

SACRED HEART COLLEGE YARRAWONGA

SEMPER FIDELIS ISSUE 3 2022

On the cover...
Year 10 Hums class
at the Melbourne
Holocaust Museum.

PRAYER

God of renewal and growth, of all
peoples and nations,
You accompany us on our Lenten
journey.

Help us to remember that this
season of reflection and
preparation invites us into loving
and friendly relationships.

Support us to work together to
bring about hope and change and
justice through our actions so that
we can make a real difference in
our world – for all current and
future generations.

May we learn to walk your way of
justice and compassion with all
people, guided by the Mercy values
of Courage and Care for our
Common Home.

Amen

A MESSAGE FROM THE PRINCIPAL



Lent

We gathered as a community on Ash Wednesday to mark the first day of the Lenten season. The liturgy led by our student leaders emphasised the significance of Lent with the opening paragraphs of the liturgy "In Lent we try to let go of the things in our lives that are not life-giving and we try to turn our lives more and more towards Jesus. We also begin Caritas. We look beyond our own lives, and even Australia, to give hope to people in communities who face bigger struggles than ours. This year, we focus on being in solidarity with people of need for all future generations.

We make this journey in our own lives, but we also make this journey together and that is why we came together for this liturgy, to pray together, to support one another; to challenge each other to be the best people we can be."

The Liturgy was also a time to reflect on the hardships that people are continuing to experience in northern New South Wales and south eastern Queensland. Our community also reflected and prayed for the people of the Ukraine and the humanitarian disaster that is presently unfolding there.

ALWAYS BE RESPONSIBLE. ALWAYS BE RESPECTFUL. ALWAYS BE YOUR BEST.

College Life

In recent times, the College has held the House Swimming Sports, Year 7 Camp and the Year 12 Retreat. It is great to have these important events being held successfully after such a long period without them. On behalf of our community, I would like to thank staff for their organisation and supervision of these events which have been very successful. We are very much looking forward to further camps and major events.

Real Education

The College is very pleased to announce that Real Education will be visiting Sacred Heart on the last day of Term 1 to conduct the highly engaging Backflips Against Bullying program. The team uses a range of gymnastics and parkour moves to engage the students and deliver important messages about resilience, building social inclusion and strategies to handle challenging situations. The program is aimed at upper primary and lower secondary aged students. Sacred Heart will be hosting Grade 6 students from Sacred Heart Primary and Saint Mary's Primary School on this day.

Year 10 Careers

Next Tuesday our Year 10 students will be undertaking the Morrisby testing. This is an on-line series of tests and questionnaires taking two hours to complete. The objective of the profiling is to identify natural abilities (which may or may not be obvious from school performance) plus career interests and personality. This information will support the broader subject and career guidance offered at Sacred Heart College. Morrisby Online was successfully used with our Year 10 students last year, and the data has proven to be very relevant and useful when making important decisions regarding their pathway beyond life at Sacred Heart College.

Lew Nagle

UPCOMING DATES

11th March

College photos

14th March

Public Holiday

15th March

Hume Swimming

Morrisby Test for Year 10

23rd March

Yr 10 Road Safety

25th March

Sandhurst Switches Off

28th March

Immunisation Year 7 and 10

4th, 5th and 6th April

PSG meetings

5th April

O & M Junior Sports Day

6th April

VCAL Outdoor Ed

REMINDERS

Absences / Late arrivals

Please contact the College office for all absences, or for late arrivals/early departures. It is a legal requirement that all absences are explained and recorded.

PAM Portal

Families are reminded to log in to PAM accounts on a regular basis. All general information and daily notices including excursion permissions are accessible on this portal.

If you have difficulties logging into your account, please contact administration.

Drop off / Pick up points

Bus students - Murphy St only.

Walkers & car pickup/drop off - Coghill St only.

Ph: 03 5742 1300

E: info@shcy.vic.edu.au

Follow us on:



HOLOCAUST MUSEUM

Last Friday the 4th of March, Year 10 students boarded the bus at 6am and travelled to Melbourne to experience the Holocaust Museum and the St Kilda Shule Jewish Synagogue.

