

# Semper Fidelis

Sacred Heart College Yarrowonga

## A fitting farewell for Father Steve

Photo courtesy of the Yarrowonga Chronicle

### Prayer

We thank you Lord, for this term. For our challenges, our successes, and the mistakes from which we have learnt. Be with us as we spend our time with family and friends.

Give us strength and courage to do what is right: to be witnesses of our faith. Help us to be a practical Christian these holidays, to appreciate what others do for us, to give time and effort to help others. To be peacemakers in our family.

Keep us safe in our activities; give us good rest and good fun. Bring us back refreshed and ready for a new term. We thank you for our classmates, teachers, parents and a community that cares for us.

May we always be conscious of you in our lives.

AMEN

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Term 3 Issue 12 2023

### From the Principal Lew Nagle

As we approach the end of another busy term, it is timely to reflect on what has been achieved during this time. Being awarded the regional non government winner of the Schools that Excel series was a definite highlight. We also had students representing the College at regional sport with Year 9 students, Kiera Freeman and Jobe Fraser, performing well at State level in cross country and cricket respectively. As a community we were all saddened by the recent passing of Father Steve Bohan. I am sure Father Steve would have appreciated the wonderful testimonials that were offered about his life of service to the Yarrowonga community. The respect and outstanding conduct displayed by our students both during the service and guard of honour was something that our community should be very proud of. As we approach the Term 3 break, many of our families are involved in finals in district sport. We wish them all the best as they chase the ultimate prize of a premiership in September.

Good luck to our senior students as they prepare for the final stages of their secondary education at Sacred Heart College.

### Changes to Camp Program 2024

The College has made some changes to the camps program for 2024. These changes have been carefully considered and are necessary due to a variety of factors, including how all Victorian schools are required to allocate a teacher's workload. In order to address these external factors, we have made the following adjustments to our camp program for 2024:

- The Year 9 Northern Territory camp will not proceed in 2024
- The levy associated with this camp will be removed in 2024
- The introduction of a camp experience spanning over three days and two nights

The College has been able to offer a new opportunity for our Year 9 & 10 students in 2024, which is the Red Earth Immersion to Cape York. This was launched recently to students and interested parents. As this is an opt- in experience and not directed across a year level, it does not attract the implication of time in lieu for staff attending. Further details will be communicated when they have been finalised.

### Staffing Update

Ms Lucienne Camenzuli has accepted a position at Our Lady of the Southern Cross in Dalby Queensland to commence at the beginning of Term 4. We wish Ms Camenzuli all the best for the future and thank her for her contribution to the life of the College over the last five years. Ms Camenzuli's classes will be taken by Mr Dick Morriss through to the end of the year.

### Building Update

The building project is progressing well and is on track for completion in the second week in November. The new amenities block is nearing completion and cabinetry is being installed this week. Concreting of ramps and pathways are also in progress.

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



# FUTURE BARISTAS

Students Set Up School Café and Train our Future Baristas

The Applied Learning program at our school has been busy creating a new addition to the school. Students in the program have set up a school café where they are making coffee and serving customers delicious toasties. This exciting new venture allows students to learn hands-on skills in business operations, customer service, and food preparation.

Located on the Kennedy campus, the school café is open before school on Monday, Tuesday and Friday and provides a much-needed caffeine boost for staff and students.

In addition to the valuable work experience, the students in the VCAL class have also been developing new skills through the café project. They have learned about budgeting and ordering supplies, marketing and advertising, and customer service skills. Students have been working in teams to manage the café and have gained confidence in their abilities to work independently.

The most exciting development has been the opportunity for the year 12 students to take on a mentorship role. They have been teaching the year 11 students how to make coffee and serve customers, providing them with valuable experience before they take on leadership positions in the café next year. This initiative not only provides hands-on training but also helps build leadership and teamwork skills.

The school café is a great example of the practical, hands-on learning that takes place in applied learning classes. By creating a real-world business environment, students are able to develop a range of skills that will benefit them in the workforce. We are proud of our Applied Learning students and are excited to see what they will achieve next.

