

# Semper Fidelis



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

## Principal's Report

A big welcome to everyone to our 2023 school year. A special welcome to our new families and students joining us at Year 7 and at other year levels.

Our College Mercy value for this year is Compassion. The Catholic Education Sandhurst theme is "Let the words you speak be full of Grace". Our value and this year's theme work very well together. When we look at synonyms for compassion we find words such as empathy, understanding, care, grace, kindness and mercy. It is timely to reflect on these words as shortly we will be entering the season of Lent. We don't need to look far to see people who are struggling to make ends meet, who are in poor health and do not have access to adequate medical care. As a community we are encouraged to think about how we might be able to contribute to Caritas this year. Many of our Learning Advisor groups have come up with great fundraising ideas in the past and I look forward to seeing what will be thought of this year.

Along with our new students we welcome a number of new staff:

- Ms Jane Morriss
- Mr Mark Flanagan
- Ms Danielle Pratt
- Ms Ruby Carmody
- Ms Melissa Knight
- Mr Jyda House
- Ms Rachel Dodd

And joining us later in the term, Ms Jordynn Ednie and in Term 2 Mr Tim O'Dwyer. I'm sure you will join me in welcoming our new staff to our Sacred Heart community.

Thanks to our senior students and their families who turned out in force to attend the Senior School Information session on Monday. Along with our Year 12 students receiving their jumpers, some excellent advice was provided by senior Year Level Leader, Richard Geary, about planning to succeed and the importance of maintaining balance with all the competing demands of Year 12.

*Lew Nagle*



### A Blessing for a New School Year

With gratitude for the gift of a fresh new year we ask blessing on our whole community.

May every classroom be a place of respect and possibility.

May every staffroom and playground be a place of friendship and laughter.

May every hall and assembly be a place of connection.

May every library be a place of discovery.

May every tree and plant call us to care for creation.

May every snack and lunch remind us of those who are hungry.

May every student grow in confidence and love of life.

May every staff member find daily vision and hope.

May every support worker help create a sense of belonging.

May every leader find openness and patience.

May every parent grow in wisdom.

May every name in this school be blessed because each person is precious and only together can we learn and grow.

## VCE Business Management Unit 1: In the Classroom

Unit 1 Business Management (Planning a Business) is a very engaging and applicable course of study for students with plenty of opportunity for class discussion of business ideas and current events.

As a class we have been exploring the concept of entrepreneurship and the characteristics of successful entrepreneurs. We have identified and analysed personal and financial motivations for starting a business such as to make a profit and/or fulfil a social need. Students have the opportunity to reflect on their own goals for developing a business idea. We have explored a range of different sources of business opportunity such as fulfilling a gap in the market or technological developments. They have also explored the importance of protecting a business idea through methods such as trademarks, patents, copyright, design rights and domain names.

The importance of goal setting has been explored in depth using the straightforward and recognised methods of developing S.M.A.R.T. goals.

- Specific
- Measurable
- Attainable/Achievable
- Relevant
- Time Bound

Students had the opportunity to develop personal goals, academic goals and work/career/business goals.

This was followed up by learning about the importance of decision making in a business discovering a simple five step decision-making process. They have developed an understanding of market research, the importance of collecting and analysing data on specific markets and also understanding the components of a feasibility study.

Students have also developed an understanding of how important business is to the nation's economic and social wellbeing, exploring the concepts of economic growth, balance of payments and the three basic economic questions (What and how much to produce? How to produce? For whom to produce).

Students have their first School Assessed Coursework (SAC) coming up where they will be required to read a contemporary case study/studies and answer structured questions ranging from lower order questions (such as define, explain, describe) through to higher order questions such as (discuss and evaluate.) They will complete a practice SAC prior to help them understand the requirements of Business Assessment and gain important feedback on areas they need to revise and study prior to the formal assessment.

This course really focuses on developing students' skills in describing and applying business concepts to contemporary examples at the same time really allowing students to share, discuss and create their own potential business ideas. The course content is highly relevant and applicable to their lives.

*Fleur Linehar*

VCE Business Teacher

## PAM Parent Access Module

The SIMON Everywhere App is used as a shortcut to PAM (Parent Access Module) where parents and carers who are registered will be able to receive communication from the College enabling you to access your child's profile, including student reports and activity permissions, daily notices and sms. PAM can also be accessed by going to the College website and clicking on the PAM link at the top of the page.

