

# Learn. Care.

*flourish*

## NEWSLETTER

18 March 2022



### *Prayer*

*Autumn.*

*We give thanks for the harvest of the heart's work;  
Seeds of faith planted with faith;  
Love nurtured by love;  
Courage strengthened by courage.  
We give thanks for the fruits of the struggling soul,  
The bitter and the sweet;  
For that which has grown in adversity  
And for that which has flourished in  
warmth and grace;  
For the radiance of the spirit in autumn  
And for that which must now fade and die.  
We are blessed and give thanks. Amen*

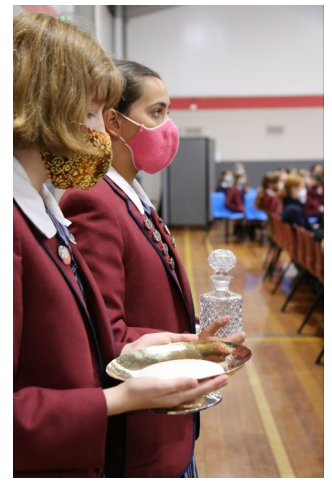
*Michael Leunig*



### ACTING PRINCIPAL'S MESSAGE - Ms Julie Mortimer

Since our last newsletter, we have seen the long-awaited return of several key events for Sacred Heart College. This week we have been able to celebrate our re-scheduled Beginning of Year Mass. This is such an important event in our calendar, and it was most disappointing when, due to Covid, it had to be postponed. It was the first opportunity we have had this year for students and staff to gather as a whole College, and what made it even more special was that it was held on St Patrick's Day. We are hopeful that as our school Operational Guidelines evolve, we will soon be able to welcome parents to our events. This is certainly something we are looking forward to. Thursday's Mass was also the first school event that included our 2022 Student Leadership group, and we hope this is the first of many more 'normal' events to come.





Last week we saw students visit Anglesea for the highly anticipated Year 8 camp. Students were once again able to enjoy the benefits of a camp, not only participating in the activities and the learning of new skills, but also experiencing being away from home, mixing with different circles of students, and developing independence and responsibility. Although staff were still required to follow Covid protocols and guidelines, the camp was thoroughly enjoyed by the student cohort. Well done to everyone, students and staff.



This week also saw the first of our 2022 Parent Engagement Program evenings, featuring Cyber Safety guru Susan McLean. This was our third attempt at having her present to our parents, the other two being hampered, of course, by Covid. Her message to parents was clear and straightforward, and this was gratefully received by the parents who attended. More on Susan is in other parts of this Newsletter. Our Parent Engagement Program is something we are particularly proud of and one we feel is very important. We feel that the more informed everyone can be on key issues affecting education and student learning the better, and I encourage parents to take note of when these occur. All of our presenters are of the highest calibre in their respective fields and well worth listening to.

## CALENDAR DATES

- Mon 21/3**
- Year 7 Immunisations
  - Year 9 Self Defence Program in PE Classes 7/3 to 9/4
  - Bookings open for Student Program Interviews (SPIs) at 1.00pm
  - Year 11 Kyneton Contemporary Art Curator Visit
  - Year 11/12 Building Construction First Aid Course
  - VET Automotive Guest Speaker
- Tues 22/3**
- Year 12 Retreat (22/3 to 24/3)
  - VCAA Top Class Excursion for Music Period 5 3.35pm to 5.00pm
  - Year 11 Contemporary Art Trienille
- Wed 23/3**
- NMR Swimming
  - Maths Tutorials 3.30pm to 5.00pm
  - Senior Studio Time in Buckley 3.30pm to 5.00pm
- Thur 24/3**
- NAPLAN Year 7 & 9 Homerooms Omnibus test
  - Morning Tea for new Families
- Fri 25/3**
- Year 12 Debutante Ball (2021 Group) Practice 4.00pm to 5.30pm

- Mon 28/3**
- **Student Program Interviews (SPIs)**  
Zoom 5.00pm to 7.00pm
- Tues 29/3**
- Year 9 Japanese Manga Drawing Workshop
- Wed 30/3**
- VCAL Old Melbourne Gaol Education Excursion
  - Year 11 VCE Art Excursion to NGV
  - Maths Tutorials 3.30pm to 5.00pm
  - Senior Studio Time in Buckley 3.30pm to 5.00pm
  - Year 12 Debutante Ball (2021 Group) Practice at Melrose Receptions in Melbourne 4.00pm to 8.00pm
- Thur 31/3**
- NMR Senior Tennis
  - 2021 VCE & VCAL Academic Awards Ceremony 10.40am
  - Period 5 3.35pm to 5.00pm
  - Year 10 Morrisby Psychometric Profiling Incursion
  - **Student Program Interviews (SPIs)**  
Zoom 5.00pm to 7.00pm
- Fri 1/4**
- **STUDENT FREE DAY**  
**Staff Professional Development Day**  
**Student Program Interviews (SPIs)**  
Zoom 9.00am to 1.00pm



