



From the Heart



Newsletter No. 26

18th August 2022

COMING UP AT OLSH...

AUGUST 2022

Fri 19	Book Week Dress Up Day
Sat 20 – Fri 26	Book Week
Wed 24 – Fri 26	Year 3/4 Camp
Wed 24	Come & Try Day @ Rochester Secondary
Mon 29	'Things Are Changing' Parent Night

SEPTEMBER 2022

Thu 1	Father's Day Breakfast @ Elmore Medical
Sun 4	Father's Day
Thu 8	Elmore Field Days 'PEG Out Day'
Fri 9	Kyabram Fauna Park Excursion
Mon 12	Division Athletics
Wed 14	Cluster Science Day
Fri 16	Last Day Term 3

OCTOBER 2022

Mon 3	First Day Term 4
Tue 4 – Thu 6	Elmore Field Days
Tue 18 – Thu 20	Year 5/6 Camp
Fri 28	Pupil Free Day – Curriculum Day
Mon 31	Pupil Free Day – Report Writing Day

NOVEMBER 2022

Tue 1	Melbourne Cup Public Holiday
Tue 8	Advisory Council Meeting
Fri 11	Remembrance Day

YEAR 3 AND 4 CAMP

Next Wednesday to Friday, our Year 3 and 4 students will be at Camp Kookaburra in Corop with other students from our Campaspe Cluster. This is a great camp and I'm sure that the students will have a wonderful time. They will be accompanied by Lizzy Forbes and Sandra Price for the duration of their stay. Parents are reminded that they are responsible for getting their child to and from the camp site.

THINGS ARE CHANGING - VIRTUAL PUBERTY SESSION

Another reminder that at 7.00pm on Monday 29th August, we have engaged the services of a Family Life Educator to host a virtual Puberty Information Session - titled "Things Are Changing", for all students in Year 5 and 6. The link for this session will be shared via Seesaw for you to be able to access the session.



AUGUST

*Lead me this day, Lord,
to live fully in the present moment
and enjoy all that is good around me.
May all that is life-giving remind me of your life and love
that surround me now.*

Our Lady of the Sacred Heart School promotes the safety, wellbeing and inclusion of all children.

W: olshelmore.catholic.edu.au

PH: 54326254

E: principal@olshelmore.catholic.edu.au

ELMORE FIELD DAYS - MORE SHIFTS TO FILL

Just another reminder that we have the opportunity as a school community to further benefit from the Elmore Field Days by volunteering for some shifts that have remained vacant from other organisations involved in the project. If you think you can help out across October 4, 5 or 6, then please let us know so that we can add your name. A sheet with details was sent home last week, if you need another copy please let the office know.

FATHER'S DAY BREAKFAST

I can confirm that the Father's Day (Special Person) Breakfast will be held as a community event at the front of the Medical Centre on Thursday 1st September, from 8.15 - 9.00am. The Elmore Lions Club is hosting the event, providing bacon and egg rolls and tea and coffee and OLSH, EPS and the Kindergarten will set up some activities to keep everyone suitably entertained. Please note, that in the event that some of dad's cannot make this, anyone is welcome, and encouraged, to come along and be with their child at this time.

SCHOOL GARDEN

We have someone interested in helping out with our school garden area, which is down in the old chook shed, thanks to Jodie Belz. Jodie has asked that if anyone has any clear plastic bottles or salad containers to send them along to school as they can be very useful for germinating plants.

Have a great week everyone!

Craig Simpson (Principal)

School News



FOODSHARE VISIT – LAST CALL FOR DONATIONS!

Just a reminder that our senior learners will be visiting Elmore Food Share on Wednesday the 24th to donate personal care items. If you have an excess of produce in the garden at home e.g. vegetables please drop it off at school before Wednesday so we can take it to Food Share. Many thanks! - Kim & Denise



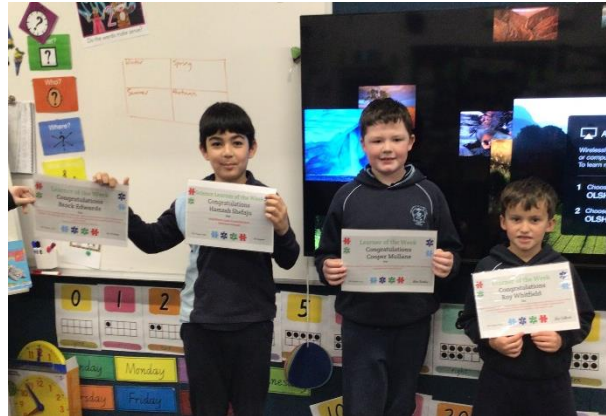
Cleaning Product Drive!

We have decided to continue into Term Three our enormously successful food drive. We ask families to donate cleaning products such as "Spray and Wipe" or personal items such as "soap, shampoo or deodorant" (one per family) for the people of Elmore who access the Foodshare. The senior learners will visit this term and donate items.



