



Prayer

Lord, as we enter this sacred season of Lent, guide our hearts toward reflection and renewal. Help us to embrace sacrifice with purpose, to find strength in moments of weakness, and to recognize Your presence in our daily journey.

May our Lenten practices of prayer, fasting, and almsgiving draw us closer to You and to one another.

Amen.

From the Principal

Opening Mass

The College held the Opening Mass on Tuesday, 25th of February, in the Sacred Heart Church. We were once again blessed with the extraordinary gift of Maria Forde who led our singing. Part of the Mass was the induction of our College leaders for 2025 with each leader receiving their badges. Our Year 12 students also recited their pledge to the College community undertaking to:

- foster a school environment where every student feels safe, respected, and included.
- Dedicate ourselves to giving our best, being our best, and achieving our best.
- Work to set a positive example by living the Mercy Values in all that we do.
- Promise to uplift and support each other in reaching our fullest potential, while staying true to our authentic selves.

Our year 12 students have started the year most impressively and have proven themselves to be great role models for the younger students. This was also evident this week with them demonstrating the Mercy Values of Service and Hospitality by cooking pancakes for the school on Shrove Tuesday.

College Events

The College has had several events recently with year level and outdoor education camps, field trips and a successful house swimming carnival. Our Year 7 students have commenced their bike education unit in PE classes and have ventured out to the many scenic trails around Yarrawonga.

(Tahnee pic here if it works)

Upcoming events include the Year 10 Holocaust excursion which will be conducted next Thursday, 13th of March. The first round of parent teacher conferences will be conducted on Thursday, 20th March between the times of 3.30-6.30pm. Bookings will open shortly and can be made through PAM on SIMON.

Open Day Activities

The College will be conducting a come and try day for Year 6 students on Monday, 31st of March from 11.30-12.30pm. Students will participate in a number of activities including Food Technology, Science and PE classes. Tours of the College will be held on Wednesday, 2nd of April with a range of times being available. Instructions on how to book a tour will be communicated shortly.

Mr Lew Nagle

Term 1 Key Dates

Monday 10th March

Labour Day Public Holiday

March 12–24th

NAPLAN Testing

Friday 14th March

Hume Swimming

March 20th & 25th

Parent Teacher Interviews

Thursday 27th March

Inter / Senior Sports

Friday 28th March

College Athletics

Monday 31st March

Open Day student activities

Tuesday 1st April

Junior Sports Day

Wednesday 2nd April

College Tours

Friday 4th April

Last day of Term 1

Monday 28th April

Term 2 Starts
(Three week break)

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. And the major community focus for us will be 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.

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



Always be responsible, always be respectful and always be your best.

Shrove Tuesday Pancake Celebration



To mark the beginning of Lent and a time of spiritual renewal, our Year 12 students, along with the staff at Sacred Heart, took part in the annual Shrove Tuesday Pancake Celebration on the morning of Tuesday, 4 March. As tradition dictates, our senior students cooked pancakes for the school community in exchange for a gold coin donation, officially launching our Caritas Project Compassion fundraising efforts. Both students and teachers enjoyed delicious pancakes while supporting a great cause to help those living in poverty around the world. If you would like to contribute to this year's Project Compassion campaign, donation boxes are available at the Main Reception.



Year 12 Retreat

Early in Term One, our Year 12 students embarked on an unforgettable retreat at the stunning Quandong Farm in Whuganyah. This retreat offered students the chance to come together as a cohort, not only to reflect as individuals but to connect with each other in meaningful ways.

Over the course of the retreat, students engaged in a variety of activities designed to help them start their final year of schooling with strength and purpose. These included team-building exercises, goal-setting workshops, personal reflection time, and moments of faith enrichment—each of which contributed to their growth as individuals and as a group.

One of the most memorable activities was the Trust Walk, where students had to guide a blindfolded classmate around the property using only their voices. It was a powerful exercise in building trust. Another meaningful moment was the 'Bush Liturgy,' which students organised and led themselves, creating a space for reflection and connection.

Other fun highlights included the Sacred Heart Mini Olympics, led by Mr. Skehan, and a challenging yet fun Trivia Night hosted by Miss Gray. They also took the chance to cool off in the pool, with some even braving the ice bath for an extra challenge.

Upon their return to school, we can already see that our senior students are ready and motivated to face the challenges that Year 12 will bring, however, united as a cohort and stronger than ever.

Mr. Matthew Wood
Year 11 & 12 VCE Leader



Great new reads in the Library #1

A good kind of trouble by Brooke Blurton 2025

All Jamie wants is to be drafted to play AFLW. Some girls from their community get the chance for a full scholarship and hopefully a go at the draft. When a new girl comes to town Jamie realizes that there is also the chance to make a difference about how First Nations history and Language is presented at school. Jamie wants to be a role model for her young cousins and give back to her community.



Popcorn by Rob Harrell 2025

Andrew is just trying to get through school photos day with one aim: a photo of him which his mum will like. But everything that can go wrong goes wrong. A bully, an exploding science experiment, his grandmother wandering off, spilt juice/snot! Andrew struggles with anxiety and today of all days he is heading for a major anxiety attack. A funny, heartfelt story with great tips on coping with anxiety.