  
 SACRED HEART COLLEGE  
 KYNETON

Discover, Create

Learn

Open Evening

Thursday 28 April, 4pm – 8pm  
 Book Online: [shckyneton.catholic.edu.au](http://shckyneton.catholic.edu.au)

Hands on activities, information sessions  
 and displays – lots to do and see.

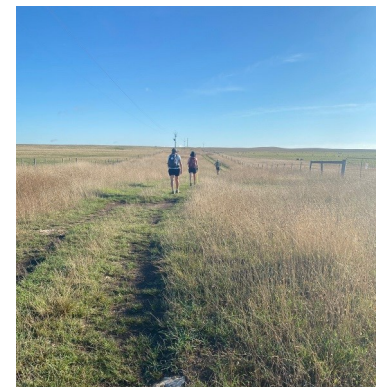
SACRED HEART COLLEGE KYNETON

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Dr Darren Egberts, is currently undertaking a 230km walk over 8 days in 'the footsteps' of Australia's first saint, Mary of the Cross MacKillop. The walk visits places of significance in Mary's life and work as a pioneer Australian Catholic educator. Darren and the group of travellers have now completed 170km with 60km left to travel. Wishing them continued safe travels and fine weather.

“Remember we are but travellers here.” St Mary MacKillop



UNIFORM NEWS - *Paul Matthews, Head of Senior School*

**Winter/Summer Uniform**

Over the last three weeks of Term 1, students will have the choice to wear either the correct Winter or correct Summer uniform. **There should not be a combination or hybrid of these uniforms.** This will allow students to wear their College uniform to match the changing weather.

A reminder the Winter uniform, including the College Blazer, is to be worn during Term 2 and Term 3. Students are to wear their College Blazer to and from school each day.

**Please click on the brochure to check the correct uniform.**

The image shows a brochure for Sacred Heart College Kyneton. At the top right is the school's crest, which includes a cross and the text 'SACRED HEART COLLEGE KYNETON'. Below the crest is the motto 'Learn. Care. Flourish.'. The main title of the brochure is 'Sacred Heart College Kyneton Uniform 2022'. At the bottom of the brochure is a photograph of several students in their school uniforms (maroon blazers and skirts/trousers) standing in a school hallway. In the bottom right corner of the brochure, it says 'Updated December 2022'.

**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 Monday 28 March.

**Student Progress Interviews (SPIs)**

Here is the SPI schedule for Semester One:

<b>Date</b>	<b>Time</b>	<b>Location</b>
Monday 28 March	5:00 – 7:00 pm	Zoom
Thursday 31 March	5:00 – 7:00 pm	Zoom
Friday 1 April	9:00 am – 1:00 pm	Zoom

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 Monday 21 March at 1:00 pm.

**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 of seven 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 – Years 7 and 9**

On Thursday 24 March we are conducting our readiness test for NAPLAN. This test is to ensure that our systems work as they should, and it also gives students an opportunity to familiarise themselves with the online NAPLAN formats.

Students need to bring their headphones to fully trial the software that they will be accessing in May for their NAPLAN tests. We have conducted our tests online several times now, and have found the process to be very efficient. The adaptive nature of online testing means that we are able to get a much better idea of students' abilities, which then enables us to make sure that we are tailoring our programs appropriately. More on NAPLAN next Term.

## Growing up Online

*Members of the local community are invited to attend this event.*

**Guest Speaker: Susan McLean**  
**(CyberSafety Solutions)**

An educational and entertaining session for parents and carers, covering the positive benefits of technology as well as what parents need to be aware of.