Parents are reminded that your PAM user name is now the email address associated with your PAM account. Parents will have to create their own password. Follow the instructions below for either an iPhone or a laptop and if you are still experiencing difficulties, please, contact Eleanor at the College on 03 5742 1302.

### If using an iPhone

- Log out of the Simon Everywhere app
- Delete the app
- Reinstall the app
- Your user is your email address
- Add Sacred Heart College from the list of schools
- If prompted, follow instructions on your phone
- A link to reset your password will be sent via email and you need to create the password
- This app allows you to be logged into your PAM (parent access module) account at all times.



### If using a laptop

- Go to the college website at: [www.shcy.vic.edu.au](http://www.shcy.vic.edu.au)
- Click on the PAM link
- Enter your email address
- Enter your password. Same as above
- Unlike the app, you will need to log into your PAM (parent access module) account on a regular basis to access the information and keep tabs on any notifications/excursions. You will not receive notifications unless logged in.

## 2023 Moira Health Immunisation Program

Year 7 and Year 10 Immunisation forms have been handed to student this week. If your child did not receive one, please contact the Office. Parents and Carers are asked to complete the consent form and return to the College Administration by the 14th February. Thank you.

## Homework Policy

[https://drive.google.com/file/d/1hE5SzwFi4lQdURKDVw53fElcPaHzmnVF/view?usp=share\\_link](https://drive.google.com/file/d/1hE5SzwFi4lQdURKDVw53fElcPaHzmnVF/view?usp=share_link)

## Homework Club

We are again offering the valuable service of Homework Club to all of our students. Students have a supportive place to complete their homework and study with the assistance of teachers.

### Junior Homework Club:

Teachers: Reed Bonat and Caitlin McNamara

When? Wednesday from 3.15pm - 4.45pm.

Where? School Library (New Administration Building)

### Senior Homework Club:

11 & 12 and students studying VCE Unit 1&2 Subjects

When? Tuesdays (Loretta Casey) and Wednesdays (Andrea Van Maneen)

Where? Senior Study on Kennedy Campus

The College's Homework Policy is attached to this newsletter, above, for students and parents to familiarise themselves with. Please contact your child's Learning Advisor if you have any questions or concerns about homework and study.



## Shrove (Pancake) Tuesday

Next Tuesday is Shrove Tuesday, the last day before the season of Lent. To mark this occasion and to make a start on our Project Compassion fund raising, students will be able to purchase pancakes for a gold coin donation. The pancakes will be cooked and served on the verandah of the engineering room at the northern end of the MPB.



TUESDAY

## School Fees

2023 College fees have been emailed to all families. If you would like to set up direct debit, please contact the Finance Department to make arrangements. Otherwise fees are due in full on the 28th February.

Whitlam Institute  
WITHIN WESTERN SYDNEY UNIVERSITY





## WOW! GO JESS!!

On the 18th of December, along with support crew and fellow team mates I travelled from Melbourne to Fiji (five hours) and then from Fiji to LA (10 hours). After a couple more stops we landed in Indiana where we spent one night, then travelled to Cincinnati where we stayed for a few days. We played around four to five games of basketball against the Varsity High School teams and won three. Then we travelled to Cleveland a day early to escape the blizzard and rest for a few days while we enjoyed the "White Christmas." I then went to Columbus where I played four games and won three games. The stadiums were heated, it was so hot that some spectators had to stand outside in the snow so they could cool down a bit. After staying in Columbus, the team went to New York City and saw The Statue of Liberty, the Empire State Building and also the 9/11 Museum. We played one game in Brooklyn, which we lost, but it was a great experience playing in Brooklyn. The last stop was LA where we spent two days at Disneyland and the last day exploring Hollywood, Santa Monica Pier and Venice Beach. My highlight was the Cleveland vs Brooklyn game, where I was able to stand court-side and high-five the Cleveland players as they ran onto the court. Overall, it was a great experience and I plan on going back soon.

Jess Freeman



## Library Lovers' Day

Every year on February 14th we celebrate Library Lovers' Day and also Valentine's Day. School and public Libraries offer free membership and free resources! Books, magazines, audiobooks, DVDs, links to subscription services.....

Research shows that regular reading:

- Improves brain connectivity
- Increases your vocabulary and comprehension
- Empowers you to empathise with other people
- Aids in sleep readiness
- Reduces stress, lowers blood pressure and heart rate
- Fights symptoms of depression
- Prevents cognitive decline as you age
- Increases your level of income



Have a go at the Library Lovers' quiz in the Library! Do one of the colouring in pages or a Word Search.

