



# Semper Fidelis

Sacred Heart College Issue 4 Term 1

On the cover:  
House Athletics Carnival

*Loving God, as we  
conclude our student  
Easter liturgy, we  
thank you for the gift  
of new life and the  
hope that Easter  
brings. Bless each  
student here today,  
our families, our  
teachers and all who  
support us on our  
journey of faith and  
learning.*

*As we leave this space,  
may we carry the light  
of your love with us,  
and be instruments of  
your peace, spreading  
kindness, compassion  
and understanding  
wherever we go so that  
we can be agents of  
transformation in the  
world.*

*We offer this prayer in  
the name of Jesus Our  
Lord.*

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## From the Principal



### Holy Week

On Monday we marked the start of Holy Week with a wonderful liturgy prepared by Mr Ross and the student leaders. The large wooden cross was walked through Sacred Heart Church, symbolising the ultimate sacrifice that Jesus made. We were very pleased to welcome family members of our student leaders who were on hand to see Years 7-10 leaders being presented with their badges.

### Thoughts and Prayers

Our thoughts and prayers are with Ash, Charlotte, Kayla and Darren Flanagan and their extended family with the recent sudden and unexpected passing of their beloved mother and wife Nardia. On behalf of the Sacred Heart College community, we extend our deepest sympathies and the assurance of our prayers to the Flanagan family. In expressing our condolences, we have offered the support of our community.

### House Athletics

What a wonderful event our House Athletics was last Friday. The weather was kind and the level of competition fierce with a high number of very close finishes. Outside the serious competition the novelty events were once again a highlight for students of all ages. The billy cart races in particular were popular, with several high speed crashes resembling the action around Albert Park last weekend. Mercy House prevailed over Fatima and Loreto for the overall shield.

Age Champions are included in this newsletter with photos of the day.

### End of Term

It is hard to believe that Term 1 is nearly over. We have certainly packed a lot into nine weeks, including 2 house carnivals, summer round robin sports, NAPLAN and numerous excursions.

Term 2 will commence on Monday 15th April which will be Day 1 on the timetable. Students will be dismissed at 1.30pm on Thursday, 27th of March. Bus travellers will be supervised until 2.10pm when the buses arrive.

Wishing all of our families, students and staff a peaceful and safe Easter break.

*Lew Nagle*



# Melbourne Synagogue and Holocaust Museum

On the Friday of Week 7 the Year 10 cohort was given the opportunity to visit a Synagogue and then the Holocaust Museum of Melbourne. Leaving the College at 7am we were able to get to the Synagogue 45 minutes ahead of schedule. Rabbi Glassman escorted us inside and spoke to us about the history of Judaism and showed us the Torah scrolls as well as answering a range of questions the students and teachers were able to ask. The Synagogue itself was a beautiful architectural structure with a huge dome roof and incredible details all around. It had minimal to no changes since it had been built.

After the Synagogue we had a quick lunch and entered the Holocaust Museum. We first had an introduction to the Holocaust as a group, heading downstairs into a classroom to look at real artefacts from the Holocaust in small groups. With guides from the Museum we were then given a tour around the museum in small groups before getting to meet a real life Holocaust survivor, Peter Gasper. After telling us his story we were able to ask many kinds of questions that he answered comfortably. After the museum we got straight back on the bus and headed home, in peak hour Melbourne traffic of course. The day was a once in a lifetime opportunity for most, one that left all of us more informed about the reality of the Holocaust; we had an amazing experience. We would like to thank our teachers and Eleanor who came with us and helped us to have a wonderful day.



## Sports Report

The end of term Athletics Carnival has concluded with an exceptional performance of skill, leadership and determination.

Teams were cheered on by their peers as they sprinted down the track and soared high and into the air. The day concluded with a presentation from the Sports Coordinator Miss Megarrity who announced the convincing and dominant win by Mercy House.

Congratulations also go to the Sports Captains who encouraged participation. Following the Athletics Carnival, End of Term sport was in full force, resulting in the majority of students competing in Wodonga/Albury in a wide variety of sports. Students competed in water polo, tennis, cricket, and the most popular sport, volleyball. Everyone played exceptionally well with amazing teamwork, sportsmanship, grit and determination to get the win for the College. We had multiple wins across the sports played and all students had an amazing time.

A big thank you to both staff and students in getting the events off the ground and running a successful day.