This week we were privileged to have Susan Mc Lean, a highly regarded and qualified speaker in the area of Cyber Safety. Susan presents to and advises government and private organisations across the world in the area of online safety for young people, and, after three Covid interrupted attempts, we finally managed to have her speak at Sacred Heart as part of our Parent Engagement Program. Her expertise is extensive. The information she presented was intended for parents, as the reality is that the vast majority of incidents involving young people occur when students have their technology unsupervised at home. She was able to give those present some straightforward guidelines as to how to take back control where technology use has become an issue. She spoke of the worst apps to allow your child to have access to, how to tell if they have hidden apps, and what to do if they are distressed by online activity. She also spoke of the importance of adults being adults in the equation, not their child's friend, as their safety and wellbeing is too important. Although Susan did not provide handouts, she has given us free access to all of her wonderful resources – text, fact sheets and videos - on all aspects of Cyber Safety. This is available on her Facebook page: 'Cyber Safety Expert'. As she explained, the reason it is here is because, 'children don't use Facebook anymore, their parents do'. Please check this page out.



Our Parent Engagement Program events are provided by us free of charge to anyone in the Macedon Ranges community. They are always high calibre presenters in their field. We do this because we believe that, firstly, it is important that everyone is on the same page when it comes to current Educational theories, issues and practices, and we recognise that, as a Regional school, our students come from all parts of the Ranges. Secondly, many of our regional families do not get the opportunity to hear such quality speakers, so this is a way of addressing this difficulty. We would love it if all seats were taken by our parents, and hopefully now that restrictions are lifting, we can get back to the pre-Covid uptake. The sessions are extremely worthwhile and are always better in person, as there is the opportunity to ask questions, perhaps purchase books and to meet the presenters themselves. I would love to hear your thoughts on this program if you would like to contact me.

## CONCESSION NEWS — Matthew Shaw, Business Manager

### CSEF Applications (Camps, Sports & Excursions Fund) - Closing Date 24/06/2022

Families holding a valid means-tested concession card or temporary foster parents are eligible to apply. This applies to families who hold a Current Veterans Affairs Gold Card, a Health Care Card or a Pensioner Concession Card.

For eligible families the government will pay \$225 directly to the College, and the College will match this amount. A total of \$450 will be credited to your Family School Fee account for each student. For card holders, please complete a [CSEF application form](#).

For any queries relating to School Fee Arrangements or CSEF, please contact Accounts Receivable on 5421 1218, or via email on [accountsreceivable@shckyneton.catholic.edu.au](mailto:accountsreceivable@shckyneton.catholic.edu.au).

## Project Compassion 2022

Our Project Compassion fundraising campaign will be continuing for the remainder of the term, as we support the work of Caritas Australia. We have many coin collection boxes spread throughout the school, and it is great to see these gradually filling up. This year, we are also encouraging online donations, which can be made via [this link](#).



In the coming weeks, our Year 7 students will take part in a Caritas Ks event in support of our fundraising campaign. Each Year 7 student will be encouraged to carry 4L of water for at least 1km, in solidarity with those who must walk long distances to access water. They will be inviting family and friends to make a donation for Project Compassion in support of their efforts, as we join Caritas in their mission to 'End poverty, promote justice, and uphold dignity'. <https://fundraise.projectcompassion.org.au/t/shck2022>

## The Pantry

A heartfelt thank you to all members of 7A, 8A, 9A, 10A, 11A, 11B, 12A and 12B for their contributions to our pantry program throughout Term 1. Other Home Groups will be invited to make contributions in later terms, and any student is welcome to contribute at any time. The pantry cupboard itself is located in the Library, and students can place their donations directly into it.

All items in the pantry will be passed on to the Asylum Seeker Resource Centre.

We ask that you please only bring in items from the list, as this ensures that we are offering the most practical help:

1. Tuna in oil 400g
2. Tinned tomatoes 400g
3. Coconut cream
4. Instant coffee small (500g max)
5. Dried spices: cumin, turmeric, chilli, coriander
6. Peanut butter
7. Hair conditioner
8. Dishwashing liquid (500ml max)
9. Toothbrushes
10. Laundry powder (1kg max)



# Snapshot of Year 8 Camp





# SPORTS REPORT

*Mr Damien Zanic*

## **Year 8 Girls Volleyball**

The girls of Year 8 played only one game in their tournament on Thursday 3 March, however, they fought hard to take it to three sets. They lost the first set, won the second, and then unfortunately lost the third set. They never gave up and played well. All girls improved dramatically in the scratch match they played afterwards, and were able to win that one. The girls were: Sarah Mustey, Renae Osmond, Grace Mattocks, Lowenna Embury, Ruby Fraser, Melia Hayes, Jamie Boyer, Velvet Mancuso, Wynta Callendar, Matilda Goodwin and Maia Manning. Well done to the girls!

