



Semper Fidelis

Sacred Heart College Issue 3 Term 1

On the cover:

Yr 9 Woka Wala students at Rutherglen

Lord, we thank
You for the beautiful
gift of love.
We pray for Your help
in sustaining and
growing our
relationships so that
we may always be
surrounded by
love and peace.
Send us Your spirit
of joy and
understanding so we
may always work
together to create a
robust and lasting
bond.

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From the Principal

As we approach the end of Week 6 Term 1, I hope everyone is well and enjoying the late burst of very warm weather.

Year 9 Woka Wala

The Year 9 Woka Wala program has had a very positive and engaging start with our Year 9 students. They have been on field trips to Rich Glen and Rutherglen and are soon to visit Kelly Brothers at Burramine next week. The students have just received their polos which they love. Kendall and Connor modelling their new polo shirt on the photo page.

Parent Teacher Interviews

Parent Teacher Interviews will be held on Thursday, March 14th and Monday, March 18th. Both sessions will run from 3.30-6.30pm. Bookings are currently open on PAM.

Open Day

A reminder for families with children in Grade 6 that the College will be conducting an Open Day on Wednesday, March 27th from 11.30am -1.30pm. If you would like to participate in the Open Day tours, please contact the office. An information session for parents will be held in the Mercy Centre on Wednesday, April 24th, commencing at 6pm.

NAPLAN

Year 7 and 9 students have commenced NAPLAN. Students have been reminded that their laptops need to be fully charged the night before to assist with the smooth running of this event and to prevent the need for resits.



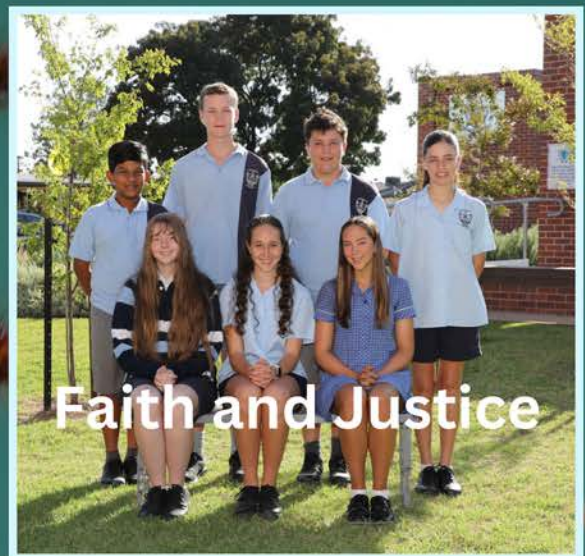
Class Captains



SRC



House Captains



Faith and Justice



Woka Wala



House Athletics Sports

House Athletics will be held at Vic Park on Friday, March 22nd. Students are asked to go straight to Vic park in the morning. Buses will drop students off in the morning and collect them in the afternoon from the Gilmore Street bus stop. Students are encouraged to dress in house colours and there will be a BBQ operating on the day.

Whole school sports days are an opportunity to foster collaboration, relationships and collegiality. Students are expected to remain at Vic Park until the conclusion of activities at 3pm. We ask that parents support the College by not granting students permission to leave early unless extenuating circumstances exist.

Last day of Term 1

Families are reminded that students will be dismissed at 2.10pm on Thursday, March 28th.

I hope you all enjoyed the long weekend.

Yours sincerely,

Lew Nagle

Lent

Lent is an important time in the Catholic Church as it prepares us for the most important event in the Christian calendar – Easter. In today's Australia, Christmas is often seen by people as the most important public holiday, but the Christian calendar puts this emphasis on Easter. The lead up to Christmas, Advent, is only 4 weeks long, but Lent lasts for over 6 weeks. The early Christians did not view Christmas as very important at all, but the death and resurrection of Jesus are central to the Christian faith. Without these events, Christianity would have no meaning at all. So, Easter is crucial because it commemorates Jesus's sacrifice for the sins of humanity, the revelation of God's plan for the salvation of humanity.

