

Heart To Heart

Newsletter Of Sacred Heart School Mount Druitt South

Term 3 - Week 6

SAFE

RESPECTFUL

RESPONSIBLE

26 August 2020

Dear Parents & Students,

It is with regret and sadness that I inform you Mrs Sarala Karlapudy, our Teacher Librarian, has retired from teaching. Mrs Karlapudy has been a valued member of the Sacred Heart community for 18 years and will be greatly missed. Thank you Mrs Karlapudy for the years of dedication and service to the community of Sacred Heart and Catholic education as a whole. We wish you the best in your well earned retirement. May God continue to bless you.

We welcome Miss Lauren Passmore to the teaching staff who will be replacing Mrs Karlapudy until the end of the year.

Voice of Youth Competition

Last Monday Miss Quintano and I were judges at the Year 6 school **Voice of Youth** competition. Over the past few weeks every student in Year 6 has presented a speech in class. From the class speeches eight students were chosen for the school final. Due to restrictions around COVID-19 there are no inter-schools finals and we could not have parents in attendance. My thanks to Mrs. Penton, Mr. Brewer, Mrs. Bartolo and Mrs. Walker for preparing the Year 6 students so thoroughly for this important competition. The **Voice of Youth** is an integral part of Year 6 English (Speaking and Listening).

The eight speeches presented last Monday were varied and delivered professionally. They included:

- Amanda**—"Ableism"
- Evangeline**—"True Strength"
- Elijah**—"Make the World a Better Place"
- Abby**—"Animal Abuse"
- Angel**—"Domestic Violence"
- Catherine**—"Animation"
- Saane**—"Racism"
- Talia**—"Domestic Violence"

The competition was very difficult to judge and the scores awarded by the judges were very close. The overall winner was Catherine whose speech will be uploaded

to the Catholic Education Diocese of Parramatta website for other students to view. Congratulations to all our **Voice of Youth** representatives.

School Financial Audit

Last week, two financial auditors from Catholic Education Diocese of Parramatta (CEDP) were at the school for the majority of the day auditing the school's financial records very thoroughly. At the end of the day the auditors had many commendations for our financial secretary, Mrs. Goodfellow, for the way she conducts, manages and records the school's finances. Congratulations Mrs. Goodfellow for a successful audit and the work you do so well at Sacred Heart.

Family Reflection

WHAT MAKES A DAD?

*God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of an eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew his masterpiece was complete,
And so, he called itDad*

Happy Fathers' Day to all the dads on Sunday 6th September

Happy
Father's
Day

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God Bless
Mr Glenn Patchell
Principal



SCHOOL PHOTOGRAPHS

Thursday, 17th September

Full winter school uniform to be worn.

save the date

TERM DATES 2020

TERM 3: Concludes: **Friday, 25th September**

TERM 4: Commences: **Monday, 12th October**
Concludes: **Wed, 16th December**

19 August 2020

Dear Parents and Carers,

This week, the NSW Government released new advice to schools on responding to the challenges of COVID-19. This new advice followed a review of the existing protocols by the NSW Chief Medical Officer.

The health and safety of our school communities will always be our top priority. I know that some of the new advice announced this week will bring disappointment for some students, families and staff. It will mean that some really important upcoming school celebrations such as Year 12 and Year 6 graduation functions and other large school events will not be able to proceed. I particularly feel for these students, as well as their families and teachers; I know how important these milestone events are for them. At the same time, it is just so important that we do everything possible to keep every member of our community safe.

Below are some of the main changes for schools:

COVID-19 Testing

- Currently, no student should attend school if they are unwell. That still applies but now, each student who is absent from school or who has been sent home because they have flu-like symptoms must have a COVID-19 test
- Students are not able to return to school until they return a negative COVID-19 result and are symptom free
- A negative COVID-19 test result must be provided to the school before a student can come back to school. The test results can be a NSW Health or COVID-19 Testing Centre letter, SMS or email and/or a medical certificate
- These same protocols apply to school staff.

School Activities

- Wherever it's possible, schools will keep activities to Year groups or Stages (e.g. Year 5 and 6 together)
- Schools will stay within their local community area or zone for interschool activities, including sport.

- Group activities such as choirs, chanting and the use of wind instruments in a group setting won't take place
- Formal graduation ceremonies and other school-related social activities are now not allowed; however, a graduation assembly (e.g. Year 6 or Year 12) can take place but with restrictions. The assembly can only include the students from that Year group and staff. Regrettably, parents/carers and other family members are not able to attend the assembly. I know that schools are exploring creative ways to ensure parents and carers are part of this in other ways such as live streaming and the use of social media.
- Parent & Friends social events or functions can't take place
- School or community-run playgroups are on hold
- Kindergarten orientation and transition to school activities remain on hold
- School-related overnight events like retreats, camps and excursions are suspended.

