



— Issue 11, August 2025 —

# Semper Fidelis

*Choose Catholic Education*

## **Prayer for the Feast of the Assumption**

Loving God, on this Feast of the Assumption, we celebrate Mary's glorious entrance into heaven, body and soul. As we gather in our school community, help us follow her example of complete trust in Your will. Mary, Mother of Mercy, you who said "yes" to God's plan, intercede for us as we strive to live with compassion and service to others. Guide our students, teachers, and families to embrace mercy in our daily lives, showing kindness to those in need and forgiveness to one another. May we, like you, be vessels of God's love in our world. Amen.



This Friday we join with our primary school to celebrate the Feast of the Assumption, a sacred day that lies at the heart of our Catholic identity and embodies the Sisters of Mercy spirit that defines who we are as a school community. The Feast of the Assumption honours Mary, the Mother of Jesus, and celebrates something extraordinary that happened to her. When Mary's time on earth came to an end, something different occurred than what happens to other people. Instead of her body remaining on earth while only her soul went to heaven, God chose to bring all of Mary—both her body and her soul—directly into heaven. This special event is called the "Assumption" because Mary was "assumed" or taken up completely into God's presence. It's like God said, "Mary, you have been so faithful and special to me that I want all of you—not just your spirit, but your whole self—to be with me in heaven right now."

This feast holds profound significance for us. The Assumption reveals God's love for our complete humanity—not merely our souls, but our bodies, relationships, and lived experiences. Mary's assumption into heaven demonstrates our ultimate calling: complete union with God, bringing every aspect of ourselves into that sacred communion. This truth resonates deeply with our Mercy charism. Catherine McAuley established the Sisters of Mercy because she recognised that nurturing people's physical needs—education, healthcare, shelter—was inseparable from their spiritual flourishing. Following Mary's example, we too are called to serve with our whole being, understanding that true mercy embraces both body and soul in service to others.

**A morning tea will be held in the Mercy staffroom directly following Mass.**

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

## Term 3 Key Dates

**Wednesday 13<sup>th</sup> August**  
Student Free Day

**Friday 15<sup>th</sup> August**  
Feast of the Assumption Mass

**Monday 18<sup>th</sup> – Tuesday 26<sup>th</sup>  
August**  
Red Earth Immersion

**Friday 19<sup>th</sup> September**  
End of Term

## Term 4 Key Dates

**Monday 6<sup>th</sup> October**  
Students Return – Term 4

**Wednesday 8<sup>th</sup> – Friday 10<sup>th</sup>  
October**  
Year 9 Camp

**Monday 27<sup>th</sup> October**  
VCE Exams commence

**Monday 3<sup>rd</sup> November**  
Student Free Day

**Tuesday 4<sup>th</sup> November**  
Melbourne Cup Public Holiday

**Wednesday 12<sup>th</sup> November**  
Woka Wala Paddock to Plate Dinner

**Thursday 20<sup>th</sup> November**  
Graduation Mass & Dinner

**Monday 24<sup>th</sup> November**  
Student Free Day

**Tuesday 25<sup>th</sup> November**  
Student Free Day

**Thursday 11<sup>th</sup> December**  
Student's Last Day & College Dance

# Student Achievement

Recently students at the College were acknowledged by the Victorian Curriculum Assessment Authority for outstanding achievement and growth in this year's NAPLAN tests. Our year 9 cohort returned incredibly strong results, exceeding the state average in the majority of the literacy and numeracy assessments. The following students were acknowledged for their efforts and will receive a certificate which will be presented to them by Tim Edwards, Assistant Director Learning and Teaching, Catholic Education Sandhurst. The presentation will take place the Friday, August 15<sup>th</sup> at the conclusion of the combined Feast of the Assumption Mass in the MPB.

