



Semper Fidelis Sacred Heart College Yarrawonga

Issue 1, Term 1, 2024

On the cover:
The new Science wing



Lord Jesus Christ,
The Holy Land is once again
struck by violence, hatred and
death. Lord, look with mercy
upon the land that was your
earthly home.

Receive the deceased into
your presence. Comfort those
who mourn, are wounded, or
forced to flee. Be close to all
who are full of fear and
despair.

You are our peace and the light
of the nations, put an end to
the spiral of terror and
suffering in the Holy Land and
in the whole of the Middle
East.

Let peace and justice flourish
at the holy sites. You are our
refuge. Let the people be safe
in your love.

Have mercy on us and our
time. Amen

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From the Principal

Great start to 2024

The 2024 school year has commenced in a very positive fashion with many events and activities taking place already. Our Year 7 students had an action packed start to the year at the Phillip Island Action Adventure Camp. Students participated in a wide range of activities including surfing, flying fox, giant swing, crate climbing, raft building and high ropes. It was a great way to start the year for our new students. A big thank you to Mr Bonat and his team, which included College student leaders, Xavier Martin and Violet Elliott, for their organisation and supervision of a wonderful camp experience. I was very pleased to receive a letter from the camp administrators praising the behaviour and manners of our students as well as the organisation and involvement of our staff. A very positive start indeed.



Year 7 Action and Adventure Camp

Graduate Success

Last year's graduates continued to receive good news after the end of the 2023 school year with all students seeking a tertiary position receiving an offer in the first round with 90% of these receiving their first choice.

2023 graduate, Noah Clarke, pictured right, received some excellent news with the recent announcement that he was awarded the Rural Chances Vocational Scholarship. The scholarship is worth \$5000 and will be a great assistance to Noah as he takes on his future pathway.

Some of the courses and institutions are listed below:

La Trobe University (Bendigo)

- Criminology/Psychological Science

Deakin University (Burwood)

- Criminology/Psychological Science

Deakin University (Geelong)

- Nursing
- Science

University of Melbourne

- Agriculture

Australian Catholic University (Melbourne)

- Biomedical Science
- Nursing

Australian Catholic University (Ballarat)

- Nursing

Swinburne University

- Health Science
- Diploma of Sport/Leadership and Management

RMIT

- Pharmaceutical Sciences

Federation University (Ballarat)

- Education (Primary)

Charles Sturt University (Albury/Wodonga)

- Education

Charles Sturt University (Orange)

- Pharmacy



Opening Mass

The College Opening Mass will be conducted in the Sacred Heart Church this Friday commencing at 10am. We are very pleased to have Father Junjun celebrating Mass with us for the first time as a community. Parents and parishioners are welcome to join us as we celebrate the start of the school year with the Sandhurst theme "Behold, I make all things new" and the Mercy values of respect and care for our common home.

Year 12 Retreat

A big thank you to Mr Geary and his team for conducting the Year 12 Retreat at the Yarrawonga Mulwala Golf Club Resort. This was a great way to start the year for our senior students and an opportunity to set goals for what is a very important year for them all.

The Retreat followed a very well attended Senior School Information night earlier in the week where the Year 12 students received their Year 12 rugby tops.

Lew Nagle

Year 12 Retreat



Student Success

There were some excellent individual performances by students during the holiday break with Jess Freeman representing Victoria Navy in the Under 20 National Basketball Championships. Jess played very well and enjoyed her experience at this top level.

Year 8 student, Fraser Nagle, continued his excellent form in the pool with podium finishes at both the Victorian Short Course Championships and the Victorian Country Championships.

Congratulations to Year 11 student Sienna Ross

Sienna has won the Victorian VAS Handlers at International Dairy Week in January. Such an achievement for a 16 year old against under 21 year category. She also came second in the judging side. Sienna will now compete against each Australian state champion at the Royal Melbourne Show.

Congratulations to Noah Clarke who has received the Youth Thrive scholarship. A great achievement.



