

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 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 pray for those children who grow up without the important influence of a father, and hope that they enjoy the
love and unconditional support of other adults. 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 week's prayer celebrates the remarkable role that fathers play in the lives of so many children and young people, in good times and in bad. We also remember those in our community who have lost parents or who have not had the support and guidance offered by parents. As someone whose father was quite unwell earlier this year, I understand acutely how important every interaction between parents and children is.

Sacred Heart College Production returns – 'The Dream'

As this newsletter goes to print, the first Sacred Heart College production for several years is on stage in the Mary Moloney Theatre. It has been an absolute pleasure to see the development of 'The Dream' over recent weeks and months with the absence of performing arts a particular disappointment for schools for the last three years.

Congratulations to all staff, students and families who have contributed to putting the show on stage but especially to co-directors, Ben Gallagher and Haley Galloway. The show was viewed

yesterday by a very excited audience of Grade 5 & 6 students from Our Lady of the Rosary Primary School with public performances on Thursday, Friday and Saturday evenings. Tickets are available through TryBooking (<https://www.trybooking.com/CBBLP>).



Student and Staff Activities

During the second half of the term, Sacred Heart College has been a hive of activity:

- Today, Year 7 – 11 students and staff gathered for a whole school assembly that included music performances, details on Mercy Day and RUOK Day and, most significantly, speeches by the 2023 prospective College Captains. Congratulations to each student who applied and spoke, it is an enormously courageous thing to do.
- Last week, the College hosted students from each of the Macedon Ranges Catholic primary schools for the final of the SHC Junior Chef competition. It was a fabulous evening with students, staff and family members gathering in the John Arthurson Atrium where the competitors cooked amazing versions of Pasta Napolitano.
- After three years of cancellations, it was a great joy to see our Year 10 students and staff travel to Falls Creek last week for the annual Ski Camp. Blessed with loads of snow and reasonable weather, a wonderful time was had by all.
- As I mentioned above, this weekend sees the celebration of Father's Day across Australia with the annual Sacred Heart College Father's Day breakfast being held in two sittings from 7.00am tomorrow morning (Friday 2/9).
- This morning we hosted the annual Father's Day Breakfast. It was wonderful to so many students with their dads enjoying time together.
- Next Friday 9 September, the College is able to recognise our school feast day, Mercy Day with the biennial Colour Run, rides, activities and food. Monies raised will be donated to College charities.



Yours in Mercy,

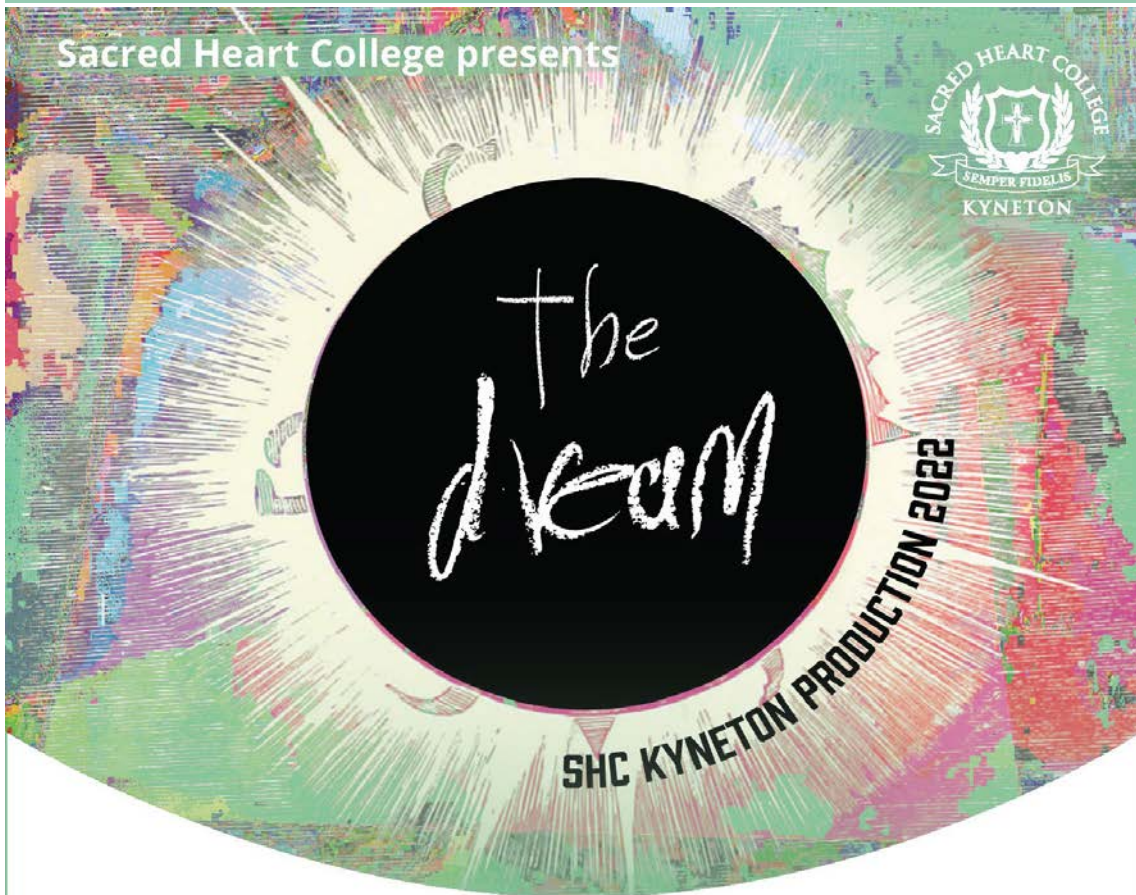
Dr Darren Egberts
Principal



The Colour Run is Back for Mercy Day!



