



SACRED HEART
PARISH PRIMARY SCHOOL

NEWSLETTER



Senior SCIENCE



Cool Chemistry in the Classroom!

In Science this week, students explored reversible chemical changes with a hands-on (and chilly!) experiment – making ice cream. Using a mix of cream, vanilla essence and sugar sealed inside a bag of ice and salt, students shook their way to a frozen treat while learning about how heat and cold can change the state of matter.

While the final product didn't win any dessert awards – most agreed it needed a little more sugar! It was a fantastic way to see science in action.

The class also discussed how this change is reversible, as the ice cream could melt back into a liquid.

Delicious or not, it was a fun way to learn!



NUDE FOOD WEDNESDAYS ARE HERE!

A Message from Our Environment Leader, Brody



What is
Nude Food?

- Food brought to school without disposable packaging
- A way to reduce rubbish and help our planet

When?

- Every Wednesday
- Starting next week!

Why do it?

- Reduces waste in our school bins
- Better for the environment
- Encourages healthy, unpackaged food choices

Nude Food Tips:

- Use reusable containers and drink bottles
- Avoid cling wrap and foil
- Pack fruit, sandwiches, or snacks without wrappers
- Try using beeswax wraps or fabric snack pouches

Let's work together to keep our school clean and green!

DID YOU KNOW THAT UP TO 50% OF ITEMS IN SCHOOL BINS COMES FROM FOOD AND DRINK PACKAGING BROUGHT FROM HOME?

Take note!

WEEK 9

Monday 16th June

Marea - Catholic Care here

Wednesday 18th June

NUDE FOOD DAY!

Sacrament Meeting 4:30pm - Library

WEEK 10

Friday 27th June

Sacred Heart Feast Day
Family Breakfast & Liturgy

WEEK 11

Monday 30th June

Reports released on PAM

Wednesday 2nd July

LUNCH ORDERS

SAC (P&F) Meeting - Bottom Pub 6pm
All Welcome!

Friday 4th July

LAST DAY OF TERM - 2:20pm FINISH

Sacred Heart
Feast Day Family
Breakfast order
forms have been
sent home today!
**DUE BACK ON OR
BEFORE 23RD JUNE**

From your Principal...

We hope you all enjoyed the long weekend—and the welcome rain! This week, our teaching teams have begun planning for Term 3, with the Senior Team meeting in Coleraine. We send our best wishes to Amy Harman from St Joseph's, who begins parental leave this week, and extend a warm welcome to Tracey McConville, who has stepped in to support the team during this exciting time.

Thank you to everyone who has been busy selling raffle tickets for our Cubby Village fundraiser. If you have an hour to spare, please contact Joy to organise a time to sell in town—we have a permit for any day until 27th June.

Your support is greatly appreciated!

Suzie

COMBINED SCHOOLS KELPIE STREET PARADE



EMERGENCY MANAGEMENT AT SCHOOL

At Sacred Heart, we have detailed emergency procedures in place to ensure the safety of all students, staff, and visitors. These include regular drills and staff training to prepare for a range of situations:

- **Evacuations** are used when it's safer to be outside the buildings (e.g. fire, gas leak). Students move calmly to our designated evacuation point where rolls are marked and everyone is accounted for.
- **Lock-ins** (or shelter-in-place) are used when there is a potential threat outside the school (e.g. nearby police incident). In these cases, students remain safely inside classrooms with external doors secured.
- **Critical incidents** refer to events that have a significant impact on the school community (e.g. serious injury, natural disaster). Our Critical Incident Plan outlines the steps we take to manage and respond appropriately, including communication with emergency services and families.

We regularly review our Emergency Management Plan in line with Department guidelines and run practice drills each term to ensure everyone knows what to do. If you'd like to know more, please don't hesitate to contact the school.

Keeping Kids Safe on Our Roads

The TAC encourages parents to teach road safety from an early age. Children under 10 should always be supervised near roads.

Key tips include:

- Use "Stop, Look, Listen, Think" when crossing.
- Always exit cars on the kerbside.
- Helmets are a must for bikes and scooters.
- Practise safe walking, riding, and using public transport together.

For more tips, visit tac.vic.gov.au/parents.