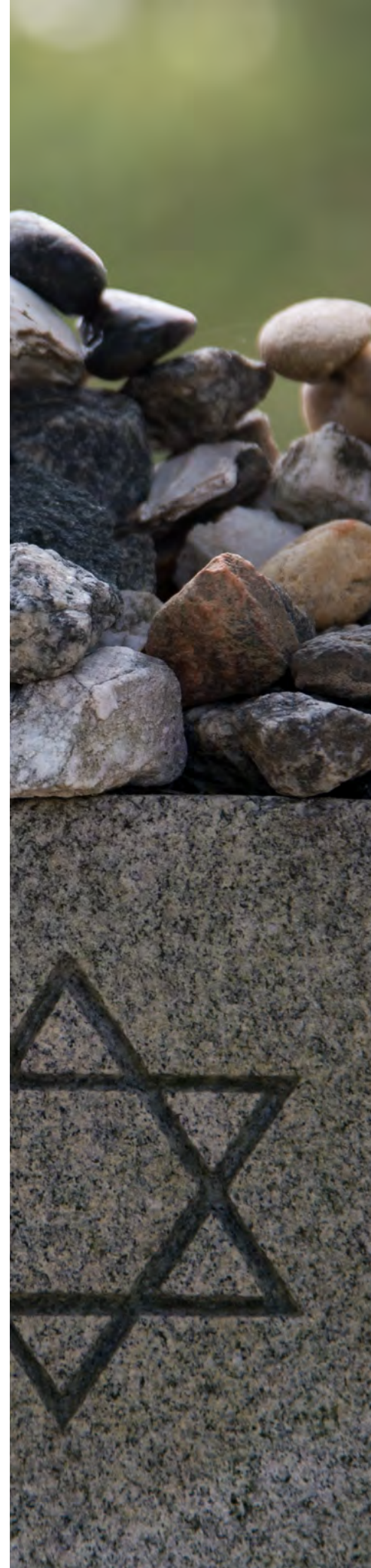
We arrived at the Synagogue and were given the opportunity to speak with a Rabbi about the Jewish religion and the significance of their sacred place. He explained the many important artefacts inside the Synagogue, including their Torah scrolls which are worth up to \$45,000. Another interesting thing he noted was that the Jewish religion has 613 commandments, whilst the Catholic religion only has 10! Some of the Jewish commandments are very specific, including garments they have to wear and even who is actually allowed to make them. Although, he noted that very few Jews follow the whole 613.

Luckily for us, Daniella, a local member of Zionism Victoria Connecting Cultures, supplied lunch for the Year 10 students and teachers at Caulfield Park. We were provided with falafel in pita bread, which everyone agreed was delicious.

Making our way to the Holocaust Museum, we had the opportunity to meet and talk to a holocaust survivor, Gilla, via a zoom conference. She was born and raised with her foster family in Holland and endured the Holocaust at the young age of 16 months. She was hidden and kept in secret during her childhood before moving to Australia at around the age of 12. Gilla managed to stay in touch with some of her foster siblings. To this day, they email and send gifts to one another.

On our way home, we stopped at Wallan for dinner where most of the students ate too much. In closing, all of the Year 10 students learned a bit more about the Jewish religion and the experiences of the Jewish people during Hitler's reign.

Jess Mansfield



STEM

What's happening in Senior Science?

The students studying VCE sciences such as Biology and Chemistry have had a very busy first half of Term 1.

With a new study design released this year for Biology, the Unit 3 class have been exploring biotechnology techniques used to manipulate DNA, including the Nobel Prize winning concept of CRISPR-Cas 9. These techniques are commonly used in forensics and disease detection. They have been experimenting with the gel electrophoresis equipment, which is used to separate strands of DNA.

In Chemistry the Year 11 students have spent time in the laboratory investigating the different bond types within materials. They have been growing metal crystals using a chemical reaction, heat treating metals to observe the effect on hardness and brittleness and testing the properties of ionic substances.

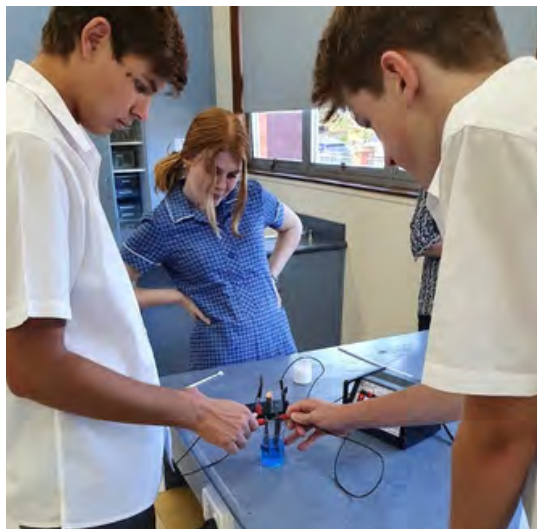
Images from left to right:

Gel electrophoresis.

