



SACRED HEART COLLEGE YARRAWONGA

SEMPER FIDELIS ISSUE 4 2022

Help us, Oh God, to be ever mindful of the beauties around us. May we grow with our flowers in gentleness, patience, courage, laughter and religion. As we turn the brown soil and plant our seed, may we learn faith ... faith in the goodness of the earth, the clemency of the sun, the fullness of the clouds.



On the cover...

Rhys and Archie have been very busy in the College sustainable garden and recently dug up these massive sweet potatoes.

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

FROM THE PRINCIPAL

Leadership Liturgy

It was great to gather as a whole school in the MPB today to induct our student leaders. As a community we acknowledged the central themes of the year including the Mercy Value of Courage, Mercy for our common home and the Sandhurst theme of "Tell the Good News."

I would like to thank the large number of students who applied for positions and the staff who conducted the interviews. A highlight of the liturgy was our Year 12 students who made the following pledge to the community:

We, the 2022 Year 12 students of Sacred Heart College, make this pledge to the school community.

Throughout this year we aim to:

- Encourage others to participate and give their best.*
- Have fun through being involved in the school activities and having a positive attitude.*
- Create an environment that is inclusive, accepting of all creation.*
- Work effectively and efficiently together as a team to achieve our goals and aspirations.*
- Stay resilient in the face of adversity.*

Lexie Nagle and Samantha Knight spoke to the assembly about the important work of Caritas encouraging everyone to support this worthy cause.

Buddy Benches

Member of the local Lions Club visited the College last week to deliver 2 "buddy benches". The benches are the latest project undertaken by Lions who have donated benches to the schools in the town. The inspiration behind the benches is to promote inclusion and kindness. The Lions Club built and painted two colourful benches with donations made by other organisations in the community. Students Kealy House and Nate Williams are pictured with Lions Club Secretary Debbie Van Corler, Lion Denis Griffiths and President Joan Tufvesson.



Backflips Against Bullying

The College is delighted to be hosting Action Education's program Backflips Against Bullying on Friday, 8th April, in the Multi-Purpose Building. This highly engaging program uses a combination of gymnastic and parkour moves to communicate strategies to prevent bullying and promote inclusion. The college is very grateful to Club Mulwala for their great support with this initiative.

BACKFLIPS

AGAINST BULLYING

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

FROM THE PRINCIPAL

Melanoma Awareness

On Wednesday, 33 Year 9 students were addressed by Mr Matt Kean to promote awareness about Melanoma. Matt is the Principal of Holy Spirit School, Lavington, and he is a Stage IV Melanoma fighter. Along with three close friends, he will be embarking on the inaugural Riverina Melanoma Ride. In order to raise awareness (and funds) for the National Cancer group in the Riverina Region of New South Wales. They will be completing a 1000 km bike ride. The ride will take them on a journey around the Riverina from the 31st of March to 7th of April 2022.

The aim of this ride is to continue to raise awareness of the disease that effects so many members of the Riverina community. The ride will be the culmination of a five week journey of visits to students at local schools, as well as sporting and community groups in the region, spreading the message that 'Prevention is Better Than A Cure'!

As an educator, Matt is acutely aware of the impact his story can have on the health and wellbeing of our students. Over the past three years, he has presented to many school groups, sharing his story in the hope our students don't require the same medical assistance in the years to come.

