



SACRED HEART
PARISH PRIMARY SCHOOL

NEWSLETTER



From your Principal...

Welcome back to Term 4! I hope everyone enjoyed a refreshing break and is ready for another busy and rewarding term ahead. Over the holidays, more improvements were made around our school grounds. The Cubby Village is coming along beautifully – the concrete slabs are ready and the cubbies themselves are in production! Around the school, we've had concreting and internal repair work completed, as well as fresh paint in the staffroom and library, giving both spaces a bright and welcoming lift. Thank you to everyone who continues to take pride in our school and helps make it a wonderful environment for learning and community. I'm looking forward to seeing the energy and excitement Term 4 brings, with plenty of events, celebrations, and learning opportunities ahead.

Suzie



WANNAN WATER



FREE EVENT
CMH COLOUR
RUN/WALK

Sunday 12 October 2025

Island Park, Casterton

Register from 9am / 10am START

For all ages, abilities & mobility levels

Market stalls, coffee and food

ENQUIRIES

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

WEEK 2

Thursday 16th October

Performance @ Casterton
Primary School 1pm

Friday 17th October

MISSION MONTH-DRIVE THRU

WEEK 3

Thursday 23rd October

MISSION MONTH
SLEEPOVER & FASHION SHOW 6pm

WEEK 4

Wednesday 22nd October

MISSION MONTH- CRAZY HAIR DAY

WEEK 5

Monday 3rd November

School Closure Day

WEEK 6

Tuesday 11th November

Remembrance Day Service 11am



THINK UV, NOT TEMPERATURE – PROTECT YOUR SKIN

We often judge whether sun protection is needed by how hot or sunny it feels, but the real danger comes from ultraviolet (UV) radiation, which we can't see or feel.

Even on cool or cloudy days, UV levels can be high enough to damage skin. In fact, when the UV Index reaches 3 or more, that's when protection should begin.

Excess UV exposure is the main cause of skin cancer. One particularly dangerous form, melanoma, can spread to vital organs if untreated.



Be SunSmart

Check the daily UV Index
Cover up with clothing, hats, and sunglasses
Use broad-spectrum sunscreen (SPF 30+) and reapply
Seek shade during high UV times

Mission Month at Sacred Heart

At Sacred Heart, our Mini Vinnies team take the lead during Mission Month. Each week they organise a special activity to raise awareness and funds, while also building community spirit. This year's activities include some much-loved favourites:

WEEK 1
9TH OCT

WHEELS DAY

To kick off the term, students can bring their bike, scooter, skateboard or roller skates (and don't forget a helmet!). There will be time at recess and lunch to enjoy fun activities together.

WEEK 2
17TH OCT

DRIVE THRU LUNCH

A treat for parents and the wider community!

You'll be able to order lunch and collect it at our drive-through on the day.

Save the date & keep an eye out for the order form.

WEEK 3
23RD OCT

OP SHOP FASHION SHOW & GRADE 3-6 SLEEPOVER

The Mini Vinnies put on an Op Shop Fashion Show, where creativity and sustainability meet. Come along to see our models in action. They are given a certain amount to 'spend' at the St Vinnies shop in town, where they select an outfit to showcase.

That evening, our Grade 3-6s are invited to a school sleepover supporting Swagtober, which raises money and awareness for people experiencing homelessness.

WEEK 4
29TH OCT

CRAZY HAIR DAY

We'll finish the month with a colourful favourite; Crazy Hair Day!

Students can come to school with their hair styled in creative, wild and bright ways.



Through these events, our students live out the values of service, generosity, and joy - raising funds for those in need while strengthening our own community.

SPREAD THE WORD...

Friday 17th October

Friends, family & students can pre-order to pick up lunch at Sacred Heart

ORDER FORM

ATTACHED



SHARE WITH YOUR WORKPLACE AND HELP SUPPORT OUR MINI VINNIES MISSION





**Reach your savings goals
while supporting the community**

Accounts with CDF Community Fund help fund loans for capital development works across Australia; from hospital wings for the sick, to safe havens for the homeless, classrooms for students and parish halls for community gatherings; CDF supports Catholic organisations in fulfilling their mission.

