

# Heart To Heart

## *Newsletter Of Sacred Heart School Mount Druitt South*

Term 3 - Week 3

30th July 2014

### **Dear Parents and Children,**

We welcome Mrs. Tara Cremen who will be working in the Library three days a week. Tara has worked as a casual teacher here at Sacred Heart and is an exceptional teacher who will bring great teaching expertise and enriched learning opportunities for the children.

### **Year 2 Cake Day**

This Friday the children in Year 2 will have their Cake Day, where the children are encouraged to bring in cakes to sell the rest of the school. All children can purchase a cake for 50 cents. I would appreciate support from parents to help cutting cakes up and selling them on the day. All money raised will go to the purchase of computer technology in the classrooms.

### **Year 6 Assembly**

All parents are welcome to Years 6 Assembly this Friday at 2:00pm in the Hall.

### **Musica Viva**

Next Thursday 7<sup>th</sup> August the children will experience the Musica Viva Band. Miss Ferriera has been preparing the children during her Monday and Tuesday lessons so that they can be fully involved in this experience. We have this program each year at no cost to the families.

### **Dr. Michael Carr-Gregg**

On Monday evening many teachers from Sacred Heart joined a number of schools in our area for a twilight session with Dr Michael Carr-Gregg, a well known psychologist, who you may have seen on TV or heard on radio. Dr Michael Carr-Gregg has written many books. One book, which I can recommend to parents is, "Strictly Parenting" – everything you need to know about raising school aged kids. I will be getting copies of this book. He also shared some research about children being active, relaxed and rested. Many children do not get enough sleep. Here is some current data:-

#### **Students asleep at their desks**

**90% of students are not getting enough sleep**

**15% are so tired it hampers their ability to learn.**

One way that parents can support their child is to set up a good routine and make sure that their child has a regular early bedtime. Some suggestions:-

- Avoid exposure to bright light 30 minutes before bed.
- Technology out of bedrooms.
- Avoid stimulants
- Sleep in a cool dark and quiet place.

### **Kinder Enrolment 2015**

Enrolments are now being taken for Kindergarten 2015. Applications can be collected from the school office. I will continue to interview parents and their 2015 Kindergarten children over the next few weeks. It has been a delight to meet with new parents as well as many of our current families. The 2015 Kindergarten children are so far displaying some brilliant talents and I believe they will be a great asset to Sacred Heart.

### **2013 Annual School Report**

The Annual School Report for 2013 will be available at the Office for any for parents to collect or can be found on our school website at [www.sacredheartmtdruitt.parra.catholic.edu.au](http://www.sacredheartmtdruitt.parra.catholic.edu.au)

### **Important Upcoming Events:**

- Friday 1<sup>st</sup> August Year 2 Cake Day
- Friday 1<sup>st</sup> August 2:00pm Year 6 Assembly
- Thursday 7<sup>th</sup> August Musica Viva
- Friday 8<sup>th</sup> August 2:00pm Year 3 Assembly

Warmest Regards  
Moya McGuinness  
Principal

**“Never see a need without doing something about it.”**

## The Feast of Saint Mary of the Cross (MacKillop) (8th August)

About Mary MacKillop:

Mary MacKillop was born in 1842 in (Fitzroy) Melbourne (Australia). On 8 August 1909 she died, having suffered a disabling stroke in 1902. Inspired by a meeting with Fr. Julian Tenison-Woods, Mary MacKillop at the age of 25 took her vows and the religious name, “Mary of the Cross”. In doing so, she founded the congregation of the Sisters of St Joseph. Soon after taking her religious vows, Mary MacKillop began schools. Within 5 years of taking her vows and founding the Congregation of the Sisters of Saint Joseph, Mary had established over 30 schools, in South Australia and over 100 women had joined the Sisters of Saint Joseph.



Mary MacKillop was very conscious of the plight of the poor and needy. She worked with families that lived in isolated areas of Australia. As a result, Mary MacKillop pioneered a new form of religious life in Australia and commenced a “system” of “Josephite” schools that would provide education, especially for the children of the poor. In 1873, Pope Pius IX gave Papal approval for the Congregation of the Sisters of Saint Joseph. Even today, many Australians can say that they too have felt the impact of the enormous work started by St. Mary of the Cross (MacKillop), having been educated or cared for, by the Sisters of Saint Joseph. She was noted for her trust in the providence of God and miracles of healing have been attributed to her. She was declared a Saint by Pope Benedict XVI on the 17th October 2010.

O God, source of all goodness,  
who have shown us in Saint Mary  
a woman of faith living by the power of the Cross,  
teach us, we pray, by her example  
to live the gospel in changing times  
and to respect and defend  
the human dignity of all in our land.  
Through our Lord.  
Amen

## Did you know that you can subscribe to receive news as soon as it is posted to our school website?

Simply go to the school website. Click on *News and Events* on the list appearing in blue at the top of the page.

Then select *Newsletters* and scroll down to *E-News Subscription - Newsletter Signup*.

