



SACRED HEART COLLEGE

YARRAWONGA

Semper Fidelis Issue 7 2022

On the cover...

Alexia, Kenall, Sarah and Rhys at the Sports Carnival

PRAYER

This week we recognise the salient contributions the support staff in our school make to enable the core functions of the school to run smoothly, and the assistance and care they offer students and staff.

Dear wise and loving God,
Thank you for the many you call to serve in positions of support and service.
Thank you for the patience, the discipline, and the loyalty of our support staff.
May they work with confidence that they do make a difference, not only for the students but the teachers and the extended College community.
Hear their prayers for the students in their care.

Hear their prayers for the teachers that they work alongside.
Guide each of us to serve them, to lighten their load, and to thank them for their work.
We entrust them to you for their welfare, Amen.

FROM THE PRINCIPAL

Learning Support Week

This week is Learning Support Appreciation Week. It was a good time to reflect with gratitude on the efforts and care that all of our learning support team invest in our community, both inside and outside the classroom. Our families were very appreciative of the check ins that our learning support staff conducted through the various lock downs and the interest that they take in our students' lives, helping build strong relationships that ensure the best outcomes for our students. We hope they all realise the importance of their work and the appreciation that we have for them.

International **Education Support Staff Day** Week
16 May - 22 May

*"Let's give all Support Staff a hand for Education Support Staff Week"
Talk to your school and organise morning tea, lunch or afternoon tea...*



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

FROM THE PRINCIPAL

Senior Classes Friday 10th June 2022

Parents are advised that on Friday, 10th June, classes for Year 10,11 and 12 students will not run. Students are not required at school unless they are sitting an exam missed from earlier in the week. All classes for Year 7, 8 and 9 students will run as normal.

Rapid Antigen Test Changes

The Victorian Government will continue to provide Rapid Antigen Tests (RATs) for use by students and staff for the remainder of Term 2. Schools will continue to be provided with the same weekly quantity of RATs. However, from Monday 23rd May 2022, it is recommended that RATs are used by students and staff when symptomatic. RATs are also required to be used for five days if a student or staff member is a close contact of a confirmed case and they are attending or working at a school. From Monday 23rd May 2022, it is no longer recommended that non-symptomatic students or staff conduct RATs twice a week. Students and staff must continue to notify the Department of Health and their school if they return a positive RAT result.

Enrolment period

School tours have been operating over the past three weeks and they have been well attended. A final opportunity for a tour of the College is set down for 2pm of Friday May 28th. Please book by contacting the Office on 57421300.

Enrolment Process for new Students

- *Enrolment Form due to College by 10th June*
- *Principal reviews Enrolment forms*
- *Provisional enrolment offer from school sent to families with Offer of Enrolment & request for further information*
- *Enrolment Interview (interviews commence July)*
- *Confirmation of offer by school sent to families with Enrolment Agreement*
- *Enrolment Agreement returned to school (Aug/Sept)*
- *Enrolment finalised*

Lew Nagle

JUSTICE MATTERS CAMP

Oscar, Jetta and Darcy went to Beechworth to participate in the Justice Matters Camp. It was a challenge to meet new people and there were a lot of them, but by the end, we knew many of them.

The activities that we did on the first day of the camp were some get to know you activities and these then morphed into forming the discussion groups that we would be in for the rest of the camp. This first day had a lot of input from speakers and a lot of discussion. On the second day we participated in the workshops that focused on a range of different areas. Between us we went to workshops on human trafficking, asylum seekers, renewable energy, and sustainable foods.

In renewable energy we learned that in Yackandandah the local community are now producing their own electricity and that this model can be replicated in other communities. In sustainable food we learned about how 30% of food gets thrown out and 700 billion dollars get wasted on food being thrown away. To this day there are over 40 million slaves working and getting mistreated and underpaid or not paid at all. And a lot of them are working in the clothing industry, but as consumers, there are applications we can use that will tell us what items are produced without slave labour.

We also had an Amazing Race around Beechworth. We didn't really do the race but we enjoyed looking around Beechworth.

The morning that we left we started to plan what we would try and do as a school to try and raise awareness for ecological justice. Stay tuned for more to come!

