



— Issue 16, November 2025 —

Semper Fidelis

Choose Catholic Education



UNDERSTANDING ADVENT

Sunday November 30 marks the beginning of Advent. It is also the beginning of the Church's liturgical year, encompassing the four Sundays before Christmas.

The word "Advent" comes from the Latin *adventus*, meaning "coming" or "arrival." This sacred season originated in the fourth and fifth centuries as a period of preparation for both Christmas and the Second Coming of Christ.

During Advent, Catholics engage in spiritual preparation through prayer, penance, and charitable works. The Advent wreath, with its four candles lit progressively each Sunday, symbolizes the growing light of Christ entering our world. Purple vestments represent penance and preparation, while rose-coloured vestments on the third Sunday (Gaudete Sunday) express joyful anticipation.

Advent invites us to awaken our hearts to God's transforming presence. It's a contemplative season calling us to slow down amid holiday busyness, reflect on Christ's first coming as an infant, and prepare for His return in glory.

ADVENT PRAYER

Loving God, as we journey through this Advent season, awaken our hearts to Your presence among us. Help us prepare room for Christ by practicing patience, kindness, and generosity. In the waiting darkness, may we be bearers of Your light to others. Teach us to recognize Your coming in unexpected moments and faces. As we light each candle of hope, peace, joy, and love, kindle within us a deeper longing for You. May this season transform us, drawing us closer to the mystery of Your Word made flesh.

Amen

REMEMBRANCE DAY COMMEMORATION

The College commemorated Remembrance day at last week's assembly. Our school leaders led the ceremony focusing on four key themes:

Gratitude for Sacrifice
Remembrance of the Fallen
Prayer for the living
A hope for peace



On Tuesday, College Captain Sophie Coghill and Vice Captain Leah Pitcher attended the ceremony at the cenotaph wall at Club Mulwala, reading the poem "In Flanders Fields" and the Response. Our student leaders have commenced their roles impressively, organising a casual clothes and BBQ fundraiser for the Philippines Disaster Relief Fund following the recent natural disasters that have impacted the country. The fundraiser, which was held on Friday the 14th of November, was extremely well supported by students and staff with an impressive \$1007.30 being raised for a very worthy cause.

BLUE RIBBON DONATION

Following the devastating incident at Porepunkah, our VCE VM students decided to make a donation to the Blue Ribbon appeal. Sergeant Col Boyle was on hand at our most recent assembly to accept the donation of \$500.

Sergeant Col spoke about the incredible gratitude that he and his colleagues have for the community, recognising the challenging and difficult job they do protecting our community.

TERM 4 KEY DATES

Thursday 20th November

Graduation Mass & Dinner

Monday 24th November

Student Free Day

Tuesday 25th November

Student Free Day

Thursday 11th December

Students' last day & College Dance



DON'T FORGET YOUR HAT IN TERM 4

HEADSTART COMMENCES

The College will commence the Headstart program next Wednesday, 27th of November. Students of all year levels will commence the curriculum in their new classes for 2026. To make this as effective as possible, we would appreciate the support of parents and carers to ensure students have necessary book listed and stationary items so they have all the resources required. Students considering subject changes may do so through their relevant YLL prior to the 5th December.

COLLEGE MASS AND AWARDS CEREMONY

The end of year College Mass will be held on Thursday, 11th December at 10.00 am in the Multi-Purpose Building. All families are invited to celebrate with us. An awards ceremony will follow the celebration of the Eucharist. To assist in making the necessary arrangements for work and care, families whose child is to receive an award will be notified in advance.

STUDENT ATTENDANCE

The last day of attendance for Year 7 – 11 students is Thursday, 11th December. Students are expected to be in attendance up to and including this date.

END OF YEAR DANCE

The End of Year Dance Celebration will be held in the Multi-Purpose Building from 6.00 – 9.00 pm on Thursday, 11th December. The celebration will involve students from Years 7 – 11 in traditional style partner and progressive 'Ballroom Dancing' as well as some modern dance styles. Students will have scheduled practices over the next 2 weeks. A whole school practice will be held after the End of Year Mass.

Dress Code: The event does not require the wearing of formal attire. However, students have been reminded that they should wear attire that is both smart and neat—clothes that they would wear to a significant family celebration. The following recommendations are provided to assist families in the selection of appropriate clothing.

No thongs, runners, denim, jeans, t-shirts or singlet style tops.

Neat shoes, dress shorts or trousers and a button through collared shirt. Jackets and ties are optional.

Outfits should be appropriate to the etiquette of the occasion in relation to length and modesty.

