



# SEMPER FIDELIS

— Issue 1, 4th February 2026 —  
*Choose Catholic Education*



I would like to welcome both new and returning families to the College for the new academic year. We had a very hot but positive start and our new Year 7 students had a wonderful time at the Action Adventure Camp at Phillip Island.

We also welcome new staff members to our community:

- Ms Leah Dridan
- Ms Loretta Kelly
- Mr Patrick McCarthy
- Mr Brennan Mills
- Mr Peter Templeton
- Mr Zac Forge
- Ms Alex Ridley
- Mr Xavier Mitchell
- Ms Leah Wiley who is our new NESAY student counsellor

*All students and staff gathered in the church on Monday the 2nd of February for our opening school assembly. Students Willow, Rosie and Jack did a wonderful job addressing the assembly describing all the action from the camp.*

*Deputy Principal - Learning and Teaching, Ms Fleur Linehan, outlined procedures for a school wide approach to daily review. This approach based on the science of learning is aimed at exercising the student's brain to boost memory and address the forgetting curve. This school wide approach will take place in every lesson, every day.*

*Deputy Principal - Students and Organisation, Mrs Karen Kaine, congratulated the students for their positive start and reinforced expectations around uniform, locks on locker and phones.*

*Sports leader, Mr Jacob Adkins, introduced our House Captains and promoted the upcoming swimming sports which will be conducted at the Yarrawonga Pool on Friday the 20th of February.*

## CONGRATULATIONS

Congratulations to Year 12 graduate, Penny Whiteley, whose artwork has been chosen as the flyer promoting the Senior Art and Design Student exhibition which runs at the Pop-Up Benalla Art Gallery, 75 Bridge Street Benalla, until the 9th of March.





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## KEY DATES TERM 1

**Monday 2<sup>nd</sup> February**

Opening School Assembly

**Wednesday 11<sup>th</sup> February**

Year 12 Retreat

**Friday 20<sup>th</sup> February**

Swimming Carnival

**Tuesday 3<sup>rd</sup> March**

Year 10 Morrisby Career Profiling

**Friday 6<sup>th</sup> March**

School Photos

**Monday 9<sup>th</sup> March**

Labour Day Public Holiday

**Thursday 12<sup>th</sup> March**

Year 10 Holocaust Museum Visit

**Thursday 26<sup>th</sup> March**

End of Term Sports

## CULTURAL COVENANT

Last week, all staff across the 56 schools and early childhood centres across Catholic Education Sandhurst came together to launch the Cultural Covenant. This covenant is a heartfelt pledge to uphold values that nurture dignity, respect and flourishing. The College has focused on two of the key pillars of the Covenant:

**What do we do?**

We prioritise outstanding learner growth,  
And

**How do we Succeed?**

We have ambitious expectations and challenge regional disadvantage in all its forms.

These pillars form the basis of this year's Annual Action Plan building on the great achievements of 2025.