Fill out the form with your details and click *Subscribe to E-News* at the bottom of the page.

If you have any difficulties or further questions, please contact the school.

Mrs Fran Luyt  
Learning Technologies Support Teacher (LTST)

[www.sacredheartmtdruitt.catholic.edu.au](http://www.sacredheartmtdruitt.catholic.edu.au)

### Catholic Out of School Hours Care

If you require before and after school care please contact Jenny 0429110156 for more information.

### Birthdays

31/07/2014	Marcella Isaak, Mikaela Alano
02/08/2014	Laura Escobar
04/08/2014	Angel Martinez, Deng Wol, Indripta Chatterjee
05/08/2014	Olivia Garamusi, Evangeline Nio

### ملاحظة مهمة جداً

#### Car Park

لايجوز للأهالي بالمرور بسياراتهم من خلال موقف السيارات ولا يسمح إطلاقاً بأيقاف سياراتهم في موقف السيارات في أي وقت من الأوقات وذلك لأمان السلامة لأطفالكم وحياتهم من التعرض لحوادث السير . يجب على كافة الأهالي بأيقاف سياراتهم خارج المدرسة وفي الأماكن المسموح بها .

يرجى الالتزام بقواعد المرور علماً بأن دوريات الشرطة تكون متواجدة في أوقات مختلفة وسوف تكون هنالك غرامات مالية لهؤلاء الأشخاص الذين لا يحترمون قواعد المرور فيرجى الالتزام بذلك

### Next Week at Sacred Heart

#### Friday 1<sup>st</sup> August

- Year 2 Cake day
- Year 6 Assembly

#### Tuesday 5th August

- CSIRO incursion—Year 5

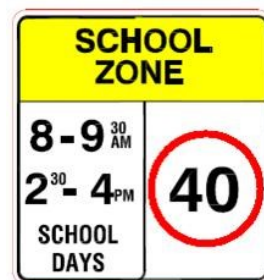
### Child Protection Mandatory Briefing

A reminder to all volunteers that the Child Protection Briefing needs to be renewed every two years. If you wish to go on any excursions you cannot go unless you have completed the online briefing. Using Child Protection for Volunteers <http://ceoweb.parra.catholic.edu.au/asp/volunteerscpmodule/index.asp>

1. Open the module by clicking the Start link 2. Read through the presentation 3. Complete and submit quiz questions – this will take approximately 45 minutes 4. After successful completion of the module, fill out the form by typing name, email address, contact number, contact address and school 5. A notification of successful completion of the module will be sent via email to the school and also to the volunteer's email address.

### Car Park

A reminder to parents that they are **NOT to drive through or park in the car park at any time**. The car park is for parishioners attending mass only. I would like to express my thanks to those parents who have been extremely supportive. **The Car Park will not be open for parents at any time**. While parking in the street, please remember to keep the road rules and do not park in the neighbour's driveways or make U turns over double lines or the crossing. Not keeping the road rules can result in you being fined a considerable amount. Police will be patrolling the streets to book those breaking the road rules.



### **SEASONS FOR GROWTH – BEREAVEMENT SUPPORT PROGRAM**

CCSS Solo Parent Ministry is running the **Seasons for Growth** Program for adults commencing on **Tuesday 5<sup>th</sup> August 2014**. This small group Program runs for five consecutive Tuesdays and is open to anyone grieving the death of their spouse or partner. See Notice Board for Flyer. **Venue:** CCSS Centre 51-59 Allawah St Blacktown. **Date/Time:** 5 Tuesdays from 05<sup>th</sup> August -10.00am – 1.00pm. **Cost:** \$80.00. Information and Registration- Ph. 9933 0205 or email: [soloparentministry@ccss.org.au](mailto:soloparentministry@ccss.org.au)

### **STEPPING BEYOND: SUPPORT FOR THOSE SEPARATED OR DIVORCED**

Come along to STEPPING BEYOND on the last Tuesday of each month at CCSS Centre, 51-59 Allawah St, Blacktown, at 7.30pm. Venue: CCSS centre 51-59 Allawah St, Blacktown. Time: 7.30 – 9.30. Cost: \$5.00. Registration: [soloparentministry@ccss.org.au](mailto:soloparentministry@ccss.org.au) or Ph. 99330205

### **SEMINAR - MANAGING FAMILY FINANCES**

CCSS Solo Parent Ministry is holding a Seminar for anyone interested in gaining greater understanding on how to manage on reduced finances. This Seminar will cover topics on tracking your spending; prioritise your finances, Money Plans and how to make your money work for you. The night is held on Tuesday 12<sup>th</sup> August, 7.30pm-9.30pm at CCSS Centre 51-59 Allawah St Blacktown. Guest Speaker: Trish Nowland (CCSS Financial Counsellor). Further details and Registration PH: 9933 0205 Email: [soloparentministry@ccss.org.au](mailto:soloparentministry@ccss.org.au)

### **Student Banking**

Dear Parents

There will be no student banking this Thursday 31/07/14.

Thank you for your understanding.