Year 9 Woka Wala

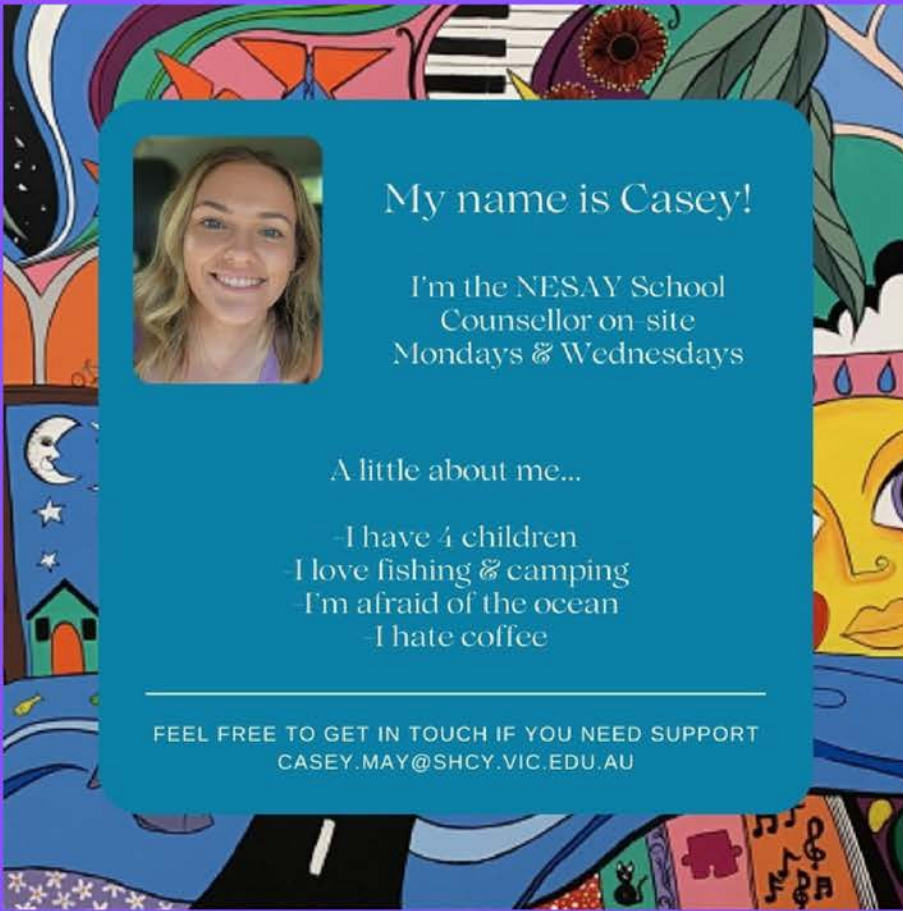
The Year 9 students have been actively engaged in the Woka Wala program this year, immersing themselves in the theoretical concepts of starting a business and putting their knowledge into practical use, culminating with the recent hot chip fundraiser, where each student took on a different role to ensure its success. From managing finances to marketing, the students gained valuable hands-on experience in raising capital. The fundraiser fostered teamwork and leadership qualities, setting a solid foundation for their future endeavors. Through the Woka Wala program, our Year 9s are not just learning about business; they are becoming business leaders.

We look forward to seeing what more they can do this semester.



Year 9 Woka Wala students recently held a very successful “Hot Chips” for lunch, Caritas fundraiser

Wellbeing





My name is Casey!

I'm the NESAY School Counsellor on-site
Mondays & Wednesdays

A little about me...

- I have 4 children
- I love fishing & camping
- I'm afraid of the ocean
- I hate coffee

FEEL FREE TO GET IN TOUCH IF YOU NEED SUPPORT
CASEY.MAY@SHCY.VIC.EDU.AU

2024



Take care
OF
YOURSELF

STAY
ACTIVE

LEARN, LEAD, LIVE

In Term 1 & 2, Year 7 students will be offered the opportunity to participate in NESAY's Learn, Lead, Live (Triple L) group program.

This program will be facilitated by the College's NESAY School Counsellor, Casey May, and her NESAY colleague, Kirsty Hawkins.

Over two sessions, students will engage in interactive activities and conversations about communication, mental wellbeing, bullying, and relationships (to name a few).

Students will learn new skills and strategies that will assist them in developing a positive sense of self, peer relationships, and enhanced communication.

Parents are required to log into their PAM account, carefully read the information and then give consent for their child to attend the program.

If you have any difficulty with logging in, contact Eleanor on: 0357 421 302



Casey May

SHCY School Counsellor
She/Her

☎ 03 5720 2201 | 0437 423 623

🌐 nesay.com.au

📍 86-90 Rowan Street, Wangaratta



Working days: Monday & Wednesday



Sport



PE classes have started red hot this year, encouraging all year levels to come and join in and have a go.

Students in all year levels have shown enthusiasm while showing positive examples and encouraging others to give their best during PE classes.

Students have been playing volleyball for the start of their sport curriculum with all students greatly improving and ready to take on the other schools with over 60% of entries from the whole school going towards volleyball.

