



# SACRED HEART COLLEGE YARRAWONGA

On the cover..

O & M Junior Sports Day Volleyball  
Champions.

## PRAYER

Lord God,  
You loved this world so  
much that you gave your one  
and only Son, that we might  
be called your children too.  
Lord, help us to live in the  
gladness and grace of  
Easter Sunday, every day.  
Let us have hearts of  
thankfulness for your  
sacrifice.

Let us have eyes that look  
upon Your grace and rejoice  
in our salvation.  
Help us to walk in that  
mighty grace and tell your  
good news to the world.  
All for your glory do we pray,  
Lord.  
Amen.  
Rachel Marie Stone

## FROM THE PRINCIPAL

### HOLY WEEK LITURGY

This Friday we will gather in the Sacred Heart Church for the Holy Week Liturgy and ANZAC Day commemoration. With the timing of Easter and ANZAC day falling on the last day of the school holidays, this Friday has been chosen as the most appropriate day to honour these two important events. Our chosen Mercy value of courage is a theme that resonates strongly with both the Holy Week and ANZAC Day. As our College Captain Ethan Lay mentions in his opening remarks:

"This coming Sunday, Palm Sunday, marks the Sunday before Easter Sunday and the start of Holy Week for all Christians. Palm leaves were placed upon the path that was trod by the donkey that Jesus rode upon and the people called out 'Hosanna'- meaning 'save'. The significance of this event and meaning of these symbols and words are often lost in our time and culture. However, when we realise that the palm leaves are symbols of victory, and that the donkey represents peace, and that Jesus' followers realized that he was fulfilling the prophecy that gives us salvation - we understand this event so much more deeply. Jesus entering Jerusalem in this way affirmed his believers and also threatened the people who held power."

Traditionally our College Captains have delivered their address at the ANZAC day dawn ceremony. This will once again be the case as Mia and Ethan will reflect on what the ANZAC tradition means to them. Our leaders have reflected on what it would mean for them at their age and younger to leave their home to fight in a foreign land. The current conflict in the Ukraine has brought this sharply into focus for our young people.



# FROM THE PRINCIPAL CONT:

## Caritas fundraisers

Once again our community has come up with numerous inventive ways to raise money for Caritas. Easter egg raffles, guess how many lollies in the jar and firewood sales will ensure once again that we will have another substantial donation to go towards the many projects that Caritas undertake across the globe.

## Lismore Flood appeal

Our Student Representative Council (SRC) conducted a Casual Clothes and BBQ fundraiser recently. The event raised \$500 which was donated to student wellbeing services at Trinity Catholic College Lismore. Acting Principal, Mr Jesse Smith, was moved by the generosity of our students and sent a heartfelt message to the SRC. Our thoughts and prayers remain with communities such as Lismore as they continue to experience multiple rain events.

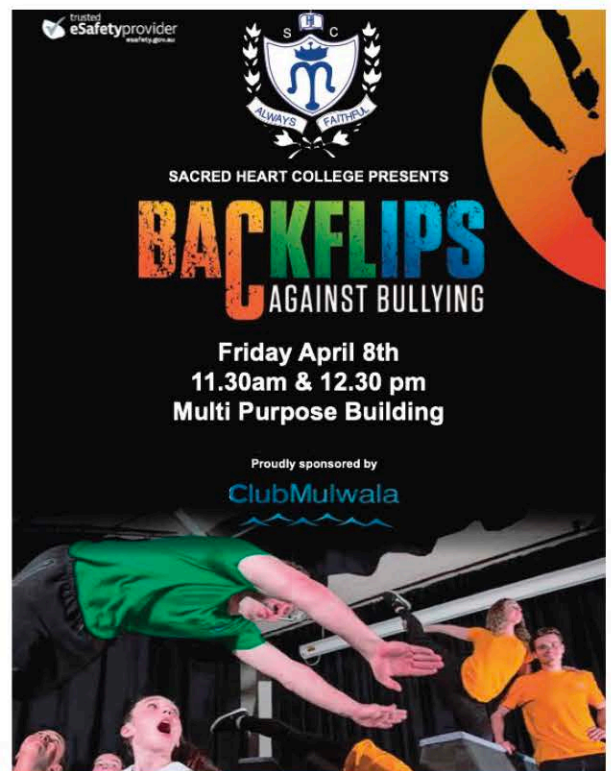
## Vaping

As a community, it is important that we are educated in relation to the potential harm caused by vaping and e-cigarettes. There are many misconceptions about the physiological effects and legality of vaping. Commencing with this newsletter, the College will provide fact sheets for families that help shed light on what is a rising concern in the broader community. Attached to this newsletter is an information sheet for families to read.

