

Semper Fidelis



From the Principal

Lent

Thank you to our student leaders who led us so well through our Ash Wednesday Liturgy last week. Our Mercy value of Compassion rang true as students became more aware of countless children who do not have access to safe drinking water, education or medical treatment.

Our Project Compassion target of \$2000 has received an excellent start with sales of firewood and carwashes already taking in \$300 prior to the commencement of Lent. With our casual clothes and BBQ fundraiser planned for Friday March 31st, we look well placed to reach and hopefully exceed our target. Learning Advisor groups have come up with some great ideas for fundraising including the sale of propagated plants and cake stalls.

Student Achievement

It has been another great week for student achievement, especially in the sporting field. After an incredible individual performance at the House Swimming Sports, Year 7 student, Fraser Nagle, backed up by being awarded Ovens Murray Age Champion at the regional swimming event held at Albury Wodonga on the weekend. Fellow Year 7 student, Alex Hawke, went back to back, winning the Nagambie Open Water Swim for the second year in a row. Jess Freeman played a key role for her team winning the Division 2 State Championship held recently in Bendigo, continuing her great success in this sport. Also on the basketball court, students Archie Jaques, Ollie Nagle, Lenny Lonergan and Cooper Webster were part of the team that won the Division 1 section of the Benalla Representative Basketball competition held over the weekend.

On the academic front, 2022 College Captain Ethan Lay was inducted into the University of Melbourne Hansen Scholarship program. One of only 23 from across Australia, this lucrative scholarship is highly sought after and a great achievement by Ethan.

Open Day March 23rd

The College will be holding an open day on Thursday, March 23, between the hours of 11.30am and 1.30pm. All programs offered by the College will be on display during this time. Please see the flyer to register for this event. An information session for 2024 enrolments will be held at 6pm on Monday, 3rd of April.

Induction of College Student Leaders

Our 2023 College leaders will be inducted at our opening liturgy which will be held at 10.15am on Tuesday, March 21st. The liturgy will be held in the Multi Purpose Building and parents are invited to attend. A morning tea will follow the Liturgy in the new staff room.

Lew Nagle

Do you want to fast this Lent?

In the words of Pope Francis...

Fast from:

Hurting words - and say kind words

Sadness - and be filled with gratitude

Anger - and be filled with patience

Pessimism - and be filled with hope

Worries - and have trust in God

Complaints - and contemplate simplicity

Pressure - and be prayerful

Bitterness - and fill your hearts with joy

Selfishness - and be compassionate to others

Grudges - and be reconciled

Words - and be silent so you can listen



Top: Addison, Charli and Jasmine.
Bottom: Alex and Fraser



Cooper, Archie, Lenny and Ollie



BONDI RESCUE LIFEGUARDS



Swimming Carnival

2023

C. G. ... Y



The College Library is open before school, at recess and lunch. It is also open after school for silent reading or homework.

We run homework club on Wednesday 3.05 – 4.45pm.

It is easy to search the Library catalogue through any web browser by going to:

<https://library.shcy.vic.edu.au/#!dashboard>

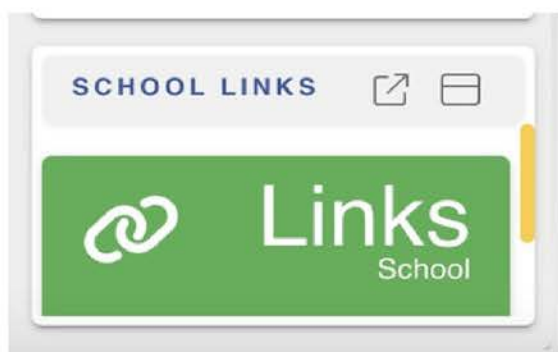
Students can also search from the SIMON homepage. Go to School links, General Resources, click on Library Catalogue search.

You can use the Library Catalogue as a guest, but logging in will give you more features like current loans, borrowing history, reserves. Use your computer login details.

Reading is a valuable life skill:

People who read books live about 2 years longer, may be because it reduces your blood pressure

- Kids who read often and widely get better at it;
- Reading exercises our brains
- Reading improves concentration
- Reading teaches children about the world around them
- Reading improves a child's vocabulary and leads to more highly-developed language skills
- Reading develops a child's imagination
- Reading helps kids develop empathy
- Children who read do better at school
- Reading is a great form of entertainment
- Reading relaxes the body and calms the mind



General Resources

Careers Website

Catholic Education Sandhurst

ClickView Online

College Website

ICT User Documentation

JacPlus Login Page

Library Catalogue Search

All of the Year 7 & 8 students are undertaking the 'SHC Reading Challenge' as part of their Literacy classes this year.

