

Prayer

Lord, open our hearts so that we may hear the message you teach of a world in which the wrongs of the past are recognised – a world in which a reconciled people walk and talk together sharing stories; a world in which all burn with the desire to have your peace and justice reign. We ask this in Jesus' name. Amen.



PRINCIPAL'S MESSAGE - Dr Darren Egberts

Our prayer comes from the Aboriginal Catholic Ministry and recognises Reconciliation Week (May 27 – June 3) and the significance of the week for First Nations peoples of Australia. As part of Reconciliation Week, we celebrate May 27, the anniversary of the 1967 referendum when Australians voted to remove clauses in the Constitution that discriminated against Aboriginal and Torres Strait Islander peoples. June 3 marks the historic Mabo decision in which the High Court of Australia recognised native title.

Last Thursday, the College came together to celebrate the second annual Makarrata assembly. Makarrata is a Yolngu word that means “coming together after a struggle”. The two aims of Makarrata are to face Australia’s history with honesty, and to celebrate the many achievements and contributions of contemporary First Nations Australians.

The assembly itself focused on this year’s Reconciliation theme, “Be Brave, Make Change” as well as a number of other contemporary opportunities for reconciliation:

- A virtual Welcome to Country recorded on top of Hanging Rock that recognised the three lands that Sacred Heart students inhabit, those of the Dja Dja Wurrung, Taungurung and Wurundjeri people.
- Reflection on the ongoing Yoorrook Commission which was announced last year by the Victorian government as an important step towards the process of truth telling and Treaty in this state.
- The College choir and instrumental musicians performed two songs (“Let Love Rule” and “One Song”) by iconic Indigenous Australian songwriter, Archie Roach
- A powerpoint presentation that explored the fundamental challenges posed by 2017’s Uluru Statement from the Heart and the need for Australians to agree to appropriate recognition for First Nations peoples in the Australian Constitution.





Influenza Season

Like most organisations across Australia, Sacred Heart College has observed a significant rise in student and staff absences due to the high levels of respiratory illness across the community. Thankfully, the levels of Covid-19 being reported in our community have decreased dramatically but we still strongly encourage students and families to consider having an influenza vaccine and to stay at home if displaying flu-like symptoms.

Mid-Year Examinations

This Friday sees the commencement of mid year examinations for students in Years 8 – 11. These examinations are an important part of the assessment program for students and provide a mirror on how an individual’s learning has progressed thus far in 2022. I encourage students to devote an appropriate amount of time to study and revision over coming days and to view the examination experience as important preparation for senior examinations to come.

Yours in Mercy,

Dr Darren Egberts
Principal

CALENDAR DATES

- Mon 6/6 - Exam Week for students in Years 8-11**
- Tues 7/6 - Senior Students Lunchtime Melbourne University Session 1.20pm**
- Wed 8/6 - Senior Studio Art Time 3.30pm to 5.00pm**
 - Year 9 GVBR 3.30pm to 5.00pm
 - Mathematics Tutorials 3.35pm to 5.00pm
 - Parenting with Purpose Workshop 3 of 4 7.00pm to 8.30pm
- Thur 9/6 - Period 5 3.35pm to 5.00pm**
- Mon 13/6- Queen’s Birthday Public Holiday**
- Tues 14/6- Period 5 3.35pm to 5.00pm**

- Wed 15/6- NMR Cross Country**
 - Virtual Conversation 9.30am to 10.30am
 - Senior Studio Art Time 3.30pm to 5.00pm
 - Year 9 GVBR 3.30pm to 5.00pm
 - Mathematics Tutorials 3.35pm to 5.00pm
 - Parenting with Purpose Workshop 4 of 4 7.00pm to 8.30pm
- Thur 16/6- Year 8 Sport - AFL, Soccer and Netball**
 - Animal Care - Excursion to Edgars Mission 10.30am to 1.30pm
 - Senior Students Lunchtime Victoria University session 1.20pm
- Fri 17/6 - STUDENT FREE DAY
STAFF PROFESSIONAL PRACTICE DAY**

Exams

The exam period is about to begin for students in Years 8 – 11. We value the examination process as it develops skills beyond those taught for individual topics. Students learn to retain information over a long period of time and to critically think about the connections between topics. These are valuable skills and techniques that will serve the students well when they are in VCE.