## Community Partnerships

As we move towards the end of Term 1, we are continually grateful for the generous assistance from many individuals, clubs and associations in our local area. Most recently the Lions Club of Yarrawonga have been very generous by donating two buddy benches as well as providing members to cook BBQ's for worthy causes. In addition we are especially grateful for the support of Club Mulwala for sponsoring the proactive Backflips Against Bullying program. We are very fortunate to live in a community who invest strongly in the next generation.

*Lew Nagle*



## Learning Advisor and Caritas Easter Raffle

Thank you to everyone who supported our Learning Advisor Wex 3 Easter Raffle for Caritas. This LA group raised \$122 and are very grateful to everyone who purchased tickets to support such a great cause. Well done to the following winners:

First place - Mrs Binnie

Second place - Lexi Nagle

Third place - Jack Bourke

Left: Harry and Ollie installing the protective cage they fabricated in metal work.

A professional job and greatly appreciated. Well done boys!

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





*Hello!*

I'm Casey  
NESAY School Counsellor  
at the College

#### A LITTLE ABOUT ME:

- I have worked at NESAY in Wangaratta for a little over 5 years now, and was given the opportunity to provide counselling support at the College mid-2021.
- I graduated university in 2019 with a Bachelor of Human Services and Master of Social Work (a long 7 years!)
- I have 4 energetic children who keep me very busy!
- I LOVE working with young people - they are constantly teaching me new things!
- I have a strong dislike for feet, confined spaces & dipping hot chips in ice-cream!

## 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](mailto:wellbeing@shcy.vic.edu.au)  
Ph: 5742 1300

#### Headspace:

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

#### Beyond Blue:

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

#### Kids Help Line:

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

#### GriefLine Community & Family Services:

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

#### Lifeline:

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



All students will be given a new PT approved printer card at the start of Term 2 to be used at school for printing.

These cards can be also be used for discounted travel on Victorian Public Transport and can be used as a form of personal identification.

Students are asked to keep these cards handy while at school and in a safe place. Lost or broken cards will incur a \$15 replacement fee.

For further information, visit the pt website.

<https://www.ptv.vic.gov.au/tickets/myki/concessions-and-free-travel/children-and-students/school-students/>

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# SHCY



## **Year 7 - 2023 Enrolment Information**

### **School tour dates**

**Wednesday 4th & 11th May**

Please phone the College on 5742 1300 to book

### **Information Evening**

**Wednesday 4th May at 6pm**

New administration building (enter off Witt St)

**Enrolment forms** (due 3rd June)  
**& further information available from  
our website**

**[www.shcy.vic.edu.au/enrolment](http://www.shcy.vic.edu.au/enrolment)**



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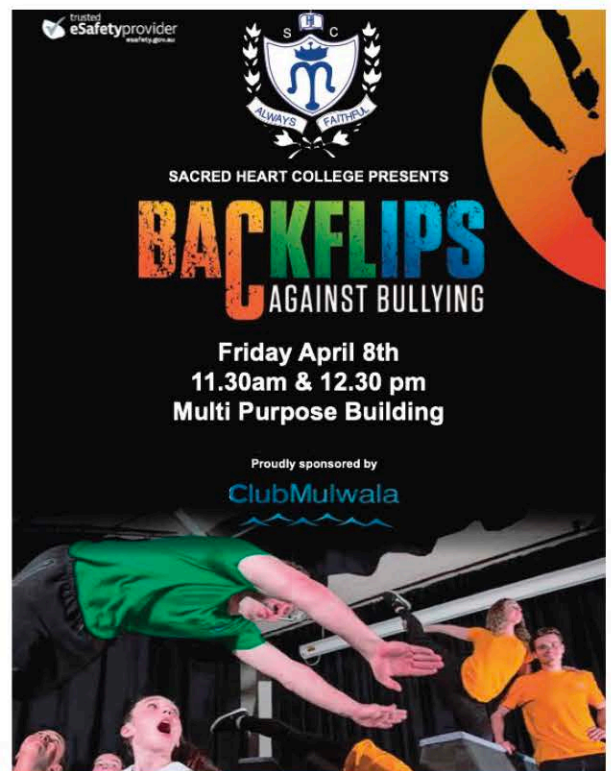
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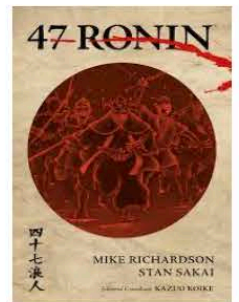
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# Great New Reads In The Library # 4