Attendance: Attendance at school, the College Mass and dance practice on the 11th December is a pre-requisite for attending the Dance. Tickets will be provided to students at school on the day. Students will not be admitted without a ticket. Students will be dismissed from school at 1.30 pm. Supervision will be provided for those students who need to remain at school until the end of the school day.

Dropping Off and Picking Up: Students are not permitted to make their own way to or from the event. As it is a school function, Year 11 students are not permitted to drive other students, with the exception of family members, to or from the event.

Students can be dropped off at the main gate to the Multi-Purpose Building from 5:45 pm and can be picked-up following the conclusion of the dance at 9:00 pm. Students will only be allowed to leave in the company of a parent or other pre-nominated adult.

Mr Nagle



Paddock to Plate

Last week's Paddock to Plate Dinner was a fantastic celebration of student learning, teamwork and community spirit. With near-perfect weather setting the scene, our Year 9 students spent the day harvesting produce, preparing ingredients and cooking an impressive three-course meal for their families.

Throughout the day, students demonstrated remarkable dedication and collaboration. They worked confidently in the kitchen and the garden, applying the skills they've developed through the Woka Wala program. From planning and plating to managing service, every student played an important role in bringing the evening together.

The dinner itself was a huge success, with families enjoying fresh, seasonal dishes that showcased the students' hard work. The atmosphere was warm and vibrant, and the positive feedback from parents was overwhelming.

A big thank you to the team at Yarrawonga Health and of course our families who continue to support the Woka Wala program. A special mention to Jane Morriss for her tireless work in Food Tech on both Tuesday and Wednesday!

Events like The Paddock to Plate dinner highlight how learning happens when students connect practical skills with real-world experiences.

Out and About

Last week, our Year 10 Sacred Heart students taking part in the Environmental Science Elective had the wonderful opportunity to meet with local historians for an engaging discussion about the Yarrowonga Bridge and its remarkable history. The session offered a fascinating look into one of our region's most iconic structures, exploring how it was built, who contributed to its construction, the challenges that occurred during the build and the role it has played in connecting communities over time.

They also shared not only the story of the bridge's origins but the current concerns surrounding its condition today and the future challenges this presents. Students learned about the challenges faced in maintaining such a historic piece of infrastructure and the ongoing conversations about what needs to be done moving forward to ensure its preservation, safety but importantly, its heritage significance.

One of the key messages from the meeting was the 'importance of discussing history at home'. They encouraged students to talk with their families about the stories that shape our local area, to understand where we've come from in order to better prepare for the future. These discussions, they explained, help build awareness, appreciation, and advocacy for meaningful change within our community, especially as the next generation. The college was also the recipient of a generous gift, a book on the local history, that can now be placed in the student library at Sacred Heart College for others to enjoy.

A memorable highlight of the session was the visit to the Common House, the small house-like structure located on the Yarrowonga side of the bridge. Students were thrilled to step inside and learn about its fascinating history and purpose. They discovered that the building once served as a toll house, where taxes were collected from those crossing the bridge/ state border. Inside, there's even a bed, as the post needed to be manned around the clock to ensure no one crossed without paying their dues. It was a piece of local history the students may never have known without the guidance and expertise of our generous local historians.

We are incredibly grateful to the historians for generously sharing their time, knowledge and passion with our students. Their insights have inspired thoughtful conversations and motivated our students to take an active interest in local history. This experience has not only deepened their understanding of the Yarrowonga Bridge but also reminds us all of the value in keeping history alive.



Last week, four of our talented Year 7 students — Jimmy Robinson, James O'Kane, Alex Hemphill, and Tyler Buerckner — proudly represented Sacred Heart at the Hume Stage Tennis Competition.



The boys faced some very tough competition from schools across the region, but they all competed exceptionally well and demonstrated great sportsmanship, determination and teamwork throughout the day.

Each match was played with enthusiasm and effort, and the boys can be proud of how they represented our school, both on and off the court. Their commitment and positive attitude made Sacred Heart proud!

Well done to Jimmy, James, Alex and Tyler on a fantastic effort at Hume stage Tennis! 🎾🌞

T E N N I S

HEADSTART

ARE YOU READY FOR HEADSTART?

Students will begin their headstart classes next week and need to be prepared with not only the required textbooks but also the stationery listed.

Fees for our online textbooks (Jacplus) also need to be paid.

Even though the closing dates for the senior booklist for years 10-12 (from the Champion portal) and the junior booklists for years 7-9 (from the local newsagent) have elapsed, you still can order, although you may not receive your supplies on time.

The calculator orders for the senior CAS calculator and the junior scientific calculator have been extended.

You can collect the new brochure or any of the booklists from the library or the front office.

The newsagent will have orders ready for collection from Monday the 24th November.