Lew Nagle



Eliza, Ben and Mikyah Absent: Elli Head



Heleena, Jetta and Victoria Absent: Chloe Rowe



Paige, Jess, Belinna & Dom



Jett, Brooke, Hayley, Amy, Ethan & Harry
Absent: Charlotte Flanagan



Ollie, Cooper, Alyssa, Claudia & Baxter
Absent: Lucas Towner



Alexia, Montanna, Zoe, Elli, Sam Abbie

2022 STUDENT LEADERS

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

2022 STUDENT LEADERS



Year 7	Faith and Justice	Alexia Nagle, Samantha Knight
Year 7	Class Captain	Elli Buerkner (7B) Montanna Morey (7A)
Year 7	SRC	Abbi McClarty (7B) Zoe Freestone (7A)
Year 8	Faith and Justice	Lucas Towner, Cooper Ridley, Baxter Donovan, Claudia Cruikshank
Year 8	Class Captain	Oliver Nagle (8B) Baxter Donovan (8A)
Year 8	SRC	Alyssa Milner (8B) Will Thomson (8A)
Year 9	Faith and Justice	Jetta Norrish, Darcy Cox, Chloe Rowe
Year 9	Class Captain	Jetta Norrish, Darcy Cox
Year 9	SRC	Heleena Shaw, Victoria Laffan
Year 10	Faith and Justice	Eliza Whiteley
Year 10	Class Captain	Ben Kennedy & Elli Head
Year 10	SRC	Mikyah Frauenfelder
Year 11	Faith and Justice	Paige Duffy
Year 11	Class Captain	Bellina Walshe & Dominic McInness
Year 11	SRC	Jessica Arnold
Year 12	Faith and Justice	Jessica Mansfield
Year 12	SRC President	Stephanie Munro
	Fatima House Captains	Jett Peters, Brooke Knight
	Loretto House Captains	Amy Barnes, Hayley Webster
	Mercy House Captains	Harry Nagle, Ethan Lay, Charlotte Flanagan
	College Captains	Ethan Lay, Mia McCully
	College Vice Captains	Harry Nagle, Hayley Webster

