



SACRED HEART COLLEGE

SEMPER FIDELIS
JULY 2022 #11

On the cover:

Yr 10 Environmental Science Field Trip

Friday 29th July the Year 10 Environmental Science Elective class traveled to Winton Wetlands to plant trees. Around 100 students from three secondary schools, teachers and volunteers and WWL staff planted over 1200 trees.



Creator God,
We thank you for the life
and canonisation of Saint
Mary of the Cross MacKillop.
She taught us that you
understand us better than
we understand ourselves.
May we trust as Mary did,
being mindful of your loving
presence in all we do. Living
today with Mary's words,
leaning on you and trusting
in your providence. Amen.

From the Principal: Lew Nagle

Welcome back

Well done to our Year 9 and 10 students who returned from a very successful Northern Territory trip and Work Experience respectively. We are again thankful for our staff who accompanied students on camp and visited work experience sites.

Senior School Information Sessions

Families are reminded that sessions will be held in the Administration building commencing at 5.30pm next Wednesday the 10th of August. These sessions will provide important information regarding subject offerings in the Senior school and the procedure and timeline for submitting subject selections. 2023 Course handbooks will be released on this day and will be a valuable source of information to students and families.

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

Communication

A letter will be sent to all families this week for your planning. Please note that a student free day will be held at the College on Friday, 16th September. This will mean that the last day for students for Term 3 will be Thursday, 15th September. Students will be dismissed at the normal time of 3.10pm. As you may be aware there are significant changes with the introduction of the Victorian Pathways Certificate and the Vocational Major within the VCE next year and the vast majority of VCE study designs have been reviewed. This day will assist staff with course writing, ensuring the College has a current learning program from Year 7-12.

Employment Opportunities

The College has advertised for a number of positions next year. Quite often we have employed staff who have a family connection to Yarrawonga. If families know of teachers in their network who may be interested in moving to our wonderful region, please direct them to the College website www.shcy.vic.edu.au

PEERS Program

At the start of 2022 Sacred Heart has been offering the PEERs Social Skills Program to students to assist with enrichment and their relational skills. Now, the program is in its second phase after much success. The students who participated in the program in the first semester showed great growth and understanding in many areas of social skills development. We are running five classes and cover topics such as conversation skills, using electronic devices, how to handle gossip, making phone calls and leaving voicemails and much more.

Ms Brenda Spilva is an accredited facilitator of the PEERs Program and is enjoying running the program throughout all year levels at the College.

This semester we have a mix of new students beginning the program from Years 7-10 and the graduates from last semester are really consolidating and testing their newly learnt skills. The Senior classes are scheduling and arranging social outings whereby the students are in charge of all aspects from concept, to making bookings or enquiries and talking with members of the public. This is a great opportunity for our students to learn practical skills that will help them feel confident with friendships and in social situations now and when they finish school.

Brenda Spilva



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Y

Sacred Heart College Yarrawonga is seeking suitably qualified teachers to fill a combination of fixed term leave replacement & ongoing positions in the following subjects:

- English
- Maths
- Science/STEM
- Humanities
- Religious Education
- LOTE - Italian
- AUSLAN

For more information click on the Employment tab on our website

www.shcy.vic.edu.au

Sacred Heart College
promotes the safety and wellbeing of all children.

Friday the 5th of August

Helping Hands Fundraiser

Sausage Sizzle &
wear blue, green
and white clothes

Sausage sizzle

\$2 for a sausage in bread

\$2 for a can of soft drink

\$5 for 2 sausages and a drink

Casual clothes

gold coin donation

dress up in blue, green & white (prizes for best dressed)





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
Ph: 0357 421 300
email: info@shcy.vic.edu.au

Reflections

Ubirr Rock

Ubirr Rock is a beautiful place full of history and culture. Images provided in the Photo Gallery, really highlights the wonder and pure size of this amazing location.

Ubirr Rock is a mountain of beautiful red rocks, worn down and cut into unique shapes and places precarious perches casting cold shadows over the landscape. As you hike up the trail, you'll bare witness to thousands of years of Aboriginal culture through the hundreds of individual artworks covering the rocks.

For me, Ubirr was the most fascinating place we visited. Arriving in the late afternoon we hiked along the trail scorched by the blazing sun. As we walked we made sure to stop and take a minute to gaze at the paintings that enchant the rocks with stories of their history. This is what made Ubirr rock my highlight of the trip. There was one painting in particular that I had read about and was even more impressed to see. High up on the cliff, a good 8-10 metres up with no clear way of getting to it, sat a painting of a Tassie Tiger. Most of the paintings were said to be at least 20,000 years old. Which makes sense, because Tassie Tigers became extinct on the mainland two to three thousand years ago, proving that they would have lived in the Kakadu area. Other paintings from the area depict lots of fish, turtles and the occasional roo. This is because before European settlement the traditional people of the Gagudju area the Bunitj, Djindibi and two Mirarr clans would have hunted these animals more often for food. Other paintings told stories. One figure that we saw in a variety of places on our travels was of Namarrkon, the Lightning Man.