I'm excited to see what all our students' practise and hard work can do at the next stage.

The annual College Swimming Carnival will be held on Friday 23rd February at the Yarrawonga Swimming Pool. Students with varying skills will have the opportunity to fully participate on the day. This will include the individual races, relays, and the Walking Lane race, just to name a few. Students will be encouraged to dress up in their house colours, red, blue or yellow and support their teams by cheering them onto victory. House meetings will be held prior to the swimming sports where students will have the opportunity to ask questions and sign up for events. There will be a BBQ and drinks available on the day.

Keep informed by logging into your PAM account and reading updates on Daily Notices.

The year has started off extremely strongly and I look forward to seeing all year levels improve and give their best efforts in PE.

Kyle Rigoni
Sports Trainee



Homework Club

Year 7-10 Every **Wednesday** in the Library

Open from **3.10 - 5pm**

Students MUST sign in and out.

Senior Homework Club Yr 10-12 - **Tuesday & Wednesday**

In the **senior study**

Open from **3.10 - 5pm**

Start building great habits now!

Homework club is a **free** program to help your child with their homework, catch up if they are behind or help them get ahead. Completing homework or reviewing work is an important skill. Homework club gives students an opportunity to review, practice and develop skills. Supportive environment. One to one or small group support. Providing valuable guidance from experienced educators.



Great new reads in the Library #1



Demon In The Wood

by Leigh Bardugo & Dani Pendergast 2023

A graphic novel telling the backstory to the Shadow and Bone series (now a Netflix hit). Before Eryk led Rayka's second army, created the Fold and he became a Darkling he was a lonely boy. Always on the run with his mother Lena, and hiding his extraordinary Grisha power.



They're Watching You

by Chelsea Ichaso 2022

Maren's best friend is missing from their exclusive boarding school. Everyone believes she has run away, but Maren is sure there has been something going on that involved her friend, and a secret society. Maren is determined to find Polly and eventually gets an invite to try out for the 'Gamemasters Society'. Little does she know that this deadly society has many powerful members who want to watch the game unfold. A winner and a scarafice!



Muhammad Najem, War Reporter

by Najem & Nora Neus 2022

Muhammad was only 8 years old in 2011 when the civil war in Syria began. He was 13 when his beloved father was killed in a bombing. By the time he was 15 he wanted to follow in his brothers footsteps, Firas, and report the war to the world. Firas filmed for news channels around the world. Muhammad used his phone and interviewed children. This true story is an harrowing account of how families, but mostly children are affected by a war that still is ongoing. Graphic novel.



The Boy Who Harnessed the Wind

by William Kamkwamba 2015

The true story, now a major Netflix movie, of a young boy and his family trying to survive drought, and poverty in Malawi, Africa. Developing a love for science and forced to leave school he invents and builds a windmill to create electricity from spare parts. Young readers edition of this inspiring story of survival.



Visit the Library to borrow any of these books.

DONATION DRIVE

The College is always looking for unwanted school uniforms in good condition. In particular, we need sports shorts, College polo shirts, College sports polo shirts, dresses and College winter jackets. Smaller sizes would be great too.

If you have any of these items collecting dust in the back of the wardrobe, we will be more than happy to take them.

Thank you.

If students are arriving late:

- Students are to come to the office before going to class to advise.

Leaving early:

- Parents are to advise the office by phoneing or emailing the College: info@shcy.vic.edu.au

If students are unwell at school

- If you are unwell at school, students are required to go to sickbay in the Administration building.
- Administration staff will contact home if required.
- Students are not to contact home themselves.

REMINDER

Year 12 Retreat

Thursday 8th and Friday 9th February the Year 12s of Sacred Heart College gathered at the Yarrowonga and Mulwala Golf Club to strengthen our connection as a cohort.

Trust was the main focal point of the camp.

We started our first day blindfolded and hoped our partner was trustworthy enough not to drop us in a sand bunker as well as good enough at communicating to ensure we weren't run over by incoming golfing traffic. Everyone came out unscathed and with a greater understanding of the importance of communication and listening in relationships. Further on in the day, this same trust and listening skills would play a major part in discussions with our LA groups, where people had the courage to share some of their intimate experiences.

Maria Ford from Catholic Education Sandhurst joined Mr Geary, Mr Skehan, Ms Gray and Mrs Duncan on our first day of the Retreat, helping us to create our own liturgy with a hilarious and wonderfully depicted stage performance of the Gospel, where our own Connor Thomas did the most amazing interpretation of Jesus Christ. Following the Liturgy, us Year 12s enjoyed coming up with inspirational quotes that will be placed throughout the Senior Study room, including, but not limited to "She'll be right".