***Coaches Buzz Wyatt-Pearce and Dean Allen - Year 12***



## **Year 8 Girls Tennis**

On Thursday 3 March, five rising tennis stars headed down to Epping for a fun filled competition against schools in the Mickleham division. The girls were: Stella Gray, Lily Sud, Mila Pereira, Zara Hooppell and Maeve McNamara. Everyone was amazing and the girls went through undefeated. A big thanks to Ms Tanner and Ms White for taking us to the competition.



## **Year 8 Boys Tennis**

The boys played strongly throughout their tournament, dominating the court and coming away as strong winners. The team included: Liam Durrant, Tyson Hinneberg, Blake Lawrence, Peter Pochettino, Hayden Sims and Joaquin Tedesco. Well done boys for your efforts!

# SPORTS REPORT

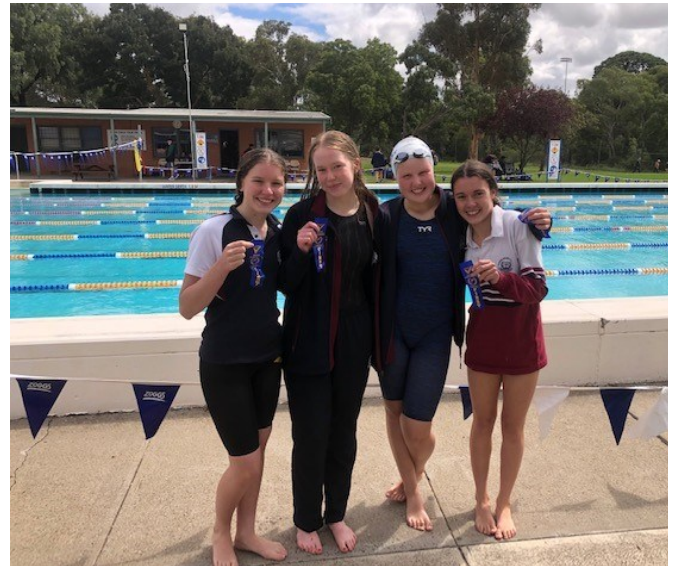
*Mr Damien Zanic*

## Mickleham Swimming Competition

Friday 11 March saw 38 students head to the Sunbury Aquatic Centre for the Mickleham Division swim meet. Overall it was a very successful day with 30 students going onto the next round, which is the Northern Metropolitan Region meet on Wednesday 23 March.

We have twelve students going onto individual events, with the rest qualifying fastest for team medley and relays. Special mention goes to Catherine Mahony who won all four of her events, with a number of other students winning two. Congratulations to all students who represented the school and we wish those competing in the next round well.

A big thank you to Mrs Wattie for her help on the day and the parents who were able to come out and show their support for everyone.



**GRADE 5 VISITS - Jody Takos, Director of Transition**

Sacred Heart was buzzing with excitement this week when the Grade 5 students from our Catholic feeder primary schools came to visit Sacred Heart on Tuesday and Wednesday. After their welcome in the Chapel, students went into their groups to experience a day in the life of a Secondary school student. They had four small sessions of 30 minute classes. The variety of classes on offer was terrific; English, Science, Robotics, Languages, Religious Education, Drama, Humanities, Food Technology, Art and even Animal studies. The students and teachers were all treated to lunch in the Atrium and the Grade 5 students had the opportunity to play games with our peer support students, a wonderful group of Year 9 volunteers. A huge thank you to all the teachers, administration staff and the Canteen for making this a terrific experience for the Grade 5 students.



**Year 7 Social - Marissa Fisher on behalf of the VCAL Year 7 Social Organising Committee**

Friday 11 March was a great night for the Year 7 Social. We had great weather and lots of laughs.

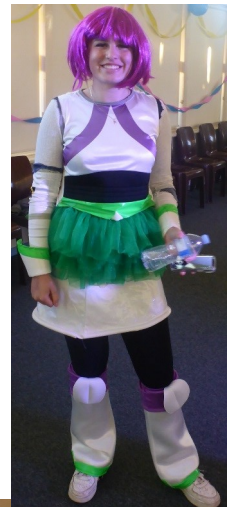
Thank you to everyone for dressing up and supporting the movie characters theme. There were so many creative and fun outfits. The Year 12 VCAL students were very appreciative of how the Year 7s enjoyed the evening. We had games planned for the night, but couldn't stop everyone dancing, singing and enjoying themselves, which was great to see.

Everyone who attended the event donated \$10. The money raised was for the Solar Buddies Organisation. The organisation is aiming to end energy poverty by 2030. We will purchase solar light kits, put them together, and send them back to *Solar Buddies*, who will forward them onto children in developing countries, so that they are able to study at night.