LEARNERS OF THE WEEK

Congratulations to Brock (not pictured), Hamzah, Cooper & Roy for being named our Learners of the Week!



THE RESILIENCE PROJECT PRESENTS

3 HAPPY TRICKS

Through music, storytelling and plenty of laughs, The Resilience Project's most engaging and entertaining presenter Martin Heppell will teach children aged 5–10 and their parents '3 Happy Tricks'. And it couldn't come at a more crucial time.

New research has revealed that 1 in 4 primary students are experiencing symptoms of depression. And almost 1 in 3 are experiencing symptoms of anxiety.

"After two years of really tough lockdowns, social isolation and navigating the challenges of online learning, it's no wonder we are seeing such confronting statistics about our children's mental health," says Hugh van Cuylenburg, The Resilience Project's founder and best-selling author.

"Martin is unbelievable, there is no-one like him! I couldn't think of anyone better to help kids and their parents understand how much fun they can have looking after their mental health!" Hugh continued.

You can catch the tour, around Victoria in the Term 3 school holidays (September) in Frankston, Moonee Ponds, Narre Warren, Shepparton and Wodonga.

Jump onto <https://theresilienceproject.com.au/kids-shows/> for more information or to grab your tickets!

KIDS SHOWS WITH MARTIN HEPPELL TOURING VICTORIA SEPTEMBER 2022

THE RESILIENCE PROJECT

3 HAPPY TRICKS

WODONGA 18 SEPTEMBER MOONEE VALLEY 21 SEPTEMBER FRANKSTON 26 SEPTEMBER
SHEPPARTON 19 SEPTEMBER NARRE WARREN 22 SEPTEMBER

TICKETS AT LIVENATION.COM.AU LIVE NATION


PRIMARY

1 in 4 
experience symptoms
of **depression**.


PRIMARY

29%
experience symptoms
of **anxiety**.

SECONDARY

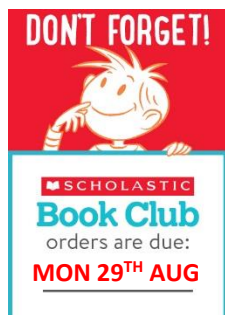
1 in 3 
experience symptoms
of **depression**.

PRIMARY

1 in 3 
students have low
levels of **hope**.

CLUSTER ATHLETICS

Last Friday 12th August, our Year 3 – 6 students travelled into Bendigo to compete in the Cluster Athletics Carnival. The students did a fantastic job representing our school. We not only took home the Overall School Winner Plaque, but can proudly say we have two of the Age Champions in our midst here at OLSH!



BOOK CLUB ISSUE 6 – ORDERS DUE 29th AUGUST

Issue 6 of the Scholastic Book Club catalogue is now online. Ordering books through Book Club is an easy way to offer students the best in children's books for the home and to encourage independent reading for fun. Book Club offers students a wide range of titles in each issue, from popular and award-winning fiction series and charming new picture books, to fascinating nonfiction titles and hands-on activities that stimulate creativity and encourage problem-solving.

Book Club orders must be placed online via <https://mybookclubs.scholastic.com.au/parent/login.aspx>. **No cash orders will be accepted at the school office.**

FOOTY TIPPING

Congratulations to our top tippers for last round; Mrs Carty & Mr Simpson with 9 winners!



Student Leader Board

Tarli	134	Sunny	114
Reno	133	Zayde	106
Lucy	122		
Ruby O	115		

Staff Leader Board

Mrs Price	132
Mrs Carty	132
Mr Simpson	128
Mrs Murray	106
Kira	106

Community News

2022 Elmore Field Days

PEG OUT DAY

The Elmore Field Days Committee needs your help for this years annual Peg Out Day. Come along and help us measure and peg out the static display sites in preparation for the 2022 Elmore Field Days.

NEW DATE!

**Thursday 8th September
9am
BBQ lunch provided**

We would love to see members of our greater community get involved in Peg Out Day. Any assistance is always greatly appreciated. Hope to see you there!

Elmore TENNIS CLUB

www.tennis.com.au/elmoretennisclub elmoretennisclub36@gmail.com

CALL OUT FOR PLAYERS!! 2022/23 SEASON

THE ELMORE TENNIS CLUB WOULD LOVE TO HEAR FROM ALL JUNIOR & SENIOR PLAYERS THAT ARE INTERESTED IN PLAYING SATURDAY MORNING AND AFTERNOON TENNIS!

The Club welcomes emergencies/ fill ins for all divisions of play.

Thank you to those who have already expressed their interest!

If you or someone you know is interested in playing this upcoming season, please contact Bryce Niven on 0458111544 or Ryan Byrne on 0429618495 by Friday 9th September

ELMORE TENNIS CLUB JUNIOR COACHING

We really pleased to again be offering tennis coaching with Senior tennis player Tay Pratt this season. Sessions will run on Thursday afternoons and commence in October at this stage.

Please contact Ellie on [0438129386](tel:0438129386) for further information or to express interest.