



SEMPER FIDELIS

Issue 4, 18th March 2026
Choose Catholic Education

CAMERON FORD WORLD CHAMPION

Congratulations to past student, Cam Ford who won the World Championship (Junior) in the Universal Trench Title shooting division with a score of 195/200, he tied 4th overall. Despite this amazing score, Cam had to endure a shoot off in drizzly conditions to claim the title. Cam finished 1st in the world for Juniors and 3rd overall in the world.

The world championship was held at Melbourne Gun Club and Cam will now travel to Morocco to represent Australia.

This is a great achievement by Cam who represented the College at regional clay target events across the north east during his time at the College between 2018 and 2022.



NAPLAN

The NAPLAN testing period continues with the last test being conducted this week. I would like to thank students and staff for the way they handled the outage that impacted 1.3 million students on the first day of NAPLAN. Students and staff were very well prepared having completed practice sessions prior to the commencement of the testing period. A special thank you to Deputy Principal Learning and Teaching, Fleur Linehan, for all her organisation and effort to ensure the process runs smoothly.

SPORTING ACHIEVEMENT

Congratulations to our swimmers who competed in the recent Hume Region competition. Flynn Cox, Alex Hawke and Isabelle Cummins have won their way through to compete in the upcoming VSSSA State Competition which will be held at Melbourne Sport and Aquatics Centre on Thursday the 23rd of April.

Our senior boys cricket team also won their way through to the regional final which was a great achievement.

KEY DATES TERM 1

Thursday 26th March
Inter/Senior Sports

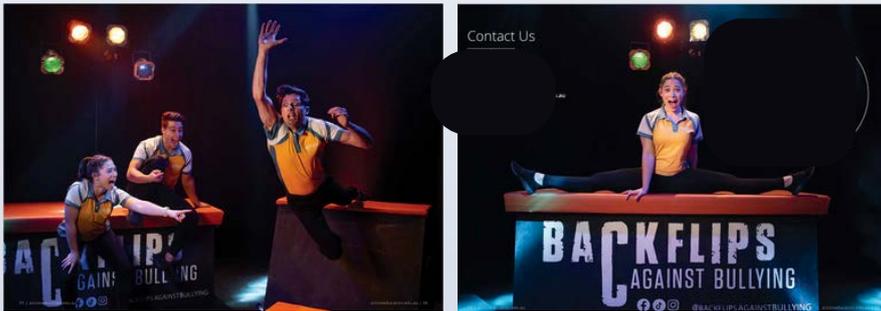
Tuesday 31st March
Junior Sports

Thursday 2nd April
Last Day Term 1

Friday 3rd April
Good Friday



DON'T FORGET YOUR HAT IN TERM 1



BACKFLIPS AGAINST BULLYING PERFORMANCE

On Wednesday, 1st of April, the College is excited to host 150 Grade 5&6 students from Sacred Heart Primary and Saint Mary's Corowa. Students will be participating in a performance from Action Education. **Backflips Against Bullying** is an educational program that uses acrobatics and parkour to engage students in antibullying lessons promoting awareness, empathy and resilience.

Mr Nagle

SUPPORTING CARITAS AUSTRALIA - LIVING MERCY IN ACTION

Across our school community, a wonderful spirit of generosity is already alive, with a number of fundraising activities underway in support of Caritas Australia. This reflects who we are as a school in the Sisters of Mercy tradition – a community called to stand with those who suffer. Caritas Australia is the Catholic Church's international humanitarian organisation, working in more than 20 countries to address poverty, injustice and inequality. Through programs in education, health, disaster relief and sustainable livelihoods, Caritas walks alongside vulnerable communities, restoring dignity and hope. As followers of Catherine McAuley, who devoted her life to serving those most in need, supporting Caritas is not simply a charity drive – it is an expression of our deepest values. When we give, we proclaim that every human life has sacred worth.