By Oscar, Jetta, Darcy and Mr Ross



SPORT

It has been a flat-out start to the term with school sports galore. A huge effort from all involved produced an exciting and competitive Athletics Carnival in Week 2. Congratulations to Xander Smith, Alexia Nagle, Cameron Stephens, Kiera Freeman, Archie Skehan, Anna Zanin, Jayden Arnold, Mia Spiteri, Harry Hogan, Paige Duffy, Jett Peters, Amy Barnes and Harry Nagle who all won awards on the day. Also, Blue House finally broke the drought, winning it's first House Championship since 2019.

Earlier that week, the Girls Intermediate Volleyball team attended the Hume Volleyball Championships, and unfortunately we were unable to repeat last year's run to State, losing in straight sets at Albury.

On Tuesday 17th May, the Intermediate Boys Football team made the trip to Wodonga, winning the Ovens and Mitta Division School Football competition. A huge effort from the boys, who were up against senior teams as well. Yarrawonga P-12 won the title at the end of the day.



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

Students in Year 7 English are currently learning different styles of Poetry. Students are creating a Poetry Anthology that will include a collection of poems that they have written and also poems written by others that they have found.

Abecedarian poem- An abecedarian poem is a poem where the first letter of each line spells the alphabet. When you read down the side of the page you will read the alphabet.

Grandparents

By Zoe Freestone 7A

A fresh breeze encourages the tree to dance
Baked goods make the house smell like heaven
Cakes for afternoon tea
Dinner is a freshly cooked roast
Ever a beautiful menu to look forward to
Favourite memories will be made
Going inside to see my favourite people
Hugs fill the small house
I was ready to spend the day with them
Just in time for breakfast
Keeping up with information from grandpa
Lovely food is getting made in the kitchen
Much laughter, we are a crowd at a comedy show
Nothing beats hearing the sound of the bird chirping
Oats with honey is served
Peach curtains drawn out the sunlight
Questions get thrown around the table
Running out the door to the garden
Statues fill the well-kept garden
The land is like a never-ending ocean
Under the oak tree my nan's favourite plant
Violet flowers shine
Wind blows in my hair as I hear the birds sing
Xray vision my grandma has when someone moves something
Yummy treats, good personality, I know they're my grandparents
Zesty and happy grandparents is what I love the most.



Year 7 students doing mindfulness meditations by the lake to inspire their Haiku poems.

Limericks

The cold wind blowing
Some black swans swimming
around
Working in the wind.
Jack Smith

Two cute birds dancing
Dazzling water and vines
Happy children laugh.
Marli Smith

Truck crossing the bridge
Gentle breeze is on my skin
Everyone is calm.
Charlotte Seal

Tasting the fresh air
Lake water flowing gently
Smelling salty sand.
Elli Buerckner

My favourite thing is a waterski,
Being on the water makes me
feel free.

With the wind in my hair
I fly through the air.
When I'm out there I'm simply
me.

Rhys Driscoll

Netball is the best sport ever I
will play netball forever until I
get wrinkly and very crinkly
then I'll marry a guy named
Trevor
Leni Ramsdale



My Grandparents are very old,
My pop is also almost bald
They're both very crinkly,
But also quite wrinkly
Anyway that's what I am told.
Elli Buerkner

Haikus

Nature is around
Never outside of its grasp
Dangerous and safe.
Zack Kidgell

Sitting by the lake
The sound of cars on the bridge
Water softly laps.
Cooper Webster

I see baby fish
And a very large fat carp
Swimming in the weeds.
Cam Stephens

Elegant swans swim
In the cool, calm lake water
Their feathers shining.
Emily Buerkner

Edge of the jetty
Relaxing in the sunshine
Enjoying it lots.
Abbi McLarty

Great new reads in the Library #6

Family Of Liars by E.Lockhart 2022

The story before 'We were liars', the bestselling story of young wealthy elites on a private Island. Even though it is a prequel, it is still a great stand-alone story for senior students.

Shelved in senior fiction.



The Homecoming Horse by Jackie Merchant 2022

Kennedy thought she would start high school in her local country school, but drought has seen the family farm sold and her mother leaving town for a new life. Kennedy and her dad start working the stock route and living in their horse truck. When Kennedy's dad is paid with a horse called 'Ugly' a new chapter in her life begins.



Aussie Rules Football- an outsider's perspective by Don Warner 2020

Everything you wanted to know about football, its beginnings, the teams and rules.

This is for the committed footy fan and the person who has never watched a game of AFL.



