



At the HEART

Issue 09
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Principal's Message

Each time I meet students, parents and families new to Sacred Heart College, one of the key messages that I wish to pass on is the importance of transition and, particularly, transition from primary school into secondary school. Academically, the evidence is overwhelming in highlighting the importance of providing a rigorous, supportive and well-informed transition. Sacred Heart College has worked very hard in recent years to ensure that our transition processes are first class. A number of these activities are worth celebrating:

- Prospective students and families are welcomed into the College at our annual Open Evening in April. This year, we had more than 600 guests who enjoyed a range of hands-on activities across all learning areas including making key rings in Design Technology, Grass-Heads in Science, competing in a Mock Tour de France in Languages and learning percussion in Music.
- Many students from Macedon Ranges Catholic Primary Schools enjoy a full day of activities in Grade 5, as guests of the College. A special highlight on this day is making apricot balls as part of Food Technology, experimenting in Science with air propelled paper planes, which are then tested in a competition, followed by the students enjoying lunch in the College's Cafeteria.
- The College's Transition Team liaise very closely with primary schools across the Macedon Ranges to ensure that our teachers have as much information about each student as possible, in advance of their commencement in Year 7. This includes onsite visits to schools, meetings with parents and students, as well as additional transition visits to Sacred Heart College in Grade 6.

Dr Darren Egberts
Principal





Imogen Sparrow, Isabella McBride and Stephanie Waddington



Nic Needle and Archer Cook



Senior College Captains

2024 has been a year of new beginnings with the first-time leadership combination of three female College Captains. Although we have found this change to be challenging, due to the division of duties, it has been an incredible experience and has been extremely rewarding. We have been fortunate enough to participate in many leadership

formation days including the Seeds of Justice Conference which was a great introduction to how we can integrate Mercy into the school. We also took part in 'Leadership from the Heart' with Catherine McAuley College which allowed us to collaborate and share ideas with students from a different school. We had the incredible opportunity to attend the St Patrick's Day Mass in Melbourne which was a very reverent and eye-opening experience.

Throughout the year, we've been involved in numerous Assemblies and Masses, such as the Makarrata Assembly, the Feast of Sacred Heart Mass and the Beginning of Year Mass. We were also honoured with the opportunity to speak at the community ANZAC Day Ceremonies. These solemn occasions allowed us to pay tribute to the courage, sacrifice and resilience of those who have served our nation. Being able to participate in both the Dawn Service on Mount Macedon and the local Kyneton Service inspired us to lead with integrity and respect within our school community.

Working alongside the Senior and Junior Cabinets, we have been able to collaborate and help to make improvements around the school with input from a range of different people. We have many projects underway that will help to strengthen our community and make positive changes to the College.

We are so incredibly grateful to have been elected as the College Captains of 2024. It is an opportunity that we would recommend to all, and one that helped us to become not only better leaders, but also better people.

Junior College Captains

Last year the application process for the Junior College Captain involved a speech and an interview with a panel. We were very honoured to be selected as Junior Captains for 2024, and are proud that this allows us to give the Junior School a voice.



Throughout the year we have been working alongside the Senior Captains, the Student Leadership Cabinet and the College staff. Some aspects that the role requires are speaking at assemblies, attending ANZAC Day Ceremonies, Leadership Cabinet Meetings and other important events. We really like having an active role within the school community. We've also been working together to receive feedback from the Junior School, in order for us to undertake planning for 2024.

Being Junior Captains has helped us to develop our social and public speaking skills, and also our ability to work with others. We have had opportunities to work with other community members to improve things not only in the College, but in the broader community.

It's been awesome to have the chance to work alongside all the people in the Leadership Cabinet, and hear their ideas during our Leadership Days. We hope to have some exciting things planned for Semester 2.



Deputy Principal – Learning and Teaching

– Ms Debra McNaughton

We strive for excellence at Sacred Heart College, and we celebrate success. Success can take many forms. Success can be a statistic like our consistently high VCE results, or it can be the individual growth that we nurture in our students.

