



# SACRED HEART COLLEGE YARRAWONGA SEMPER FIDELIS ISSUE 7 2022

On the cover...

Year 7, 2023 Information Presentation

## PRAYER

A Blessing Prayer for our Mothers  
May you be loving-kindness to those who call you 'mother'.  
May you delight in nurturing and relish the gift of children.  
May your heart be open to friends and strangers in need of mothering and mentoring.  
May you grow in wisdom as you experience the struggles and rewards of life.  
May you go to sleep each evening aware of the protection and warmth of God's embrace.  
AMEN  
Original Prayers written by Andrea Dean

## FROM THE PRINCIPAL



### 2023

The 2023 enrolment period is in full swing with a range of activities being conducted. On Wednesday 4th May, the College hosted Grade 5 students from Sacred Heart Primary who participated in their first of three visits involving Science, Woodwork and PE. The 2023 Year 7 Information Session was also conducted on Wednesday 4th May. This very well attended event was led by our College Captains, Mia and Ethan, and featured student ambassadors, Elli Buerckner and Rhys Driscoll, who did a wonderful job with their speeches.

College tours commenced during Week 2 and a further round of tours are being conducted on Wednesday 11th May, at 9.30am and 11.30am. Bookings can be made by contacting the College on 5742 1300. Enrolment application forms can be found on the College website under the Enrolment & Employment tab on the home page.

### Updated Advice for Close Contacts

The next distribution of rapid antigen tests will be distributed by Thursday 5th May. With the updated advice around close contacts, the following advice is in place:

*"Where a student is a household contact of a positive case (that is, they have spent more than four hours with someone who has COVID-19 inside a house, accommodation, or care facility) they must inform the school. Household and household-like contacts are no longer required to quarantine as long as they take additional safety measures in the 7 days that would have been their quarantine period. Household contacts are required to inform the school that they are attending during the 7 day period.*

*The additional safety measures include wearing a mask whilst indoors and undertaking a Rapid Antigen Test five out of the seven days that would have been their quarantine period. Close contacts are advised to not visit hospitals or care facilities during this time."*  
The College has been supporting families and supplying additional rapid antigen tests and masks as required.

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

# FROM THE PRINCIPAL CONT:

## House Athletics

The second of our house carnivals was held today. Friday 6th May at Vic Park. Many thanks to Sport Leader Jacob Adkins for his efforts in preparing for the Athletics Carnival. Thanks also to Ethan Stephens and Gary Athanitis for assisting in the preparations. The day was very well attended and students enjoyed participating in many different events. Photos and results will be included in the next edition of the newsletter

## Uniform

As we move into the colder months, families are reminded to maintain the standard of uniform. College uniform includes a navy jumper and shell jacket for warmth during the winter months. Hoodies and non uniform items are not appropriate. MND beanies are allowed to be worn to and from school and on the yard, but they are to be taken off in the classroom. We currently have a significant amount of uniform items in lost property. It would greatly assist us to return these items to students if they had the name of the student clearly marked.

## Backflips Against Bullying

A big thank you to Club Mulwala for their support that allowed the recent Backflips Against Bullying performance to take place. The two performances were viewed by over 150 students. These students were surveyed and 80 percent rated the performance as either very good or excellent which demonstrated how engaging the performance was.



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





Grade 5 students recently visited  
the College for an afternoon of  
fun activities

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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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# CATHOLIC IDENTITY

## Cuppa and a Chat

Sacred Heart College Students participating in the Care for the Common Home elective would like to invite senior parishioners to a 'Cuppa and a Chat' in the Sacred Heart Parish Church Narthex on Thursday May 19 from 2.10 pm - 3.10 pm. The students are keen to meet you and hope that you will enjoy spending time with them and other members of the Parish Community. The intention is that this will become a monthly gathering during school term time. SHCY thank the Sacred Heart Parish Pastoral Care Committee for their support.

## Holy Week and ANZAC Liturgy

This past school vacation has coincided with the most significant events in the Catholic Calendar and ANZAC Day and as a school on the final day of term, all members of the Sacred Heart College community came together at Sacred Heart Parish Church to reflect upon Holy Week and ANZAC in a combined Liturgy.

Every year, in accordance with Jesus' instruction, Catholics observe the events in Holy Week and celebrate Easter, marking the Last Supper, and the Passion, Death and Resurrection of Jesus Christ. Senior Leaders and Faith and Justice Leaders led students in Liturgy of the Word, prayer and thoughtful recollections.

During the Holy Week liturgy we were reminded that on Holy Thursday, we remember Jesus' Last Supper where he humbly washed the feet of his disciples and transformed bread and wine into his sacrificial body and blood - what we know as the Eucharist.

On Good Friday, Catholics reflect upon Christ's suffering and the great sacrifice Jesus made through giving up his life and dying on the Cross for all sins and our salvation.