In some cases, teachers have had to move classes at a slower pace than usual because of absences throughout the semester. Exams will reflect the content and skills that have been taught.

The class time after the exam period will be spent taking students through their exam performance with the aim of allowing some self-reflection on learning. Some stand alone topics will be studied before the end of Term as well.

Semester One Reports

Semester One reports will be released on **Thursday 23 June**. As always, these are a summary of results with the addition of reporting on work habits and a position on the Victorian Curriculum standard. Of course parents/guardians have access to PAM through Simon to monitor students' progress on assessment tasks at all times. Thank you for your support throughout the Semester as we managed staff shortages due to illness. We are hoping for a more settled second Semester.

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

Semester Two Subject Changes

Semester Two subject/elective changes for Years 10 and 11 are now open and **will close on 2:00 pm on Wednesday 22 June**. Student timetables will be uploaded to SIMON for the start of Term 3 on Monday 11 July.

To make a subject change for Semester 2, students are required to book a lunchtime meeting with Mr Matthews (O208) to determine if the change is possible based on the subject/unit blocking and class sizes. At the end of the meeting, students will be provided with a Change of Subject Form, that will contain the relevant information for the subject change. Students are then required to obtain signatures from a parent/guardian and Current Subject Teacher. Students must also provide a reason for the change.

If there are any subject changes that could potentially have a significant impact on future career plans, students will be required to organise a Careers appointment. Information the Change of Subject Process will be available to all students via Daily Messages.

Semester Exams

By the time you are reading this Newsletter, the Semester examinations will be underway. While examinations are often viewed as a stressful situation, it is important to note that feeling stressed is very natural. Examinations can also be viewed as an opportunity for students to show teachers their understanding and application of the knowledge they have learned throughout Semester One. The article (from the Learning Potential website) [Top tips for tests and exams](#), contains several easy to implement tips for examinations.

Time management and study in Year 12 VCE

Now that we have almost reached the end of Semester 1, it seems timely to remind students of the importance of practising good time management skills and strategies whilst at home and/or at school.

Time management is key to getting the most out of students' final year of secondary schooling. We want our students to achieve their best results, whilst staying healthy and happy. Students need to try and maintain a balance of school work, recreation, time with family and friends, and most importantly enough sleep. The following is some advice that was provided to our Year 12 students early in Term 1:

- **Aim for completing 3 hours of additional revision/study time per subject per week**

- ◇ Break this up into 30-45-minute blocks (don't try to study for 3 hours on one topic/subject)
- ◇ Remember your study periods at school can be included in this – so don't waste them

- **Complete a weekly study timetable and include time for eating, sleeping, recreation and part-time work as well as your time for study**

- ◇ Consider the best times for you to do your study e.g. Are you a morning or an evening person?
- ◇ This is time to complete homework, but also to revise what you have learned during the day, make summaries and/or quizlets, and attempt practice questions
- ◇ Use your study timetable and/or to-do lists to tick off tasks as you complete them, this will give you a good sense of achievement

Further information on the importance of managing your time can be found here:

<https://ergo.slv.vic.gov.au/learn-skills/study-skills/getting-organised/manage-your-time>

Examples of study timetables can be found here:

<https://austudent.elevateeducation.com/media/books-planner/study-timetable>

<https://onlinestudyaustralia.com/study-planner-timetable/>

GALWAY DEBATING NEWS ROUND TWO - Jonathon Conquest

Round Two of Galway Debating took place at Sacred Heart College on 24 May and it was another great day. Two more schools entered the battle of wits this time – Hume Grammar and Australian International Academy – bringing the total number of competing schools to seven.

Sacred Heart fielded four junior teams, two intermediate teams and one senior team in total. Debate topics ranged from the polarizing 'Should the voting age be lowered to 15' to the incendiary, 'Life has never been harder for teenagers than it is today'. Most of our teams won at least one of their debates, but special mention must be made of one of our junior teams (Holly Alderton, Elizabeth Hooper and Harper Constable) and one of our intermediate teams (Mila Pereira, Sylvie Rigby and Sophie Dunn), who won both of their debates on the day and will now move on to the Grand Final on July 19.

