

# SACRED HEART COLLEGE

SEMPER FIDELIS  
JULY 2022 | VOL. 10

On the cover:

The Mansfield family celebrated Sacred Heart Day at the end of Term 2

God of all wonder,  
We pause in the busyness of our  
days to listen deeply to the  
wisdom of this land and those  
who belong to it.

May our minds be open to  
dialogue,

May our hearts be open to  
transformation and

May our hands do the work of  
reconciliation.

We ask that the Spirit accompany  
us on our journey of healing on  
these lands, seas and waterways;  
We also ask the Spirit of peace be  
with all those who are living a life  
of fear, dispossession and  
distress.

We make this prayer in the name  
of Jesus our brother and friend.

Amen.

Add a little bit of body text

## A MESSAGE FROM THE PRINCIPAL

### Welcome

Welcome back everyone. Term 3 commenced in a burst of activity with the Year 9 students flying out to Darwin on Saturday and our Year 10 students commencing their work experience week. After multiple preparations, our Year 9 students and staff arrived safely in the Northern Territory and are enjoying perfect weather conditions as they explore Kakadu. At the time of writing the crew were making their way to Katherine to paddle the iconic Katherine Gorge.



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





## Sacred Heart Day

Our Sacred Heart community celebrated the Feast of the Sacred Heart on the final day of Term 2. Approximately 900 people were on hand to celebrate Mass in the Multi Purpose Building. Thanks to Father Michael for being available to say Mass in Father Steve's absence. A big thank you to Yarrowonga Lions Club who assisted with the cooking of 1000 sausages, providing lunch for the students from both Sacred Heart schools. The celebration was a great way to conclude the term and it was great to host our special guests in our new building. Thank you to our student leaders and all staff for demonstrating the Mercy value of Hospitality.



Jess



CEO guest, Leonie Irwin, Paige and Principal Lew Nagle



Top Left: Father Morley, Mia, Jess, Leonie Irwin, CEO, Paige, Lew Nagle, Principal, Peyton and Father Morley, Chloé and Michael

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





# *Celebrating Sacred Heart Day*





## College Council

Shortly, expressions of interest will be called for parent representatives on the College Council. The College Council replaces the College Board and reflects the changes of the new governance structures within Catholic Education Sandhurst Ltd. This is a great opportunity to be engaged as a parent and I strongly encourage you to consider this opportunity. An information session will be organised for interested parents later this term.



## Testing and masks

Whilst we continue to experience positive cases in our community, families and students are reminded that if they are a close contact of a positive case they need to wear a mask and undertake rapid antigen tests five days out of seven. Whilst the Victorian Government is yet to mandate mask wearing, the wearing of masks is strongly recommended. Wearing a face mask can protect you and those around you, stopping droplets spreading when you talk, cough, sneeze and laugh, which lowers your chance of spreading Covid 19 as well as other viruses. Next week students will be provided with another batch of rapid antigen tests to assist with this process.



On Tuesday the Junior Girls Football team competed in Mooroopna. Even though the team wasn't successful in making finals, their enthusiasm and team spirit was commendable.

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Year 9 campers have visited the Katherine Outdoor Experience this week. Some of the activities included, whip cracking, horse education, dog training, a visit to the Katherine hot springs, and experience the spectacular NT sunsets.





# CATHOLIC IDENTITY

## Sacred Heart Day Mass

The success of liturgical events and celebrations like the Feast Day of the Sacred Heart Mass rely upon strong participation. This year we welcomed Sacred Heart Day Mass, held on the last day of Term 2, with great anticipation. After a couple of years where restrictions limited large communal gatherings, Sacred Heart Primary School and College combined to celebrate together. We were fortunate to also include special guests, families, and friends from across the Diocese and Sacred Heart Parish and schools' communities. The MPB was filled to capacity.

