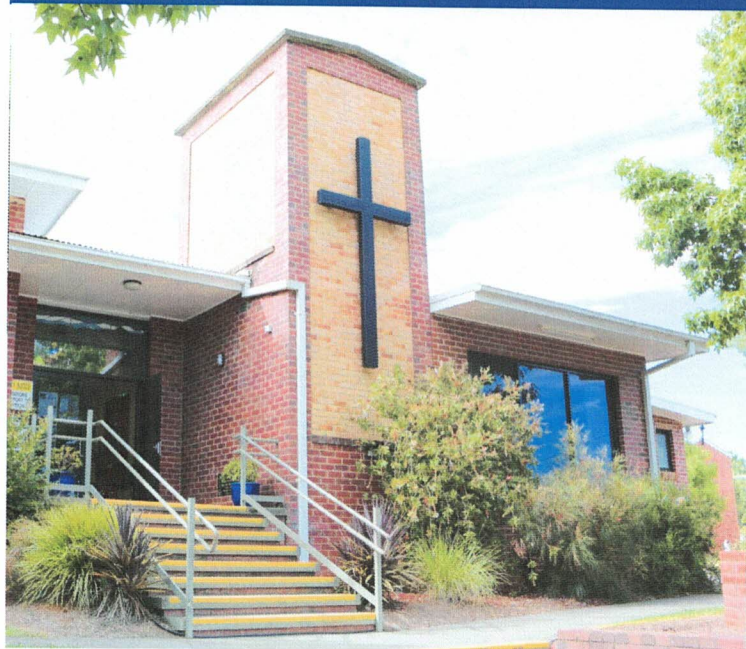


Sacred Heart Primary School



Sacred Heart School Vision:

Nurtures the dignity and value of each person;
 Develops a relationship with Jesus as central to
 how we live and love;
 Our choices and actions reflect awareness, compassion
 and commitment to others;
 Creates learning that is purposeful and innovative;
 Parents, students and staff work collaboratively to create
 a safe, supportive and stimulating learning environment

Sacred Heart School is a PBIS school

SAFE
RESPONSIBLE
RESPECTFUL LEARNERS

Lord, You make all things new
 You bring hope alive in our hearts
 And cause our Spirits to be born again
 Thank you for this new year
 For all the potential it holds.
 Come and kindle in us
 The love and strength in community.
 Allow us the vision to see beyond ourselves,
 So that in our time, many will see the wonders of God
 And live forever to praise Your glorious name.
 Amen



L-R: Jake Faithfull and David Smorgon, SHS school students
 with Rosanne Hill, Ruth Alter, Ian Davis and David Smorgon

Dear Parents,

Welcome to 2020, our first school newsletter for the year and my first as Sacred Heart School Principal. It is a long one. I was honoured to be appointed to the role and I am more humbled by all the messages of support and congratulations that I have received from you, our community and other staff within our Diocese. I have a brilliant team around me who help with supporting your children through their education and I certainly could not do this role without you (the parents and students) and them (my staff). I am truly blessed.

I just wanted to thank all staff, parents and children for all of their amazing efforts in making the start of this new school year as smooth as possible. As we knew they would be, the children, have been incredible and a beautiful light in our lives. How brilliant was their response to the "Git Up" Challenge?

In 2020 we welcome to three new staff members;

Mica Torre the Year 3/4 Teacher,

Nanette Micallef the Year 5/6 Teacher,

And Rebecca Cresswell, Learning Support Officer and Chaplain.

We also warmly welcome our new SHS students; Neve and Phoebe Cresswell, Kayde Johnstone and Ethan Policarpio, I know you will all make them welcome to our wonderful school and parish community.

A few reminders:

- Swimming Notes are due for all students and Camp Notes are now due for Years 3-6.
- Sports Days for the school are Wednesday and Friday. Please ensure these days students wear appropriate footwear for their sporting endeavours and the rest of the week will be black school approved shoes.
- School Commissioning Mass 9th February: There will be a Commissioning Mass held this Sunday, this is a Mass dedicated to staff and student leaders (SRC and Student Leadership Group) in the school confirming their commitment and dedication to role of education within our community. We hope that this will be supported by all families who attend Sacred Heart School and we look forward to welcoming you all at Sacred Heart Church on Sunday at 11:30am
- Bishop Shane Mackinlay, will be celebrating Mass with us at Sacred Heart Parish Church on the 16th February 2020 at 11:30am.
- Determination of attendance to Canberra Camp will be made Wednesday next week.
- Parent Information Packs were sent home yesterday with students, these are due Monday 10th February.

