



### Prayer

Loving Father, as we journey through this third week of Lent, guide our steps along the path of transformation. In the desert of our daily lives, may we find moments of silence to hear your voice speaking to our hearts.

Like the Samaritan woman at the well, may we recognize Christ as the source of living water. Help us to examine our lives with honesty, to turn away from sin, and to embrace your mercy.

Grant our community the strength to persevere in prayer, fasting, and acts of charity as we prepare for the joyful celebration of Easter.

### From the Principal

#### Come and Try Day

The College will be conducting a come and try day for students currently in Grade 6. This will be held on Monday the 31st of March, the last Monday of term 1. Students will be participating in a range of engaging activities as part of this experience. College tours are also scheduled for Wednesday the 2nd of April. Three tour times are available being 10am, 11.15am and 2pm. Families with students at Sacred Heart Primary can book a tour using their Primary School PAM account. Families not currently attending Sacred Heart Primary school can book a tour by contacting administration on 5742 1300.

#### House Athletics Carnival

The House Athletics Carnival will be held at Vic Park on Friday the 28th of March. We are very much looking forward to this great community event following the outstanding success of the house swimming sports which were held earlier in the term. Bus travellers will be dropped at the venue in the morning and students will be walked to the bus interchange in Gilmore Street for pick up in the afternoon. A BBQ and drinks stand will be operating on the day with all proceeds going towards Caritas. Families are encouraged to come down and watch the action.

#### End of Term - Early Dismissal

Families are reminded that students will be dismissed at 130pm Friday 4th April. Bus travellers will be supervised until 2:10pm when buses arrive.

#### Parent Teacher Conferences

It would be great to see as many parents and carers as possible at the upcoming parent teacher conferences on Thursday 20th March and Tuesday the 25th of March. Interviews run between 3.30 and 6.30pm on both days.



*Mr Lew Nagle*

# Term 1 Key Dates

## March 12-24th

NAPLAN Testing

## Friday 14th March

Hume Swimming

## March 20th & 25th

Parent Teacher Conferences

## 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 – 1:30pm dismissal, bus travellers will be supervised until 2:10pm

## Monday 28th April

Term 2 Starts for students  
(Three week break)

## Regional Swimming Success: Three Students Qualify for State Level Competition

In an exciting display of talent and determination, 10 of our students (**Jack Bourke, Charlie Bourke, Jackson Maxted, Joc Maxted, Alex Hawke, Emily Buerckner, Aron Jurak, Nancy Thomas, Isabelle Cummins and Jetta Norrish**) recently participated in the regional swimming competition in Wodonga. The event saw fierce competition from swimmers across the region.

Among these talented swimmers, three students managed to rise above the competition and achieve remarkable success. Alex Hawke, Isabelle Cummins and Jackson Maxted all qualified to compete at the state level, which will take place in Melbourne.

Their outstanding performances in Wodonga earned them the opportunity to test their skills against some of the best swimmers in the state.

**Good luck to Alex, Isabelle and Jackson in Melbourne!  
We're all cheering you on!**



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

# Chess Report

The 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 teaches 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'!

In Term 2 we are starting our annual SHC chess tournament.

Every competitor has 3 lives and plays one game per week until we have one person remaining:

The 2025 SHC Chess Champion!



## Karate Session with Sensei Luke for Lifestyle, Fitness and Coaching Class

In an inspiring example of initiative and leadership, Year 10 students Zoe Freestone and Kendall Connell recently organised a special karate session for their Lifestyle, Fitness, and Coaching class. What made the session particularly remarkable was that Zoe and Kendall independently arranged for Sensei Luke, a professional karate instructor, to come in and teach their class.

This event highlighted their ability to take on a leadership role and coordinate a successful and enjoyable activity for their peers





# Year 10 Excursion

After getting off the bus at around 11am, and wrapping up the three hour ride with our classmates and teachers, we finally arrived at the Synagogue in St Kilda. We lined up outside the gate, taking in the impressive view of the building in front of us. It was way bigger than the church back home, and it looked different from any church I had ever seen. Instead of the usual castle-like, gothic-style churches with sharp, pointy roofs, this one had a huge dome that sat proudly on top. The walls were decorated with Hebrew writing and the Star of David, giving the place a unique vibe that felt both grand and special. Stepping inside the Synagogue, I was immediately amazed by the peaceful and at ease atmosphere. The interior was spacious and grand, with high, vaulted ceilings in a dome shape that seemed to stretch endlessly upward. There was an upstairs area as well, making it look like a grand theatre. The floor creaked as our year level made our way through the aisle, taking in the amazing and unique scene. After being shown around and explained to us by the Rabi about what Judaism really is, we took a look at their version of the bible, the Torah. It was a long script and looked like something from BC, the Rabi told us that it takes 1 year to write and they cost between 30 - 80 grand.