- Olivia Stefanovski- For achieving the Exceeding standard in Reading.
- Ted Brear - For achieving the Exceeding standard in Reading.
- Will Young - For achieving the Exceeding standard in Reading.
- Andrew Murphy - For achieving the Exceeding standard in Reading and for achieving high growth and increase proficiency level in Reading.
- Bella Peacock - For achieving high growth and increase proficiency level in Reading.
- Theo Vodusek - For achieving high growth and increase proficiency level in Reading.
- Tyler Farey - For Achieving the Exceeding standard in Numeracy.
- Samuel Osborne - For Achieving the Exceeding standard in Reading and Numeracy and for achieving high growth and an increase in proficiency level in Numeracy.
- Summer Ibbott - For Achieving the Exceeding standard in Reading and Numeracy and for achieving high growth and an increase in proficiency level in Reading.

We are extremely proud of our students and the recognition is suitable acknowledgement of their hard work and dedication.



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



# Year 8 Boys and Girls Compete at Hume in Wangaratta

Last week, our Year 8 boys and girls teams travelled to Wangaratta to compete in the Hume competition, proudly representing our school.

The girls' team showcased exceptional teamwork and determination throughout the day. Their strong connection both on and off the field was clear in every game they played. Each player worked hard for one another, communicating well and showing great sportsmanship. While the results didn't always go their way, the effort, skill and unity displayed made for an impressive performance and a day they can be proud of.

The boys' team had a fantastic run through the competition, playing with energy, discipline and focus. Their efforts were rewarded with a second-place finish — an outstanding achievement at such a competitive event. The boys' commitment to each other and their ability to step up in big moments made for some thrilling matches.

Both teams should be commended for their hard work, sportsmanship and school pride. They represented us with dedication and set a great example for future teams to follow.



# Cert II Building and Construction

★ Shoutout to Nash and Lenny! ★

These two legends have been absolutely smashing it in their Cert II Building and Construction course at the P-12 Campus! They've shown awesome commitment from the start—always on time, keen to learn and completely up to date with both their practical and theory work. You really couldn't ask for better work ethic. Recently, they wrapped up building a cubby house, where they learnt all about framing, weatherboards, roofing, and finishing techniques—and they nailed it! Every part of the job was done to a seriously high standard. Super proud of what they've achieved so far. Keep it up, boys! 🙌🔨🏠



## B I G SCIENCE COMPETITION



The Big Science Competition is open to students in Years 7 to 10 globally. It's a 50-minute, mixed format online competition testing science knowledge, critical-thinking and problem-solving skills. Questions are set in real-life, contemporary contexts, making them relatable and interesting!

At Sacred Heart College, we had several students from Years 9 and 10 compete in this year's Big Science Competition. We congratulate Nikki Bastin, Bailey Richardson, Charlotte Wallace, Dana Tout, Zach Kidgell, Tyler Farey and Sam Osborne for entering the competition. Sam Osborne and Zack Kidgell both received a credit for their entry, meaning that they were in the top 40% of students in their year level who entered globally.



# Year 10 Snow Excursion

Snow Camp this year was an absolute highlight. Over our two days at Falls Creek, I watched students go from complete beginners to confident, capable skiers. For many, it was the very first time they'd even seen snow.

As the fog cleared on day one, we had nearly perfect conditions, which made for fast progress, plenty of laughs and a few inevitable stacks. By day two, the snow started falling, adding a new challenge and keeping everyone on their toes. What impressed me most was how many students stepped outside their comfort zones and gave their best shot. I was also really proud of the way our Year 10s represented the school in such a busy, public environment – showing respect, patience and teamwork throughout the trip.

A special thank you to the Outdoor Education students who came along for the ride. Your encouragement, expertise and good humour was greatly appreciated.

*Claire Trewarne*



## Sienna to Represent Victoria at Dairy Paraders Nationals



College Captain, Sienna Ross, featured on WIN Local News last night. Sienna will be representing Victoria at the upcoming Dairy Paraders Nationals this September in Adelaide. This prestigious event brings together the best young handlers from across the country, showcasing skill, dedication and a true passion for the dairy industry.