DON'T FORGET TO GET YOUR TICKETS NOW



An ode to one of Shakespeare's classics

...as told by today's generation of students.

Thursday 1 September - 7:00pm, Friday 2 September - 7:00pm

Saturday 3 September - 6:00pm

Sacred Heart College, Mary Moloney Theatre



To purchase tickets visit: www.trybooking.com/CBBLP or use the QR code.

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

www.shckyneton.catholic.edu.au T: 5421 1200



*Sacred Heart College is committed to promoting the safety, wellbeing and inclusion of all children.
Further information about Child Safety at SHCK can be found on the College website.
<https://www.shckyneton.catholic.edu.au/our-college/child-safe/>*

Monday 15 August all staff members at Sacred Heart were able to participate in an important workplace training, facilitated by Bree Gorman. The day was framed around 'Inclusive Leadership in the Workplace' with all members of the College being leaders in creating an inclusive workplace.

The day began with an amazing presentation by Bree, setting the context and filled with stories of the importance of inclusion for all. As a staff we were then able to brainstorm areas of College life we felt needed to be reviewed, then focus groups began working on suggestions and ideas for these areas that will be developed into action plans. Our aim is to develop clear, measurable and achievable diversity and inclusion actions that will enhance our College. We believe in equal opportunities for all, and now have the mechanism to work on ensuring this philosophy can be achieved. It is important that as a College this is prioritized, as it is the right thing to do. We have many students who identify as diverse, whether that be through gender, learning challenges, culture or other means. These students are incredibly important to us and we want them to feel safe, supported and valued. While we work hard on creating the right culture, we also take seriously breaches against this viewpoint.

As a school, it is our privilege to celebrate this diversity and our role to educate our College community more broadly in the gifts and benefits that the diversity of young people bring. We want everyone at Sacred Heart to feel they belong, that they can be their authentic selves and are free from discrimination or harassment, and we will continue to work hard in ensuring this is the case. The Bree Gorman workshop has given us the structure to be able to continue this direction in an effective and meaningful way.



Mercy Day Celebrations: In Support of Mercy Works

Mercy Day is a global celebration, on which all people in Mercy communities across the world mark the anniversary of Catherine McAuley opening of the first "House of Mercy" in Dublin in 1827. At Sacred Heart, we mark this special occasion by holding a day of fun and festivities. It is also our biggest fundraising event for the year, with all money raised being donated to Mercy Works.

Mercy Works operates in Australia, Papua New Guinea, Timor Leste and the Philippines. It is an initiative of the the Sisters of Mercy of Australia and Papua New Guinea, and is one of their main outreach organisations. Mercy Works operates by supporting long term development projects in Australia and in our Asia-Pacific region. As they do so, Mercy Works supports some of the most challenged and vulnerable people in our neighbourhood, as they work towards achieving dignity and self reliance. Over many years, Mercy Works has established a proud tradition of transforming the future, improving the health, enhancing the social wellbeing and expanding the educational and economical opportunities of those they work with. While their work overseas is focused on community development, Mercy Works' focus in Australia is on supporting First Nations projects, as well as working with refugee and asylum seeker students in schools and adult literacy programs.

You can read more about the important work undertaken by Mercy Works via their website: <https://www.mercyworks.org.au/>

MORE ABOUT MERCY DAY

Mercy Day at Sacred Heart College will be celebrated this year on Friday 9 September. This will be the first Mercy Day we have been able to hold in three years! Due to this time lapse, we have had to remind students and staff, and now parents of what happens on Mercy Day. The most important aspect of Mercy Day is that it raises money for Mercy Works, the charity arm of the Mercy Order. The morning is taken up with our Sacred Heart College Cross Country competition and the fun Colour Run. The Cross Country is a timed race and the student with the fastest time has their name added to the inaugural Mercy Day Cross Country Trophy. Everyone is encouraged to have a go.

The Colour Run is a novelty event that is a lot of fun. Students change into old, preferably light coloured clothes so that the colours stand out, and run or walk the course while getting environmentally friendly coloured powder thrown on them! This is a great source of amusement for students. It is also a major part of the fundraising aspect of Mercy Day. The cost of entry to the Colour Run is \$5. Students come in casual clothes on the day, and change into old clothes for the Colour Run. On completion, students can get photographed, they brush off the powder in a cleaning station and then change back into their casual clothes. They will be need to be clean to be allowed on the bus at the end of the day. They will need to bring a plastic bag with a towel and their change of clothes.

Following the races, we have the other major fundraising aspect. Each Year Level has been responsible for developing ideas to raise money. These vary from raffles, to sideshow games to more elaborate features. There is a dunking machine, whereby senior student and teacher volunteers sit suspended over a tank of water, and students aim to hit a target which will dunk them! There are other games of skill, all aimed at having fun and raising money.

Food for the day is also part of the fundraising. A BBQ lunch offering sausages, hamburgers and veggie burgers will be available, along with other treats organised by the students. The canteen will not be operating at lunchtime, other than supporting these options. Students are welcome to bring their own if they do not want a BBQ lunch.

Everything on Mercy Day is paid for with coupons. These are pre-purchased at \$2 each using the envelopes given out in Homeroom. Students can collect a replacement if they have lost this from the student office. They bring their money (up to \$10 for coupons, \$5 for the Colour Run) in these envelopes and drop them at the Student Offices. On Mercy Day, during Homeroom, students will receive a little pack with their purchased coupons and Colour Run wristband. Everything will cost one or two coupons, and top ups will be available for purchase on the day from stalls in the Atrium.