With online access, no fees for active accounts and bonus interest rates available on select accounts*, saving with CDF Community Fund provides a way for you to contribute back to the community – it's a higher return than money alone. A variety of accounts options:

- **Mission Saver Student:** A great way for young people to earn a bonus interest rate* and build good saving habits while supporting local communities.
- **Mission Saver Plus:** Employees of Catholic organisations can earn up to 4.90% p.a.* simply by saving more than they withdraw each month.
- **Term Investments:** Select the terms and timeframes that are right for you with competitive rates locked in for your chosen term.

To open an account and view current rates, visit catholicdevelopmentfund.org.au/communityfund or call 1800 134 135.

*Interest rates subject to change. Bonus rates apply only on Mission Saver Student and Mission Saver Plus account only when monthly deposits exceed withdrawals by at least \$1. View current rates, information statements and disclosures on the CDF website.



WORLD MENTAL HEALTH DAY

FRIDAY 10th OCTOBER

World Mental Health Day reminds us that looking after our mental health is just as important as caring for our physical health. This year's focus encourages families to pause and reflect on the pressures young people face and how we can best support them.

Parents and caregivers play a vital role by creating safe spaces for children to share their thoughts and feelings without judgement. Simple actions—asking if someone is okay, listening with empathy, and showing that seeking help is a sign of strength—can make a big difference.

You might also like to take part by engaging in a creative activity together, talking about emotions, or exploring resources such as apps or videos that build understanding of mental health.

Let's use this day to nurture compassion, connection, and open conversations within our families and school community.



<https://shcasterton.catholic.schooltv.me>
Mental Health Australia Website



BEST DRESSED LAMB COMPETITION



**\$100 FIRST PRIZE FOR
THE FANCIEST DRESSED
PET LAMB!**

**CASTERTON SHOW
SATURDAY 8TH NOVEMBER 2025
ISLAND PARK, CASTERTON**

INSTRUMENT HIRE INCLUDED

Learners Band

Learn to read and play music

Learn a lifelong skill and have fun doing it

For anyone from 10 years old to retirees

Register At castertonviceregalband@gmail.com

**STARTING OCTOBER 13TH, MONDAYS
FROM 5.30-6.30PM**



LITTLE ATHS STARTS TONIGHT!
50th Birthday Come and Try Night
Island Park- 6pm

World Mission Month

Walking with the People of Zambia



This October, Catholic Mission invites us to journey with the people of Zambia, where communities face challenges of poverty, poor infrastructure, and limited access to healthcare. In the rural Diocese of Mpika, expectant mothers often travel for hours to reach medical help, putting both their lives and their babies at risk.

Through Bishop Edwin Mulandu and local partners, Catholic Mission is working to bring hope and healing. Projects include building a mother's shelter and upgrading the Chalabesa Rural Health Centre, providing safe birthing spaces, vital equipment, and outreach health posts so women can receive care closer to home.

Beyond healthcare, Catholic Mission supports the Maize Mill Project, empowering local farmers—particularly women—with seeds, training, and fair opportunities to sell their produce. The maize grown is milled locally, improving food security and economic independence for families.

This year's theme, "Missionaries of Hope Among All Peoples," reminds us that mission is about solidarity—standing with others in love, not charity. By supporting Catholic Mission, we help create lasting change and uphold the dignity of every person.

Find out more or donate at catholicmission.org.au/worldmissionmonth.

Prayer

Loving God,

You call us to share your love with the world.

During this Mission Month, we pray for the people of Zambia
and for all who work to bring hope and healing to their
communities.

Bless the missionaries and local leaders
who serve with compassion and courage.

May their work remind us that we are all part of your mission –

to bring light where there is darkness,
and joy where there is struggle.

Help us to open our hearts to others,
to act with kindness,

and to be instruments of your peace each day.

We ask this through Christ our Lord.

Amen.



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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