



At the HEART

Principal's Message

Dr Darren Egberts

The use of a byline has become commonplace in many organisations, be they businesses, community groups or schools. However, the byline for Sacred Heart College is much more than simply a catchy, easy-to-remember phrase. Its words, "Learn. Care. Flourish" detail the promise and significance of a Sacred Heart College Kyneton education.

Learn

The core of any school is its learning and teaching programs and the teaching staff who lead these activities. Sacred Heart College is blessed to have a staff of outstanding and engaging teachers who are committed to exploring and providing personalised learning programs for each student. Sacred Heart College has achieved excellent results in recent years with our VCE students outperforming similar co-educational Catholic schools. We welcome students of all abilities and interests with our Learning Enhancement and Learning Support programs, catering for students who are in need of additional challenges or extra support in and out of the classroom.



Care

After the most disrupted two years in schools for several generations, the quality of a school's wellbeing programs are critical. Repeated and extended periods of remote learning have adversely affected many students and families, with young people returning to school suffering higher levels of anxiety and the loss of social and communication skills. Sacred Heart College is well known for its exemplary pastoral care and wellbeing programs, with quarterly Parent Engagement evenings bringing high quality speakers to Kyneton. Recent topics have included Resilience, Cybersafety and Restorative Justice. Sacred Heart College also has a fabulous team of counsellors, psychologists and social workers to support students, parents and families with the challenges of adolescence in the 21st century.

Flourish

As a Catholic school in the Mercy tradition, Sacred Heart College seeks to allow the good news of Jesus Christ to inform all aspects of school life. Our educational programs are holistic and seek to grow young people academically, psychologically, spiritually, socially and emotionally. Students at Sacred Heart College experience a breadth of activities outside the classroom to complement and enhance their learning. These activities include annual camps, sporting opportunities, a comprehensive music program, social justice and social action programs, College productions, debating programs and many more. Students are encouraged to challenge themselves and become the best young people they can possibly be.

**Yours in Mercy,
Dr Darren Egberts
Principal**



College Captains Reports

Senior and Junior



Senior College Captains 2022 – Paige Koliba and Samuel Gordon

This year we have the privilege of representing Sacred Heart as the 2022 Senior College Captains. Throughout this time we have been able to work alongside the Junior Captains, Astrid and Mila, and both the Senior and Junior Cabinet. As the Senior Captains, we strive to make a positive change in the school, so that when we hand over to the next leaders, we can look back and feel proud of what we have been able to achieve. A large part of our role is to help organise and present to College Assemblies, a task which undoubtedly develops public speaking skills. We have had to overcome the nerves involved in public speaking, as we see this as an important life skill. We also undertake leadership training days, which are open to any student in the College who is interested in becoming a leader or learning about any aspect of leadership.

It was a real honour to represent the College on ANZAC day at the Mount Macedon Memorial Cross Dawn Service, which was both a beautiful and intensely moving occasion. We also participated in the College ANZAC Assembly which allowed us to share our thoughts on what the day meant to us.

On a less sombre note, we were thrilled to be asked to attend the College Debutante Ball, where we presented thank you gifts to the wonderful staff members who had helped organise this occasion for the students. It was a truly enjoyable night.

We would strongly encourage anyone who wants to make a difference to consider applying to be a College Captain or to take on a leadership role in the years to come.

Year 7 Reflection Day Junior College Captains – Astrid Le Noury and Mila Pereira

We are the Junior College Captains of Sacred Heart Kyneton. Being a captain involves giving the Junior School a voice, and also representing the wider College community.

The process to gain a position on the Junior College Cabinet is to apply in writing, including details about ourselves and any leadership experience. Following the appointment of the Cabinet, training days are held to enable us to get to know our team – including members of the Senior Cabinet – and form plans for the current year.

Some highlights of the role are speaking to the whole school at Mass and Assemblies, attending seminars, and taking an active part in making decisions for the College. It is an amazing opportunity and we highly encourage others to give it a try.





Deputy Principal – Learning and Teaching – Ms Debra McNaughton

Students at Sacred Heart College are encouraged to strive for excellence in the classroom. Sometimes this involves activities that extend students and show us what they can achieve. Year 10 students who have been part of our Learning Enhancement Program in Years 7 – 9 have the opportunity to study the VCE Extended Investigation which is a Year 12 subject. This develops students' critical thinking and problem solving skills.

