# **NEWSLETTER**

2 September 2021

## Learn. Care. Flourish.



### Prayer

God our Father, we give you thanks and praise for fathers young and old.

We pray for young fathers, newly embracing their vocation; may they find courage and perseverance to balance work, family and faith in joy and sacrifice.

We pray for our own fathers around the world whose children are lost or suffering;

may they know that the God of compassion walks with them in their sorrow.

We pray for men who are not fathers but still mentor and guide us with fatherly love and advice.

We remember fathers, grandfathers and great grandfathers who are no longer with us

but who live forever in our memory and nourish us with their love.

Amen.



### PRINCIPAL'S MESSAGE - Dr Darren Egberts

This weekend provides an opportunity for families, students and the broader community to recognise and celebrate the role that fathers and all those who have fathering responsibilities, have in the lives of young people. Although gatherings of larger family groups will be impossible, the chance to celebrate in our own family groups is still there.

As we celebrate the importance of fathers, and parents more generally, I would also like to remember two Sacred Heart College staff members who have experienced much in the last week or so:

- The thoughts and prayers of all in our College community continue to be with Tori Young and her family following the tragic death of daughter, Annie Lavinia Rose Ellis.
- Congratulations to Alicia Nalesnyik on the birth of her daughter, Violet Maeve, on Sunday 26 August.

### **Remote Learning Update**

Yesterday's press conference provided some clarity regarding metropolitan Melbourne schools but, importantly, the possibility of a return to onsite learning next week for schools in regional Victoria. There were also important announcements for our senior students. A summary of these:

- The Victorian Government will review the need for remote schooling early next week as part of a broader review of restrictions for regional Victoria. Obviously, regional Victorian remaining mostly infection free will assist getting students and staff back onsite.
- The General Achievement Test (GAT) has been further delayed and is now scheduled for Tuesday 5 October 2021.
- As part of the push to ensure that Unit 3 & 4 end of year examinations proceed as planned, the
  Government has also announced a priority vaccination program for students undertaking Unit 3 & 4
  subjects in VCE and VCAL. As part of this program, Year 12 students will be given priority booking access
  at state-run clinics, as will teachers and those supervising exams. Students and teachers will need to book
  an appointment, as walk-ups will not be available.
- The College has already been notified of an opportunity for students to access priority vaccinations through Castlemaine Health with details included below.
- I will let students, parents and staff know as further details and vaccination opportunities come through.



A reminder that copies of all correspondence to parents, carers and families can be found on the Parent Access Module – Documentation for Families.

Most importantly, I would like to thank all parents, carers, grandparents and other family members who have and are assisting with the challenges of remote learning. Eighteen months of repeated lockdowns have been incredibly hard on our young people with our teachers and school never more aware or appreciative of the partnership in education that parents and teachers share.

### **End of Term Arrangements**

Although we remain in remote learning, the end of term is rapidly approaching, a few reminders for parents regarding these arrangements:

- Interim reports will be released and available through PAM on Tuesday 14 September.
- Student Progress Interviews are being held remotely via ZOOM on Thursday 16 September (5.00 7.00pm) and Friday 17 September (9.00am 1.00pm). Details on these arrangements will be forthcoming.
- Classes will conclude for Term 3 on Thursday 16 September with Term 4 due to commence on Monday 4 October 2021.

Yours in Mercy,

# Dr Darren Egberts **Principal**



**Bereavements** - Your prayers are asked for the following families who are mourning the passing of a loved one recently. The Tedesco family on the passing of Nick Tedesco, grandfather of Joaquin 7E, and the Balmont family on the passing of Judy Balmont, grandmother of Eloise 12D.

Our thoughts are with you all at this sad time.

### VACCINATION INFORMATION - Paul Matthews, Head of Senior School

### **Dear Parents/Guardians and Carers**

As part of the COVID-19 vaccination roll-out, more Victorian school students are now eligible to receive the Pfizer COVID-19 vaccine.

All students aged 16 and older can now book a Pfizer COVID-19 vaccine at state vaccination centres.

The Victorian Government aims to vaccinate all final year students by the time they sit their end-of-year exams. Final year students are therefore urged to immediately make an appointment to receive a vaccine by following the instructions under the heading 'How to book an appointment' below.

The state vaccination centres have recently had their capacity increased to support Victoria's drive to administer 1 million doses of the vaccine by 19 September.

Students will be supported in every way possible to be vaccinated before the examinations begin.

