



SACRED HEART
PARISH PRIMARY SCHOOL

NEWSLETTER



Mission Month - Week 3

School Sleepover & Fashion Show

We're not sure why it's called a *sleepover* — there wasn't much sleeping going on! The 3-6s had an absolute blast, making memories that will last a lifetime. We kicked things off with a walk up to Mickle Lookout to watch the sunset and the town lights come on — a pretty special view. Back at school, we tried to prank Brody who was late arriving due to basketball— we wanted him to think we were all fast asleep. Nice try team — but he wasn't fooled! Then came Sardines, which requires a hiding spot big enough to fit all the players — that's 17 kids and two teachers! The kids weren't exactly quiet or sneaky, but Ms Mc's hiding skills were next-level. It took almost 10 minutes to find her! We also played Murder in the Dark, where (once again!) the teachers proved far too good at "murdering" the kids in the dark. A movie, pillow fight and endless chatter followed before anyone even thought about sleeping.

In the morning, everyone pitched in for breakfast, dishes and a popcorn clean-up mission before starting the day.



Thrifted, Fabulous & Full of Flair!

Our creative Mini Vinnies team took to the racks at Vinnies this week with just \$15 to spend — and a little bartering magic — to put together their show-stopping looks for this year's Mini Vinnies Fashion Show! From sparkling "Fashions on the Field" queens and 1800s gentlemen, to sporty tennis pros, farmers and even superheroes, the runway was full of personality, confidence and style. Kids could then buy any item for just \$1, with all funds going directly to support the incredible work of Vinnies in our community. Thanks to everyone who joined us; It was a afternoon of laughter, applause and creativity — shining a spotlight on our students' generosity, imagination and flair for fashion!

WEEK 4
29TH OCT

FINAL

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.



Check out our socials for more fashion show action!



From your Principal...

As Mission Month continues, we give thanks for the generous spirit of our Sacred Heart community — families, staff and students all living out our mission to care for others. We're now finalising our staffing and class structures for 2026, and it's the perfect time to spread the word about our wonderful school. If you know families who are still deciding on a school for next year, please encourage them to come and see us. We still have places available in our 2026 Prep class, and we're always happy to chat about how we can make schooling affordable and accessible for every family. Choosing Sacred Heart means choosing a caring community where children are known, supported and inspired to do their best. So if someone's still unsure — send them our way! And finally, if anyone has any second-hand uniforms for our giveaway box, please send them to school.

Suzie

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

Take note!

Important letter to families impacted by the Drought!!

As parts of Victoria endure one of the most severe droughts in decades, Catholic Education Ballarat is reaffirming its commitment to supporting families facing financial hardship by offering school fee relief across its 57 schools in the Diocese.

Executive Director Tom Sexton emphasised the organisation's dedication to ensuring that every child has access to a quality, faith-based education, regardless of their family's financial circumstances.

"The ongoing drought has placed immense pressure on many families in our communities," Mr. Sexton said. "We understand the challenges faced by those in agricultural sectors and related industries and we are here to support them during this difficult time."

Families experiencing financial hardship due to the drought are encouraged to confidentially discuss their situation with their school principal. Catholic Education Ballarat offers various support mechanisms, including the Family Fee Assistance Scheme, which provides reduced fees for eligible families.

"Our schools are more than just educational institutions; they are communities that stand together in times of need," Mr. Sexton added. "We urge any family facing difficulties to reach out so we can work together to find a solution."

Catholic Education Ballarat remains committed to its mission of providing accessible education and supporting the wellbeing of its students and their families, especially during challenging times.



the unlearning space BY RHI FRAME

You all know we're thrilled to have our weekly Student Counsellor, Rhi here at Sacred Heart!

Alongside her role here, she curates a thoughtful and supportive Instagram space...

@theunlearningspace.by.rhiframe, where she explores topics around emotional wellbeing, mindful growth and the journeys of young people and families.

In her posts, you'll discover:

- **Practical tips** for helping students navigate stress, transitions and change
- **Reflections and insights** on building resilience, self-awareness and healthy relationships
- **Resources** and suggestions for parents, carers and students looking to strengthen support networks
- A warm, **inclusive space** to "un-learn" old patterns and engage in meaningful discussion around mental health and growth

We invite all our families to follow Rhi's page - we believe her content will be a valuable part of our community's wellbeing toolkit.



EGG NOODLE & GREENS STIRFRY AND BERRY TART



This week, Gabby and the Kitchen Garden group made egg noodles from scratch — using fresh eggs from Ms Mc's chooks! They then turned their homemade noodles into a delicious Garden Greens Stir Fry, featuring produce picked straight from our very own garden. To finish off, they baked a puff pastry berry tart that looked (and tasted) amazing.

While the girls put the final touches on the stir fry, the boys tackled the dishes — teamwork at its finest! Well done to everyone involved; it was absolutely delicious.



FROM THE OFFICE

School Drop Off times:

The school has supervised yard duty from 8.30am each weekday during terms. Students are not to arrive at school until that time.

A reminder to everyone the loop (in the church grounds) is the safest park to drop your child off or to pick them up. Students can then use the supervised crossing to safely cross the road.

