



**SACRED HEART**  
PARISH PRIMARY SCHOOL

# NEWSLETTER

## Pyjama



## Day



### SEMESTER 1 STUDENT REPORTS

Student Semester 1 Assessment Reports are now available to view on PAM (Parent Access Module)

**PARENT ACCESS;** When logged into PAM, parents need to select their child's profile. From their Profile Menu, select Assessment Reports and then click on the link to open the desired report.

If you need help accessing your PAM account or would prefer a printed copy of your child's report, please contact Prue in the office and she'll be happy to assist you.

### From your Principal...

As we reach the end of Term 2, I want to thank our staff, students and families for their energy, support and commitment throughout a busy and productive term.

Yesterday, we completed an OHS Review, with a report to follow in the coming weeks. Staff also took part in a breathing and wellbeing workshop with Max, providing a valuable pause before the holidays.

I wish all families a safe and restful break, and we look forward to welcoming everyone back for a busy and joyful Term 3—especially for our Grandparents and Special Friends Day early in the term.

I'd also like to let families know that I will be continuing in the Principal role for at least Term 3. As soon as a definitive decision about the position is made, we will communicate this with you. Thank you for your ongoing support and understanding.

*Suzie*



We were lucky to receive a generous donation of fresh veggie seedlings from the exciting film currently being shot at Warrock Homestead!

Our students and Gabby wasted no time getting their hands dirty – planting what we could in our school garden. And the best part? There were so many seedlings that we're sending bags of fresh veggies and herbs home with the kids today.

A huge thank you to the team at Warrock, enjoy the homegrown goodness!

YOU ARE INVITED

## GRANDPARENT'S DAY CELEBRATION

Please join us at Sacred Heart School as we celebrate our wonderful Grandparent's and 100 days of school for 2025

**FRIDAY 25 JULY**

2:10pm - WELCOME & GAMES  
2:45pm - AFTERNOON TEA  
3:15pm - PRAYER

Term 3 family calendar attached. See you in two weeks, Happy Holidays!

**Take note!**

### TERM 3 - WEEK 1

**Monday 21<sup>st</sup> July**  
Students return to school

**Friday 25<sup>th</sup> July**  
Grandparent's Day

# Staffing Update – Term 3 😊

A big thank you to Ebony Brody for her wonderful support over the past 12 months, working each Friday in the Junior class while Kathy was on leave. We've appreciated her calm and caring presence.

In Term 3:

- Karen will take Long Service Leave for the first six weeks.
- Kathy returns to the Junior class - Wednesdays to Fridays.
- Catherine Taggart will teach the Junior class - Mondays to Wednesdays.
- Kathy and Catherine will have time together each week to ensure a smooth handover and consistent support for students.
- We will welcome a final-year student teacher who will be completing a five-week placement in the Senior class.
- We are also expecting a new Catholic Care chaplain to begin next term—we'll share details once confirmed.

All other teachers remain the same, and Max will continue his Friday visits when in town for football training.



www.shcasterton.catholic.edu.au

## WE'RE HIRING!

JOIN OUR TEAM AT SACRED HEART PRIMARY SCHOOL, CASTERTON!

### MENTAL HEALTH AND WELLBEING LEADER

We are excited to announce that we're looking for a passionate Mental Health and Wellbeing Leader (MHWL) to support our school community. This part-time (0.4 FTE) role, (with potential to be 0.8 FTE), plays a vital part in fostering a whole-school approach to mental health and wellbeing.

**Key Highlights:**

- Promote and implement mental health strategies for students, staff, and families.
- Collaborate with teachers and leadership to embed mental health initiatives.
- Coordinate pathways for students needing further support.

**Qualifications:**

- Current VIT registration.
- Experience in student wellbeing/mental health is a plus.

*Join us in nurturing a caring environment where students can thrive!*

For more details, visit our website or contact Principal Suzie McManus at 03 5581 1131 or [principal@shcasterton.catholic.edu.au](mailto:principal@shcasterton.catholic.edu.au)



## MAX'S "BREATHE BETTER" BOOST

This week, Max ran a practical workshop for staff, focusing on the difference between mouth breathing and nasal breathing. We explored how nasal breathing supports better concentration, sleep, emotional regulation, and physical development, while mouth breathing can lead to tiredness, reduced focus, and behavioural challenges.

Research suggests that up to 50% of children regularly breathe through their mouths, especially during sleep, without realising the impact it has on their wellbeing. Max demonstrated simple techniques and will be working with teachers next term to build nasal breathing habits into the school day, helping students stay calm, focused, and regulated.

### MAX'S TIP:

Sit down with your child and practise breathing together for 2–3 minutes, twice a day. Focus on breathing lightly and slowly in and out through the nose.

- **Try: 4 seconds in, 6 seconds out.**

Extending the out-breath slows the heart rate and helps the body feel calm. This simple tool is especially helpful when children feel anxious or angry, and supports self-regulation over time.



## CHILD SAFETY SPOTLIGHT

The Orange Door is a free service that supports individuals and families experiencing family violence or needing help with parenting, child wellbeing, or safety. It brings together specialists from different services to provide coordinated support.



### Warrnambool

571–575 Raglan Parade, Warrnambool VIC 3280



1800 271 180



### Casterton Memorial Hospital

63/69 Russell St, Casterton VIC 3311



03 5554 2555

Casterton Memorial Hospital is now a local access point for The Orange Door.