### Age Champions

Under 13: Winnie Heffernan & Mac Hargreaves

Under 14: Chelsea Carroll & Axel Saunders

Under 15: Samantha Knight & Cameron Stephens

Under 16: Keira Freeman & Archie Skehan

Under 17: Penny Whiteley & Jayden Arnold

Under 20: Jess Freeman & Xander Smith

### Overall Champions

#### Junior

Winnie Heffernan and Axel Saunders

#### Intermediate

Keira Freeman and Archie Skehan

#### Senior

Jess Freeman and Xander Smith

Piers Whinray Memorial Trophy

Xander Smith

#### House Points

**First: Blue 1116**

**Second:**

**Red 995**

**Third: Gold 921**





## Australian History and Art Excursion

On Tuesday 26th of March, Mrs Doyle led a Unit 3 Australian History tour across what the historians know as The Port Phillip district (Melbourne). The tour was filled with iconic Australian art at the Ian Potter Centre in Federation Square, then a beautiful Easter service at St. Pauls Cathedral. All of the buildings and art toured were created or built in the time period students are studying; 1835 to 1901. The aim was to see the changes and development of the Melbourne Colony over the years of establishment and settling. Students made their way up to the Immigration Museum to look closely at Push and Pull factors, as well as the different migratory patterns of the first settlers.

After a multicultural lunch at Melbourne Central, where we explored Coop's Shot Tower, the group ventured up Swanston street, visited the original building of the Australian Mint, which is now the Melbourne Mint. The last leg of the tour was The Old Treasury Building; an in-depth learning tour was led by the incredible staff. Students sat in the very room that past Governor Generals have been sworn into their roles, along with sitting at the very table that the governors of Victoria still sit and make decisions once a week today. They explored the original gold vaults from the Gold Rush Era, the Federation artefacts, and some incredible original art works and belongings of the first Melbournians.

It was an insightful and entertaining day. Students were respectful and very keen to learn. Well done on making it through the Epic day.

Students pictured: Ollie Connell, Crystal Milner, Darcy Bryans, Thomas Coffey and Faustine Verdenet

Mrs Doyle.



## 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.



# Shepparton Magistrates Court Excursion

On Monday 25th March our Year 9, 11, and 12 Legal Studies students had an exciting and insightful visit to the Shepparton Magistrates Court. Not only did they have the opportunity to meet a magistrate and observe a court in session, but they were also engaged by a member of Victoria Police, the Multicultural Liaison, who discussed the importance of fostering cultural harmony within the community. This experience provided invaluable real-world knowledge and firsthand exposure to the legal system, reinforcing the relevance and significance of their legal studies education. Well done to all students who participated in this enriching excursion.





# 20 years later

## by lucas

*A single run down cottage sits on the green hills.  
The tin house covered in rust  
just left there to decay  
leaving nothing but emptiness in its place  
The jungle behind it slowly covers up this piece of history,  
erasing it from the world  
A classic wooden deck looks out over the bay  
as it slowly gives way to nature and termites  
A vast canopy of leaves  
shining emerald after the recent showers.  
Surrounding the bay with colour and life.  
The constant sound of birds chirping  
and flying up through the sky day and night  
Kangaroos attack the old orchard  
As it rests in peace sitting beside the cottage.  
Many coloured boats slice through the waves,  
some moving and others calmly bobbing up and down  
The sun gleams on the surface of the bay  
You can just distinguish the red of the buoy  
as it lifts up over the waves  
The tightness traps me  
like being in a cell  
but will keep me warm during my dive  
Then the cold force hits as I break the surface tension  
Other divers plunge through the deep blue water and go to the floor bed  
A giant blue groper, blueback, swims freely through the kelp forest  
Occasionally diving deep to spoon up a mouthful of abalone  
Coral covers the floor bed like a pallet of colours  
All kinds of fish swim around the coral  
a safe home  
The only danger, the animals themselves  
A place sea creatures can thrive in no danger*





# Chess Report

Year 7 students have, after only one session in maths, learnt to play chess!

Unfortunately, many people hold the misconception that it is difficult to learn chess and never have a go...if you have a Year 7 student at home get them to teach you, or if you play, challenge them to a game. The benefits of chess for brain development have been proven in many studies.

Chess can teach higher level thinking skills, such as the ability to visualise, analyse, and think critically. It promotes thinking strategically and foreseeing consequences.