Outline of Mercy Day is:

- Short Assembly to explain purpose and Program (Zoomed into Homerooms)
- Gathering at Basketball Courts
- Students change into running gear
- Races take place
- Clean up afterwards
- Year Level activities/fundraisers/lunch
- Clean-up
- Sacred Heart's very own showcase of our talented bands
- Wind up and normal dismissal time

This is an important milestone for Sacred Heart following the years of disruption we have experienced, and the first time in a long time we have been able to come together as a College and celebrate being Mercy.



Bereavements - Your prayers are asked for the following families who are mourning the passing of a loved one recently. The Sequeira family on the passing of Francis Juliano Sequeira, father of Samantha, staff member. Also, the Dick family on the passing of Lesley Dick, mother-in-law of Sally, staff member.

Our thoughts are with you all at this sad time.

CALENDAR DATES

Sat 3/9 - **PRODUCTION PERFORMANCE**
6.00pm

Sat/Sun - Information: Macedon Ranges
Friends of East Timor Antique Fair in
Sacred Heart College Stadium
10.00am to 5.00pm

Mon 5/9 - Year 8 (Yr 9 2023) Elective Subject
Selection closes

Tues 6/9 - Interim Reports released to parents
- Year 9 LINC'S Adventurous Journey
Practice Hike
- Principals College Tour
- Period 5 3.35pm to 5.00pm

Wed 7/9 - Year 8 Reflection Day
- GAT (General Achievement Test) in
Quambi - two session times
9.30am to 11.45am
1.15pm to 3.00pm
- GVBR Training 3.30pm to 5.00pm
- Maths Tutorials 3.30pm to 5.00pm

Thur 8/9 - Debutante Ball Practice 4.00pm to
5.30pm — includes Suit Collection

Fri 9/9 - **MERCY DAY - COLOUR RUN AND
CROSS COUNTRY**

Sun 11/9 - Biology Revision Lecture - Theatre

Mon 12/9 - Debutante Ball Practice at Melrose
Receptions in Melbourne 4.00pm to
8.00pm

Tues 13/9 - Student Progress Interviews (SPIs)
5.00pm to 7.00pm Online

Wed 14/9 - GVBR Training 3.30pm to 5.00pm
- Maths Tutorials 3.30pm to 5.00pm

Thu 15/9 - **MERCY DAY MASS - 10.40AM**
- **FINAL DAY FOR TERM 3**
- Student Progress Interviews (SPIs)
5.00pm to 7.00pm Online

Fri 16/9 - Student Progress Interviews (SPIs)
9.00am to 1.00pm Online

Sat 17/9 - **DEBUTANTE BALL - Melrose Melbourne**
Students arrival from 4.00pm
Parents and Guests 7.00pm

Mon 3/10 - **TERM 4 COMMENCES**

VCE NEWS - Peita Rocard, VCE Coordinator

SAVE THE 'GAT' DATE!

The General Achievement Test (GAT) has been scheduled for **Wednesday 7 September**. This year it consists of two sessions (am/pm). All students enrolled in Unit 3-4 sequences and Senior VCAL are required to attend school on this day. All students must report to the Atrium by 8.45am for Session One which runs from 9.30am – 11.45am. The afternoon session runs from 1.15pm- 3.00pm, only VCE students are required for this session. All VCE classes are cancelled on this day. A brochure with further information for Parents is linked <https://www.vcaa.vic.edu.au/Documents/GAT/VCAAGATParentInformationSheet.pdf>. Further information will be provided via Operoo this week.

VCE PRACTICE EXAMINATIONS

Practice examinations will be conducted for students in the second week of the holidays, Monday 26 – Thursday 29 September. The purpose of our practice exam program is to provide our students with the opportunity to complete an exam for each of their subjects under the same conditions that they will experience in their VCAA end of year exams. Our VCAA supervisors will be employed to facilitate both the practice and end-of-year exams. Exams will be marked by teachers with extensive feedback provided to students.

The students will be provided with a Google form link in Week 5, to allow them to nominate their preferred times for completing their practice exams. An Operoo will also be generated with further information. Check upcoming Newsletters for some revision and study strategies, which will also be provided to students over the coming weeks.

Father's Day Breakfast

It was fabulous to see our Fathers being able to gather again for breakfast with their children. We wish all fathers a wonderful Father's Day on Sunday. The photos that were taken at the breakfast can be accessed via the link below, if you would like to download your photo.

https://www.dropbox.com/sh/qkmrwhbxy9fbncj/AABIMAdNU1Qx_-NwGQwairROa?dl=0



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

Last week we celebrated English and Book week with a range of fun and creative activities. The theme for this year was 'Dreaming with eyes open'. This theme inspired attendees at our poetry workshop on Monday to put their imagination and writing skills to work. Students from all year levels wrote some beautiful and creative pieces with the help of facilitators, Mr Conquest and Ms Mackay.

On Tuesday our resident author and artist Mr Brett Lefebvre ran a lunchtime session based on his children's picture book 'Gracie the balloon girl'. Students were taken on an interactive adventure based on storytelling through imagery, with Brett's beautiful original paintings on display coupled with some amazing virtual reality technology.

Wednesday saw competition heating up between teams as students were tested on their knowledge of books and literature in our annual Kahoot challenge.

On Thursday with much anticipation and trepidation, we celebrated our very first English and Book week dress up day! Staff and students came dressed as their favourite book characters or in casual dress and donated to purchase books and other literacy materials for the Jarlmadangah community in northern Western Australia. A group of our students will take these with them when they travel to the community for an immersion experience in September. We saw some fabulous costumes put together. The Junior school prize was split between the three little pigs (Inga Foerster, Millie Erwin and Lily Morrison - Year 7) and Nanny Piggins (Claire Byham - Year 8) and the Senior school prize went to Veruca Salt (Olivia Coleman - Year 12). Our staff prize was taken out by the fabulous Professor Trelawney (Ms Tanner).