Sienna has worked incredibly hard to earn her place at the Nationals and we're proud to see her representing our state on the national stage.

# NATIONAL SCIENCE WEEK

## DECODING THE UNIVERSE

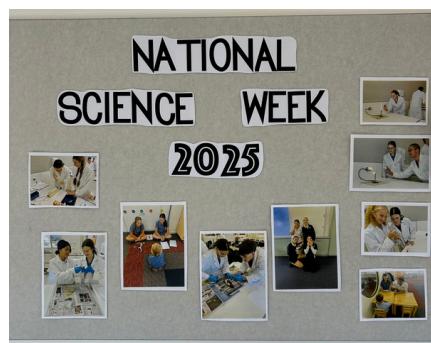
‘Unlocking the Unknown with Nature’s Hidden Language’

“

Every discovery begins with a question. As we decode the universe, we uncover nature’s hidden language.

”

The 2025 National Science Week theme, ***“Decoding the Universe – Exploring the unknown with nature’s hidden language,”*** encourages students to uncover the patterns and mysteries shaping our world. It celebrates curiosity, innovation and the ways science reveals hidden connections. At Sacred Heart College, students have had the opportunity to ‘decode animal footprints’, ‘decode sky maps and explore Indigenous stories’ and a ‘decoder challenge’.





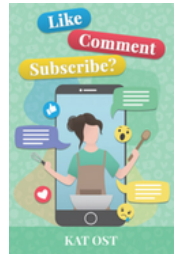
# Great new reads in the Library #10



***Like Comment Subscribe? by Kate Ost 2025***

Fifteen-year-old Becca has had enough of being a teen online influencer. She is no longer little and cute and is being pressured by her aunt to make partnerships and rebrand. The money she brings in supports her family and her aunt is not beyond lying to keep her online. Becca has no time for friends or hobbies, and poetry is her only escape. Can she continue to live online or branch out?

Easy to read young adult novel.



***Kangaroo by Julia Kirby 2025***

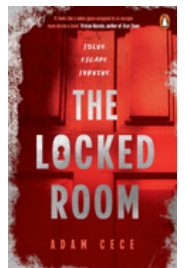
Set in outback NT where 12 year old Charlie has returned after the death of her father in Broome. Charlie is horrified when a kangaroo is hit and killed by a TV personality, Chris. Charlie convinces Chris he is responsible for looking after the surviving joey or bad luck will befall him. Chris's car needs serious repairs and he and Charlie become an unlikely team.

Based on a newly released film.



***They locked room by Adam Cece 2025***

Andy wakes in a locked room with no memory of how he got there. There are no windows, a countdown clock and a green door. There are 3 other people in the room from his school. His bully, the head of the popular girls and a nameless girl everyone forgets. It soon becomes apparent that this is a very dangerous series of locked rooms with puzzles to be solved. Can they all make it out alive and then who or what is behind this maze.



***drift by Pip Harry 2025***

Nate has just moved back from Singapore with his mum who is awaiting surgery for a broken back. His dad is still in Singapore and Nate is worried he will never come to Australia. Australian schools are not like his old school, and he is not making friends and at the hands of bullies. His neighbour, Luna has been recently bullied badly online, and everyone has seen the video that ruined her life. They start to form a friendship when a swarm of bees decide to make their hive in Nate's house.

A verse novel told in alternating voices.



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

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



### **Student Arrivals and Early Departures**

To help maintain a focused and uninterrupted learning environment, we kindly ask that parents communicate any early pickup plans with their child before the school day begins.

We understand that unexpected situations can arise. If an early pickup becomes necessary during the day, please contact the school office at your earliest convenience so we can make arrangements with minimal classroom disruption.

Additionally, if a student arrives late to school, they **must sign in at the office** before heading to class. This ensures accurate attendance and helps us keep all students safe and accounted for.

Thank you for your continued support in helping our school day run smoothly!