He is an important creation ancestor, and is responsible for the violent lightning storms that occur in the tropical summer. The band that runs from Namarrkon's left ankle to his hands, head and down to his right ankle represents the lightning he creates. He uses the axes on his head, elbows and feet to split the dark clouds and make lightning and thunder. When we reached the top of Ubirr, we were presented with a spectacular view of the flood plains, in addition to that there was still plenty of time to explore the rocks before sunset. As the sun started to go down we all sat together on top of Ubirr looking out on the distant hills casting a golden light, revealing the wonderful silhouette of the landscape. All in all I would highly recommend taking the time to go see Ubirr Rock. It's a great place to learn about the Aboriginal culture through artwork, coupled with an amazing view.

Gaagudju - Wikipedia. (2022). Retrieved 26 July 2022, from <https://en.wikipedia.org/wiki/Gaagudju>
<https://www.dccew.gov.au/sites/default/files/documents/ubirr.pdf>

(2022). Retrieved 26 July 2022, from <https://parksaustralia.gov.au/kakadu/discover/culture/stories/>

by Penny Whiteley

Katherine Gorge

Katherine Gorge is such a beautiful place, it is a place where you can truly feel at peace. Recently the Year 9 group from Sacred Heart College Yarrowonga was blessed with the precious opportunity to participate in our year level camp to Darwin in the Northern Territory. One of the magnificent places we were able to visit on our week long stay was the incredible Katherine Gorge. Upon arrival, we walked to a boat docking point, where we boarded a boat and had an picturesque cruise along the first part of the Gorge, observing the rock formations while keeping an eye out for freshwater crocodiles. The boat then pulled up to a second docking station at the end of the first section. We got off the boat and walked up a big hill to find a whole lot of canoes lined up. We put on our life jackets and got aboard the canoe with a partner, and then we were off and away, paddling down the magnificent Katherine Gorge. Katherine Gorge was one of my favourite places we visited on our trip, you can't help being in absolute awe of the amazing scenery. For the entire paddle there and back I was trying to wrap my brain around the fact that the Jawoyn people survived off of this wonderful piece of country and that it is 23 million years old. Katherine Gorge is also commonly known by its Aboriginal name, Nitmiluk Gorge, as it is in the Nitmiluk region. Katherine Gorge was named after a European man, John Stuart's, daughter in 1862. He was the first European man to explore the Katherine area. The Gorge itself was formed by many million of years of erosion, caused by recurring wet seasons. I would definitely recommend paying a visit to Katherine Gorge or somewhere inside of the Nitmiluk National Park. There truly is something for everyone in there, no matter what age or ability. Even just exploring one of 13 magnificent gorges is enough to make you feel a sort of peace nothing else in the world could bring. It is truly one of the best experiences I have ever had, and I will be forever grateful for that.

Dimity Connell

Excursions

Year 7 Science and Humanities - Questacon

On Thursday 28th July Year 7 students participated in an excursion to Questacon and The Crossing Place Museum in Albury. Questacon's - Science on the Move exhibition is an intriguing exploration of a broad range of scientific themes including the principles of music, sound, human biology, light, force, motion, ecology and the environment. Students participated in exciting, hands-on physics activities as they use their bodies to create a battery and learn about chaotic motion through the interaction between magnets and pendulums. Students also visited the Crossing Place Museum as part of Humanities. Crossing Place traces the settlement of Albury by land and water. It has an engaging collection of objects, audio and film that told the story of Albury from first contact with the Wiradjuri people to the city we know today. Crossing Place took students on a journey of Albury's growth from the river crossing point explored by Hume and Hovell into a thriving city with federal ambitions and an important role in capital city decentralisation. Weaving together items from the railway, hospital, shops, cinemas, services, sporting clubs and schools, it created a history of urban ambition. Students explored the kids-only river installation featuring river artefacts, animals, sounds and smells. They also learned about the construction of the iconic Hume Dam and why it was a wonder of its time. Finally to finish the day students attended the Murray Art Museum Albury and viewed The Zombie Eaters exhibition which looks to celebrate strengths in contemporary Australian Painting. Thanks to all the staff and students for a great day on Albury.



Yr 10 Environmental Science Elective

Our environmental scientists have set up their first experiment. They tested the soil quality for pH, phosphates, and nitrates in each of the garden beds.

Now they are investigating the possible difference in plant growth due to the addition of organic and inorganic fertilizers. Bed A- control, Bed B - organic and Bed C inorganic.