The Library also ran a colouring competition throughout the week, with Georgia Morley in Year 7 taking out the prize. Thank you to all those involved in our fabulous English and Book Week!



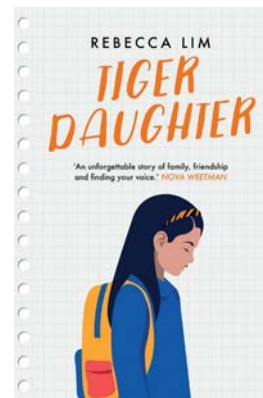
CBCA Winners 2022 - Book of the Year!

Friday 19 August saw the announcement of Book of the Year. The winner and honours recipients are listed in detail on the [CBCA website](#). They are all very worthy reads and can be loaned from the library or read on our eplatform.

Older reader winner - Tiger Daughter by Rebecca Lim

Older winner honours - Girls in Boys' Cars Felicity Castagna

Older winner honours - How to Repaint a Life by Steven Herrick



You will read about our Book Week elsewhere in this newsletter, but suffice to say it was a roaring success. A huge thanks to everyone for their enthusiastic participation in the competitions, workshops, author sessions, Kahoot challenges and dress-up parades. It was a very special week, made even more special with raising over \$600 for books for the Jarlmadangah trip.

September 7 is Indigenous Literacy Day

We have a number of books that celebrate many languages of our First Nations people. These are on display in the Library. Come and check them out!



SENIOR SCHOOL NEWS - *Paul Matthews, Head of Senior School*

Senior School

Well done to Year 10 for taking on the challenge of the snowy slopes last week. It is great to hear their stories from the ski trip, especially those students who have never skied before. What a great achievement to learn to ski in such a short amount of time. I hope every student who attended the trip is feeling very proud of themselves!

This week marks the start of the student leadership selection process for 2023. I look forward to hearing the potential College Captains speeches. A huge congratulations to every student who put themselves forward for a leadership position, you are leading by example and living the Mercy Value of Courage.

Year 12 only have a handful of weeks left until they complete their secondary education, before they move onto their next stage on life. Students, parents and guardians will receive a letter that summarises the end of year arrangements of them (Booklet attached below). Students will receive a hard copy, while parents and guardians will receive the document attached to an email. Please refer to this document over the coming weeks.

[Year 12 End of Year Arrangement Booklet](#)

2023 Subject Selection

All Subject Selections have closed for Year 10, 11 and 12 (2023). Outcomes for applications to accelerate into a VCE or VET subjects will be made available through PAM by **Friday 9 September**.

Kids back in the kitchen

The Grand Final of the 2022 Junior Chef Competition was held last Tuesday evening, involving students in Grade 4 representing six Catholic Primary Schools from the region. The first round of the competition was held earlier this month in the College's Frayne Hospitality Centre, where the primary students were challenged to prepare a stack of three pancakes with a mixed berry sauce (in 45 mins). In the Grand Final students were challenged to prepare fresh fettuccine with a Napoli sauce and present their best plate to the judges within the 1 hr 15 min time limit.

The Junior Chef competition aims to provide Grade 4 students with an opportunity to experience the secondary environment, while building on their culinary and teamwork skills. This competition also provided an opportunity for students at Sacred Heart College to act as mentors to these primary students. All schools were so keen to participate again after the event being deferred for the last 2 years, due to the pandemic, having first been held in 2018.

Well-respected local food identities Diana Marsland – *Diana Marsland Cooking School*, Mark James – *Donkey*, Kyneton, Jennifer Beachey – *ExpertEats*, took on the role of judges for the event. MC for the final was College Captain Sam Gordon.

The winners on the night were the team from St Mary's, Castlemaine who were awarded an amazing 20/20 for final product – presentation and tasting. The winning school received a \$250 nursery gift voucher to allow them to purchase plants for the school's kitchen garden, and all competitors received a gift of kitchen items from supporting local business Mort & Pestle - the Kitchen Shop Woodend.

All at Sacred Heart College hope that this experience will be the start of an interest in cooking for the students involved for years to come.



VCE Unit 4 Food Studies – Ethical and sustainable farming excursion - *Summer Meadows 12A*

The Unit 3/4 VCE Food Studies class, as part of learning about ethical farming and sustainability, went on an excursion to learn more about local farming.

The first stop was the Metcalfe Mini Farm where we met Rob and learned about sustainability and organics. We fed chickens, saw giant pigs, planted seeds, hoed the soil and Rob showed us the many different types of hoes there are to create healthy soil for regenerating the land.

We then got the opportunity to milk a goat, with Rob demonstrating the correct milking method for the type of teat that this breed of goat has.

Following this farm, our adventure led us to 'Homegrown on Piper' for a delicious lunch made with ingredients from the Metcalfe Mini Farm. We got to see the entire 'paddock to plate' process from planting seeds to eating the food. It was a very satisfying experience. Despite the 2-degree weather, and torrential rain, our adventure continued by bus as we drove to 'Sidonia Beef' where we got a little bit lost and had to turn around a couple of times! We then met Sam who drove us through their paddocks. He spoke about the ethical farming of their cows, holistic grazing management, and we saw the cows change paddocks to enjoy new grass.

The day was cut a bit short, however due to the horrendous rain, but overall we had a fantastic day and learned so much more about ethical and sustainable farming. Additionally, a special mention to the fabulous Mr Minter who had to unexpectedly take us on the excursion when Mrs Kime was in isolation. Overall, it was a fantastic experience, and we all had a great day! Thanks, Mrs Kime, for organising the trip!



