



SACRED HEART
PARISH PRIMARY SCHOOL



NEWSLETTER

JEANS 4 GENES DAY

This week, the Mini Vinnies Team organised Jeans for Genes Day to raise awareness and funds for children living with genetic conditions. As part of the day, we held a **Bake it Blue** Morning Tea, with all the delicious food prepared by Gabby's cooking group - Thank you for all your hard work!

We also invited everyone to wear jeans and bring a gold coin donation. At our mini assembly, we shared what Jeans for Genes supports and why this research is so important. Thanks to the generosity of our school community, we raised \$76.50 to help fund vital medical research. This amount was doubled to \$153.00, by a major sponsor of the foundation.

We're proud to be part of a school that always looks for ways to care and make a difference.

- The Mini Vinnies Team



Take note!

WEEK 4

DENTAL VAN VISIT

Tuesday 12th August
Learning Walk 9am

Wednesday 13th August
LUNCH ORDERS

WEEK 5

BOOK WEEK

Tuesday 19th August
Book Week Parade
& Kinder Visit

Friday 22nd August
Gr.4 CSC Partnership Day

WEEK 6

Tuesday 26th August
Lightning Prems - Coleraine
Grades 3-6

Wed 27th - Thur 28th August
PSG Meetings



From your Principal...

This week, I've been especially proud of our student leaders. The Mini Vinnies Team led another fantastic week of awareness and fundraising for Jeans for Genes, including a prayer service, morning tea and activities across the school. They've come a long way in just a month—organising events, speaking confidently, and learning that awareness campaigns can be just as meaningful and fun as Crazy Hair Days and other fundraisers.

Our Environment Team has also had a ripper of a week, collecting clean rubbish for their audit and thinking creatively about waste reduction. And now it's Flynn's turn, as he leads the charge for Bullying. No Way! Week next week.

I'm also pleased to confirm that I will be continuing in the role of Principal at Sacred Heart next year. I look forward to the year ahead and the ongoing opportunity to lead this wonderful school community.

Suzie

LEARNING WALK

**A GUIDED LEARNING WALK
FOR PROSPECTIVE AND
CURRENT PARENTS**

- *Watch*
learning in action
- *Discover*
how our kids learn
- *Talk*
with our team

**TUESDAY 12th AUGUST - 9AM
MONDAY 8th SEPTEMBER - 9AM**

If you can't make it on these dates, please give us a call and we can arrange a time that suits you.



SPREAD THE WORD

Do you know someone with a child starting school soon?

Let your friend group, neighbours or teammates know about our upcoming Learning Walks!

It's a great way for prospective families to visit our school, meet the staff and see our classrooms in action.
Let's share the Sacred Heart spirit!



*Welcome
Rhiannon*



Our New Wellbeing Counsellor!

We're excited to welcome Rhiannon from CatholicCare Victoria to our Sacred Heart community!

Rhiannon will be here most Fridays, working with students in one-on-one sessions and small groups, supporting their wellbeing, confidence and emotional growth.

If you think your child would benefit from chatting with Rhiannon, please pop into the office to arrange a referral.

We're so lucky to have her on board – welcome, Rhiannon!



The Wild Thornberrys

GEOGRAPHY ADVENTURES (F-3)

Caring for Our Oceans with Eliza from The Wild Thornberrys

This week our students had another exciting session with Eliza from The Wild Thornberrys! They explored the important topic of caring for our waterways and how our actions – big and small – can impact incredible places like the Great Barrier Reef. The students were shocked to learn that if we don't look after our environment, the reef could one day disappear!

Inspired by the discussion, they created some stunning, colourful ocean artwork that celebrates the beauty of our underwater world and reminds us all to protect it.



Brussels Sprout Bonanza!

This week, the students and Gabby harvested the very last of our Brussels sprouts from the kitchen garden. After giving them a good wash, they got cooking – and tasting! While they weren't everyone's cup of tea, it was a fantastic opportunity for students to try something new, straight from the garden they've helped grow. A big tick for healthy eating and adventurous taste buds!

A Parent's Guide to SWPBS

School-Wide Positive Behaviour Support

At Sacred Heart, we use School-Wide Positive Behaviour Support (SWPBS) to create a safe, respectful and supportive learning environment. Families play a key role in reinforcing these behaviours at home.