Students completing their final year are particularly asked to book an appointment as soon as possible to support the safe conduct of examinations. As their parent/guardian, I encourage you to help them to book and if needed, support them to attend their appointment.

Final year students are asked to consider getting their first vaccine before the GAT on 5 October. In addition, it's recommended not to get the vaccine on the day of an exam, or the day before an exam - to avoid feeling common but mild side effects such as tiredness, headache, muscle pain, fever and chills and/or joint pain during your exam.

### Consent

Students can book their own appointment and consent to vaccination themselves if the health professional assesses them to be a mature minor. *(continued overpage)* 

### How to book an appointment

Loddon Mallee Health have provided the College with a link for students to register for their COVID vaccine. Loddon Mallee Health do not use the State booking system so they can prioritise vaccinating those residing in the Sacred Heart catchment area, including Gisborne. The Loddon Mallee Health vaccination centre is unable to vaccinate anyone from Metropolitan regions.

All Sacred Heart students are required to bring their student identification card to the appointment.

Once registered, the students will be contacted within a few days and a booking link sent to them.

### **Loddon Mallee Registration Hub**

Vaccination clinic hours: Monday, Tuesday, Wednesday and Friday 9.30-12.30 and 1.30-3.30pm.

#### More information

For more information about eligibility, visit <u>coronavirus.vic.gov.au</u> or use the Australian Government's <u>COVID-19</u> <u>vaccine eligibility checker</u>.

For further assistance, contact:

1. the Department of Health Coronavirus hotline: 1800 675 398

the National coronavirus and COVID-19 vaccine helpline: 1800 020 080

Please contact me if you wish to discuss this.

### ACTING DEPUTY PRINCIPALS - STUDENT WELLBING - Paul Matthews & Jodie Wattie

September marks the start of Spring, and the first Sunday of September is Father's Day. This is a very special day to recognise and acknowledge our fathers, grandfathers and special people within our families. It is a time for us to be present with those we love, and it is more important than ever for all of us to spend time as a family and be thankful for what we have.

Unfortunately we are unable to host the Father's Day breakfast this year. The College would like to encourage students to cook a family breakfast this Sunday. This is a small gesture, and one that can be enjoyed by the whole family. We would love families to share the photos of their Father's Day breakfast. While we are unable to come together as a physical community, we can unite in the digital form, through your photos.

### Please send your Father's Day photos to:

Newsletter@shckyneton.catholic.edu.au

(Please note these photos may be used in future newsletters or College Social media)



It has been an ever changing environment this term with the constant change from onsite to remote learning. The way in which our students are able to remain mostly positive, and demonstrate great adaptability and flexibility in their learning is incredibly impressive.

Whilst we know many students are enjoying remote learning, we are also acutely aware that some students find it incredibly difficult. The College Wellbeing Team continue to support students remotely and a referral form can be found on the College website:

https://www.shckyneton.catholic.edu.au/life-at-sacred-heart/student-wellbeing-1

Andrew Fuller has written a great article 'This totally sucks!' Teens, COVID and the Lockdown Lifestyle. There are some great tips in the article:

https://theparentswebsite.com.au/this-totally-sucks-teens-covid-and-the-lockdown-lifestyle-tips-from-andrewfuller/?fbclid=IwAR3eKlw1k5ClH0lcMlC7rldVKt-fuAckWgPycE5z51Xps4 9MfwnEaC6kM4

With the likelihood that lockdown will be extended, parents are reminded to continue to use PAM (Parent Access Module) to monitor students' attendance in remote learning. PAM is also great for checking due dates and assessment achievement. If you have any concerns please get in touch with your student's Homeroom Teacher, Year Level Leader or Head of School.

Can we also remind parents that if your student is unwell or unable to attend remote learning for any reason, please follow the normal absences processes and ring the College absence line.

# Father's Day Recipes

### Simple Pancake Recipe

### *INGREDIENTS*

- 1 cup self-raising flour,
- 1 cup milk,
- 1 tablespoon sugar,
- 1 egg



Whisk eggs, milk and vanilla together in a jug. Sift flour into a large bowl. Stir in sugar. Make a well in the centre. Add milk mixture. Whisk until just combined.

Heat a large non-stick frying pan over medium heat. Grease pan with butter or spray with cooking oil. Using 1/4 cup mixture per pancake, cook 2 pancakes for 2 minutes or until bubbles appear on surface. Turn and cook for a further 1-2 minutes or until cooked through.

### SERVING SUGGESTIONS

Toppings are up to you but could include: maple syrup, fresh fruit, lemon and sugar.



