

From the Heart



OLSH PRIMARY NEWSLETTER No: 29
14th September, 2020

Messages from the Heart



Dear Families

Congratulations! We made it!
What a roller coaster of a term it has been.

Students, families and staff have all done a tremendous job of managing learning and lockdown again.

To say I am proud of you all is an understatement. Your commitment to the learning of all students at OLSH is to be commended.

Term 4

Week 1

Monday 5th October: PUPIL FREE DAY
Tuesday 6th October: Remote Learning continues
Class MEETS will begin on Tuesday 6th October.
F-1: 9.00 am
2: 9.30 am
3-4: 10.00 am
5-6: 10.30 am

Week 2:

Monday 12th October: ALL STUDENTS return to school.

There will be more information regarding Guidelines for the Return to School in the newsletter in Week 1.

BORROWED DEVICES.

Families or students in grades F - 4 that borrowed devices are asked to return these to school on Friday 9th October so they can be cleaned and charged ready for the students.

Drop-Off will be between 11.30 am - 1.30 pm.



PUPIL FREE DAYS UNTIL THE END OF 2020

- Friday 18th September
- Monday 5th October
- Monday 2nd November
- Monday 7th December (2021 planning)
- Friday 18th December

Friday 18th September/Monday 5th October.

Onsite supervision for students will not be available on this day.

PUBLIC HOLIDAYS:

Friday 23rd October (AFL Grand Final)
Tuesday 3rd November (Melbourne Cup)

1:1 Reading Conferences & LEARNING CONVERSATIONS

Thank you to all families for making sure your child was available at this time. These conferences were important for teachers as they consider a return to face-to-face teaching in Week 5.

Learning Conversations are in Week 10.

If you have not made an appointment, it is not too late to do so. Please log onto PAM and choose a time that is suitable. If you need to make a time outside of those offered, please make contact with your child's teacher/s.

CONNECTING AS WE LEARN is the goal for all that we are doing during Remote Learning 2.0.

CLASS MEETS in Week 10.

Will only be held on Monday and Thursday due to Learning Conversations.

NO Lunch Club.

Assembly will be on Thursday at 1.30 pm.

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

32 Jeffrey Street Elmore 3558

PH: 54326254 E: principal@olshelmore.catholic.edu.au



BLITZ: Remote Learning

Graduate Outcomes and School Expectations

Each week during Remote Learning, parents will be asked to nominate their child/children for a BLITZ. There will be at least 4 BLITZ certificates awarded at each Virtual Assembly on Fridays at 1.30 pm.

CONGRATULATIONS TO THE STUDENTS NOMINATED FOR BEING **SELF-AWARE** IN WEEK 9 as nominated by their parents.

ELLSIE TUOHEY
KAI MCKENZIE
LETICIA O'SHANNESSY



A GOOGLE FORM will be emailed to families on a Tuesday and must be submitted by Thursday morning for students to be in the running for a BLITZ.

This is an exciting way to connect with all families during Remote Learning. Certificates will be posted to students after the assembly.

Our Lady of the Sacred Heart School seeks to educate students to be:

Blitz focus for Week 10 is COMPASSIONATE:

When I am COMPASSIONATE, I am kind, I care and I consider the needs of others. It's important to show respect to others, to be thoughtful and understanding. A compassionate person is tolerant and empathetic.



FOOTY COLOURS DAY

Thursday 17th September 2020

Students are encouraged to participate in all activities as prepared by their teachers. Please send photos to myself or email them to etrewick@olshelmore.catholic.edu.au

Later in the newsletter is some information about the **Seasons of Growth** program. We are looking to offer this program at OLSH from Week 2 Term 4. Please take the time to have a read. We have ordered some flyers that will be posted to all families during the holidays and/or Week 1.



Take care!

Elizabeth Trewick

CATHOLIC IDENTITY
Sunday 13th September

Child Protection Sunday
'Putting Children First'

The theme of this year's Child Protection Sunday is 'Putting Children First'. This annual celebration is a reminder to all of us to prioritise the safety and wellbeing of children in every aspect of church and community life. This requires a diocesan-wide effort and constant commitment. Safeguarding is the responsibility of every adult.



Text: Fr Brian Boyle

Image: Communication Matters

More resources are available from: <https://www.catholic.org.au/childprotectionsunday>

simon *Parent Access Module* 

It's not too late to log onto PAM and book your Learning Conversation for Grades F to 2 on Tuesday 15th September or Grades 3 to 6 for Wednesday 16th September. All grades can book for the late afternoon on Wednesday 16th.

It's not too late to log onto PAM and book your Learning Conversation for Grades F to 2 on Tuesday 15th September or Grades 3 to 6 for Wednesday 16th September. All grades can book for the late afternoon on Wednesday 16th.

Thank you to all Parents who have booked their times already.

Once you are logged into PAM you will see that the Parent Teacher Interview button is now available.



Click on this and follow the prompts to book your interview.

An information sheet is available in PAM with more details.