A PRAYER IN THE SPIRIT OF MERCY

Loving God,
 You call us to be your hands and heart in the world. As we gather in the tradition of Catherine McAuley, open our eyes to the suffering of our brothers and sisters near and far. Bless the work of Caritas Australia and all who labour to bring justice and dignity to those in need. Make us generous in spirit, bold in compassion, and faithful in action – knowing that in serving others, we serve you.

Amen



St Patrick's DAY



Caritas AUSTRALIA

FUNDRAISER



Woolworths

Thank you to Woolworths for their generous donation for the sausage sizzle. Our VCE VM Students raised \$569.10 for Project Compassion.





Woka Woka

BAKE SALE FUNDRAISER



Care of Your Laptop



Students are provided with a laptop (and charger) to enhance their learning at Sacred Heart College. There are responsibilities that come with the use of the device that families were required to acknowledge prior to laptops being distributed. As part of the ICT Policy and Agreement around expectations and conditions, both Parents and Students acknowledged to accept responsibility that in the event of any damage, they will be liable.

Unfortunately, we have recently had a run on laptops that have needed to be repaired. The cost of these repairs are the responsibility of the families to cover. Please see below some recommendations to keep the laptops in good condition.

Avoid Food and Drinks: *Keep liquids and food away from your laptop to prevent spills and crumbs from damaging the device.*

Use on Flat Surfaces: *Always place your laptop on a flat, solid surface to allow for proper ventilation. Avoid using it on soft surfaces like beds or couches, which can block airflow and cause overheating.*

Handle with Care: *When moving your laptop, always hold it by the base rather than the screen to prevent damage. Avoid placing heavy objects on top of it.*

Charge Regularly: *Keep your laptop charged overnight to ensure it's ready for use during the day. Avoid letting the battery drain completely before recharging.*

Optimize Battery Life: *Reduce screen brightness and close unnecessary applications to conserve battery power. Consider using battery-saving modes when available.*

Use a Laptop Case: *To guard against minor drops and bumps during transport.*

Keep it Dust-Free: *Store your laptop in a clean, dust-free environment to prevent dust buildup inside the device, which can lead to overheating.*

Hume Region SWIMMING CHAMPIONSHIPS

Well done to the students who participated in the Hume Region Swimming today.

Congratulations:-

- Izzy Cummins - 1st in 50m Breaststroke MC
- Flynn Cox - 1st 13 Boys 50m Freestyle
- 2nd 13 Boys 50m Breaststroke
- Alex Hawke - 1st 16 Boys 50m Breaststroke
- 2nd - 14 Boys 4 x 50m Freestyle Relay



Year 10 MELBOURNE HOLOCAUST MUSEUM

Year 10 Students had the privilege of visiting the Melbourne Holocaust Museum on Thursday, 12th March. Henry Ekert AM spoke to students about his journey in surviving the unimaginable atrocities of the Holocaust. His mother and father, and himself, originally emigrated to Wangaratta and now he and his wife live in Melbourne.

He had every student captivated, and most of the teachers in tears. What an honour it was to meet Henry. He is 89 years young and gifted his story in writing to our school to say thank you for how wonderful our students were.

We woke up bright and early on Thursday morning ready to head to Melbourne for our Holocaust excursion. We had a quick stop at Euroa before expressing it to Melbourne. Arriving at the St Kilda Synagogue we were all wowed by the architecture of the whole building. As we walked into the building, we were continued to be amazed. Malcom who was the Synagogue guide, showed us into a whole new religion of Judaism. He told us about some of the most important parts of his religion and all about the Torah. After an hour lesson we headed back on the bus and drove to Elsternwick for the Holocaust Museum.

Before we went into the museum, we had a bite to eat at a local park ready to hear from a survivor. We headed in and were seated down ready to hear from Dr Henry Eker AM, who was a child survivor of the holocaust. He told us all about his life living through that terrible time. He lived in many places during the war, being his auntie's house, with his father in a ghetto and living in a cupboard for six weeks. He also had a saviour called Henek who saved his life many times. After Henry's story and some questions, we were taken around the museum by some guides. They showed us all different models and photos of the war that we learnt so much from. We then left the museum ready for the long travel home, stopping at Seymour along the way for some much-needed Mc Donalds. It was overall a very good and informative day.