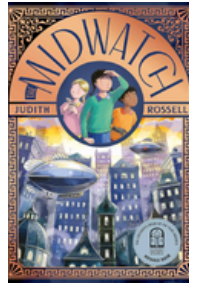
Once we were finished at the Synagogue, we made the short bus ride to the Holocaust museum. When we arrived, the whole building was covered in security guards and surveillance cameras. The office ladies welcomed us in. The museum houses a wide range of artefacts, including clothing, photographs, and letters from Holocaust survivors. These objects provide a tangible connection to the past and highlight the resilience of the human spirit. One of the key features of the museum is its collection of personal testimonies from survivors. Many of these survivors still visit the museum, sharing their stories directly with visitors and students, making it an emotional and interactive experience. The man that spoke to us was Dr. Henry Ekart, he spoke to us about how he survived the Holocaust and the people that helped him survive. He had to witness his grandmother die at age 3 and also had to live in a cupboard for 6 weeks in Poland while the Germans tried to deport all Jews. Henry moved to Australia when he was 13 and went to Caulfield Primary School, Melbourne High School and Melbourne University where he studied medicine. He went on to be one of the lead doctors who helped cure children of Cancer and Leukemia. Henry mentioned when he started at the Royal Children's Hospital the death rate was 90-95% for childhood cancers and now it has a 90-95% success rate.



# Great new reads in the Library #2

## ***The Midwatch by Judith Rossell 2025***

Maggie Fishborne has no memory of her family or her life before being sent to the home for orphans. She did not even have a name and was given a made up one. Banished from the orphanage for numerous reasons she ends up at the Midwatch Institute for Orphans and runaways. Maggie quickly learns this is not a place of punishment but an unusual place of learning.



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## ***The worst Ronin by Maggie Tokuda-Hall 2024***

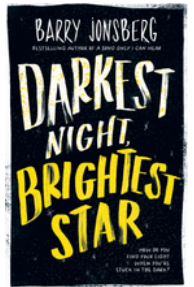
Being a Samurai is not easy! When an unlikely pair of female samurai join forces, what begins as your run-of-the-mill quest for glory and revenge evolves into something much more complicated. Turns out fighting actual demons doesn't mean you're not running from your own internal ones. Nimona meets Attack on Titan in this edgy, unexpectedly hilarious, genre-defying young adult graphic novel.



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## ***Darkest night, brightest star by Barry Jonsberg 2025***

Thirteen-year-old Morgan lives with his dad and his gym junkie older brother. He hasn't heard from his mum since she left when he two. He works on his football skills, trying his best to meet his father's impossible standards and his idea of what it is to be the right sort of man. Bullied by his brother, no friends at school and not sure if he can ever be the sort of man his father thinks he should be – can he be his own man?



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## ***The lovely and the lost by Jennifer Lynn Barnes 2025***

Kira is not someone to be messed with. She was found as a small child, living in the forest, by Cady Bennett – world renowned search and rescue tracker. Kira took time to adjust to the normal world and together Cady, her son Jude, neighbour Free and her tracker dog, Kira has the skills to work in search and rescue. When a young girl goes missing the team is called in. What follows is an incredible search and rescue effort and a journey into family history.



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# **Visit the Library to borrow any of these books.**

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

# VCE Agriculture and Horticulture

Unit 3 VCE Agriculture and Horticulture students have been investigating challenges to the Australian agricultural and horticultural sector posed by food waste, population growth and climate change. As part of this investigation the class visited the Woolworths store in Yarrawonga where they were provided with a guided tour by Suzanne Athanitis. The visit was highly informative with students learning of the many food rescue and food diversion programs that are being implemented by Woolworths to reduce the amount of food waste entering landfill.