Well done to all debaters, chairpersons and timekeepers.



After many cancellations, the senior French and Japanese language students were able to finally travel into Melbourne last week, to experience the culture and language they are learning. They stopped by Daiso and the St Joan of Arc statue outside the State library before heading to Udon Yasan and Galette to order their lunch in their respective languages. Our final stop was the NGV where we looked at French and Japanese artworks. The students challenged themselves to try to speak their language all day, which was fantastic.

Reflection from Olivia Coleman Year 12

Last week we attended the city languages excursion and it was really nice to get out of the classroom!

When we went to the Joan of Arc (or Jeanne d'Arc in French) statue outside the State Library. It was quite an experience to look at the construction, and knowing the controversies the statue went through to end up in Australia was very interesting.

The French students went to a creperie, Roule Galette, on Flinders Lane, and it was incredible! The dishes were very elegantly presented, and were very filling. It was such a nice place, and the waiters spoke to us in French which was quite useful and prompted me to think about proper sentence conjugation.

Lunch was *très miam*, really yum! Looking at French Renaissance and Impressionist paintings at the NGV was a great way to end the day. It was interesting to analyse the positioning of the subjects in each picture to understand their position in society or how the painter felt. I'll be speaking of this in my end of year exam. It was a nice way to interact with the Francophone Community of Melbourne!



Dear College Families

A quick hello from the Health Centre Team.

With winter upon us we are seeing an increased number of influenza cases in the community and confirmed cases within our College community. Influenza (also known as flu) is a highly contagious viral illness. Its symptoms are very similar to COVID 19 and may include two or more of the following symptoms:



- Muscle aches and pains
- Headache
- Cough
- Sore throat and runny nose
- Nausea, vomiting and or diarrhea

If your child is experiencing these symptoms and are unwell, they need to remain at home until symptoms have resolved, or as per medical advice.

Attached is a link to provide further information about influenza. https://www.rch.org.au/kidsinfo/fact_sheets/Influenza_the_flu/

The State Government has just announced a change to the influenza vaccine program. It will now be free for all Victorians as of 1 June until the end of the month. The flu vaccine is recommended for everyone over the age of six months.

Injuries Outside of School Hours

Here at the College students' health and wellbeing is very important to us. To assist us in caring for your child we ask that if your child has received an injury outside of school, please contact the College to notify us. We can work with you to develop a plan to support your student as they return to school. This is also important if they are playing sport on the weekend and receive a concussion injury. If notified the College can provide the appropriate care if needed.

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 apply. This applies to families who hold a Current Veterans Affairs Gold Card, a Health Pensioner Concession Card. **are eligible to Care Card or a**

Have you claimed your government rebate yet? Don't miss out!

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.

At Sacred Heart College we value the partnerships formed between families, the College and Community. We aim to continue supporting our families and raising parental awareness of the benefits of engaging in their children's education along with providing them with the skills to do so.



The aim of the Sacred Heart College Parent Engagement Program is to strengthen the collaboration between school, families and the broader community by providing Professional Learning through quality presenters on a variety of current educational topics.

We believe that this will create a more effective network of support for our students, harnessing the full capacity of the community to support student learning and enhance student outcomes in all facets of their lives.

PARENT RESOURCES AVAILABLE - CATHERINE MCAULEY LIBRARY

We have a number of books available which can be borrowed through the College Library, covering topics such as Cybersafety, Autism, Bullying and many more.

The resources have been curated into Reading Lists that you can browse on Oliver, the library catalogue. To access the Reading Lists, click on the following link:

<http://oliver.shckyneton.catholic.edu.au/oliver/home/browse/readingLists>

Select **Community Partnerships**.

Scroll down to the **Parent Engagement Partnerships** list.