## 47 Ronin by Mike Richardson & Stan Sakai 2021

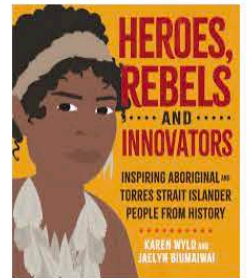
The graphic novel version of one of Japan's greatest legends. This is the tale of the 47 Ronin and their epic mission to avenge their wronged master. It is the ultimate legend of the samurai code of honour.



## Heroes, Rebels and Innovators: Inspiring Aboriginal and Torres Strait Islander People From History by Karen Wyld & Jaelyn Biunaiwai 2021

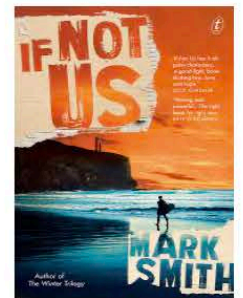
This picture book, with amazing illustrations, tells the true stories of seven little known Aboriginal and Torres Strait Islander people. From female freedom fighters to the 'Black Da Vinci'.

Shortlisted for the CBCA 2022 EVE POWNALL AWARD



## If not us by Mark Smith 2021

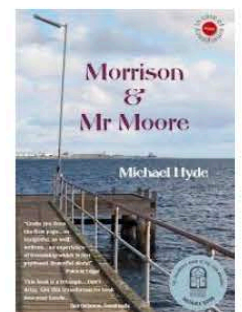
This standalone novel by the author of the 'Winter' trilogy, focuses on a small seaside town with great surf, and a power station humming away in the background. Hesse is 17 years old, a keen surfer and trying to keep a low profile. When an exchange student catches his eye, and wants to do something about climate change he needs to decide what he wants.



## Morrison & Mr Moore by Michael Hyde 2021

Morrison is 17. Smart, sarcastic, annoying, and very angry. Mr Moore, his school principal, on the verge of retirement, has seen it all. Now coping with a wife who has Alzheimers, his plans for his life in retirement are in tatters. The last thing he needs is someone like Morrison outside his office more days than not!

Shortlisted for the CBCA Shortlisted notable book for the CBCA 2022

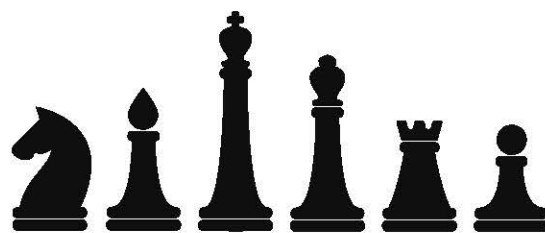


*Visit the Library to borrow any of these books.*



# CHESS REPORT

The Year 7 students have, after only one 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 maths and reading skills, and build self-confidence simply by playing chess. There are also many studies that show playing chess makes you smarter! All these advantages from the original 'war game' Following on from this we entered a team of 15 students from Years 7 to 10 in an online Interschool Chess tournament. Playing in an online competition is more difficult than in person, but also means we can access a higher level of competition. Our team were victorious on the day and Harry from Year 9 was the overall winner with 7 out of 7 wins. Will from Year 8 won the 'best upset' win and Darcy from Year 9 was the most improved player from the day. Well done to everyone who was involved!

## SPORT

## Sporting Greats!



Some great results for Olivia and Cameron regarding their shooting competition last week in Wagga which included participants from all around Australia. Olivia was happy with her performance against some of the top shooters.

Cam achieved some great results including a silver and gold in his age group.

His performance has given him the opportunity to represent Australia at the World Championships in South Africa next year. A great effort by Cam!

Pictured left: Cameron Ford

Above: Winners are grinners!

Champion Volleyballers, who recently participated in the O & M Junior Sports Day in Albury.

ND Cole has continued her comeback from surgery last year to take out the Women's Adaptive/Para event over 15.8km in a super time of just over two hours earning her selection into the Victoria team for the National Canoe Marathon Championships on the Gold Coast in May.