Year 7 Religious Education – 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 this topic. Below are some of the pieces of writing by 7C.

Poem - Millie Erwin

The sea was rough
It was unyielding and tough
But they still came
They had to
No other choice was given
But they were driven
On a plane or a boat
Across the seas they still have to float
Pushed from their homes
And left all alone
They wanted help from the wealthy
They had no choice they had to run
Freedom they seek
We gave them a cage
A place of hope
People that come from all over the globe
A place of dark memories
And false trust
Justice they seek
But they are at the peak
Laws come crashing down
And they will drown
In sorrow
Hoping for a better tomorrow

Not Enough Time - Mia Feist

I don't have enough time. I am fleeing from my country. I do not know where to go or what to do. I just don't have enough time.

I have to flee for my safety. I think they are still out for me. I don't know where my family is. I think they all got caught. I just don't have enough time.

I need to find a place to stay, where I won't get caught. I need to find food and water. I may have a long journey ahead of me but I just don't have enough time.

I need more time to get to a safe place but the time I have is never enough.

I AM A LITTLE REFUGEE - Bronte Meyer

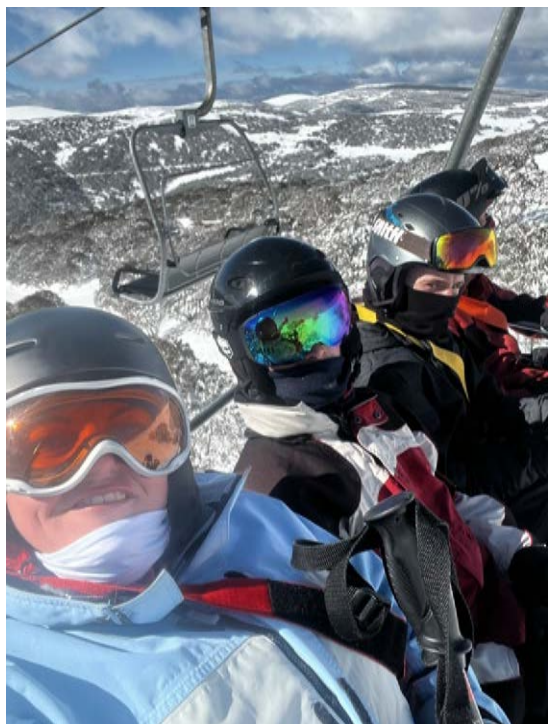
I am fleeing from my home
My home, a war torn country
I don't know where I'm going to go
Or if this country will accept me.
I speak a foreign language
One they can't understand.
I thought this country was safe
But I witnessed rejection firsthand.
I feel like I'm a shadow
A person locked away.
The little tent I live in
Makes me feel so grey.
In my old country we got put in jail
This place isn't much different
There's just grass in the way.
My family is so poor
I have no toys to play.
I feel like my only friends
Are the ones who are afraid.
Some people who were in this camp
Have already been freed
But I have to waste another year
Until January 2023.
Once this date comes
I can go meet new people.
I don't have to live on a boat
And I know that I am luckier than most

Justice - Sian Andrews

Give justice to all those without. Give forgiveness to all those who deserve, take all people who feel guilt and forgive them and end their hurt. Give those the justice and freedom who have none and end their longing for something that could be out of their reach. Be present and aware of all those who hurt and feel sadness everyday, and help them end their pain. Care for those who don't have a clue what that word means, and love those who only have hatred left at the bottom pit of their hearts, and fill it with your love.



Alpine Camp



SPORTS REPORT

Senior Girls Basketball - *Alison Chilton*

Last Wednesday four determined girls took to the court in Coburg for the Northern Metro Sports region basketball competition.

The girls worked so well as a team and despite being a player down, only lost one game out of five to be crowned runners up.

The team took on full sized squads of ten players and all the other coaches commented on how well the four girls played and their high level of skill. From the three point machine in Cara Beattie, to the speedster pairing of Molly Garrahan and Paige Ward and the strong defensive and outside driving of Lilli Collins, the team were a force to be reckoned with.

The girls only lost the final by 6 points and were exhausted!! A special mention must go to their determined coach, Charlotte Noonan. Well done girls, you sure did make the other teams sit up and take some notice!



State Netball Championships - *Eliza Duffy*

On Wednesday 17 August, the Junior, Intermediate and Senior Netballers travelled to the State Netball and Hockey Centre.

The teams played a total of five games, with all teams winning at least two matches!

The girls all played exceptionally and were fantastic sports throughout the day. Unfortunately no teams progressed to the next round, but the players had a great day getting on court and supporting each other from the sidelines.

Great effort by the coaches on the day, Macy Geisler, Jorja Kristitz, Jess Bourke and Hannah Dwyer. Thank you to Paula Thompson for coming along and being an amazing support on the day. Well done girls!



Junior Netball - *Eliza Duffy*

On Friday 19 of August, the Junior Netball team made their way to the Banyule Stadium to compete in the second round of the NMR competition.

The team was strong from the beginning and started out with a win in their first game. They unfortunately lost to MLC but played extremely well, with compliments from the other teams' coach!

They all gelled well together and it was great to watch a high standard of netball for such a young team. Big thanks to Jess Bourke and Hannah Dwyer for coaching on the day!



