



We acknowledge and pay respect to the peoples of the Yorta Yorta Nation, including the eight clan groups, as the traditional and ongoing custodians of the land on which we gather today and we recognise that it continues to be sacred to them. We Hail them: As guardians of the earth and of all things that grow and breed in the soil; As trustees of the waters – the seas, the streams and rivers, the ponds and the lakes and the rich variety of life in those waters.

Commitment to Child Safety

Sacred Heart College Yarrawonga is committed to the safety and wellbeing of all students at the College. As a Catholic school, we are entrusted with the holistic education of the child, in partnership with parents, guardians and caregivers who are the primary educators of their children. Sacred Heart College will implement the Child Safe Standards to ensure the safety and wellbeing of all students at the College and promote an organisational culture that manages the risk of child abuse and neglect.

Prayer

Faith

The Lord says:

‘This is my commandment, that you love one another as I have loved you. No one has greater love than this, than to lay down one’s life for one’s friends. ‘You are my friends,’ says the Lord, ‘if you do what I command you.’

God of love and liberty, In whose hands are the destinies of this and every nation, we give you thanks for the freedoms we enjoy in this land and for those who surrendered their lives to defend them.

We pray that we and all the people of Australia, gratefully remember their courage and their sacrifice, may we have the grace to live in the spirit of justice, of generosity and peace.

We pray for love and unity in the name of the one who gave his life for the sake of the world and in whom we find peace.

AMEN

From Deputy Principal Karen Kaine

Anzac Day

John 15:13 states, ‘Greater love has no man than this, that a man lay down his life for his friends’, epitomising the commemoration of the ANZAC tradition. Our college community was represented with pride when School Captains, Dominic McInnes and Chloe Burgess, addressed the vast Dawn Service crowd adjacent to the Memorial Wall on the grounds of ClubMulwala. Both students made personal connections through referencing local family members, Private Alexander John Buchanan and Lance Sergeant Clifford Donald Giersch, who returned from WWI and WWII respectively, and who exemplified courage, honour and sacrifice which typifies the ANZAC Spirit. Dominic and Chloe joined additional student representatives at the wreath laying ceremony during the Mulwala and Yarrawonga ANZAC marches, as a commemoration of remembrance. Lest we forget.



Chloe, Spencer and Dom

Student Achievement

Last Friday, Sacred Heart College was well represented, with four Year 7 students invited to compete at the SSV State Swimming Championships at the Melbourne Sports and Aquatic Centre. Each of the boys were solid competitors in their individual events, while Frazer Nagle achieved 3rd in Backstroke, 4th in Freestyle and 5th in the Breaststroke final. Our relay team, consisting of Frazer Nagle, Noah Cox, Alex Hawke and Jaxon Maxted, placed 6th in the state. These students are to be congratulated on this outstanding achievement.



Alex, Fraser, Jaxon and Noah

Staffing

The commencement of Term 2 has brought with it some changes to staffing. We welcome Mr Tim O'Dwyer, who will take over Mr Jacob Adkin's teaching allotment, in addition to teaching Year 7 STEM. Originally from Barooga, Tim comes to us as an experienced educator from St Kevin's College in Melbourne. We wish Jacob safe travels as he heads to the UK for an international teaching experience in early June.

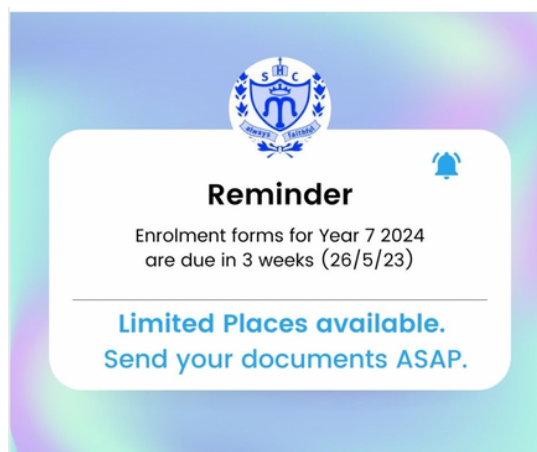
Tim O'Dwyer



Wellbeing

The many factions of our Wellbeing Team have been collaborating to create an environment that supports students to be happy, healthy and engaged to achieve positive learning outcomes. All Year 7 students participated in the NESAY Learn Lead Live (Triple L) Programme, facilitated by our School Counsellor, Casey May, to develop skills focused on emotional awareness, emotional regulation, self-care, mental wellbeing, communication and building positive relationships. Our partnership with NESAY is highly valued, as it enables us to provide an increased level of external wellbeing support through these programmes, in addition to our regular onsite counselling.