The health and safety advice that has been in place throughout the pandemic remains in place. This includes regular hand washing and social distancing for adults.

I am aware that there have been so many changes for school communities during the last six months and how difficult this has been for families and school staff. I am so proud of the way that each community has responded and supported each other during this extraordinary time.

Your school will be in touch with you about these changes and how they will apply in your school. They will keep you updated when there is important new information.

Thank you again for your support and your care of each other as we continue to work together during this complex time.

Yours sincerely

Gregory B Whitby AM KSG

Executive Director

Catholic Education Diocese of Parramatta



The Dolly Parton's Imagination Library is a **free**, monthly home delivered book program for kids who are less than 4 years and 6 months old and who are currently living in the Mount Druitt, 2770 area.

To sign your child up for this program, simply complete the form that was sent home to children on Monday. If you need

an additional copy, just ask at the school office.

As there are limited spots, it is important that you return your form as quickly as possible to the school.

Completed forms will be collected by a representative from **The Hive** which is a program of United Way Australia (which is working to ensure every Australian child has the chance to reach their full potential).

Dolly Parton's Imagination Library home delivers a free book every month to children between the ages of 0-5 years. To qualify for the program you must live in the 2770 postcode area.

If you have any questions about the program, please contact Mr Brewer or Mr Patchell.



Australian Government



HOW MUCH TIME IS YOUR CHILD SPENDING ONLINE?

Below is some helpful information from the eSafety Commissioner which is available for parents from their website <https://www.esafety.gov.au/>

How much is too much?

There is no magic figure. The right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine.

It can be easy to focus only on the clock, but the quality and nature of what they are doing online, and your involvement, are just as important.

Consider your child's screen use in the context of their overall health and wellbeing. For example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.

Signs to watch for

Signs that your child's online activity may be having a negative impact on them or on your family include:

- less interest in social activities like meeting friends or playing sport
- not doing so well at school
- tiredness, sleep disturbance, headaches, eye strain
- changes in eating patterns
- reduced personal hygiene
- obsession with particular websites or games
- extreme anger when being asked to take a break from online activity
- appearing anxious or irritable when away from the computer
- becoming withdrawn from friends and family

SCREEN TIME FOR YOUR CHILD—7 Tips

There is a lot of conflicting advice and emerging research around screen time. But, the right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock and how long your child is spending in front of the screen, but the quality and nature of what they are doing online, and your involvement are just as important.

Consider your child's screen use in the context of their overall health and wellbeing – for example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.

1. **Be involved** Sharing screen time and online activities like gaming with your child helps you gauge the appropriateness of what they are doing and manage potential risks. It's also a great way to start conversations with your child about their online experiences.
2. **Work with your child to set boundaries for screen use** If you decide that setting screen time limits is right for you and your child, discuss these new rules with your child. Older children are more likely to cooperate if they have been part of the decision-making process. Colourful pictures or charts of daily limits and other important activities is a fun way to get younger children on board.
3. **Be clear about the consequences of not switching off** Part of our role as parents is to set clear limitations and boundaries. The same applies to technology limitations so, being clear and consistent about the consequences for your child if they do not stick to these rules is paramount. The Raising Children Network provides some useful tools and advice.
4. **Set device-free zones and times at home** Device-free zones can help you manage your family's digital use. Here are some ideas for setting digital boundaries within your home:
 - no devices in the bedroom for younger children
 - all screens off in bedrooms after a certain time for older children
 - all screens off at least one hour before planned bedtime
 - all family members switch off at dinner time
 - charge devices overnight in a place your child cannot access
5. **Ask your child to explain their screen use** Get your child in the habit of explaining why they want to be in front of a screen or online. It's a great way to get them thinking about their own digital habits and balancing screen time with other activities.
6. **Use tech tools to help manage access** There are robust products and device functions which allow you to see which apps are being used in your home and for how long. But try not to use these tools to secretly monitor your child. Instead, be open about the process and check the whole family's usage, including your own. Start with Google Family Link for Android devices or parental controls and Screen Time for iPhone/iPad.
7. **Lead by example** Your behaviour is one of the most effective ways to help your child develop a positive digital mindset. Show your child you can put down your device too.





