

SACRED HEART COLLEGE

SEMPER FIDELIS
JUNE 2022 | VOL. 9

On the cover: Luke. Year 8 Science...

PRAYER

A Prayer to the Sacred Heart
Dear Sacred Heart of Jesus, we
renew our pledge of love and
loyalty to you. Keep us always close
to your loving heart and to the
most pure

Heart of your Mother.

May we love one another more
and more each day, forgiving each
other's faults as you forgive our
sins.

Teach us how to see you in those
we meet outside our home.

Please help us keep our love for
you always strong

Thank you, dear Jesus, Friend of
our family and community, for all
the blessings of today.

Protect us

Pray for us

Amen

A MESSAGE FROM THE PRINCIPAL

RE: Sacred Heart Day

This Friday, 24th June, we will be celebrating the Feast of the Sacred Heart commencing with Mass at 10am in the Multi Purpose Building. We will once again be joining with Sacred Heart Primary School in what will be a great celebration. Students involved in the Mass are asked to wear full school uniform. All other students are able to wear the correct PE uniform as they will be participating in tabloid sports at the primary school in the afternoon. If your child does not have correct PE uniform they are asked to wear full school uniform.

Following Mass and the presentations, all students and guests will be provided with a BBQ lunch and drink. We have a number of guests attending and if you are coming as a guest can you please fill out the form on PAM to assist us with our catering.

Following lunch, students who have bought a guest may leave with them, with the exception of year 12 who will be assisting with service and tabloid sports.

At the conclusion of the bbq lunch we will move to Sacred Heart Primary School for tabloid sports. Students will return to the college for a 2.05 pm dismissal.

Wishing you all a happy and safe holiday break. Term 3 will commence on Monday, 11th July.

Yours sincerely

Lew Nagle
Principal

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

Year 12 Biology – putting theory into practice

Our year 12 Biology students have successfully completed their own student designed research and experimental design. Students explored a topic of interest that was linked to the units in Biology studied so far in Semester 1. They conducted research from scientific journals, designed and performed an experiment that would answer their research question and then published a billboard poster to communicate their findings.



The students investigated a range of topics including factors that affect biological processes such as photosynthesis or cellular respiration, the impact of changing environments on enzyme effectiveness and factors that influence movement in and out of cells. They had to draw on not only their knowledge and understanding of biology but the scientific skills they have been developing over their time at Sacred Heart College.

The students put an amazing amount of effort into the investigations and demonstrated some well-developed skills in both science and general problem solving. Investigations such as these provide a great opportunity for students to practice the theory they are learning and use skills they will need beyond their time at school.



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On Wednesday 15th, Sacred Heart College Yarrawonga was lucky enough to have Australian author Mark Smith visit to work with students. All of our Year 9 students study Mark's book 'The Road To Winter', so hearing his story about how he went from being a Year 9 student who never read books to a published author was really relevant to them.

Mark spoke to all Year 9 students about his journey and some of what went into writing his post apocalyptic trilogy before running creative writing workshops with each class. The students are currently doing a creative task where they use the book as inspiration for their own work, so it was perfectly timed for them as they were able to workshop their ideas with Mark and get excited about their final draft. They got some great advice, such as writing what you know, creating problems for your characters and having a hook to get your reader into your story straight away.

Mark finished off the day with a master class for keen readers and writers from all year levels, working with them to write about ideas they are passionate about. Mark's latest book 'If Not Us' is a young adult novel that deals with the issue of climate change in today's world, so he had first hand advice for them which inspired them to get writing. It was a fantastic day and the students got so much out of hearing from Mark and sharing their ideas.

Pat Cronin Foundation visit

On Thursday the 10th of June, The Pat Cronin Foundation visited our Years 9, 10, and 11 students to deliver their Be Wise education program.

The program didn't just introduce young people to Pat and his story but helped them create solutions to Be Wise, Think Carefully and Act Kindly.

Students were told of the psychological, social, and economic impacts of violent acts like the Coward Punch. The presenter encouraged students to reflect on attitudes and behaviours around anger and aggression and together they discussed strategies to deal with these issues personally, and as mates and bystanders.