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

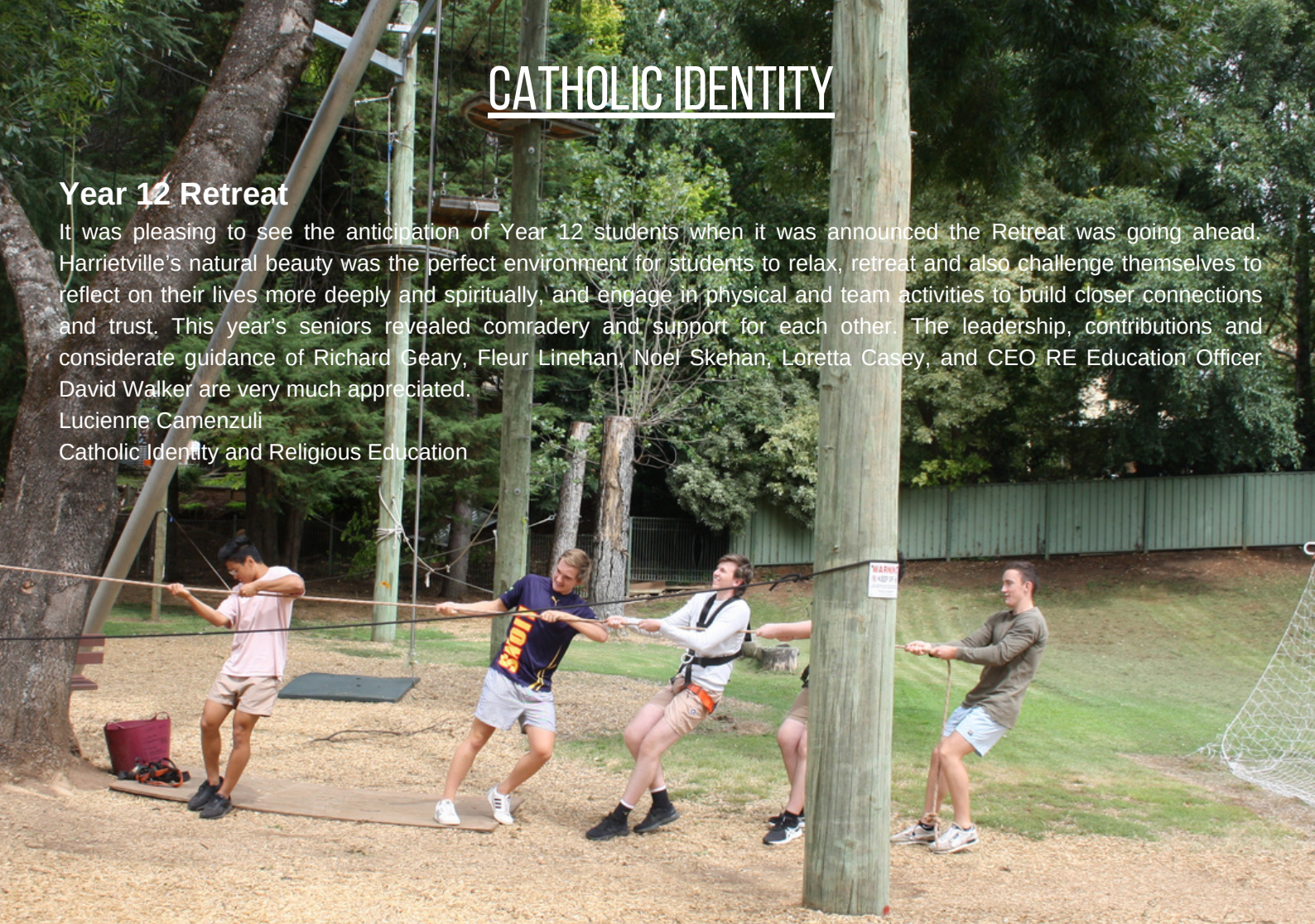
CATHOLIC IDENTITY

Year 12 Retreat

It was pleasing to see the anticipation of Year 12 students when it was announced the Retreat was going ahead. Harrietville's natural beauty was the perfect environment for students to relax, retreat and also challenge themselves to reflect on their lives more deeply and spiritually, and engage in physical and team activities to build closer connections and trust. This year's seniors revealed comradery and support for each other. The leadership, contributions and considerate guidance of Richard Geary, Fleur Linehan, Noel Skehan, Loretta Casey, and CEO RE Education Officer David Walker are very much appreciated.

Lucienne Camenzuli

Catholic Identity and Religious Education



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Caritas Project Compassion

The Annual Caritas Project Compassion appeal was launched on Shrove Tuesday and now LAs are challenged to come up with creative approaches to fundraise. Students and LAs have already begun procuring loose change through varied initiatives, including guessing the number of red frogs in a jar, donating \$5 per person, easter egg raffles and more.

At Monday's assembly, Jessica Mansfield, Faith and Justice Captain and Year 7 Faith and Justice Leaders Alexia Nagle and Samantha Knight reminded students of the significance of Caritas Project Compassion.

This year's Caritas theme is: 'A Better World For All Future Generations'. The theme comes from the Bible story of Noah's Ark. Specifically, when the flood waters subsided, a rainbow appeared in the sky and the dove returned with an olive branch indicating a new beginning. God said, 'This is the sign of the covenant that I make between me and you, and every living creature that is with you, for all future generations' (Genesis 9:12).

Caritas needs tens of millions every year!

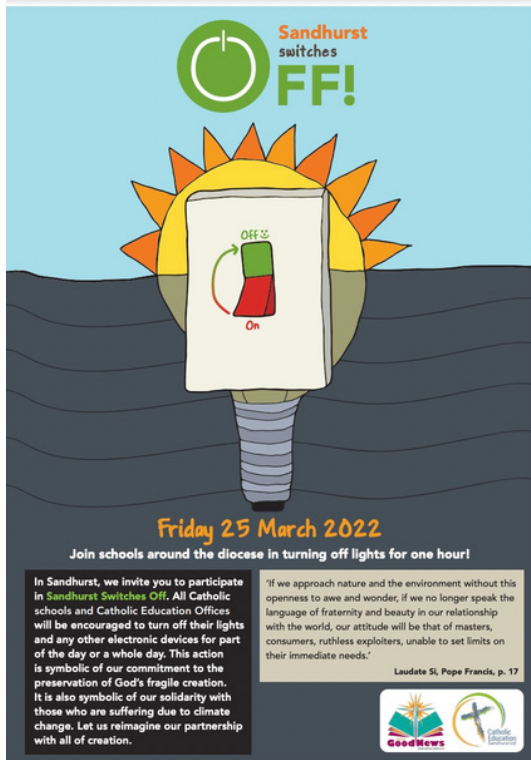
This might seem like a lot of money, but when you realise how far it goes:

- from sheltering and feeding refugees of war and providing humanitarian aid to Ukrainians, people from Afghanistan, Myanmar and more
- providing basic access to fresh water, food, education, housing and healthcare in places like Mozambique, India, and Australia

This organisation needs our constant support!