If you see any titles that are available (green tick) and that you wish to borrow, then please send an email to library@shckyneton.catholic.edu.au with the following information:

- Name of the book and the author
- Your full name

Your email and mobile number

We will create a borrower profile for you and let you know, via email, when you can collect the book from General Reception. Alternatively, if you wish to borrow on the night of a Parent Engagement Partnership presentation then you can simply collect the book then and fill in the sheet with your details on the night.

You could also ask your student to borrow the book, however, it will be loaned under their name. If you have any questions, please don't hesitate to contact the librarians, Mrs Bronwyn Burke

(bburke@shckyneton.catholic.edu.au)

and Ms Jodie Warner

(jwarner@shckyneton.catholic.edu.au)

via email or phone (5421 1200).



BUMPER SPORTS EDITION

Mr Damien Zanic

Victorian Schools Orienteering Championships - Claire Perston

On Friday 13 May, 20 intrepid orienteers travelled to the Mt Macedon pine plantation for the Victorian Schools Orienteering Championships. There were a number of students from some Melbourne schools, and a large contingent from Braemar.

Mr DeGrandi sorted out start times. A helper from Orienteering Victoria came over to the group to help with some pre-course training with a map and compass, and to show how the timing card device worked. Students could then prove they had been to a checkpoint (and in the correct order), and their split times for the race – very fancy!

Then they were off, some individually and others in groups, picking up their maps and rushing/walking to the start point on the map. After about 40 minutes the students started to return, all with stories of where they'd been and what they'd seen. A few hadn't quite completed the course in order which meant their results were discounted, but several of the students did really well for their age group, including Liam Durrant, Sophie Dunn and the pairing of Millie Erwin and Lucy Killick.

The weather was good, and the event really well organized. The school managed to gain third place overall. Everyone learned so much and had a great day. Thanks to Mr DeGrandi, Ms Perston and Ms Noonan for their help on the day.

The Australian Orienteering Championships are going to be held in the region in the second week of the September holidays, with one of the days based at the school. Anybody is welcome to enter. I am sure that there will be a lot of publicity about the wonderful sport of orienteering in the forthcoming months.



BUMPER SPORTS EDITION

Mr Damien Zanic

Intermediate Girls Netball - Macy Geisler and Jorja Kristitz (Yr 12)

On Wednesday 25 May, the Year 9 and 10 girls' netball team made the trip to Boardman Stadium in Sunbury to play in the Intermediate competition against four different schools. There were five rounds all up, the girls had a bye in the first round, and then effortlessly took the wins for their first three games leading over 20 points ahead against Mount Ridley, Hume and Edgars Creek.



In the girls' final game, they came up against a more competitive and slightly challenging team, our neighbors from across the road, Kyneton Secondary. Lucy Paton and Matilda Robinson, led the team to victory, with 9 goals to KSEC and a whopping 23 goals for our SHC girls! The girls played extremely well as a whole and were always supportive of one another as the game results reflected this. We'd like to thank Miss Duffy and Miss Noonan for accompanying us on the day to score our games and to Hannah, Jess and their junior girls for joining us in supporting the Intermediate team for the remainder of their games.

Inter-school Cross Country - Jamie Walker and Craig Minter

Wonderful conditions, great venue, hard work, day away from classes and representing the school! Fun with friends and supporting some great performances. Check out the strain on the faces!

Some great results were achieved and 12 Yr 7s, 6 Yr 8s, 9 Yr 9s and 4 Yr 10s are going on to compete at the next level of competition representing Sacred Heart on 15 June, hopefully the weather conditions are the same as the first round!

