

Sacred Heart College Yarrawonga **Semper Fidelis**

www.shcy.vic.edu.au

Ph: 03 5742 1300

info@shcy.vic.edu.au

Issue: 13



From the Principal, Lew Nagle Father's Day

Some lovely reflections were shared by staff this week about the importance of Father's Day and taking time to reflect on the impact and show gratitude for the unsung heroes in our lives.

Gratitude

It was lovely to receive a heartfelt letter of gratitude from the local conference of St Vincent de Paul thanking our Year 8 students and Ms Camenzuli for their kindness and generosity in donating food and money to the "I give" campaign.

Welcome to the World

Congratulations to staff member Kate German and her partner, Shaneil, on the safe arrival of baby Isabella Anji who was born on the 26th of August. We look forward to welcoming Isabella into our rapidly growing Sacred Heart community.

Prayer

GOD OUR FATHER,
WE GIVE YOU THANKS AND PRAISE FOR
FATHERS YOUNG AND OLD.
WE PRAY FOR YOUNG FATHERS, NEWLY
EMBRACING THEIR VOCATION; MAY
THEY FIND COURAGE AND
PERSEVERANCE TO BALANCE WORK,
FAMILY AND FAITH IN JOY AND
SACRIFICE.

WE PRAY FOR OUR OWN FATHERS
AROUND THE WORLD WHOSE CHILDREN
ARE LOST OR SUFFERING; MAY THEY
KNOW THAT THE GOD OF COMPASSION
WALKS WITH THEM IN THEIR SORROW.

WE PRAY FOR MEN WHO ARE NOT
FATHERS BUT STILL MENTOR AND
GUIDE US WITH FATHERLY LOVE AND
ADVICE.

WE REMEMBER FATHERS,
GRANDFATHER, AND GREAT
GRANDFATHERS WHO ARE NO LONGER
WITH US BUT WHO LIVE FOREVER IN
OUR MEMORY AND NOURISH US WITH
THEIR LOVE. AMEN

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

Vol 13 Newsletter

Hospitality

This week our VCAL students hosted residents from the Yarrawonga Health aged care facility Warrina. This was the culmination of many weeks visiting and interacting with the residents and it is a great example of the benefits to both students and residents who have been equally engaged with this program. The afternoon tea was themed around footy colours and the VCAL students, along with Ms Trewarne and Mr Geary, did a wonderful job.



Year Level Camps

We have recently held camps at Year 9 and 10 involving great experiences in the Northern Territory and an alpine snow skiing camp at Mount Hotham. The camps at all year levels are designed to expose students to a range of different experiences and to assist with them building social skills, independence and resilience. Some camps, such as the Year 9 Northern Territory trip, have strong links to the curriculum covered in that year level. There are some students who may be anxious about being away from home, but it is important that the College and families work together to encourage participation, build capacity, maturity and resilience. It is important for families to be aware that, with the exception of the Year 9 camp, all year level camps are inclusive in school fees and there is no facility for refund due to non attendance.

GAT and Student Free Days

A reminder to families that the GAT will be held on Wednesday, 7th September, at the ECA Centre, Yarrawonga P12 College. All students who are undertaking a VCE VET 3/4 unit of study or senior VCAL are required to sit the GAT. Students are reminded to be ready for a 9am start on this day.

7th September will be a student free day for year levels not sitting the GAT. Friday 16th September, is a student free day and will be used for course writing for new study designs that take effect in 2024.

Farewell Jo

Finally a big thank you and farewell to Jo Heslin, who is the community engagement officer for Yarrawonga Bunnings. Jo will be leaving Yarrawonga to take up a position in Darwin. She has been a driving force behind the development of the sustainability garden which has been a great source of engagement for our students and the wider community. We wish Jo all the best and welcome Tim Roadley who will be taking over Jo's role.



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Vol 13 Newsletter

Year 10 Harriettville



On Tuesday the 23rd August, the Year 10 cohort set off to Harriettville for four days of fun and challenge.