Feast and famine: The last great heir by Carina Finn 2025

The female heirs of two opposing families must duel to rule the land for the next generation in this action-packed fantasy novel. Merriment's life is one big party, whilst Rue's life is one of making potions and using magic to help the starving population. As they near their 13th birthday, surprisingly on the same day, the contest draws near, and the danger escalates. Are they really enemies or is there a larger shared one?



Comes the night by Isobelle Carmody 2024

Will Helloran is sixteen years old and lives with his father in the Canberra dome complex that protects its inhabitants from the corrosive atmosphere outside. At night his dreams are haunted by his beloved uncle Adam, who unexpectedly died in his sleep almost a year ago. As the nightmares grow increasingly disturbing, Will comes to believe that his uncle's death may have been suspicious - and he begins investigating. Will a reluctant hero in a near-future city on an epic quest into an alternative dream world. Together with his talented friend Ender can they unravel the mystery and save Ender's sister?



Visit the Library to borrow any of these books.

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

Unit 3 Biology

Our Unit 3 Biology students spent some of their practical time exploring Gel Electrophoresis, a technique used to sort and separate genetic material and dyes. This hands-on activity complements their current study on DNA Manipulation and Modification Techniques, where they learn about the various tools and methods used by geneticists and scientists to analyse, extract, and modify DNA for medical research, agriculture, and other societal applications.

Unit 1 Psychology

Our Year 11 Psychology students recently had a hands-on learning experience when they visited the SHPS Prep classrooms to observe cognitive development in action. As part of their studies on Piaget's theory of cognitive development, students designed activities to explore key concepts such as conservation, egocentrism, and object permanence.

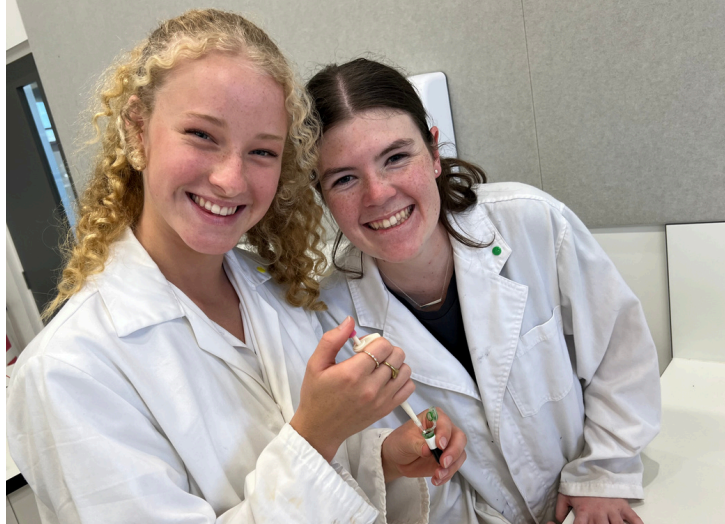
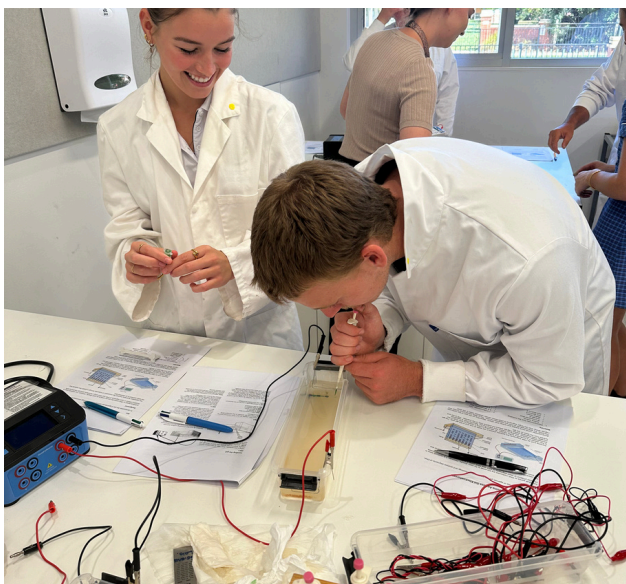
Through playful tasks and thoughtful observations, the Year 11s gained firsthand insight into how young children think and learn at the preoperational stage of development. A big thank you to our SHPS Prep teachers and students for welcoming our budding psychologists into their classrooms!

Junior Science

Our Year 7 scientists have been learning how to safely use Bunsen burners as part of their science studies. After covering lab safety and flame control, they demonstrated their ability to handle the equipment correctly to earn their Bunsen burner licenses.

Year 10 science

Students have been exploring the properties of different compounds, examining characteristics such as solubility, conductivity, and melting points. Through practical investigations, they have been able to observe how these properties relate to bonding and structure.



REMINDER

PHOTO DAY

Friday 7th March

HOW TO ORDER

2025
SCHOOL
PHOTOS

If you have not received an email, simply follow the steps below:

Step 1

Click here or scan the QR code to go to our ordering portal:

<https://sacredheartcollegeyarrawonga-msp.msp.photos>



Step 2

Otherwise.