Stay tuned for ongoing data.

Michael Falkiner

Sport

Ethan Stephens, Sports Trainee



With Term 3 well and truly underway, preparations begin for the upcoming Hume Netball Competition on Thursday the 4th of August with the unbeaten Year 8 Girls and Year 9/10 Boys set to make the trip to Wangaratta. With promising draws, both teams are prime contenders for the silverware.

Meanwhile, Year 10 got a taste of life after retirement last Friday, with all 3 classes attending Lawn Bowls sessions at the Yarrawonga Lawn Bowls Club for PE. All had fun in what turned out to be an extremely competitive affair.

Recently, Mr Sudholz's Year 10 Exercise Science class began their 8-week gym program, with all class members creating their own programs in accordance with what they wish to achieve by the end of the eight weeks.

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Year 11 Cultural

As part of the Religious Education Search for Meaning program, on Friday 29 July, all Year 11 students participated in a Cultural Excursion to enhance their understanding of the roles of art and architecture in our social, cultural and spiritual lives. This initiative was supported by funding from the Bishop Joseph Grech Scholarship awarded to Paige Duffy.

Accompanied Michael Ross and Lucienne Camenzuli, students visited the Albanian Mosque, the Sikh Temple 'Gurduara Sahib' and the Shepparton Art Museum. A vegetarian curry lunch was provided at Gurduara Sahib as part of the cultural experience. Imam Hysni Merja, who has only been at the Mosque for four months, greeted us at the entry of the Albanian Mosque with members of the Muslim community. On entering the Mosque, it revealed itself as an open space with carpet that has set lines for people to position themselves for prayer facing Mecca with walls with no iconography and a space for the Imam to lead the members in prayer. The space isn't decorated to focus on the internal oneness with God. Students learned that Muslims pray five times a day, by going to the Mosque or stop in their work to pray. All members of the Muslim community were generous in sharing the way they pray and how it is part of their daily lives with the students. It was revealed that Islam means 'peace'. The Albanian Mosque is the first built in Victoria and the Qu'ran brought to this mosque came from Albania and is over 300 years old. It is now preserved in the Melbourne Museum for posterity.

Students then travelled to the Sikh Temple 'Gurduara Sahib'. Dharni Singh welcomed us and everyone covered their heads respectfully and removed their shoes before entry. Dharni shared the history of the Sikh religion which originated in the Punjab region of India and gave insights into the challenges that were faced by the members during the separation of India and Pakistan. Dharni also explained the cultural aspirations of the community within Shepparton and how they value farming and education. He brought humour when he shared some stories of his experiences as a Sikh growing up in Shepparton. The temple has a langaar, a hall where community service is given. The Holy Book and worship place is on the first level. Students learned that the Sikhs are recognised for their hospitality and they generously served students dhal and sweets for lunch with very liberal portions. On Sundays there are five courses offered for free to anyone who attends lunch from food donations. Lunch is prepared by members of the community.



The 'Art in Conflict' collection at SAM opened students eyes to the various ways artists from different cultural backgrounds use media as a means of expressing different types of conflict, ranging from war to cultural and social within and outside Australia. They also revealed the positive and negative outcomes. Students considered how different symbols and styles are understood by audiences and engaged in critical discussions in small groups before exploring the rest of the gallery. The Year 11 students were wonderful ambassadors and respectfully engaged in all activities while asking pertinent questions of the guides. Enhanced by the beautiful weather, students enjoyed the day's activities and many commented that their experiences opened their eyes to new understandings.

Feast Day of St Mary MacKillop

On Monday 8 August, we celebrate the Feast Day of our Australian Patron Saint, St Mary MacKillop. She was a woman of great fortitude who 'never [saw] a need without doing something about it' and this has become a statement by her which continues to motivate many. Her commitment to living in the way of Jesus, showing compassion, courage and perseverance in the face of adversity, is an enduring legacy and model for all of us. During this week leading up to her Feast Day, LA prayers focus on MacKillop's inspiration.

Lucienne Camenzuli



Great new reads in the Library #10

When Only One

By Meg Gatland-Veness 2022

Sam is in year 11 in a rural high school. He works as a lifeguard and delivers care packages to needy families every Sunday with his parents and 4 brothers. Life is good for him until one night a long lost friend climbs through his bedroom window. Emily's life is not so great.

How does he help a girl who doesn't want it, but desperately needs it?



Skyhunter

By Marie Lu 2020

Strikers are loyal. With unparalleled, deadly fighting skills. With a willingness to do anything—including sacrifice their own lives—to defend Mara, the world's last free nation. But to the very people she protects, Talin is seen as an outcast first and a Striker second. No matter what others think, Talin lets nothing distract her from keeping the evil Federation and its army of haunting, mutant beasts at bay. Until a mysterious prisoner shows up and disrupts Talin's entire world. Is he a spy? A product of the Federation's sinister experiments?