### *INGREDIENTS*

- 6 thick slices bread
- 2 eggs
- <sup>2</sup>/<sub>3</sub> cup milk
- ½ teaspoon ground cinnamon (Optional)
- <sup>1</sup>/<sub>4</sub> teaspoon ground nutmeg (Optional)
- 1 teaspoon vanilla extract (Optional)



Beat together egg, milk, salt, desired spices and

Dust with icing sugar to serve.

Heat a lightly oiled pan over a medium-high heat.

Dunk each slice of bread in egg mixture, soaking both sides. Place in pan, and cook on both sides until golden. Serve hot.

### SERVING SUGGESTIONS

Serve with a dusting of icing sugar; strawberries, blueberries, bananas, bacon, Marple or Golden syrup





### ACTING DEPUTY PRINCIPAL - LEARNING & TEACHING - Rachel Tanner

### Interim Reports

Teachers are currently completing the Interim Reports for their classes. While you are able to access PAM to see how students are tracking academically, the Interim Reports allow you to see how their work habits are developing. They will also indicate if the teachers particularly request your attendance at the upcoming Student Progress Interviews. Interim reports will be released to parents on Tuesday 14 September.

### **Student Progress Interviews (SPIs)**

The process of booking is through PAM (Parent Access Module of SIMON). When accessing the interview, you need to log into PAM and use the bookings that are generated for you. Bookings will open on Thursday 9 September.

Zoom interviews: Simply click on the booking and you will access the teacher waiting room for Zoom interviews. The teacher will admit you once they have completed the formalities with the previous parents and student. The interviews will be 7 minutes in length, and this will be controlled by the teacher.

Please remember that if you have concerns regarding your son or daughter, you are welcome to email the subject teacher at any time to arrange a phone call or Zoom meeting. You do not have to wait until the SPIs to speak to them.

### **NAPLAN**

NAPLAN reports have been received and will be sent out to parents in the coming week. Our initial review of the new data indicates pleasing results for the students. It is a testament to our students, teachers and parents who have all worked hard over the last year.



### Children's Book Council of Australia Book Week 2021!

Yet again our Book Week and English Week activities were thwarted by lockdown, but that didn't stop us sharing the Book Week love!

The winners of the CBCA Book of the Year were announced on Friday 20 August. The link to the winners being announced <u>can be viewed here</u> or by clicking on the YouTube image to the right.

The winner of the older reader book of the year was *The End of the World is Bigger than Love* by Davina Bell. It's an incredible book and you can borrow it from our e-collection or in hard copy when we're back face to face.



### THE BOOK OF THE YEAR: OLDER READERS

Entries in this category may be fiction, drama or poetry and should be appropriate in style and content for readers in their secondary years of schooling. Ages 13-18 years. Note: Books in this category are for mature readers and some may deal with particularly challenging themes including violence and suicide. Parental guidance is recommended.

### Winner



### Honours



Metal Fish, Falling Snow Cath Moore Text Publishing

ISBN: 9781922330079

read more...

### Honours



Where We Begin Christie Nieman Pan Macmillan Australia ISBN: 9781743535660

read more...

In Reading, students have been creating Magic Maps based on a Zana Fraillon design.

If you'd like to make a magic map, you can follow along from <a href="here">here</a>. You'll need scissors, glue and a piece of plain A4 paper.

It's lots of fun!



Don't forget about our eplatform while libraries are closed. We have an excellent and extensive collection of ebooks and audiobooks. Log in here with your school username and password. Don't forget about our wellbeing collection as well - it has a significant number of resources to help us navigate the continued uncertainty, anxiety and lack of motivation that the pandemic can bring. Our wellbeing collection can be accessed here.

Happy reading!

Filtered by: Category: Wellness Collections X

# Remote Learning News

### JUNIOR R.E. NEWS - Victoria Mackay, Junior R.E. Learning Area Leader

### **Year 7 Justice and Forgiveness**

This term, Year 7 Religious Education students have been exploring the concepts of justice and forgiveness. Part of this investigation has been learning about the experiences of refugees, and how they have sought justice whilst still displaying forgiveness. To demonstrate this learning, Year 7 students have written songs, poems and prayers in response to the topic. Here is one by Sophie Dunn from 7E.

## Refugee - By Sophie Dunn



My family came by boat, Travelling the wild seas. We came from a war-torn country, With hopes to be at ease.

We refugees came seeking food and water, And a safe place to stay. We really only need protection and peace, But if you do not want us, we will go away.