PARENTS' AND CARERS' GUIDE TO THE SOCIAL MEDIA AGE RESTRICTIONS

Social media age restrictions: A guide for parents and carers

From 10 December 2018, age-restricted social media platforms will have to have reasonable steps in place to prevent Australians under the age of 18 from creating a social media account or continuing to use an existing account. These age-restricted media platforms will include Facebook, Instagram, Snapchat, and YouTube. This guide is designed to help you better understand how this change will affect your teen's experience and wellbeing, and to suggest some ways you can support them to navigate the transition.

REACHOUT

Understanding the impacts

While there are many expected benefits to staying off of social media, our teen may only be considering what they are not to lose.

Teenhood is a time of rapid change and development. It's the most important time to build self-identity, to make friends, and to learn to live with their own rules. Many teens also find connection and comfort in digital spaces.

These benefits are especially valued by teens from marginalised backgrounds, who may struggle to see themselves represented in the physical world around them.

Our research shows that teens also use social media as a way to discover mental health information, often using these platforms as frequently as they would use a search engine like Google.

Helping teens cope with this change

Change is a normal part of life. It can even help us to develop strengths like courage, flexibility and resilience. But change also brings anxiety to social media use and disruption to wellbeing. Taking good things into focus will help your teen to process and accept what's happened.

Here are some tips for supporting your teen during this time of change:

1. Talk openly and calmly about what this time is like. Don't dismiss or minimise their feelings about the situation. Let them know you're there to support them and that they can talk to you about anything.
2. Encourage them to reflect on their feelings about social media and what they want to do next.
3. Encourage them to think about how they can support themselves and others during this time.
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Our research shows that teens also use social media as a way to discover mental health information, often using these platforms as frequently as they would use a search engine like Google.

Navigating tension and behaviour change

Having the freedom to make your own choices and decisions is an important part of growing. There have been a number of reports of teens, and your teen may respond by reacting or behaving in ways that seem to be a bit more extreme. These behaviours may be a sign that your teen is struggling to cope with the change.

You might also notice some behavioural changes in your teen during this time. If there is no response or a small response, it could mean that your teen is coping well. If there is a large response, it could mean that your teen is struggling to cope with the change.

Our research shows that teens also use social media as a way to discover mental health information, often using these platforms as frequently as they would use a search engine like Google.

The first step if you notice tension or a behaviour change in your teen is to talk to them about it. Let them know you're there to support them and that they can talk to you about anything.

If your teen is struggling to cope with the change, it could mean that your teen is struggling to cope with the change. If your teen is struggling to cope with the change, it could mean that your teen is struggling to cope with the change.

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Professional support for teens

If you're worried about your teen's mental health and wellbeing, it can be hard to feel like a great first step is getting help. You could also explore counselling or therapy.

Your teen may be feeling a lot of uncertainty about whether a professional can help them. How to talk about what they're going through, or whether they even need to see someone. A good way to support your teen through this process is to make sure they're prepared for their appointment. Sit down together and help them write out what they're feeling and responding. Encourage them to refer to this list during their appointment.

Our research shows that teens also use social media as a way to discover mental health information, often using these platforms as frequently as they would use a search engine like Google.

Further information and support

For more information and support, visit our website at www.reachout.org.au. You can also call our helpline on 1800 725 725. We're here to help you and your teen.

GREAT NEW READS IN THE LIBRARY #16

WINGS OF FIRE-THE GRAPHIC NOVEL, BY TT SUTHERLAND 2025

The graphic novel retelling of the classic start to the Wings of fire series, before the Dragonet Prophecy. And under three full moons and the watchful eyes of his NightWing mother and IceWing father, the most powerful dragon Pyrrhia will ever know is clawing his way out of his egg: Darkstalker, the dragon who will change the world forever. Long before the SandWing war, lifetimes before the Dragonet Prophecy ... darkness is born.

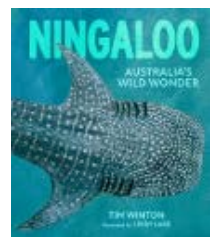


THERE'S A PRAWN IN PARLIAMENT HOUSE BY ANNABEL CRABB 2025

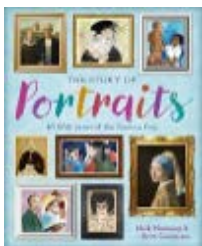
A funny and informative account of how Australia's democracy works, written for kids by one of Australia's best-known and most entertaining political writers and documentary makers, Annabel Crabb .

NINGALOO – AUSTRALIA'S WILD WONDER BY TIM WINTON 2025

Tim Winton has been visiting Ningaloo for 25 years, swimming, diving and enjoying the stunning natural environment. He has been a leader in the conservation and protection of the unique environment and has joined with the amazing illustrator, Cindy Lane to produce this beautiful picture book.