Special Mentions

Donations to the school: We have received a number of donations from private individuals, charitable organisations and businesses.

I will list them in my newsletter next week but some include: David Smorgon, Ruth Alter and Ian Davis, St Vincent de Pau Society, Rotary, Liz Foster from the Thursday Joy Riders Bendigo, Simonne Whine and a few more. Students are drawing and writing letters of thanks for these generous donors. If parents wished to put together a thank you I am more than willing to get these to the donors involved.

I wanted to make special mention of the efforts of the following students during the holidays; Lewis and Rory Maguire, Amy Costello, Regan, Addison, Rhys and Kirby Nugent, Bonnie Whitehead for all of your hard work during the holidays to help sort out the school grounds and to teach our students the "Git Up" dance.

Thank you to Diane Walton, Mary McNamara, Jo McNamara and Leanne Maguire for all of their efforts in helping ready the school for student arrival on the 31st of January.

Additionally, a thank you to Charlie O'Connor for her organisation of doTERRA donations for our school and Marita Albert for her kind donation of breakfast cereal for our students.

Student Lunches:

Parents are reminded that children thrive on routine, this includes arriving at school with a healthy packed lunch. It allows children to make their own decisions about how much and what they eat at each break time.

Parents are also reminded to pack a variety of healthy food and at least two pieces of fruit per day. Students will continue the practice of daily fruit break during class time, this early fruit break helps children maintain enough energy to fire through their key learning sessions in the morning.

If you or someone you know is struggling financially with food purchases, please come in and see Mary or myself, we have food relief boxes that have been donated for our families in need.

SUN SMART POLICY

Parents are reminded that children must have a hat during Term One. Parents may also send along sun screen with their children if they wish. Please remember to apply sun screen each day before they come to school.

Teachers are not allowed to apply sunscreen to the children any more, but we will certainly remind them before they go outside.

Please also remember our swimming days and lots of Sunscreen:

- 10th February: Lessons
- 11th February: Lessons
- 14th February: Swimming Carnival

PAM: Parent Access Module

We have a number of parents who are informing the school that they are not receiving the PAM notifications etc, please double check that your email address is up to date with Mary Smith at the front office. If your email address is correct

you may need to verify your email, if this is required, you will see a red bar across the top of your PAM page when you open it asking you to click the link and verify your email address.

All parents/carers are asked to please complete the Medical form AND the emergency contact information associated with each of the children in their care and enrolled under the PAM account.

Camps: If you have the need to review camp information etc, please log onto PAM, click onto your child that is heading to camp. On the left hand side you will see "School Activities". Please click onto this and it will open the "Excursions & School Activity Permissions" list for that child. From there you are able to see all upcoming excursions and all of the downloadable information for them.

As ever, if you are having trouble logging into PAM please contact Mary Smith or Zoe Nugent on (02) 60761138.

House Colours:

Sacred Heart School will be transitioning from three house colours to four house colours.

This decision has been made to assist future sporting opportunities with other schools in our local region, enabling our students to compete against a greater number of children within their age group, providing for greater competition for our students.

The "Houses" have been weighted with students of different ages and abilities and, of course, still take into account our sports with Walwa Primary School.

The colours will continue as green, purple, orange with the addition of red.

Each of the colours will have names that are representative of people who were significant in Sacred Heart School's history.

Purple: Lacey after Fr Leo Lacey, who, in 1962 was Corryong's first Parish Priest, Fr. Leo Lacey had the drive and vision to establish a Catholic School in Corryong and Sacred Heart School was built.

Green: Stewart after Bishop Bernard Stewart, who opened the school on 18th August 1963.

Orange: MacKillop after Saint Mary Mackillop, who was an Australian nun who has been declared a saint by the Catholic Church, as St Mary of the Cross

Red: George after Sister Patricia George rsj, who taught at the school in 1970 and again from 1992, Sr Pat retired from service in Corryong in 2016 and is still a well-loved member of our school community.

Students have been allocated into house colours this week, some students may have changed houses and we understand this change can be challenging for parents and students. A shirt of your child's house colour will be provided by the school to assist with the change over the next couple of weeks.

We thank you in advance, for your understanding and support, of the decision to increase our house groups and in the future provide our students with valued competition.

Novel Corona Virus

Updated advice about the novel coronavirus outbreak relating to people arriving in Australia from mainland China. Any child returning from mainland China (not including Hong Kong, Macau and Taiwan) who was in mainland China on or after 1 February 2020 is to be isolated at home and should not attend school until 14 days after they were last in mainland China.

This recommendation applies only to children who were in mainland China on or after 1 February 2020. It does not apply to students that left mainland China before 1 February 2020.

