



From the Heart



Newsletter No. 3

16th February, 2023

COMING UP AT OLSH...

FEBRUARY 2023

Thu 16 th	Beginning of Year Mass & Picnic (6pm)
Tue- 21 st	Shrove Tuesday – Pancakes (8.30am)
Wed 22 nd	Ash Wednesday Liturgy (2.30pm)
Fri 24 th	Cluster Swimming Carnival

MARCH 2023

Mon 13 th	Labour Day Public Holiday
Tue 14 th	School Photo Day
Wed 15 th	NAPLAN
Sat 18 th	Elmore Tractor Pull
Wed 29 th	PSG Meetings

APRIL 2023

Sun 2 nd	Palm Sunday
Thu 6 th	Last Day of Term 1
Fri 7 th	Good Friday
Sun 9 th	Easter Sunday
Mon 10 th	Easter Monday
Mon 24 th	First Day Term 2 (Staff)
Mon 24 th	Pupil Free Day – Staff Curriculum Day
Tue 25 th	ANZAC Day Public Holiday
Wed 26 th	First Day Term 2 (Students)

From the Principal...

Dear Families,

Next week we celebrate a significant event on our Catholic calendar, this being **Ash Wednesday**. Ash Wednesday is the first day of Lent, which in turn is the lead up to Easter. Ash Wednesday serves as a reminder that we can all be better! This is not to say that we aren't already good people, who do good things for others, but rather it reminds us to continue to look outwards and see how we can both improve ourselves and support others. On **Wednesday at 2.30pm**, we will be having a liturgy here at school to honour Ash Wednesday, we welcome parents and community to come along and help us recognise this special occasion.

Shrove Tuesday

Lent was traditionally a time of fasting, where Catholics gave up something that was somewhat of a treat during Lent. Part of this tradition, was to empty the pantry of flour and sugar and the like, so that we wouldn't be tempted to eat these treats during Lent. What better way to do this than to cook up a huge batch of pancakes and lather them with all sorts of goodness!!! So, we continue to honour this tradition with a Shrove Tuesday start to our day on **Tuesday** - pancakes will be served at school between **8.30 and 9.00am!!!**

Campaspe Cluster Swimming

Next Friday, **February 24, our Year 3 - 6** students will participate in the Campaspe Cluster Swimming event. Due to last year's flooding, the Elmore Pool will be used this year rather than the Rochester Pool. Children will be put into a division that aligns with their swimming capacity so that they are appropriately challenged and supported at the same time. Events will run from 10.00 to 2.30pm. Please complete the permission form available now on SIMON / PAM.

Naplan 2023

Just a reminder that Naplan is earlier this year than has previously been the case. These assessments will begin on **Wednesday March 15**. Naplan is a nationally enforced assessment regime that all Year 3, 5, 7 and 9 students sit each year. It serves as some sort of guide as to how individual students are performing academically and also it gives the school some indication as to how its teaching and learning program is faring. Students are assessed in reading, writing, spelling, Maths and grammar and punctuation. More information will be sent home over the next couple of weeks in regard to this.

Out of School Hours Care - OSH Club

Just a reminder that OLSH students are able to access Out of School Hours Care at Elmore Primary School each night of the school week. The bus that picks up our country bus travellers goes directly to EPS, which means that students going to OSH care can simply hop on this bus and get dropped off right at the side gate, with the OSH club staff waiting to escort them inside. Please contact the office if you would like to find out more about this.

Elmore Tractor Pull - Saturday March 18th

Last week I sent home details in regard to seeing if our school community was interested in being part of the volunteer group which helps support the running of the Elmore Tractor Pull, keeping in mind that the Elmore Charity Ball is not going ahead this year. There are two categories of volunteer, helping on the track or working more behind the scenes. If you think you might be able to help out please fill out the attachment to this newsletter and send it back to school as soon as possible, thanks.

Have a great week everyone!

Craig Simpson (Principal)

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

W: olshelmore.catholic.edu.au PH: 5432 6254 E: principal@olshelmore.catholic.edu.au

School News



Beginning of Year Mass



Thursday 16th February

6pm

Picnic Tea at school after mass

All Welcome

We look forward to celebrating this evening as a faith community. Our Sandhurst theme for this year "LET THE WORDS YOU SPEAK ALWAYS BE FULL OF GRACE" (COLOSSIANS 4:6) is filled with invitation, opportunity, challenge and love. Grace is a gift from God freely given. You don't make grace happen; God gives it to you.