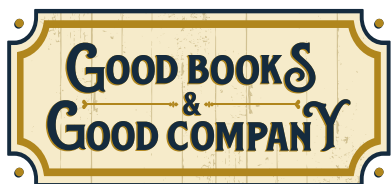
We would like to thank the Pat Cronin foundation for presenting such an important message to our students. More information about the foundation can be found on the link below.

<https://patcroninfoundation.org.au>



**PAT CRONIN
FOUNDATION**

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



Great New Reads in the Library Now # 8

Sugar by Carly Nugent 2022

Persephone is 16 years old and recently diagnosed with type 1 Diabetes. She is angry that her life has changed and now revolves around 'Sugar'!

Just around the same time as her diagnosis, her dad died in uncertain circumstances, and now she has stumbled across a woman's body in the bush.

Shelved in the Senior Fiction section.



How To Tackle Your Dreams by Fiona Hardy 2022

Homer loves Australian rules football and has a future. Since his dad moved to the other side of the country and his mum got drafted into the AFLW things have changed. To add to all this Homer's PE school shirt fits terribly and hinders his sporting abilities. Following in his father's footsteps Homer fixes his shirt and a business opportunity presents itself.



The Greatest Thing by Sarah Winifred Searle 2022

It's the first day of grade 10 and Winifred's two best friends have gone off to private school. This is the perfect opportunity to reinvent herself, but who as? She is not alone for long when she teams up with Oscar and April in art class. They bond over being creative and a bit rebellious.

A graphic novel.

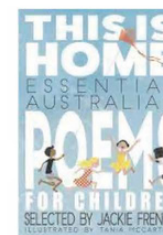


This Is Home - Essential Australian Poems

Selected by Jackie French 2022

The beautifully illustrated collection of Australian poems include some well-known poems, some you have probably never heard and some we should all know. Poems about bushrangers, living in the bush, a garden a desert. Poems for every member of the family.

Non-fiction.



Visit the Library to borrow any of these books.

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CATHOLIC IDENTITY

Caritas 2022

Thanks to the commitment of student LA groups and staff members, the CARITAS Fundraising was a great success this year, with just over \$1200 raised. Appreciation to all of those who charitably gave their support through time, actions, or donations.



'I GIVE' CAMPAIGN

The St Vincent de Paul Fundraising Campaign was launched last week on 17 June with a Sausage Sizzle and Casual Clothes Day. Bringing Faith into action, Year 8 Religious Education students this week launched their Annual 'I GIVE' Campaign, distributing Posters and Laundry baskets to LAs, encouraging students to fill them brimming with non-perishable items – cans, packets, boxes, jars – or Gold Coins to donate to the Sacred Heart Conference of the St Vincent de Paul Society in Yarrowonga.

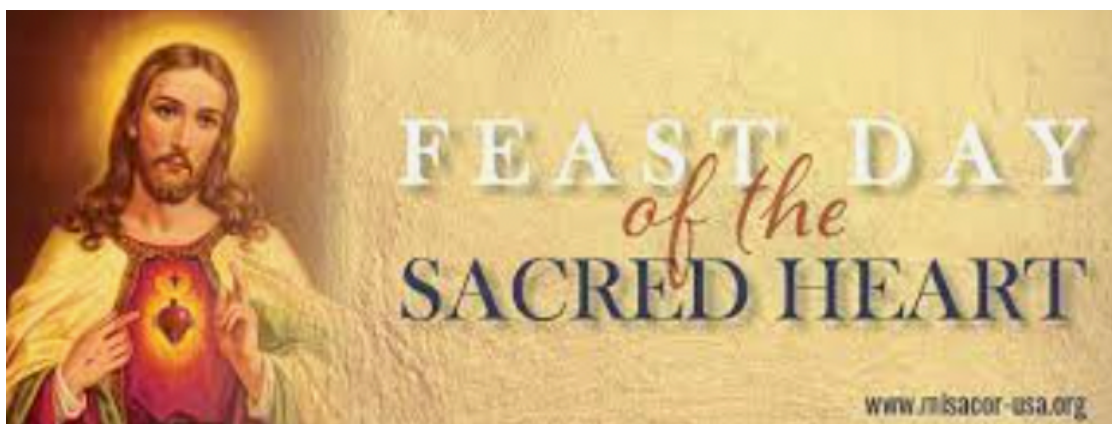
Students hope that across the LAs that multiple donations of items are made, reinforcing our role in contributing to the Common Good and supporting the dignity of persons in our local community, particularly through these difficult times. Donations will be gratefully received until the end of Week 3 of Term 3.