Why Behaviour Is Communication

Children often show us how they're feeling when they can't explain it with words. Behaviour—whether it's cooperation, withdrawal, defiance or excitement—is a form of communication.

Instead of asking **"What's wrong with this child?"** we ask: **"What is this child trying to tell me?"**

Looking beneath the behaviour helps us respond calmly and teach better ways to express needs.

Here are a few simple ways to reinforce positive behaviour at home:

- Use positive language: Tell children what to do, not just what not to do
- e.g. "Use walking feet inside" instead of "Don't run!"
- Praise the behaviour you want to see more of
- e.g. "Thank you for packing up your toys!"
- Keep routines consistent: Predictability helps children feel secure
- Model the values we teach at school: Respect, kindness, responsibility
- Respond to challenging behaviour with curiosity
- "You seem upset. Can you show me or tell me what you need?"

Working Together

When families and schools work together, children learn that expectations are the same no matter where they are—and that everyone wants to help them succeed.

Remember Mary MacKillop's wisdom: "Never see a need without doing something about it." Together, we can support every child's learning and wellbeing.



Understanding Adolescence

"Parenting adolescents can be demanding, terrifying, exhausting and a sanity threatening endeavour. Often it can be a lonely business with many parents being afraid to share their concerns."

Dr Michael Carr-Gregg

Adolescence is a significant developmental stage marking the transition from childhood to adulthood. It is characterised by an emerging sense of self-identity, exploration of personal interests, beliefs, values and goals, increased independence and autonomy beyond the family, growing responsibility, increased engagement in risk behaviours, emerging sexuality, amplified significance of peers, intensification of gender stereotypes, and shifting relationships with parents and caregivers. Adolescents seek increased independence and autonomy, which requires ongoing negotiation and compromise within the parent-child relationship.

Follow this link to our school landing page where you will find a valuable array of resources on varying topics for school aged children.

 <https://shcasterton.catholic.schooltv.me>

CHILD SAFETY SPOTLIGHT

BULLYING NO WAY

Next week, Sacred Heart will participate in Bullying. No Way! Week, a national campaign that reminds us that bullying and disrespect have no place in our schools or communities.

At Sacred Heart, we are committed to creating a safe, respectful environment where everyone, students and staff alike, can thrive. Disrespect, repeated negative behaviour and bullying are not ignored or accepted. We respond promptly and support students to take responsibility for their actions and learn better ways to interact.

What We Do to Address Bullying

- Explicit teaching of expected behaviours through SWPBS
- Supportive and restorative responses to incidents
- Consistent follow-up when students or staff are treated with disrespect
- Encouraging students to speak up and support one another

When families and schools work together, we can build a culture of care and courage—where everyone feels safe and valued. We're also proud of our Student Voice leader, Flynn, who is helping to lead the week by planning activities that promote awareness and kindness.

For more information about preventing and responding to bullying, visit the information for families page.

www.bullyingnoway.gov.au



Saint Mary MacKillop

A Woman of Courage and Compassion

Mary MacKillop was born in Melbourne in 1842 and went on to become Australia's first saint. Deeply committed to helping the poor and educating children, she co-founded the Sisters of St Joseph of the Sacred Heart with Fr Julian Tenison-Woods in Penola – just down the road from us.

Mary and her sisters opened schools across Australia and New Zealand, especially in remote and rural areas. She believed every child deserved an education, no matter their background. Mary faced many challenges in her lifetime. In 1871, she was briefly excommunicated from the Church due to disagreements about how the Sisters should operate. She remained faithful and forgiving, and was later fully restored.

Mary was known for her deep trust in God, her strength in the face of hardship, and her unwavering commitment to justice and compassion. She died in 1909 and was declared a saint in 2010.

Mary MacKillop's life continues to inspire us today. Her words – **"Never see a need without doing something about it"** – remind us to be people of action, kindness, and courage.

Mary MacKillop Prayer

Loving God,
You gave Mary MacKillop a brave and generous heart.
She saw your love in everyone -
especially the poor and those treated unfairly.
Help us to follow her example -
to speak up for what is right,
to care for others with kindness,
and to work together to make our world
more just and loving.
May we, like Mary, walk humbly, dream boldly
and act with courage.
Amen.



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 the Traditional Owners of the land where we play and learn. We pay our respects to Elders -past and present- and recognise their 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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