Claire Trewarne and Mark Flanagan



# SPORTS REPORT



We had our year 7 boys' soccer team play in Albury. The boys didn't know what to expect at this Hume stage. They came out and gave it all with the great coaching expertise of Mr. O'Dwyer. The boys came up short but showed a great skill set throughout the day. During that same week, we had our year 7 girls and year 9 boys compete in Wangaratta at the Hume level Netball. The girls fought hard all day ending in a podium finish for the day. Whilst the boys were playing their hardest, they also finished on the podium.

Our Ovens and Mitta Athletics carnival came next and this was a widely populated event with 33 students competing over in Albury on the 4th of September. This day was the epitome of a spring day with not one cloud spotted. Students who participated competed well throughout the day with some students helping out with some measuring and scoring for certain events. Well done all!!

# Allied Health



On the Wednesday the 30th of August Allied Health students were given the opportunity to visit The Play Projects. Students were given a guided tour of their interactive facilities aimed at providing therapy to children and their families through play.

This visit allowed students to speak with past Sacred Heart student Catherine Shaw who has used her Certificate IV in Allied Health Assistance as a pathway to both employment during her schooling, completion of VCE and now currently while she is furthering her studies at university.

Students were given an opportunity to participate in therapy play activities and discussed the benefits participants would gain from these programs. A requirement of students completing their Certificate IV in Allied Health Assistance is completing placement hours to which The Play Projects have kindly given students this opportunity to attend their retreat camps.

Each student was kindly gifted a showbag of therapy tools.



# Fire Carriers

## Commissioning and Recommissioning



On Thursday 7th September, students across all year levels will participate in the SHCY REIGNITE, FIRE Carrier Commissioning and Recommissioning.

To engage in this project, students have shown interest in participating and have either been commissioned as a FIRE Carrier in primary school or are being commissioned on this day.

The aim of the FIRE (Friends Igniting Reconciliation through Education) Carrier Project is to promote respect, fairness and inclusion for Aboriginal people. The FIRE Carrier Project promotes enculturation and reconciliation in Sandhurst schools. The FIRE Carrier project Covenant is like a reconciliation action plan. Sacred Heart College has its own covenant and action plan.

To be a FIRE Carrier is to exercise an important leadership role in the school community. FIRE Carriers are students and teachers that share a passion for learning about Aboriginal culture and history and are committed to sharing this knowledge and promoting reconciliation within and beyond the school community. It also supports the Care for Creation, building environmental stewardship and responsibilities.

A workshop and FIRE Carrier Ceremony will be led by the Sandhurst Diocese CEO Aboriginal Education Team.

## How is your Study Routine?

At the start of the year we held a study skills workshop at school for all students on the theme "Achieve Your Best" by an organisation called Success Integrated. A central piece of information they provided was the importance of establishing a study routine. Key things students were instructed to think about were:

- Where am I studying? Do I have a quiet place to study that is free of distractions?
- 
- When am I studying? I need to plan out my study for the week. It removes the temptation to put study off or waste time deciding whether I am going to spend the next 30 minutes studying or scroll on my phone.
- What is the incentive for me to study? This is my WHY? Do I have a goal that I really want to achieve? For example, my goal might be to achieve 80% or higher on my next English assessment. Or my goal might be to apply for early entry to Bachelor of Pharmacy (CSU Orange) which takes into account my Year 11 results and Soft Skills and requires my school to recommend me. Therefore doing my best on my Year 11 SACS and examinations will help me in moving closer to my goal. (For more details about Early Access Schemes please contact Loretta Casey our Careers Advisor).
- What work, sporting or social activities do I have planned for the week? Using a planner to schedule your week will help you ensure that you have a realistic and balanced approach to study and also show you where you have opportunities to schedule study sessions. Ensuring that you are eating well, sleeping well and engaging in physical activity and social activity will provide you with the foundation to be able to approach your studies in a clear and strategic way.