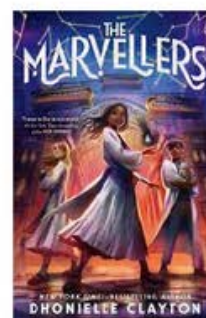
Two book series. #2 Steelstriker



The Marvellers

By Dhonielle Clayton 2022

The Marvellers is a fantasy adventure for young readers in the style of Harry Potter. Eleven-year-old Ella Durand is of Conjuror heritage, the first conjuror ever to be sent to the amazing school of the Marvellers, the 'Arcanum Training Institute for Marvellous and Uncanny Endeavors'. It's like a Hogwarts but very multicultural with students from all over the world, and it's a whole lot more sparkly. Book 1 in the series.



Apollo & Thelma: True Tall Tale

By Jon Faine 2022

Non fiction biographical account of 'The Mighty Apollo' a famous strongman and circus star, and his tough outback sister, Thelma. It is a 40 year journey from Melbourne's depression era slums to the isolation of the outback.



Visit the Library to borrow any of these books.

Great New Reads in the Library # 10



**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

Thursday 4th August

Yr 8 Girls/Boys Intermediate Netball Wangaratta
Winter Sleepout

Friday 5th August

Helping Hands fundraiser

Monday 8th August

Yr 12 Dressmaker/Crucible performance

Wednesday 10th August:

Subject Selection Information Night (Yr 9 - 11)

Thursday 11th August

Clay Target Shoot

Friday 12th August

VCE Chemistry Visit to Thales Lab

Thursday 18th August

Parent, Teacher Interviews



Sacred Heart College Term Calendar 2023

TERM ONE

Australia Day (Public Holiday)
Staff commence (no students)
Term 1 begins for Years 7 & VCE students
Term 1 begins for Years 8 to 11 students
Labour Day (Public Holiday)
Term 1 concludes
Good Friday (Public Holiday)
Easter Monday (Public Holiday)

Thursday, 26 January
Friday, 27 January
Tuesday, 31 January
Wednesday, 1 February
Monday, 13 March
Thursday, 6 April
Friday, 7 April
Monday, 10 April

TERM TWO

Term 2 begins (all staff & students)
ANZAC Day (Public Holiday)
Queen's Birthday (Public Holiday)
Term 2 concludes

Monday, 24 April
Tuesday, 25 April
Monday, 12 June
Friday, 23 June

TERM THREE

Term 3 begins
Term 3 concludes

Monday, 10 July
Friday, 15 September

TERM FOUR

Term 4 begins
Student free day
Melbourne Cup Day (staff and students)
Term 4 concludes (students)
Staff conclude

Monday, 2 October
Monday, 6 November
Tuesday, 7 November
Friday, 8 December
Friday, 15 December

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

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.**

Student Absences

If your child is absent from school, please
phone the College Administration on:
03 57 421 300

Sacred Heart College

30 Witt Street

PO Box 286

Yarrowonga Vic 3730

Telephone: 0357 421 302

Email: info@shcy.vic.edu.au

web: www.shcy.vic.edu.au



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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

Stepping p FOR HOMELESSNESS

LOCAL BUSINESSES ARE
STEPPING UP FOR
HOMELESSNESS.
YOU CAN TOO.

Homelessness Week
1 - 7 August 2022



in partnership with

OVENS MURRAY & GOULBURN HOMELESSNESS NETWORK



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.

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

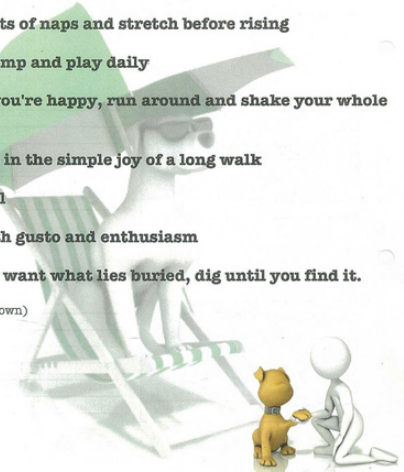
WWW.WOMENSCENTRE.ORG.AU



10 Things Our Dogs Teach Us

1. When loved ones come home, always run to greet them
2. Allow the experience of fresh air and the wind in your face to be pure ecstasy
3. Let others know they have invaded your territory
4. Take lots of naps and stretch before rising
5. Run, romp and play daily
6. When you're happy, run around and shake your whole body
7. Delight in the simple joy of a long walk
8. Be loyal
9. Eat with gusto and enthusiasm
10. If you want what lies buried, dig until you find it.

(Author unknown)



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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