## UPCOMING DATES

### Thursday 7th April

O & M Inter & Senior Sports Day

### Friday 8th April

Backflips Against Bullying

Last Day of Term 1

### Monday 25th April

ANZAC Day holiday

### Tuesday 26th April

Term 2 begins

### Friday 29th April

Caritas Casual Clothes Day

### Monday 2nd May

Unit 3 PE Excursion

### Wednesday 4th May

College Tours 11.30am to 12.30pm

Grade 5 Activities 1.30pm to 3.00pm

2023 Year 7 Information Evening

### Friday 6th May

Athletics Carnival

## 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:



## 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](mailto:info@shcy.vic.edu.au)

### Convent Bingo

Due to the 2 year break for Covid, and age catching up with many organisers and participants, it has been decided that the Sacred Heart Parish Bingo will close down permanently.

Bingo has run for over 30 years and raised over \$150,000 for our Parish Schools.

We would sincerely like to thank all those wonderful people who have contributed to the successful running of bingo and their generous contributions

.Please accept the heartfelt gratitude from all school communities.

Lucienne Camenzuli

[lucienne.camenzuli@shcy.vic.edu.au](mailto:lucienne.camenzuli@shcy.vic.edu.au)

Catholic Identity & Religious Education Leader

We should be shining lamps, giving light to all around us. Catherine McAuley



### Table Tennis

Albury Wodonga Table Tennis

Grading & Registration Night

Wednesday 27th April, 7.00pm to 9.00pm

471 North St, Albury

New Season commences the following week

Come along and join a team.

Ph:- Ian 0408 154 381 for more information.



Sacred Heart College is always a busy place to be. This term, students have participated in a number of different classes, including, automotive, woodwork and golf.

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# Vaping and Young People

## For Parents and Carers

While it's true that tobacco smoking has fallen out of favour amongst Australia's youth in recent years, they're taking up an increasingly popular and dangerous alternative: 'vaping'.

This resource was created to fill the knowledge gap around vaping and e-cigarettes, empowering parents and carers with the latest research and information to engage in meaningful conversations with their dependents about the potential harms.

As Australia's most trusted lung health charity, Lung Foundation Australia remains deeply concerned about the potentially large and avoidable burden of disease resulting from vaping and e-cigarette use amongst young people, and encourages parents and carers to help dissuade this harmful activity.

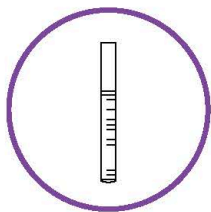
The resource offers evidence-based information on vaping, its health, safety and legal issues in Australia, and the ways in which it presents a serious health risk to the body and lungs.



### What is vaping?

Vaping is the act of smoking e-cigarettes, or 'vapes', which are lithium battery-powered devices that look like metallic pens, USBs and other hand-held systems. Vapes use cartridges filled with liquids, or 'juice', which typically contain nicotine, artificial flavorings, and various chemicals. The liquid is heated into an aerosol, or vapour, and inhaled into the user's lungs.

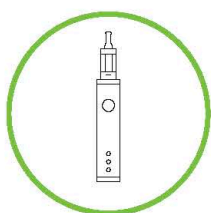
Vapes generally come in three main types: minis, closed pods, and refillables. The range of choices within these categories has evolved rapidly in recent years, with countless new models and liquid flavours available.



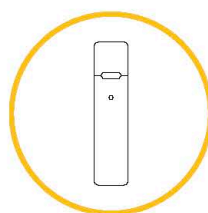
**Minis** – also known as 'cigalikes', Cuvides, BIDI Sticks or Stif. These are made to look like a normal cigarette and are disposable.



**Refillable systems** – also known as Mods, Tanks or APVs. These are newer models with more settings and longer battery life. The vape juice is re-filled into the device's tank.



**Closed pod e-cigs** – these look like minis, but aren't disposable. The liquid 'pod' is replaced with another when it runs out.