As you (particularly those studying Unit 3 & 4 scored VCE/VET subjects) prepare for your final assessments and examinations, taking stock of your current studying routine, habits and mindset is timely. What small adjustments can I make that will make a big difference?

Your teachers are here to help and guide you so always reach out if you need assistance to refine your study routine.

Remember your parents and guardians want you to do your best and are there to support you.

Here is a quick video from success integrated on how to get organised and productive.

Fleur Linehan  
Deputy Principal Learning and Professional Practice

## How to Ace your exams

[https://successintegrated.com/online-resources/#video\\_757871067](https://successintegrated.com/online-resources/#video_757871067)  
Study / Homework Plan:  
<https://successintegrated.com/tools/> (students have been sent the password.  
If parents would like the password please email me at  
[Fleur.Linehan@shcy.vic.edu.au](mailto:Fleur.Linehan@shcy.vic.edu.au)





# BUILDING UPDATE

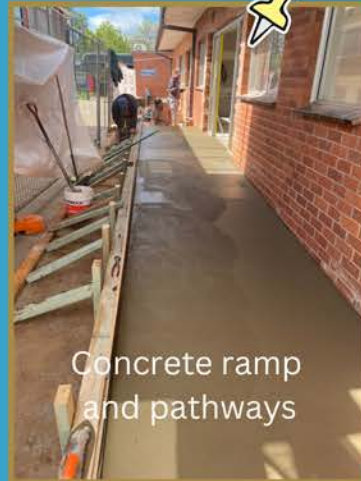
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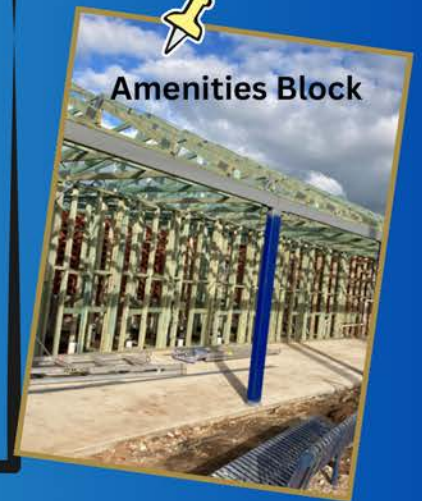
Cabinetry has been installed



Wexford Corridor



Concrete ramp and pathways



Amenities Block

## UPCOMING EVENTS

2023

# September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6: Helping Hands Breakfast	7: Fire Carriers Commissioning Year 8 LiveLife Expo in Cooram	8: Colours for Cancer Day	9
10	11	12: O & M Junior Sports Day PAM permission required	13	14: Art excursion PAM permission required. O & M Intermediate Sports Day PAM permission required.	15: Last day of Term 3	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

The College newsletter is published fortnightly and is available to read on the College website:

[www.shcy.vic.edu.au](http://www.shcy.vic.edu.au)

or by logging into you PAM account. You can also follow us on Facebook.

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# Great New Reads

in the Library

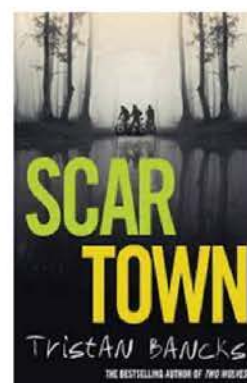


## The Shadow World by Caity Randall & Craig Ford 2023

A valuable resource aimed at keeping young people safe in the online world. Sometimes in the shadowy online world it can be hard to navigate your way, and potentially dangerous. Written in an easy way for young people to understand with helpful activities throughout.

## SCAR TOWN by Tristan Bancks 2023

A missing father. A drowned town. A buried secret. Three friends on a dangerous mission to uncover the truth. The old town of Scarborough was drowned to build a dam, but when the dam wall cracks and starts to leak, the old houses rise out of the mud. When Will, Dar and Juno find bones and a large wad of cash in the walls of one house they find the sleepy little town is a dangerous place.



