



SACRED HEART
PARISH PRIMARY SCHOOL

NEWSLETTER

BOOK WEEK

Book Week was a blast on Tuesday! The school was full of colour and creativity with everyone dressed up as their favourite book characters – and our Kinder friends joined in for the fun and came along to the parade. Throughout the day, students teamed up in groups to explore activities based on this year's shortlisted books, bringing stories to life in all sorts of exciting ways. It was such a fun celebration of reading, imagination and the joy books bring to our lives!



THE KINDER
KIDS AND
SENIORS HAD
LOTS OF FUN
WITH THE
PARACHUTE

From your Principal...

This week I attended the Australian Catholic Education Conference in Cairns, where educators gathered under the theme "hope, anchored in faith." Keynotes focused on the importance of family engagement, meaningful assessment, and building strong school communities – all areas that connect closely with the work we are doing here at Sacred Heart. I look forward to sharing these ideas with staff in the weeks ahead.

For the first time in many years I missed Book Week at school, but I look forward to seeing the wonderful photos of costumes, reading celebrations and the kinder children's visit. A big thank you to everyone who helps make this such a special week for our students.

Suzie

**Take
note!**

WEEK 6

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

Wed 27th – Thur 28th August
PSG Meetings

WEEK 7

Wednesday 3rd September
LUNCH ORDERS

Friday 5th September
Father's Day Afternoon Tea
2:45pm

WEEK 8

Monday 8th September
Learning Walk – 9am

Wednesday 10th September
SAC Meeting – 6pm

Thursday 11th September
R U OK? Day

ENROLMENTS ARE OPEN FOR 2026

Do you know someone with a child starting school next year?

Please let your friend group, neighbours or teammates know about our vibrant little school!

We have another Learnig walk coming up on Monday 8th September. Our doors are always open, so if this time doesnt suit they can call to arrange a suitable time.

Our Learning walk's are a great way for prospective families to visit our school, meet the staff and see our classrooms in action.

Feeling Unwell? Please Stay Home

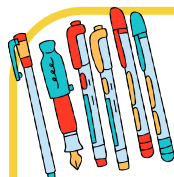
There are lots of colds and flus going around at the moment, and the best way to stop the spread is to keep unwell children at home until they're feeling better. Rest, recover and return when ready - it helps keep everyone at school happy and healthy!

Helping Your Child's Immune System

There are no "magic bullet" supplements - just reliable, everyday habits that really work:

- A healthy, balanced diet is key. Aim for plenty of fruits and vegetables (they should make up half of each meal), whole grains, lean proteins, and healthy fats—while limiting sugary and highly processed treats. Supplements may help only if your child's diet is very limited—ask your doctor first.
- Adequate sleep is essential. Children need varying amounts depending on age—infants may need 12–16 hours, while older kids and teens need around 8–10.
- Good hygiene habits help reduce exposure to harmful germs—things like hand washing and avoiding close contact when sick remain effective.
- Stay up to date on vaccinations. Immunisations help prime your child's immune system and protect against serious illnesses.
- Manage stress and avoid unhealthy habits. Keeping stress low, getting regular movement, and supporting overall wellness all help the immune system function its best.

Source: Harvard Medical School



Pen Licence Pride!



A huge congratulations to Neill and Xavier who have been presented with their pen licenses last week! These two handwriting heroes have been showing neat, consistent and careful work - and now they get to make the exciting leap from pencil to pen!

Everyone in Grade 2/3 has been working incredibly hard on their handwriting all year, and we're so proud of the effort being put in across the board. Keep it up - there are quite a few students getting very close to earning their licences too. Watch this space!

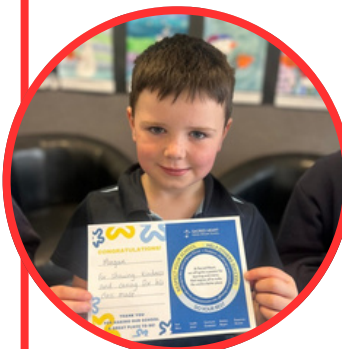
Miss Garttan



Class Awards

At this morning's assembly, we proudly celebrated the efforts and achievements of our students with our weekly Class Awards. These awards recognise students who have been working hard, showing kindness, living out our school values, and giving their best in the classroom and playground.

Congratulations to this week's award winners - we are so proud of you!



MORGAN SCOTT

For showing kindness and caring for your classmate.