Students have the opportunity to study many STEM (Science, Technology, Engineering and Mathematics) subjects. Skills and knowledge learned through participation in these subjects build the confidence of students, and allows them to perform better in all of their studies. For example, coding is taught to our students from Year 7 in Robotics, while Year 10s can study 'Rev Heads' (Automotive Studies) alongside the more traditional subjects. Subjects such as Environmental Science at VCE and VET Animal Care broaden the range of STEM offerings.

The diversity of subjects available for students to select at Sacred Heart allows students to follow their preferred pathways. This ranges from a choice of languages (Japanese or French) as well as life skills in financial literacy and food studies.

As students are encouraged to strive for excellence, they are provided many diverse opportunities in which to demonstrate this with the support and guidance of Sacred Heart staff.

Robotics - Ms Melissa Sabo

In Robotics this year many students had their first experience at creating a website. They used either Weebly, Wix or Google Sites to create a website on 3-4 robots of their choice from varying industries. They had to consider what features the robot had, the sensors it uses, advantages and disadvantages for both the people using the robots and also on the wider community. Students then inserted images in the website and embedded videos showcasing their robot in action.

As part of their second major project, students had the opportunity to build a LEGO robot in class. It needed to have wheels attached to enable it to move in various directions to create a series of programmed shapes, using Lego Mindstorm on the student's laptop.

A number of Year 7 students have had the opportunity to experience our newly purchased virtual reality headsets. In one of the virtual scenes, students were transported to the cold, rocky surface of planet Mars. Human exploration of planet Mars began with fly-bys in the 1960s giving clear images of the Red Planet. A series of robotic explorers have investigated the Martian surface, including rovers such as Curiosity, which has been exploring the planet since August 2012.

The 360-degree software enabled students to have the opportunity to explore the surface of Mars and learn about the appearance of this planet. They discovered the variety of instruments and the different power sources used by the Curiosity robot.





Year 7 and 8 Food Technology – Ms Belinda Kime

Food technology is a fun, hands-on, practical subject, where students learn a wide range of cooking techniques, and how to use a variety of different cooking equipment.

As this subject comprises different classmates to students' Homeroom, it is a wonderful time to make new friends and work as a team.

Each student will receive a cookbook, specifically created with fresh ingredients and modern recipes. Hopefully, some of these can be made at home for the family.

Some of the delicious items we make include pork banh mi, a burger of choice, an all-time favourite – chocolate brownie – and we try our hand at decorating biscuits.



Animal Studies – Ms Marika Payne

At Sacred Heart College students in Years 10, 11 and 12 have the opportunity to study VET Certificate II in Animal Care. This involves caring for the seven different species of animals that we keep on site which include rabbits, green tree frogs, seahorses and native Mitchell's Hopping Mice. This qualification describes the skills and knowledge for entry level and support roles in the animal care and management industry, where workers provide care for animals in workplaces such as animal shelters, boarding/day care facilities, sanctuaries and veterinary clinics. Students learn how to handle, feed and manage the different animals, as well as how to maintain their enclosures and conduct regular health checks, including administering basic first aid. There are excursions to different animal facilities such as Edgar's Mission and the RSPCA, as well as presentations from guest speakers including Veterinarians, breeders, wildlife carers and other workers in the animal care industry. Students really enjoy the hands-on nature of the course and the regular interaction with many different kinds of animals.





Care.



Deputy Principal Student Wellbeing – Ms Julie Mortimer

At Sacred Heart College Kyneton, we believe that everyone matters. This simple statement covers all members of our College Community - students, parents and staff. Our core business is, of course, learning, and all aspects of our wellbeing structure are aimed at supporting students in their journey through school.

Over the past few years, Sacred Heart College has been developing and broadening its Student Leadership Program. Student Leadership is structured into Cabinet at both Senior and Junior levels. These cover all aspects of College life, with Senior and Junior College Captains overseeing their respective Cabinets. The entire leadership group aims at transferring student ideas and views into the school context. These students are the proud face of the College in many internal and external events across the Ranges, and appreciate the opportunity to be involved in their local community representing Sacred Heart College Kyneton.

We recognise that many students feel they have something to contribute to the continuous improvement of our school but may lack the confidence or the experience of a leadership role to put themselves forward. The 'Lead from the Heart' Leadership Training Program has been developed to address

this. Each training day consists of two sessions. The first is open to any Sacred Heart student who would like to gain further insight into what constitutes a good leader and what leadership qualities they might like to develop. The second session provides a planning opportunity for the current Student Cabinets. Guest speakers provide inspiration and life context, and the broad group have the opportunity to work with other like-minded students.