Our senior students have attended presentations by Youth Resource Officer, Leading Senior Constable, Surrey Hunter. Surrey worked with students to highlight the role of the law in social and societal issues within our community. Students engaged positively, enjoying his relaxed, communicative manner and were encouraged to participate in a Q&A forum at the conclusion of his presentation.



Catholic Identity *By Lucienne Camenzuli*

ANZAC Liturgy

Held in the Sacred Heart Church on Monday 1st May, School Captains and Faith and Justice Leaders led the College in the ANZAC Liturgy.

Chloe and Dominic read heartfelt reflections of ANZAC exploits and brought the meaning of the ANZAC spirit through personal connections from their Great Grandfathers' wartime participation. Prayers that followed focussed on the sacrifices of all persons in wars and those who still suffer around the world. Prayers for peace ensued and also of gratefulness for all we enjoy today. Students are commended for their deeply respectful behaviour and solemnity during the minute silence and The Ode.

Thank you to all students who contributed in making this a memorable and meaningful experience.



Justice MATTERS Camp

On Wednesday May 17 to Friday May 19, Year 10 Faith and Justice members, Oscar Whiteley, Jetta Norrish and Darcy Cox will be attending the Justice Matters Camp at The Old Priory, Beechworth. Students will be accompanied by Mrs Jane Morriss.

The focus of this year's camp is 'Generation Earth (is us)!'. This is inspired by Pope Francis' Encyclical – Laudato Si – Care for Our Common Home: Leaving an inhabitable planet to future generations is, first and foremost, up to us." Laudato Si n160

Our students will engage with other students from across the Sandhurst Diocese as they participate in workshops ranging from human trafficking and slavery to community based renewable energy strategies. These workshops will enable those attending to bring practical action and activities that will work together. Our best wishes go with them for a successful and rewarding experience.

Key Senior School dates

Please make note of the following key dates upcoming for the Senior school students

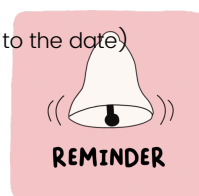
Wednesday 10th–12th May – Year 11 CBD Camp

Monday 5th June – Friday 9th June – Unit 1 Exam week (Timetable to be made available closer to the date)

Tuesday 13th June – Semester 2 begins

Wednesday 15th June – GAT Exam (all VCE Unit 3 students to attend the exam)

Any questions about the above please contact Richard Geary at the College.



Year 7 English

"This term in Year 7 English students are learning about poetry and by the end of their unit, they will have created a Poetry Anthology which is a collection of poems that they have written as well as studied. This week, students have been looking at Acrostic poems and experimenting with incorporating language devices into their writing.

Type: Traditional Acrostic

Topic: Space

Shining stars floating about

Planets orbit the mighty sun

A shooting star flies across space

Colourful planets and clouds

Earth is our home and one of many planets and dwarf planets

By Bailey Richardson



Type: Traditional Acrostic

Topic: Pet (Horse)

BRIGHT EYED

RESCUED AND REBELLIOUS

ANXIOUS

NERVOUS AND NEEDY

DEPENDENT AND DREAMY

YOUNG AND LONELY

By Anonymous

English Matters

To compliment the Year 10 English programme, students were fortunate to experience a theatrical performance of the Shakespearean play, Macbeth, by Complete Works Theatre Company. The abridged performance journeyed students through the dark recesses of human nature and was created specifically to support an academic study of the text within a secondary school context. Students will continue their study of Macbeth during English classes throughout the rest of this term, preparation for their upcoming assessments and Examination. English programme, students were fortunate to experience a theatrical performance of the Shakespearean play, Macbeth, by Complete Works Theatre Company. The abridged performance journeyed students through the dark recesses of human nature and was created specifically to support an academic study of the text within a secondary school context. Students will continue their study of Macbeth during English classes throughout the rest of this term, preparation for their upcoming assessments and Examination.