Claire Connell



WORK EXPERIENCE



At Sacred Heart College, we proudly offer a Supported Work Placement Program. These placements empower our students to develop essential workplace skills and foster their confidence.

Skyla and Lillia are volunteering at Karana (Yarra Health) as part of their work experience journey. Lillia is studying for a Certificate III in Health Services, while Skyla's experience is part of the transformative Supported Work Placement Program, enabling Skyla to explore different industries.

YEAR 11 PSYCHOLOGY

The Year 11 Psychology class visited the primary school last week as part of their study of psychological development. The Year 11 Psychology students visited the primary school to conduct simple activities related to Jean Piaget's theory of cognitive development. The tasks were designed to explore how children of different ages approach problem-solving and reasoning and to provide the students with a practical understanding of Piaget's ideas about stages of cognitive development. A big thank you to the Prep team for having us!



Abbi McClarty and Dana Tout.

Jean Piaget's Stages of Development

Stage	Age Range	Key Characteristics
Sensorimotor	0 - 2 years	<ul style="list-style-type: none"> Learns through senses and actions (touching, looking, mouthing) 
Preoperational	2 - 7 years	<ul style="list-style-type: none"> Develops language and uses symbols Thinking egocentric Difficulty understanding conservation and logic 
Concrete Operational	7 - 11 years	<ul style="list-style-type: none"> Thinks more logically about concrete events Understands conservation, 
Formal Operational	12 + years (adolescence-adulthood)	<ul style="list-style-type: none"> Develops abstract and hypothetical thinking Thinks about future and moral issues 



Zoe Freestone and Leni Ramsdale

UNIT 3 BIOLOGY

Students in Unit 3 Biology – Area of Study 1: DNA Modification Techniques have been strengthening their understanding of DNA and modern genetic technologies through a series of practical investigations.

In the laboratory, students separated and sorted DNA fragments based on their size using gel electrophoresis, a key technique used in genetic research.

They also explored gene transfer using bacterial DNA, successfully inserting genes into bacteria and safely growing the transformed cells in our incubator. We are fortunate to have access to the specialised equipment and facilities that allow students to investigate these concepts through authentic, hands-on scientific experiences.

These practical activities have helped students connect theory with real-world biotechnology practices and will culminate in an upcoming assessment where they bring together their learning about DNA structure, gene expression and DNA modification techniques.

Mr Matthew Wood

Year 11 & 12 VCE Leader & Senior Biology Teacher



Senior BOYS CRICKET



A terrific effort by our Senior Boys today at Wareena Reserve in Wangaratta.

We took on Galen College in the semi final of the Senior Boys cricket competition, having previously won our way through to the next stage at Baranduda earlier in Term One.

Undermanned with a number of late Year 12 withdrawals through injury, a lot of our boys representing Sacred Heart College today are inexperienced cricketers and 'bottom age' as Year 11s. We thank them for putting their hand up and volunteering to play today.

The boys can be proud of their effort and their conduct, which was terrific from the outset with only 9 players on the field.

Captain Jack Burns and Nash McNamara both top scored with the bat and Cooper Webster led the wicket takers.



Over the long weekend, the latest chapter of the Australian Junior Dirt Track Championship saw 100 riders and 178 motorcycles from all over the country tack to the 610-metre granite-based track in Wodonga as champions were crowned in championship classes ranging from 50cc auto to upper-age juniors on 250cc four-strokes.

Congratulations to Tyler O'More who finished 1st in his division and Harley O'More who finished 4th.



LIBRARY NEWS



International Women's Day



Over the past fortnight we have been celebrating International Women's Day in the Library. International Women's Day started in 1911 to raise awareness about discrimination against women. It is a global day celebrating the social, economic, cultural and political achievements of women.