If you do not welcome us, If you do not accept us, We will forgive you.

We will forgive your tormenting ways, We will forgive your discrimination.

We came seeking refuge, To live in a safe place. So as foreigners, We ask you to accept our race.

We ask you to not judge, to not look us up and down. We ask you to be just, And not wear a fake crown. We ask you to love us as your own,
To treat us with respect.
We ask you to be fair,
And to not suspect.
To not suspect our community of evil ways.

If you choose the path of injustice though, And do not right your wrongs. We will forgive you, For we all belong.

We asked you to love us like your own, And you tried. You accepted my family, My community.

Though some of you did not accept us, And turned away in disgust. But that is okay, Because we forgive you.

### YEAR 10 LITERATURE NEWS - Jonathon Conquest, Literature Teacher

We have just completed our unit on Poetry in which the students analysed a number of works from the canon and also produced their own original pieces. The focus was on metre, rhyme and form, as well as poems engaging with some of the major themes of poetry: the meaning of life, mortality and love.

## Deep Space by Jemima Cudmore



Vast and dark, A blackened place, A place of no return,

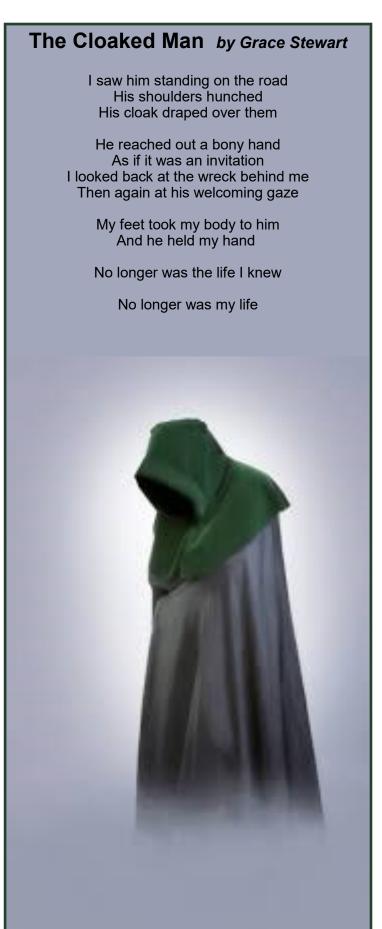
But lights still burn, In deepest space, The place of no return.

Swirls of burning colours, And twists and twirls of light. Deep dark orange, And ocean blues,

Contrasts to the midnight hues. Ebony black roaring, Against the twinkling night,

In a place of no return, Even there is still a light.





# I Am The Light In My Father's Eye by Thea McLoughlin

I am the light in my father's eye
I wonder what I'm doing here
I hear the cries of joy
I see the smile on my mother's face
I want to laugh but I can't get it out
I am the light in my father's eye
I pretend that I am sound asleep



I feel my father's skin on mine
I touch his face to show my love
I worry when he puts me down
I cry when he walks away
I am the light in my father's eye
I understand what love is really like
I say as much as I can
I dream of my father's hug so tight
I try to laugh but it's just too hard
I hope he sees me smile
I am the light in my father's eye

# Death's Dance by Olivia Grant

Death is inescapable, It clasps its angular fingers upon you, Pulling the strings as though you are its puppet. Yet you attempt to escape it, Seeking something magical, some act of miracle. Continue down such a foolish path, And see where it takes you. Your life here is short and wasted, You'll run out of time. They always do. And from behind, looming stealthily in the shadows,

Unbeknownst of its presence, Is death, waiting for you. Immovable, and eternal, A promise kept.



# This Is What It Is by Aria Jumpertz

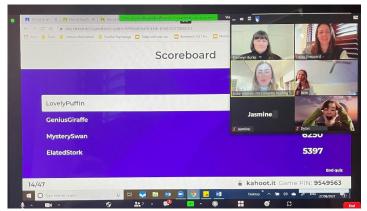
Love is a shining sun Gleaming through the clouds Love is the waves crashing at your ankles Forcing you to smile Love is a warm hot chocolate During the coldest of nights Love is finishing a book And wanting to start again Love is a full night's rest After your full day of adventures Love is like a bright red sky Full with your romances Love is coming home After being away for too long Love is your favourite food Gliding into your senses Love is peace in the world Everything still and untouched

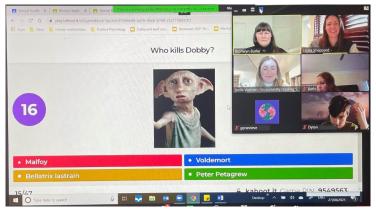


### ENGLISH AND BOOK WEEK NEWS - Laura Sheppard, English Learning Area Leader

To celebrate last week's English & Book Week, Junior School students had the opportunity to dress up and compete in a Harry Potter Kahoot during lunchtime on Friday. The winner of the dress up category was Beth M and the Kahoot winner was Genevieve E. Congratulations to these students and thanks to the students and staff who participated. We hope everyone can make a little time to enjoy a good book sometime soon.