Have a go at 'Blind date' with a book in the Library, you never know how it will turn out!

Visit the school Library and join the town Library today!

## What Matters? Writing Competition 2023

Visit the Whitlam Institute for further information.

[https://www.whitlam.org/what-matters?fbclid=IwAR2Row3Ei6IfuX0sSmK1Ys4q4ItuwK-ju8mdJrXA16S\\_jXzJ1V1SQSL1k](https://www.whitlam.org/what-matters?fbclid=IwAR2Row3Ei6IfuX0sSmK1Ys4q4ItuwK-ju8mdJrXA16S_jXzJ1V1SQSL1k)



## Year 7 Chess

The Year 7 students have, after only one session in maths, learnt to play chess! Unfortunately many people hold the misconception that it is difficult to learn chess and never have a go...If you have a Year 7 student at home, get them to teach you, or if you play, challenge them to a game. The benefits of chess for brain development have been proven in many studies.

Chess teaches higher level thinking skills such as the ability to visualise, analyse, and think critically. It promotes thinking strategically and foreseeing consequences. We like to encourage our students to increase higher level thinking skills, advance maths and reading skills, and build self-confidence simply by playing chess. There are also many studies that show playing chess actually makes you smarter!

All these advantages from the original 'war game'!

Thanks to Isaac Andrews, a previous student of SHC, and Connor Thomas from Year 11, for providing some specialist coaching.



## Great New Reads in the Library #1



Lena goes to boarding school and her mum, who is not well, lives in a care home just up the road. Her mum's childhood friend Marek pays for Lena's school fees, as well as her mum's care. When Marek is extradited to Poland, Lena is in full panic mode. How will her mum's care and her school fees be paid? A new girl at school is convinced Lena is her friend Saskia. They look exactly alike, and Saskia has many family commitments she does not want to attend. And so begins Lena's secret life, all paid for by Saskia. What could go wrong?

Just about everything.



### **The Raven's Song by Zana Fraillon & Bren MacDibble 2022**

Shelby and her dad live on 700 hectares with 348 people. Her best friend Davy also lives in the community. They live quiet, ethical lives and look after the environment as the world outside slowly recovers from the catastrophic events of the past. When a couple of sheep go missing, Shelby and Davy climb through the fence that separates them from the outside world. What they find will change everything.



### **A girl Called Corpse by Reece Carter 2022**

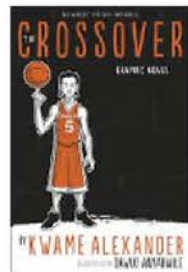
Corpse lives above the Witches shack on a rock-that-doesn't-exist, content to haunt this place for eternity. She has made herself a body out of wax, seashells and seaweed which makes her feel real. Her only friend is Simon, the spider. Corpse receives a surprising message and knows she must find some answers about who she is and where she comes from.



### **The Crossover by Kwame Alexander 2019**

Graphic novel.

Fourteen-year-old twin basketball stars Josh and Jordan wrestle with highs and lows on and off the court as their father ignores his declining health. They may be kings of the court, but life does not come with a playbook! We also have the verse novel.



Visit the Library to borrow any of these books.

Discover more in the [Library](https://library.shcy.vic.edu.au/#!dashboard) catalogue <https://library.shcy.vic.edu.au/#!dashboard>



ALWAYS BE RESPONSIBLE, ALWAYS BE RESPECTFUL, ALWAYS BE YOUR BEST

On the 8th of February at 11am, the Year 12 cohort of Sacred Heart College departed for the Harrietville Retreat. After an easy bus trip, we unpacked quickly and ran to our rooms to see where we'd be living for the next two days. Soon after we all settled in the group headed into the Conference Room where we went through some group sessions focused on values and inspirational quotes, followed by some fun activities which involved a Mini Olympics. We were placed into small groups where we participated in many of Mr Skehan's famous world class team games.



The first, a three legged race that tested teamwork. Secondly, we bobbed for apples in a bucket of water. The third challenge was to dunk our heads in a bucket of water, then run to a plate of flour and use our noses to dig for a chocolate bar. Lastly, we finished with a can push race where we used our heads to roll a can of soft drink around a cone. After a long afternoon of activities we had dinner in the lodge and settled in for our first night.