For our college community, there are a number of ways that we participate in Lent and prepare for Easter. We began with our Ash Wednesday service when we were reminded that, though unworthy, God has chosen to reach out to us. But the major community focus for us has been raising funds for Caritas, the international arm of Catholic charity. Students are encouraged to give up something small and donate the money they would have used for it to Caritas. Some LAs go further and organise a fund-raising activity that they then take out into the school. Through these activities, our students become aware of the privilege that they have compared to many parts of the world, and of their capacity to make a difference in the lives of those who are not so fortunate as themselves.

A major part of the message of Jesus is about showing love, particularly to those who are most in need, about putting the poor first. We hope that you will be able to support your student as we engage in all of our activities this Lent.



Sacred Heart College

OPEN DAY

Wednesday 27th March

11.30am-1.30pm



Come and see the College in action.

100 Stirling - Vic 3067000000 • Ph 045 5742 1300 • Email info@shc.vic.edu.au • www.shc.vic.edu.au

Lent

10 Lessons from Noah and his Ark

1. Don't miss the boat.
2. Remember that we are all in the same boat.
3. Plan ahead. It wasn't raining when Noah built the Ark.
4. Stay fit. When you are 600 years old, God may ask you to do something really big.
5. Don't listen to critics; just get on with the job that needs to be done.
6. Build your future on high ground.
7. For safety's sake, travel in pairs.
8. When you're stressed, float a while. Speed isn't always an advantage. The snails were on board with the cheetahs.
9. Remember the Ark was built by amateurs, the Titanic by professionals.
10. No matter the storm, when you are with God and do God's will, there's always a rainbow waiting.



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.

VCE Outdoor Ed Camp

This term the VCE Outdoor Education class went on a 3 day trip to the alpine region of Mt Bogong High plains which included Falls Creek accompanied by Mr Geary and Ms Macrae. There we spent time exploring the environment and learning about the different stages in Australia's history. We hiked to our sleeping destination on the first day, stopping along the way to learn how to read maps. We set up camp at the Tawonga Huts with our tents before cooking our first meal off grid, some were more successful than others, but thankfully no one went hungry.

On day two we were all up bright and early to depart on our biggest adventure yet. Our first conquest was to defeat Mt Jaimathang, which we did in a record breaking time thanks to the determination of Heleena and her (much more advanced) hiking skills. We then conquered another two mountain peaks, walking through thick shrubs up to our necks and navigated our way through unmarked territory. Our journey brought us across many educational opportunities such as learning about the regeneration of the Snow Gums and the endangered Mountain Pygmy possum. We finished off the day with a well needed swim in a below freezing creek to rejuvenate the muscles for the last day to come.

On the last day, half of us decided to make the tough trek back a little earlier to get in some rigorous fishing time. A fish was caught by none other than Will Murphy himself after not even bringing a rod which was a good finish to a mentally strengthening trip.

Overall it was a fantastic trip to a beautiful part of our outdoor environment.

Thanks to Ms Macrae for her sharing her passion for the outdoors and Mr. Geary for organising the camp.

Lucy Mansfield



VCE VM/VPC White Card

VCE VM/VPC students participated in a White Card Construction course.

A white card is a work card issued to individuals that complete the required training for setting foot on a construction site. The card is a mandatory requirement for anyone working on a construction site, including vendors and inspectors.

It is a legal requirement for the construction industry and is often called the "construction induction training card". It demonstrates that the cardholder understands common construction hazards. This card can assist students with their future pathway and employment opportunities.