How do we ensure that our words are full of grace?

We can start to trust that God will be there to guide us, love us, and accept us. As we ask God to be with us in our words, actions, and thoughts, we begin to recognise the gifts, the graces God gives us daily.

ASH WEDNESDAY PRAYER SERVICE

SHROVE TUESDAY COMES FROM THE CUSTOM OF RINGING THE SHRIVING BELL TO SUMMON PEOPLE TO CHURCH TO BE "SHRIVEN". THAT IS, TO CONFESS THEIR SINS AT THE BEGINNING OF LENT. AT THAT TIME CERTAIN FOODS WERE GIVEN UP FOR THE DURATION OF LENT. THOSE FOODS INCLUDED EGG, MILK, MEAT, AND RICH BUTTERY DISHES. SO, ON SHROVE TUESDAY THEY USED UP THESE FOODS. IT IS FROM THIS THAT THE TRADITION OF MAKING PANCAKES ON SHROVE TUESDAY BEGAN.

ASH WEDNESDAY BEGINS NEXT WEEK. WE WILL BEGIN LENT WITH A PRAYER SERVICE AT OLSH SCHOOL AT 2:30 PM WEDNESDAY. ALL WELCOME!

DURING THE LITURGY, ASHES ARE PLACED ON OUR FOREHEADS IN THE SHAPE OF THE CROSS. THE ASHES FOR ASH WEDNESDAY ARE NORMALLY MADE FROM BLESSED PALM BRANCHES FROM THE PREVIOUS PALM SUNDAY. THE ASHES ARE SPRINKLED WITH HOLY WATER AND INCENSED BEFORE DISTRIBUTION.

ASHES ARE A SYMBOL OF PENANCE – IN THE EARLY CHURCH, THEY WORE SACKCLOTH AND ASHES WHEN THEY WERE PERFORMING PUBLIC PENANCE. ASHES ARE ALSO A REMINDER THAT LIFE PASSES AWAY ON EARTH.

**WEDNESDAY
22ND FEBRUARY
2:30PM
OLSH SCHOOL
ALL WELCOME**

SHROVE TUESDAY

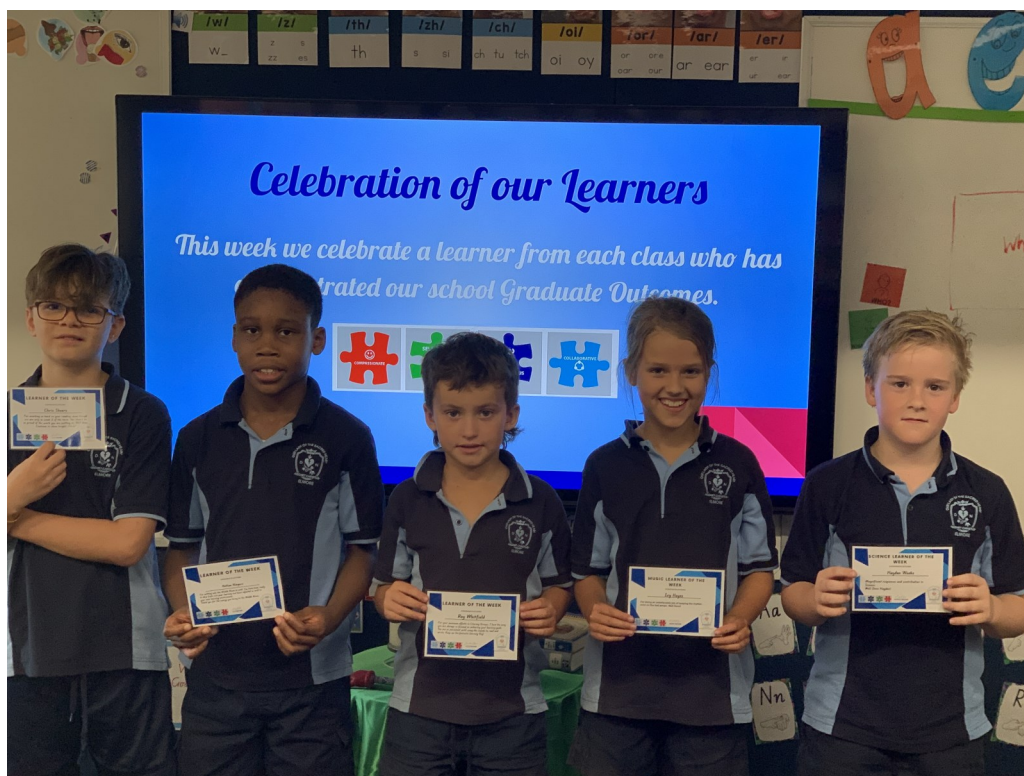
DONT FORGET!
TUESDAY 21ST FEBRUARY
PANCAKES FROM
8:30AM UNTIL 9AM



- Denise Nihill (Catholic Identity Leader)

LEARNERS OF THE WEEK

Congratulations to Chris, Nathan, Roy, Ivy & Hayden for being named our Learners of the Week!