Year 7 Italian

These are for the year 7 and 8 Italian classes. The topic was inventing and describing crazy animals.





Round Up

by Jyda House

The term started with the swimming carnival which held great participation throughout. We had 14 swimmers attend the Hume level swimming, then following it we had 11 swimmers represent the regional level and were fortunate enough to have 4 year 7 boys make it to the state level. Well done to Jackson Maxted, Alex Hawke, Noah Cox and Fraser Nagle on their state swimming team (which came 6th in the state!!), also to Fraser competing in 3 other events on the day.

The athletics day was a real hit with Blue house being victorious. The students that have won in the school event will participate in the Hume level on the 30th of August later in the year. Well done to all students for dressing up in house colours and for Mr Adkins for his time and effort on this day.

Last term we had our end of term sport with the 3 topics being volleyball, tennis and waterpolo. Our tennis teams tried hard all day but unfortunately going down in the final. The Senior boys and Girls volleyball teams made it through to the next level with all other teams battling it out on the day.

This term we have our Cross Country in week 5, Tuesday the 23rd May. The event will be held at JC Lowe oval starting from 1pm. Winners in each respected age group will advance to the Hume stage on 16th of June.

This term also will be school AFL, students are to fill out form by Friday 5th of May and teams will be made by week 4. Senior and Inter boys will be held at Martin Park Wodonga on Thursday the 18th of May. Junior boys and ALL girls will be held in Wodonga. Junior boys at Martin Park Wodonga and ALL girls at the Wodonga Racetrack on Wednesday the 24th May.

Goodluck to all students this term participating in any kinds of sport!!

Careers News

Year 10 students are attending the Careers Day Out in Shepparton on Thursday 11th May. This event is attended by students throughout the Goulburn Valley.

Careers Day Out is now in its 25th year and is the largest education, training and employment expo in Northern Victoria, with over 1,800 students & visitors from year 9 - 12.

Our aim is to provide regional students with the opportunity to discover the diverse range of careers, education, pathways and employment available across the region.

This year, the event is doing things a little differently.

The event will host a range of workshops, demos and talks to provide students with the opportunity to engage and interact with local businesses and trades to see what the workplace is all about.

Interaction and engagement.

Curated "hubs" and areas will be dedicated to certain types of careers and industries. Meaning that Students can really explore the variety of job opportunities available under certain banners and expand their understanding of the workplace.

Work Experience

The work experience week provides students with the valuable opportunity to: develop employability skills. explore possible career options.

Sacred Heart Work Experience Times

Monday 17th July – Friday 21st July

Loretta Casey



Great Ocean Rd Experience

On Sunday the 30th of April, the Sport and Recreation class along with Mr Geary's Year 11 and 12 Outdoor Education classes set off on a five hour long bus trip to Lorne.

On of arrival we set up our camp sites, including our tents and a solid place to sleep. At 3:30pm we headed to the beach to have a look around the local town. Luckily the weather was good, allowing us to walk right around the beach and take in the pleasant views. We then headed back to the campsite and walked over to Foodworks to shop for dinner, lunch and breakfast for the next two days. Once everyone was done, we headed to the camp kitchen, where we prepared some tasty meals, had showers and settled in bed for an early night after a long day.

It was a cold, long night and we were woken up bright and early to get ready for the busy day ahead. After eating breakfast we headed down to the beach and began the day with some fitness activities while looking out to the ocean. While waiting for 10:00 to come around we filled time in with some activities on the beach. Finally it was time to go surfing, we met the "Go Ride a Wave" organisation, where they fitted us with wetsuits and surfboards, they then taught us the simple motions on how to surf. Then it was time to get in the freezing water and have a surf. The waves were about 1-2 metres and were dumping waves which made it difficult to surf, students persisted for the next 90 minutes determined to catch a wave. Overall, the experience was quite challenging, however all students loved the opportunity to surf in such a great environment.

After a few exhausting hours of surfing, we set off for a three hour hike to various waterfalls in the Great Otway National Park, including Henderson Falls, Phantom Falls and the Rock Canyon. The environment was very green, damp and mossy as we went from dry forest to rain forest. The trees all stand very tall as they fight for sunlight making us hikers feel very small.