Our second day brought forth competitive outdoor activities and found Ms Gray's as well as other students' hidden talent at Lawn Bowls. Afterwards, we focused on developing ideas for our Year 12 pledge that will be performed by the cohort during the Opening Mass. Friday afternoon was for many students the climax of the Retreat, and what we had been most looking forward to. We received our parent letters, gaining a renewed sense of confidence to face the year. We also received the affirmations that we had been writing to each other throughout the two days. Many say that receiving their affirmations was one of the highlights of the experience and we were even graced with praise from celebrities such as the Red Wiggle.

The Year 12 Retreat was a fun and unique experience that successfully brought the year 12s of 2024 closer together. Thank you to those who organised this event.



Be Your B.E.S.T presentations

On Tuesday 13th February all students from Year 7-12 participated in a presentation from Success Integrated which focussed on providing students with tips and strategies for getting the most out of their time at school.

The 90 minute presentation was full of energy as Tim the DJ provided music to go with the main presenter Himel.

One of the topics used the acronym of B.E.S.T which stands for

Belief - See it, Believe it, Achieve it

Excellence - Make a firm decision

Study - Be productive not busy

Toughness -

Other topics included time management, self talk and study techniques

We encourage students to include these strategies into their school lives as they progress through their journey in 2024.





Students in Year 11 VCE
Agricultural and Horticultural
Studies begin their study of soil
by constructing chocolate
models of soil profiles.

Shrove Tuesday

On Tuesday 13th February, the VCE VM students organised and ran a successful Shrove Tuesday fundraiser, with the goal of giving back to the community and supporting a worthy cause. The event was a great success, with students and staff coming together to raise funds for Caritas, a charity dedicated to alleviating poverty and advocating for social justice. Thanks to the hard work of the VCE VM students, we were able to raise money that will be donated to Caritas to support their important work. Congratulations to all involved in making this event a success, and thank you to everyone who contributed to this meaningful cause.



Upcoming Events

February

Friday 16th

- **Opening Mass**

Monday 19th

- **VCE VM RSA Food Handlers Course**

Tuesday 20th

- **O & M Senior Cricket**

Friday 23rd

- **College Swimming Carnival**

Monday 26th to Wednesday 28th

- **VCE, OE Camp**

Thursday 29th

- **O & M Swimming Carnival**

March

Monday 4th March and Wednesday 6th

- **Triple L program**

Thursday 7th

- **Pat Cronin Foundation presentation**

Friday 8th

- **College photo day**
- **Last day of Term 1**

2024 Secondary Schools Immunisation

Parents/carers of Year 7 and Year 10 students have been sent a letter regarding the upcoming Secondary Schools Immunisation Program for this year.

This letter contains important changes to the way the program will run. Families are now required to register online via a unique URL for each year level.

All Year 7 and Year 10 parents/carers, have been sent the link via email.

If you have not received the URL for either Year 7 or Year 10, either log into your PAM account and access Daily Notices or contact the office.

Round 1 of the program will take place on the 17th April at the College.

If you are unable to register using the year level link applicable to your child, the College Administration has hard copies available.

College Photos

The College photo day is **Friday the 8th March.**

Students in Years 7 to 10 have been given their order forms. Ordering is online, which is the preferred method, or place the correct amount of cash in the envelope and return to the office.

Family orders are attached to the eldest child's order form. Regardless of ordering or not, all forms are to be returned to the office.

Students in Year 11 and 12 are asked to come to the office to collect theirs. Thank you.

Project Compassion

As we approach Lent, which then leads us into Easter, our school community will once again be supporting Project Compassion which is run by Caritas. Caritas is the Catholic global humanitarian organisation which is committed to empowering impoverished communities so they can fight poverty and promote a more just environment. Through various programs, Caritas addresses systemic challenges and advocates for positive change, emphasizing solidarity and compassion in its mission to build a more just and equitable world. Project Compassion is a simple fund-raising activity that runs throughout Lent. Students are asked to bring loose change (coins and notes!) to contribute to their LA's total amount raised. By contributing to Project Compassion, each person makes a meaningful impact on global issues such as poverty, healthcare, and education. This initiative emphasizes empathy, solidarity, and the belief that every person deserves dignity and basic necessities. Through collective support individual communities are empowered to address the root causes of poverty and suffering in their local area. Please support this endeavour through a financial contribution. Supporting Project Compassion is not just a charitable act, it is also a commitment to building a more compassionate, equitable and interconnected global community.