Sandhurst Switches Off

This Friday 25 March 2022 is the official Sandhurst Switches Off day. Any excess lighting or electronic devices are switched off for part of the day or the whole day which slows down the use of fossil fuels and energy. It is symbolic of our commitment to preserving God's fragile creation and is in solidarity with peoples across the world who are suffering due to climate change (CEO Sandhurst 2022) and acts in conjunction with Pope Francis' initiatives with 'Laudato Si' – Caring for our Common Home. All members of the school community are encouraged to look beyond this day to creating measures that demand less and less of our natural world for the good of current and future generations.



LA CARITAS FUNDRAISERS



Project Compassion

relies on

YOU!



Every LA is challenged to raise funds in creative ways to support Caritas!

What will your LA commit to doing?

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

SPORT

Kayaking Success

On the weekend Natalia-Drew Cole competed in the Para Kayaking School championships at Nagambie.

Drew had a great day and won 1st place in the Para Kayaking K1 3.3km, 2nd in the Doubles TK2 2.2km, 1st in the Para Kayaking 200m and 2nd in the Doubles TK2 200m.

Drew will be competing in Geelong this coming weekend in the State Para Kayaking marathon competition.

Outstanding Sporting Success

Over the weekend several of our students were involved in the State Basketball Championships held in Ballarat.

Anna Zanin, Jess Freeman, Eliana Martin and Mikyah Frauenfelder were all part of the Under 18 Girls side that won their division's championship. This is an outstanding effort by the girls.

End of Term Sports

As the first term of 2022 winds down, students begin to prepare for the upcoming End of Term Sports on the 5th (Juniors) and 7th (Intermediate and Seniors) of April. The Intermediate Girls volleyball team will hope to repeat last year's performance with another state title run, as well as many other promising lineups looking likely to do the same. Also, a congratulations to the handful of students who qualified for the State Swimming Carnival following their success at last week's Hume swimming competition.

Athletics Program

Years 7-10 have begun their athletics program in preparation for the school athletics carnival on the Friday of the first week of Term 2. This unit will likely last the remainder of the term. In the electives, Mr Sudholz's ever evolving Year 10 Lifestyle, Coaching and Fitness class made their way to the Black Bull Golf course driving range last week, with many 'interesting' techniques on display. They look to hopefully make it to a few croquet sessions in the coming weeks.

Upcoming Sports Days

O & M Junior Sport:

TUESDAY 5th APRIL

O & M Inter and Senior Sport

THURSDAY 7th APRIL

SHC Athletics Carnival

FRIDAY 6th MAY

O & M Inter and Senior AFL

TUESDAY 10th MAY

O & M Girls and Junior Boys AFL

WEDNESDAY 25th MAY

SHC Cross Country

FRIDAY 27th MAY



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LIVE4LIFE

On Wednesday 9th March, Miss Urquhart took four Year 9 student representatives to Cobram to be inducted into the Live4Life program. This program is run through the Moira Shire and works with rural communities to empower, support, improve and invest in young people's mental health and reduce youth suicide. Jetta Norish, Charli Cole, Darcy Cox and Montanna Fisher volunteered for this opportunity and have definitely taken it in their stride. They got to meet with fellow 'Crew' members from other schools in the local shire: Yarrawonga College P-12, Cobram Secondary College, Cobram & District Specialist School, Cobram Anglican Grammar School, Nathalia Secondary College, Numurkah Secondary College and St Mary of the Angels Catholic Secondary Nathalia. Their mission now is to work collaboratively with the Yarrawonga P-12 Crew and organise a launch event for the Year 8 students of Yarrawonga. This is scheduled for May and students are planning and organising the whole event themselves. Jetta, Charli, Darcy and Montanna represented the school in such a positive manner and the school community should be proud of them for their enthusiasm and eagerness to produce an exciting launch event!

<https://www.live4life.org.au/>



MOUNT BUFFALO

As part of the VCE Outdoor Education, on Thursday 17th our class, Mr Geary and Ms Macrae travelled to Mt Buffalo for a day of hiking the mountains. We parked our car at the Reservoir Picnic area, and made our way along the Rocky Creek track. Our first destination was Macs Point, which gave a beautiful view out over the area. After a break and some food, we started to make our way to our highest peak, Mt Dunn, which felt like an accomplishment to make it there. After a well deserved rest, we drove down to the base of the mountain and relaxed at Lady Bath Falls for a refreshing swim. Overall we hiked for four and a half hours and walked 12 km. The day was a great experience and a nice day away from school.