An effective social-emotional program as an adjunct to rich learning is vital. To ensure this occurs, Sacred Heart College has developed a comprehensive Wellbeing Framework. Our Mercy Values are each aligned to a Year Level –providing a focus for Reflection Days or Retreats at each Year Level. This program titled COMPASS at Junior School, and DRIVE at Senior, provides the vehicle for introducing and re-enforcing important life enhancing Personal Development skills.

Our Parent Engagement Program aims at ensuring that our parents, as well as our local communities, have the opportunity to access high calibre speakers on current and relevant educational topics. These events align with current views and practice at Sacred Heart College, and reinforce the notion that each of the three sides of the educational triangle need to be on the same page for optimum student outcomes. Topics of these events are varied, with all linking to either Learning and Teaching or Wellbeing.

ANZAC Day Commemorations

Sacred Heart College was well represented at ANZAC Day commemoration services around the district. Following easing of Covid restrictions, our students and staff attended local services across Mount Macedon, Kyneton, Woodend, Gisborne, Castlemaine, and the Victorian State Dawn Service at the Shrine of Remembrance.





Year 11 Retreat Service to Self and Others – Mr Alistair Bloom

In May this year the Year 11 students from Sacred Heart College participated in an overnight Retreat at Camp Campaspe, Kyneton. The purpose of this Retreat was to allow the students to forge stronger relationships with their cohort, allow a break from the academic rigour of their studies, and importantly, allow them to participate in the Mercy value of Service.

On the first day the focus for the students was 'service to others' and on the second day it was 'service to self'.

The students were able to choose from a range of activities that were connected with providing a service either to others in need, to the landscape and nature around us, or connecting with students in the primary schools they attended.

The 'service to others' was conducted at the Kyneton food bank where students helped prepare meals for people in need. On that day they cooked spaghetti and a bolognese sauce – which they were able to sample for their lunch.

The 'service to nature' was conducted at various venues and with organisations such as the Bald Hill Landcare, Cassinia Landcare, Friends of Black Hill Landcare and Landcare at Camp Campaspe. At these venues the students (and teachers) worked extremely hard to plant thousands of trees, construct steps using sleepers, and general clean up of the areas.

The students were also given the opportunity to return to the primary school they attended and complete a day of service to the school, either through helping teachers and students in the classrooms, or working in the grounds of the school to maintain and establish gardens. The students were very excited to return to the schools and visit the classrooms and playgrounds where they spent their junior years.

The energy and excitement the students showed at the end of the day demonstrates that the reward for their service to others was knowing that they had made a difference to the landscape we live in or in the lives of others, for no material reward. Overall, the Retreat was very successful in its goal of encouraging students to think of others, and how they can help in the community in the future.

The remaining part of the Retreat focused on 'service to self' through various reflective activities and liturgies, as well as connections to the cohort with group initiative courses and an exciting trivia competition. All positive, useful and inciteful pursuits before embarking on Year 12 next year.

The Heart Wellbeing Centre – Ms Samantha Sequeira

In addition to providing counselling services to SHC students, the Counsellors at the Wellbeing House have been running programs to benefit College parents and students.

Paul Hopkins has been facilitating Teen Mental Health First Aid, a program which focuses on teaching secondary school students how to provide Mental Health First Aid to their friends. This course was developed in response to research indicating that young people prefer sharing problems with peers.

Samantha Sequeira has been facilitating a four-week parenting program called 'Parenting with Purpose'. The program is aimed at parents of children in Years 7 and 8, and draws on parents existing strengths, skills, and knowledge, whilst enhancing their connection with their children through Emotion Coaching. The interest in this program was overwhelming, and we hope to be able to offer this program to parents again next term.





Mercy@Work: 'Caritas Ks' Events

Following on from last year's success, the Mercy@Work team once again ran the 'Caritas Ks' event at the College Swimming Carnival. Throughout the day, over 40 students took up the challenge to carry 4L of water for 1km (10 laps of the pool), in solidarity with those who must walk to access fresh water.

The Year 7 cohort then participated in a further 'Caritas Ks' event on Monday 28 March. This event was held in the spirit of 'challenge by choice', with each Year 7 student invited to carry 4L of water for at least two laps of the oval (approximately 1km).

The results of the event are commendable. Over the course of the day, our Year 7s walked a total of 570 laps of the oval between them, which is equivalent to approximately 285km.



Junior Art – Ms Samantha Caddy, Learning Area Leader

Junior Art has a special place at Sacred Heart as it is where our young people get to express themselves. We work hard to make sure every student feels like their creativity is special and nurtured, whilst learning a lot along the way! This year our Year 7 students collaborated with Animal Studies students to create some beautiful paintings of Pets with Personality. We had some furry and slimy creatures attend our class! We learned how to draw with gesture and then develop our drawings into paintings with some beautiful results. In the photos here we see Gerald the frog as the model, and then as artwork, created by the very talented Ned Benfold and Addison Bullen.