*Mr Nagle*

## How will we SUCCEED?

Ambitious expectations

Stable core,  
disruptive edge

Formation to inspire  
and empower

Challenge  
regional disadvantage  
in all its forms



## What do we DO?

We champion  
*Authentically Sandhurst*  
Catholic Education

We prioritise  
*Outstanding Learner*  
Growth

We honour  
*Solidarity and*  
Subsidiarity

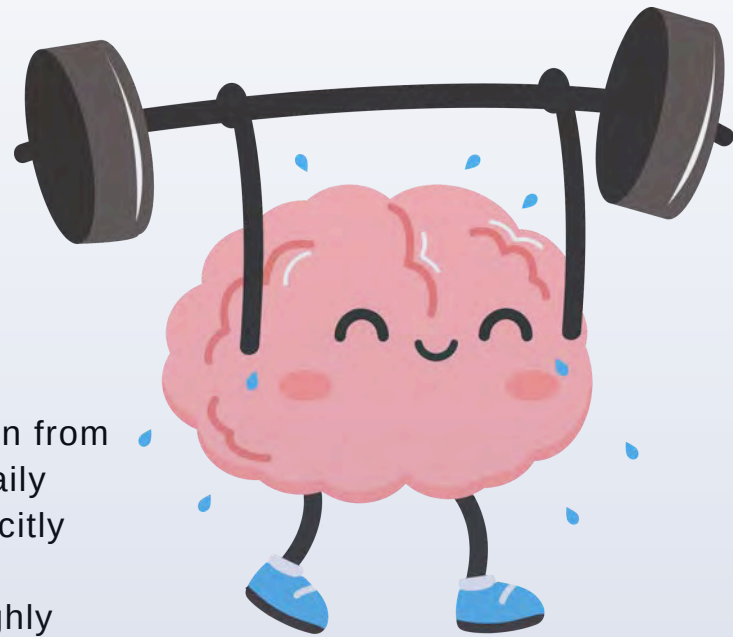


# Sacred Heart College Lesson Structure

## Daily Review

At Sacred Heart College we are passionate about using evidence-informed teaching and learning practices that help create calm, predictable classrooms where learning is optimised and students are engaged cognitively, socially and emotionally.

In 2026 at Sacred Heart College, each lesson from Year 7-12 will begin with a strategic short Daily Review (5-8 minutes long) of what was explicitly taught in the previous lesson. Educational research reveals that this is a practice of highly effective instruction. <sup>1</sup>



A student's ability to learn new information declines over time. Helping students to actively retrieve information within 24 hours stimulates students' memory "strengthening neural pathways."<sup>2</sup> Strategies Sacred Heart College teachers will be using for the Daily Review include those advocated for by the organisation Teach Well who Catholic Education Sandhurst Limited is partnering with. The first strategy is a "reteach - reteach key ideas and concepts, the second is retrieve – have students retrieve key knowledge from memory strengthening encoding of the concept and third is apply – asking students to apply the knowledge by executing a skill."<sup>3</sup> The strategy selected by the teacher is based on the teacher's assessment of the point of student need. For example, in a senior legal studies lesson the students demonstrated to the teacher that they could easily define and outline key features of summary offences and indictable offences, therefore the teacher designs a daily review of short real life examples of criminal offences pulled from the day's headlines where students have to categorise them as either summary or indictable offences and give reasons for their decision.

One strategy parents and guardians can use at home to help support their students' learning is encouraging them to create physical flashcards each night as part of an efficient study routine. Students can use these cards to help store the new information in their memory through forcing the brain to actively recall the knowledge. When a student is unable to remember the knowledge accurately or fully they are then able to review the study card, have a discussion with you, their teacher or peers all of which helps them not only understand the knowledge but also encode the information in their memory.

1. *Principles of Instruction: Research-Based Strategies That All Teachers Should Know*, by Barak Rosenshine; *American Educator* Vol. 36, No. 1, Spring 2012, AFT.

2. Australian Education Research Organisation, *Retention and Recall* April 2025. *Retention and recall* | Australian Education Research Organisation

3. Teach Well. *Deepening Expertise Workshop*. Catholic Education Sandhurst Limited Leaders Day. (2025 October 12) Home - Teach Well



## **YEAR 12 SRC LEADERS SHINE AT ROTARY AUSTRALIA DAY BREAKFAST**



On the morning of 26 January at Kennedy Park, our Year 12 SRC Leaders, Claudia Cruikshank and Darla Lawless, proudly represented Sacred Heart College as Guest Speakers at the annual Rotary Australia Day Breakfast.

Both students spoke with confidence and warmth, sharing their personal stories under the theme of Yarrawonga and Australia. They reflected on their family backgrounds, interests and schooling, as well as the opportunities their education has provided them. Claudia and Darla also highlighted the valuable experiences they have gained through local sport and community organisations.

Looking to the future, they spoke about their career ambitions, life goals, and their vision for Yarrawonga as a thriving, connected community.

Claudia and Darla did an outstanding job and were wonderful ambassadors for our school on this special national occasion.

## **MAY THE SPIRIT OF MERCY GUIDE US ALL THIS YEAR**



Loving God

As we begin this new school year, we gather as a community rooted in the spirit of Catherine McAuley and the Sisters of Mercy. We give thanks for this time of new beginnings, fresh possibilities and the chance to grow together in faith, knowledge and service.

We ask for your guidance as we walk the path ahead. Grant us curious minds and compassionate hearts. Help us to see your presence in our classrooms, in our friendships and in every challenge we face. May we approach our learning with hope and perseverance, knowing that education is a precious gift that empowers us to serve others.