In the Library we celebrated with a book display of stories about famous women and a window display where students and staff were asked to write on a card to acknowledge a woman they found inspirational and explain why.

It was lovely to see many of our students found their mothers to be the most inspiring women they know.



EXAMPLES OF SOME OF OUR STUDENTS' WORDS:

My Mum – She fights for what she believes, stands strong on her own, and cares for us with inspiring values and reflection.

My Mum – She works so hard and makes sure I feel amazing every day, boosting my spirits and my mental health every single time. She's been with me thick and thin, I can't thank her enough.

My Mum – She gives everything and she always makes sure I'm ok and nothing is wrong or if I'm feeling down she always checks in.

My Mum – She works very hard every day, getting up early, making our lunch and recess without any hesitation. She is positive, funny and tries her hardest even on difficult days.

My Mum – No matter how busy she is or stressed she is, she always finds time to look after us and spend time together.

My Mum – She has gone through many challenges but still puts on a brave face.

My Nan – She's always being social and a great community role model. She's the most kind and amazing person I know.

HARMONY WEEK

Over the next fortnight we will be celebrating Harmony Week in the Library. Students are asked to write on a leaf about where their family came from before arriving in Australia – however many generations back that might be. Family is taken as its most inclusive definition and may include any one in the student's extended family or people they live with but are not related to, or chosen family. If possible, please share with your student any connections to other countries – we are hoping to link to as many countries as possible on our world map.

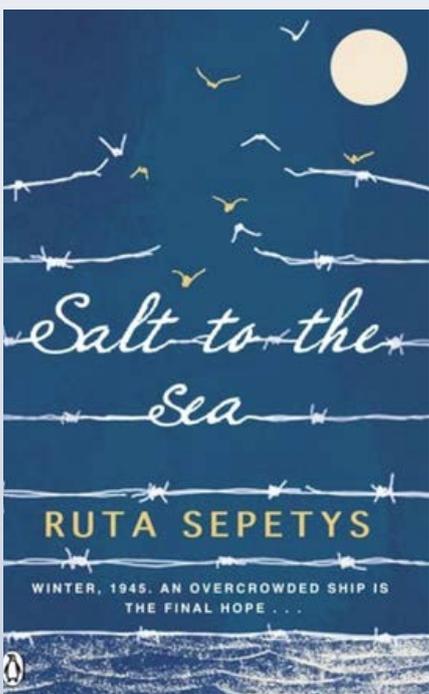
STUDENT BOOK REVIEW COMPETITION

Don't forget our Book Review competition. Pick up an entry from the library. Each fortnight the best review will get a small prize and the class who have submitted the most reviews at the end of the term will get a class prize. There will also be a prize of the student who submits the most book reviews this semester.



GREAT NEW READS IN THE LIBRARY #3

Our first student book review for the year comes from Year 9 student Isabel Bruce who has done an absolutely amazing job with this review. Hopefully other students are encouraged to read this book or write their own book review (don't worry it doesn't need to be this long – just a minimum of 50 words).



SALT TO THE SEA BY RUTA SEPETYS

The novel follows four young lives through the midst of war; a pregnant young Polish girl, a brave Lithuanian (?) nurse, a cowardice sailor and a secretive man, all of who are aboard the ship, MV Wilhelm Gustloff, when it is struck by torpedoes and begins to sink.

Through grit, determination, hope and love, they survive the ordeal and find their true selves in a journey of discovery and second chances, when stakes are high. My favorite characters were Joana and Emilia, as the war forced them out of their childhood, yet they found the maturity to lead those who felt fear, grief, depression or faced many hardships during the war, while both struggling with inner turmoil of guilt and shame. Opi or "the shoe poet" was also a great and wise character.

My favorite part of the book was when the ship was sinking, and the main characters found strength and cared for others.

I didn't like that the young sailor in the book was such a prejudiced, cocky, clueless person, and I struggled with the concept of why he was a main character as he was selfish and rude, but I understand that the author used him as a less-important character to add two sides to the story and give a point of view to German societal opinions.

