

Semper Fidelis

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Sacred Heart College Yarrawonga Vic 3730

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Prayer of Hope by Pope Francis

When the storm has passed and the roads are tamed
and we are the survivors of a collective shipwreck.

With tearful heart and our destiny blessed
we will feel joy simply for being alive.

And we will give a hug to the first stranger
and praise our good luck that we kept a friend.

And then we we'll remember all that we lost
and finally learn everything we never learned
and we'll envy no one for all of us have suffered
and we'll not be idle but more compassionate.

We'll value more what belongs to all than what is earned.

We'll be more generous and much more committed.

We'll understand how fragile it is to be alive.

We'll sweat empathy for those still with us and those who are gone.

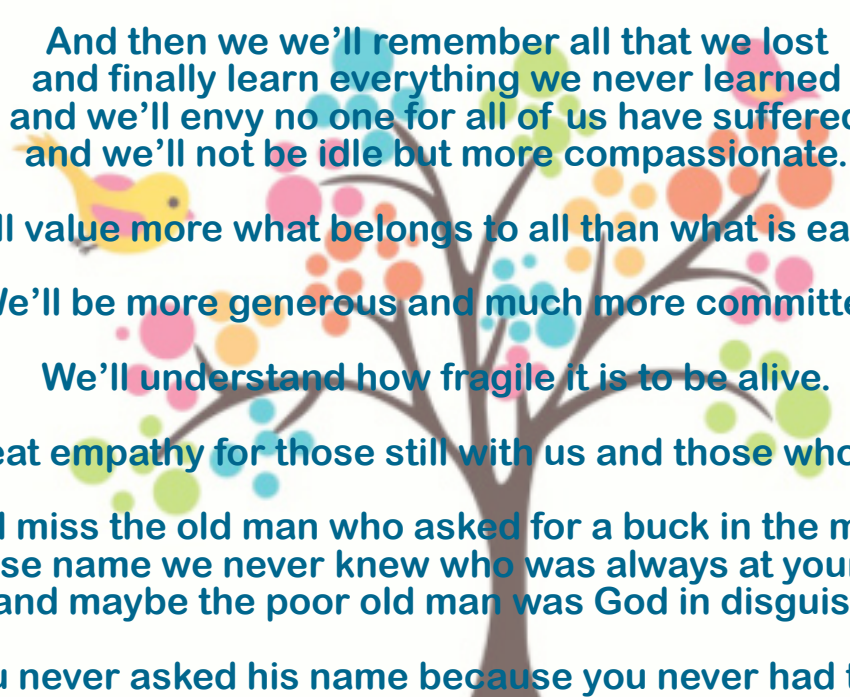
We'll miss the old man who asked for a buck in the market
whose name we never knew who was always at your side
and maybe the poor old man was God in disguise.

But you never asked his name because you never had the time.

And all will become a miracle.

And all will become a legacy
and we'll respect the life, the life we have gained.

When the storm passes I ask you Lord, in shame
that you return us better, as you once dreamed us.



From the Principal Lew Nagle

Welcome Back

It was fantastic to welcome back students this week albeit in a staggered fashion. Year 7 and 8 students were welcomed back with a cooked breakfast on Monday and Tuesday. This was a great start to return to onsite learning and there was much laughter and socializing. Many thanks to Mr Bonat for organising the breakfast for our students and for all the staff who pitched in to help.

We very much look forward to Tuesday, October 26 when all students can resume onsite.

The clear message from Learning Advisors is to make the most of Term 4 and face to face learning. Be prepared for class with all learning resources as well as wear masks and follow the guidelines to keep us all safe and at school. Homework Club will commence from October 12 and I strongly encourage our junior and middle school students to take up this opportunity especially if they need some additional support.



Senior School

Our Year 12 students have been very busy completing trial exams, final assessments and revision as they approach the last week of classes at the College. They are a remarkable group of young people who have certainly confronted the brunt of the pandemic during their final two years of schooling. They have remained positive and have consistently supported each other throughout this time. As our Year 12 students approach the final week of their secondary education, I am confident that I speak on behalf of all staff when I say how proud we are of all of them and we wish them all the best for the final examination period and their future beyond Sacred Heart College. I would like to thank our families whose association with the College will end with the Graduation of our Year 12 students. For some families this will be the end of a long association with the Sacred Heart schools of Yarrawonga. We thank you for the trust you have placed in the College over the years and wish you all the best.

Student Free days

Families are reminded that the College will be holding student free days on Monday November 1, (Staff professional practice) and Monday November 22 (Correction Day).

New Building

Work has continued on the new library and administration with much of the exterior façade completed. Plastering has commenced internally and the raised walk way is nearing completion.