On our journey back to Lorne, we stopped by a peculiar art gallery called Qdos Arts, in which very strange sculptures had captured our attention. As we finally made it back to the town, everyone was worn out, however we were still eager to go back to the main street and continue to explore. Many had stopped for an ice cream, burger or chips, whereas others were more interested in the surf shops.

On Tuesday we packed up early and headed back to Yarrawonga via a stop in Anglesea. Overall it was a great camp to experience such a great environment and to see the iconic Great Ocean Road and the beautiful towns along the coastline.

Thanks to the teachers Mr Skehan, Miss Sinclair and Mr Geary for their time and efforts in organising the camp.

Ruby Thomas, Paige Duffy, Bella Lonergan and Abbey Coghill
Yr 12 Outdoor Education students



Great New Reads are in the Library Now!!

What Makes A Matilda 2023

This non-fiction book goes back to where it all began and follows the journey of 'The Matildas'. Not only are there photos, but also some advice on mindset, diet and exercise. Player profiles, training drills and inspirational quotes.

***The Boy Who Didn't Want To Die* by Peter Lantos 2023**

The true story of a young boy and his parents who make an extraordinary journey through war torn Europe in 1944. Peter thinks it is an adventure in the beginning, but soon realizes it is really a nightmare. Bombs fall, people starve, disease is everywhere and when they end up in Belsen, one of the largest concentration camps, things really deteriorate. Non-fiction.

Nightbirds by Kate J. Armstrong 2023

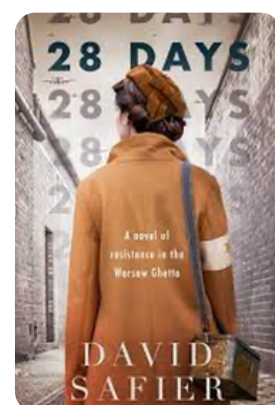
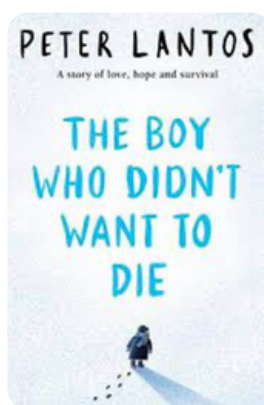
Magic is illegal in Simta, but if you have the money, you can buy a magic kiss from one of the Nightbirds. Young women who can impart magic. Their identities are kept secret, especially from the church. Over the years girls with magic have been hunted down and killed. When the Nightbirds are threatened they join and fight.

First book in a new highly acclaimed fantasy series.



***28 Days : a novel of resistance in the Warsaw Ghetto* by David Safier 2023**

Based on a true story of resistance by a group of Jewish people imprisoned in one of the many ghettos. When the Nazi's tried to 'liquidate' the people, which was really code for killing or "resettling" them to concentration camps, they fought back for 28 days!



Scholastic Book Club Orders

Orders for Scholastic Book Club, Issue 3 are due back to the Library by
Thursday 12th of May.

Copies are available on both campuses and in the Library.

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

Visit the Library to borrow any of these books.

Hunter's caught a big one this time.
Yr 9 Fishing Elective



Sacred Heart College Yarrawonga
2d · 🌐

Last Friday, we had four students attend the SSV State Swimming Championships: Frazer Nagle, Noah Cox, Alex Hawke and Jaxon Maxted. Frazer Nagle: 3rd Backstroke, 4th Freestyle and 5th Breaststroke and the relay team placed 6th in the state. Well done boys on a fabulous effort.



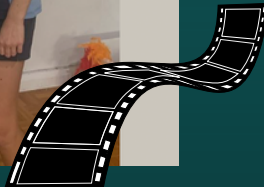
Sacred Heart College Yarrawonga
April 5 at 2:59 PM · 🌐

Noah from the Vocational Major class tending to the Mercy nuns' graves at Yarrawonga cemetery.



Sacred Heart College Yarrawonga
April 6 at 9:45 AM · 🌐

Year 8 students enjoying the launch of Live4Life



Out and about at SHCY

Senior students making sausage rolls



Sacred Heart College Yarrawonga
2d · 🌐

Our Outdoor Ed and VET Sport & Recreation students are currently in Lorne participating in beach activities such as surfing and hiking in the Otway Ranges.