Leah



Jetta

Wellbeing

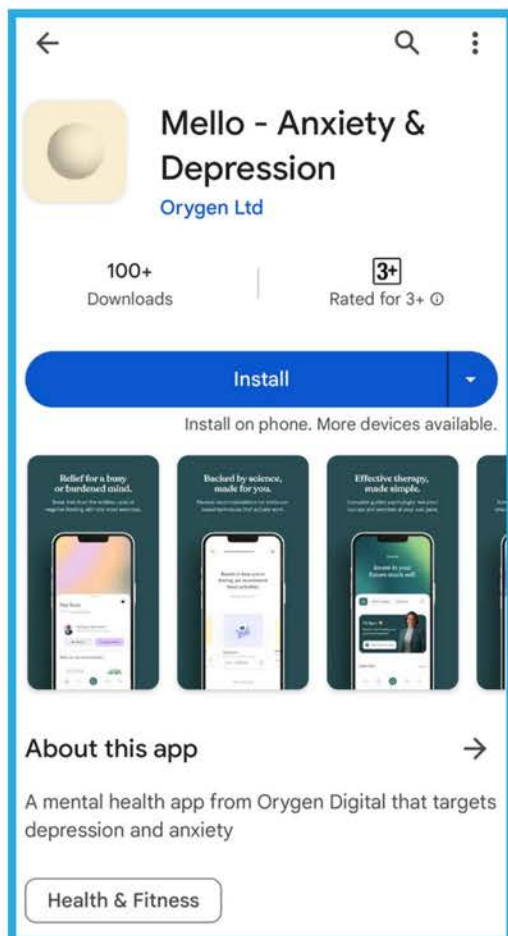


Have you heard of Mello ?

Designed by Orygen Digital, Mello is a smartphone app that is evidence-backed and shown to reduce anxiety and depression. Mello provides personalised therapeutic intervention for 'stuck thinking' - a core driver of depression and anxiety.

A 6 week clinical trial showed that 82% of young people using Mello experienced a reduction in depression, anxiety and stuck thinking.

Its free, and accessible 24/7!



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.

FOOD

Year 10s have produced meat pies and Yo-Yo biscuits.

Year 9 students have designed their Fettuccine meals.



Arriving late to school

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

Leaving early

Parents asked to advise the office by phoning or emailing the College:
info@shcy.vic.edu.au

Unwell students

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.



Apply for a School Drive Subsidy in NSW

The School Drive Subsidy is available in areas where there is limited or no public transport. The subsidy is intended to partly offset the cost of using a private vehicle to drive the eligible student all or part of the way to school. For further information visit:
<https://transportnsw.info/tickets-opal/ticket-eligibility-concessions/school-student-travel/apply-for-school-drive-subsidy>

BUS TRAVELLERS

**DO YOU TRAVEL MORE THAN
4.8KMS TO THE BUS STOP?**

If yes, you may be eligible for Conveyance Allowance. Log on to the Vic Government website for details.

<https://www2.education.vic.gov.au/pal/conveyance-allowance/policy>



EVENTS

Monday 11th March:

Labour Day public holiday

12th to 14th March:

PSG meetings

13th to 15th March:

NAPLAN

14th March:

Parent, teacher, student interviews (parents will be advised when PAM bookings open)

15th March:

Year 10 Holocaust excursion

Hume Swimming

Year 8 Mt Buffalo Activities Day

18th March:

Parent, teacher, student interviews (parents will be advised when PAM bookings open)

19th to 21st March:

PSG meetings

21st March:

O & M Senior Sports day

22nd March:

College Athletics Carnival

22nd March:

Sandhurst Switches Off

26th March:

O & M Junior Sports Day

27th March:

Sacred Heart College Open Day for prospective 2025 enrolments 11.30am to 1.30pm

28th March:

Last day of Term 1

29th March:

Good Friday



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.

Acknowledgment

"We acknowledge the Bpangerang Original Inhabitants whose Country we are gathered on. We pay respect to their Elders past, present & future & extend respect to all First Nations People."

Child Safety

Sacred Heart College is a child safe school. We believe every child has the right to feel safe and to be safe.