Click

[Sign in with Student Details](#)

Enter your child's surname and date of birth. You will be prompted to create an



MSP PHOTOGRAPHY

MURRAY RIVER REGION

E admin.mrr@msp.com.au

T 03 5482 3190

PO Box 13

Moama NSW 2731

Sibling Support Workshop



positive period workshop

1 HOUR EACH WEEK
FOR 4 WEEKS
AFTER SCHOOL
START DATE TBC

START: TBC
TIME: 4.30pm-5.30pm - Tuesdays
LOCATION: 2/88 Belmore Street

SibWorks is a peer support program for children aged 8-12, who have a brother or sister with disability.

FACILITATORS:

**SARAH BINNIE
&
BRENDA SPILVA**

Are you finding it hard to start the conversation around periods, or you're finding resistance to your attempts to start the conversation with your daughter?
Is she aged between 10-13 and on the cusp of womanhood?

- Do you think about your own period knowledge as a young girl and wished you knew more?
- You want a daughter who is confident and comfortable with her first period and what puberty brings?
- Do you envisage having open and honest conversations with your daughter and the confidence to answer her questions?
- Do you want to connect with your daughter on a level that acknowledges their transition from child to young women?
- This workshop will be perfect for her and you.

**Learn to navigate your way
around your phases and seasons
within a small and supportive
group.**

Facilitated by
**Brenda Spilva
+ Sarah Binnie**

brendaspilva.com/workshops
0432 702 352

brendaspilva.com/workshops
0432 702 352
hello@brendaspilva.com
2/88 Belmore Street, Yarrowonga



REACHOUT PARENTS



Free professional coaching for parents and carers of teens

One-on-One Support is for parents and carers of teens aged 12-18 who are supporting their young person through a tough time.

Some of the issues you might be supporting your teen with include:

- School refusal
- Anxiety and depression
- Alcohol and drugs
- Gender and identity
- Communication problems
- Self-harm
- Bullying
- Aggressive behaviour

ReachOut offers four free online or telephone sessions to parents and carers of teens 12-18yrs.

One-on-One support will enable access to tools and resources to help families build skills and focus. The One-on-One Support coach will work with parents/carers to develop a personalised plan to support their teen, designed around the strengths of the family.

You can book online here:

<https://parents.au.reachout.com/one-on-one-support>

LIMELIGHT
TOURING COMPANY

JOIN US FOR A FREE TRIAL

ACT NOW AND BOOK IN YOUR FREE TRIAL!



YARRAWONGA

MONDAY THE 24th AND MONDAY THE 31st OF MARCH

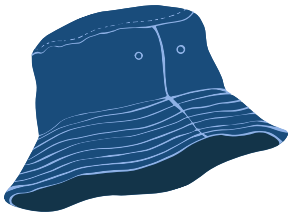
Group 1 - 3.30pm - 4.15pm Ages 7-9

Group 2 - 4.30pm - 5.15pm Ages 10-12

Group 3 - 5.45pm - 6.45pm Ages 13+

Follow the link for more information!

www.limelighttouring.com/set-the-scene



College Hats

A reminder to all students that hats are compulsory during Terms 1 and 4.

Hats can be purchased from the office for \$13, cash or card. Or from Judds, Yarrawonga.



Locks

Reminder that all lockers must have a lock and be locked at all times.

Locks can be purchased from the office for \$15.00

Before and after school supervision:

Please note that supervision for students commences at 8.30am on Monday, Wednesday and Friday mornings and 8.40am on Tuesdays and Thursdays.

Curious About Catholicism? Or Thinking about coming back to Church?

Whether you're seeking to learn more about the Catholic faith or considering returning to the Church, we invite you to join us at the Parish of the Sacred Heart here in Yarrawonga.

Our welcoming programme is designed to guide you through the teachings of Jesus Christ, helping you discover or rediscover the profound sense of home and belonging that our faith offers.

Led by our parishioners, this is an opportunity to ask questions, explore Catholic beliefs, and grow in your spiritual journey.

Come, and see how the Church can be a place of peace and hope for you.

Contact Michael Ross – michael.ross@shcy.vic.edu.au or Fr. Junjun on 0459 356 917



Sacred Heart College
33 Witt Street
PO Box 286 Yarrawonga Vic 3730
Ph: 03 5742 1300
www.shcy.vic.edu.au
email: info@shcy.vic.edu.au

Parish Contacts

Parish Priest: Fr Junjun Amaya 0459-356-917

Email: junix28@gmail.com

Parish Secretary: Amy O'Kane

Office Ph: (Ph: 03 5744 3030)

Sister of Mercy: Sr. Helen Glasheen

Email: yarrawonga@sandhurst.catholic.org.au

Schools

Sacred Heart Primary, Yarrawonga

Principal: Jarrod Mullarvey Ph: 03 5744 3339

Sacred Heart College, Yarrawonga

Principal: Lew Nagle Ph: 03 5742 1300

Always be responsible, always be respectful and always be your best.