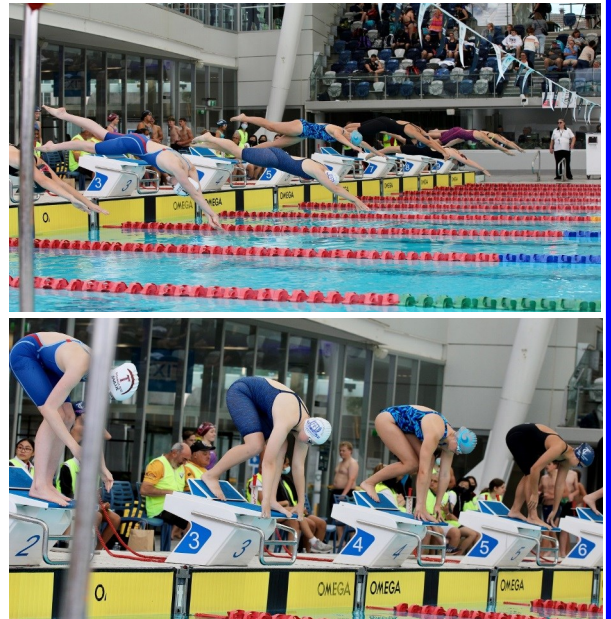


BUMPER SPORTS EDITION

Mr Damien Zanic

State Swimming Championships - Damien Zanic

Congratulations to Cate Mahoney, Isabella Fraser, Charlotte Sevier and Trea Harkin on representing the College in the recent State Swim meet at the Melbourne Sports and Aquatic Centre in Albert Park. The level of swimming certainly goes up, and the experience gained by the girls was invaluable. Cate competed in the individual 50m Breaststroke and though she didn't swim a place she did manage to swim a personal best. The four girls also teamed up in the 4 x 50m relay and once again didn't quite manage to finish on the podium but they did manage to swim a personal best as a team. Two terrific achievements and we hope they continue to improve in the future. Finally a big thank you to the parents who were there to support the girls.



NEWS FROM THE CLASSROOM - YEAR 11 FOOD STUDIES - Alison Chilton

Golden Dragon Excursion

How would you explain Australia's cuisine? Do we even have one? How do the patterns of migration to our country help shape the way we enjoy food? These are the questions that we are currently investigating in Unit 1 Food Studies.

On Friday 27 May we went to Bendigo to visit the Golden Dragon Museum and learn about how the Chinese migration during the gold rush period has helped to shape our unique Australian cuisine. We found out about the poor treatment of these migrants, the skills and flavours they brought with them, and how we still use these techniques and textures today.

After the museum we were lucky enough to enjoy an incredible lunch at Toi Shan Chinese restaurant. This is one of the oldest Chinese restaurants in Australia, and is over 100 years old.



Year 9 Science

For the past few weeks our Year 9 science students have been studying control and regulation in the human body. As part of a deep dive into nerve cells they had to control and regulate their own impulses and refrain from eating the tasty treats they were using to build model neurons.

The students did a terrific job constructing their models, and in the process developed an understanding of the parts of a neuron and the functions that each of these parts play.

The students enjoyed the activity immensely, especially the part where they got to eat their recently completed models*. Great work Year 9s!

**All of the models were constructed from individual packs of lollies to ensure the activity was performed in a Covid safe way.*



YEAR 10 MOCK INTERVIEW PROGRAM - *Kristina Delaney*

During the week of 23 – 27 May our Year 10 Semester 1 VCE Industry and Enterprise students undertook their Mock Interviews. Students prepared applications, including a cover letter and resume, for a specific role. The students met with an employer via Zoom for the 'mock interview'.

The feedback from our employers was very positive, and many students commented how the experience gave them more insight and confidence to undertake an interview in the real world.

This program is an excellent example of the real life learning that is provided at Sacred Heart College by our dedicated Careers Team.

We would like to thank our employers for their generous contribution of time and experience. Programs like this only run with the support from our wider school community.

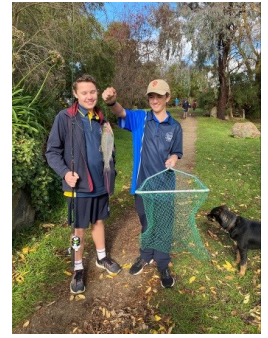
Well done to the Year 10 students on the way they presented themselves in both person and on paper.



Our Year 9 Paddock to Plate students were finally able to journey to Tuki Trout Farm to put a line in and chance their luck!

Each year we take the Paddock to Plate students for an immersive treat to Tuki where Rod the owner takes the students for a farm tour, and gives them a first-hand experience of how a true Paddock to Plate farm works.

