



# From the Heart



Newsletter No. 37

17<sup>th</sup> November 2022

## COMING UP AT OLSH...

### NOVEMBER 2022

Fri 18	Swimming & Gym
Mon 21	Campaspe Cluster Summer Sports
Tue 22	OLSH Baptisms @ 12pm
Tue 22	Advisory Council Meeting
Fri 25	Swimming & Gym
Sun 27	First Sunday of Advent
Wed 30	PSG Meetings

### DECEMBER 2022

Fri 2	Swimming & Gym
Mon 5	CMC Year 6 Parent Meeting
Tue 6	CMC Orientation Day
Fri 9	Swimming & Gym
Sat 10	Confirmation/Eucharist Mass @ 6.30pm
Tue 13	Orientation Day
Tue 13	Reports go home
Wed 14	Swimming Fun Day
<b>Thu 15</b>	<b>Last Day Term 4 (students)</b>
Thur 15	Graduation / End of Year Mass @ 6pm
Fri 16	Last Day Term 4 (staff)

## From the Principal ...

Dear Families,

We are really edging into the final few weeks of the school year, which is quite hard to fathom. Personally, I was happy to be back on deck towards the end of this week following my operation early last week. The recovery process has been a little slower than I hoped but it should be all systems go next week!! Many thanks to Matt Mann who stepped into my shoes during this time and to our great staff who also helped cover many things in my absence.

### BAPTISMS

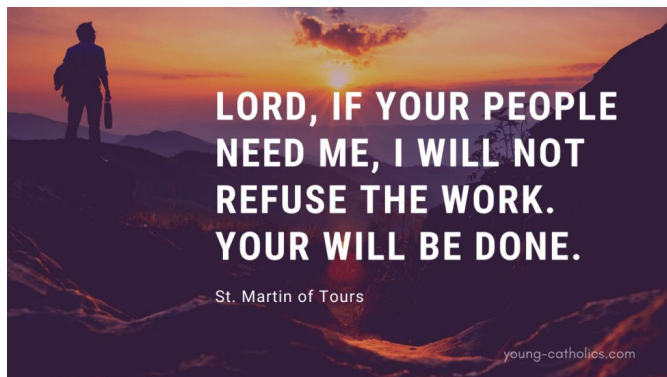
Following on from our beautiful session with Father Junray last week, next Tuesday at 12.00pm we will have Nate O'Sullivan, Reece Cowan and Jimmy Hayes being baptised here at school. A huge thank you to Denise Nihill who has worked with the children and their families over the past few months to ensure that this is a memorable and special occasion.

### SUMMER SPORTS

On Monday, our Year 3 - 6 students will participate in the Summer Sports program with the other schools in our Campaspe Cluster. They have nominated to partake in either Cricket, Tennis, T- Ball or Lawn Bowls for this session which will begin around midday.

### STATE GOVERNMENT ELECTION - LETTER

One of the attachments you will find alongside this newsletter is a letter from the Catholic Education Office, which provides some details around what both sides of government are offering in regard to funding into Catholic Schools, should they be elected. This letter aims to provide you with accurate information which you may use to assist in your decision about who to vote for in the upcoming election.



### SWIMMING AND GYM

Tomorrow, we begin our swimming and gym program. This will take place at the Gurri Wanyarra Wellbeing Centre which is located in Kangaroo Flat, Bendigo and at Jet's Gym in Golden Square, Bendigo. Students will need to bring along their food and drink for the day. We will leave school at 9.15am and return around 3.15pm.

### REMINDER: GRADUATION MASS

Our End of Year / Graduation Mass, followed by an informal gathering back at school, has been scheduled on the student's last day of school, **Thursday 15<sup>th</sup> December**, starting at 6.00pm.

Have a great week everyone!

*Craig Simpson (Principal)*

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

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# School News



## SACRAMENT OF BAPTISM

We look forward with great joy to the Baptism of Nate O'Sullivan, Reece Cowan, and Jimmy Hayes at OLSH school on Tuesday the 22nd November at 12:00pm. Please keep Nate, Reece, Jimmy, and their respective families in your prayers.