Late Arrivals:

Students arriving after the bell must enter through the front office so they can be marked as present on the roll. Since class rolls are marked at the start of the day, entering through the front office helps us record late arrivals accurately and prevents unnecessary absence notifications.

DROP-OFF AND PICK-UP REMINDERS

STRUCTURED LITERACY AT SACRED HEART

At Sacred Heart – and across our Western Trinity partner schools – we're working together to make sure every child becomes a confident, capable reader and writer.

- **Explicit handwriting:** clear instruction and daily practice build automaticity and confidence.
- **Daily review:** revisiting key skills helps knowledge "stick."
- Phonics in every grade: we teach sounds and spelling patterns systematically so no one misses the basics.
- **Morphology & etymology:** older students learn how words are built and where they come from, strengthening vocabulary and comprehension.
- **Fluency focus:** regular reading aloud builds accuracy, pace and expression.

This whole-school approach means every student learns in a connected way, with no gaps in their learning journey. It's something we're incredibly proud of – and a wonderful reminder to celebrate the choice you've made to send your children to Sacred Heart!



SUBSTANCE USE & ADDICTION

"The consequences of drug and alcohol misuse can be far-reaching. Beyond the immediate risks to physical and mental health, substance use can disrupt learning, damage friendships and family relationships and limit future opportunities."

Dr Michael Carr-Gregg

Experimentation with substances such as alcohol, vaping or drugs can be a common part of adolescence, but for some young people, occasional use can quickly develop into risky or harmful patterns. Curiosity, peer influence and stress are often contributing factors, while today's easy access and social normalisation make early exposure more likely. Substance use can affect a young person's mood, judgement, learning and relationships and may signal deeper issues such as anxiety, trauma or low self-esteem. Adult carers play a vital role in prevention by staying connected, recognising early warning signs and keeping conversations calm, honest and supportive. With awareness, guidance and care, families can help young people make safer choices and develop healthy coping skills that protect their wellbeing into adulthood.



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



Get Active Kids Voucher Program Now Open!

The Victorian Government's Get Active Kids Voucher Program is now open, helping eligible families with the cost of getting kids involved in sport and active recreation this summer!

- Families can receive up to **\$200 per child** to help cover registration fees, uniforms, or equipment for activities such as **basketball, swimming lessons, cricket, tennis** and more.
- Round open: **15 October – 13 November 2025** (or until funds are exhausted).
- Vouchers must be used by 31 December 2025.

Who can apply:

Children aged 0–18 years listed on a valid Health Care Card or Pensioner Concession Card (and Medicare card).

 **Apply online:** <https://www.getactive.vic.gov.au/>

CHILD SAFETY



eSafety
Commissioner

eSafety Webinars for Parents and Carers

The eSafety Commissioner is offering a new round of free live webinars this term to help parents and carers support their children's safe and healthy use of technology.

Topics include:

- Supporting healthy tech use as your child transitions into secondary school
- Understanding and using parental controls to help protect your child online
- Algorithms and adolescents – the rewards and risks of recommender systems
- The changing face of cyberbullying – protecting your child in 2025
- AI-assisted image-based abuse – navigating the deepfake threat

Each session runs for 45 minutes and provides up-to-date advice and practical strategies for parents of children in both primary and secondary school.

Register and find out more:

esafety.gov.au/parents/webinars

We encourage all parents and carers to take part – these sessions are an excellent way to stay informed and confident in supporting your child's digital wellbeing.

 **REGISTER NOW**

SCAN ME



More Information
0 431 242 674

DON'T MISS OUT!

TOPICS DISCUSSED

- Maintain parent-child relationship 
- Puberty and sexual development 
- Impact of Technology 
- Raising great teenagers 

VINU SEBASTIAN
MENS HEALTH NURSE
FHCC HAMILTON

STUART WILLDER
MENS HEALTH NURSE
FHCC HAMILTON

MADELINE HAW
WOMENS HEALTH NURSE
FHCC HAMILTON

KATE COUCHMAN
WELLBEING DIRECTOR
MONIVAE COLLEGE HAMILTON

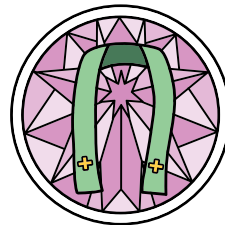


Gospel according to Mark (16:14-15, 20)

After Jesus had risen from the tomb, he showed himself to his disciples. He showed his trust in them by saying, 'Go out to the whole world; proclaim the Good News to all creation'. Soon afterwards the disciples preached everywhere, and the Lord was supporting them in their mission.

Mission Together Prayer

May all children in our world know kindness.
In every heart, let friendship grow.
Share love with open hands.
Spread peace in all you do.
In God's light, we walk together.
Our world made bright by care and faith.
Now and forever. Amen.



Sacramental Program



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.

AUSTRALIAN CATHOLIC YOUTH FESTIVAL

@f/ACYF25 ACYF.ORG.AU

*Year 9 -
25 years
plus leaders*



MELBOURNE, VICTORIA • 30 NOV - 2 DEC 2025



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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