us choose to align with all who suffer from the effects of Climate Change and make a positive difference. Earth Hour is supported nationally on Saturday 27th March from 8.30 – 9.30pm We encourage all families to support the endeavours of this cause.

Easter Beckons

At this coming Monday's Assembly, we will be participating in a Liturgy which brings reflection on Holy Week, Good Friday and the Resurrection of Christ at Easter. We will take the time to think about the great sacrifice Christ made to redeem all our souls and to celebrate the joy that the Easter Holy Days bring with family and friends.

Library News - Bev Baird

On Friday the 19th of March students played in their first online Interschool Chess Tournament. This competition was hosted by Warrnambool and included three secondary schools from Warrnambool, Gippsland Grammar and two teams from SHC.

The competition was much harder than an 'in person event' as all other players were experienced, and very keen chess players, and you had to play on a computer. This made for a tough competition for our new Year 7s, some who had only learned chess earlier in the term!

After a few technical issues everyone played seven games of varying difficulty, watched quite a few other games and also participated in some chess coaching. The students showed great resilience and teamwork, sorting out any technical issues, and kept on playing even if they were not going so well. The online format is not only cheaper for us to participate in, but also more accessible for our senior students who only miss a few lessons. Great work to the team! Results can be viewed here:

<https://tornelo.com/chess/orgs/ku/events/warrnambool-interschool--1/divisions/secondary-years-7-12/standings>

Year 10 Holocaust Excursion - Zoe Worland

As part of the Year 10s Humanities studies, Year 10s participated in an excursion to the Jewish Holocaust Centre in Melbourne. They have been actively learning about World War II and the Holocaust and have deepened their understanding of this significant part of history by participating in two meaningful activities whilst at the centre. Students participated in a workshop that explored primary sources from some of the survivors who built the museum and how these linked to some key ideas surrounding the Holocaust. Their time at the centre culminated in a zoom call with Lodz Ghetto and Auschwitz survivor Guta Goldstein who told us her story of when she was only nine, then her life was turned upside down by Hitler's regime. Our Year 10 cohort were reminded that they may be one of the last generations to hear the story from a survivor, an eye witness, rather than reading a story, therefore it emphasised it was an experience to be grateful for.

Sacred Heart Parents and Friends Easter Raffle

The youngest student in each family at the College has been given a book of raffle tickets to sell and return to the College by the 31st March.

This is a really easy way to help raise much needed funds. If you have not received any tickets and would like to help, please contact either of the schools. The P & F really do appreciate the fantastic support by families in the community.



NAPLAN

A reminder to parents of Year 7 and 9 students that NAPLAN testing will take place on the 11th, 12th, 13th May. Please refer to the information letter that was recently sent to you via email.

Contact the College for further information or if you require a copy of the letter.

Parent Teacher Interviews

Interviews are scheduled for Thursday 20th May. Families will be notified when bookings can be made via their PAM account. This will be a student free day, but students are required to accompany their parents/carers to the interview.

End of Term 1

Term 1 finishes on Thursday 1st April. Students will be dismissed at 2.15pm.

Yarrawonga Cemetery Working Bee

The Yarrawonga Cemetery Committee will be having a working bee on Sunday April 18th from 10.00am.

The purpose is to clean up around the graves.

So if you have any relatives in the cemetery your help would be hugely appreciated. For further information please call Mary Mansfield on:

0357 443 333 or 0429 069 243



WE NEED YOU!

FEMALE FOOTBALLERS LAST CALL OUT



YOU'RE INVITED:

FEMALE FOOTBALL TEAMS TRAINING

UNDER 17 AND OPEN WOMEN'S

6.00PM WEDNESDAY AT THE GROVE

(JC LOWE OVAL)





The Yarrawonga Football Club's Female Under 17 and Open Women's team are looking for more players for their season which starts April 11.

We would love to see anyone who is keen, with or without experience, to come down to training at 6pm on Wednesday evenings.

Both teams are seeking more players so for anyone eager to give football a try, this is the year.

For more information contact Sheree Spiteri on 0418 514 710.



