



Prayer

This week is National Science Week. With this in mind we hold all persons in Science in our prayers. (This prayer is adapted from Dr. Anderson's call to pray for Scientists: <https://biologos.org/post/praying-for-scientists-and-the-science-of-prayer>)

We thank you God for your infinite wisdom, the unfathomable depth of your knowledge, and your boundless creativity. You created things into being that had never existed before. Your knowledge knows no end. We pray for the men and women of science who are also men and women of faith.

We know that scientists discover, you reveal, and all are blessed.

We ask, Lord, that you would give them wisdom, good judgement, and a strong faith

that allows them to remain in awe of the things you have created.

Amen

From the Principal, Lew Nagle

Centre Piece

The water feature that is the centrepiece of the sustainable garden at the front of the administration and library building has been completed. Thanks to Yarrowonga Custom Plasma Cutting and Chris Wilson Contracting for their skill and effort in bringing the design to life. The exterior of the water feature is made from 3mm corten steel with the College motto and crest contrasted against the colourbond backing. The garden provides a welcoming entrance to the College and has received significant positive feedback from members of the community.

Senior Course Subject Selection Information



Senior Course Subject Selection

The Senior Course Subject Selection evening was held on the 10th of August and was very well attended. Students and families are encouraged to look at the information provided in the Course Handbooks and submit their selections via web preferences by the 22nd of August. An Information session for students entering Year 10 in 2023 will be conducted on Wednesday August 31 at 5.30pm.

Community Partnership

It was great to see our VCAL students making plans and preparing to host residents from Yarrawonga Health Aged Care for the upcoming afternoon tea on the 30th of August. This event follows on from the highly successful Care for our Common Home students hosting members of the parish last term in the Narthex of the Sacred Heart Church.

A big thank you to our students who contributed to the "I give " campaign which contributed to a number of food hampers that were distributed by St Vinnies. The hampers were gratefully received by Kath Taylor and Mary Mansfield. See photo on the Catholic Identity page.

Parent Teacher Student Interviews

Families are reminded that interviews will be conducted this Thursday the 18th of August in the Father Madden Wing and new library building. Families are encouraged to take this opportunity to meet with teachers to discuss their child's progress. Interviews will run from 12-6pm and bookings can be made through SIMON using PAM.

Important

Parent, Teacher, Student Interviews
Thursday 18th August

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

Vol 12 Newsletter

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Senior School Course Selections

Due Monday, 22nd August



Catholic Identity by Lucienne Camenzuli



Kath Taylor and Mary Mansfield from the Yarrowonga St Vincent de Paul Society collected the many generous donations of students and staff last Wednesday with much appreciation.



'I GIVE' Campaign Donations go to St Vincent de Paul Society

Year 8 RE students were introduced to the Catholic social teaching principles, and as they unpacked the language and meaning, they correlated each with relevance to current times.

Students were challenged to create a campaign addressing a key social concern that they could engage the whole school in, and action at least one of the principles of Catholic social teaching. Students decided to address unseen poverty, informed by the principles of The Dignity of the Human Person and The Common Good.

They engaged in creating a proposal for a fundraising campaign for St Vincent de Paul which justifies their forthcoming actions based on their personal interpretations and expression of Scripture and the relevant principles of Catholic social teaching. They also provided an explanation about how the Kingdom of God is closer to being realised and why. The practical element empowered students to take action on the ground in this real-life project.

Bringing faith into action, Year 8 RE students launched the 'I GIVE' Campaign at the end of Term 2, distributing posters and laundry baskets to LAs, encouraging students to fill with non-perishable items which included cans, packets, boxes, jars, or by making a gold coin donation to the Sacred Heart Conference of the St Vincent de Paul Society.

Students hoped that across the LAs multiple donations of items would be made, reinforcing our role of contributing to the Common Good and supporting our local community, particularly through these difficult times.

Year 8 students thank everyone who supported and contributed to this successful campaign.

DON'T FORGET

If your child needs medication while on Yr 10 camp, please complete the Medication Authority which was emailed to parents Wednesday.
Thank you.

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

Vol .12 Newsletter

VOLUNTEER



Yarrowonga Health

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This week we are shining the spotlight on all our Student Volunteers in recognition of National Student Volunteer Week.