Great New Reads In The Library #2 2023

The Way You Make Me Feel by Maurene Goo 2018

Sixteen year old Clara Shin does not take life seriously, and puts more effort into practical jokes at school than actual school work. When one of her practical jokes get way out of hand, her dad makes her work in his food truck for the summer with the person who is often the butt of her practical jokes. She should be with her Influencer mother, or her friends at the pool. Maybe it is time for Clara to actually grow up a bit!

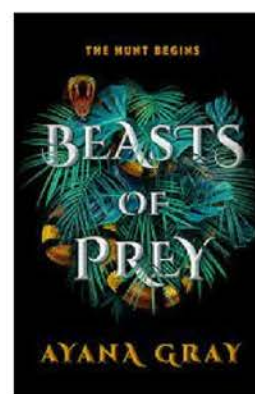


Beasts Of Prey by Ayana Gray 2021

Koffi is a beastkeeper at an infamous night zoo with her mother. They must work to pay of the family debt. Ekon is destined to become one of the cities elite warriors, who protect but also scare the locals.

Things go badly wrong at the zoo and a mysterious power is released. Together Koffi and Ekon must try to stop and even greater evil.

First book in a new magical horror series.



The Mortal Instruments by Cassandra Clare 2022

The sixth instalment of the graphic novel adaptation of Cassandra Clare's bestselling 'The Mortal Instruments'. Now that the third mortal instrument has been revealed, and after Sebastian's betrayal, a battle to secure it is inevitable. Can Clary convince them that working together is the only hope for the future?



Forging Silver Into Stars by Brigid Kemmerer 2022

Magic has been banned in the Kingdom for a long time. Now there is a Magesmith on the throne and the people do not trust him! Neighbouring kingdoms should have been united by the Kings marriage, but an uprising is brewing. Who should the young Jax and Calllyn believe and how will they ever pay the taxes their families owe?



Visit the Library to borrow any of these books.

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

SKI

Show Nationals



The Ski Show Nationals are to be held at the Max Kirwin Waterski Park on March 25th-26th, and Sacred Heart College is lucky enough to be able to boast about some of our students participating! Training for the Mulwala Waterski Show Team is beginning to ramp up, with everyone heading out to the Ski Park last Sunday night for a big group training session. With a number of our students in a variety of different acts, the show is set to be an exciting display of local talent.

Year 9 student Darla Lawless is involved in the toe-turn act, which she claims as her favourite, however, she also contributes structural integrity to a 3-tier human pyramid. While Ski Show Nationals are great fun, Darla also emphasises that the show is an amazing opportunity to "further [her] skiing career."

At the top of one of the aforementioned pyramids is none other than Year 8 student Rhys Driscoll, who recently competed at the Barefoot World Championships. Rhys will also be barefooting at Ski Show Nationals, which is an awesome opportunity for him to "represent our team." At just 14 years old, Rhys is loving "helping others out" at ski show training, as well as "learning new things" alongside long-time ski show legends.

But the ski show isn't just about skiing. One of the best things about ski show is the sense of community shared by the team. The post-training BBQ on Sunday night was a highlight for many involved. When asked to share her favourite part of training this week, Darla highlights how "we were all eating together and helping everyone." Sitting around laughing and talking with people of all ages and abilities, from Rhys' mesmerising barefooting abilities to Miss Carmody's multiple stacks this summer, is an integral part of the Show Team's atmosphere. The Show Team is an incredible way to get involved in the community, and be a part of something unlike anything else. All while learning how to Show Ski!

To watch the Mulwala Ski Show team compete at Nationals, come on down to the Max Kirwin Waterski Park on the final weekend of March. Keep an eye out for Darla and Rhys, as well as Keeley Blick, and Sam Tayler, and even Miss Carmody. You don't want to miss it!

Swimming Carnival Report



On Friday the 24th Feb, the College held its annual 2023 swimming carnival which was the first school sports event of the year.

The day ran well with the first event kicking off just before 8am. The student's inclusive involvement meant the races were filled and the alking lane was packed. Darcy Hicks and Nate Williams showed who was boss in the Slip and Slide and the two boys fought neck and neck on each slide. We had a great staff member supplying sunscreen all day, (Mrs Duncan), hoping no one got burnt. Later in the day, we had our fastest 50m freestyle swim and history was created for the first time. A Year 7 student won the fastest 50m swim, his name, Fraser Nagle. Best dressed was Charlie Adkins.

