

"The thing the church needs most today is the ability to heal wounds and to warm the hearts of the faithful; it needs nearness, proximity"

Pope Francis

## Prayer

Blessed are those who don't have it all together  
Blessed are those who have run out of strength, ideas, will power, resolve or energy  
Blessed are those who ache because of how severely out of whack the world is  
Blessed are those who on a regular basis have a dark day in which despair seems to be a step behind them wherever they go  
Blessed are you, for God is with you  
God is on your side, God meets you in that place

## *From the Principal, Lew Nagle*

### Red Earth Immersion

During the last week of term and the first week of the break, I was fortunate to participate in the Principal's Association of Victoria Red Earth Immersion to Cape York. This was a wonderful opportunity where we visited 3 homelands: Maramaka, Daarba and Buru in the Cooktown region. It was a privilege to spend time with the traditional owners and hear their stories as well as visit sacred sites and take in some spectacular scenery. Participants heard first hand the challenges facing these communities and also witnessed the great work being undertaken by inspirational teachers who work in the remote schools of far north Queensland.



## Student Achievement

It was great to commence the term with an assembly to acknowledge the recent student achievements of our students. Certificates for outstanding achievement were handed to the following students:

Archie Doyle - 3rd place in the Victorian Clay Target Shooting Championship

Archie Skehan, Archie Ward and Miller Sanderson - YMGCR Scholarships

Mitch Tyson - breaking the Ovens and Mitta high jump record

Paige Duffy - breaking the Ovens and Mitta long jump record

Jessica and Keira Freeman - State representatives for cross country.

These are great achievements by our students. Last week the Regional Athletics Carnival was held with Mitch Tyson, Jess Freeman and Paige Duffy winning their way to the Victorian Secondary Schools Sport Association Championships to be held at Albert Park in Melbourne on Monday, 17th of October. We wish them all the best and congratulate them on making it to the state finals.

## Bikes

The College recently took delivery of a new set of mountain bikes. The new Merida bikes are a great upgrade on the original bikes which have served the College well over many years.

Pictured opposite, from left to right is Jasmine, Lexie, Charlie and Nash who all gave the bikes the seal of approval. The bikes that have been replaced are available for students and families to purchase at a price of \$50. Please see the advertisement in this edition of the newsletter.



## Ad Hoc Bus Travel

The regional bus coordinator has requested that families applying for ad hoc bus travel give appropriate notice for applications to be processed. Recently applications have been received on the day or day before the date of travel, not leaving enough time for the applications to be processed. Families are reminded that students can not travel on other bus runs unless the appropriate permission has been applied for and granted.

## Mental Health

### First Aid

As part of the partnership with the Moira Council and Live4life all year 8 and 11 students will be undertaking training in mental health first aid. This is a great opportunity to develop skills and strategies in the area of mental health. The training is an accredited Youth Mental Health First Aid course which aims to start more conversations about mental health that reduces stigma, and promotes young leaders as mental health ambassadors. Courses for adults are also available. Please see the advertisement in this edition of the newsletter.

**Youth Mental Health First Aid Course**

**LIVE 4 LIFE**

Registration **\$30**

**4 Day Course**  
**OCTOBER**  
**17 & 18**  
**24 & 25**  
9AM - 12.30PM

**BURKES HOTEL MOTEL**  
96 BELMORE STREET  
YARROWONGA

**MENTAL HEALTH FIRST AID Australia**

**Instructor**  
Sarah Davies  
MindWorks

**For parents, carers, teachers or any person over 18yrs who are connected with young people**

<https://www.trybooking.com/CDCKE>

**moira SHIRE**

**MindWorks**  
Child & Youth  
Mental Health Counselling

## R U OK?

Students celebrated **R U Ok?** Day on Thursday 8th of September to raise awareness around mental health. Well done to Olivia Ford who organised the day as part of her VCAL studies.

A big thank you also to Mulwala Bakery for donating the yellow donuts that students enjoyed and Woolworths for donating and drinks for the students.



# 10 WAYS TO SURVIVE A ZOMBIE APOCALYPSE

WRITTEN BY DON ZOLIDIS

PERFORMED BY THE  
SACRED HEART COLLEGE DRAMA CLUB

## ZOMBIE ATTACK



MONDAY 24TH OCTOBER 2PM

THIS MATINEE PERFORMANCE IS FOR SACRED HEART PRIMARY  
SCHOOL STUDENTS

TUESDAY 25TH OCTOBER

STUDENT MATINEE AT 2PM

FAMILY AND COMMUNITY

PERFORMANCE AT 6PM

ALL PERFORMANCES ARE FREE TO ATTEND.

NO SET SEATING.

MULTI PURPOSE BUILDING (MPB) DOORS WILL  
OPEN AT 5.45PM



## Great New Reads In The Library #14

### Cobolt Blue by Matthew Reilly 2022

Cobolt Blue has been hidden from the world by her American superhero mother, Cobolt, and half superhero siblings. When Cobolt dies, the only other superhero with the same powers, the Russian 'Fury', launches a one-man attack on America and all the Cobolt siblings.