Everyone was excited for the week ahead and couldn't wait for the adventures to begin. We spent our time at Feathertop lodge partaking in team building activities, including the high ropes course, archery, tree climbing and even a giant swing.

Everyone was super excited and had very high hopes for the next two days of learning how to ski and snowboard. We arrived at Hotham Alpine Resort early, full of enthusiasm so everyone got straight into skiing and snowboarding. However, we quickly realised it wasn't quite as easy as our group had anticipated. Instead, our time on the mountain was filled with challenges that tested our resilience and ability to persevere. By the second day, our persistence paid off and everyone was able to improve their skiing and snowboarding skills. Every student was able to successfully complete a Green run and a large number had attempted a Blue, which added to our overall enjoyment. We learnt to work together as a group to be patient and support each other to achieve our individual goals. There were many examples of students supporting and encouraging each other and the most noteworthy received votes towards MVP awards. Another highlight of the camp was team 'Burnout' winning Jeopardy after a hotly contested paper aeroplane race and testing the teacher's knowledge when we 'phoned a friend' in search of a correct answer.

We would like to thank the team at Hoys who supported us with all of our skiing and snowboarding equipment, as well as all of the staff members who gave up their time to help make the week so much fun.

Mia Spiteri, Kealy House & Reese Sanderson



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

**ASK****R U OK?**

No qualifications needed

R U OK? Day Thursday 8th September

Sacred Heart College is proud to support R U OK? Day which will be held on Thursday 8th September on the Kennedy Lawn.

R U OK? is a harm prevention charity that encourages people to stay connected and have conversations that can help others through difficult times in their lives.

The event is planned for Thursday 8th of September at 1.30pm on the lawn of Sacred Heart College. This is also the National R U OK? Day of awareness and will be celebrated all across Australia.

Yellow is the colour that represents the R U OK? Foundation of Australia, so students will be asked to support the day by wearing a touch of yellow, which means, students are allowed to wear one item of yellow on the day, but are still required to wear their College uniform. Students will have the opportunity to watch a live music performance.

Sport's Report by Ethan Stephens

In what promised to be a stunning day, 46 of Sacred Heart's finest young athletes made the trip down the Hume to Alexandra Park in Albury for the Ovens and Mitta Athletics Competition. There were numerous success stories throughout the day, with the Freeman girls doing what they do the best - running, and Paige Duffy at her athletic best once again. A huge congratulations to Mitch Tyson, who smashed the O&M record in the 14yr Boys High Jump with a monumental leap of 1.80 metres.

With Term 3 winding down, we can begin to prepare for the End of Term Sports on the 13th and 15th of September. Students are reminded to get their submissions for sport in as soon as possible to not miss out on what looks to be a massive event.



Lastly, on a less positive note, there has been an increase in the number of lunchtime sports equipment being left out after use each day. This is equipment that the school pay for and provides and all that is asked is that students treat their equipment with a little bit more respect by putting it back in the cage at the end of Recess and Lunch.

Pictured right:

Year 8 student, Archie Doyle, has made the Clay Target State Finals to be held in Echuca in September.





YEAR 7 & 8 ELECTIVES



Year 7 and 8 students rotate during the year, over three electives, Art, Woodwork and Food Technology. During this time, students build on their skills to design and create outcomes that are more creative. All students swapped into their last elective for the year just this week.



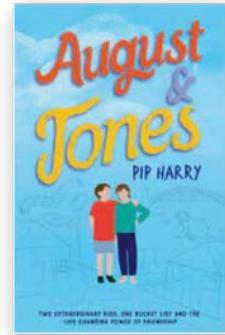
In Year 7 and 8, students have had an opportunity participate in Art classes for approximately 13 weeks as part of their elective program. Each group completes four projects within the time frame. Pictured above are examples Year 7s African mask collages, as well as their paintings exploring colour. Year 8 students have extended their painting skills, looking at Impressionist techniques as well as portraying a stereotypical character using pencil techniques and correct facial proportions. They have also explored linocut using collage techniques to print.