We are keen to put into practice our belief that students' abilities vary greatly and that success in learning should be celebrated in terms of personal growth and achievement.

Our Academic Awards reflect this with the mid-year awards based on the following criteria:

- Independence of learning
- Determination and perseverance and/or
- Substantial growth in learning

At the end of Semester Two we celebrate those who achieved the highest results in their subjects.

To allow our students to experience success, they must be literate. The reading program for all students in Year 7, combined with an intensive literacy program for a number of Year 7 and Year 8 students, maximise the opportunities for learning.

Our Learning Enhancement Program (LEP) is in place for our highly able students in Years 7 – 9. Students in the LEP are provided with work that should challenge and engage them – perhaps leading to acceleration into subjects at a higher year level standard from Year 9 onwards.

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. The range of hands-on applied learning subjects such as VET Automotive studies and VET Construction Pathways allow those with a trades pathway in mind to pursue their interests while at Sacred Heart.

Opportunities for enriched learning occur through events such as the partnerships with schools in France and Japan, participation in the Debaters Association of Victoria competition, a wide range of excursions, and Learning Area Weeks that have a range of activities to promote the subjects that we offer.

Learning is a rich experience for the students of Sacred Heart College.



Fostering a Love of Reading in Year 7

– Ms Tina Fattori



This year a new reading initiative has commenced in Year 7 with the aim of supporting consistent reading habits and strengthen literacy skills – building a strong foundation for future learning. It is designed to compliment the fortnightly library sessions that take place during English classes.

The 'Hillary Collection' offers a treasure trove of books, readily available during English lessons and Wednesday Homerooms.

During the transition program at the start of the year, the students completed an activity on stories that they loved. These have been compiled into a word cloud that hangs above the collection.

It is wonderful to see the students coming into Wednesday Homeroom, choosing a book, and commencing the day with quiet reading.





Food Technology – Ms Belinda Kime

Year 7 and 8 Food Technology explores a variety of basic cooking techniques. Towards the end of Term 1 the students practiced their baking skills and focused on the rubbing in method. They had an opportunity during practical lessons to practice the skill by making scones, then mastering it by making Easter themed biscuits. Working in pairs, students made their basic biscuit dough, then shaped it using Easter themed cookie cutters, such as rabbits, eggs, flowers and butterflies. After they baked their biscuits, students decorated them using icing pens, lollies and chocolates.



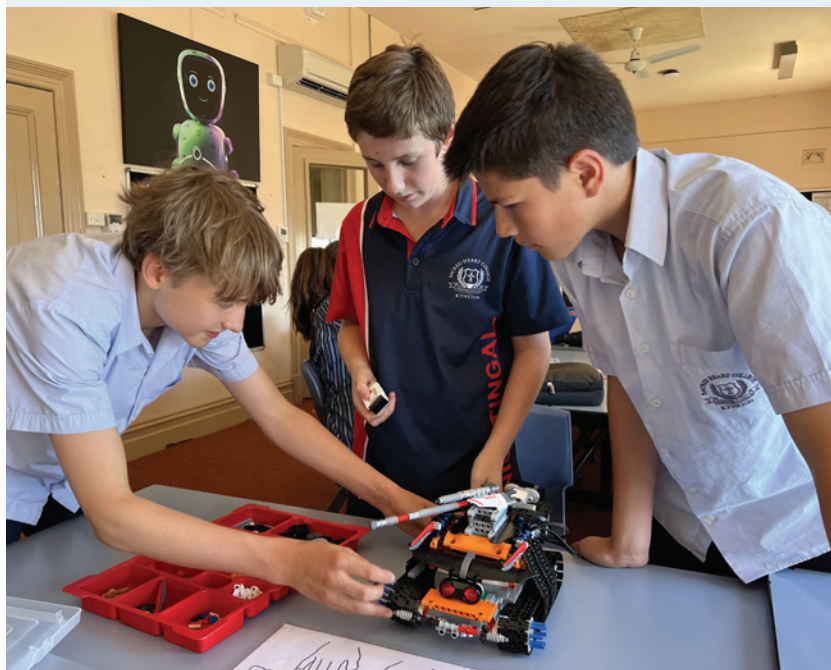
The Year 9 Food Technology classes in Term 1 studied the Australian Guide to Healthy Eating and looked at nutritious meals that represented the food guide. Their assessment task was a design brief where they investigated poke bowls (sometimes referred to as Buddha bowls, nourishing bowls or salad bowls). Students had an opportunity to independently cook a poke bowl of their choice. Their poke bowls were well presented, colourful and incorporated the five food groups displayed in the Australian Guide to Healthy Eating. They all looked super tasty too!