One of the newest innovations is the partnership with Goterra using black soldier fly larvae to break down waste food into fertiliser. The students also learned about the Odd Bunch initiative where produce that is perfectly fine but may be undersized or a different shape is packaged and sold at a discount.

Thanks to Suzanne for taking the time to provide us with such an informative excursion.



# The Kids Variety Bash

I'm so proud to be taking part in this year's Variety Brats Bash to raise funds and support children in need. This exciting event will see my family and I driving alongside a convoy of colourful, wacky vehicles, all while raising money for Variety – the Children's Charity!

The Variety Brats Bash is a fantastic event where participants embark on an epic journey across Australia, spending quality time with their family all while bringing joy and support to countless kids and families. The best bit? We get to distribute grants & equipment to kids and schools along the way so you see where your donation is going and our kids get to experience the joy of helping others.

Since its inception, the Variety Brats Bash has made a significant impact, funding life-changing equipment, therapy and programs for children who are sick, disadvantaged or living with a disability.

With your generous support, Variety will continue to make a real difference in the lives of Australian children. Your donations will help provide vital assistance to kids who need it most, ensuring they have the best possible chance at a bright future.

Together, we can create lasting change and bring smiles to the faces of so many deserving children. The Variety Brats Bash is more than just a fun adventure – it's a journey that transforms lives.

Please sponsor me, donate generously and join me in making a positive impact for kids in need.

[DONATE NOW](#)





## Parent Teacher Conferences

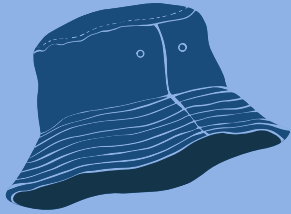
**Date:** Thursday 20th & Tuesday 25th March

**Time:** 3:30 pm - 6:30pm

**Venue:** SA Block Rooms

(Enter off Witt street next to administration building)

*Please book online via your PAM Account*



### 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.

### **April School Holidays**

Reminder that students will have three (3) weeks off in the April school holidays. Teachers will be completing Staff Professional Learning Tuesday 22nd - Thursday 24th April.

**School commences for students on Monday 28th April.**

### 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.

### **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.

**Sacred Heart College**  
**33 Witt Street**  
**PO Box 286 Yarrawonga Vic 3730**  
**Ph: 03 5742 1300**  
**[www.shcy.vic.edu.au](http://www.shcy.vic.edu.au)**  
**email: [info@shcy.vic.edu.au](mailto:info@shcy.vic.edu.au)**

### Parish Contacts

Parish Priest: Fr Junjun Amaya 0459-356-917

Email: [junix28@gmail.com](mailto: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](mailto: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.**

## Yarrawonga Health – Community Heart Appeal

The Community Heart Appeal is a fundraising initiative supporting Yarrawonga Health's new Theatre Build. The Appeal focuses on raising funds to purchase essential medical equipment for the theatre. This community-driven effort unites individuals, schools, businesses, and groups through various events and contributions to improve healthcare services for the region



Your personalised name paver will be included in the **paved landscaping outside the new Theatre**, creating a permanent tribute to your contribution and support. All funds raised will go directly towards purchasing vital equipment for the theatre

Size: 230 x 115 x 50mm

## ENGRAVING DETAILS

Please print clearly in block letters (CAPITALS) and always use the ampersand symbol ("&"). Each box represents a character (letter, number, punctuation mark or space). Max 16 characters per line, three lines per paver. (No hand drawings)

NAME PAVER	LINE 1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	LINE 2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	LINE 3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Simply fill out this form and return along with full payment by cash or via credit card to Yarrawonga Health  
 payment via <https://www.communityheart.com.au/>  
**33 Piper Street,  
 Yarrawonga VIC 3730**

Company/Contact Name

Street

City

State

Post Code

<input type="text"/>	<input type="text"/>	<input type="text"/>
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Phone

Email

Our Donation

( <input type="text"/> ) <input type="text"/>	<input type="text"/>	<input type="text"/>
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Please copy and pass on to any friends & family.

**WE NEED YOUR SUPPORT!**

# Sibling Support Workshop



**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**

# positive period workshop



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

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](http://brendaspilva.com/workshops)  
**0432 702 352**

[brendaspilva.com/workshops](http://brendaspilva.com/workshops)  
0432 702 352  
[hello@brendaspilva.com](mailto: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](http://www.limelighttouring.com/set-the-scene)**