Sacred Heart Day Mass

Friday 23rd June

We look to the Feast of the Sacred Heart and Mass with great anticipation after Covid measures prevented a combined celebration in the last couple of years. Special guests, families, and friends from across the Diocese and local community have been invited to share in this special occasion and we eagerly welcome their presence. We look forward to the vocal and musical contributions of the Sacred Heart Primary Choir and Sacred Heart College's Chloe Burgess, Michael Hughes and Daine Runnalls. We thank Fr Michael Morley for making himself available to preside over the Mass and continue to hold Fr Steve Bowen in our prayers during his recuperation. Mass will be held at 10 am, Friday 24 June, in the MPB.



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Netballers Bring Home The Flag

On Tuesday 21st, Year 7 and 8 students headed to JC King Park in Albury with Miss Urquhart and Mrs Bruce for end of term sports. It was a busy day in very wet conditions but the girls had smiles on their faces for the whole day and were tough competitors. One of our Year 7 teams made it to the Semi-Final after winning all their games however were unfortunately defeated in a tight match. One of our Year 8 teams played off against Tallangatta in the Grand Final which resulted in a draw and went on to win the competition in overtime! Congratulations to all who attend on their sportsmanship and teamwork skills, the school was very well represented

Left: Alani, Miss Urquhart and Kiera



As Term 2 comes to an end, we can finally reflect on what has been a huge 10 weeks of sport. With two major carnivals and multiple school footy competitions, it has been exhausting for both staff and students to say the least. However, the show is not over yet, with a huge final week of End of Term sports, which will hopefully see the vast majority of Sacred Heart students head off to Albury and Wodonga's numerous sporting locations to represent the school proudly. In addition to this, congratulations to Cooper Webster, Camerone Stephens, Kendall Connell, Kiera Freeman, Lachlan Dwyer, Xander Smith, Ben Kennedy and Jess Freeman who all managed to pass the test at the O&M Cross Country in Beechworth, running through cold, wet and utterly miserable weather in what was a monumental effort by all involved.

On a less happier note, the Year 7 Boys school football team that were praised for their guts and determination after winning the O&M competition, despite being heavily undermanned, had to pull out of the Hume Competition after losing another 2 members, bringing the tally down to just 13 players, an impossible task against strong competition.

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Key dates

Thursday 23rd June

O & M Inter & Senior Sports Albury

Friday 24th June

Feast of the Sacred Heart Day Mass and luncheon

End of Term 2

Monday 11th July

Term 3 begins

Saturday 16th to Saturday 23rd July

Northern Territory Camp

Thursday 28th July

Year 7 Questacon Science trip

Friday 29th July

Year 11 Cultural excursion TBC

Monday 1st August

Parent, teacher, student interviews

Thursday 4th August

Winter Sleepout

Monday 8th August

Yr 12 Dressmaker/Crucible performance

23rd to 26th August

Year 10 camp

Sacred Heart College Yarrawonga

www.shcy.vic.edu.au

Telephone: 03 5742 1300

email: info@shcy.vic.edu.au



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

REMINDERS

Absences / Late arrivals

Please contact the college office for all absences, or for late arrivals/early departures, if possible before 9.30am. 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 travellers - Murphy St only.
Walkers & car pickup/drop off -
Coghill St only.