Robotics

– Ms Melissa Sabo

This semester our talented Year 7 and 8 Robotics students embarked on an exciting journey of engineering and innovation. Students have been diligently working to build and program their Lego Mindstorm robots to move in the form of shapes. Many of these robots successfully used sensors, such as the colour sensor and distance recognition to avoid any obstacles. Through this hands-on experience, students have gained invaluable skills in problem-solving, teamwork and critical thinking. In our final lesson, students transformed their robots into formidable contenders for a Battle Bot Competition where the most robust and well-built robot could win against any competitor!





Deputy Principal – Student Wellbeing – Ms Haley Galloway

At Sacred Heart College, we pride ourselves on our approach to nurturing the wellbeing of our community - students, parents and staff. The integral link between wellbeing and learning cannot be understated. Learn. Care. Flourish are founding concepts upon which an education at Sacred Heart College rests. They represent the relationship between learning and wellbeing that, when optimised, allow young people to thrive and flourish.

This year the Wellbeing Team have focussed on developing the power of student voice. To that end, we have redesigned a Student Representative Council with students drawn from each year level and Homeroom. These students come together once a term in a forum with their respective Junior or Senior College Captains, to raise issues or pitch ideas for improvement. These students were also invited to take part in the Macedon Ranges Shire Council's Youth Summit where they were able to tackle youth issues for the region and bring the power of their voice into the local community. Diversity and inclusion is another space where we are promoting student voice and participation. In conjunction with Sunbury COBAW Community Health, the College offers a fortnightly student group, known as D@SH, as both a space for connection and sharing but also with the goal of raising awareness and advocating for change.

Our Parent Engagement Program aims at ensuring that parents, along with local community members have access to renowned speakers on a range of topics from Cyber Safety to Inclusion and Diversity, and Parenting. The College believes in the importance and the power of an effective three way partnership – student/teacher/parent. Our Parent Engagement Program provides best practice Professional Learning through quality guest speakers on current educational topics and issues. So far in 2024 we have hosted Susan McLean, a Cyber Safety expert, who also presented to our students, on the challenges young people face in navigating online spaces. Michell Mitchell provided an engaging presentation and discussion to our community around parenting teenagers. Later in the year, we will host Bree Gorman, who will speak to parents and staff on diversity, equity and inclusion, and Maria O'Shannessy who will run a parent coaching workshop.

To learn more about Wellbeing at SHC, visit the 'Life at Sacred Heart' section of the College website.



Cookies for Caritas – Ms Carmen Stehle

This year's Project Compassion theme 'For All Future Generations' asks us to support vulnerable communities, and to walk in solidarity with our global neighbours, as they face the challenges of today and seek to build a better tomorrow.

In Term 1, the Year 10 students learned about the work of Caritas in their RE elective class, 'Prayer through supporting Social Justice' and prepared for the cookie bake sale where they ran a fundraising activity 'Cookies for Caritas'. The funds raised were for Project Compassion, Caritas Australia's annual fundraising campaign. United in the hope of creating 'a better tomorrow for all future generations', students helped plan, organise, promote, bake and sell cookies during lunchtime. The cookies were freshly baked, delicious and sold like 'hotcakes'!