Yarrowonga Health and Sacred Heart College have commenced a partnership to enable local young people to volunteer their time with residents in Warrina. Year 11 & 12 VCAL students have been spending Tuesday afternoons creating relationships and getting to know each other, last Tuesday our students spent the afternoon building bird houses with the residents enjoying being back on the tools. Other sessions have seen students putting music play lists together, interviewing residents and writing profiles and playing giant board games. The opportunity for intergenerational engagement has enabled some of the residents to become more socially connected and the students to have a greater understanding of the lives of our older residents within the community. Excitement is building with the final session being an afternoon tea organised and prepared by the students and an outing for the residents to visit the school. Yarrowonga Health looks forward to this partnership continuing in 2023. #NSVW22



Benefits of volunteering

- act on your values, passions and interests.
- make new friendships and create professional networks.
- gain work experience and learn new skills.
- enjoy new social and cultural experiences.
- develop personally and build confidence.

Student Volunteers

At Sacred Heart College the VCAL students have been working with the aged care residents at Yarrowonga Health. We have been playing games, making birdhouses, doing interviews and helping the residents to participate in activities. We have also organised an afternoon tea at SHCY in the new staff room which will take place on August 30th. The residents have been invited to come over to join us with the staff at SHCY as well. All the VCAL students have been organising activities since the start of term 2. It has been a big project.

The students and staff that have been involved in these activities are:

Eliana Martin, Lachlan O'Connor, Lilly Beebe, Lizzie Douglas, Olivia Ford, Cam Ford, Charlie Adkins, Noah Clarke, Darcy Hicks, Mr Richard Geary, Mrs Claire Trewarne and Mrs Cyndi Gleeson.

We would like to thank Jo, Candi and all the other staff for having us there and getting us involved in all the activities. We are really enjoying it and can't wait to do other activities. A massive thank you to you all.

Six Little Stories

1. Once all the villagers decided to pray for rain. On the day of the prayer, all the people gathered, but only one boy came with an umbrella. That is faith.
2. When you throw babies in the air, they laugh because they know you will catch them. That is trust.
3. Every night as we go to bed without any assurance of being alive the next morning, but we still set the alarms to wake up. That is hope.
4. We plan big things for tomorrow in spite of zero knowledge of the future. That is confidence.
5. We see the world suffering, but still, we get married and have children. That is love.
6. On an old man's shirt was written, "I am not 80 years old; I am sweet 16 with 64 years of experience." That is attitude.
7. Have a happy day and live your life like these six stories. Remember, good friends are the rare jewels of life, difficult to find and impossible to replace.

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Digital Technology

In Digital Technology this term, Year 8 students are learning all about coding and how it is used in everyday life. They have used online platforms like Code.org and Khan Academy to have a go at giving commands to online characters to make them dance and play games.

Most recently, students got out of the classroom and tested out giving each other commands and found how hard it can be. They learnt you need to be specific about what you are trying to achieve. Physical exercise demands were given, as well as attempting to spell out people's names.

Miller S. is commanding Wil, Lach and Baxter (raise your right leg to your left knee; put your right hand on your stomach; raise your left arm above your head)



Dimity has been busy in the College Garden potting up seedlings.

The College Garden

With the prospect of warmer weather, students have been active in the garden propagating and planting seedlings, netting strawberry plants and preparing irrigation systems and garden beds for spring vegetables.



NE Zone Clay Target Championships

On the 11th of August four students represented the College at the North East Zone Trap Shooting Championships. In wet and windy conditions the students performed well with Cameron Ford and Archie Doyle both scoring 16/20, Lach McDonald 14/20 and Olivia Ford 13/20. This was a great opportunity for our students with the emphasis being firearm safety. Several state and national representatives were on hand on the day to give students the benefit of their knowledge and experience. Thanks to parents Mark McDonald, Shannon Doyle and Ian Cooksey for organising transport for this event.

Science Week

Students in Year 8 Science have been investigating cells, in particular the difference between animal and plant cells. Their final assignment was to produce a model or poster and then identify the components in each cell.

Abby B. created this outstanding model.