## PARABLES

The middle class has been learning about "Parables". A parable is a tale about a simple, common subject to illustrate a deeper, valuable moral lesson. Trey Hayes completed an amazing "Word Art" focusing on the parable of the "Mustard Seed".

### **Matthew 13:31-32**

*"The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches."*



- Denise Nihill (Religious Education Leader)



## TERM 4 PSG MEETINGS

Term 4 PSG Meetings will be held on Wednesday 30<sup>th</sup> November. All parents of children involved have been contacted with their scheduled time. All PSGs will be attended by your child's classroom teacher, learning support officer, and myself. - Janette Colbert (Leader of Learning Diversity)

## LEARNERS OF THE WEEK

Congratulations to Bess, Arlia & Zyrh & for being named our Learners of the Week!



## BOOK CLUB ISSUE 8 - ORDERS DUE FRIDAY 25<sup>TH</sup> NOVEMBER

Issue 8 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 orders must be placed online via <https://mybookclubs.scholastic.com.au/parent/login.aspx>  
**No cash orders will be accepted at the school office.**




## COMING UP AT OSHCLUB...

OSHClub is our provider of After School Care at Elmore Primary School! The program at Elmore Primary School is open for the children of Our Lady of Sacred Heart Primary School with students travelling by bus to Elmore Primary at no additional cost.

**Want to speak to Casey, our friendly local Elmore OSHClub co-ordinator, about the OSHClub program? Send through an email to [elmore@oshclub.com.au](mailto:elmore@oshclub.com.au) or call 0497 372 444 after 2.45pm.**

Parents who are interested in using afterschool care with OSHClub at the Elmore Primary School can now enrol online at <https://www.oshclub.com.au/vic/elmore-primary-school/>

OSHClub 	Next week...	News...
Monday 21 <sup>st</sup>	Science Activity - Chocolate Slime	<ul style="list-style-type: none"> <li>• Don't forget your hats! Term 4 means hats on at OSHClub. Bring one along each session, or bring one to leave onsite at the service.</li> <li>• Thanks to Meg for donating her time with our clay art extension activity</li> <li>• Parent's need to review and sign observation &amp; whole of the child documents</li> </ul>
Tuesday 22 <sup>nd</sup>	Fit Kids Program - Cricket	
Wednesday 23 <sup>rd</sup>	Eco Warriors Program - Bird Houses	
Thursday 24 <sup>th</sup>	Science Activity - Glow in the Dark Slime	
Friday 25 <sup>th</sup>	Science Activity - Butter Slime	

## Seasons for Growth

A guide to self-care and wellbeing during times of uncertainty.



Ideas to help the children and young people in times of uncertainty ...

**In times of uncertainty and change, it is normal and natural for children and young people to respond in different ways. Adults can play a vital role in supporting children and young people through the experience.**

**In times of uncertainty, it is natural to feel overwhelmed by the changes to our daily lives. In times like these, we may focus on the aspects of our lives where we have little control and it can be helpful to instead focus on those things we 'can' control.**

**During this time, it is critical to prioritise physical health and safety, and to take steps to care for our own emotional wellbeing.**

### Steps for self-care

**There are things you can do to support yourself, your friends and your family:**

- ★ **Listen** - to your needs and your own advice
- ★ **Offer kindness** - for yourself and others
- ★ **Stay connected** - with others by phone and online
- ★ **Keep informed** - just enough information from reliable sources
- ★ **Maintain a healthy routine** - diet, activity and sleep
- ★ **Control what you can** - focus on the things that you can control versus the things you can't
- ★ **Reflect on past success** - recall a stressful time and reflect on the things that helped
- ★ **Learn a new skill** and make plans for the future
- ★ **Help others** - if and when you can
- ★ **Seek support** - It's okay to ask for help and advice
- ★ **Build hope** - focus on 3 things you are grateful for.

"The only thing in life that is permanent is change. Change is the one constant in life" (Fallin, 2013)



**You can't pour from an empty cup.** Look after yourself so you are better able to help the children and young people in your care.