The students then go for a fish, catch a trout, prepare it for lunch, cook it, then eat it with freshly made bread and salad courtesy of the Tuki vegie gardens. A great day was had by all and the weather was sensational!



VCAL NEWS - Leonie Garvey

Year 12 VCAL and Sunbury and Macedon Ranges Specialist School Project

The whirr of the drill and rasp of sandpaper filled the air, joined with chatter and laughter, as a selection of middle years students from Sunbury and Macedon Ranges Specialist School, friendly referred to as *'the Bullengarook kids'* collaborated with Year 12 VCAL students recently to build a wooden table.



Conducted over three busy sessions, our Bullengarook guests each teamed with Sacred Heart mentors to follow the building process from beginning to end. These partnerships developed during each weekly session; allowing skills such as leadership, communication, trust and friendship to grow and expand. Practical, applied skills were also taught and nurtured, fully embracing learning and engagement in a meaningful way through such an authentic, shared experience.

This VCAL project combines many elements of Personal Development & RE and Work Related Skills at a senior level; but if you ask any of the students involved, they will tell you the benefits run deep and the joy is keenly felt.



VCAL & Kyneton Primary School STEM Project

When young people are given opportunities, wonderful things can happen. This was highlighted recently when Year 11 VCAL students hosted a large group of Grade 5 students from Kyneton Primary School to collaborate on a STEM Project.

Each Monday over a four-week program, Work Related Skills (WRS) classes became abuzz with excitement as students partnered together to explore the world of electricity and gears by imagining, designing, creating and doing.

Working progressively through a purpose designed module, Sacred Heart VCAL students mentored their counterparts to learn how forces and energy can control movement, sound or light in a designed product. Combining elements of science, technology, engineering, and mathematics (STEM) race cars were created, impressive in their artistry and function.

Of course, a race car needs a race track and the final week four session culminated in Race Day, where passion and competition was fierce, revealing the fastest car and its designers.

“I’ll never forget this day” commented one of our Grade 5 guests, a sentiment echoed by the VCAL cohort.



YEAR 7 JUI JITSU PROGRAM - Charlotte Noonan

All Year 7 students had the opportunity to take part in three Jui Jitsu lessons to develop personal skills and gain a connection with community based activities. These lessons were taken by a highly qualified and respected instructor from Marocco Academy. We would also like to thank SHC Students Maya Calvert & Agatha Stamp for their assistance with the lessons.

On the last day the students were asked their thoughts on the program and some of the responses were:

- *“We had lots of fun in these classes”*
- *“We were able to learn a new skill”*
- *“We would be really happy to try this outside of school now that we have had a try”*





**COME
EXPERIENCE
A FREE
BRAZILIAN
JIU JITSU
CLASS**

as part of our
teenagers program at
Marocco Academy.





Call now to book
your free class!
0452 048 199

One free class per student from Sacred Heart College Kyneton.
Offer available only until **31 August 2022**.



Heard it on the Grapevine



Student Achievements

Maya Calvert of Year 11 competed last weekend in the Victorian Brazilian Jui Jitsu State Championships. We are proud to announce that Maya received a gold medal in that competition. Maya trains with Marcos, who is currently running our Jui Jitsu Program at Year 7. Well done to Maya, wonderful achievement!

Maya's Comments:

I started Jiu Jitsu at Marocolo around six years ago, and recently I won gold alongside some of my teammates. Jiu Jitsu is, at its core, a combat sport. A lot of the time when this is mentioned, people think of things like boxing or karate, but most of the training we do is actually grappling and takedowns. My teacher, Marcus, always emphasises the importance of respecting your partner when we're training, because if your partner is injured they can't help you improve and they can't improve themselves either.

*Jiu Jitsu is built on this mutual respect, training acts as a sort of feedback loop, the more you train the more you improve, which then helps your partner get better as well and vice versa. Because of this all my teammates at Jiu Jitsu have become a sort of family to me, so my gold at the Victorian State Championships is a result of not only my hard work, but all my teammates as well. **Maya Calvert***



Let us know about your child's achievements

If your child has received an achievement outside of school, we would love to acknowledge and congratulate them.