We appreciated Fr Michael Morely leading the Mass while Fr Steve Bohan is recuperating, especially how he engaged us in the Homily to consider the significance of the day, by drawing attention to how Christ's love refines us through using the tangible symbol of a heart-shaped raw and polished timber. The Sacred Heart Primary Choir enthusiastically contributed to the joyful singing of the hymns throughout the Mass. The Sacred Heart College Group - Chloe Burgess, Michael Hughes, and Daine Runnall, guided Reflection as they performed parts of Leonard Cohen's 'Alleluia' which soared in heartfelt notes and harmony.

Fittingly, as is tradition, after Sacred Heart Day Mass, a cheque was presented to Mrs. Kath Taylor on behalf of the local St Vincent de Paul Society. In the previous week, the College held a St Vincent de Paul Barbeque Fundraiser and Casual Clothes Day and money raised contributed to this.

We are grateful for all members across school communities who contributed from planning, set-up and participation, to making this Mass a wonderful social and spiritually fulfilling event

## 'I Give' Campaign

IGive Cans, Packets or Gold Coins for St Vincent de Paul!

Year 8 Religious Education students have created a Campaign in support of St Vincent de Paul Assistance in Yarrowonga.

Everyone is encouraged to contribute cans or jars or packets of non-perishables like jam, baked beans, lentils, soup, peanut paste, spaghetti, biscuits, rice, soap, shampoo, etc.; OR a gold coins to support the purchase of these products. All money should be given to LA teachers for collection. Please check that the use by date is still current and that the packaging or cans aren't damaged or dented.

Students hope that across the LAs that multiple donations of items are made, reinforcing our goodwill 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 three of Term 3.



St Vinnies representative Kath Taylor pictured with the College Captains

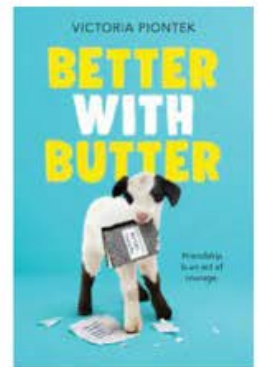


ALWAYS BE RESPONSIBLE. ALWAYS BE RESPECTFUL. ALWAYS BE YOUR BEST.



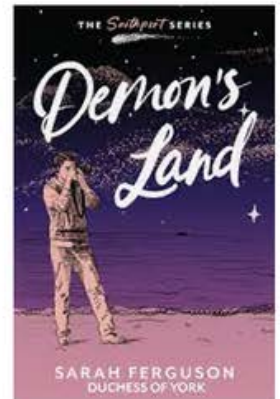
## **Better with Butter by Victoria Piontek 2021**

Marvel is afraid of everything, from amusement park rides to the big pile of plastic floating in the ocean. She worries about making friends, walking home alone, Teachers asking her questions. When she finds a baby fainting goat being bullied by some big kids she does the unbelievable, and rescues 'Butter'. But, can she keep Butter?



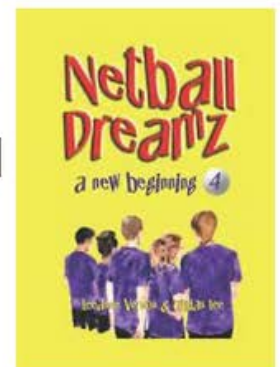
## **Demon's Land by Sarah Ferguson 2022**

Jude always loved photography; it showed the truth! Growing up in remote Southern Tasmania he seems to be constantly faced with challenges. His family has fallen apart, his best friend is facing bigotry and bullying and he may be in love with his piano teacher, who has many demons to face herself. A quick read about the lives of 3 young people finding their way.



## **Netball Dreamz #4 by Leanne Vernon**

Sally and Nat are obsessed with Netball and want to perform at the highest level. Beginning high school has set some new challenges for them, and with the school going crazy over the Festival of Food, Music and Fun, the year 7 netball trials are in danger of not even running. This series includes practical training drills for aspiring netballers.