**Other brands** – there are also some closed pod brands such as JUUL which can be charged in a USB slot.



**Non-nicotine systems can be just as harmful due to the toxins they use. Though safe to ingest, these toxins may be very unsafe to inhale. Additionally, these products lack proper testing, and often still contain nicotine even if they claim to be free of it.**



## Attraction for young people

Young people are drawn to vaping for a number of different reasons. The devices themselves are a novelty:

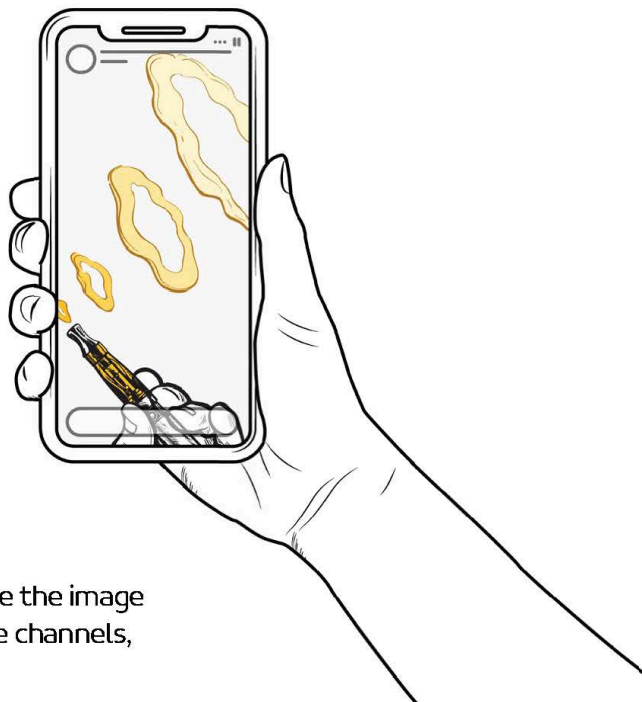
- Bright in colour
- Look like a toy
- Small and easy to hide.

If a parent, close family member or a friend vapes, this often creates an in-road, as does an incorrect perception that vaping is relatively harmless, particularly when compared to regular cigarettes. All of this makes vaping attractive to young people who have grown up in an age where the damage caused by tobacco products is known.

There are many different flavours of vape liquid on the market today including mango, peppermint and vanilla. These smell and taste a lot more appealing than combustible tobacco.

Accessibility and affordability remain key factors too. Though the purchase of vapes are restricted in Australia, vape equipment can easily be obtained online, and makes for a cheaper option than cigarettes.

The tobacco industry also uses sophisticated marketing to glamourise the image of these products and their use through social media and other online channels, without properly communicating the health risks.



## Health risks and harms



Vaping is unsafe for young people. The long-term health effects are still relatively unknown but what we do know is that vaping is associated with side-effects such as nausea, vomiting, mouth and airway irritation, chest pain and palpitations.



One common vaping misconception is that they contain harmless water vapour - in fact, vapes emit an aerosol made up of tiny toxic particles. While this aerosol might contain less chemical additives than combustible tobacco products, it still contains a lot of harmful compounds. An Australian study into flavoured vape juice unveiled that the toxic particles within these liquids can include:

- Formaldehyde and acrolein, which can cause irreversible lung damage
- Propylene glycol and vegetable glycerin, which are toxic to human cells
- Nicotine, which is highly addictive and can harm the still developing adolescent brain, particularly in areas that control attention, learning, mood, and behavioural control.



Vaping is associated with the future uptake of cigarette smoking, and can be considered a 'gateway' to further risk and health complications.





# Talking with your dependent about vaping

## Just the facts

The first step before bringing anything up is to know the facts. Arm yourself with accurate, verifiable and current information and go from there.

## Self-reflection

As a parent or caregiver, the best possible thing you can do is set a positive example. Consider your own smoking and related behaviours before discussing theirs, and bring maximum honesty and candour to your conversations.

## Assumption and judgement

Never assume, and never judge – this almost always leads to a lack of trust and openness, and will probably have a counterproductive effect or possibly make matters worse.

## Timing

Choose your timing wisely, perhaps during a relaxed moment at home, when driving somewhere together, or when no other stress or distractions are present.