Please email: Newsletter@shckyneton.catholic.edu.au and send through any photos you would like to go with the article.

Our Music Department is a hive of activity! Last week's Instrumental Recital Evening saw approximately 100 young musicians performing over three different venues in the one night. It was a thrill to see real live audiences of families and friends to watch performances from our students. Many of our students were performing for the very first time at Sacred Heart, especially because we haven't been in the position to hold a public performance since 2019. It really brought joy to many people, seeing these courageous young musos learning the art of performance. I am incredibly proud of them all for taking creative leaps to step out of their comfort zones.

Our Year 7 and 8 students have been busy creating a sea of musical instruments to demonstrate their knowledge of *How Sound Works*, and exploring the possibilities of the different instrument families. Some wild and wacky instruments were brought into class. These students are now busy playing instruments, learning new songs in an ensemble setting.

Our Year 10 and VCE students are prepping for their imminent examination, where they'll be tested on their music theory, aural comprehension, and analysis skills.

Our Friends Of the Music Program (FOMP) is a group of parents and friends who come together to help develop and support our Music program. The members of FOMP meet a few times a year, to plan our major Music events, such as concerts etc. Our first FOMP meeting for 2022 will be held at 7pm in the Music Classroom on Wednesday 8 June. I'd love to meet lots of new parents (and familiar faces too) and see what wonderful ideas we can bring to our Music events. If you'd like to be a part of FOMP, please contact me via email tcarrick@shckyneton.catholic.edu.au

LEARNING SUPPORT NEWS - Sally Dick

An online conversation about autism and neurodiversity
[Read about 'What is ICAN School'](#)

You and your children are invited to join an online 'Conversation about autism and neurodiversity' with Kate Andrews from the I CAN Network

Join Sally Dick from Sacred Heart College and Kate Andrews from the I CAN Network as they begin a conversation about how we can empower our young neurodiverse people with Autism Spectrum Disorder, to feel a sense of belonging, optimism, self-acceptance, pride and confidence



When: Tuesday 14th June @ 7:00 pm – 8:00 pm

How: Zoom
 Topic: a 'Conversation about autism and neurodiversity'
 Join Zoom Meeting:
<https://zoom.us/j/2021935094?pwd=R0JmSIBUL2xOYnZKMXP0RIIJNQG5Zz09>
 Meeting ID: 202 193 5094
 Passcode: 7sH1bx

Please RSVP by return email to:
sdick@shckyneton.catholic.edu.au

THE ARTS SPOT

Year 7 Studio Art - Pets with Personality

Gouache on Kraft Paper

Poem by Harriet Biddle

*Oh very chill bunny
You make my very happy
One day we'll see each other
Maybe, i don't know*

*You are so cute
You make me smile
With happiness*

*You are so very pretty
You might eat a lot
But that's ok*

*Oh very chill bunny
You make me very happy.*



Poem by Millie Erwin

*Your long, fluffy tail
Your soft silky ears
Your gentle gaze
Your fur is so soft*

*Oh, Dear Odie
You are awesome.
You are pawsome.*

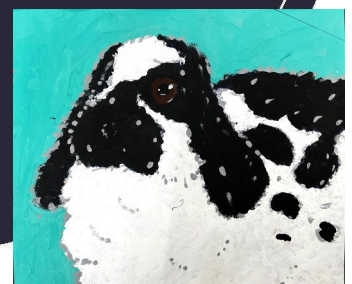
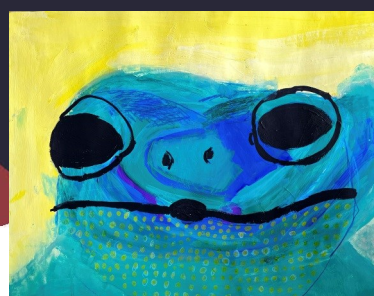
*You play all day
And sleep all night
Adorably curled up tight.*



Poem by Georgia Morley

*Oh beautiful dog
Looking at me with a glint in your eyes
You look so sweet curled up at night
You have fluff like a furball
It is hard to tell you are under there
Thank you for gracing me with your presence
on this earth*

