

# Heart To Heart

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

Term 3 - Week 2

1 August 2018

### **Dear Parents and Children**

Welcome Back and welcome to Term 3!

The children have settled back into work very quickly. Although many parents would have been working through the holidays I hope you enjoyed the break from the school routines for two weeks.

In the last newsletter of Term 2 I mentioned I would expand on the points *Ten Ways to Help Your Child Succeed at School* as a start to Term 3:

#### **1. Build Self Confidence**

Self-confident children tend to do well and their success makes them even more confident in themselves. Parents build children's confidence by taking a real interest and delight in their activities and by praising effort and achievement.

#### **2. Have high but realistic expectations**

Children need to be challenged but they also need success. Getting the balance right is one of the greatest challenges of parenthood.

#### **3. Foster good relations between home and school**

Children tend to do better when they see their parents and teachers supporting each other and sharing common expectations.

#### **4. Encourage independence**

Good learners take increasing responsibility for their own learning. It's fine to help the children, but be careful not to take over. If their homework becomes the parents' homework, then it's the parents who will be doing the learning!

#### **5. Don't place too much emphasis on tests and comparisons with the performance of other students**

Schooling is not a race designed to separate winners from losers. Only a small part of what it hopes to achieve for each child can be precisely measured. A child's real success can never be properly defined in terms of the strengths and weaknesses of other children.

#### **6. Think about homework**

Think, first, about its purpose and its place in the balance of a child's daily life. Establish a set routine and a quiet place where homework can be done. Remember, one great reason for giving homework is to teach self reliance.

#### **7. Monitor TV viewing and the use of computer games**

Have a family policy on how much time is given to the TV and the computer. Ensure that plenty of time is available for play, hobbies, exercise, family conversation and homework.

#### **8. Encourage reading**

Children who are read to from an early age, and those who enjoy recreational reading, are usually effective learners. Their language is enriched, their experiences are broadened, and their imagination is touched. Children who see their parents reading are more likely to become enthusiastic readers themselves.

#### **9. Don't be a perfectionist**

Nothing kills confidence and good learning more than continual criticism. Learners need to feel safe as well as challenged. They need to be able to take risks, make mistakes and learn from those mistakes without getting the impression that their efforts are not good enough.

#### **10. Provide a balanced life**

Sport and other organised activities have their place in a child's balanced life. But children need time for other things as well. They also need time to play imaginatively, to read, to relax, to enjoy company and pursue hobbies. Ensure they have time and encouragement to live fully as a child.



**Staff Development Day—Friday 17 August**

**There will be no school for students on this day**

Student Attendance: **85.1%**

### Morning Supervision of Student

As you know at Sacred Heart School we want to keep every child safe. Teachers have a duty of care to supervise children in the class and on the playground. This supervision **starts at 8:20am** each morning.

**Children should not be dropped off before that time.**

### Family Reflection

*Heavenly Father*

*We ask your blessing in all that we do this coming term.*

*Help us to know that you are with us always, celebrating with us when things are great and comforting us when things are not so great.*

*With the guidance of your Holy Spirit may we strive to do our best throughout this term using the gifts that you have given us. Amen*

God Bless

Mr. Glenn Patchell

Principal

**Celebrating a Birthday at School**—If parents would like their child to celebrate a birthday with classmates, individual cupcakes or doughnuts only are acceptable to send to school. Sweets or other foods are not acceptable due to the number of students with food allergies.

## Friday Assembly Awards



### Friday 06.07.18

- KB** Thomas Dabbagh, Charbel Chahine
- KW** Sophia Riley, Christian Matti
- 1B** Miranda Blazeovic, Pitawat Aye
- 1W** Marisya Esho, John Paul Ahad
- 2B** Barbara Pita, J'Vahn Tuifelasai
- 2W** Raven Lotovale, Devante Malala-Faavae
- 3B** Daniela Ealeya, Isaac Matai
- 3W** Karoleen Jamal, Sage Merjudio
- 4B** Andrew Youssef, Leyiana Matai
- 4W** Jessica Jose, Anyieth Maluk
- 5W** Joshua Kako, Alessia Odisho
- 6B** Daniela Jabo, Peace Lakie
- 6W** Michael Ross, Izabella Keryo