### NEWS FROM VCAL - Marika Payne, Year 12 Leader

Within one of our VCAL classes known as PDS (Personal Development Skills), we get the opportunity to develop projects that can enhance not only our school, but also our wider community. Within this broad range, we have been in contact with St Ambrose Parish Primary in Woodend, as they are seeking our skills to build them the first of multiple cubby houses within their school.

In August, we travelled to St Ambrose to meet with their Principal, Bronwyn, and a group of Year 5/6 students, who were tasked with developing the theme of the cubby we are going to build for them. This cubby will hopefully be the first of many built by Sacred Heart students assisting the feeder school. We will be building a little cubby café for the students with the theme of the café being 'Beehives'. We are seeking to build the cubby out of as many recycled materials as possible to promote sustainability.

Keep a keen eye on the Newsletter for updates regarding the completion of the cubby. Any support shown is greatly appreciated!

Christian Lewis, Tyrone Hargreaves, Zac Regan, Ethan Daw and Agatha Stamp – VCAL PDS



# ASTHMA WEEK, 1-7 SEPTEMBER

2.7 million of us are living with asthma (1 in 9). Asthma Australia together with the The Asthma Week Collaborative is launching – 'Air Nutrition – you are what you breathe' – to educate Australians to think differently about the air we're breathing in and to take simple steps to reduce our intake for a healthier life.

#### WHAT IS GOOD AIR NUTRITION?

Air Nutrition starts with caring as much about the air you breathe as the food you eat when it comes to your daily health and wellbeing. Good Air Nutrition is linked to better health and a lower risk of getting unwell and experiencing respiratory symptoms especially if you have a condition like asthma.

Improving your Air Nutrition is to reduce the amount of air pollution you breathe in at home, in your community and in our natural and built environment. Air pollution comes in many forms and it is unhealthy for everyone. Over time, breathing it in leads to increased risk of poorer health including asthma, stroke, heart and lung diseases, and cancer. Understanding what causes air pollution, the forms it takes and how to avoid it, is a key part of staying healthy with good Air Nutrition. To learn about air pollution and what causes it, visit this page www.asthma.org.au/air-nutrition

We spend a lot of time inside our homes, so make sure you're breathing healthy air when inside. There are several common sources of indoor air pollution found in Aussie homes including gas use, chemicals, mould, and dust and things that blow in from outside

### Six steps to improve Air Nutrition when inside

- 1. Clean carpet, curtains and furniture including mattresses.
- 2. When using gas cooktops or heaters, ventilate well.
- 3. Consider switching to healthier home fuel sources.
- 4. Opt for cleaning and maintenance products that may be less irritant.
- 5. Switch from burning backyard fires and woodfire heaters to healthier options.
- 6. Remove any mould and mildew.

### Six steps to improve Air Nutrition when outside

Even at low levels, traffic exhaust, dust, smoke and industrial emissions can be slowly impacting our health. Although we can't directly control the source, we can take simple steps to reduce how much pollution we breathe in. Here's six ways you can improve your 'Air Nutrition' when out and about.

- 1. When exercising avoid busy or main roads thick with exhaust fumes or industrial areas.
- 2. Recirculate your car air conditioner and close windows when driving in congested traffic.
- 3. At school time, park and walk to the gate, or ride a bike to collect your kids.
- 4. Arrange your activities to breathe in the best air.
- 5. Identify local sources of air pollution.
- 6. Get alerts when air quality is poor and reduce exposure.





In a very pared back Arts Week, we still have some announcements to make!

A reminder for students who signed up for masterclasses, we are still hoping to reschedule these at the end of the year, when lockdowns finish... Keep an eye on daily messages and emails.

## PHOTOGRAPHY COMPETITION

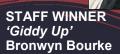
Congratulations to the winners of the Arts Week photography competition. In the next Newsletter, we will announce the winner of the peoples choice award.