### **Advisory Council Parent Representatives**

The College is seeking two parent representatives to join the College Advisory Council. A letter will be sent home shortly to all families outlining the roles and responsibilities of the position. I encourage parents and carers to consider this opportunity to play an important role in the strategic direction of the College.

### **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: Jess Vandiejen

Office 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.**





WEDNESDAY  
**27 AUG 2025**



**5:30M - 6:30PM**



MERCY STAFFROOM

# YEAR 12 END OF YEAR

## *Parent & Student Briefing*



### **INCLUDED IN DISCUSSION WILL BE EVENTS SUCH AS:**

- FINAL EXAMINATIONS AND RESULTS
- AVAILABLE SUPPORT AND SERVICES
- VTAC, SEAS AND SCHOLARSHIP APPLICATIONS AND OFFERS
- VALEDICTORY AND CLOSING CELEBRATIONS

Key members of staff will be on hand to guide you through a detailed timeline of all the key events in the lead up to the end of Year 12.

Should you have any questions regarding this event then please do not hesitate to contact:

Mr Matthew Wood – Year 11 & 12 VCE Leader.





# HANDS ON

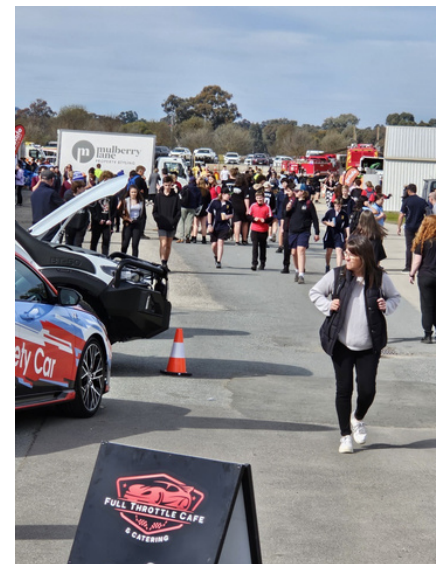
## TRADES CAREER EXPO

**Are You Interested In :**

**Engineering  
Plumbing  
Construction  
Real Estate  
Trucking  
Hospitality  
Electrical**



**Australian Defence Force  
Emergency Services  
Veterinary Services  
Solar Industry  
Nursing  
IT & Design  
Arborist  
Career Exploration**



**14TH AUGUST 2025**

**Ask your teacher today about attending the  
Hands On Trades & Career Expo**

**PLEASE NOTE: YEAR 9 AND 10 STUDENTS,**

*Please refer to an email sent from Mrs O'More to express your interest in attending the Winton Hands on Trades Career Expo on Thursday 14th August.*