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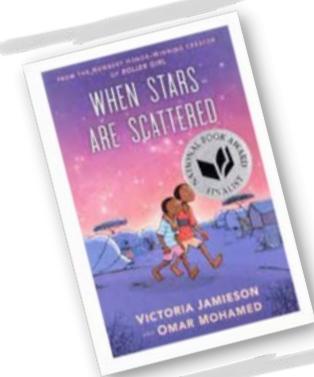
August & Jones by Pip Harry 2022

Jones has moved from her farm to the city, leaving her pet alpacas and the open spaces. She knows they had to move because of the drought, but that does not make it any easier. At her new school she is buddied up with August, the boy who loves facts and being inside. Will they understand about her 'fake' eye, and is her vision blurry because the cancer is back?



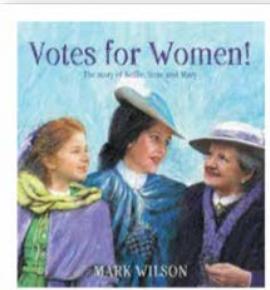
When Stars Are Scattered by Victoria Jamieson & Omar Mohamed

Refugee camps are supposed to be a temporary place to stay until it's safe to go back home. Who thought the war would last so long? Omar and Hassan have been there for 7 years. This graphic novel is the true story of two young boys and their time in a Kenyan refugee camp.



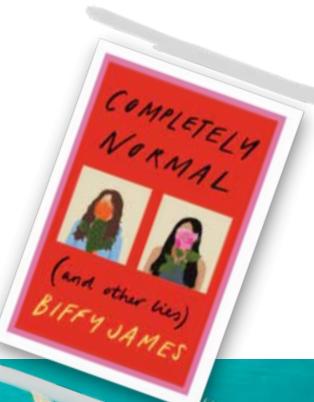
Votes For Women! by Mark Wilson 2022

This picture book tells the true story of how Australian women first won the right to vote. Women in South Australia lead the world in women's rights, but only after these suffragettes put themselves in peril.

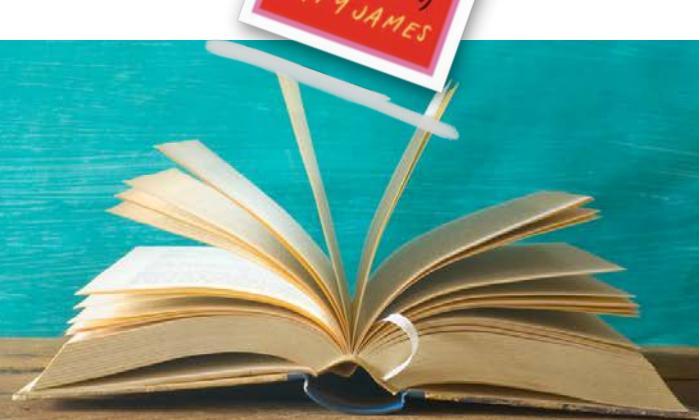


Completely Normal (and other lies) by James Biffy 2022

Plain old Stella is having a secret relationship with the most sort after guy in school. The fact that he goes out with the nicest, and most popular girl in school, is only a minor problem. That is until Isaac is killed in an accident!



Visit the Library to borrow any of these books.



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

**IMPORTANT
DATES**

UPCOMING EVENTS AND REMINDERS

Student Absences

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

Simon Everywhere has recently been updated. Instructions on "how to" were emailed to families this week.