I learnt a significant amount about World War II from this book, including that the sinking of the Gustloff was bigger and far more fatal than the Titanic and other infamous ships, and opened my eyes to the innocent lives that are and were, caught in the crossfire of greed, power and genocide. I recommend this book for a reader who is dedicated to learning more about the past, but still wants novels with heart and personality. I benefitted from this book because I now have a deeper understanding of the past and a closer connection to the difficulties of simply surviving during war.

I give this book 3 and a half stars out of 5.



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

We're looking for applicants for the Readings Teen Advisory Board



We welcome applications from a diverse range of teenagers, aged 14–18 and living in Victoria, to meet online once a month for a year



Receive free copies of upcoming and new release books (!)

Meet authors, editors, agents, and other industry professionals

Experience a full day of work experience at a publishing house



Meet other like-minded teens who love books

Become a judge for the Gab Williams Prize

Get writing tips from published authors

Take a look behind the scenes of the book industry

Express your opinion about books

Contribute to the Readings blog and recommend books



Readings

Applications for this year close **Monday 30 March 2026 at 5pm**



To learn more, scan the QR code or head to readings.com.au/the-readings-teen-advisory-board



Parent Access Module (PAM) Manual

SIMON Everywhere
Guide

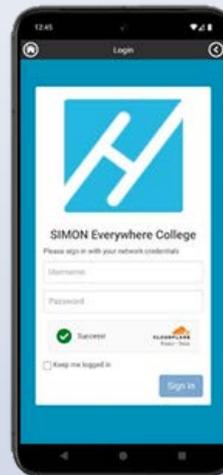
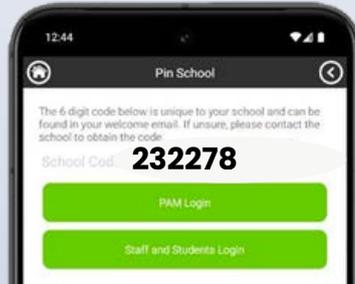


Click on the **SIMON Everywhere Guide** to access the PAM Manual.

Follow the directions below to re-log into the SIMON Everywhere mobile app. You may need to re-install the app on your phone.

Within the SIMON Everywhere app, click Pin School

Enter the 6 Digit Code
(This is specific to SHCY)



Login to school normally. Once logged in, the school will be automatically pinned to the app.



OPEN

**Monday & Friday
at Recess**

Hot Coffee \$4.50

Iced Drinks \$5.00 - \$6.00

Toasties \$4.00

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?

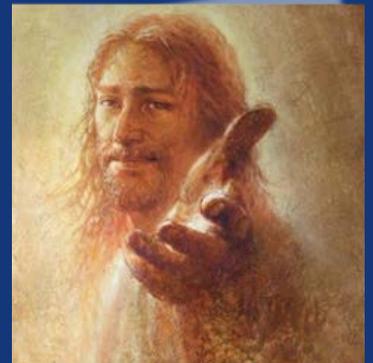
Whether you're seeking to learn more about the Catholic faith or considering returning to the Church, we invite you to join us at the Parish of the Sacred Heart here in Yarrowonga.

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



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

Lunchbox IDEAS

Choc Balls



Ingredients

- 2 cups pitted dates
- 2 cups rolled oats
- 2 cups rice puff cereal
- 1/3 cup cocoa
- 1 teaspoon ground cinnamon
- 1/4 cup honey
- 2 tablespoons margarine
- 2 tablespoons water
- 1/2 cup desiccated coconut – for rolling

Makes 30



1 CHOP

Roughly chop dates. Add to a food processor and blitz for 1 minute or until finely chopped.



2 ADD

Add rolled oats, cereal, cocoa and cinnamon to the food processor.



3 BLITZ

Turn on food processor and blitz until mixture is blended through.



4 ADD

Add honey, margarine and water to the mixture and blitz further until mixture comes together.