### A Little Spark by Barry Jonsberg 2022

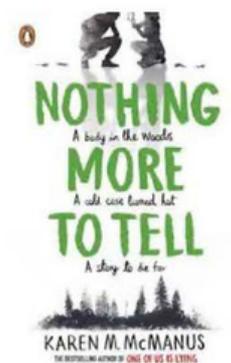
Cate gets to spend every second weekend with her dad, and each time something special and surprising happens. Something that fires the creative spark that Cate channels into her writing. Things are fine until her stepdad gets a new job in England. Cate must decide what she wants for herself, with the help of the court! A warm and tender story with some humour, adventure and heartbreak.



### Nothing More To Tell by Karen McManus 2022

A body in the woods, A cold case turned hot, A story to die for! Brynn's favourite teacher was murdered and dumped in the forest five years ago. The murder was not solved, and Brynn's ex friend Tripp knows more than he is telling.

Stand alone from the queen of thrillers!



### The Final Gambit by Jennifer Lynn Barnes 2022

All Avery had to do to inherit billions, from a man she only met once, is to survive a year at Hawthorne house with his grandsons. It is just one big complicated, and dangerous game.

Final book in The Inheritance Games series.



Visit the Library to borrow any of these books.

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



## Fees

School fees are due to be paid in full by the end of November. Contact the Finance Department if you have any questions.  
0357421300

## Reminder

If students are arriving late to school, please go to the office first so the attendance rolls are be changed. Thank you.

## Bikes for Sale

The College has purchased a new set of bikes. The previous bikes are available for students to purchase for the low price of \$50. Please contact Mr Nagle if you are interested [lew.nagle@shcy.vic.edu.au](mailto:lew.nagle@shcy.vic.edu.au)  
Thanks

**FOR SALE**



**Allergy & Anaphylaxis  
Australia**

Your trusted charity for allergy support

Allergic rhinitis (hay fever) is one of the most common allergic conditions, affecting 1 in 5 people in Australia. It is caused by the body's immune system reacting to allergens in the environment, such as pollen, house dust mite, moulds and animal dander (skin cells and fur).

Symptoms can include runny, blocked and itchy nose, sneezing, itchy and watery eyes, and snoring.

If you have seasonal allergic rhinitis that occurs in spring, now is the time to make sure you are taking your preventer corticosteroid nasal spray. Some brands of preventer sprays include Nasonex®, Beconase®, Flixonase®, Avamys®, Omnaris® and Rhinocort®. There are also some preventer nasal sprays that combine corticosteroid and antihistamine in one spray, such as Dymista® and Ryaltris®. These are available on prescription, so speak to your doctor about whether a combined spray is right for you.

Using a preventer nasal spray every day in the weeks leading up to and then during spring can help people with seasonal allergic rhinitis manage their symptoms. Using the spray as prescribed (usually at least once a day), rather than only when you have symptoms, can help to prevent the symptoms developing. These sprays can take about a week to start working.

Read more about allergic rhinitis management on the A&AA website.

## eSafety parent and carer guide to digital technologies and mental health

Learn how games, apps, social media and time online can influence young people's mental wellbeing.

Join eSafety's expert education and training team for a free live webinar designed for parents and carers of young people aged 10 to 18.

October	AEDT
Wed 12	7:30 to 8:30pm
Mon 17	12:30 to 1:30pm
Thurs 27	12:30 to 1:30pm

Register now: [esafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)



Free webinar

[esafety.gov.au](https://esafety.gov.au)



## 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



### October

- Wed 12th: Student Leaders assisting with Friends in Common
- Thurs 13th: Mental Health First Aid Yr 8 & 11
- Tues 18th: Immunisation
- Thurs 20th: Last day for Year 12
- State Chess Championships
- Friday 21st: ADF Careers Excursion
- Wed 26th: VCE Exams begin
- Wed 26th to Fri 28th: Year 8 Camp
- Mon 31st Staff Correction Day, student free

### November

- Tues 1st: Melbourne Cup student free
- Fri 4th: Mental Health First Aid Yr 8 & 11
- 7th -9th Nov: VCE Unit 2 OE camp
- Fri 11th: Remembrance Day Assembly
- Mon 14th to Fri 18th: Unit 2 VCE/VET exams
- Wed 16th to Fri 18th: Year 10 exams
- Thur 17th: Year 12 Graduation
- Mon 21st: Student Free Day -staff report writing
- Tues 22nd: Headstart commences

### December

- Friday 9th: End of year Mass and Awards
- Last day for students

Have you updated your Simon app?



[Sacred Heart College](https://www.shcy.vic.edu.au)  
30 Witt Street  
PO Box 286  
Yarrowonga Vic 3730  
Telephone: 03 5742 1300  
Email: [info@shcy.vic.edu.au](mailto:info@shcy.vic.edu.au)  
web: [www.shcy.vic.edu.au](https://www.shcy.vic.edu.au)



## Student Absences

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

**03 5742 1300**

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