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.



Camps, Sports and Excursions Fund (CSEF)

The purpose of this policy is to ensure schools appropriately administer, and support families to access, the Camps, Sports and Excursions Fund (CSEF) so that a family's financial circumstances are not a barrier to student participation.

Submitting an application

The Camps, Sports and Excursions Fund (CSEF) system is open for schools to enter applications from 30 January 2023. Parents/carers wishing to apply for CSEF payments for 2023 must submit their application form to the relevant school before 23 June 2023.

However, a parent/carer will only be required to submit an application form to the school in the following circumstances:

the parent/carer is applying for the CSEF payment for the first time – i.e. an application form was not lodged with the school in the previous year, or

circumstances have changed – for example, there has been a change in the care arrangement of the student, a change of name or CRN, or a new sibling has started at the school and the parent/carer wishes to apply for the CSEF payment for the new sibling also.

Where a parent/carer is not required to submit a new application, schools can rollover/copy the previous year's application on the CSEF system to the current school year.

Payment amounts

Payments for 2023 are:

\$125 per year for eligible primary school students

\$225 per year for eligible secondary school students.

Payments are made directly to the school:

from March onwards each year where the parent/carer's concession card is assessed as valid on the first day of Term 1 and

until 23 June where the parent/carer's concession card is assessed as valid on the first day of Term 2.

Application forms

Schools are able to accept and process applications up until 23 June.

Camps, Sports and Excursions Fund application form (DOCX)

**LOST?
FOUND!**

Jumpers, jackets, hats, lunch boxes, pencil cases, drink bottles and lots more on the Lost and Found table in the Wexford corridor. Check Daily Notices on PAM for updates.

HappySillyThoughts



When you order a book called "How to Scam People" and it still hasn't arrived after three months.



Reminder

Enrolment forms for Year 7 2024 are due in 3 weeks (26/5/23)

**Limited Places available.
Send your documents ASAP.**

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.

MOTORCYCLING AUSTRALIA

MINIKHANA

COME & TRY DAY

The **BEST** Entry Level Motorcycle Activity

Fun, Safe, Skills Based Courses

Ages 4-16 years

No Licence Needed

BYO Minibikes & Gear

Date: Sunday 14th May

Club: Goulburn Valley Motorcycle Club

Venue: 1915 Echuca Road, Undera Speedway Complex

Website: MX, Dirt track - 0419 142 297

FREE ENTRY & 90-DAY RECREATIONAL LICENCE FOR 1ST TIMERS!

AUS

The Goulburn Valley Motorcycle Club will be holding a Come Try/Minikhana Event on 14th May 2023.

These events are designed for Male/Female participants of all ages as an introductory into the sport.

There is no pressure for anyone to join the club, this is designed as a safety introduction to Motorcycle Sport. The coaches are available all day to help riders with the development of riding skills and techniques that they can take away with them, its not about speed.

Yarrowonga **\$10 Entry**

FRIENDS IN COMMON

Supporting Families Touched By Cancer

2024 Cuppa For Cancer
Wednesday 17th May 9.30am to 12.00pm,
Mulwala Water Ski Club
Spinning Wheel and raffle.
Tickets available at the door

Community Seminar

BUILDING HAPPINESS & RESILIENCE IN YOUNG PEOPLE & THEIR FAMILIES

Guest Speaker
DR MICHAEL CARMICHAEL

THURSDAY 04-MAY-2023

Family Connections Through Art

CREATE AN ARTISTIC IMAGE OF YOUR FAMILY TREE WITH THE SUPPORT AND GUIDANCE OF LOCAL ARTIST Lisa Bishop

Warragul Tuesday 9th May 2023 5.30PM - 7.30PM
 Murrumbidgee Tuesday 16th May 2023 5.30PM - 7.30PM

PLACES ARE LIMITED SO BOOK NOW & DON'T MISS OUT!
 This is for young people aged 10-18yrs, & a parent, grandparent or other important adult in their life

Rhythmic Drumming & Songwriting
 Connected and have fun through African Drumming

Warragul Tuesday 9th May 2023 5.30pm - 7.30pm
 Murrumbidgee Tuesday 16th May 2023 5.30pm - 7.30pm

This is for young people aged 10-18yrs, and a parent/grandparent or other important adult in their life
 Places are limited so book now & don't miss out!

