



SACRED HEART
PARISH PRIMARY SCHOOL

NEWSLETTER



Mission Month - Week 2



Week 2 of Mission Month was a huge success! Today, our Mini Vinnies team dished up over 50 drive-thru lunches to students, families and community members – a delicious effort for a great cause! A big thank you to Gabby, Ms Mac and the Mini Vinnies crew for cooking up tasty burrito bowls and sweet treats...and to everyone who supported the event.

Next week, we're turning up the fun with a Vinnies Fashion Parade, showcasing the amazing treasures you can find right here at our local Vinnies store. We can't wait to see you there – it's going to be fabulous!



Today we raised \$ 365.58
Thankyou to everyone who continues to support our Mini Vinnies Mission!

Running Tally

Wheels Day	\$35.00
Drive Thru	\$365.58
	\$400.58

WEEK 3

Wednesday 22nd October

BAKERY LUNCH ORDERS

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

Tuesday 4th November

Melbourne Cup Public Holiday

Saturday 8th November

Casterton P&A Show - Island Park

WEEK 6

Tuesday 11th November

Remembrance Day Service 11am

From your Principal...

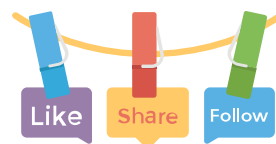
It's hard to believe it's been a year since the hailstorm that caused so much damage across Casterton. Looking back, it's amazing to see how much has been repaired and how our community has pulled together along the way. We also keep in our thoughts those who are still waiting for repairs and dealing with the ongoing effects.

A big thank you to everyone for your support during Mission Month. Whether you donated, helped organise events, or simply encouraged the kids to get involved – it all makes a difference. Your generosity and kindness continue to show what a caring school community we are.

Suzie



@sacredheartcasterton



SunSmart UV AND VITAMIN D

The sun's UV rays are our main source of vitamin D; essential for strong bones, muscles and overall health — but too much sun increases the risk of skin cancer.

In Victoria, just a few minutes of sun exposure on most days in spring, summer and autumn is enough to maintain healthy vitamin D levels.

In winter, UV levels drop, so spending a bit more time outdoors at midday helps.

Remember: getting burnt won't boost vitamin D, it only causes harm.

Find out more at sunsmart.com.au/uv-radiation/uv-and-vitamin-d

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



WEEK 3
23RD OCT

OP SHOP FASHION SHOW & GRADE 3-6 SLEEPOVER

At 6pm, 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.



PERMISSION FORMS FOR THE SLEEPOVER WILL NEED TO BE COMPLETED ON PAM. CHILDREN MUST HAVE THEIR OWN BEDDING TO SLEEP ON.

STUDENT LEADERSHIP UPDATE

TERM 3 RUBBISH BLITZ

Brody reports that the final count for the last three weeks of Term 3 was 100 pieces of soft plastics and recyclables — half the amount collected in the previous three weeks!

The leaders are determined to keep this improvement going and are now turning their focus to reducing food waste.

They've noticed a lot of whole sandwiches and wraps ending up in the scrap bin each day and would love everyone to make an effort to eat the food that's been packed or to take uneaten food home so parents know what is being eaten.

Every small change helps our school stay clean and sustainable!



FROM THE OFFICE

SCHOOL FEES REMINDER

School fee statements have been sent home this week.

A friendly reminder that all fees are **due in full by Thursday, 7th November.**

Thank you to families who have set up **direct debit payment plans** — your fees will be finalised by the end of the year.

If you are experiencing any difficulties or would like to discuss your fees, please don't hesitate to contact Prue or Suzie in the office. We're always happy to help.

EL CAMINO

On Thursday, our students had a fantastic afternoon at Casterton Primary School for a very special arts performance – El Camino, presented by Musica Viva Australia.

The show took them on a vibrant musical journey through Latin America, featuring traditional instruments like the zampoña, charango and bombo. The students loved clapping along, playing percussion, learning songs in other languages and even dancing to the lively rhythms.

It was a wonderful celebration of culture, connection and the power of music to bring people together – and judging by all the smiles, it was a hit with everyone!