Beginning with an early start, the Year Twelve's set off to challenge a common fear among the group; heights. Students engaged in two height based activities, including the tricky high ropes course, as well as the giant swing. Almost all students participated in both activities, with a mixture of emotions ranging from fear to joy setting the scene for a fun morning. Following this, the students all went on a small hike to the Tronoh Dredge Waterhole, where we paced around the body of water, looking for a small stone that we could connect to.

Following a brilliant lunch, we divided into our smaller groups to engage in some more team building activities; this time, we wrote small motivational messages for each other, and what we valued about each other within the group. After the whole group met up again, we gathered

together for a liturgy. Throughout the liturgy, students participated in reading, and all contributed their special stone. Successive to the ceremony, students partook in writing quotes to potentially be framed around the school, with several favourites almost being unanimously crowned.

To complete the day, our groups competed in a game of trivia. Following a close affair between two of the groups, Mr Skehan's team came out on top, much to his excitement.



The morning of our last day, we all packed up our bags and prepared for our final activities. We met in the conference room to receive our letter from our parents. Many students were emotional and a few tears were shed, but there were three very special dogs Maple, Hobbs and Jack that were present around the grounds to cheer us up. After a reflection, we opened the affirmations that everyone had to write to each other which brought a positive vibe to the room and made everyone laugh. Finally, we cleaned up our rooms and boarded the bus to Bright where we had a lunch break and ventured around the area- the lolly shop drained some bank accounts! Overall, it was a great camp and a big thanks to all the teachers who organised the trip and the Feathertop staff who made our last camp of high school very memorable.

# RETREAT Year 12

Date	Calendar of Events for Term 1 2023
14.02.2023	Achieve Your BEST Program Years 7 to 12
21.02.2023	Shrove Tuesday
22.02.2023	Ash Wednesday
24.02.2023	Swimming Carnival
02.03.2023	<ul style="list-style-type: none"> <li>• O &amp; M Swimming Carnival</li> <li>• Ethical Leadership Day</li> </ul>
03.03.2023	<ul style="list-style-type: none"> <li>• Year 10 Holocaust Excursion to Melbourne</li> <li>• 1st round of SIMON reports</li> </ul>
6th - 7th March	Outdoor Ed Camp
8th - 10th March	Year 8 Camp
15th - 24th March	NAPLAN
17.03.2023	Hume Swimming Carnival
24.03.2023	Athletics Carnival
29.03.2023 05.04.2023	Year 7 girls - LLL Program
30.03.2023	<ul style="list-style-type: none"> <li>• Year 7 and 10 Round 1 Immunisation</li> <li>• O &amp; M Intermediate/Senior Sports</li> <li>• Live4Life launch</li> </ul>
04.04.2023	O & M Junior Sports
06.04.2023	<ul style="list-style-type: none"> <li>• College photos - Students to wear full College uniform, bring PE uniform to change into if you have PE.</li> <li>• Backflips Against Bullying</li> <li>• Round 2 Simon reports</li> <li>• Last day for Term 1</li> </ul>



# SACRED HEART COLLEGE CANTEEN MENU 2023



## HOT FOOD

- \$5.00 Chicken schnitzel & gravy roll
- \$1.00 Steamed dim sims
- \$1.00 Hash brown
- \$4.00 Ham & cheese toastie
- \$5.00 Sweet chili chicken tender wrap
- \$4.00 Pasta
- \$3.00 Noodles (Chicken/beef)
- \$1.00 Party pie
- \$1.00 Party sausage roll
- \$4.00 Meat pie
- \$3.50 Sausage roll
- \$1.00 Pinwheel
- \$1.50 Pizza muffin (BBQ chicken)
- \$4.00 Nachos
- 20c Tomato sauce

## SANDWICHES/ROLLS/WRAPS

- \$6.00 Chicken schnitzel & salad wrap
- \$4.00 Salad only (Sandwich/wrap/roll)
- \$5.00 Ham and salad (Sandwich/wrap/roll)
- \$5.00 Chicken meat and salad (Sandwich/wrap/roll)

## CAKES

- \$1.00 Cookies
- \$2.00 Muffin (Chocolate/choc chip/blueberry)

## FRUIT

- \$1.00 Apples/bananas

## DRINKS

- \$2.00 Slushy
- \$3.00 Water
- \$3.50 Nippy's milk
- \$1.50 Prima
- \$3.00 Iced tea
- \$4.00 Juice – orange or apple, apple & blackcurrant)