SENIOR WINNER - 'Lost in the Forest' Lucy Boldiston Year 12

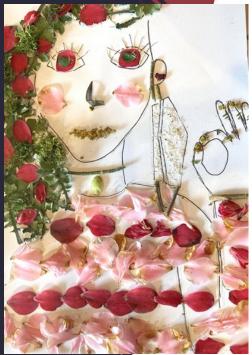
JUNIOR WINNER 'LOST'
Madison Drohan Year 8



## **FOLIAGE SELFIE**

To celebrate the coming of spring and sunshine, the creative challenge for Arts Week was to create a selfie/portrait out of any found foliage from around your house (with permission from mum or dad). Place them on a plan background and arrange them in the most creative way you can. We have had some lovely creative responses, and hopefully we will have more to come, as entries close





Kaia Schultz Year 7
Flower Girl





### **2021 VTAC CHECKLIST**

This checklist is to ensure that you have covered all bases on your VTAC application. Please tick off the items that are relevant to you.

### **VTAC Registration/ Application:**

- Have you registered for VTAC?
- Have you set up your VTAC Account?  $\Diamond$
- Have you paid your \$41.00 VTAC Account Fee? (needs to be paid by December 2021)
- Have you said 'YES' to Supplementary Offers?
- Did you provide a personal email address and NOT school email address?
- Have you completed the personal statement?

### **VTAC Course Preferences:**

- Have you entered your 8 course preferences?
- Do you have a combination of courses with a range of ATAR scores as well as TAFE options in your preferences? (Dream, realistic, back-up)
- Do you meet the prerequisite requirements for ALL entered course preferences?
- Are there any additional requirements for your courses? (i.e. information kit, interview, attendance at an information session?)
- If there are additional requirements, have you completed them?

### VTAC SEAS:

- Are applying for SEAS Category 2, 3 or 4?
- For SEAS Category 3 and/or 4 applications have you provided an Impact Statement?
- For SEAS Category 3 and/or 4 have you provided a Statement of Support?
- (via upload on your VTAC account attached or the person can log on and type it in directly.)
- For **SEAS Category 2** have you provided your **Centrelink CRN**?
- (If you needed to provide a letter from Centrelink with your parents CRN, have you up-loaded it?)

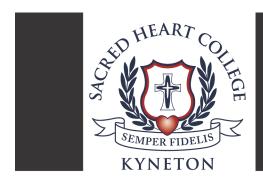
### **VTAC Scholarships**

- Have you completed the scholarship application?
- If yes have you provided a Statement of Support for your scholarship application?

Do you still need help? Contact either Karina, Karen or Kristina in Careers

kwheeler@shckyneton.catholic.edu.au / kchallis@shckyneton.catholic.edu.au / kdelaney@shckyneton.catholic.edu.au

	KEY DATES:
Timely Applications (\$41.00)	Thursday 30 September 2021
SEAS / Scholarships & Supporting Docs.	Friday 8 October 2021
Personal Statement	Friday 3 December 2021
ATAR release	Thursday 16 December 2021
Change of Preference Counselling	Thursday 16 & Friday 17 December 2021
Change of Preference Closes	Monday 20 December 2021
January Offer	14 January 2022 (majority of offers in this round)
February Offer round 1	1 February 2022
February Offer round 2	8 February 2022
February Offer round 3 February Offer round 4	14 February 2022 18 February 2022
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INTRODUCING ...... CLICK & COLLECT

A fast and convenient way to shop for your Sacred Heart College uniform on-line.

Shop on-line

https://www.noone.com.au/school/sacred-heart-college/shop

### How Click & Collect works

Discover click & collect, the convenient and quick way to shop from Noone.

Shop on-line, place your order and one of our friendly staff will contact you when your order is ready for collection. Please allow up to 24 hours for your notification.

We'll get everything ready for you, so all you need to do is come in-store to collect your order, or home delivery is also available for your convenience

### 1. Shop on-line

Type the school link into your browser:

https://www.noone.com.au/school/sacred-heart-college/shop

Add the items to your cart that you would like to purchase via Click & Collect.

### 2. Choose Click & Collect options

Choose Click & Collect options or choose Australia Post option for home delivery.

Click & Collect next trading day from the On campus store - please allow up to 24 hours for your notification or

Australia Post 7 - 10 working days for delivery

Our retail staff are available to assist you with your uniform requirements at the location listed below

Sacred Heart College

On campus store

94 High Street, Kyneton VIC 3444

Ph: 7020 2648

Email: shckyneton@noone.com.au

Trading Hours during term

Tuesday 12.30pm-4.30pm Thursday 12.30pm-4.30pm