Throughout Easter Saturday is a time of Vigil, a time of waiting, watching and prayer, and Easter Sunday marks the celebration of Christ's Resurrection from the dead.

Jesus' Death on the Cross - the ultimate sacrifice, and His Resurrection - the triumph of good over evil, and our salvation, are central to our Catholic Faith. Easter is the most important 'Holy' day in the Christian Calendar.

ANZAC Day, a significant day in our culture, was celebrated on the last day of our Easter holiday break, the 25th of April. The ANZAC Liturgy recognised the personal and selfless sacrifices made by the Australian and New Zealand Army Corps in World War One, the people who made sacrifices for the benefit of the nation in efforts at home, and for all persons in wars or conflicts ever since for the purpose of the freedom and dignity of peoples. We reflected upon the impact of conflicts on the lives of all involved - the families, the innocent lives, those giving humanitarian aid, all victims of all wars.

Mrs Dianne Pendergast and School Captain Ethan Lay opened our eyes to the reality of the local human experience of war. Mrs Pendergast brought home the women who continue to serve in the forces and helped us understand what families face when they lose a member of the family or when service men and women return physically and mentally affected by their involvement in war. Ethan challenged students to consider at their age, their level of commitment to make sacrifices for the benefit of others when he recounted the story of Leslie Thomas a 15 year old who lost his life in the Battle of Bullecourt, 1917.

We learned that conflict devastates hopes and dreams and lives. We learned that it devastates the earth and its creatures. We learned that, as global citizens, we have a role to play in maintaining peace and the human right to live peacefully and safely.

Prayers were offered for the repose of the faithful departed, for the care of all persons currently engaged in the horrors of conflicts and war, for hope, and for peace.



## Caritas Fundraising

More than ever Caritas is needing our support. Climate Change crises and Wars and conflicts, including the Ukraine, are creating overwhelming demands that are requiring our compassion and practical support through supplying basic needs such as food, water, toiletries, clothing and medicines.

It is with heavy hearts that on 12 April, Caritas Australia announced the recent loss of two Caritas Ukraine staff in the Mariupol centre, along with five other people who were sheltering at the office when it was struck by a Russian tank. LAs have been innovative with fundraising, and as a culmination of all of these activities, the school with Faith and Justice Leaders will hold a Civvies Dress Day and Sausage Sizzle on Friday Lunchtime 27 May.

### St Vincent de Paul Campaign

Students in Year 8 Religious Education are preparing a school-wide St Vincent de Paul 'I GIVE' Campaign to build awareness of the needs of members of our local community and respond in a practical way through our commitment as Christians to address the needs of others. The Catholic Social Teaching that students are focussing on is The Common Good. Watch the newsletter as students will prepare articles and fundraising posters to encourage all persons associated with the school to GIVE – gold coins, packets and cans.

## Catholic Education Week

This week, 1 – 7 May, is Catholic Education Week.

As Catholic schools, we recognise and proclaim that we are dependent on God and God's gifts to us, and we are challenged to use them to develop each and every one to their full humanity and to contribute to the task of building God's Kingdom on Earth.

Catholic Education Week is an opportunity for all Catholic schools to celebrate our distinctive mission and share things that are special about our schools and ethos with families, parish and the wider community.

## SPORT

The paddle Australia Canoe Marathon Nationals were held on the Gold Coast from Friday 22nd of April until Sunday the 24th of April, where Natalia-Drew represented Victoria. Drew arrived on the Gold Coast on Monday the 18th as she had an appointment with the head of Paddle Australia Para division at the AIS Centre of Excellence on Tuesday, where Drew gained her national para classification and went for a training run. She was also able to meet Tokyo Paralympian silver medallist Susan Seipal.

On Friday was the Short course marathon event, 3.3km. Natalia-Drew won her event Under 18 women's Para with a new PB.

On Saturday was the Standard Course marathon events, Natalia-Drew competed in the Woman's Open Para, 14.8km, again winning with a new PB, taking over 10 minutes off her old time even in very trying weather, with cross winds and monsoonal rains. Natalia-Drew will again be representing Victoria in May when she attends the Paddle Australia Canoe Sprint Nationals, now to be held in Adelaide.

Well done Drew!



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

## Great New Reads In The Library #5

### **The Golden Hour by Niki Smith 2021**

Manuel witnessed a terrifying event in school and suffers anxiety as a result. He is lonely and feels little connection with other students. Manuel copes through photography, using his cell-phone camera to find anchors that keep him grounded. When he is teamed with his classmates, Sebastian and Caysha, for a group project he begins to see how his life could improve.

Graphic novel.