## ICECREAMS/ICY POLES

- \$1.00 Zooper dooper
- \$2.00 Mini callipo
- \$3.00 Cyclone
- \$3.00 Paddle pop
- \$4.00 Golden gaytime
- \$3.00 Frosty fruit
- \$3.00 Lemonade icy pole

## SNACK FOODS

- \$2.00 Biscuits and cheese
- \$3.00 Yoghurt
- \$1.00 Jelly cup
- \$2.00 Red rock deli chips
- \$1.50 Vege chips (Gluten free)
- 20c Raspberry twists
- 20c Yoghurt stick
- 50c Allens python





# YMBA AUSSIE HOOPS REGISTRATION NOW OPEN FOR TERM 1/2



For boys & girls in Grade Prep and One.  
Excellent program to learn the skills  
of basketball

## Spotlight on You

A series of FREE workshops aimed at shining a light on mental health and wellbeing for yourself, your mates and loved ones.

WORKSHOP	DATE & TIME	LOCATION
<b>Workshops for young people</b>		
Self-Care: Looking after your mental health	Mon 27 February 4-5:30pm	Wangaratta Rovers Football Netball Club
Self-Care: Looking after your mental health	Mon 28 February 6-7:30pm	Wangaratta Rovers Football Netball Club
Self-Care: Looking after your mental health	Mon 6 March 4:30-6pm	Online Delivery
Looking out for your friends	Tues 28 February 4-5:30pm	Wangaratta Rovers Football Netball Club
<b>Workshops for families (young people can be joined by a family member)</b>		
Flourish 1	Wed 8 March 4-5:30pm	HP Multipurpose Room, Schilling Drive, Wangaratta
Flourish 2	Thurs 16 March 4-5:30pm	HP Multipurpose Room, Schilling Drive, Wangaratta
Connect the lines through Cartooning	Tues 21 & Wed 22 March 4-4:45pm	HP Multipurpose Room, Schilling Drive, Wangaratta
Connect the lines through Cartooning	Tues 28 & Wed 29 March 5:30-6:15pm	HP Multipurpose Room, Schilling Drive, Wangaratta
<b>Workshops for parents &amp; carers</b>		
Supporting young people: notice, ask, connect	Mon 27 February 6-7:30pm	Wangaratta Rovers Football Netball Club
Supporting young people: notice, ask, connect	Tues 7 March 5-7:30pm	Online Delivery

Scan the QR Code for more information and to register



SCAN ME



**Categories:**

- Senior Band - High School
- Junior Band - Primary School
- Solo Artist - Primary/High School (May be accompanied by 1 person any age).

- The Battle of the Bands is open to Students of school age who are currently in education.
- Acts must enter online at [www.playonthepains.com.au](http://www.playonthepains.com.au)
- All entrants must complete the online application on the Play on the Plains website as a condition of entrance into the competition. Partial or incomplete applications will not be accepted.
- All completed applications will be considered for a performance spot on the program. Spots are limited.
- A video performance of the band or soloist is to be included in the application. This does not need to be of premium quality and may be recorded on a mobile device.
- Acts featuring students from more than one school are welcome. It is also permitted for students to be in more than one band
- Judges will select acts from the videos sent as part of the application to participate on stage at Play On The Plains. Judges' decisions are final and no correspondence will be entered into
- Successful applications to perform the following:  
Each band to perform 3 songs.  
Each soloist to perform 2 songs with one accompanist of any age (no backing track).
- Covers and original songs are both very welcome
- Equipment - we will provide PA, mics, guitar/bass/keyboards amps and drum kit. You will need to provide your own pedals and drumsticks
- Applications must be received no later than 20th February 2023.
- Successful bands/soloist and their 1 accompanist chosen to perform at Play On The Plains will receive free entry to the event. Only band members, solo artists and their 1 accompanist will be permitted access back stage for a time to be confirmed prior to and after performance.
- Each Act will have 10 minutes to perform on stage
- Swearing will not be tolerated and will be dealt with by muting all sound and the band/solo being disqualified
- Prizes  
Senior band: 1st Place \$500 plus Main Stage opening performance at Play On The Plains 2024  
2nd Place \$250  
3rd Place \$100  
Junior band: 1st Place \$300  
2nd Place \$150  
3rd Place \$50  
Solo artist: \$750 Musical equipment supplied/sponsored by Deniquin Nextra.
- The Judges' decisions are final

Full Terms & Conditions and Entry at [www.playonthepains.com.au](http://www.playonthepains.com.au)

# Sacred Heart College OPEN Day Thursday 23rd March 2023 11.30am to 1pm

To register your interest to attend, please go to the College website at:  
[www.shcy.vic.edu.au](http://www.shcy.vic.edu.au)  
and click on the Enrolment Enquiry tab.