It was truly touching that so many students and staff came out to support the cause. Students raised \$238.70, an amount which can help put a toilet or a washing sink in someone's home who is in need. It was heartwarming to observe the Year 10s working together for a common cause, and living the mercy value of Justice through this act of service.





Junior Camps at SHC – Ms Kellie Boorman

A central part of our transition period is the Year 7 Camp to Kinglake. The camp was filled with activities aimed at promoting personal growth and preparation for the journey ahead through the outdoor education concept of 'challenge by choice'. As the Year Level Leader it was a pleasure to get to know our students better and watch them step out of their comfort zone. Something that stood out for me during camp was the respectful, fun and considered way our staff worked with each student to learn about who they are as people, and how to best support them. The winning combination of courageous students and amazing staff will ensure the Year 7 cohort are set up for success!



Year 8 Camp – Student Reflection

Stella Egberts

Year 8 Surf Camp to Anglesea has definitely been a highlight in my year so far. It was filled with many amazing memories and experiences, and I would like to share some of them with you:

I really enjoyed the overnight hike because it gave me a chance to see some amazing views, cook my own food, and sleep in a tent that I carried and set up. It gave me a really good sense of the beauty of our world.



Next, I absolutely loved surfing. I have always loved being in the ocean and surfing was a great experience for me and my group. I got to catch waves and try standing up on the board. I also had a great time as I felt very safe in the water.

The vertical challenge was another great activity where you had to climb up some obstacles and compete with your friends. The top was an amazing 18 metres high. I really loved this activity. It was a wonderful experience to watch everyone push their boundaries.

Overall camp was fantastic! I learned many new skills, and it was awesome to get to know my year level better!



Sustainability – Laudato Si Week – Ms April Cincotta

In recent years, our school community has embraced the principles and messages found in Laudato Si', Pope Francis' encyclical on the environment and human ecology.

This powerful document calls for a renewed sense of responsibility and stewardship for our common home, the Earth.

Laudato Si' encourages us to recognise the urgent need to address environmental issues, such as climate change, pollution, and the loss of biodiversity. By integrating these themes into our curriculum, we aim to educate students about the impact of human activities on the environment and the importance of sustainable practices. This knowledge empowers students to make informed decisions and take positive actions in their daily lives.

One of the key messages of Laudato Si' is the call for collective action. Environmental stewardship is not the responsibility of a few, but a communal effort that requires the participation of everyone. During Term 2 our students wrote messages and displayed these on the front gate of the school encouraging everyone to take action to care for our common home.





Student Leadership at SHC

The College hosted 50 student leaders from Catherine McAuley College Bendigo who joined the SHC student cabinet members for a day that explored 'Leadership from the Heart'. Hopefully the gathering is just the first of many future events for our schools' student leaders who share a common Mercy heritage.

Student Reflections from Leadership Day

Nic Needle, Junior School Captain

The visit from CMC Bendigo was a great way for student leaders to expand their knowledge of what it means to be a leader, and how to learn from other leaders. Throughout the day we had guest speakers talk to us about leadership, and we were given an opportunity to work in groups and share our ideas for what we wanted to do for the school. The presentations from the guest speakers included information about the values of a leader and what we can do to ensure we are successful with representing our school. A main takeaway a lot of people had was that it isn't just what we do while representing the school that makes us a leader, but also what we do during school hours to help the people around us.

We did a group activity where we looked at leaders from around the world and discussed what values made them who they are. Being able to meet leaders from CMC Bendigo meant we could share our plans, and we could hear their ideas, and use that in our own school. While we got to spend time with students from CMC Bendigo during group work, we also were able to get to know them and have longer discussions during breaks which made it more comfortable to be working and communicating together. I think that having the ability to share our plans with people from outside the school meant we could spot any issues with the plans and it made it easier for us to expand and improve these ideas. We also got to hear what CMC Bendigo students were doing at their school, which helped inspire us to develop our own ideas.



Debating and Public Speaking

– Ms Andrea Knight

At Sacred Heart College we offer an established public speaking and debating program for both our junior and senior students.