STUDENT INFORMATION UPDATES

Thank you to those families that have checked and returned their 'Student Information Checklist' forms that were sent home last week. If you haven't returned yours yet, we ask that you do so ASAP, even if no changes are needed.

It's also great to see that more than 2/3 of our students have also had their medical profile reviewed and updated on SIMON already. If you haven't done so, please log in to your PAM/SIMON Everywhere account and update these details as soon as possible. Students photo permissions are also included in the medical profile this year.

LUNCH ORDER PRICELIST UPDATE

Elmore Bakery have provided us with a new price list for 2023. This is the first update in prices for 3 years and we thank them for continuing to offer lunch order items to us at cheaper than retail prices.

The new pricelist was included in last week's newsletter, or can be found in the Knowledge bank on PAM/SIMON Everywhere and on the school website (<https://www.olsheymore.catholic.edu.au/parents/lunch-order/file>) and for future reference.

SCHOOL UNIFORMS



Hip Pocket Echuca have updated their school uniform price list. A copy of the new price list is attached. Please note that some styles are no longer available.

Any item of uniform that does not have the school emblem, like shorts or track pants, may be purchased anywhere as long as it is dark navy and does not have a brand name or advertising on it.

The school will run a group order for any parents that are interested in Week 4 with uniforms being delivered to the school for pick up.

School Uniforms can be ordered at any time by calling Hip Pocket on 5480 1027 or visiting Hip Pocket at 173 Pakenham St, Echuca.

REMEMBER: We still have great quality secondhand uniforms at the school available to anyone who needs them for a small donation. Please don't let these go to landfill—come and have a look in case we have what you need.

JUNIOR ROOM

The Junior Room are using Woolworths Bricks for fine motor development and oral language learning.

Your donation of spare or unwanted Bricks would be gratefully received by Mrs Colbert.



Community News



Community Bank
Elmore, Lockington and Rochester

Community Bank
Sunshine Coast

Community Bank
Malvern East

Community Bank
Heathcote & District

Community Bank
Dandenong Ranges Gr

ROCHESTER FLOOD RELIEF GRANTS PROGRAM

Community Bank Elmore, Lockington and Rochester, in partnership with our colleagues at Community Bank Heathcote & District, Community Bank Malvern East, Community Bank Sunshine Coast & Community Bank Dandenong Ranges are proud to offer the Rochester Flood Relief Grants program. This program is designed to assist local community groups to replace or repair property or equipment damaged in the 2022 floods, and support projects or events dedicated to our community's recovery.

ELIGIBILITY

- To be eligible, applicants must be an appropriately incorporated body/auspiced by an incorporated body, be located in the Rochester area and have been impacted by the October 2022 floods.
- Applicants must confirm that funds from both their insurance provider, the Business Victoria Business and Community Sport Flood Recovery Grants (more information [here](#)) & any other grants have been exhausted prior to seeking Community Bank funding.
- Funding must be used towards the replacement or restoration of property or equipment damaged in the 2022 floods, or towards projects or events that are designed to assist in Rochester's recovery.

SEE THE SCHOOL OFFICE FOR A COPY OF THE APPLICATION FORM

OUR LADY OF THE SACRED HEART - UNIFORM PRICE LIST 2023

Supplied by Hip Pocket Echuca

Ph: 5480 1027

or visit at 173 Pakenham St, Echuca

All listed items are embroidered with the school emblem

Description	Product Code	Price
Shirt		
Dark Navy/Ice Polo - Short Sleeve *	5220TPO	27.50
Light Blue - Long Sleeve Polo*	JB2KLP	22.00
Jumper/Jacket		
Polar Fleece Navy Jumper 1/2 zip *	JB3KP	29.95
Navy Razor Jacket with hood (Navy/Sky) *	BIZJ408K	44.00
Brushed fleece navy Hoody (Navy/Sky)*	JB3CFH	44.00
Hats		
Navy Microfibre Summer Hat * Size M/L only (adjustable)	4331BH	16.50
Bags		
School Library Bag * - replacement of lost bag	B8109	14.50
School Navy Back Pack *	A086BP	
Logo only (no name)		39.95
Child's Name		44.00