Anyone needing support between 9am and 5pm can visit the hospital, where staff will connect you via video call to a support worker based in Warrnambool. You don't need a referral, and the service is confidential, inclusive and free.



### After-Hours Support:

If you need help outside of business hours, these services are available:

- Safe Steps (24/7): 1800 015 188
- 1800RESPECT (24/7): 1800 737 732
- Child Protection Crisis Line: 13 12 78
- Kids Helpline (24/7): 1800 55 1800

**In an emergency, always call 000.**

for more information;  
click or scan here  
to head to their website.

[orangedoor.vic.gov.au](https://www.orangedoor.vic.gov.au)



SCAN ME



# WHAT IS NCCD?

The Nationally Consistent Collection of Data on School Students with Disability (NCCD) helps schools support students with diverse learning needs. Each year, schools identify students who receive ongoing adjustments to participate in their education on the same basis as others. Adjustments might include changes to teaching, assessments, equipment, or classroom support. Students are included in the NCCD when they have a diagnosed or imputed disability, receive regular support for at least 10 weeks, and the school has documented evidence. The data is used to improve support and guide funding decisions, with no names or personal details collected.



## NCCD PARENT INFORMATION FACT SHEET



### Don't Miss This!

We're excited to share an incredible opportunity for parents, carers and educators in our community! A special event featuring Dr Michael Carr-Gregg, one of Australia's leading child and adolescent psychologists.

Dr Carr-Gregg is a powerful speaker with over 30 years of experience, known for turning research into practical, real-world strategies. This is a must-attend event for anyone supporting children in today's digital world.

**RSVP by 25 July for catering – call (03) 5554 2555 or email – mail@cmh.org.au**



## BUILDING HAPPY AND RESILIENT CHILDREN

**MONDAY 28 JULY**  
**THE HUB, CASTERTON PRIMARY SCHOOL**  
**ENTRY VIA MAIN RECEPTION ON MCPHERSON ST**  
**9:00 AM START / BREAKFAST FROM 8:30 AM**

*For parents, carers, educators and anyone raising or supporting children in today's digital world*

**Topics include:**

- ✓ The importance of building resilience in uncertain and fast-changing times
- ✓ Helping kids cope with disappointment, failure, setbacks and change
- ✓ Practical tools and strategies you can use at home or in the classroom
- ✓ ...and more!

**This event will leave you informed, inspired and empowered**



**GUEST PRESENTER**  
**Dr Michael Carr-Gregg**

Leading expert in child & adolescent psychology with over 30 years of clinical experience, known for turning research into real-world strategies that support young people's mental health and wellbeing

**PLEASE RSVP BY 25 JULY FOR CATERING PURPOSES TO CMH RECEPTION:**

 (03) 5554 2555 |  mail@cmh.org.au



## SCHOOL HOLIDAY ACTIVITIES



**HILAC**  
FOR ALL AGED 12-25  
**FREE FACILITY SPORTS & SWIMMING!**  
JULY 5<sup>TH</sup> - 20<sup>TH</sup>  
SEE RECEPTION UPON ENTRY

**AQUATICS**  
**BASKETBALL**  
**TABLE TENNIS**  
**SQUASH**  
**PICKLEBALL**  
**BADMINTON**

**FREE Activity**



**Museums Victoria**  
**POP-UP! ROBOTICS & CODING**  
Wednesday 9 July

**AGES 8-13 YEARS\***  
\*Work in pairs with your parent/carer  
Bookings essential phone 5522 2265 or pop-in to the library to book!

**10.00 - 11.15am OR 1.00 - 2.15pm**  
**PORTLAND LIBRARY**





**MAKE DO EDUCATION**

**AGES 5-12 years\***  
\*Children under 12 years must be accompanied by an adult  
Bookings Essential Phone 5522 2265 or visit your local branch

**FREE activity**

**CARDBOARD CONSTRUCTION**  
Build the world you want to see

**CASTERTON LIBRARY**  
Wednesday 16 July  
**HEYWOOD LIBRARY**  
Thursday 17 July  
**10am - 12pm**



## NAIDOC Week Prayer Service

As part of our NAIDOC Week celebrations, students and staff gathered for a special prayer service to honour this year's theme: "The Next Generation: Strength, Vision & Legacy." Together, we acknowledged the Gunditjmarra people as the Traditional Custodians of our land and reflected on how we can carry forward a legacy of respect, truth, and unity. Through prayer, scripture, and quiet reflection, we were reminded of the importance of walking together with kindness, fairness and hope for the future.

### A Prayer for NAIDOC Week

Loving God,  
We thank You for the Gunditjmarra people and all  
First Nations communities.  
May we honour their strength,  
listen to their stories  
and walk gently on this land.  
Help us to be kind and fair,  
to speak with courage  
and to carry a vision of peace and unity.  
Guide the next generation to build a future filled  
with respect, justice  
and pride in every culture.  
Amen.

Micah 6:8  
"What does God want  
from us? To be fair  
and kind, and to walk  
humbly with God."



### Sandford's Soup Sunday

13th July 2025  
11:00 am till 3:00 pm

*Warm up with Homemade Soups  
Fresh Bread and Friendship*

Enjoy several varieties with a 'Bottomless Bowl'  
Adults \$18 per head ~ Children \$5 (Under 12)

Sandford Mechanics Institute Inc.  
Supper Hall  
14 Burke Street  
Sandford



BOOKINGS ESSENTIAL:

Please contact Rodger on 0408 703 746



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 Gunditjmarra 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

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