### Friday 27.07.18

- KB** Oriano Esho, Milia Yalda
- KW** Seth Sarza, Alaina Bucud
- 1B** Chelsea Vella, George Daher
- 1W** Grace Sila, Dekuan Dekuan
- 2B** Monica Mach, Mario Mekhaeel
- 2W** Nyibol Diing, Kyrillos Mousa
- 3B** Phoebe Audish, Miraya Trikha
- 3W** Chantelle Pese, Carlos Meekoo
- 4B** Angel Boniba, Tong Kuan
- 4W** Bianca Miranda, Stephen Maroky
- 5B** Rachel Hanna, Anthony Kelly
- 6W** Robert Orah, Achol Lual



## Important Dates To Remember

- |                   |  |
|-------------------|--|
| Friday 3 August   | 2:40pm Awards Assembly <i>All Welcome</i>  |
| Friday 10 August  | 11:40am Mass for St Mary of the Cross MacKillop<br>2:40pm Awards Assembly <i>All Welcome</i> |
| Tuesday 14 August | Book Club orders due   |
| Weds 15 August    | Newsletter home  |
| Friday 17 August  | Staff Development Day <b><u>No school for students</u></b>                                   |

## Maths Can Be Fun!

*Year 3 Students using the newly-painted Amphitheatre area for their maths warm up.*



## Sacred Heart Youth Group

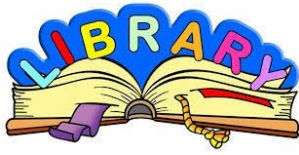


On Friday 27 July about fifty Stage 3 students gathered in the school hall during lunchtime to take part in the first session of our Sacred Heart Youth group. Stage 3 students explored what it means to love God and learnt some ways to build a relationship with Him through prayer. A trust game called "what's in the box" was one of the games played, followed by a brief discussion about trusting God just like our Holy Mother did.

The students were given the opportunity to learn another form of prayer called 'praise and worship'. They learnt a song of praise through splitting into two groups for a singing battle. The session ended with the students coming together joyfully, singing and dancing to this song, followed by a closing prayer of thanksgiving.

The youth group will run fortnightly on Fridays this term, with the first three sessions built around the theme of building positive relationships. The youth group provides a positive environment for students to explore Catholic values so they are able to apply them in their lives.





### News From the Library ...

The school library will be operating once again as a library. From Week 2 the students will be able to borrow again; so library bags must be brought to school and any Sacred Heart library books must be returned. I am sure everyone is looking forward to reading new books and READiscovering our school library.

**Ms Joanne Neil, Library Technician**



All Book Club orders and payment must be returned to school by **Tuesday 14 August**.

**Note:** Please send the correct money with your order.



## Kindergarten 2019 We Are Enrolling **NOW!**



If you have a child who is turning 5 before July 2019, please collect an enrolment form from the school office. If you have a friend or relative whose child is ready to start school in 2019 please let them know we are enrolling now!



### Raffle Tickets—World Youth Day

A number of young people from the Diocese of Parramatta will be heading to Panama in January 2019 to experience the joy of encountering God and deepening their faith as part of World Youth Day. Raf-

fle tickets are available from the office for families to take home and sell to raise money to go directly towards funding the Parramatta pilgrims to attend this special event. The draw will take place on 27 October 2018.

**LOWES**—20% OF EVERYTHING for **Thursday 19 August**, includes schoolwear.

Instore or Online, for Zero and Rewards card holders.



**Cool Little Kids—Psychology Clinics:** Cool Little Kids is an early intervention program for parents of 5 to 6 yr old children who show excessive shyness or anxiety. The program starts on Thursday 23/8/18 and runs every Thursday until 4/10/18, from 10:30am—12:30pm. Cost: \$160 for the 8 week program, including a pre and post assessment. No referral from GP required. Where: Western Sydney University. Enrol at [psychclinic@westernsydney.edu.au](mailto:psychclinic@westernsydney.edu.au) or Phone 02 9852 5288.

**Courageous Kids:** This is an anxiety management and resilience development program. A 10-week program concurrently runs a parent's and children's group to maximise benefits. Aimed at school-aged children 7-12 yrs old and will help your child become more confident. Date: Friday 24 August to 26 October 2018. Time: 4-6pm.

Where: Western Sydney University Psychology Clinics, Ground Floor, Building O, Second Ave Kingswood

Cost: \$200 for assessment and group attendance. Referral: Anyone can refer by contacting us on 02 9852 5288 or [psychclinic@westernsydney.edu.au](mailto:psychclinic@westernsydney.edu.au).