Our College participates in public speaking and debating competitions throughout the year, organised by the Debating Association of Victoria (DAV) as well as the Frayne Festival held in August, a public speaking and debating competition amongst other Mercy schools. This year, our senior students have participated in five rounds of debates held at Ballarat and Anglican Grammar School. These debating activities allow our students to compete with other talented debaters from schools across Victoria.

Our debating program is scheduled for one period a cycle. This lesson is structured time, spent preparing debates and learning essential debating skills. Our senior program runs during first semester, and our juniors second semester. We also engage external presenters to attend the College to conduct debating skills training with our students.

Public speaking and debating are valuable activities for students at all levels. Our program teaches useful skills for other academic interests, and life more generally. Our debating students build confidence speaking in public, expressing their ideas persuasively while also having fun.



House Sports

Angelique Doherty and Georgia Freeman

In Semester One we were pleased to be able to host both our Swimming and Athletics Carnivals, for which the whole school looks forward to.

As Senior Sports Captains we were so impressed this year with the amount of participation from all year levels. We saw five records broken at our Swimming Carnival and a massive 23 records broken at Athletics. It really shows the wonderful talent we have, especially in our younger students at Sacred Heart. We anticipate there being plenty more broken in the following years!

It was a big year for McAuley House, taking home the wins for both the Swimming and Athletics Carnivals, not an easy task but very well deserved. Winning by 444 points over Chisolm at Swimming and 701 points over Nightingale at Athletics. Both days were huge successes with many ribbons handed out, as well as our top 3 individual group medals.

The House Carnivals are also a great opportunity for the Year 12 students to dress up and enjoy the festivities of their final year. There were many great costumes on display. These days really show us that even if the students didn't win a race, or they preferred to cheer from the sidelines, everyone's participation and encouragement make the days so much fun.



French Study Tour – Student Reflections

Amelia Walsh and Charli Shalders

Our Study Tour to France was a great experience of language and culture. We arrived in Paris on 17 March and our first few days were spent visiting many iconic monuments such as La Tour Eiffel, Sacre-Coeur, and les Champs Elysse, exploring the streets of Paris and using our language skills to order French cuisine.

We then travelled to La Roche Sur Yon and spent a week with our French exchange students. We were welcomed into their homes and experienced a French family's lifestyle. We tasted some home cooking, played French board games, watch soccer games, and many visited the local beach. We also visited our sister school and

shared our cultures. We also travelled to the nearby towns of La Rochelle and Nantes.

We visited several picturesque French castles such as Chenonceau and Close Luce and spent a night in the Loire valley in a town called Tours. Before continuing back to Paris, we spent some time wandering around the beautiful Gardens of Versailles.

It was such an amazing experience and we will be forever grateful for this opportunity to explore another culture and practice our French language skills in France!



Transition – Ms Jody Takos

At Sacred Heart College the transition from the primary to secondary years is planned for and handled with much care. Many students and their families will have visited Sacred Heart long before their commencement at the College. Open Evening, College Tours and the Junior Showcase Evening are just some of the events where families have the opportunity to become acquainted with the College.

Each year in March, Grade 5 students from our Feeder Catholic Primary Schools get a glimpse into life at Sacred Heart. This year, amongst a variety of subjects offered during this day, the students enjoyed making Apricot Balls and building and competing in an airplane flying competition.

Additionally, students in Grade 6 enrolled to commence in Year 7 the following year, come to Sacred Heart in December for an Orientation Day. This day is a simulation of a typical school day.

Students have the opportunity to become acquainted with their classmates, their teachers, the Homeroom structure and the school's layout. The Year 9 Peer Support Students are always eager to make this a fabulous day, and we often find that friendships are formed during the time they spend supporting our newest students across this day.







Learn. Care.
flourish

Enrolments Closing Soon

Enrolments for Year 7, 2026 close on 26 July, 2024
(students currently in Grade 5).

Contact the College Registrar for enrolment enquiries.

The enrolment application form, tour dates and booking information can be accessed via the 'Enrol with Us' page of the College website.