*Oh Fergus
You are a beautiful creature
Thank you for boeing in my life
I do not know what I would do without you*





Cut the Silence – it’s time to get men (and boys) talking in the Macedon Ranges

‘Cut the Silence’ is a campaign built on a series of interviews filmed at a barber shop in Romsey, where local high - profile men who live in the Macedon Ranges talk candidly about what mental health means to them. Recognising that a barber shop is a universal setting where men feel comfortable to have a chat, these informal interviews take place in this setting in an effort to promote conversations about mental health, break down the stigma around mental health, and encourage help-seeking among men. The campaign has also provided mental health training to participating barbers across the Macedon Ranges to enable them to recognise customers potentially exhibiting signs of poor mental health, in order to share information on local support services where they can seek professional help.

The interviews, facilitated by actor Shane Jacobson, include actor Stephen Curry, comedian Tom Gleeson, ex AFL footballer Matt Dick, musician Pat Devlin and local suicide prevention advocate Jeremy Forbes, who talk candidly about their personal experiences around mental health. This campaign will be officially launched during Men’s Health Week (June 13-19).

View the videos at: <https://www.mrspag.com.au/cut-the-silence>

This initiative is supported by Macedon Ranges Suicide Prevention Action Group (MRSPAG), Sunbury and Cobaw Community Health and funded by North Western Melbourne Primary Health Network.

CUT THE SILENCE is a new local campaign to get men talking.

Scan the QR code to see actor Shane Jacobson chatting to some high profile Macedon Ranges men about looking after themselves or a mate who is struggling.

Five of our local barbers have participated in Conversations for Life training and have information to guide customers to help if they want it.

PARTICIPATING BARBERS

- JD's Hair & Barber Studio**
 1/112 Main St, Romsey
 Ph 5429 5300
[@jdshairandbarberstudio](https://www.instagram.com/jdshairandbarberstudio)
- Joe's Barber Shop**
 9 High St, Kyneton
 Ph 0400 808 157
barberjoes@yahoo.com
- Ace Barber**
 47 Dunsford St, Lancefield
 Ph 0435 577 040
ace.barber@yahoo.com
- Danny's Barber Shop**
 5C Hamilton St, Gisborne
 Ph 5428 1467
- Nor' West Barber Shop**
 30 Hamilton St, Gisborne
 Ph 0466 013 436
norwestbarbershop@gmail.com

Scan this code to see the videos.

Initiative supported by Macedon Ranges Suicide Prevention Action Group (MRSPAG), Sunbury and Cobaw Community Health and funded by North Western Melbourne Primary Health Network.

For 24 hour crisis support call Lifeline on 13 11 14 or text 0477 13 11 14

**-GET-
THE JAB
DONE!**

**- VACCINATE AGAINST -
COVID-19**


#KEEPINGMYCOMMUNITYSAFE

Central Highlands Rural Health
Hepburn SHIRE COUNCIL
Macedon Ranges Shire Council
SUNBURY COBAW COMMUNITY HEALTH

Is your COVID-19 Vaccination
up to date?



Have you had your
flu shot?

Get the Jab Done and practise
COVID-safe behaviours for your
best protection against COVID-19
and the flu this winter. 

For more information visit mrsc.vic.gov.au/gtjd

An Afternoon with Sister Brigid Arthur

To all those interested in social justice, this event is not to be missed!

Sister Brigid Arthur is a leading refugee advocate in Australia since 2001.

She is the co-founder of the Brigidine Asylum Seekers Project, providing support to those seeking asylum.

Sister Brigid is renowned as an engaging and passionate speaker and this promises to be both informative and entertaining



**Saturday 18 June
2:00 PM - 3:30 PM**

**Norma Richardson
Hall**
15 Buckland St,
Woodend

Register your
attendance at
[https://
www.trybooking.co
m/BZPHS](https://www.trybooking.com/BZPHS)



Proudly hosted by
**Macedon Ranges Rural
Australians for Refugees**

For information:
Gerry and Margaret Leahy,
0407 317 491
mgleahy@bigpond.com

This will be a 'CoVid-safe' event.
Entry by donation at the door.