TICKETS \$2 EACH

ALL FUNDS RAISED WILL GO TOWARDS
CREATING OUR CUBBY HOUSE VILLAGE

DRAWN FRIDAY 27TH JUNE
SACRED HEART FEAST DAY
FAMILY BREAKFAST



WE NEED YOUR HELP

We have a permit to sell raffle tickets in Henty street for the rest of the month, any time or day!

Please have a chat with another parent or family member and you can come and grab the tickets from the office at any time and set-up down the street together.

All money raised from the wood raffle will go towards our cubby village... we're nearly there!!!!



@ THE PLAYGROUP HALL
MASONIC LODGE, HENTY STREET

CHILD SAFETY



ESAFETY PARENT RESOURCES

The eSafety Commissioner's website offers a wide range of free resources to help parents navigate online safety with their children.

Topics include:

- **Online Safety Basics:** Practical advice on how to help children stay safe online, set boundaries, and manage screen time.
- **Advice by Age:** Tailored guidance for parents of children from early childhood through to teenagers.
- **Key Issues:** Information on managing cyberbullying, gaming, inappropriate content, online grooming, unwanted contact, privacy, and more.
- **Tech and Devices:** Tips for managing devices, parental controls, privacy settings, and security.
- **Webinars and Videos:** Free webinars for parents, covering a variety of current online safety topics.
- **Help and Support:** Information on how to make a report if something goes wrong online.

You can access these resources at:
www.esafety.gov.au/parents

Create a Family Tech Agreement (for ages 5–8)

The eSafety Commissioner provides simple tools to help families create a technology agreement with younger children. Starting these conversations early helps build your child's digital skills, develop healthy habits and makes it easier to manage technology as they grow older.

You can download a printable Family Tech Agreement with clear guidelines, discussion points and a poster to display at home.



**Online safety
basics**



**Focus on
under 5s**



**Safer gaming
for families**



Cyberbullying



**Prevent child
sexual abuse
online**



**Parental
controls**



A FREE WEBINAR Digital media literacy & safety

PART II

Supporting Primary & Secondary students

This webinar is **Part II** of a series.
In this session, topics include:

- Artificial Intelligence
- Misinformation & Algorithms
- Sexting & Sextortion
- Online Grooming



Online, Wednesday
18 June, 2025
7.30 – 8.30 pm



Dr Michael Carr-Gregg

Renowned child and adolescent psychologist. Michael has years of experience working with young people and families and was Chair for the Cybersafety Committee.



Susan McLean

As Australia's foremost cybersafety expert and founder of Cyber Safety Solutions, Susan will offer proactive strategies to help keep young people safe.

**Don't miss out.
FREE event.
Scan to register.**



CALLING ALL YOUNG FOOTY FANS!

CASTERTON-SANDFORD FOOTBALL/NETBALL CLUB IS
LOOKING FOR BOUNDARY AND GOAL UMPIRES FOR THE
RESERVES GAMES!

- **GREAT OPPORTUNITY TO GET INVOLVED IN THE GAME**
- **BOUNDARY UMPIRES RECEIVE A FREE MEAL AND DRINK**
- **PERFECT FOR KIDS KEEN TO EARN SOME EXPERIENCE
AND BE PART OF THE TEAM ATMOSPHERE**

NO EXPERIENCE? NO WORRIES – WE'LL SHOW YOU THE ROPES!

**INTERESTED? CONTACT NATHAN FIDLER 0437759204
OR MESSAGE THE CLUB'S FACEBOOK PAGE.**



BE PART OF THE ACTION – JOIN THE CATS ON GAME DAY!



OSHC Service Update

We wish Hannah all the best as she finishes up in her role as Service Manager at our Casterton OSHC this Friday, 13th June. Hannah is relocating, and we thank her for her work with our students and families. We welcome Cloe, who will be stepping into the Service Manager role. Cloe is currently completing mandatory training and relocating to Casterton. As a result, the OSHC service will be closed from Monday 16th June and is expected to reopen by Monday 30th June at the latest. Families will receive a further update next Thursday confirming the reopening date. VAC program details will also be sent shortly—please reply with your preferred days once received. Thank you for your understanding and support during this transition. Wendy Hibbard, Regional Manager – Thrive OSHC

FEAST OF THE MOST HOLY TRINITY – SUNDAY 15TH JUNE

THIS SUNDAY, WE CELEBRATE THE FEAST OF THE MOST HOLY TRINITY - A REMINDER OF GOD'S MYSTERY AS FATHER, SON AND HOLY SPIRIT.