THE STORY OF PORTRAITS – 40,000 YEARS OF THE HUMAN FACE BY MICK MANNING & BRITA GRANSTROM 2025



The Story of Portraits begins with an ivory sculpture of a female head carved during the last ice age, and takes the reader through to the modern day, with iconic photos, including the first ever photographic selfie, and sculpture. The student friendly text and illustrations help young people to appreciate the art, highlighting interesting biographical details and picking out key details to spot.

VISIT THE LIBRARY TO BORROW ANY OF THESE BOOKS.

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

REMEMBER

2025 COLLEGE FEE REMINDER

A reminder College fee balance is due no later than Friday 28th November 2025. Please contact the College office if you need to discuss.

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!

BEFORE AND AFTER SCHOOL SUPERVISION:

Please note that supervision for students commences at:

- 8.30am Monday, Wednesday and Friday &
- 8.40am Tuesdays and Thursdays.

Parish Contacts

Parish Priest: Fr Junjun Amaya 0459-356-917

Email: junix28@gmail.com

Parish Secretary: Jess Vandiejen

Office Ph: 03 5744 3030

Sister of Mercy: Sr. Helen Glasheen

Email: yarrowonga@sandhurst.catholic.org.au

Schools

Sacred Heart Primary, Yarrowonga

Principal: Jarrod Mullarvey Ph: 03 5744 3339

Sacred Heart College, Yarrowonga

Principal: Lew Nagle Ph: 03 5742 1300

Sacred Heart College

33 Witt Street

PO Box 286 Yarrowonga Vic 3730

Ph: 03 5742 1300

www.shcy.vic.edu.au

email: info@shcy.vic.edu.au



Term 4, 2025

eSafety parents and carers webinars

Join eSafety's free live webinars for parents and carers.

Term 4 topics:

- **Algorithms and adolescents: The rewards and risks of recommender systems for young people (45 minutes).** Suitable for parents and carers of young people in upper primary and secondary school.
- **The changing face of cyberbullying: Protecting your child in 2025 (45 minutes).** Suitable for parents and carers of children in primary and secondary school.
- **AI-assisted image-based abuse: Navigating the deepfake threat (45 minutes).** Suitable for parents and carers of young people in upper primary and secondary school.



For more information and to register now: [eSafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)



eSafety Commissioner

[eSafety.gov.au](https://esafety.gov.au)



Term 4, 2025

eSafety parents and carers webinars

Join eSafety's free live webinars for parents and carers.

Term 4 topics:

- **Supporting healthy tech use as your child transitions into secondary school (45 minutes).** Suitable for parents and carers of children in upper primary school (ages 11 to 12) and Year 7.
- **Understanding and using parental controls to help protect your child online (45 minutes).** Suitable for parents and carers of children in primary and secondary school.



For more information and to register now: [eSafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)

Did you know e-safety online hold regular webinars for parents/carers/guardians?

These webinars provide information and guidance for parents related to technology, as well as ways you can keep your children safe in the online environment.

They're free to register!

Visit the below links to view!

<https://www.legalaid.vic.gov.au/sites/default/files/2021-10/vla-resource-am-i-old-enough.pdf>

<https://publications.legalaid.nsw.gov.au/PublicationsResourcesService/PublicationImprints/Files/928.pdf>

**Are you aware of what services are available in your area for young people to access?
Check out the Yarrowonga Youth Contacts for details.**



www.nesay.com.au

Yarrowonga Youth Contacts

Crisis & Emergency
Police, Fire, Ambulance 000
Kids Helpline 1800 551 800
Lifeline 131 114

Hospitals
Yarrowonga District Health Service 5743 8111
Nurse on Call 1300 606 024

Youth Services
NESAY 5720 2201
The Bridge Youth Service 5831 2390
DFFH 5722 0555

Health
NECAMHS 5723 8900
Yarrowonga Health 5743 8111
Yarrowonga Denis Medical Group 5744 1777

Family Violence
The Orange Door 1800 271 157
Goulburn Valley CASA 5831 2343
Safe Steps 1800 015 188

Alcohol & Other Drugs
Yarrowonga Health Hub & Community Services
5743 8111

Financial
Centrelink 132 490
St Vincent de Paul 5744 2460
Primary Care Connect 5823 3200

Food assistance
Yarrowonga Mulwala Community and Learning
Centre 5744 3911
St Vincent De Paul 5744 3083
Moira Foodshare 5742 1111

Legal
Goulburn Valley Community Legal Centre
5831 0900

Housing
Beyond Housing 5722 8000
Urgent assistance 1800 825 955