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ALLIED HEALTH

The Allied Health students in both first and second year participated in a "Fatal Vision" exercise which simulated the effects of alcohol and/or drug taking on co-ordination, perception and decision making. Whilst it was a fun, safe activity, all students took away a powerful message about the risks involved, together with an understanding of the impacts of alcohol on our body systems.

First year students have begun their unit on assisting patients to move using equipment such as our ceiling track hoist in the Allied Health classroom. These facilities enable students to demonstrate high levels of competency prior to going out on placement to assist with these tasks in a real healthcare setting.

Bronwyn Nagle



Progress Towards Project Compassion

Efforts to fundraise money for Caritas and 'Project Compassion' in 2022 are well underway. With an aim to raise more than in previous years, each LA has been encouraged to think deep and come up with a unique and creative spin on how they propose to raise such funds. This year, some Year 8 LA's have established the idea of having a guess the lolly jar. One gold coin is leading each student one step closer to this jar of goodies!

Sacred Heart College thanks everyone for their contributions thus far and looks forward to seeing just how much of a difference we can make in 2022.

Caitlin Sinclair

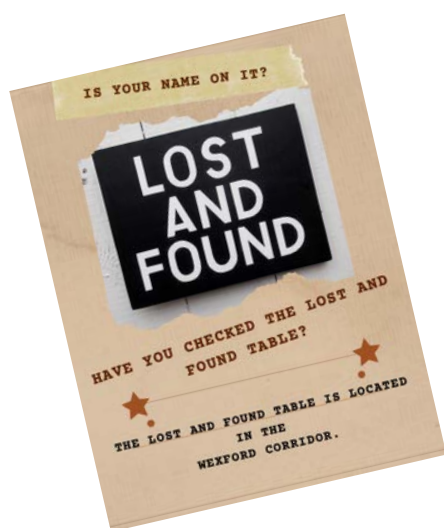


Have you lost something?

Are you missing your jumper, jacket, drink bottle or even your laptop?

Is your name on it?

The Lost and Found table is located in the Wexford corridor.



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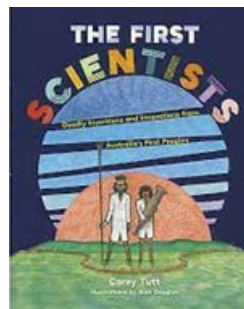
GREAT NEW READS IN THE LIBRARY #3

Bev Baird Teacher/Librarian

The First Scientists: Deadly Inventions and Innovations from Australia's First Peoples by Corey Tutt 2021

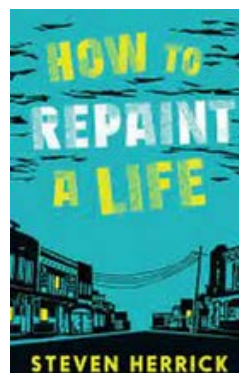
Australia's First Peoples have the longest continuing cultures on Earth and their innovation is amazing. Find out about astronomy, engineering forensic science chemistry, ecology and land management. How the stars were used to know when to harvest eggs, predict weather and hunt. How native plants were used for healing, as antiseptics and to stop bleeding and much more!

Shortlisted for the CBCA 2022 EVE POWNALL AWARD



How to Repaint A Life by Steven Herrick 2021

The latest verse novel from this great Australian author aimed at the young adult reader. Isaac leaves a violent father and arrives at a small country town with no intention of sticking around. He has nowhere to live, no job and no friends. Through the kindness of a few people he builds a new life.



Becoming Kirrali Lewis by Dr Jane Harrison 2015

This story begins in 1985 when Kirrali starts a university degree as one of the few Aboriginal law students. She was adopted as a baby and has no desire to become part of the Aboriginal community in Melbourne, and only wants to study corporate law. Set in a time when racial tensions run high Kirrali finds a world she never knew existed.

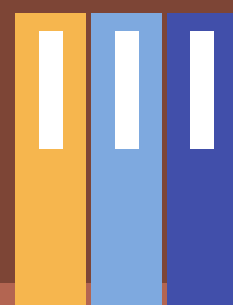


A Silent Voice: Set of 8 Manga Graphic Novels by Yoshitoki Oima 2016

Shoko, a hearing impaired teenager, is bullied and tormented by a fellow student Shoya. When Shoka moves schools to get away from the bullying, Shoya goes from bully to bullied. He then begins the struggle to redeem himself in her eyes and his fellow classmates.