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

August

- Wed 31st: O & M Athletics
- Year 10: 2023 Subject Selection Evening

September

- Thurs 1st: Sandhurst Arts On Show
- Fri 2nd - Tuesday 6th: PSG meetings
- Wed 7th: GAT. Student free day
- Thurs 8th: RU OK Day
- Tues 13th: O & M Junior Sports Day
- Thurs 15th: O & M Inter Sports Day
- Last Day of Term 3
- Fri 16th: Staff Course Writing day

October

- Mon 3rd: Term 4 starts
- Mon 3rd to Fri 7th: Unit 3/4 trial exams
- Tues 18th: Immunisation
- Thurs 19th: Last day for Year 12
- Wed 26th: VCE Exams begin
- Wed 26th to Fri 28th: Year 8 Camp

Sacred Heart College

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PO Box 286
Yarrawonga Vic 3730
Telephone: 03 5742 1300
Email: info@shcy.vic.edu.au
web: www.shcy.vic.edu.au



WELLBEING LINKS

E: wellbeing@shcy.vic.edu.au

Ph: 5742 1300

Headspace:

headspace.org.au / eheadspace.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.**

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

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

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, Yarrawonga Mulwala Agricultural Show 2022

ClubMulwala

Yarrawonga - 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.



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

ymshow3730@gmail.com www.ymshow.com.au

Yarrawonga & Border Agricultural & Pastoral Association Inc.





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: [\(02\) 6035 4422](tel:(02)60354422)



MHA Care

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@mhcicare.org.au

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



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



Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join, participants must:

- Have a current health care card OR pensioner concession card
- Be studying yourself OR have a child in school
- Have regular income from work, yourself OR your partner

For full eligibility requirements, speak to a Saver Plus Coordinator.

Here are some of the school costs the \$500 can be used for:



For more information, please contact Saver Plus:

saverplus@bsl.org.au

saverplus.org.au

1300 610 355

@SaverPlusAU

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.

Free webinar

Popular apps



Learn about TikTok, Instagram, Snapchat and YouTube to help your children stay safe online.

Join eSafety's expert education and training team for a **FREE** live webinar designed for parents and carers of young people aged 8 to 13.

It will include case studies, research and targeted advice so you can support the young people in your life to have safe, enjoyable online experiences.

Dates: (Australian Eastern Standard time)

Monday 1 August: 12:30 to 1:30 pm

Tuesday 16 August: 7:30 to 8:30 pm

Thursday 25 August: 12:30 to 1:30 pm

Register now: esafety.gov.au/parents/webinars



| eSafetyCommissioner

esafety.gov.au

Need help with school costs?



Join this info session to learn how you can receive up to \$500 in matched savings by completing the Saver Plus program.

Eligibility criteria applies - visit saverplus.org.au

Your invitation to learn about Saver Plus

Free financial education and matched savings are within your reach.

As someone who is over 18 years, do you:

- Have a desire to save money?
- Want to receive up to \$500 once you've saved \$500 of your own?
- Want to gain quick and easy saving and money management tips?
- Have a Health Care or Pensioner Concession Card and an eligible Centrelink payment?
- Have a form of household income?
- Have a child at school, starting next year or are you studying yourself?

If you answered yes to these questions, join our virtual information session.

Every Wednesday at 1:00PM

Contact Rick Pemberton Saver Plus Coordinator via rpemberton@berrystreet.org.au

Rick will email your calendar invitation or organise an individual information session to suit your needs. Otherwise, just jump right in using the following link. See you there!

Join Zoom Meeting:

<https://berrystreet.zoom.us/j/96038747979?pwd=S2k4MHAzTUFJbzlwSTFKRjNhQ0pVUT09>

Meeting ID: 960 3874 7979

One tap mobile:

+61280156011,,96038747979# Australia

+61370182005,,96038747979# Australia



eSafety parents

Free webinar

eSafety parents



Online sexual harassment and image-based abuse

Help your teens stay safe by learning how to deal with online sexual harassment and image-based abuse.

Join eSafety's expert education and training team for a **FREE** live webinar designed for parents and carers of young people aged 13 to 18.

Dates: (Australian Eastern Standard time)

Monday 5 September: 12:30 to 1:30 pm

Wednesday 7 September: 7:30 to 8:30 pm

Register now: esafety.gov.au/parents/webinars



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