OFFICE HOURS FOR THE SCHOOL HOLIDAYS



Monday 19 September and

Friday 30 September

8:30 – 4:00pm

**For any enquiries outside of these times, please call:
5421 1200 and leave a message**



Sacred Heart College Uniform Shop

School Holiday Trading Hours

The Uniform Shop will be OPEN during the school holidays:

Tuesday 27 September 12.30pm to 4.30pm

Thursday 29 September 10.30am to 4.30pm

**Campus Store Location
SHC Uniform Shop
94 High Street**

SHC Uniform Committee - Register your Interest

If there are any parents/carers who would like to join the Uniform Committee for the remainder of 2022 and 2023, please register your interest by emailing Jan Bower, Principal's PA, on: jbower@shckyneton.catholic.edu.au by Friday 9 September.

We will be holding a committee meeting early in Term 4.



Year 9 Reflection Day

It was great to return to 'normal' business and organise the Year 9 Reflection Day. The Youth Mission Team facilitated the day, and they too were delighted to come back to Sacred Heart and work with our young people. The day consisted of warm up games, role plays, drama performances and small group discussions. The theme was focused on self-identity, relationships with others and with God. I wish to applaud the students as they entered into the day with an open mind and heart. They were invited to and challenged to say hello to one person that they did not know in their year level. The students were invited to take one message away from the day and to hold that message in their heart. Thank you Year 9 for a great day.



ELEVATE PARENT SEMINARS

Next week we continue our Term 3 Webinar series with our webinar on *Exam Room Skills* and how parents can help their children ready themselves for the exam room.

Wednesday 7th September @ 6:30pm (AEST)

How to Help Your Child Get Ready for the Exam Room

Here's what Elevate will be covering:

- ✓ What your child should be doing in the final week before any test or assessment
- ✓ How to establish a good routine for the night before
- ✓ How to optimise exam-room performance

[Register for free here](#)

The Unit 2 Chemistry class enjoyed a trip to the Ecolinc Science and Technology Innovations Centre at Bacchus Marsh on Monday, to take a hands-on approach to investigating the Area of Study 2 guiding question which is 'How are substances in water measured and analysed?'.

The group had the chance to undertake water quality tests like those conducted regularly by water agencies to ensure that drinking water is safe, and to monitor the health of waterways used for irrigation and by wildlife.

A variety of parameters were measured to provide an overall water quality rating including: pH, salinity, temperature, dissolved oxygen, nitrogen (as nitrates), phosphorus (as phosphates), turbidity and metal concentration.

Students particularly enjoyed determining metal concentrations as it utilises atomic absorption spectroscopy, a technique that relies on the absorption of energy by valence electrons of ground state atoms and was discovered by Australian physicist Sir Alan Walsh in 1953.

The students had a great day, and developed valuable insights into multiple techniques used in order to measure and analyse water samples.



SolarBuddy Program - *Marika Payne*

Earlier this year our Year 12 VCAL class ran a Social for the year 7 students. The money that was raised was used to purchase solar light kits from an organization called SolarBuddy. **SolarBuddy is a global impact organisation uniting a global community to illuminate the futures of all children living in energy poverty.**

The impact does not stop at just providing reliable indoor lighting, each and every JuniorBuddy light also:

- Allows the child **receiving the light to study 78% longer**, improving their educational outcomes
- Reduces exposure to toxic and dangerous fumes which has the potential to increase overall health of women and children by **up to 60%**
- **Reduces a family's average weekly expenditure on kerosene by 80%**, improving the family's financial security and safety



Offsets 1.28 tonnes of CO2 over 10 years, the equivalent to growing 21.3 tree seedlings over the same period. Our Year 11 and 12 VCAL students worked together to assemble the lights. They also wrote a letter of encouragement to each recipient. We hope that this project will make a difference to the 25 students that these lights will be delivered to, around the world.

There has been a lot happening with Languages over the past couple of weeks. Students have been considering their subject choices and speaking with their language teachers about the benefits of continuing formal language learning into Year 9 and beyond. We have also had a number of exciting activities taking place across year levels.

JLTAV Speech Contest

On Sunday 28 August, six students travelled to the Hawthorn Arts Centre to compete in a Japanese speech contest organised by the Japanese Language Teachers' Association of Victoria. The students had prepared for many weeks, working with Tankovich sensei and Twilley sensei, to memorise their speeches and perfect their pronunciation and fluency. Performing in front of a large audience was very daunting, but our students represented Sacred Heart well and we are so proud of their efforts and their conduct on the day. We look forward to acknowledging them formally at an assembly.



JLTAV Calligraphy Competition

It seems that the Years 7 and 8 students studying Japanese want to go to Japan..... Students wrote "I want to go to Japan" in perfect hiragana and kanji characters, and then wrote their name in hiragana down the left hand side. How beautiful is their writing? The work of ten students will be selected and entered into the JLTAV Statewide Pencil Calligraphy competition. Well done to all students and best of luck to the finalists. Hopefully, in the not too distant future this dream of going to Japan will become a reality.



Year 9 Onigiri Making

Two weeks ago, the Year 9 Japanese class had the opportunity to make onigiri, a popular Japanese dish where rice is moulded into a triangle shape, sprinkled with seasoning and wrapped with nori. Onigiri are often eaten as a lunchtime snack.

The students enjoyed learning the technique for shaping the onigiri, but most of all they enjoyed eating them! Oishii!



Music is a truly essential part of any community. At Sacred Heart College, we believe that Music Education is a highly effective way to help young people to flourish, based on its many skill sets: literacy, numeracy, teamwork, application, well-being and self-efficacy.

Our Instrumental Music Program provides a solid grounding for this dynamic department by providing opportunities to learn various instruments (including voice) with a team of working professional musicians.

Our Music Scholarship program seeks to provide financial assistance to those students who are contributing to our community through various musical activities and to recognise their personal development and commitment to their musical craft.

In order to apply for a Sacred Heart College Music Scholarship, please complete the online form at <https://tinyurl.com/SHCmusicScholarship2023>. Applications will be accepted until Monday October 24, 2022. Please note that no late applications will be accepted.