## The Fortune Maker by Catherine Norton 2023

Set in London in 1913 when the world is shaken by suffragettes, scientists, and the threat of war. Twelve-year-old Maud knows there is no future for her in the rat-infested slums. Fortune telling is a highly respected and profitable. When Maud is caught up in a foretelling her life not only changes but becomes very dangerous.

## Sing Me to Sleep by Gabi Burton 2023

The first book in a dark fantasy duology in which a siren assassin must join forces with the prince she hates to hunt a deadly killer – herself.

Saoirse is the last siren in the kingdom. She can sing any man to sleep and uses this skill as an assassin to earn money to ensure her sisters safety.

Does Saoirse have control over her life or is she just a pawn in a very deadly game of political intrigue.






# YARRAWONGA HOLIDAY PROGRAM

**BOYS & GIRLS 5-14 Years old**

Join the Skillzone team for an action packed Multi-Sports school holiday program. Participants will work in groups of 15 per coach and with children of similar age.. Dont forget to pack lunch & water bottle.

**Dates & Times**  
Tue, Wed, Thur  
19th, 20th, 21st  
26th, 27th, 28th  
9.00am - 3.00pm  
early drop off from 8am

**Location**  
Yarrowonga P-12 ECA Centre

**fee's**  
\$38.00 or \$105 full 5 days

**SKILLZONE**

Register via website  
www.skillzonesports.com



# SACRED GROUNDS COFFEE SHOP



Open

Monday, Tuesday and Friday  
8.15am to 8.50am.

## Lost and Found Property Wexford Campus

Students are reminded to put their name on their school clothes, in particular school jackets.

It is much easier to return misplaced items when names are clearly visible. If you do lose something, the Lost and Found Property Box is located in the Wexford corridor. All items left behind outside during recess and lunch will be put on the table.

**REMEMBER**

**COLOURS FOR CANCER DAY**  
**TOMORROW, FRIDAY 8TH SEPT**

Women's Centre for Health and Wellbeing Albury Wodonga

## Talking with children about family violence

Term Four starts 23rd October 2023  
Mondays 1pm to 3pm



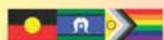
Whether you are a parent, family member, carer or someone else in a child's life, it can be tough knowing how to talk about family violence, no matter what age the child might be. This new group program is for anyone who would like to learn more about talking with kids about family violence. We will talk about the ways that family violence can impact on children differently, depending on their age and developmental stage. We will also talk about ways to prepare for difficult conversations with children. We will discuss particular needs that children might have if they are feeling angry, guilty, frightened, sad/grieving, confused or missing someone. We will also talk about specific ways that you can support children with these different needs, depending on their age, and share tips and ideas to make things easier on you.

There will be lots of time for discussion in the group, for people to share experiences, wisdom, struggles and ideas.

The group program is co-facilitated by the Women's Centre and by Upper Murray Family Care.

The program is 8 weeks long, every Monday from 1pm to 3pm, starting from the 23rd of October and our last session is on the 11th of December. The program costs \$240 in total. Speak to us at the Women's Centre if you want to find out about affordable options for payment. If you are interested, phone 02 6021 5773 to ask questions, or to book in for a 15 minute phone chat/intake.

\* If possible, it is very helpful to do the Circle of Security Parenting program before doing this program. However, participants who have not completed the Circle of Security Parenting program are also welcome.



Mondays 1 to 3pm  
Cost \$240 / 8 weeks  
Phone: 02 60 215773  
526 Swift St, Albury



8/9/23  
LUNCH TIME

# COLORS FOR CANCER FUNDRAISER

**Sausage sizzle at lunch!**  
**\$3 Snag \$3 Soft drink**

**\$2.00 donation to wear colored clothes and entry into our fabulous raffle. Great prizes! Join in the fun!**

**Join in and fight cancer by wearing these colors**

- Yr 7- Yellow for skin cancer
- Yr 8- Blue for prostate cancer
- Yr 9 - Purple for pancreatic cancer
- Yr 10- Pink for breast cancer
- Yr 11- Orange for leukemia cancer
- Yr 12- Teal for ovarian cancer

## Acknowledgment

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 Yarrowonga 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.

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