Vital COVIDSafe Steps

The College will continue to maintain a high standard of cleaning, particularly touch points in high traffic areas. To help keep SHCY COVIDSafe we ask our students, staff and families to adhere to the following:

1. *Masks remain mandatory for secondary school students and all adults. Wear a face mask indoors and outdoors – fully cover your nose and mouth.*
2. *Stay at home and get tested if you have symptoms of coronavirus (COVID-19), however mild.*
3. *Practice good hygiene – wash your hands and cough and sneeze into a tissue or your elbow.*
4. *Keep your distance – stay 1.5 metres away from people where you can.*



Hats

A reminder to all students that hats are required during Term 4. The hats are to be the College navy broad brim hat and it would be greatly appreciated if each student labels their hat on the inside with their name. Hats can be purchased from either Administration Office for \$12.



Fees

A reminder that 2021 College fees are due in full and will need to be finalised by the end of November. Contact the Finance Department if you require further information on: 03 57 421 300



Acknowledgement

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 ChildSafe 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.



ST. KENNEDY SCHOOL

KEY DATES

NB: Key Dates may be subject to change

Monday 18th Oct	Year 7 Round 2 Immunisation
Wednesday 20th Oct	Last day for Year 12
Wednesday 27th Oct	VCE exams begin
Monday 1st November	Student free day
Tuesday 2nd November	Melbourne Cup public holiday
Thursday 11th November	Remembrance Day
Monday 15th - Friday 19th Nov	Year 10 exams
Thursday 18th Nov	Year 12 Graduation Dinner
Monday 22nd Nov	Correction Day, student free
Monday 23rd Nov	Headstart
Wednesday 8th December	Last day for all students

Fast Facts

Hay Fever (Allergic Rhinitis)

- 1** Allergic rhinitis (commonly known as hay fever) affects around 18% of people in Australia and New Zealand. Despite its common name, it is not caused by hay and does not result in fever. Allergic rhinitis is caused by the nose and/or eyes coming into contact with allergens in the environment, such as pollens (grasses, weeds or trees), dust mites, moulds and animal dander.
- 2** Symptoms of allergic rhinitis include a runny/itchy or congested nose, sneezing and itchy/watery eyes. Whilst some of these symptoms may be similar to those caused by infections (such as colds and flu), allergy symptoms tend to persist unless treated.
- 3** Allergic rhinitis symptoms range from mild/moderate to severe, which affect day to day function. Symptoms may occur in spring/summer (usually due to pollen), or all year round (usually due to dust mites, moulds or animal dander). Complications of untreated allergic rhinitis include sleep disturbance, daytime tiredness, headaches, poor concentration, and recurrent ear or sinus infections. It can also make asthma more difficult to control.
- 4** Your pharmacist and/or doctor can recommend treatments for allergic rhinitis. These include non-sedating antihistamines (tablets, syrups, nasal sprays, eye drops), intranasal corticosteroid (INCS) sprays, sprays containing a combination of INCS and antihistamine, salt water nasal sprays and rinses.
- 5** For severe allergic rhinitis a referral to a clinical immunology/allergy specialist may be required for further assessment, including allergy testing. If it is possible to confirm the allergen/s causing allergic rhinitis, then minimising exposure to the allergen/s may reduce symptoms.
- 6** Allergen immunotherapy (also known as desensitisation) reduces the severity of symptoms and/or the need for regular medications. It involves taking regular, gradually increasing amounts of allergen extracts by injections or sublingual (under the tongue) tablets, sprays or drops. This is a long term treatment (three to five years) which should only be initiated after allergy testing, usually by a clinical immunology/allergy specialist.

More information: www.allergy.org.au/allergic-rhinitis

Other Fast Facts: www.allergy.org.au/patients/fast-facts

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ASCIA Fast Facts have been developed from ASCIA information,
based on published literature and expert review
www.allergy.org.au/patients/fast-facts

School Travel for 2022



2022 school travel applications are now open

Students who need a School Opal card or travel pass for 2022 can [apply](#) now. A new application will need to be submitted if they are applying for a school travel pass for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who change address, school, campus location, or who have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [renew or update](#) their details before **the end of term 4**. This will ensure that schools can endorse applications and current entitlements are updated and remain valid. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2022.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

School Student Transport Scheme site change

On 1 October 2021 the School Student Transport Scheme (SSTS) information and application portal was moved to **transportnsw.info**. This will assist families to find all their travel information in the one place.

Travel from Term 1 2022

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for the School Student Transport Scheme (SSTS) open at the start of Term 4 2021 for travel in 2022, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a difficult period for local bus operators, and students travelling without a valid ticket make service planning and operations increasingly difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel on a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Please also remember that students using Opal cards must tap on and tap off in line with the [Student code of conduct](#) and [Opal terms of use](#).



Further information can be found at transportnsw.info/travel-info/using-public-transport/school-travel

Enquiries can be submitted at transportnsw.info/contact-us/feedback/passes-concessions-feedback