Friday Assembly Awards

- Kindy:** Ronald Panikulam, Manwella Agid, James Cruz, Alek Yor, Hanz Sanchez, David Khalil, Deng Majak, Annabella Kako
- Year 1:** Isabella Antoun, Antipas Hancieng, Natasha Goro, Elliot Vella, Tuil Tuil, Sophia Demetriou, Andera Fagalei, Angela Wol
- Year 2:** Zianne Magsakay, Mary Kako, Alana Maroky, Elissa Hakoum, Milia Yalda, Annabeth Fletcher, Arianna McWhinney, Renae Miller
- Year 3:** Joaquin Lunes, Vincent Vuong, Maria Daw, Levin Magcalayo, Merna Albekano, Kenjiro Minagawa, Michael Akok, Mina Karaqoshi
- Year 4:** Kuan Lual, Raven Lotovale, Joseph Lazar, Ammon Iese, Vaka Vailala, Benzo Fatukala, Selen Essho, Jaide Mabasa
- Year 5:** Richard Ali, Agel Akol, Sienna Seijas, Amos Odejar, Jaya Singh, Jacque Tangka, Bernadette Kako, George Yousif
- Year 6:** Hayden Culbert, Tselote Solomon, Elijah Eugenio, Ajah Tuil, Stephen Maroky, Upiro Dimo, Alysa Younan, Abby Neely

PBS4L Awards

- Kindy:** Riel Machok, Felicity Koji
- Year 1:** Kathalina Young, Achien Yor
- Year 2:** Devin Pinto, Tatiana Geagea
- Year 3:** Leinora Vaka, Cade Merjudio
- Year 4:** J'vahn Tuifelasai, Julienne Paranis
- Year 5:** Jason Hermiz, Loa Lotovale
- Year 6:** Audrey Paranis, Elizabeth Vella



Important Notice to Parents/Guardians

If someone other than a parent or guardian is picking your child up from school early, please either telephone the office or send a note with your child to advise us of:

- The name of the person who will be collecting your child
- The time your child is to be collected and,
- The reason your child is leaving early.

This precaution is for the safety and wellbeing of your child and applies to everyone—including grandparents and siblings.

Tell Them From Me (TTFM)

In the coming weeks we will be inviting students, teachers and parents to provide feedback on their experience of our school using an online survey. The surveys are an important part of our whole school evaluation and planning process.

We would like you to complete the **Tell Them From Me (TTFM) Partners in Learning Survey**. As we value the role of parents and carers within our school community we would greatly appreciate your feedback. The information you provide will be used to maintain our commitment to working together in partnership to further improve student learning and wellbeing at Sacred Heart Primary School.

The survey is anonymous and will take approximately 20 minutes to complete. You are able to access the parent survey on your computer or mobile device by using the URL below. The survey will be open from 10 August to 28 August 2020.

www.tellthemfromme.com/sacredheartmtdruitt2020

Thank you for your continued support.

أعزائي الأهالي / أولياء الأمور

في الأسابيع المقبلة سنقوم بدعوة الطلاب ، المعلمين والأهالي لتقديم ملاحظات حول تجربتهم في مدرستنا باستخدام الإجابة على الاستطلاع (survey) عبر الإنترنت. وإن إجاباتكم على هذه الأسئلة تعد جزءاً مهماً في عملية التقييم والتخطيط للمدرسة بأكملها.

نود منكم تكملة الإجابة على أسئلة الاستطلاع (survey) بعنوان (Tell Them From Me (TTFM) لأننا نقدر ونتمن دور الأهالي في مجتمع مدرستنا فإن آرائكم وملاحظاتكم بخصوص التعليم في مدرستنا مهمة جداً بالنسبة لنا . سيتم استخدام المعلومات التي تقدمها للحفاظ على التزامنا بالعمل المشترك مع بعضنا لزيادة تحسين وتقديم الرفاهية والتعليم الأفضل دائماً للطلاب في مدرستنا . Sacred Heart Primary School.

المشاركين في هذا الاستطلاع (survey) سوف لن يتم ذكر أسمائهم ويستغرق الإجابة على الأسئلة حوالي 20 دقيقة لإكماله . يمكنك فتح الأسئلة والإجابة عليها عن طريق جهاز الكمبيوتر أو عن طريق الموبايل وذلك بطبع العنوان المدون أدناه URL . سيتم فتح survey والإطلاع على الأسئلة من تاريخ 10/ 8/ 2020 وإلى يوم 28 / 8 / 2020 على الرابط أدناه.

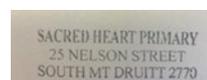
يرجى طبع العنوان التالي :

www.tellthemfromme.com/Sacredheartmtdruitt2020

FROM THE LIBRARY

A big thank you to all students who have returned overdue library books. It is wonderful to have the books back for other children to borrow and enjoy.

So that all books, including readers and library books, can be shared and read by all, please return any Sacred Heart books to school. These books have a barcode and/or a Sacred Heart stamp, like the pictures below.



Joanne Neill (Library Technician)