Addison's ode to Gerald the Frog

Oh cute smiley frog
Your large black eyes stare into my soul
Your large leap hopping onto each lily pad with glee
I sometimes get scared with your furious glare
Your shiny green blue skin makes me smile
I stare at you for awhile
Oh froggy frog
I smile at you with glee
When you look at me
Your eyes look like a black sea





Year 7 Commissioning Mass

The Year 7 Commissioning Mass, held at the beginning of each school year, is a highly symbolic liturgy, with students receiving a College badge, candle and Catholic Youth Bible to represent their joining the broader Sacred Heart College community. It is a special occasion where students, parents and staff come together to share refreshments, then celebrate the Eucharist in a Mass conducted by our local Parish priests.



Music At SHC – Mr Terry Carrick

The Sacred Heart Music Department is a constant hive of activity. From the sounds of students learning their instruments, to the ensembles rehearsing and the young musicians socialising and comparing notes, our program is truly vibrant.

Classroom Music includes a combination of theory, aural and practical activities, which engage young people and help develop a wider appreciation, understanding and repertoire of Music in their lives. We aim to assist students to take creative risks by stepping out of their comfort zones.

Our Instrumental Music Program involves three elements:

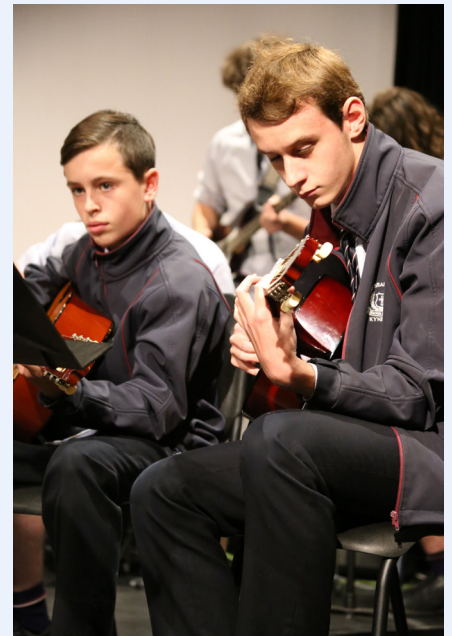
TUITION - students undertake weekly individual or pair lessons, face to face with the Instrumental Music teacher.

ENSEMBLES - students are required to participate in at least one ensemble, in order to engage in music-making with other young musicians; and

PERFORMANCE - students learn the art of performance through playing in front of a small, supportive audience once per semester.

Our Instrumental Music Program is supported by ten expert Instrumental Music teachers, each with a rich background in Music performance.

The social and musical relationships developed through Music are fantastic. We also see a significant correlation between students who study Music and those who are recognised for their academic and leadership excellence within the College.



Transition – Ms Jody Takos

Many students and their families will have visited Sacred Heart long before commencement at the College. Some families will have taken the opportunity of attending our Open Evenings, which showcase the variety of opportunities available in both the junior and senior years, and enjoyed the activities set up by a number of the different learning areas. Many have also taken advantage of the College Tours to get a better insight into the College.

In March every year students from our feeder schools in Grade 5 get a glimpse into the life of Sacred Heart. Feedback from the group this year was that they very much enjoyed swapping subjects and teachers every half hour! They created Lego robots, painted Picassos, made apricot balls, learned some French and Japanese, Maths, English and discovered some fun facts in Science. Visiting the amazing canteen and playing with those from other schools and the Peer Support students (from Years 8 and 9) at lunchtime were also on the top of student evaluation forms.

Our new students begin in January and are greeted with a Wellbeing Day. This day is set aside for getting to know each other and the Homeroom teacher. It is then followed by an amazing day at Melton Wave Pool to strengthen newly formed friendships. Early in Term 1, the Year 7s attend a team building camp, where they can make friends with those from other classes and test their personal strengths. Other highlights on the transition calendar are the College Swimming Carnival, the Athletics Day and the Tabloid Sports, these days are where the College House Spirit shines.





Learn. Care.

flourish



Learn. Care.

flourish

Enrolments Closing Soon

Enrolments for Year 7 2024 close on 29 July
(students currently in Grade 5)

For more information, including enrolment application form,
visit the College website: www.shckyneton.catholic.edu.au

SACRED HEART COLLEGE KYNETON

A Ministry of Mercy Education Limited - ABN 69 154 531 870