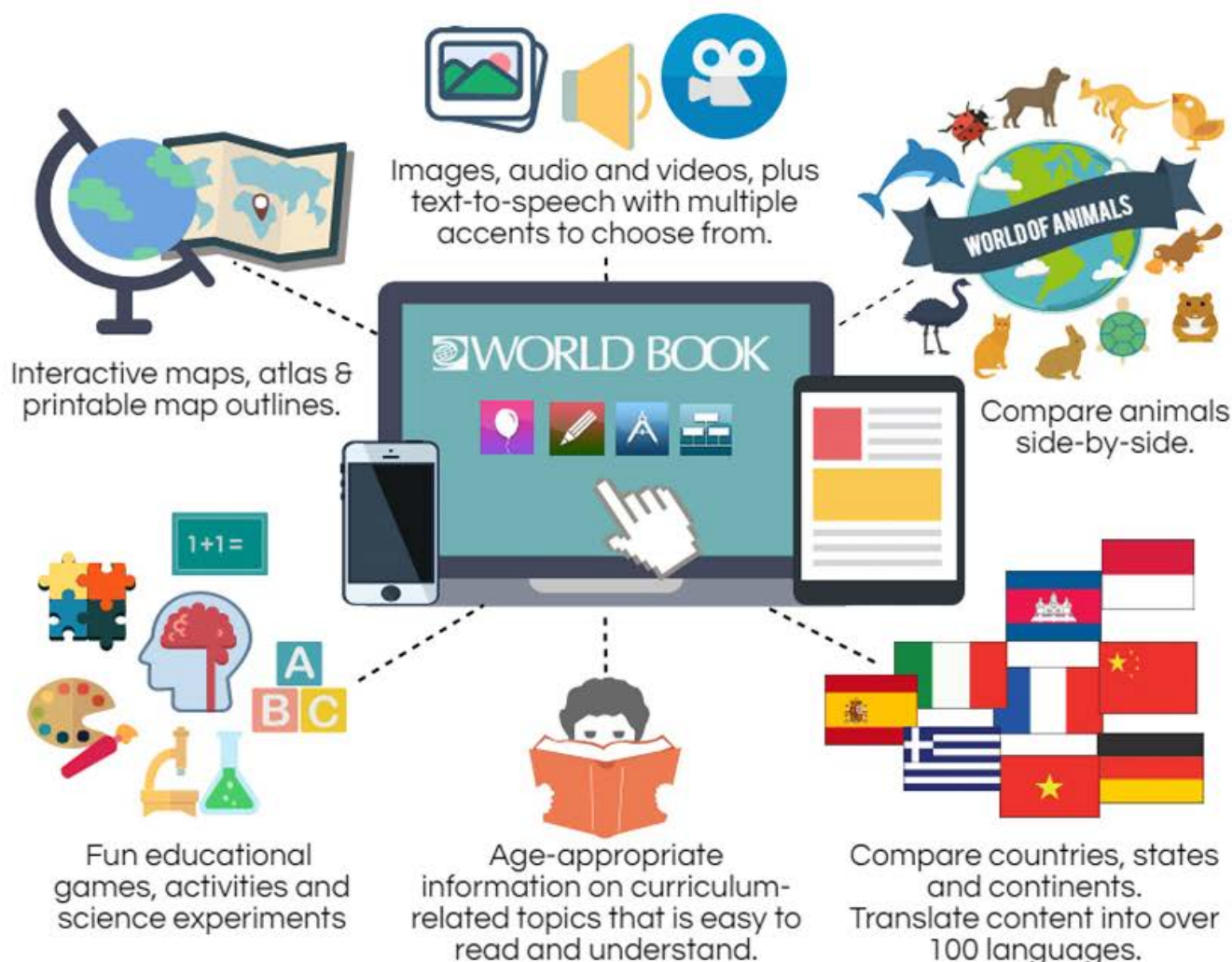


Visit the Library to borrow any of these books.