FR. RICHARD ROHR INVITES US TO REFLECT ON THE TRINITY THROUGH THE SIGN OF THE CROSS, USING IT AS A SIMPLE BODY PRAYER...

TOUCH YOUR FOREHEAD –

“IN THE NAME OF THE FATHER” – THE MYSTERY OF GOD WE SEEK TO UNDERSTAND.

TOUCH YOUR HEART OR BELLY –

“AND THE SON” – THE INVISIBLE GOD MADE VISIBLE IN JESUS.

THEN YOUR SHOULDERS –

“AND THE HOLY SPIRIT” – THE FLOW OF LOVE AND CONNECTION THAT GIVES LIFE TO ALL.

WHEN WE FEEL LOVE AND CONNECTION, WE ARE IN THE SPIRIT. WHEN WE ACT WITH ANGER OR JUDGMENT, WE DISCONNECT FROM THAT DIVINE FLOW. LET THE SIGN OF THE CROSS BE A DAILY REMINDER TO LIVE IN UNITY, LOVE AND RELATIONSHIP - JUST LIKE THE TRINITY ITSELF.

Invitation to Prayer...

**GOD FOR US, WE CALL YOU FATHER,
GOD ALONGSIDE US, WE CALL YOU JESUS,
GOD WITHIN US, WE CALL YOU HOLY SPIRIT.
YOU ARE THE ETERNAL MYSTERY THAT ENABLES, ENFOLDS, AND ENLIVENS ALL THINGS,
EVEN US, AND EVEN ME.
EVERY NAME FALLS SHORT OF YOUR GOODNESS AND GREATNESS.
WE CAN ONLY SEE WHO YOU ARE IN WHAT IS.
WE ASK FOR SUCH PERFECT SEEING.
AS IT WAS IN THE BEGINNING, IS NOW, AND EVER SHALL BE.
AMEN.**

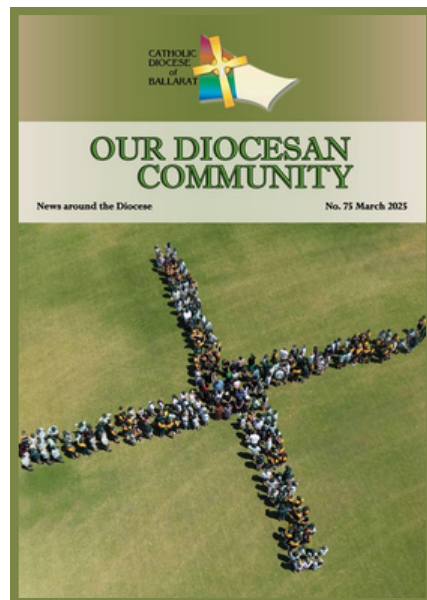
- Richard Rohr OFM

Who is Fr. Richard Rohr?

Fr. Richard Rohr is a Franciscan priest and spiritual writer known for helping people explore their faith more deeply. He encourages Christians to reflect on God's presence in everyday life through prayer, contemplation, and action. If you're interested in more of his reflections, you can find them through the Center for Action and Contemplation where he shares daily meditations and writings on faith, spirituality, and the mystery of God.



<https://cac.org/daily-meditations/>



Please find the link here for the latest edition of "Our Diocesan Community"

[CLICK HERE](#)



SCAN ME



CATHOLIC
CULTURE

SACRED HEART PARISH

MASS TIMES

1st Sunday – 9am Mass | 2nd Sunday – 10am L.L.A
3rd Sunday – 5pm Mass | 4th Sunday – 11am Mass
5th Sunday – 9am Mass

We acknowledge the Gunditjmara people who are Traditional Owners of the land where we play and learn. We respect their to Elders -past and present- and recognise thier deep connection to the land, water and sky. At Sacred Heart, we are dedicated to walking on the path of reconciliation.

PRINCIPAL: Suzie McManus

SAC CHAIRPERSON: Noni Mason

Western Border – Mary MacKillop Parish: Co-Pastor – Fr Patrick Mugavin

Sacred Heart Parish: Co-Pastor – Fr Cay Trinh

☎ 03 5581 1131 ✉ principal@shcasterton.catholic.edu.au 📍 39 Robertson St, CASTERTON