Following this date, applicants will be contacted to advise of their audition timeslot. All auditions will be held on Friday November 4, 2022 for all applicants (both current and incoming students).

Students who would like to enrol in the Instrumental Music Program should do so through this link: www.tinyurl.com/shcmusic2023

Please note that approval to participate in the Instrumental Music Program is contingent on remaining up to date with school tuition fees.

HOMELESS SLEEP OUT - *Ella Unwin and Alyssa Schembri*

On Thursday 11 August the Year 12 VCAL class held a homeless sleepout to raise awareness and money for those suffering with homelessness. All Year 12 students were invited to attend. The students that attended on the night had the opportunity to listen to a representative from Sunbury and Cobaw Community Health talk about the importance of homelessness awareness. The night included basic activities like board games and card games. It also included dinner where soup was offered, alongside bread. We ended the night with sleeping on the floor to be able to understand how homeless people sleep.



The following day after the sleepout, we had a casual clothes day to raise money for Sunbury and Cobaw Community Health, to assist homeless people in our area. The whole school was invited to wear casual clothes and bring a gold coin donation. We were able to raise \$900.



We also got the opportunity to visit the Sunbury and Cobaw Community Health in Kyneton, where they spoke to us about what they do and how they run the organisation. We had a tour of the building where they showed us all the different rooms and activities they have for people, and how they really make a difference in the community.

Overall the whole night was really successful and everyone learnt the importance of raising awareness for the homeless.

Heard it on the Grapevine



Student Achievements

Sacred Heart Students continue to delight and impress us with their musical talent. I was very fortunate to have the opportunity to watch them in action on Friday 19 August. The metal band 'The Seventh Circle' has the band members Redmond on lead vocals, Will Barclay on guitar, Lachie Hyatt on drums and Sam on bass.



Then on Sunday 21 August, the Band 'Elysium' consisting of Alex Kelessy (bassist), Mal Walsh (guitarist), Eloise Furze (vocals) and Ben Taylor (drummer), entertained the crowd at the Woodend Bowling Club. It is good to see them all demonstrating the Mercy values and working closely with other students from other schools and engaging with community members.

It is fantastic to have the opportunity to be able to see our talented students out in the community - doing what they love best, and being amazing at it.



We wish them all the best as they pursue their dreams and all I can say is watch this space, as we will continue to see great things from these two talented bands.

Looking forward to their next gig! Miss V

Under 15 Kyneton Tigers 2022 MRNA Premiers

The Kyneton Tigers Under 15 Netball team has won the Macedon Ranges Netball Association Grand Final.

On Saturday the team fought back hard from a 10 goal deficit at half time, to defeat Possums by 1 goal.

A massive effort by the girls that showed true grit, belief and determination.

Congratulations to Charlotte Sevier, Matilda Robinson, Lucy Munro, Lucy MacDonald, Angelique Doherty, Leilah Meadows, Hannah Marshall, Julia Waters and Esther Annett.



Career Tools Website



Click here to
Access the new
Career Tool
Website

For our latest Careers Newsletter please head to our new Careers Tools website at www.shckynetoncareers.com and go to IMPORTANT INFO then careers newsletter!

Year 10 Mock Interview Program Semester 2, 2022 – Can You Help?

Sacred Heart College is conducting a series of mock interviews for our Year 10 students as part of their VCE Industry & Enterprise unit. Many of our Year 10 students are entering the 'world of work' by seeking part-time employment opportunities and preparing for their Year 10 Structured Workplace Learning Program. By participating, our students will learn how to answer difficult questions, develop interview strategies, improve their communication skills and reduce their stress before an actual job interview.

A mock interview (also known as a practice interview) is a simulation of an actual job interview. It provides the students with an opportunity to practice for an interview and receive feedback including review on their responses, body language, eye contact and interview attire.

We are seeking people who would be happy to conduct interviews online with students using Microsoft Teams. Please note as an interviewer you will be allocated students who have applied for positions across various industries such as hospitality, trade, police force, education, IT, health care and sports. Therefore, people working in all industries are welcomed. We are looking for expertise in the interview process rather than job specific.

Please note interviewers will only be required to provide feedback to the student on their performance in the interview, rather than reviewing their cover letter and resumes. This will be completed within the students VCE Industry & Enterprise class by their teacher.

Students will have the opportunity to apply for one of the seven Mock Job Advertisements. These job descriptions will be provided to interviewers as a reference.

The mock interview program for semester 2 will be running during the following times outlined below. Please note that you would be interviewing three students per session.

- **Monday 10 Oct** 10:30am to 12:00pm
- **Tuesday 11 Oct** 10:30am to 12:00pm
- **Tuesday 11 Oct** 2:00pm to 3:30pm
- **Wednesday 12 Oct** 12:00pm to 1:30pm
- **Wednesday 12 Oct** 2:00pm to 3:30pm
- **Thursday 13 Oct** 9:00am to 10:30am
- **Thursday 13 Oct** 2:00pm to 3:30pm

Please click on this link: <https://forms.gle/8BRmDMbbR7WeE6is8> to indicate if you are interested in participating in the Mock Interview Program and which session and/or sessions you are available.



Macedon Ranges Storm Recovery Program

Anyone who was in the Macedon Ranges on June 9, 2021, will remember the severe storm that caused widespread damage throughout big chunks of Victoria.

The Macedon Ranges was heavily impacted with countless trees down, damage to properties and no power, phone or internet service for an extended period of time. Sunbury and Cobaw Community Health acknowledge the shocking nature of this event and would like to give young people the opportunity to share their experience of the storm and its aftermath. We feel it is important that what people went through is remembered and we will be putting together a video of mini-interviews so young people's experiences are acknowledged and documented. If you are interested telling your story, please speak to a parent or guardian and contact Kylie from the Storm Recovery Program on 0491 089 598 or kylie.richardson@scchc.org by Friday 23 September.