Parents of students that have been exposed to a confirmed coronavirus case or that have arrived in Australia from Hubei Province should ensure that their child is isolated at home and does not attend school for 14 days.

Attached to this newsletter is an updated factsheet provided by the Victorian Government providing advice and information about the novel coronavirus.

You can also access further information and updates from the following websites:

- For Victorian updates to the current incident, go to: <https://www.dhhs.vic.gov.au/novelcoronavirus>
- For national updates: <https://www.health.gov.au/news/latest-information-about-novel-coronavirus>
- For international updates: <https://www.who.int/westernpacific/emergencies/novel-coronavirus>
- WHO resources: <https://www.who.int/health-topics/coronavirus>

The well-being of your child continues to be of paramount importance to me and our school staff. I will continue to share information and advice about the coronavirus outbreak as it becomes available.

Joke

Nicole and I have been sharing jokes every few days for the past couple of weeks, so I have a few of these banked up.... I apologise in advance! So courtesy of Nicole Faithful

“What creature is smarter than a talking parrot?” “A spelling Bee”

Have a wonderful week!

Kind regards,

Zoe Nugent

Sacred Heart School Principal

Additional Student Requisites

Could parents please provide the following ‘named’ items for their children at school:

- Box of tissues
- Art Smock (this could be an old shirt/cape)
- Library bag
- Your child may wish to have their own pencil case and if so parent will need to purchase.

Critical Incident Response

“Walk more slowly, speak more softly, be more visible”

Please see the end of this newsletter for Critical Incident Response Sheet and a list of applicable assistance organisations

ORGANISATION	WEBSITE
Australian Psychological Society – bushfires	<ul style="list-style-type: none"> • https://www.psychology.org.au/for-the-public/Psychology-topics/Disasters/Bushfires/Preparing-for-bushfires • https://www.psychology.org.au/for-the-public/Psychology-topics/Disasters/Bushfires/Recovering-from-bushfires
Beyond Blue - bushfires	<ul style="list-style-type: none"> • https://www.beyondblue.org.au/docs/default-source/default-document-library/child-and-adolescent-bushfire-disaster-response-faqs.pdf?sfvrsn=0
Emerging Minds – Tool Kit	<ul style="list-style-type: none"> • https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/immediate/ • https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/
Headspace - Drought	<ul style="list-style-type: none"> • https://headspace.org.au/eheadspace/group-chat/coping-with-stress-from-the-drought/

	<ul style="list-style-type: none"> •
Lifeline – general & drought	<ul style="list-style-type: none"> • https://www.lifeline.org.au/about-lifeline/media-centre/natural-disaster-support • https://www.lifeline.org.au/static/uploads/files/20180815-drought-tool-kit-final-wfuzfopvpfgu.pdf
National Association of School Psychologists in the USA - bushfires	<ul style="list-style-type: none"> • https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/natural-disaster-resources/helping-children-after-a-wildfire-tips-for-parents-and-teachers
NALAG - drought	<ul style="list-style-type: none"> • https://www.nalag.org.au/ourshout
QLD Government - general	<ul style="list-style-type: none"> • https://www.childrens.health.qld.gov.au/chq/our-services/mental-health-services/qcpimh/natural-disaster-resources/storybooks/?fbclid=IwAR1mhkOQ8IRPMVdjFrifBjM8cb7wHq8e2B72qiZKil16Z_zOmUuvanL7R_0
The Australian Child & Adolescent Trauma, Loss & Grief Network – bushfires	<ul style="list-style-type: none"> • https://earlytraumagrief.anu.edu.au/resource-centre/disasters-bushfire-resources
Victorian Government - bushfires	<ul style="list-style-type: none"> • https://www.education.vic.gov.au/Documents/school/principals/community/ndishelpchildren.pdf • https://www.education.vic.gov.au/Documents/school/principals/community/teachersbooklet.pdf

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
3	4	5	6	7 Assembly – 2:	8/9 Opening School Mass + Commissioning
10 Swimming	11 Swimming School Board Meeting	12 Foundation Rest Day	13 Maths Parent Evening 5:00-6:30pm BBQ tea 6:30-7:00pm	14 Swimming Carnival	15/16 Bishop Shane celebrating Mass in Corryong-11:30
17 Yr. 5/6 Canberra Camp P&F AGM 3:30pm	18 Yr. 5/6 Canberra Camp	19 Yr. 5/6 Canberra Camp Foundation Rest Day	20 Yr. 5/6 Canberra Camp	21 Yr. 5/6 Canberra Camp	22/23

24	25 Shrove Tuesday	26 Ash Wednesday – Liturgy Foundation Rest Day Yr. ¾ Sovereign Hill Camp	27 Yr. ¾ Sovereign Hill Camp	28 Division Swimming – Wodonga Yr. ¾ Sovereign Hill Camp	29
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From the Director

4 February 2020

Dear Parents / Guardians of the Sacred Heart School Community,

Welcome to the new school year. After what has been a very challenging time for the people of the North East of Victoria, the return to school will provide structure and stability for your children. Schools are good places- never more so than in times of crisis.