Investigating electrical conductivity of ionic substance as solids and as liquids.

Growing metal crystals & using digital microscopes to video and take photos of the results.

Andrea van Maanen



CATHOLIC IDENTITY

Shrove Tuesday – Pancake Breakfast and Caritas Kickstart

Caritas fundraising at SHCY began early on Tuesday, 1 March, outside the Engineering block, with pancakes flipped for the cause. Senior students and leaders donned Caritas aprons and caps and poured well-rounded pancakes on the BBQ which appealed to hungry students as they entered. Staff commandeered electric fry pans and kept the flow of distribution consistent.

Ample supplies of maple syrup, lemon juice and sugar streamed. This morning activity was a great reminder that fundraising can be fun and also benefit us in a variety of ways in companionship, and in this case, satisfying an empty stomach! A special thank you to all volunteers, staff and students involved in preparing for the event and participating on the day.



Sandhurst Diocese Ethical Leadership Day

On Thursday, 3 March, Grace Sephens, Belinna Walshe, Dominic McInnes and Jess Mansfield headed off to the Woodshed in Kialla for an Ethical Leadership Day hosted by Sandhurst Catholic Education. We gathered with other student leaders from schools around the Sandhurst Catholic Diocese to learn the importance of an ethical and servant leadership – emulating Jesus' example. We were all first welcomed with an Aboriginal Smoking Ceremony, set in the beautiful natural surrounds of the Kialla Woolshed. This was very new to us and really emphasised what different ways people have to welcome others and reminded us of our connections to many and ancient cultures and creation. We were guided by three different speakers Kate Wilde, Paul Desmond and Maria Ford who talked about what makes a good leader and why. We also did some interactive activities which challenged our communication skills as well as opened us more to our understanding of other people's situations and personalities. We certainly took a lot from the gathering and overall had a great and fun day, specifically the quote that Maria Ford shared with us all.

Ash Wednesday Liturgy

On Ash Wednesday, we came together as a school community in the MPB for the first time this year in an experience of our Faith. Senior leaders led the Liturgy and Principal, Lew Nagle, and staff, Michael Falkiner, Noel Skehan and Michael Ross, distributed the ashes. The blessed ashes are a symbol of putting an end to one stage of life and of beginning something new: new growth. We are nourished by the good news of Jesus' resurrection. This year we will work together in solidarity to make a difference; to create a lasting change for all future generations. We become agents of Catholic social teaching, bringing generosity and compassion into action. Generous support of Caritas during this season helps make lasting improvements for less fortunate people around the world. This is the inspiration for the 2022 theme. For more information about the good works of Caritas and Project Compassion, both locally and internationally, as well as the "For Future Generations" theme, go to:

<https://www.caritas.org.au/>

GREAT NEW READS IN THE LIBRARY #2

Great Furphies of Australian History: What You Really Need To Know - The Truth Behind The Myths

by Jim Haynes 2021

Jim Haynes exposes some of the great myths of Australian history. Did you know that Portuguese and Spanish explorers probably found the East Coast of Australia before Captain Cook, and that the Rum Rebellion was not caused by rum? And what about Banjo Paterson writing 'Waltzing Matilda'? Also the Ghan is not named after Afghan cameleers?

I Must Betray You

by Ruta Sepetys 2022

At 17, Christian dreams of freedom, but he has lived his entire life in the grip of a repressive, violent regime. When the secret police blackmail him he has an impossible choice to make. Based on the actual events that occurred during the Revolution in Romania. A revolution about liberation from Communism.

The Science Of Hope: Eye To Eye With Our World's Wildlife

by Dr Wiebke Finkler 2021

From polar bears to mountain gorillas, penguins to sea otters, these animals that have become mascots for conservation campaigns. Stunning photos of elephants, sharks, penguins and more!