A special thanks to the Maintenance Team, I T Department, and other teachers and staff who supported us, and volunteered to help on the night.

A special thanks to Kyneton Pizza and Wine Club, Kyneton Subway and the Kyneton BP, for their donations that we awarded as prizes on the night.

Overall it was a great night and we look forward to it running again next year.



### Grade Five Visits

Our Grade fives had great taster days in the library this week; building book towers and making crazy creature book marks! Here are some photos of the sessions.



### Neurodiversity Celebration Week - 21 –27 March

March 21-27 is Neurodiversity Celebration Week. This week is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences. These differences include things like ADHD, autism, Tourette’s syndrome and dyslexia. It aims to change the way that neurodivergent individuals are perceived and supported. We have a display of books by neurodivergent authors and books with neurodivergent characters in the library now, and you can read more about this week here: <https://www.neurodiversityweek.com/>



### NEWS FROM THE CLASSROOM - *Paul Matthews, Head of Senior school*

#### Tomorrow Man, Tomorrow Woman - Workshops for Year 10 - *Faith Zoch 10D & Joshua Wheeler 10A*

The ‘Tomorrow Women’ experience will forever be appreciated by all who participated. Everyone now has an increased love for themselves and others. As Year 10 girls, we have realized the importance of checking in on our friends and supporting all (even those we don’t hang out with, or know very well).

We came into the workshop with little knowledge of what was going to happen, and left with our hearts full of love. We even had tears of joy and relief running down our faces! We felt safe and comfortable to speak openly and honestly about our feelings and circumstances. It was a liberating experience and we cannot thank Deyvn enough for the atmosphere of unity and respect that she developed. I, myself, am so proud of all the girls who built each other up, and had the courage to speak about their hurts and struggles, and receive the support they needed from each other.

The ‘Tomorrow Man’ was an amazing experience that us Year 10s all benefited from and enjoyed. This workshop activity showed how we can become better men in today's society, and how we can change stereotypes that affect the way we respond to emotions and the difficulties that we all have to endure. We also explored the statistics around men in society, which made us all aware of the challenges of life ,and how we are all experiencing the same hardships no matter who we are. This experience encouraged many people to embrace vulnerability and strengthen the bonds between friendships that are so important in our everyday lives. This workshop also helped us to realise the importance of speaking up when life throws obstacles in our direction, and to always feel you can trust friends and loved ones around you. At the end of this activity I think it's safe to say we all felt motivated and inspired by the organization, and I would like to thank ‘Tomorrow Man’ on behalf of our group, for teaching us to broaden our views in society, and be aware of the hardship of others, so that we can take that knowledge and strategies to strengthen our lives for the better.



# STUDENT ACHIEVEMENTS

## Minna Baxter 10D

Last week Minna competed in the National Horse Reining Competition at Werribee Park. She was there with her two quarter horses, 'Oakie' and 'Barry' and was up against Australia's best and most experienced riders.

On Saturday night, she won the prestigious National Rookie of the Year, which was adjudicated by American NRHA judges (National Reining Horse Association). She won four handmade buckles, sashes, plaques and cash. Most importantly, she also qualified to compete in the American *Run for a Million Competition* held in Las Vegas in August this year. She was also elected to be the Vice President for the NRHYA (youth council)- Australian representative.

It's an incredible achievement that she has qualified to compete on the world stage. Well done to Minna, the College is extremely proud of your success!



## Chloe Burke 7B and Paige Koliba 12A

On Sunday 6 March, Chloe Burke and Paige Koliba rode at the Geelong Grammar Interschools Dressage. The girls achieved amazing results. Chloe came 10th, 3rd and 5th in the overall preliminary championship. Paige came 2nd and 3rd in the medium championship and 4th and 5th in advanced championship.

The girls achievements promoted Sacred Heart to 3rd in the overall school championship! Well done Chloe and Paige!



Now we are in 2022  
We thought it would be normal again  
But guess what? I have news for you  
It's far from being zen.