Inspire us all to live the Mercy values we profess—to show compassion to those who struggle, to act with justice in an unjust world, to extend hospitality to the stranger, and to serve with generous hearts, especially those most in need.

Walk with us through this year, Lord. In moments of success, keep us humble. In times of difficulty, give us courage. And in all things, help us to be bearers of your mercy and love to our world.

Amen.

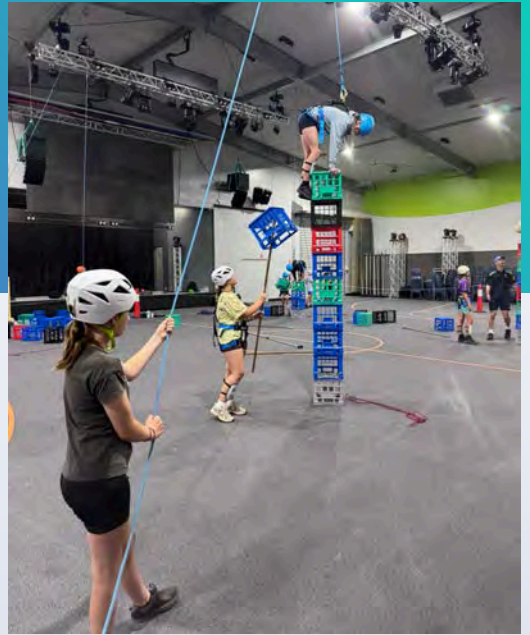


# YEAR 7 CAMP

PHILIP  
ISLAND  
ADVENTURE  
RESORT











I would like to congratulate all students for making an incredibly positive start to the 2026 academic year. It has been wonderful to see the enthusiasm of both staff and students as they move through the grounds with a sense of calm. In order to help maintain this positive momentum, I have a few reminders.

## UNIFORM

The transition period for the implementation of the new uniform has now concluded. As such, all students should be in the new academic uniform, except for days in which they have a PE class scheduled. Students are asked not to wear a combination of academic and PE uniforms, so each is worn in its entirety. For example, PE shorts are not to be worn with the academic button up shirt.



**YEARS 7 - 10  
ACADEMIC SUMMER  
UNIFORM**



**YEARS 11 & 12  
ACADEMIC SUMMER  
UNIFORM**

## HATS

In accordance with the Victorian Schools Sun and UV Protection Policy, all students are required to wear a hat during outdoor activities during Terms 1 and 4. New hats may be purchased from the school office for \$13.

## PHONES & LOCKS

Phones are not to be used by students while on the school grounds, including before and after school. Additionally, as ApplePay is unable to be used at both the Canteen and Cafe, students must ensure they have a physical card in order to use EFT facilities. As such, phones must remain in locked lockers during the school day. It is therefore imperative that all students have a lock on their lockers. New locks may be purchased from the school office for \$15. Alternatively, there are a limited number of second-hand locks available for \$5 each.

Karen Kaine  
Deputy Principal – Students & Organisation

# REMEMBER

## **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.

## **CURIOUS ABOUT CATHOLICISM? OR THINKING ABOUT COMING BACK TO CHURCH?**

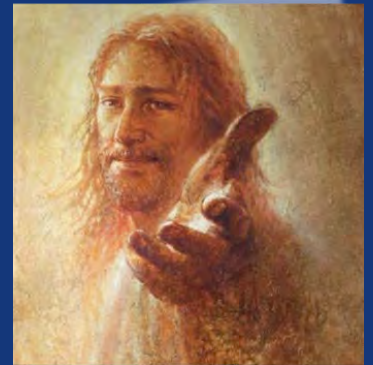
Whether you're seeking to learn more about the Catholic faith or considering returning to the Church, we invite you to join us at the Parish of the Sacred Heart here in Yarrawonga.

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](mailto:michael.ross@shcy.vic.edu.au) or Fr. Junjun on 0459 356 917



### **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

**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)**



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



[www.nesay.com.au](http://www.nesay.com.au)

## **Yarrawonga Youth Contacts**

### **Crisis & Emergency**

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

### **Hospitals**

Yarrawonga 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  
Yarrawonga Health 5743 8111  
Yarrawonga 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**

Yarrawonga Health Hub & Community Services  
5743 8111

### **Financial**

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

### **Food assistance**

Yarrawonga 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