Harriet Tubman: Toward Freedom

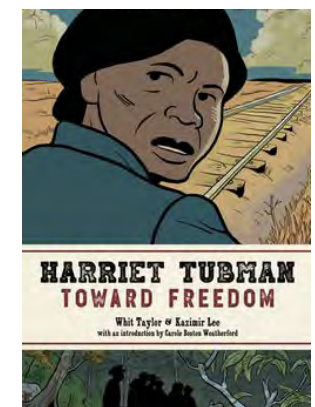
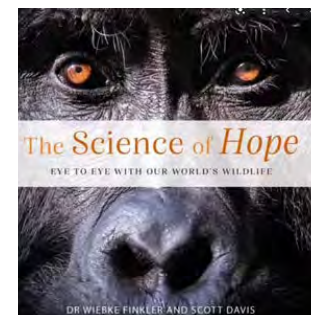
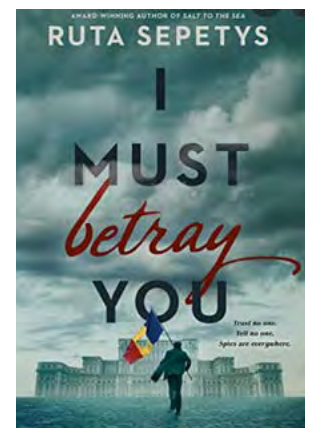
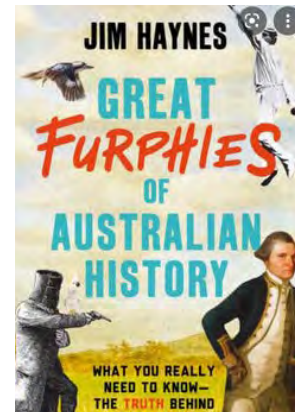
by Whit Taylor 2021

A graphic novel telling the true story of Harriet Tubman's escape from slavery and her efforts with other abolitionists to rescue dozens of those still enslaved.

Visit the Library to borrow any of these books.

Discover more in the Library catalogue

<https://library.shcy.vic.edu.au/#!/dashboard>





Alani and Grace, Oscar and Penny supporting the
Shrove Tuesday Pancake Breakfast



Year 10 student, Natalia-Drew Cole, has qualified for Para Kayaking events with the
Victorian State Para Kayaking team.

ND will compete in April in the 200m and 500m National Sprint Championships in Sydney as
the KL3 state para representative. Closer to home, she will be competing on the 20th March
at Nagambie in the Victorian school competition.

Good luck ND!

ALWAYS BE RESPONSIBLE. ALWAYS BE RESPECTFUL. ALWAYS BE YOUR BEST.



ALWAYS BE RESPONSIBLE. ALWAYS BE RESPECTFUL. ALWAYS BE YOUR BEST.

Day 1: Monday

During the early morning, as the red sun pierced through the dark cloudy sky, each one of us threw our baggage under the bus and, banged our heavy backpacks up onto the bus with us and put them under our feet out of sight. Hours went by, without any entertainment to accompany us. Soon everyone was getting frantic to get off the bus, but soon the sweet greasy smell of fried chips was inhaled into our noses at our first stop. Everyone wanted to stop and stretch their legs, but the teachers were tough on us. One quick toilet break then back on the bus for another long and torturous session on the big grey box that would contain us for the next five hours. The rough terrain of the outback was slowly being replaced with small towns as we went along the long drive until we finally went past Melbourne, the biggest city in Victoria. Soon it turned back into the country and soon we passed over the bridge to Phillip island and we arrived at our destination. After a quick introduction to all the teachers and the staff at the Adventure Resort we were sorted into our cabins and activity groups. We put our bags away in our cabins and headed off to our first activity.

After we settled into camp, we were off, crate climbing, high ropes and raft building. First we did crate climbing. We listened to the camp instructors explain how to put on a harness and some of the safety rules and how everything would work. We used a harness for almost everything we did. The harness was very time consuming to get on and super tight. When the instructors clipped us onto the rope we were ready to start. Next we did the high ropes. We also had to use a harness for that as it was pretty high off the ground. There were two different sides: one side was the strength side and the other was the balance, and we had a lot of fun with the activities.

Free time was heaps of fun because we had a lot of things to do, such as play ping pong, footy and other games. Free time went for about 45 minutes, which felt a lot faster because we were having so much fun!

At dinner, we glanced around and saw dining tables set with cups and cutlery by the duty team. The appetising smell of pasta bake filled our nostrils with delicious aromas. Once we had said grace, we got to fill our empty bellies with mouth watering food. When we finished eating we had to put our dirty dishes into the right containers.