# Sacred Heart College 2024 Year 7 Information Session Monday 3rd April 2023 6pm.

If you would like to add your Community event to our Notices page, please either contact the College on: 03 57 421 302 or email: [eleanor.haynes@shcy.vic.edu.au](mailto:eleanor.haynes@shcy.vic.edu.au)



**FReeZA HANG OUT**  
COME AND LET US KNOW WHAT EVENTS AND ACTIVITIES YOU WANT TO SEE FOR YOUNG PEOPLE IN THE MOIRA SHIRE!

**Session One: 4pm - 4.45pm**  
Social Events

**Session Two: 4.45pm - 5.30pm**  
Music Events

**FREE PIZZA DINNER**  
5.30pm - 6.30pm

FOR YOUNG PEOPLE AGED 12-25 YEARS



Term 1, 2023  
**Free eSafety parent and carer webinars**

Join eSafety's expert education team for a free live webinar designed for parents and carers.

**Term 1 topics:**

- **eSafety 101: how eSafety can help you (30 minutes)**  
For parents and carers of young people in primary and secondary school.
- **Setting your child up for success online (30 minutes)**  
For parents and carers of young people in primary school.
- **Getting the most out of gaming (45 minutes)**  
For parents and carers of young people in primary and early secondary school.
- **Navigating online friendships (30 minutes)**  
For parents and carers of young people in secondary school.

For more information and to register now: [esafety.gov.au/parents/webinars](http://esafety.gov.au/parents/webinars)



**Could \$500 help with next year's back to school costs?**

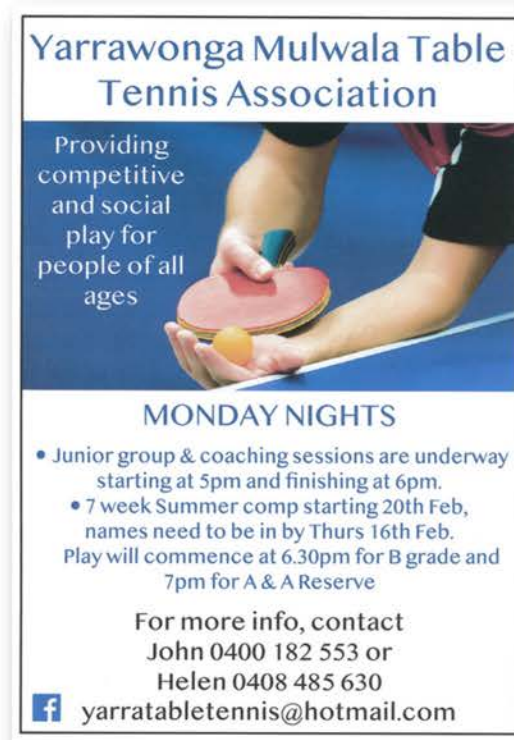
Learn tips and tricks to grow your budget and saving skills. Save for 10 months. Get up to \$500 of matched savings for school expenses. Just in time for 2024.

Must meet all eligibility criteria:

- ✓ Have a current Health Care or Pensioner Concession Card AND an eligible Centrelink payment\*
- ✓ Be studying yourself OR have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)\*
- ✓ Be 18+ years old

\*Many types of income and Centrelink payments are eligible

For more info, visit [saverplus.org.au](http://saverplus.org.au) or call 1300 610 355. To fill in an online enquiry form, [CLICK HERE](#).



**Yarrawonga Mulwala Table Tennis Association**

Providing competitive and social play for people of all ages

**MONDAY NIGHTS**

- Junior group & coaching sessions are underway starting at 5pm and finishing at 6pm.
  - 7 week Summer comp starting 20th Feb, names need to be in by Thurs 16th Feb.

Play will commence at 6.30pm for B grade and 7pm for A & A Reserve

For more info, contact  
John 0400 182 553 or  
Helen 0408 485 630  
[yarratabletennis@hotmail.com](mailto:yarratabletennis@hotmail.com)