We are slowly getting back to normal  
Like a snail stopping at a traffic light  
The world just seems to be abnormal  
We have to follow the rules to keep things right

We have not had masks for a week  
It has been a joyous time  
But the virus is getting to its strongest peak  
Coughing in public seems like a crime

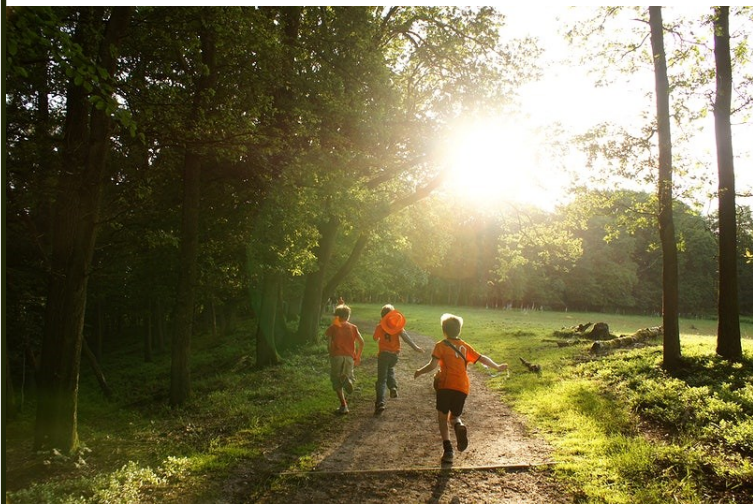
Many of us are missing out on school  
Isolation is not at all fun  
Staying at home for a week is just cruel  
We wanna be out playing in the sun

The vaccination rates in Victoria are skyrocketing  
First, second and now a third dose keeps us protected  
Staying out of lockdowns for good now seems promising  
Which will help us stay connected

Seeing our friends and family face-to-face  
Some who have even come from overseas  
We are so happy, you can tell, by the smile on our face  
But take a Rapid Antigen Test if you cough or sneeze!

We can get past this when we work as a team  
As hard as it may seem  
2022  
Something new

**By Genevieve 9A**



Let go of my hand, and guide me through the land.  
The sandy feeling near the ocean brings me joy  
Running through the sea of words.  
Let me stand alone  
Don't let the dilemmas get to me  
I need to let myself be free.

I feel reminded like a soaring bird flying,  
through the air and above fields of daisies.  
Getting a bird's eye view of what the world is like  
around me.  
I feel successful like climbing the highest mountain.

While I'm waiting for dawn to appear  
The clouds from the storm collide with the  
goodness from the prettiest rainbow.  
The night reaches over me with the bright  
starlight,  
While the moon sends me to sleep.

**By Larissa 9A**



## 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](http://www.shckynetoncareers.com) and go to IMPORTANT INFO then careers newsletter!

## What's coming in the Year 10 Careers Education Program

### Morrisby Career Profiling

A new initiative for 2022, the Morrisby Career Profiling, is where each Year 10 student will undertake career profiling as part of their career exploration and pathway planning, which will instigate further discussion and research for their senior pathway and subject choices. The Morrisby profiling will be paid for by the College. Each Year 10 Student will undertake this profile on **Thursday March 31 2022**. Further information to be communicated closer to the date.

### Structured Workplace Learning Work Experience

The Structured Workplace Learning Experience Program for all Year 10 Students will take place **Monday October 24 – Friday October 28, 2022**. Preparation for work experience will take place during your son's/daughter's Industry and Enterprise class during Semester 1 or Semester 2 and within year 10 homerooms. Each student will be provided with a workshop and relevant information to assist in locating a work experience placement. We encourage students to start looking and researching their options now due to the high demand for placements. The Careers Team look forward to supporting our Year 10 Students through the careers education program at the College.

If you require any further information regarding the above, please feel free to contact a member of the Careers Team, at the College on 5421 1200.





# WHAT TO DO IN A MENTAL HEALTH EMERGENCY?

## COMMUNITY FORUM

6th April 2022

6:30-7:30pm

Hume Global learning Centre,  
40 Macedon Street, Sunbury.



PS My Family Matters and Sunbury and Cobaw Community Health are hosting a community forum to address the issue **'What to do in a mental health emergency?'**

For people calling 000 in a mental health emergency, it can be a real step into the unknown. What will happen when they come to my house? Who will come to the house? Should I ask for a CATT [Crisis assessment and Treatment] team? What does a CATT team do?

The forum will also focus on strategies for developing a mental health safety plan.

There will be presentations by speakers from Victoria Police, Ambulance Victoria, Emergency Mental Health and Sunbury and Cobaw Community Health, followed by a facilitated Q and A.

*Light refreshments will be available after the event.*



The event is **FREE**. Bookings are essential - Please call **0475 269 965** to reserve a place, or go to Try Booking [www.trybooking.com/BXCNO](http://www.trybooking.com/BXCNO) (or scan the above QR code) For further information - please contact Mike Hamer on **0411 549 432**