We like to encourage our students to increase higher level thinking skills, advance maths and reading skills, and build self-confidence, simply by playing chess. There are also many studies that show playing chess makes you smarter! All these advantages from the original 'war game'!

Term 2 will see the start of our annual SHC Chess Tournament. Every competitor has three lives and plays one game per week until we have one person remaining: The 2024 SHC Chess Champion!



## Five Basic Chess Rules

- Attack the Center Squares.
- Develop Your Minor Pieces (Knights before Bishops)
- Don't Move Your Queen Too Early.
- Castle and Move Your King From the Center.
- Don't Move the Same Piece Twice.
- Bonus Principle: Have a Plan.





# Great New Reads in the Library

## Great new reads in the Library #4



### ***To and Fro* by Anton Clifford-Motopi 2024**

Sam thinks he is a weird looking short kid with an afro almost bigger than he is. He knows his dad is black, he is white, he knows his mum was young when he was born. Sometimes he wishes he was born into a different family, had money and a 'normal' family life. Little does he know when a tall dark man visits his mother his life will change in more ways than one! A very funny 'coming of age' Australian story.

### ***The Grimmelings* by Rachael King 2024**

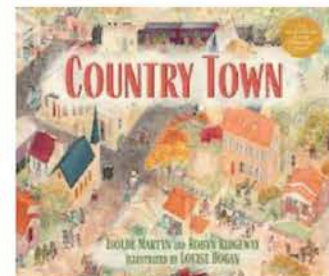
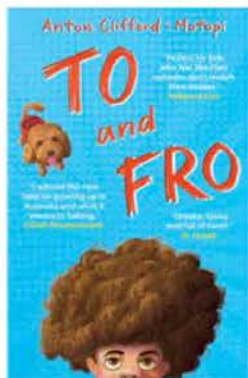
Ella and the women in her family run a trail riding horse farm in New Zealand. Her grandmother, who a lot of people in the area think is a witch, migrated to NZ from Scotland when she was a young woman. Ella and her younger sister Fiona have grown up hearing Scottish 'myths' and know the power of words and curses. When a huge black stallion appears on the hill nothing feels safe or right.

### ***Look me in the eye* by Jane Godwin 2024**

Do we have a right to know everything about those we love? *Look Me in the Eye* is a gripping tale of young teens navigating freedom and trust-building, privacy, and secrets, in an era of parental surveillance. Bella and Connie have been best friends since kinder and always look out for each other. When Mish, Connie's older cousin moves to town trouble is never far away.

### ***Country town* by Martin & Ridgeway 2023**

This unique picture book details life in an Australian fictional town through time. The story begins with a river crossing where a clan of First Nations People made camp for thousands of years. Then in the 1820s, a band of European explorers travel through the district with some of them staying on building cabins and farming sheep. The story moves through the gold rush, booming businesses, floods, bushfires, women's rights protests, the arrival of the railway, the Great War of 1914-1918, the Depression and more war, a visit from the Queen with the story ending at Christmas Time 2018. Visit the Library to borrow any of these books.



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



# Wellbeing



**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



## 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.

## 13YARN

(Thirteen YARN) is the first national crisis support line for mob who are feeling overwhelmed or having difficulty coping.

13YARN offers a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide crisis support 24 hours a day, 7 days a week. 13YARN empowers communities with the opportunity to yarn without judgement and provides a culturally safe space to speak about their needs, worries or concerns.

*"Our Story, Our Healing"*



**13YARN is here to support mob when things get tough.**  
**Lines are open 24/7**  
**No Judgement No Shame**

*If you're feeling worried or no good, call us for a yarn*  
**13 92 76**

### 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](mailto: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.



# Upcoming Key Events

## March

28th March: Last day of Term 1. Students dismissed at 1.30pm. Bus travellers will be collected at 2.10pm

29th March: Good Friday

## April

1st - 4th: Debutante prac in the MPB

15th: Term 2 begins

17th: Round 1 of the immunisation program for Year 7 and 10 students

22nd and 24th: Triple L program

24th :2025 Year 7 Information session 6pm

25th: ANZAC Day

26th: Staff PD - student free day

29th: VCE VM First Aid Course

30th: VCE VM Financial Literacy course

## 2024 Secondary Schools Immunisation

A reminder that Year 7 and 10 immunisation will take place on the 17th April.

If you have not registered your child or completed a hard copy immunisation form, please contact the Moira Health Immunisation team at Moira Shire offices.

### 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.*