All events are **FREE** - scan here for more:

NUMURKAH LOVE OUR LIFESTYLE PRESENTS

Baala Creek Festival

LIVE MUSIC
KIDS ENTERTAINMENT
FOOD AND BAR
FIREWORKS

FEATURING

Neale Williams • The Skerricks
Tully Wishart • The Murks

Saturday 6th May

11:30AM - 7:30PM

LOUIS HAMON GARDENS
NUMURKAH

Visit Numurkah Love Our Lifestyle on facebook

SPL SKATE PARK LEAGUES | the Y | AUSA CYCLING | VCA | moira | freemove

2023 VICTORIAN EASTERN REGIONAL SERIES

NUMURKAH

SKATE PARK COMPETITION

VIC

REGISTER HERE

TIMES
SCOOT 11:00am
BMX 12:30pm
SKATE 1:30pm

SATURDAY 6 MAY

Melville St & Tunnock Rd, Numurkah
Free entry, all ages and abilities welcome

REGISTER ON THE DAY OR ONLINE AT SKATEPARKLEAGUES.COM SKATEPARKLEAGUES

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

How many serves are in your lunchbox?

Dairy 1 Serve

Meat and Alternatives 1/2 Serve

Water

Discretionary 1 Serve (ham in wrap)

Fruit 1 Serve

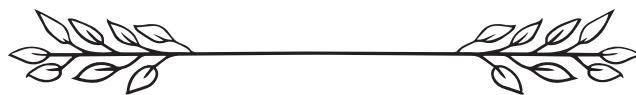
Grains 2 Serves

Vegetables 1 1/2 Serve (1/2 serve in wrap)

Check out how many daily serves are recommended for children

Age (y/o)	Vegetables	Fruit	Grains	Meat & Alternatives	Dairy	
					Boy	Girl
2-3	2 1/2	1	4	1	1 1/2	1 1/2
4-8	4 1/2	1 1/2	4	1 1/2	2	1 1/2

National Health and Medical Research Council (2013) Educator Guide. Canberra: National Health and Medical Research Council.



A Healthy Lunchbox is composed of...

A healthy lunchbox should incorporate food from all five food groups and water.

It should be nutrient rich and provide enough energy to get your kids through to the next meal.

Grains: These are mostly included in the main item, for example bread, wraps, pasta or rice. These could also be snack items such as wholegrain crackers, plain popcorn or rice cakes.

Fruit: Whole fruit is best. Canned fruit in natural juice is a convenient option on occasion and fruit juices should be limited to once a week only.

Vegetables: Veggie sticks or a small salad are easy healthy snack options. Incorporating as many vegetables as you can into the main item is even better.

Meat & meat alternatives: Lean meats like beef, pork and chicken can be included in the main item. Hard-boiled eggs and canned beans are a good snack too.

Dairy: Plain UHT milk, fortified alternatives, cheese, plain yoghurt and tzatziki are considered dairy. They provide calcium for healthy bone and teeth growth.



Looking for some more lunchbox ideas?

Our dietitian students have developed a range of information, video's and tips to keep lunchboxes healthy and interesting. We will be sharing these during the coming weeks so be sure to follow us on facebook so you don't miss any.

<https://www.facebook.com/more4moira/>

more4moira is a community approach to healthy children, encouraging settings, organizations and groups to create environments that support healthy choices. 



Wed 10 th to Fri 12 th May	Year 11 CBD Camp – PAM permission <u>required</u>
Tuesday 9 th May	NAP - Science Literacy
Wed 10 th May	Year 7 Boys LLL program
Thursday 11 th May	Year 10 Careers Expo Shepparton – PAM permission required.
Friday 12 th May	Year 10 Surrey Hunter presentation
Wed 17 th to Friday 19 th May	Justice Matters Camp -PAM permission required
Wed 17 th	Cuppa For Cancer, Mulwala Ski Club
Thursday 18 th May	O & M Senior/Intermediate AFL
Monday 22 nd May	Interschool Chess Tournament
Tuesday 23 rd May	College Cross Country
Wed 24 th May	O & M Junior Girls and Boys AFL Unit 3 PE Excursion to Cathedral College Wangaratta