WORLD BOOK

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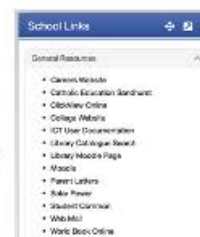
www.worldbookonline.com

<https://www.worldbookonline.com/training/how-to/how-to-home.htm>

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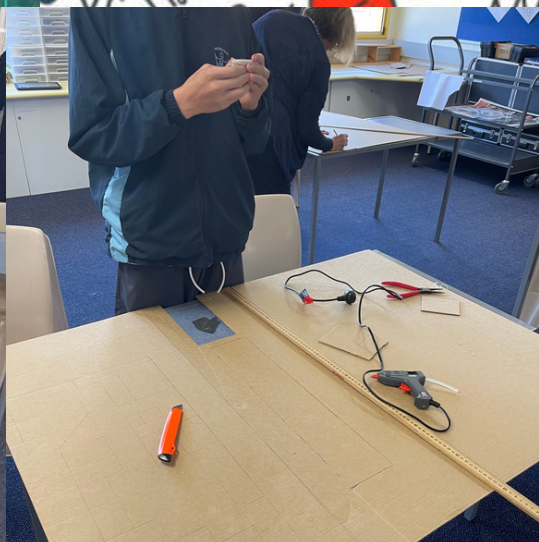
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Go to your SIMON homepage under School links, General resources.





Students have been researching sustainable housing, investigating the best products to construct an energy efficient house and are now up to the construction stage. This really is a work in progress!
Michael Falkiner



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UPCOMING DATES

Thursday 24th March

Parent, Teacher, Student Interviews

Friday 25th March

Lismore Fundraiser - Casual Clothes and BBQ day

Sandhurst Switches Off

Monday 28th March

Year 7 and Year 10 Immunisation

Tuesday 29th March

Interschool Chess Competition

Sunday 3rd April

Daylight Savings Ends

Monday 4th to Wednesday 6th March

PSG meetings

Tuesday 5th March

O & M Junior Sports Day

Wednesday 6th to Friday 8th March

VCAL - Outdoor Ed Camp

Thursday 7th April

O & M Inter & Senior Sports Day

Friday 8th April

Backflips Against Bullying

Last Day of Term 1

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.

Follow us on:



WELLBEING LINKS

E: wellbeing@shcy.vic.edu.au

Ph: 5742 1300

Headspace:

headspace.org.au /

eheadspace.org.au / 1800 650 890

Beyond Blue:

beyondblue.org.au / 1300 22 4636

Kids Help Line:

kidshelp.com.au / 1800 55 1800

GriefLine Community & Family

Services:

griefline.org.au

Lifeline:

lifeline.org.au

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.

COMMITTMENT 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.

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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

Announcement **FRIDAY NIGHT JUNIOR NETBALL**

★ **Registrations are now open** ★

Start Date: Friday 29th April

Running weekly for 12 weeks (school holidays and Queens birthday weekend – no play)

Net Set Go - Prep and Grade 1
Rookies - Grade 2 and 3
♥ **Junior Netball - Grade 4 and up**

Net Set Go & Rookies

Please use the following link to register to these programs

Net Set Go/Rookies Link:

<https://netball-registration.worldsportaction.com/userRegistration?organisationId=d70f7c20-d095-41af-ba33-0de235eb6553&competitionId=dfdadcb1-cb7e-4ac9-ad97-51d1daa87706>

We are looking for coaches/umpires for the Rookies section, if you are interested, please email ydna.netball@gmail.com

The Rookie girls are just starting playing games so coaches will be allowed on the court to help assist in positions and other requirements

♥ **Junior Netball**

This level of netball is aimed at Grade 4 onwards and we will be having Under 11's (Grade 4 and 5), Under 13's (Grade 6 and 7) and Under 15's (Grade 8 onwards) (if enough interest)

We are excited to announce we will be accepting INDIVIDUAL registrations for Junior netball (where we will put you in a team) OR TEAM registrations (form your own team and enter or from local footy clubs etc)

Please use the following link to register your team or as an individual. Girls who are part of a team, please hold off until your team is registered

Junior Netball Link:

<https://netball-registration.worldsportaction.com/userRegistration?organisationId=d70f7c20-d095-41af-ba33-0de235eb6553&competitionId=81d70939-9c36-4f7e-9119-1a87ab956b20>

As always, please email at ydna.netball@gmail.com if any queries, questions or trouble registering

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