After dinner we got our pyjamas on, and brought our pillows and sleeping bags to watch the movie, 'Surf's Up' which was because we were at the beach. At one stage we saw a cute little creature scuttle past the window quickly. We watched as it walked into the fog and darkness. Later we had some delicious popcorn to pass the time, then went to bed.



Day 2: Tuesday

As the moon was in the distance of the rolling hills, we heard a loud knock at the door. The morning birds were chirping, overpowering the teachers waking us up. We were as slow as sloths getting out of bed, but were excited for breakfast to fill our rumbling tummies.

We walked in the dining room which was engulfed with the smell of toast. There were multiple topping choices: vegemite, honey, jam and butter. But we also had another variety of cereals to energise and fuel our bodies for the big day ahead of us.

Before we knew it, we were walking down the wooden stairs in pairs carrying two surfboards under our arms, keen to get into the waves. The sand was as hot as coals under our feet as we went for a dip in the salty ocean. The surf coaches taught us the ropes of basic surfing and not long after we were hitting the waves. The waves were powerfully rolling into the shore and we were riding them like professionals in no time! Riding the waves was the greatest feeling as you felt like you were on top of the world. Shortly after we were headed to our next activity for the day, which was the giant swing, 'giant' was not an exaggeration. We were in our tight harnesses and our instructor connected us up to the swing. Once we were strapped in, we were left floating until our classmates started hauling us up to the top, which was 16 metres high. The black cord sat hauntingly in front of us which we all reluctantly pulled to release ourselves from the secure rope. Once we dropped we were propelled back into the sky, before soaring back up like we were a bird. We kept swinging for another minute until our bodies fell still while hanging above the ground. We would then be pulled back down and released from the harness, and it would then be our turn to give our classmates encouragement and help them repeat the process.

The morning we went canoeing was a little fresh, but was a truck-load of fun. We arrived at the dock where all the banana yellow canoes were lined up and waiting patiently for us. It was extreme fun and everyone was having a good time and enjoying themselves, splashing water at each other and even flipping each other out of the canoe, causing them to capsize. The lake was in the shape of Australia. There was a fountain in the lake near the 'Western Australia' side, we went under the fountain and were drenched with water, our helmets dropped over our faces with the impact of the water and our life jackets filled up with the muggy water. The red buoy placed in the centre of the lake was named after Uluru. We played the country games on our canoes. It was where each group is a country, and we all had heaps of fun with it. For lunch, we indulged in mouth watering meat patties inside a fresh bread roll, with options to have tomatoes, lettuce, sliced cheese, tomato or BBQ sauce. What a tasty lunch to have right after your morning surf! The beef patties were beaming with many flavours left right and centre. We entered on empty stomachs and we left feeling full as a bull.

The twin flying fox felt like you were going 45 kms per hour, flying through the air, when you looked down it felt like you were millions of metres above the ground. It was a leap of faith when you jumped off of the platform but as soon as you left off the nervousness disappeared. When you were in the air you felt like you were as free as a bird, the sound of the zipline was so loud it was deafening.

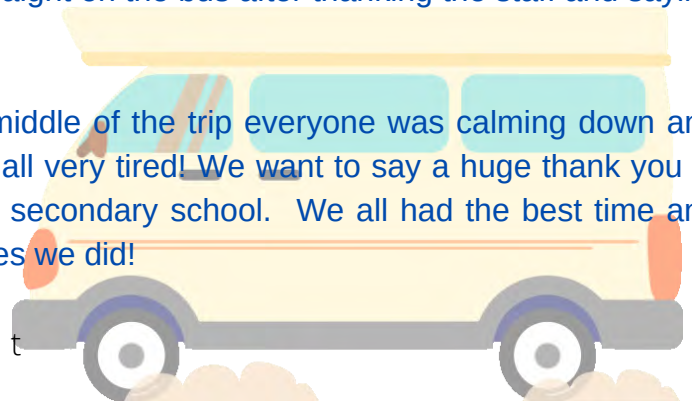
On our last night we went to A Maze'n Things. Each turn we made in the maze we felt like we were going in a circle again and again, but once we found one of the four flags we sensed that we were champions. In the mirror maze, we walked around cautiously bumping into all of the mirrors. One of the most exciting things was the gift shop, lots of fun toys to buy, even though it was 9:40 when we all were walking back. It was still the best camp we went on, the more we did the funner it got!