We had the opportunity last week to visit Sacred Heart School and spend some time with the teachers, support staff and your new Principal, Zoe Nugent. We were heartened to see that the focus of the Staff was purely upon what was best for your children and how they could ensure the return to school was positive and enjoyable. While good learning is always at the heart of the work of quality educators, so too is the emotional, social and spiritual wellbeing of every student in their care.

We left Corryong full of praise for the attitude, efforts and commitment of Zoe and her colleagues. It was very clear to us that 2020 should be a great year for the school.

We also felt a great deal of admiration for the resilience of the Corryong community. We took the opportunity to assure Zoe and the Staff of Sacred Heart School of the full support of all in Catholic Education Sandhurst. We offer you, the primary educators of the child, the same commitment.

May the days ahead be peaceful and constructive.

Yours Sincerely,



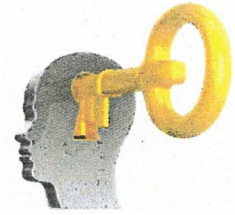
PAUL DESMOND
Director Catholic Education Sandhurst



VERY REVEREND FR BRIAN BOYLE
Episcopal Vicar for Education

CRITICAL INCIDENT RESPONSE

Ask yourself... What is the level of distress and disruption we can reasonably predict in our school community today?



Then ask yourself... Who might I reasonably predict will be impacted?

And then ask yourself... What type of response does it warrant?



**The Truth
Age Appropriate
Never to be Retracted**

**Walk more slowly
Speak more softly
Be more visible**

**Children and young people
need someone more stable
than they are**

Psychological First Aid Principles



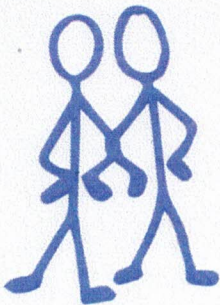
LOOK

- Safety
- Basic needs
- Reactions



LISTEN

- Support
- Listen
- Calm



LINK

- Social support
- Information
- Access

Novel coronavirus (2019-nCoV)

Factsheet for the Victorian public

Last updated: 1 February 2020

Situation

The Department of Health and Human Services is working closely with the Victorian health sector, Commonwealth and international agencies to respond appropriately to the outbreak of a novel coronavirus in mainland China.

This is a rapidly changing situation. Please go to: <https://www.dhhs.vic.gov.au/novelcoronavirus> for updates.

At this time, there have been confirmed cases in Victoria. If you think you may have novel coronavirus, please call the dedicated hotline 1800 675 389. This hotline is serviced by Nurse-on-Call. Please keep Triple Zero (000) for emergencies.

What is novel coronavirus?

Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as MERS-CoV and Severe Acute Respiratory Syndrome (SARS-CoV).

This novel coronavirus (2019-nCoV) is a new strain that has not been previously identified in humans.

Coronaviruses are zoonotic, meaning they are transmitted between animals and people. Several known coronaviruses are circulating in animals that have not yet infected humans.

Am I at risk?

Australian health authorities have declared the people at highest risk of developing novel coronavirus are:

- People who have travelled from mainland China to Australia since 1 February 2020
- People who have traveled to Hubei Province, China in the past 14 days
- Close contacts of confirmed cases of novel coronavirus
- People who have attended a healthcare facility in China in the past 14 days.

Who is most at risk of infection with this novel coronavirus?

Some people will not get sick at all, some will get mild symptoms from which they will recover easily, and others may become very ill quite quickly. Because this is such a new infection, little is known about why some get sick while others do not, and in whom there is a greater or lesser risk of serious infection.

Experience tells us that people with compromised immune systems, the very old and young and those with diagnosed heart and lung conditions are most at risk of developing complications if they contract an infection like this.

Healthcare workers are potentially at risk of infection if they are in close contact with a case of novel coronavirus infection. As a precaution, advice has been provided to healthcare workers on simple steps to reduce the risk of transmission. It is important to regularly wash your hands. Healthcare workers should wear a simple mask, gown and gloves when assessing people who might have 2019-nCoV.

What are the symptoms of novel coronavirus?