### **Radha And Jai's Recipe For Romance by Nisha Sharma 2021**

Radha is an extremely talented traditional Indian dancer, but walks out in the middle of a major competition when she feels her mother has betrayed her. The family falls apart and she moves to Chicago to make a new start. Here she attends a performing arts school and meets Jai, the captain of the Bollywood dance team.



### **96 Miles by J.L.Esplin 2020**

A great apocalyptic survival story of two young brothers, who against all odds, must walk 96 miles across a desert to find safety and have a hope of staying alive. A thriller with plenty of suspense!



### **In The Lamplight by Dianne Wolfer 2018**

The third book in this series of Historical first world war fiction including actual photos and other war memorabilia. Rose is a young English nurse who cares for injured soldiers in the English countryside. Here she meets the young injured Light horseman, Jim.

This book follows on from 'Lighthouse girl' and 'Light horse boy'.



Visit the Library to borrow any of these books.

Discover more in the Library catalogue <https://library.shcy.vic.edu.au/#!dashboard>

## Year 7 Poetry

In Year 7 English, we are studying and writing different forms of poetry. The students have been researching a range of styles of poetry and then are writing their own poems to do with their areas of interest.

This week we have been learning about acrostic, mesotic, telestich and abecedarian poems. Here are some great examples of their work!

**C**-ontact tracing, who got it from who?  
**O**-utbreaks, in the most unexpected places  
**V**-entilators, helping you breathe  
**I**-solation, after isolation  
**D**-istancing, no seeing family and friends

By Kendall Connell

1917 **R**evolution  
**U**SSR is formed  
Lenin, then **S**talin  
Bori **S** Yeltsin  
Vladimir Put **I**n  
Russi **A**n Federation

By Jack VanDenBosch

**D**ark Lord  
**A**nger controls him  
**R**aven the balanced sith  
en **T**itled to power  
**H**ate  
**V**ersatile battle tactics  
tr **A**itor to sith  
**D**ies a hero  
Tries to **E**scape his past  
**R**econciles with his son

By Zackery Kidgell



## 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.



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/>

## 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)

**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](http://WWW.BRENDASPILVA.COM) OR BOOK IN STORE

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

## UPCOMING DATES

### Friday 6th May

College Athletics Carnival

### Tuesday 10th to 20th May

NAPLAN online Yr 7 & 9

### Wednesday 11th - 13th May

Justice Matters Camp

### Wednesday 11th May

College Tours 9.30am & 11.30am

### Wednesday 18th - 20th May

Year 11 CBD Camp

## 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)



### Supporting Parents After Separation Program



Hume Region

#### What is the Supporting Parents after Separation program?

Supporting Parents after Separation is a FREE program that assists separated parents in conflict to:

- Navigate the challenges of their separation
- Understand how conflict affects a child's development
- Develop effective co-parenting communication strategies
- Develop safe care strategies

The program consists of a 3.5 hour group session followed by individual support and is offered to parents who are separated or going through a separation.

Face to face and online zoom group sessions are available. Parents attend separate groups.

#### For more information:

Hume Region  
Post Separation Services  
110 Wyndham Street (PO BOX 1108)  
Shepparton VIC 3630  
T (03) 5822 8100  
E [ps@berrystreet.org.au](mailto:ps@berrystreet.org.au)  
[www.berrystreet.org.au](http://www.berrystreet.org.au)



Berry Street is committed to the principles of social justice. We respectfully acknowledge the traditional owners of the lands and waters of Australia.





[www.nesay.com.au](http://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 811  
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 177

#### 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 Service 5743 8111

#### Financial

Centrelink 132 490  
VincentCare 5744 2460  
Primary Care Connect 5823 3200  
Yarrawonga Neighbourhood House 5744 39

#### 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

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





# 123 Magic & Emotion Coaching



**An education course for parents/carers about resolving difficult behaviour in children aged 2-12 years old, incorporating children with special needs.**

## **WHAT IS 1-2-3 MAGIC...**

1-2-3 Magic: Effective Discipline for Children 2-12 is an easy-to-learn, evidence-based parenting program.

1-2-3 Magic helps you create a loving, supportive family atmosphere through the following principles:

- Parents are in charge
- No arguing
- No yelling
- No spanking

## **YOU WILL LEARN:**

- How to discipline behaviour without arguing, yelling or smacking
- Choosing strategies – the 3 choices model

## **You will receive:**

- A Workbook
- Certificate of Attendance

This course is being run by a Parentshop® licensed practitioner | [www.parentshop.com.au](http://www.parentshop.com.au)

**WHERE:** Online via Microsoft Teams

**WHEN:** Wednesday 11th, 18th, 25th May 2022

**TIME:** 10:00am – 12:00pm

**FEES:** \$80 (standard) or  
\$50 (concession)

**FACILITATORS:** Kate and Stina

**REGISTRATIONS CLOSE** 20th April 2022