Day 3: Wednesday

At 5:30am the alarm went, the teachers strolled through to wake us up for the extra surfing lesson! We had to clean up and pack our bags by 6:00am and be in our bathers ready to surf! We hopped onto the bus with Mr Adkins and Ms Sinclair for surfing. We rumbled away to the surf shop and got our wetsuits 'steamers'. They were tight and hard to put on... especially when dry! We were put in order from shortest to tallest and carried two of the heaviest surf boards in the world. As we carried our surfboards we had reached the doomed stairs... all up, there were about a million stairs, the mesh underneath the stairs really hurt our feet as we were carrying about 60kg with our surfboards. The sand was like quicksand, we sank as soon as we set foot on it. We went over some revision from the day before. As soon as we revised what we had to do, we raced out there to catch some massive waves. We got smashed by a big set of waves that came in, all of a sudden the tide came in as we were surfing. We went to some high ground to watch what was happening, then we went for what they called a 'rip paddle' as we paddled out there, there was a big set coming! We got ready and lined up waiting for the waves to catch onto the shore. Another hour passed and our lesson was finished, Abbi said thankyou and we strolled off. In a flash we had changed into our clothes and we were on the long haul home.

By 6:15 Wednesday morning most of the cabins were buzzing. All the surfers had already left and we were all getting ready for the big day ahead. First on the agenda was packing up our rooms and getting ready to leave. By 8:00 everyone had packed up their bags and were heading over to the dining hall for breakfast. Breakfast consisted of toast with spaghetti or your choice of jam, vegemite or honey however you could also have cereal. After breakfast it was time to load all of our bags on the bus and head over to our last activity for the camp; crate climbing. Crate climbing was held in the auditorium. We quickly put on our harnesses, shin pads and helmets and got sorted into groups containing 4-6 people. In no time at all the first person was climbing up the crates like a monkey climbing up a tree. The most important role in crate climbing was the belayers also known as B1 and B2, their job was to make sure that when the climber falls the rope attached to their harness is pulled tightly to ensure their safety. The other job for the people in the groups that were not climbing on crates, was handing the climbers crates. Once the crate climbing was finished we waited for the surfers to be ready and hopped straight on the bus after thanking the staff and saying goodbye to the camp.

The bus trip was a loud start and towards the middle of the trip everyone was calming down and falling asleep, so it started to go quiet, we were all very tired! We want to say a huge thank you to the staff that came with us for our first camp of secondary school. We all had the best time and were completely worn out from all the fun activities we did!



Swimming Sports

A huge thank you to all who participated in last week's school swimming carnival. Congratulations to Emily Buerkner, Jack Bourke, Sophie Coghill, Archie Skehan, Anna Zanin, Darcy Cox, Torah Duffy, Harry Hogan, Paige Duffy, Dom McInnes, Stephanie Munro and Harry Nagle on their Age Champion awards for their respective year levels. Red house managed to surpass Gold to win their second consecutive swimming carnival house trophy, with luckless Blue finishing in third, making it nine straight carnivals without a win.

However, there was no rest for the weary as the best of the best made the trip to the O&M Swimming Carnival a few days later, with a handful of students making it through to the Hume Swimming Carnival on the 15th of March.

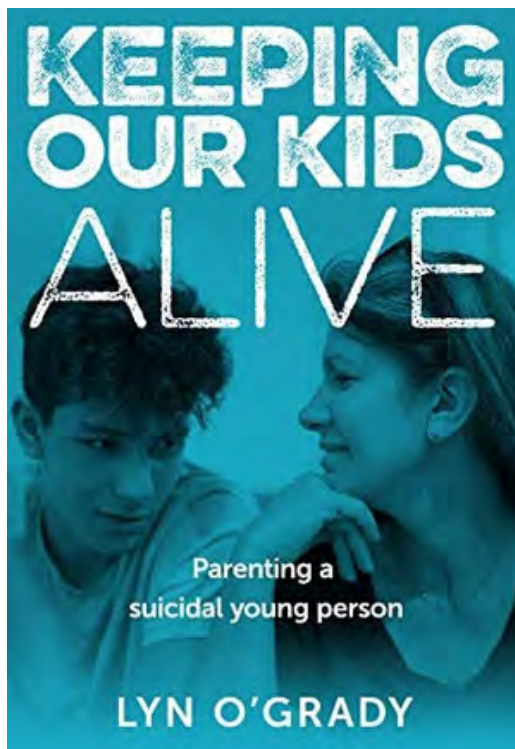
The Year 7s enjoyed their first school camp of high school, with a 3 day trip to Phillip Island. Students participated in numerous activities focused on team building and participation, also making it down to the beach for some surf lessons.