Huge congrats to our Age Champs;
13yrs Fraser Nagle and Keira Bueckner
14yrs Jack Bourke and Emily Buerckner
15yrs Archie Skehan and Chelsesa Kerr
16yrs Darcy Cox and Violet Elliott
17yrs Oliver Cope and Torah Duffy
20yrs Dom McInnes and Paige Duffy

O & M Swimming results will be published in the next newsletter, due on the 15th March.

Jyda House - Sports Trainee



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

Join us!

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



Sacred Heart College

OPEN DAY

Thursday 23rd March

11.30am-1.30pm



**Come and see the
College in action.**

Witt Street, Yarrowonga • Ph 03 5742 1300 • Email: info@shcy.vic.edu.au • www.shcy.vic.edu.au

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



Sacred Heart College Yarrowonga

Congratulations to Stuart Davey who retired last week as groundsman. Stuart did a wonderful job and was extremely knowledgeable and reliable.



Follow us!

Sacred Heart College Yarrowonga

Students enjoyed pancakes on Shrove Tuesday this morning.



Sacred Heart College Yarrowonga

Yesterday Zoe, Margie and Karen walked with a group of Year Twelve students in the community event Lift the Lid on Mental Health held at the foreshore to raise funds and awareness for mental health services in our community.



Sacred Heart College Yarrowonga

Today our Year 7 classes learnt CPR during their health class.



Sacred Heart College Yarrowonga

All Sacred Heart students took part in the "Achieve your Best" program this week.



Moira Youth

February 2 at 4:56 PM

Our legendary Sacred Heart College Yarrowonga crew recruiting new year 9 members for Live4Life today!



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

Date	Calendar of Events for Term 1 2023
02.03.2023	<ul style="list-style-type: none"> • O & M Swimming Carnival • Ethical Leadership Day
03.03.2023	<ul style="list-style-type: none"> • Year 10 Holocaust Excursion to Melbourne • 1st round of SIMON reports
8th - 10th March	Year 8 Camp
15th - 24th March	NAPLAN
17.03.2023	Hume Swimming Carnival
20th and 27th March	Parent, Student, Teacher Interviews
21.03.2023	Opening Liturgy - Full College uniform to be worn
23.03.2023	SHC Open Day
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"> • Year 7 and 10 Round 1 Immunisation • O & M Intermediate/Senior Sports • Live4Life launch
31.03.2023	<ul style="list-style-type: none"> • Caritas, casual clothes and BBQ fundraiser day
03.04.2023	<ul style="list-style-type: none"> • Year 7 2024 Information Session 6pm
04.04.2023	O & M Junior Sports
06.04.2023	<ul style="list-style-type: none"> • College photos - Students to wear full College uniform, bring PE uniform to change into if you have PE. • Backflips Against Bullying • Round 2 Simon reports • Last day for Term 1



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



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.playontheplains.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 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 Deniliquin Nextra.
- The Judges' decisions are final

Full Terms & Conditions and Entry at www.playontheplains.com.au

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
Workshops for young people		
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
Workshops for families (young people can be joined by a family member)		
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
Workshops for parents & carers		
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 6-7:30pm	Online Delivery

Scan the QR Code for more information and to register



HEAR! HEAR! THE PLAINS ARE CALLING

Saturday 11th March 2023

Hay, NSW

FREE EVENT
 FUN FOR ALL THE FAMILY

11AM Street Parade
Visitor Centre to Hay Oval
Hay Oval Activities till 5PM

Riverina Highland Dancing Titles
 Highland Muscle Heavy Events
 Athletics & Kids Events
 Stalls & Food
 Pipe Bands
 Golf Tournament

THE **HAYLAND GATHERING**

HAY SERVICES CLUB & FITNESS CENTRE | ENGIE

Ceilidh Dinner & Dance hosted at the Services Club with Fireworks Tickets Online

Supported by the NSW government and Hay Shire through Reconnecting Regional NSW Community Events Program

NSW GOVERNMENT | Hay Shire COUNCIL

haylandgathering@gmail.com | 0417 052 491

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 or call 1300 610 355. To fill in an online enquiry form, [CLICK HERE](#).

Homework Policy

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.

Every child is different.
So is every foster carer.



BERRY STREET

A little of your time can change an entire life.

In Victoria, the number of children who cannot live safely at home has risen every year over the last 10 years. Children in care have experienced trauma – they need a safe, nurturing home environment to help them recover.

If you are over 21 and have a spare bedroom, we would love to hear from you. As a foster carer, you could make a huge difference to a child or young person in need.

For more information please contact Janene
T: (03) 5822 8100 or E: hume fostercare@berrystreet.org.au

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



 eSafety Commissioner esafety.gov.au

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

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