# Let's talk "Control"

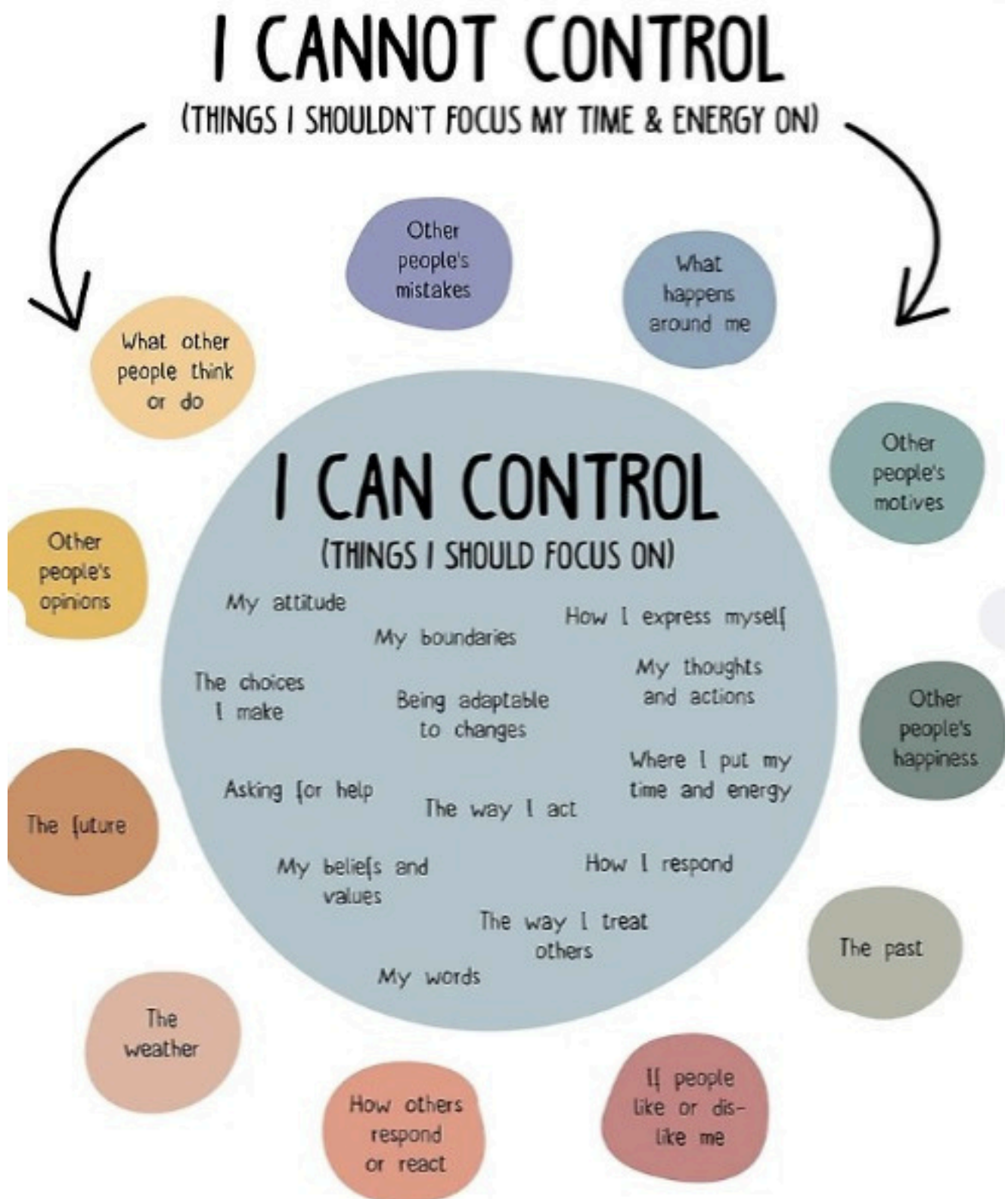
Having control can help us feel safe. When things are out of our control, it can sometimes make us feel worried, scared, helpless and vulnerable.

But having control over everything isn't possible all the time. Maybe you didn't get picked for your favourite sports team, or you had a fight with a friend.

When this happens, it's important you don't get stuck on things you can't change. Shift what you're putting your energy into, and focus on the things you can control!

Using the "circle of control" can be a really useful tool to help you recognise what you can influence/change. This includes your thoughts, feelings and behaviours.

The only person you can control, is you!



# TIPS ON MANAGING YOUR PHONE



## Use 'Do Not Disturb'



When settling into important tasks such as study or deep work.

Remember you can change the settings to make sure you still receive emergency calls!

## Review 'Screen Time'



Check your screen time in settings and review the apps that you use often. This is a great way to see what apps you may use too much! To check, go to:

**Settings > Screen Time > See All Activity**

Remember, you can change the settings to set timers on the apps you want to use less. Like social media, streaming services and more!

## Home Screen Layout



Streamline the layout of your home screen. Delete apps that you use too often or make them harder to access, particularly during busy work periods. To do this:

**Press and hold on the app icon > Edit home screen > Click the app you wish to remove**

Remember, if an app is deleted, it's not gone forever! Just re-download it again when you are ready.

## Remove the Distraction



Sometimes we need to remove the distraction altogether.

**Next time you go to study or complete deep work, leave your phone in another room or in your bag.**

Remember, no one is perfect!