<https://www.scienceweek.net.au>

National Science Week 2022

In-person and online events, virtual tours, DIY science and more, all across Australia, from 13 - 21 August

 **national science week**

13 - 21 AUGUST 2022 - AUSTRALIA WIDE

Search events by your favourite topics

- Agriculture
- Archaeology and Antiquity
- Chemistry and Materials
- Energy and Transport
- Environment and Nature
- Health and Medical
- Indigenous Knowledge
- Innovation and Technology
- Mathematics
- Mining and Industry
- Space and Astronomy

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Great New Reads In The Library #11

Game On! by George Ivanoff Book 1

Tark and Zyra are teenage thieves in a world of magic and science, where dragons and mages exist alongside drones and lasers. Tark and Zyra have lived within the world of a computer game all their lives -- fighting the game, fighting the designers, fighting to get out.

Book 1 in the trilogy.



One Life: Megan Rapinoe by Megan Rapinoe 2021

Megan Rapinoe is an international soccer superstar! She's also a fierce activist, boldly speaking out about issues of equality and justice--from LGBTQ rights to the equal pay movement to Black Lives Matter. Megan grew up in a small Californian town where she learned to play soccer and how to fight for social justice; through high school, college and beyond; to 2016 when she became the first high-profile white athlete to take a knee in support of 'Black Lives Matter'.

Non-Fiction, young readers edition.



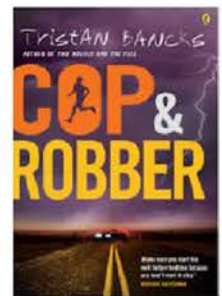
Queen Of The Tiles by Hanna Alkaf 2022

A bit like the 'Queen's gambit' for teenagers, and about scrabble! When Najwa Bakri walks into her first Scrabble competition since her best friend's death, it's with the intention to heal and move on with her life. Perhaps it wasn't the best idea to choose the very same competition where said best friend, Trina Low, died. Najwa thought she knew everything about Trina, but maybe not!



Cop & Robber by Tristan Bancks 2022

The latest novel from one of Australia's best writers for teenagers. How do you live a normal life when your dad is a robber, and not a very good one, and your mum is a cop? Nash wants his dad to go straight. They have moved towns, he goes to a fancy new school and just wants a 'normal' life.



Visit the Library to borrow any of these books.



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

Psychological first aid for young people



Ensure safety

Keep calm

Connect with others

Encourage self-efficacy

Instill hope



Remove the young person from, or reduce exposure to the threat of harm.

Provide a calm environment, away from stressful situations or exposure to sights, sounds and smells of the trauma event.

Keep families together and keep young people with their parents or other close relatives whenever possible.

Help families to identify their own strengths and abilities to cope.

Reassure the young person that their feelings are normal, and that things will be ok.



What is psychological first aid for young people?

Psychological first aid (PFA) is an internationally accepted strategy that can be used anytime, but is most widely used in the first hours, days and weeks following a traumatic event. **Here are some practical ways that psychological first aid for young people can be applied:**



Ensure safety: Where possible, protect the young person from witnessing further traumatic sights and sounds. Protect them from exposure to media or other people who want to talk to them about the event and are not their family or part of the emergency response.



Keep calm: Speak in a low, calm voice. Tell young people they are safe (when this is the case). Answer questions honestly, but without any frightening or graphic details. Reassure them that they have you and other adults looking out for them and that they will be with their families soon.



Connect with others: Reunite young people with their families and loved ones as soon as possible following a disaster or traumatic event. If this is not possible, try to keep in touch by phone or online (e.g. private messaging).



Encourage self-efficacy: Where possible, encourage young people to meet their own needs. For example, if they are agitated, suggest they try a calming strategy, such as a slow breathing exercise. Help them to make decisions and prioritise and solve problems themselves.



Instill hope: Be mindful of young people's needs and reactions and be responsive to them. Be gentle and accept all responses. Make it clear that while the young person's feelings are normal, people will recover and things will get better.

This resource was co-produced with:



The National Workforce Centre for Child Mental Health (NWC) is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program.