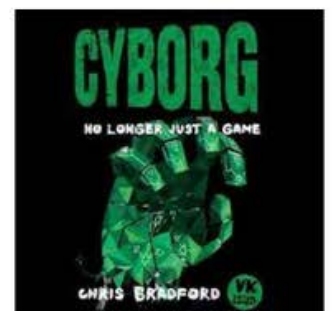


## **Cyborg: No longer just a game by Chris Bradford**

Book 3 in the Mortal Kombat quick read series. Scott and his gang of techno-hackers barely escaped with their lives when they planted the virus that destroyed Virtual Kombat. Now that the game is gone, they think they're finally safe.

VK cannot be so easily beaten, and now it moves from the virtual world to the real world.

Last book in the series.



# Great New Reads in the Library # 9







# Sacred Heart College

## SENIOR SUBJECT SELECTION INFORMATION EVENING

### YEAR 11 AND YEAR 12, 2023

5.30PM

WEDNESDAY THE  
10TH OF AUGUST

5.30 PM- PRESENTATION ON THE NEW VICTORIAN  
PATHWAY CERTIFICATE AND THE VICTORIAN  
CERTIFICATE OF EDUCATION VOCATIONAL PATHWAY

6:00 PM - PRESENTATION ON THE VICTORIAN  
CERTIFICATE OF EDUCATION

WHO?

FOR PARENTS, GUARDIANS AND STUDENTS  
ENTERING YEAR 11 AND YEAR 12 IN 2023

WHERE?

COLLEGE ADMINISTRATION BUILDING, WITT STREET

MORE INFORMATION:

PRESENTATIONS ON SENIOR PATHWAYS AND YEAR 11  
AND YEAR 12 2023 SUBJECT SELECTION



[www.shcy.vic.edu.au](http://www.shcy.vic.edu.au)  
Ph: 0357 421 300  
email: [info@shcy.vic.edu.au](mailto:info@shcy.vic.edu.au)



IMPORTANT  
DATES

# AND REMINDERS

Parents are reminded to log into PAM accounts on a regular basis. This is where you will be able to access all the information relating to your child. Which will include:

- Daily Notices
- Timetables
- Excursion permissions
- Parent letters, listed under Year level
- Whole school letters
- Reports
- Student medical profiles



## UPCOMING EVENTS

18th - 22nd July:  
Year 10 Work Experience

Saturday 23rd July:  
Yr 9 NT campers return

Monday 25th July:  
Full school assembly

Thursday 28th July:  
Year 7 Questacon excursion

Friday 29th July:  
Year 10 Environmental excursion

Friday 29th July:  
Year 11 RE Cultural experience excursion

Monday 8th August:  
Yr 12 Dressmaker/Crucible performance

Friday 12th August:  
VCE Chemistry Visit to Thales Lab

Wednesday 10th August:  
Subject Selection Information Night (Yr 9 - 11)

Sacred Heart College

30 Witt Street

PO Box 286

Yarrowonga Vic 3730

Telephone: 0357 421 302

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

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



## WELLBEING LINKS

E: [wellbeing@shcy.vic.edu.au](mailto:wellbeing@shcy.vic.edu.au)

Ph: 5742 1300

Headspace:

[headspace.org.au](http://headspace.org.au) /

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

Beyond Blue:

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

Kids Help Line:

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

GriefLine Community & Family

Services:

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

Lifeline:

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

**Some resources that are beneficial for parents:**

1. David Gellespie, Teen Brain, Why screens are making your teenagers depressed, anxious and prone to lifelong addictive illness – and how to stop it now.
2. Daniel J. Siegel, MD Brainstorm, The Power and the purpose of the teenage brain. An inside out guide to the Emerging Adolescent Mind Ages 12-24.

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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  
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 Cassily 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](mailto: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](http://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](http://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**



## TUNING INTO TEENS



**gateway health**  
People living well

This program aims to help parents and carers understand their child's experience and connect with and support their child.

This program will help you:

- understand what your child is going through at this stage in their life
- help your child manage their emotions
- manage conflict with your child more effectively
- communicate with your child more effectively
- build a closer more connected relationship with your child
- build on your skills as a parent

**WHEN:** During school terms

**WHERE:** Wangaratta

**COST:** Free

If you would like to participate, please contact Casey (NESAY School Counsellor) to arrange a referral  
**(03) 5742 1300**

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