### How may children and young people respond?



- ★ Worried, clingy and uncooperative
- ★ Sad and angry one minute, okay the next
- ★ Frightening thoughts and nightmares
- ★ Regression to earlier behaviours
- ★ Stomach aches and headaches

### Adolescents may react in similar, but different ways:

- ★ Mood changes
- ★ Tired and distracted
- ★ Retreating from social networks
- ★ Sleep problems and headaches

**Helpful hint** - children and young people respond in unique ways and it is helpful to recognise if your child or young person is behaving differently.



### Help your child or young person

- ★ **Offer** your attention, patience and love
- ★ **Calmly listen** to your child's story and encourage your child to ask questions
- ★ **Acknowledge and affirm** your child's feelings and help your child to identify helpful ways to manage the feelings
- ★ **Encourage** your child to ask for help from trusted adults
- ★ **Involve** your child in decisions that affect them
- ★ **Respond** to your child's questions with clear and factual age appropriate information
- ★ **Model positive ways** to cope and prioritise quality time together

### Other ways to help

- ★ **Maintain daily routines** as much as possible
- ★ **Stay social** - create ways to connect with special people and loved ones
- ★ **Get active** - go for a walk, listen to music, sing, play with a pet
- ★ **Be curious** - learn a new skill or research an interesting topic together
- ★ **Help others** - encourages social connections and an 'I Can' attitude
- ★ **Plan fun activities** to look forward to.

### Get in touch

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15 November 2022

Dear Parents and Carers

As you are aware, over the past few months, the Catholic Education Commission of Victoria Ltd (CECV) has been advocating to the major Victorian political parties for a \$150–200 million per annum commitment towards significant capital infrastructure for our schools, among a range of other important initiatives.

Thanks to your ongoing support, we are pleased to advise that we have secured a commitment from the major parties for Catholic education.

Last month, the Andrews Labor Government committed \$717 million for non-government schools and kindergartens if re-elected. This announcement includes \$450 million towards school capital infrastructure that will see an initial five new Catholic schools built in growing suburbs across Melbourne's north and west, and expanded capacity at 13 others.

For our youngest students, there is \$250 million in funding to build and upgrade kindergartens at Catholic schools. This will mean children who begin their school life at a Catholic kindergarten can seamlessly transition to a Catholic primary school, making life easier for many families.

A further \$17 million will also see the expansion of the Smile Squad dental program to Catholic schools. This is a free dental check-up for all students, which we know will lead to better dental outcomes for our students and help alleviate cost-of-living pressures on Catholic families.

It is pleasing to see the major political parties in Victoria recognise the value of Catholic education, with the Liberal–National Coalition also committing \$700 million in recent weeks towards capital infrastructure for non-government schools if elected.

The Victorian Liberals and Nationals have also announced that they will legislate to give faith-based schools the protection to hire staff who share their values and beliefs if they win government in November. Catholic education has always sought the religious right to employ staff who support the ethos of our schools.

We look forward to unpacking the details of these commitments in the coming weeks and what they look like for the growing number of students in Catholic education, who all deserve to learn in facilities that are modern, fit for purpose and in line with community expectations.

If you are yet to visit our website [www.cecv.catholic.edu.au/funding](http://www.cecv.catholic.edu.au/funding), please do so to view the full list of our asks and both major parties' commitments to date. We encourage you to continue to promote these priorities among your family and friends.

Thank you for your continued support.

On behalf of

**Jim Miles**  
Executive Director  
Catholic Education  
Commission of Victoria  
Ltd



**Dr Edward Simons**  
Acting Executive Director  
Melbourne Archdiocese  
Catholic Schools



**Tom Sexton**  
Executive Director  
Diocese of Ballarat  
Catholic Education  
Limited



**Paul Desmond**  
Executive Director  
Catholic Education  
Sandhurst Ltd



**Maria Kirkwood**  
Director, Catholic  
Education  
Diocese of Sale  
Catholic Education  
Ltd