For more info, visit:

emergingminds.com.au/resources

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

UPCOMING EVENTS AND REMINDERS

Student Absences

If your child is absent from school, please phone the College Administration on:
03 5742 1300

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



**IMPORTANT
DATES**

Savernake Public School P&C invite you, your family and friends to celebrate



So Long Savernake Public School

(in recess due to declining enrolments)

Join us to celebrate 136 years of education

SATURDAY 15th OCTOBER 2022 10am-3pm

Lunch & Refreshments provided RSVP: Natalie – 0484 731 538

FORMALITIES at 11am followed by DISPLAYS, ACTIVITIES and best of all CATCHING UP

Memorabilia – If you have access to school photos, or other memorabilia that you would like to share please contact Karen Davis P&C Secretary Ph 0418 148 979 Email: kazdavis1937@gmail.com



Sacred Heart College Term Calendar 2023

TERM ONE

Australia Day (Public Holiday)	Thursday, 26 January
Staff commence (no students)	Friday, 27 January
Term 1 begins for Years 7 & VCE students	Tuesday, 31 January
Term 1 begins for Years 8 to 11 students	Wednesday, 1 February
Labour Day (Public Holiday)	Monday, 13 March
Term 1 concludes	Thursday, 6 April
Good Friday (Public Holiday)	Friday, 7 April
Easter Monday (Public Holiday)	Monday, 10 April

TERM TWO

Term 2 begins (all staff & students)	Monday, 24 April
ANZAC Day (Public Holiday)	Tuesday, 25 April
Queen's Birthday (Public Holiday)	Monday, 12 June
Term 2 concludes	Friday, 23 June

TERM THREE

Term 3 begins	Monday, 10 July
Term 3 concludes	Friday, 15 September

TERM FOUR

Term 4 begins	Monday, 2 October
Student free day	Monday, 6 November
Melbourne Cup Day (staff and students)	Tuesday, 7 November
Term 4 concludes (students)	Friday, 8 December
Staff conclude	Friday, 15 December

Sacred Heart College
30 Witt Street
PO Box 286
Yarrowonga Vic 3730
Telephone: 03 5742 1300
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web: www.shcy.vic.edu.au



August

Thursday 18th

Parent, Teacher Interviews

Tuesday 23rd to Friday 26th

Year 10 Snow Camp

Tuesday 30th

VCAL Afternoon Tea

Wednesday 31st

O&M Athletics

September

Thursday 1st

Sandhurst Arts On Show

Friday 2nd to Tuesday 6th

PSG meetings

Wednesday 7th

GAT and Student Free Day

Thursday 8th

RU OK Day

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.
3. 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 flyer/information to info@shcy.vic.edu.au

Club Mulwala, Yarrowonga Mulwala Agricultural Show 2022



Yarrowonga - Mulwala
Agricultural Show 2022

—
Show Ambassador 2022

Senior - 20 30 yr olds
Junior - 16 19 yr olds
Male and Female

Overview:
Are you involved in our local community and want to help others, have a strong sense of self, then this could be you.




QR Code for Entry Requirements

Show Date:
Friday 30th September
Saturday 1st October 2022

• ymsow3730@gmail.com • www.ymsow.com.au



PENTARCH INDUSTRIAL

Looking for Work???

Pentarch Pty Ltd - Oaklands

Employment Opportunities for School Leavers & Current Students

Full & Part Time Production Staff Positions Available
38 Hour Week with an early finish on Fridays

Ideal for School leavers seeking full time employment or gap year opportunities
Positions also available for School Students during school holidays

Duties:
Working within a supportive team environment, duties may include but are not limited to:

- Factory and warehousing-based tasks
- Production line work
- Operating machinery

Key Attributes

- Must be over 16 years of age
- Reliable and hard working
- Fit and healthy for manual labour

To apply, please submit resumes or expression of interest to: admin@pentarch.com.au
Or call Lisa on: [031 6035 4432](tel:03160354432)



MHA is a not-for-profit organisation that has been providing high quality home and community care services across the Moira Shire and surrounding districts.

Due to growth and industry demand, we are looking for PCA's and Home Care Workers (Cleaners) throughout Shepparton and Moira regions.

- School Hours
- Options to Upskill
- Salary Packaging Available

For my information or to apply please send a cover letter and resume to: hr@mhacare.org.au

MHA Care

We're looking for you.

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




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