People with 2019-nCoV are most likely to have a fever, and may have respiratory symptoms like a sore throat, runny nose, cough or shortness of breath. While most people do have a fever, not all cases have reported this symptom. More information is coming to light as people are identified with this new infection, so advice may change over time.

How does novel coronavirus spread?

Health authorities around the world believe the virus is spread from cases to close contacts, such as members of the same household. There is evidence that people are infectious before they begin to show symptoms of the virus.

What areas are a risk for novel coronavirus?

The situation is changing rapidly as more people are identified with this infection. At the current time, most cases are occurring in people who have travelled from mainland China since 1 February 2020. It also includes anyone who was in Hubei Province, China in the past 14 days. If other cities, areas or countries become a significant risk, the department will update public information.

What is the Victorian Government doing about this problem?

Victoria has a world-class hospital system that is well-prepared and rehearsed to deal with an escalation of cases of any infectious disease.

The Department has long-established plans and processes in place to respond to pandemics or outbreaks.

The Victorian Department of Health and Human Services is working with health authorities across Australia and the world to monitor and track the situation.

The Australian Government has announced travel restrictions and has advised that visitors from mainland China who are not Australian citizens or permanent residents, or their families will not be allowed entry into Australia. The Australian Government has also recommended that Australians should not travel to mainland China at the current time.

The department has provided health services, health professionals and GPs with detailed guidelines on how to protect themselves while assessing and testing patients suspected of having novel coronavirus.

A Victorian Chief Health Officer Alert on the issue was first issued to health professionals on 10 January with regular updates from Victoria and the Commonwealth.

What should I do if I recently returned from mainland China?

People in the following groups are advised to self-isolate at home:

- People who were in Hubei Province until 14 days after they were last in Hubei Province;
- People who were in mainland China on or after 1 February 2020 until 14 days after they were last in mainland China;
- Close contacts of confirmed cases until 14 days after last close contact with the confirmed case.

What should I do if I think I might have novel coronavirus infection?

If you are ill and have travelled to mainland China, including Hubei Province, in the 14 days prior to onset of your illness, you should call ahead to your general practitioner before attending and inform them of your concern. You will then be isolated in a room, where available, and your doctor will ask you about your symptoms and where you have travelled.

If there is a risk of the infection, your doctor will take a sample from your nose and throat and will organise for that sample to be tested at a laboratory to determine if you have 2019-nCoV infection. You will be asked to isolate from other people while this testing takes place.

Can my child go to school?

Exclusion from school/childcare: In accordance with national public health guidelines and current information about the coronavirus from the Commonwealth Chief Medical Officer and the World Health Organization, the following staff and students should self-isolate and are excluded from childcare and school:

- People who were in Hubei Province until 14 days after they were last in Hubei Province;
- People who were in mainland China on or after 1 February 2020 until 14 days after they were last in mainland China;
- Close contacts of confirmed cases until 14 days after last close contact with the confirmed case.

If you or your child feels sick and is within one of the three groups above:

- Seek medical attention - but first place a mask on the student if you have one and call the doctor or hospital before you go and tell them your child has been in mainland China or has had close contact with a confirmed case if that applies.
- Advise the hospital or doctor's clinic that your child has recently been in mainland China and ensure a mask is placed on your child before or as soon as you arrive at the medical facility.
- Call 000 and request an ambulance if your child has severe symptoms, such as shortness of breath, and inform the paramedics that the patient has been in mainland China.

How do we treat the 2019-nCoV infections?

There is no specific treatment for disease caused by novel coronavirus. However, many of the symptoms can be treated and therefore treatment will be based on the patient's clinical condition.

How do I protect myself and my family?

The best way to protect yourself and your family is to pay attention to good hand and respiratory hygiene.

Cover your mouth and nose when coughing and sneezing with a tissue, or cough into your elbow, dispose of the tissue into a bin and then wash your hands afterwards. Wash your hands regularly, after using the toilet and before eating.

If you have concerns about your health, please see your doctor.

Healthcare workers are recommended to consistently apply appropriate infection prevention control measures (standard precautions) when looking after patients.

Do I need to wear a face mask?

Face masks are not recommended for use by members of the public in Victoria for the prevention of infections like novel coronavirus. Should any health professional be required to treat a suspected or confirmed case, they will be supported by following standard infection control guidelines.

Where can I find out more information?

For Victorian updates to the current incident, go to: <https://www.dhhs.vic.gov.au/novelcoronavirus>

For national updates: <https://www.health.gov.au/news/latest-information-about-novel-coronavirus>

For international updates: <https://www.who.int/westernpacific/emergencies/novel-coronavirus>

WHO resources <https://www.who.int/health-topics/coronavirus>