Grace Back On The Court by Maddy Proud 2022

Super Netball and NSW Swifts star Maddy Proud releases the second children's book in the Grace on the Court series. Grace is now 14 and trying out for the South Australian 15 and under state netball team. Her life is hectic with school, a new boyfriend and old netball rivals. This is a great story of the workings of a team sport at representative level.



Visit the Library to borrow any of these books.



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

VCAL, OUTDOOR EDUCATION AND SPORT AND RECREATION CAMP

On Wednesday the 6th of April, students from VCAL, Sport and Recreation and Outdoor Education headed to Torquay for two nights and three days. We left at 7.15 am from the College and our first stop was Wallan. We all jumped out and stocked up on 'healthy' food for the rest of the bus trip.

We arrived at Torquay Foreshore Caravan Park and were shown our cabins. After we settled in we met at the front of our cabins and worked out where we were going. We needed to put on our sports uniform as we were heading to Bells Beach for a 6km walk. We walked along the beach and saw some amazing things along the way. We then headed back to the caravan park and had a rest for about an hour before we headed to Woolies to shop for ourselves. We had to shop and cook for ourselves for the two nights away, which was something of a challenge for lots of us!

After we left Woolies we headed back to our cabins. We unpacked our groceries, showered and started preparing our meals. We then cleaned up and had some free time and played board games. It was an exhausting day so we finished up at 9 pm and headed to bed for an even bigger day.

After waking up at 6 am, we cooked our own breakfast, cleaned up and then met up for a meeting about the day. We hopped on the bus at 7.15 am and headed to Ocean Grove beach for some beach activities prepared by Jyda and Paige and a surfing lesson. We all listened carefully to the instructors before putting on our wetsuits and grabbing our surfboard and heading to the water. We needed to stay between the two flags as there were lots of rips in the ocean. After swallowing lots of seawater, falling off the boards and dodging blue bottle jellyfish we finished our lesson at about 12.30 pm, packed up and headed back to the bus. We had lunch at a shopping centre before heading back to our cabins.

We all needed to wind down as we were all pretty exhausted from surfing. At 2.30pm we left our cabins and headed down to surf shop outlets in Torquay. We all split up and stayed in pairs, while we shopped. After two hours we headed back to our cabins and had showers before preparing our tea. We all gathered in a cabin and celebrated Lilly's birthday. Some of the group watched footy and the others went for a night walk. It was another early night after a long day.

The next morning we woke up at 5.30 am. After we had breakfast and packed up our belongings we jumped on the bus and headed to the Melbourne Grand Prix at Albert Park. We split up into groups and were able to walk around and look at the Formula 1 cars and also the displays. We had to meet up every two hours with the group to make sure everyone was ok and no one was lost. We had lunch at Albert Park Arena and as a group, we watched some F1 races. The cars were loud and you could feel the vibrations through your body as they zoomed past at over 200km an hour. The fastest speed was 274 km an hour that we saw as they were only practising for the main race the next day. They can reach speeds of 360km an hour.

We all dragged our weary bodies back to the bus and most of us slept for the three and a half hour trip home. It was a great camp and made even better by the teachers that attended. A BIG thank you to Mr Geary, Mrs Binnie and Sports Trainee Ethan Stephens who helped us along the way and organised a fantastic camp.

By Eliana, Lilly, Lizzie, Cameron, Noah, Teisha, Kaydia, Darcy, Olivia and Charlie.

VCAL Literacy

The following page has a selection of photos from camp.



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



VCAL, VCE Outdoor Ed and VET Sport and Recreation Camp



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

KEY DATES

May

Monday 23rd: Catholic Earthcare launch

Wednesday 25th: O&M Girls & Junior Boys AFL

Thursday 26th: Cross Country

Friday 27th: Caritas Fundraiser

College Tour 12.30pm

Monday 30th: Yr 11 & 12 Look After Your Mates



June

Wednesday 1st: Yr 10 Macbeth performance

*Thursday 2nd: O&M Cross Country
Pat Cronin presentation*

Friday 3rd: Live 4 Life Launch - All Year 8

Friday 10th: No classes for Year 10, 11 and 12

Monday 13th: Queen's Birthday Public Holiday

Tuesday 14th: Semester 2 begins

Wednesday 15th: Visiting author, Mark Smith

Thursday 16th: Outdoor Ed day trip

Friday 17th: Hume Cross Country

Tuesday 21st: O & M Junior Sports Day

Thursday 23rd: O & M Senior Sports Day

*Friday 24th: Sacred Heart Day
End of Term 2*

UNWELL STUDENTS ATTENDING SCHOOL

As per the directive from the Victorian Government:

One of the most important things we can do to slow the spread of coronavirus (COVID-19) in our community is to stay at home when we are unwell, even when we have the mildest of symptoms.