Sandhurst switches OFF!

Friday 26 March 2021

Join schools around the diocese in turning off lights for one hour!

In Sandhurst, we invite you to participate in **Sandhurst Switches Off**. All Catholic schools and Catholic Education Offices will be encouraged to turn off their lights and any other electronic devices for part of the day or a whole day. This action is symbolic of our commitment to the preservation of God's fragile creation. It is also symbolic of our solidarity with those who are suffering due to climate change. Let us reimagine our partnership with all of creation.

"If we approach nature and the environment without this openness to awe and wonder, if we no longer speak the language of fraternity and beauty in our relationship with the world, our attitude will be that of masters, consumers, ruthless exploiters, unable to set limits on their immediate needs."

Laudate Si, Pope Francis, p. 17



From the Wellbeing desk

Vaping amongst young people

Australian surveys show vaping by young people has increased. Young people who vape nicotine are exposed to a toxic chemical that can harm adolescent brain development (the brain continues to develop until the age of 25) and lead to dependence.

There is also some evidence that vaping nicotine is associated with later tobacco use among teenagers.

Why are young people attracted to vaping?

The advertising and promotion of vaping products is illegal in Australia. However, companies can use other strategies to target youth. Social media has been found to play a role as both an information source and as a means of exposure to e-cigarette advertising in Australia.

Companies are also glamourizing their products to seem cool or fun and creating flavours that appeal to young people.

There have been a number of studies which have found that e-cigarette flavours which give off the perception of sweetness (such as lollies or fruit flavoured) may make buying and trying e-cigarettes more appealing among young people.

“In recent years we have also seen the proliferation of shops selling enticing non-nicotine e-cigarettes and liquids with thousands of attractive flavours like green apple, cinnamon roll and alpha mint. These are purely recreational products that have no place in our market for either kids or adults.” - Cancer Council Australia

Talking about vaping with young people.

Are you concerned about a young person who may be vaping? Having a conversation about it might feel tricky, but it's always a good idea!

- Start with information
- Get the key facts, learn the basics about vaping products, and think through what you want to say. Consider some questions you might be asked and how you want to respond.
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- Approach it calmly
- You might want to start the conversation when you're doing an activity together, such as driving or preparing a meal. Keep things casual and relaxed. You might want to use something you saw in a TV show or on the news as a chance to bring up the issue.
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- Don't make assumptions
- If you think they may have tried vaping, avoid making accusations. Going through someone's space looking for evidence isn't recommended, because it can undermine trust.
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- Avoid judging or lecturing
- Listen to their point of view and keep it a two-way conversation. Being mindful to keep your body language and tone respectful can go a long way. If they have tried vaping, try asking questions like: "what made you want to try?" and "how did it make you feel?"
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- Don't exaggerate
- Make sure you are honest with them about potential harms and avoid exaggerated statements.
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- Focus on health and explain your concerns
- Focus on how you care about them and want them to be healthy. For example, if they are vaping nicotine you can say that you are concerned about the evidence that this can affect adolescent brain development.
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Marg McKay
Wellbeing Leader



Year 7 Adventure Camp



Key Dates

NB: Dates may be subject to change

March	
22nd - 24th March	Year 7 Camp
Thurs 25th	O & M Senior/Intermediate Sports Day
Friday 26th	Sandhurst Switches Off
Monday 29th	Full School Assembly
Tues 30th	O & M Junior Sports Day
Wed 31st	Return Easter raffle tickets, sold or unsold
April	
Thurs 1st	Last day of Term 1. Students will be dismissed at 2.15pm
Friday 2nd	Good Friday
5th - 7th	Deb prac in MBP
Mon 19th	Term 2 begins
Fri 23rd	ANZAC Day Assembly
Fri 30th	Athletics Carnival
May	
Tues 4th	O & M Senior/Inter AFL
Wed 5th - 7th	Justice Matters Camp
Thur 6th	Cross Country
11th - 13th 11th - 14th	NAPLAN Testing Yr 11 CBD Camp to Melbourne
20th	Parent Teacher interviews.