DEPRESSION

"Low self-esteem is often flagged as a predictor of adolescent depression. Research shows that children who perceive themselves as academically, socially or physically incompetent, are more vulnerable to depression."

Dr Michael Carr-Gregg

Children can often feel 'depressed' about a friend's cold shoulder, a bad result at school or sometimes they just feel 'down' for no reason at all. It can become a concern if your child continues to have such feelings frequently over a long period of time. If it starts to interfere with their ability to manage at home and at school, then you should seek help from a skilled professional.

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

RaisingChildren.net.au

Kids' Sleep: 20 FAQs

RaisingChildren.net.au is a trusted Australian parenting resource offering evidence-based advice for children of all ages.

Their "Kids' Sleep: 20 FAQs" page answers common questions about sleep in school-aged children.

On the page, you'll find:

- **Tips** for recognising whether a child is getting enough sleep (e.g. energy levels, ease of waking)
- **Explanations** of minor phenomena like "sleep starts" (those little jerks when falling asleep)
- **Guidance** about snoring, gasping, or possible sleep apnoea concerns
- **Advice** on establishing bedtime routines, reducing screen time before bed, and shifting bedtimes gradually
- **Support** for sleep issues linked to developmental differences or autism
- **What to do in special cases:** nightmares, night terrors, sleepwalking, head banging, or calling out at night



Raising Children Network

BUSHFIRE INFORMATION CODE RED SCHOOL CLOSURES

As a school on the Bushfire At-Risk Register (BARR), Sacred Heart will close on any day declared Code Red. This is to ensure the safety of our students, staff, and families.

Where possible, families will receive up to three days' notice, but sometimes less notice may be given. Once a closure is confirmed (by 12 noon the day before), the decision will not change, even if the forecast improves.

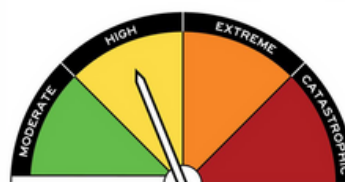
When the school is closed, no one is permitted on site.

The new Australian Fire Danger Rating System uses four clear levels to help communities understand fire risk and take action.

FIRE DANGER RATING SYSTEM

From 1 September 2022, Australia has a simplified, action-oriented fire danger rating system.

The Australian Fire Danger Ratings (AFDRS) levels are:



MODERATE

Plan and prepare

HIGH

Be ready to act

EXTREME

Take action now to protect life and property

CATASTROPHIC

For your survival, leave bushfire risk areas

[Link to DANGER RATING SHEET](#)

Please follow the link or scan the QR code for more information on AFDRS

SCAN ME



For more information, please visit the following websites:

- **VicEmergency**
- **Country Fire Authority**
- **State Emergency Service**
- **ABC local radio** is the emergency broadcaster



"Then I heard the voice of the Lord saying, 'Whom shall I send?' And I said, 'Here am I; send me!'"

– Isaiah 6:8 –

God calls each of us to bring kindness, hope, and love into the world. During Mission Month, we remember that being "sent" doesn't always mean going far away – it can mean helping a friend, including someone who feels left out, or standing up for what's right.

Prayer

Loving God,

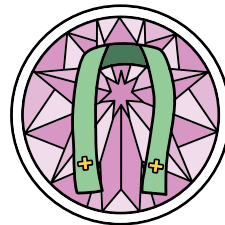
You call each of us to share your love in our own way.

Give us open hearts to listen to your voice and willing hands to serve where we are needed.

Help us to be brave, kind and generous in our words and actions each day.

Like Isaiah, may we say,
"Here am I, Lord – send me."

Amen.



Sacramental Program

11am

Sunday 23rd November
Sacred Heart Church

*Come along to support
your friends!*

Some of our students are taking part in this year's Sacramental Program, a special journey of faith where they learn about the love of God and what it means to belong to our Church community.

Through prayer, reflection and celebration, the children are preparing to receive the Sacraments of Reconciliation, Eucharist, and Confirmation.

We keep them in our thoughts and prayers as they grow in faith and take this important step in their spiritual journey.



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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