If your child is unwell, even with the mildest of symptoms, you must stay at home. This helps to prevent the spread of germs.

If a child becomes unwell during the day, they should be collected from school as soon as possible.

Follow us on Facebook

Sacred Heart College

Ph: 03 57 421 300

Email: info@shcy.vic.edu.au

Web: www.shcy.vic.edu.au



Community Events Advertising

Sacred Heart College proudly supports community events.

If you have any events you would like to share, please email flyer/information to info@shcy.vic.edu.au

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 into 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.

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

THE ALLERGY FRIENDLY FAMILY COOKBOOK

We are pleased to share that Murdoch Children's Research Institute (MCRI) in conjunction with HarperCollins and taste.com.au, are developing a cookbook comprising of allergy friendly recipes for the whole family.

We would love our A&AA Members to get involved by submitting their allergy friendly recipes, cooking and baking tips, stories, and photos.



FOOD ALLERGY WEEK

ALLERGY & ANAPHYLAXIS AUSTRALIA

22 - 28 MAY 2022

FOOD ALLERGY WEEK (FAW)

Food Allergy Week aims to raise awareness of food allergy including potentially fatal food allergies. During Food Allergy Week, Allergy & Anaphylaxis Australia (AAA) is calling on all Australians to unite to help increase awareness and share information on what we can do to improve safety for people who live with food allergies.



Feel Good Sessions

GIRLS + BOYS 8-12 YEARS
LOVE YOUR EMOTIONS **5TH MAY**
MOOD BOARDING **19TH MAY**
FRIENDSHIPS **2ND JUNE**
MINDFULNESS **16TH JUNE**



Held at The Bridge of Health

Thursday evenings 5.30pm - 6.45pm

\$55 PER SESSION
OR
SEASON PASS \$199 - RECEIVE A BONUS EMPOWER ME! ONLINE PROGRAM (TOTAL VALUE \$317)

WWW.BRENDASPILVA.COM OR BOOK IN STORE

www.nesay.com.au

Yarrawonga Youth Contacts

Crisis & Emergency
Police, Fire, Ambulance 000
Kids Helpline 1800 551 800
Lifeline 131 114

Hospitals
Yarrawonga District Health Service 5743 8111
Nurse on Call 1300 606 024

Youth Services
NESAY 5720 2201
The Bridge Youth Service 5831 2390
DFFH 5722 0555

Health
NECAMHS 5723 8900
Yarrawonga Health 5743 8111
Yarrawonga Denis Medical Group 5744 1777

Family Violence
The Orange Door 1800 271 157
Goulburn Valley CASA 5858 9300
Safe Steps 1800 015 188

Alcohol & Other Drugs
Yarrawonga Health Hub & Community Services 5743 8111

Financial
Centrelink 132 490
VincentCare 5744 2460
Primary Care Connect 5823 3200
Yarrawonga Neighbourhood House 5744 3911

Food assistance
St Vincent De Paul 5744 3083

Legal
Goulburn Valley Community Legal Centre 5831 0900

Housing
Beyond Housing 5722 8000
Urgent assistance 1800 825 955



Youth Mental Health First Aid Course

For parents, carers, teachers or anyone over 18yrs who are connected with young people

2 Day Course
JUNE 29 & 30
 9AM - 5PM

Registration **\$30**

Cobram Community House
 43-45 Punt Road
 Cobram

MENTAL HEALTH FIRST AID Australia

Instructors
 Christine Osborne
 Cobram Community House
 Sarah Davies
 MindWorks

<https://www.trybooking.com/BZAAR>

moira SHIRE

Cobram Community House Inc

MindWorks

LIVE 4 LIFE



All students have been 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/>

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.

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.

WELLBEING LINKS

E: wellbeing@shcy.vic.edu.au

Ph: 5742 1300

Headspace:

headspace.org.au / ehespace.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

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