5 POUR

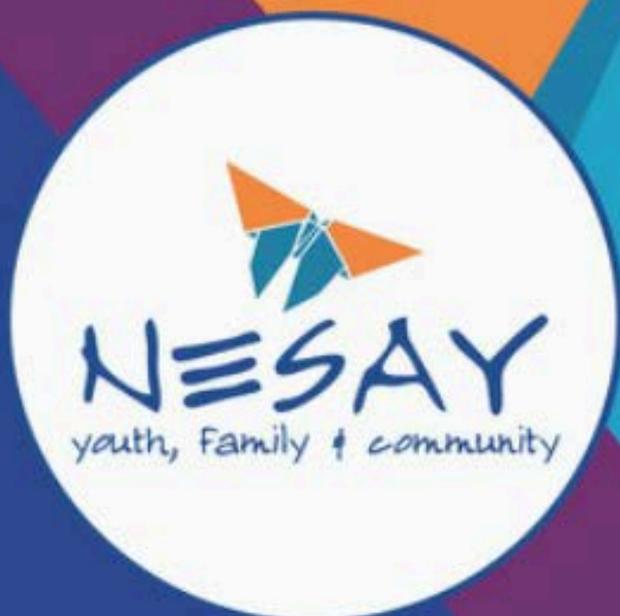
Pour coconut onto a plate ready for rolling.



6 ROLL

Using wet hands, roll spoonfuls of mixture into balls. Coat in coconut. Store in fridge.

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
Community Health Centre 5743 8500
Yarrowonga Denis Medical Group 5744 1777

Family Violence

Goulburn Valley CASA 5831 2343
Safe Steps 1800 015 188

Alcohol & Other Drugs

Yarrowonga Health & Community Services
5743 8111

Financial

Centrelink 132 490
VincentCare 5744 2460
Primary Care Connect 5823 3200
Yarrowonga Neighbourhood House 5744 3911

Food assistance

St Vincent De Paul 5744 3083

Legal

Goulburn Valley Community Legal Centre
1800 310 900

Housing

Beyond Housing 5722 8000
Urgent assistance 1800 825 955



Inner Wheel Australia

**YARRAWONGA/MULWALA INNER WHEEL CLUB
CORD BLOOD RESEARCH PROJECT**

'TWO FOR TEN' WALK

Walk 2km - Donate \$10.00

From Yacht Club around Chinaman's Island

Raising funds for stem cell research.

**Sunday, 22nd March, 2026
11.00 am**

**RAFFLES ON
THE DAY!
Great Prizes**

**Register on the day
Families and pets welcome**

**Inner Wheel Australia
National Project**

**Contact:
June Dale
0418 611 434**

**Free Sausage
Sizzle to follow**

*Give a loved one
a second chance
in life*

Cord Blood Research

MOIRA YOUTH PRESENTS...



Underage Disco

FT. DJ TUBBY



- 12 - 18 YRS
- 360 PHOTO BOOTH
- GIVEAWAYS
- CHILL OUT SPACE
- FREE PIZZA
- FULLY SUPERVISED
- PARENT/GUARDIAN TO SIGN IN AND OUT
- PRE-PURCHASE OR TICKETS AT THE DOOR
- GLITTER BAR BY PAINT ME PRETTY



THURSDAY 2 APRIL 2026
COBRAM CIVIC CENTRE

PUNT RD COBRAM

6.30PM - 9.00PM

\$5 ENTRY

NO PASSOUTS!

This event is proudly supported by:



STRICTLY ALCOHOL, VAPE/SMOKE & DRUG FREE EVENT!

YARRAWONGA
POWERBOAT
SPECTACULAR

FEEL THE THUNDER

BATTERY WORLD NATIONAL DRIVER'S CHAMPIONSHIP EC GRIFFITH CUP

JACKSON STRONG
**FMX ON THE
WATERS EDGE**
FEATURING BEN & TOM RICHARDS

17-19 APRIL
YARRAWONGA
FORESHORE **2026**



YARRAWONGABOATRACING.COM.AU YARRAWONGAPOWEROATSPECTACTULAR @ f