A gift card will be provided to thank you for your time.

LANCEFIELD CRICKET CLUB
2022/23 COME TRY
REGISTRATION DAY

The Lancefield Cricket Club is a proud family club with a diverse supporter base and playing group.

Where: Lancefield Cricket Club
When: Sunday 11th September
Time: 10:00 - 12:00
Who: All **Junior** and **Senior** players

We are looking to build in the coming season to continue to grow our on-field and off-field achievements.

Complimentary BBQ lunch provided

New players welcome

Seeking players for the following age groups:

Seniors Men and Women

Juniors Boy/Girls
 Under 17 Under 15
 Under 13 Under 11

Lancefield Cricket Club Inc lancefieldcc@gmail.com

KYNETON CRICKET CLUB
 EST. 1855

JUNIOR CRICKET
GET INVOLVED!

UNDER 11
 UNDER 13
 UNDER 15
 UNDER 17

CRICKET AUSTRALIA

CALLING ALL JUNIOR CRICKETERS!! Sign up today at **KYNETON CRICKET CLUB**
 Information Day Sunday September 25 at Kyneton Showgrounds 1:00PM
 no experience necessary - all training provided
 register at www.play.cricket.com.au & look for Kyneton Cricket Club
 or contact Junior Coordinator on 0418 222 464 or email kynetonjuniorcricket@gmail.com



HANGING ROCK CRICKET CLUB

REGISTRATION FUNDAY
SUNDAY 11TH SEPTEMBER
10AM-12PM

"The Heelers"



We pride ourselves on being a community club set up for enjoyment, development & social interaction. We are in the most picturesque place in the world inside the Hanging Rock precinct.

TRAINING

Under 17 : Thu 29th Sept 4.15-5.30pm
Under 15 : Thu 29th Sept 4.15-5.30pm
Under 13 : Tue 27th Sept 4.00-5.15pm
Under 11 : Tue 4th Oct 4.00-5.15pm

GAMES

Under 17 : Tuesday Nights
Under 15 : Saturday Mornings
Under 13 : Saturday Mornings
Under 11 : Friday Nights

REGO DAY

Sunday 11th September 10am-12pm
BBQ and fun activities
BYO Water
Enter via South Rock Rd
Turn right just before the Cafe to the racecourse

REGISTER NOW



Registrations:
www.playcricket.com.au
search for Hanging Rock Cricket Club



Enquiries:
HRCCrego@outlook.com

Proudly sponsored by **springs medical**



FRIDAY 18 & SATURDAY 19
NOVEMBER 2022



CATEGORIES

- | | |
|-------------------------------|--|
| A1: Road Travel | P15: Another World |
| B2: Air Travel | Q16: Colour |
| C3: Water Travel | R17: The Battle |
| D4: Under the Sea | S18: Medi Evil |
| E5: Animals (wild) | T19: Star Wars |
| F6: A Song | U20: Fantasy |
| G7: Off & Racing | V21: A Dream |
| H8: City/Town (Houses/People) | W22: Open Section
(anything not listed above) |
| J9: Once Upon a Time | Class 1: 5 years & under |
| K10: Your Favourite Movie | Class 2: 6-8 years & under |
| L11: Favourite Character | Class 3: 9-11 years & under |
| M12: Zoo Animal (Zoo Life) | Class 4: 12-17 years & Under |
| N13: Space Theme | Class 5: Big Kids Lego (Adults) |
| O14: Structure/Construction | |

ENTRIES CLOSE TUESDAY 15 NOVEMBER 2022
See kynetonshow.org.au for details on how to enter.



KYNETON CRICKET CLUB
EST. 1855

GIRLS CRICKET
GET INVOLVED!



SIGN UP TODAY! Be a part of the very first **ALL GIRLS CRICKET TEAM** in Kyneton
Information Day Sunday September 25 at Kyneton Showgrounds 1:00PM
no experience necessary - all training provided

register at www.play.cricket.com.au & look for Kyneton Cricket Club
or contact Junior Coordinator on 0418 222 464 email kynetonjuniorcricket@gmail.com



YOUTH SPACE GISBORNE

Fun, safe and supportive space for Deaf, Hard of Hearing, Deafblind and Children of Deaf Adults (CODAs) aged 12-25 to meet and hang out

FREE

2022 DATES:

August: 24th
September: 7th
October: 5th and 19th
November: 2nd, 16th and 30th

WHEN: Wednesdays fortnightly (excluding school holidays)

TIME: 4pm-6pm

WHERE: Gisborne Community Centre Meeting Room

8 Hamilton St, Gisborne, VIC, 3437

REGISTER: youth@deafhubbendigo.org.au Drug, alcohol & smoke free

WOMEN'S CRICKET COME TRY IT



Macedon Cricket Club invite women and girls to come and play cricket.

We are seeking expression of interests for the 2022/2023 season.

- ☑ No prior experience required
- ☑ Partners and kids welcome
- ☑ Equipment will be provided or bring your own

For a friendly chat contact:
Amy 0400 137 408
email: macedonwomenscricket@gmail.com

Come & Try Registration Day



MALMSBURY CRICKET CLUB

Friday 9th September
4:00pm - 5.30pm

Free BBQ & Soft Drinks

Where: Malmsbury Cricket Ground
Elsmere Place, Malmsbury

Juniors: Matt Cox 0408 552 805

NEW PLAYERS WANTED
U/15 & U17 Boys
U/15 & U17 Girls