Just a reminder to students to be respectful of the sporting equipment provided by the school.

Although the school year has just started, multiple pieces of equipment have been found out on the yards after recess and lunch. Sporting equipment needs to be put back when finished with.



ALWAYS BE RESPONSIBLE. ALWAYS BE RESPECTFUL. ALWAYS BE YOUR BEST.



CALLING ALL PARENTS!

Suicide can be a confronting topic, and a difficult journey to navigate (both for young people & parents).

“KEEPING OUR KIDS ALIVE: Parenting a suicidal young person” is a book which provides guidance to parents with a suicidal young person.

It can help parents understand ways to connect and communicate with teenagers when dealing with the topic of suicide, as well as gain and understanding of support and service options.

Wellbeing has 1 copy of this book, which is now available to loan to parents (4 week loan).

If you would like to loan this book, please get in touch with Casey (NESAY School Counsellor).

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.

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.

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.

WELLBEING LINKS

E: wellbeing@shcy.vic.edu.au

Ph: 5742 1300

[Headspace:](#)

[headspace.org.au /](https://headspace.org.au/)

[eheadspace.org.au / 1800 650 890](https://eheadspace.org.au/)

[Beyond Blue:](#)

[beyondblue.org.au / 1300 22 4636](https://beyondblue.org.au/)

[Kids Help Line:](#)

[kidshelp.com.au / 1800 55 1800](https://kidshelp.com.au/)

[GriefLine Community & Family Services:](#)

griefline.org.au

[Lifeline:](#)

lifeline.org.au

ALWAYS BE RESPONSIBLE. ALWAYS BE RESPECTFUL. ALWAYS BE YOUR BEST.

COMMUNITY EVENTS/INFORMATION

Sacred Heart College proudly support community events. If you have any events you would like to share, please email flyer/information to info@shcy.vic.edu.au



WHEN

Monday, 11 April 2022 / Tuesday, 12 April 2022
7:00pm / 7:00pm

WHERE

Riverlinks Eastbank - 70 Welsford Street, Shepparton

COST

All \$35.00

CONTACT

Riverlinks Box Office: 03 5832 9511

TO PURCHASE TICKETS:

<https://riverlinksvenues.online.red61.com.au/event/829:1791/>

CLICK



ALWAYS BE RESPONSIBLE. ALWAYS BE RESPECTFUL. ALWAYS BE YOUR BEST.

A photograph of a woman with blonde hair, smiling and looking up at a young girl. The girl is standing on a playground structure, possibly a tire swing, and is holding onto a rope. The woman is also holding onto the rope. The background is a green fence and some trees.

Become a foster carer

A little of your time can change an entire life

Attend an info session

Tue 15 March 6.00pm: Online via ZOOM

RSVP: email hume fostercare@berrystreet.org.au
to register attendance by 12pm on 15th March

We need more foster carers in our community.

If you are over 21, have a spare bedroom and can provide a safe, nurturing home environment - we would love to hear from you.

As a foster carer, you could make a huge difference to a child or young person in need.

For more information please call
03 5822 8100 or visit berrystreet.org.au

**BERRY
STREET**

ALWAYS BE RESPONSIBLE. ALWAYS BE RESPECTFUL. ALWAYS BE YOUR BEST.



COBRAM MYTIME



MyTime groups are for parents and carers of a child with a disability, developmental delay or chronic medical condition.

A **FREE** service where you can socialise and share ideas with others who understand caring for a child with additional needs.

It's your time to catch up with other parents/carers in a relaxed setting. Play helpers are there to keep your children busy and active. Siblings under 6 are welcome.

What will you get out of my time?

Assistance

Community

**Shared
Experiences**

Friendship

Connections

Come along and see for yourself the benefit of being part of a group like this! Light lunch provided

Every second Monday from 12.00pm – 3.30pm

TERM DATES

LOCATION

**Cobram
Community
House
43 Punt Road
Cobram**

**7th February
21st February
7th March
21st March
4th April**

CONTACT

**TRISH
Group Facilitator
0400 090 762
mytime@
inspiredcarers.org.au
Or
Madison
Madisonk@
dsav.asn.au**

ALWAYS BE RESPONSIBLE. ALWAYS BE RESPECTFUL. ALWAYS BE YOUR BEST.