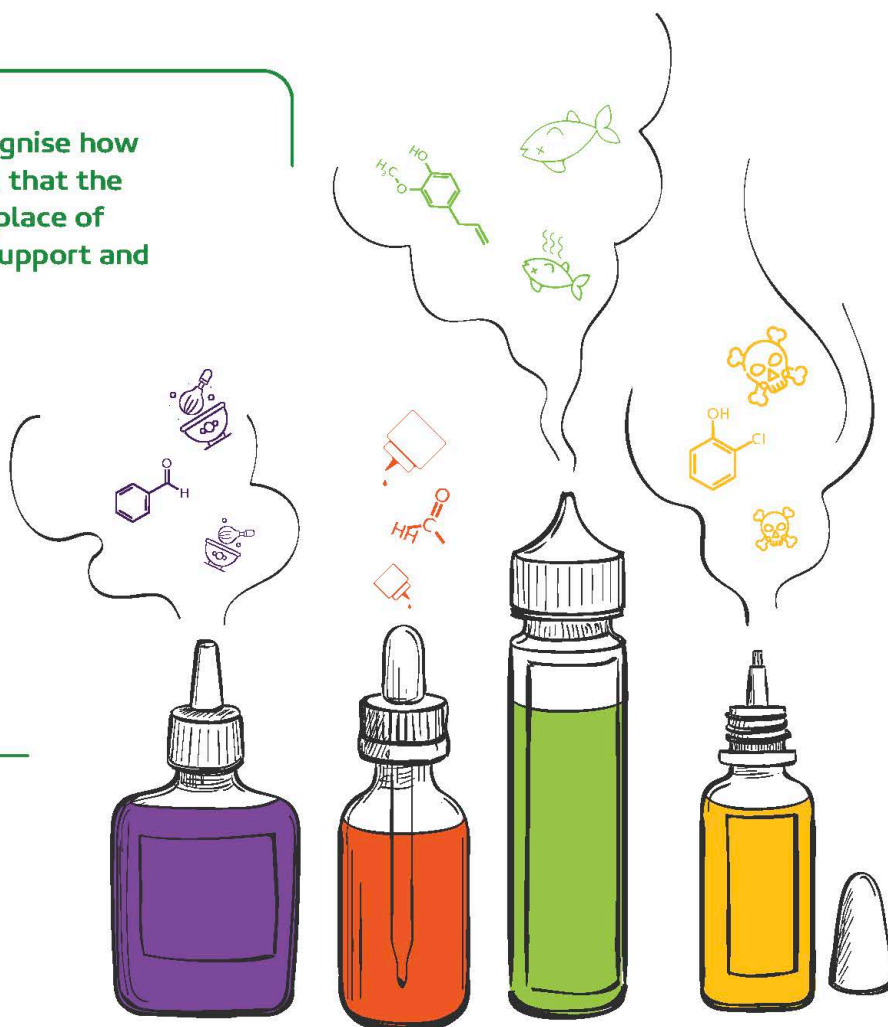
## Be ready to listen

With patience, open up to your young person with calmness, ready to listen to what they have to say, without jumping in too fast to correct or sway them.

Above all, make sure they recognise how much you care about them and that the conversation is coming from a place of complete unconditional love, support and concern for their wellbeing.

Discuss the issues at play, particularly the health risks, and have a few options for them to get more information or assistance if they need it.

Keep the conversation going, keep building trust, and support them in any way they need.





## Additional resources and support services

Organisation	Resource
Alcohol and Drug Foundation	<a href="#">Vaping amongst young people</a>
Australian Government Department of Health	<a href="#">About e-cigarettes</a>
healthdirect	<a href="#">E-cigarettes - Vaping</a>
Department of Education and Training Policy and Advisory Library	<a href="#">Smoking and Vaping Ban</a>
Cancer Council NSW	<a href="#">E-Cigarettes - What you need to know as parents</a>
The Royal Children's Hospital Melbourne	<a href="#">E-cigarettes and teens</a>
NSW Health	<a href="#">E-cigarettes and young people</a>
Truth Initiative	<a href="#">Vaping Lingo Dictionary</a>



**This fact sheet has been developed as part of a suite of vaping resources. Additional fact sheets for educators, teens, and young adults are also available. To find out more and to access information and support, contact Lung Foundation Australia.**

Free call 1800 654 301  
Visit [lungfoundation.com.au/unveil](https://lungfoundation.com.au/unveil)  
Email [enquiries@lungfoundation.com.au](mailto:enquiries@lungfoundation.com.au)

### References

<https://www.abc.net.au/news/2019-08-28/selling-vaping-to-teenagers-at-epiemic-levels/11452036>  
<https://www.tobaccoinaustralia.org.au/chapter-18-harm-reduction/indepth-18b-e-cigarettes/18b-3-extent>  
<https://theconversation.com/making-it-harder-to-import-e-cigarettes-is-good-news-for-our-health-especially-young-peoples-141986>  
<https://www.smh.com.au/lifestyle/health-and-wellness/principals-sound-alarm-as-students-take-up-vaping-become-black-market-dealers-20200703-p558vv.html>  
<https://www.smh.com.au/politics/federal/vaping-a-harmless-alternative-or-a-dangerous-gateway-tp-smoking-20200702-p558e7.html>