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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

Call us now! ANXIETY SUPPORT GROUP

Cost: Optional Gold Coin Donation
Ring us to find out more
EVERY TUESDAY

Anxiety is something all humans experience at times. It can range from short term to long term, slightly stressful to hugely challenging, specific to general, and can include worry, tension, panic, avoidance, phobias, compulsive or obsessive thoughts or actions. Good news: whatever the type, people definitely can, and do, manage and recover from anxiety, to live the life that is meaningful for you. Part of that recovery, for lots of people, is knowing that you are not alone, that others are coping with similar things, and that you have a chance to listen, or to talk, with people who understand.

A support group for people who experience any type of anxiety, and/or their friends or family is held, at the Women's Centre. We welcome anyone identifying as a woman, 16 years or over. The group is held every Tuesday from 1.30pm to 3pm, at 526 Swift St, Albury. Cost is an optional gold coin donation, to contribute to tea, coffee & biscuits. The group facilitator is Cassly Charles, counsellor at the Women's Centre.

We plan to have some laughs as well as sharing experiences, and you are welcome to just come and listen. The group size is expected to be a maximum of 10 people each time, and can often be smaller. There is no need to register, but you are welcome to let us know you are coming, or to ask any questions, by phoning 02 6021 5773 or emailing administration@womenscentre.org.au.

WHEN: Tuesdays 1.30pm to 3pm 526 Swift Street Albury 2640

WOMENS CENTRE FOR HEALTH & WELLBEING

526 SWIFT STREET ALBURY NSW 2780

(02) 6021 5773

WWW.WOMENSCENTRE.ORG.AU



Book Now!

CIRCLE OF SECURITY PARENTING

STARTS THURSDAY 28TH JULY 2022

\$30 per week

\$240 for 8 Weeks

TERM THREE

Circle of Security Parenting is an acclaimed 8-week program for parents or caregivers of children. 'Perfect parenting' doesn't exist, but most parents and caregivers are doing their best to navigate a combination of how they were raised, their best intentions and other people's parenting advice. Sometimes it can feel impossible.

Offering a very clear and supportive window into 'good enough' parenting, the Circle of Security Parenting (COSP) program is based on 40 years of research into attachment. It shines a light on the needs of every child for three things: going out to explore and learn, coming in for comfort and support, and meeting the strong and kind 'hands' of a caregiver.

Each adult has had their own experiences of this in childhood, and these shape the way we interact with a child, in each of these 3 activities. In turn, this shapes the relationship between the child and parent/caregiver, the child's behaviour, the child's view of the world and themselves, and their future relationships into adulthood. So this is both a simple and a very powerful program!

The program uses videos of real child-caregiver interactions, lots of opportunity for discussion, and a supportive recognition of every caregiver's strengths and positive motivations. All participants who attend every session will receive a Certificate of Completion.

WHEN: Thursdays from the 28th July 2022
9.30am to 11.30am

WOMENS CENTRE FOR HEALTH & WELLBEING

526 SWIFT STREET ALBURY NSW 2780

(02) 6021 5773

WWW.WOMENSCENTRE.ORG.AU



Book Now!

SHARK CAGE 2022

STARTS: TUESDAY 26TH JULY

\$30 per week

\$240 for 8 Weeks

TERM THREE



Shark Cage is an 8-week group program for women and girls (16 years or over) who have experienced violence.

The purposes of the program is to get free of patterns of repeated violence or other abuse, to spot the differences between 'Sharks' and 'Dolphins' around us, and to strengthen our protective resources - the 'Shark Cage' which can keep us safe.

This program has been running in different locations around Australia for 10 years, and is structured around 5 practical steps. It draws on an understanding of trauma, human rights, cognitive behavioural therapy, and the power of talking with others who have faced similar experiences.

WHEN: TUESDAY's from the 26th July 9.30am to 12pm

INTERESTED? Contact us now to book in for your short phone interview with the facilitator, to see whether Shark Cage is right for you at the moment.

WOMENS CENTRE FOR HEALTH & WELLBEING

526 SWIFT STREET ALBURY NSW 2780

(02) 6021 5773

WWW.WOMENSCENTRE.ORG.AU



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