You can access PAM via this link: <http://pam.olshelmore.catholic.edu.au>

Or via the link in the Quick Links menu on the school website. <http://www.olshelmore.catholic.edu.au>



Our Lady of the Sacred Heart Primary School

Self-Aware - Collaborative - Compassionate - Courageous

Seasons for Growth Program

Learning to live with change and loss

Change and loss are issues that affect all of us at some stage in our lives. At Our Lady of the Sacred Heart School, we recognise that when changes occur in families through death, separation, divorce and related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education program called Seasons for Growth which will commence in Term 4. This program is facilitated in small groups and is based on research which highlights the importance of social support and the need to practice new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

Families will receive a flyer in the near future with more details about the Seasons for Growth program. If you think your son or daughter would benefit from Seasons for Growth we would encourage you to talk to him/her about participating in the program.

Our Lady of the Sacred Heart School is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved.

If you require further information please contact Mrs Elizabeth Trewick. (54326254)





Does the *Seasons for Growth*[®] program work?

Since its launch in 1996, *Seasons for Growth*[®] has been independently evaluated numerous times. Details of these evaluations can be found on the Good Grief website. The various evaluations have investigated slightly different aspects, age-groups or influences of the program. However, individually and collectively, they highlight that the *Seasons for Growth*[®] program has a strong positive effect on children and young people. In addition, they demonstrate that parents, Companions, school principals and agency managers all believe the program is highly beneficial to participants.

The key aspects particularly valued by young people completing the program are:

- understanding they are 'not the only one' – reducing their sense of isolation
- learning to understand and attend to their feelings
- being allowed to express their feelings without being ashamed of them
- the peer support system – learning to trust in others and be trusted
- the opportunity to voice and make sense of their story
- learning that overwhelming feelings associated with grief don't last forever
- being supported to learn about choices and decisions
- being encouraged to identify and engage with social networks.

As a result, participants say they are able to:

- seek support from the Companion outside the formal processes of the program, when necessary
- form friendships and support networks with others in the program
- communicate better with their parents and siblings
- understand that life moves forward and that changes do happen
- cope better with their emotions.

ž *(*A° 1† *A*L" 3@ *<'

Our Lady of the Sacred Heart is using online platforms to communicate with families. We appreciate that families share devices and at times allow children to play on these devices.

Just a reminder that when a child uses your device, they can access some of our online platforms (Seesaw). We ask that you make sure they are using your devices appropriately.



5 | x 1Nž† n_{aZ @WxZX') ZNž{ @vannj by'ytK uMaZ{b' {n {aZ'ujb a{ n_{anyZ _Nž bžy {aM{ k M'UZ' k uNW{ZX'Ut' {aZ V} xZI { yđ | M{bn | 'Uxn| ` a{ 'M{h| { 'Ut' {aZ† 5Gž 'Üä uMIXZk b^'

Contact details to discuss school fees:

Principal: Elizabeth Trewick
PH: 5432 6254
MOBILE: 0428 370 958
EMAIL: etrewick@olshelmore.catholic.edu.au

I will be available at any reasonable time during remote learning for families in need of support.

†) *1ž '@ ' " 'A° 3ž ° ?ž @



Parents are reminded that they are required to present their Working With Children Check documentation in order to volunteer at Our Lady of the Sacred Heart School.

Volunteer WWCC are free and easy to apply for. If you need help in doing this please let us know. When the restrictions on visitors to the school ease an afternoon to do this will be offered to all.

We will be doing a review of our Volunteer list next term.

' 55AJ`A* << *3(..

?n| I X`Üá`xZy| j{y©

Congratulations to ?Z` Ml` for picking á`, b| ZxyE

1ZMZXt nMX

@M_1ZMZXt nMX`

Rory	91	Mrs Price	96
Milly	86	Mrs Angove	90
Tarli	86	Mrs Murray	87
Teesh	80	Mrs Frew	83
Angus	79	Miss Dullard	78
Leo	79	Mrs Carty	65
Evie	76	Miss Portwine	60
Regan	75	Miss McCormick	59
Lily	73		
Trey	71		
Sunny	71		
Zayde	71		
Archie	71		



http://www.sherrin.com.au/products/football.html

@A° ' ' † 53A° † Až " A° *1@©

Elizabeth Trewick:	Principal:	etrewick@olshelmore.catholic.edu.au
Nerida Murray:	Administration:	nmurray@olshelmore.catholic.edu.au
Denise Nihill:	Foundation/Grade 1:	dnhill@olshelmore.catholic.edu.au
Emily Holmes:	Grade 2:	eholmes@olshelmore.catholic.edu.au
Jacinta Dullard:	Grades 3 & 4:	jdullard@olshelmore.catholic.edu.au
Casey Frew:	Grades 5 & 6:	cfrew@olshelmore.catholic.edu.au
Kim Portwine:	Grades 5 & 6:	kportwine@olshelmore.catholic.edu.au

@Vannj` <anl Z©

5432 6254 (office hours 8.00 am - 4.30 pm)

<xb VuMj'2 nUjZ' <anl Z©

0428 370 958

H ZUyq©

www.olshelmore.catholic.edu.au