*Embroidered with School Logo



Phone: 03 5432 6558

2023 LUNCH PRICE LIST - OLSH

PLAIN PIES/PASTIES	\$5.00
FLAVOURED PIES	\$5.70
Steak & Potato, Steak Onion, Steak & Mushroom, Steak & Curry, Steak Cheese Bacon, Bushmans	
GOURMET PIES	\$6.00
Chick Mush Bacon, Chick Veg, Chick Leek, Steak Pepper, Steak Kidney, Chunky Beef, Beer & Chilli, Cauliflower & Cheese, Egg & Bacon Quiche)	
Sausage Rolls OR Spinach & Feta Rolls	\$4.00
HOT DOGS	\$3.70....with Cheese\$4.00
PARTY PIES/PASTIES/SAUSAGE ROLLS	\$1.50

**Salad Rolls/Sandwiches
(with Meat) \$7.00**
Ham/Chicken/Roast Beef
Tomato, Onion, Cucumber,
Cheese, Carrot, Lettuce &
Beetroot

**Salad Rolls/Sandwiches
(NO Meat) \$6.00**
Tomato, Onion, Cucumber,
Cheese, Carrot, Lettuce
& Beetroot

Plain Sandwich \$3.50
Cheese or Vegemite

Plain Meat Roll \$4.50
Ham/Chicken/Roast Beef

Extras

- avocado + \$0.80
- Cheese & Bacon Roll +\$1.00
- Gluten Free Bread +\$1.00 or Wraps +\$1.50

FRUIT SALAD \$8.00 (seasonal - please call the bakery 5432 6558 to check we have stock)

GRANOLA & YOGHURT \$7.00

SAVOURY ROLLS

Cheese & Bacon **\$2.00** Pizza OR Tomato, Cheese & Onion **\$2.50** Cheese & Vegemite Scroll **\$2.00**

CAKES/SLICES

Coffee Scroll **\$3.20** Blueberry Scroll **\$3.40**

SLICES (Apple, Hedgehog, Vanilla, Jelly) **\$4.00**

MUFFINS (Blueberry OR Apple/Cinnamon) **\$4.50**

Gluten Free Carrot Cake **\$4.50**

DRINKS

FRUIT JUICE (Goulburn Valley 350ml) **\$3.80** (Apple & Orange)

Pop Tops Kiddies Fruit Juice **\$2.80** (Apple, Apple/Blackcurrant, Strawberry & Tropical)

300ml OAK Flavoured Milk (Chocolate or Strawberry only) **\$2.80**

500ml Mt Franklin Water **\$3.20**

Please write name and order clearly on the outside of an envelope or paper bag and place money securely inside.

All prices include GST. Products can be purchased with sauce at no extra charge. Prices are subject to change.



ELMORE TRACTOR PULL VOLUNTEERS

PLEASE RETURN BY WEDNESDAY 15TH FEBRUARY

Name: _____ Contact Number: _____

Please tick any roles you would be happy to volunteer for.

All shifts will vary in time and duration between 11.00am – 10.30pm on the day

TRACK- BASED ROLES

☐ Points Scorers Assistants

Record results on scoring sheet and program

☐ Pit Marshall

Ensure that competitors are in the correct pulling order and are on the track on time

☐ Weighbridge Operator & assistant

Record all details on the day of the pull and hand to scorer of the day immediately after class has been weighed

Assistant is to check drawbar heights and record findings

☐ Hooking & Unhooking

Two people for each sled at each end of the track to assist with hooking and unhooking of tractors

☐ Wet Smudger Driver

Must be a competent tractor driver

☐ Dry Smudger Driver

Must be a competent tractor driver

☐ Telehandler & Tow off operator

Must be a competent tractor driver

☐ Water Truck Operator

Must be a competent tractor driver

☐ Four Wheel Motorcycle drivers

Must be competent motorcycle drivers

OTHER ROLES

☐ Gate Keepers

Scanning attendee tickets on entry

Assisting attendees to purchase tickets at the gate

Cash handling and use of EFTPOS machine

☐ Parking

Directing attendees on entry on where to park

☐ Merchandise Tent

Assisting with selling merchandise

Cash handling and use of EFTPOS machine