NAKAI MAKORE

For always completing your work, staying on task and continually strives to excel. For your beautiful friendships that you have. You're a wonderful kind friend to all.



PIPPA SAWYER

For working quietly & independently during writing tasks, Well Done!



At Sacred Heart, the safety and wellbeing of every child is our top priority. We are guided by the 11 Child Safe Standards developed by the Commission for Children and Young People (CCYP). These Standards set out what schools and organisations must do to ensure children are not only protected, but also respected and empowered.

The Standards cover important areas such as:

- Creating culturally safe environments that celebrate diversity and respect all backgrounds.
- Listening to children and families, ensuring their voices are heard in decisions that affect them.
- Ensuring staff and volunteers are suitable, trained and supported to work with children.
- Providing safe spaces—both in the classroom, the playground, and online.
- Reviewing and improving our practices regularly so that safety remains strong in every part of school life.

By following these Standards, we make sure Sacred Heart is more than just a school—it's a safe and supportive community where every child feels valued, respected, and able to thrive.

If you'd like to learn more, visit the CCYP website: Child Safe Standards – CCYP. 



Anxiety & Young People

"Anxiety is a normal and healthy response to stress. However, when it becomes overwhelming and persistent, it can interfere with a child's daily life. To tackle this problem, it's essential to understand what anxiety is."

Dr Michael Carr-Gregg

Anxiety is a natural and expected part of growing up. It helps young people navigate new experiences, challenges, and transitions. However, for many children and adolescents today, anxiety can become intense, persistent and disruptive. Factors such as academic pressures, social expectations, family dynamics and the constant presence of digital media can all contribute to heightened stress and worry. When left unrecognised or unsupported, anxiety can begin to affect a young person's wellbeing, learning, relationships and overall confidence. That's why it's essential for adult carers to understand how anxiety may present in their children. Everyone experiences anxiety differently, and there's no one-size-fits-all response. With greater awareness and the right support, families can help young people build the skills to manage anxiety effectively, fostering resilience, self-awareness and emotional wellbeing for life.

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>



Out of School Hours Care at Casterton

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BSC - 7.00am - 9.00am
ASC - 3.00pm - 6.00pm
VAC - 8.00am - 6.00pm



For more information email or call
our Service Manager
casterton@thriveoshc.com.au
0400 273 311

Meet Kimberley Gill

Hi I'm Kimberley! I'm here on my last 5 week teaching placement, and in my final year of my Masters of Teaching at Latrobe University.

I grew up in Carapook and went to Casterton Primary School! I currently live in Melbourne and have come back just for my placement. I love Sacred Heart Primary, all the students and staff are lovely and have made me feel so welcome!

**What's your favourite
book or story you
loved as a kid?**

*Oh the places you'll
go - Dr Suess*

**If you could have
any superpower,
what would it be?**

To fly!

**What's one hobby or
activity you love doing
outside of school?**

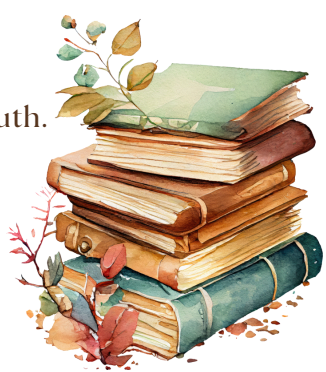
*Singing & Playing
Music*

**What's your
go-to snack or
favourite meal?**
Pasta or Pizza



A PRAYER FOR THE GIFT OF READING

Loving God,
Thank You for giving us words to learn and share.
Bless our children as they read and discover new things.
Open their minds with understanding and their hearts with joy.
With the help of St. Thomas Aquinas,
guide teachers and families to support them well.
May their learning help them grow in kindness and truth.
Amen.



ST. THOMAS AQUINAS PATRON SAINT OF EDUCATION


The Catholic Church recognises St. Thomas Aquinas as the patron saint of schools and education. He was a Dominican friar and theologian whose writings shaped much of Catholic teaching. He is often invoked by students and teachers seeking wisdom, understanding, and clarity in learning.

Born in Italy in 1225, Thomas had a love of study from a young age and dedicated his life to learning and teaching about God. His most famous work, the Summa Theologica, is still studied today. He is remembered not only for his great knowledge, but also for his deep faith and humility. St. Thomas shows us that learning is a way to grow closer to God and to use our gifts in service of others.

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

[CLICK HERE](#)





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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