



### 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*

From the Principal,

I received a wonderful letter from Year 3 student, Neve, in which she detailed her interest in being a 'Waste Warrior'. Neve raised her concerns that rubbish does not always end up where it should, and this leads to pollution in our environment and harm to wildlife.

As you all know from our Facebook Group, I have posted about 'Plastic Free July' and Neve would like us to take this action one step further. Neve is interested in helping the school collect bottle caps. Her reasons being, this will reduce landfill and secondly that these bottle caps can be sent to 'Envision Hands' an organisation who began the movement in Werribee to produce mobility aids for children from the bottle caps.

'Envision Hands' has now changed its focus to producing

- Buddy Benches for schools, parks, churches and community organisations;
- Small tables and stools for playgroups, kindergartens, pre-schools and other children's groups;
- Bricks for community gardens;
- Equipment for schools and kindergartens;
- Environmental and household items.

Whilst I commend Neve on her sentiments and will surely support her efforts, I challenge you, our wonderful school community, to look at your own household practices. How are you supporting the environment through reducing household waste?

At Sacred Heart School we are continuing to support the reduction in our waste to landfill and make our school as close to litter free as possible whilst our children will be aware of making healthy choices with their daily lunches.

The aim is to begin with small changes such as increasing Wrapper Free Wednesday into two days Wrapper Free Wednesday and Wrapper Free Friday.

Towards mid-term, we aim to take away all rubbish bins within the school eating areas and giving the children the responsibility to take home any of their rubbish waste left over from their lunchboxes. There will remain a food scraps bin for the collection of scraps for chickens.

I have included some ideas from Trudy Williams dietician, nutritionist and author of the book 'this=that child size: a life-size photo guide to kids' food serves' of what to include in a litter-free lunch box:

1. 'Cute' vegetables - cherry tomatoes, baby cucumbers (greengrocers and supermarkets sometimes have early picked, mini-produce such as baby capsicum and baby cues), baby corn, raw green beans, snow peas, raw asparagus spears, mushrooms, and blanched broccoli and cauliflower tips.
2. Edible wraps – salad wraps, sushi, mini chicken Caesar salads wrapped in a cabbage or lettuce leaf or shredded vegies tucked up inside a rice paper wrap.
3. Hunky vegies – cooked jacket potato, washed raw baby carrot, cooked corn rewrapped in the original leaves. The vegies can be cooked and cooled the night before ready for the morning lunch box rush.
4. Obvious fruits – apples, pears, mandarins, oranges, banana, grapes, cherries, berries, lychees, kiwi fruit.
5. Protein power-houses – eggs (pre-boiled and ready-to-go), diced cheese cubes.

Also, those parents who were with us last year, cast your minds back to when Year 5/6 and I made our beeswax wraps for science. A brilliant, easy activity for students to do (with parental supervision), with as lasting positive effect for the environment.

The plastic waste problem seems insurmountable alone, but all it takes is every person to make one small change at a time to support our planet and our future generations. Thank you, Neve, for your efforts in being a 'Waste Warrior' and making the future for all of us, a little bit brighter.

## Wisdom to Care for the Earth

Lord, grant us the wisdom to care for the earth and till it.  
Help us to act now for the good of future generations and all your creatures.  
Help us to become instruments of a new creation,  
Founded on the covenant of your love.

- *The Cry of the Earth*

## **ENCOURAGE YOUR CHILD TO FACE CHALLENGES AND FEARS:**

I have been reading an excellent paper titled, "*Assist your child with stress and Worry*"(2016, Everly and Ganim), which, as the title suggests, gives educators and parents practical advice on how to address concerns of stress in children. One aspect of this article focussed on how to encourage children to face challenges and fears. Below is an excerpt of the article;

Children need opportunities to learn to solve problems and cope with risks, disappointment and failure, in order to become capable, resilient and independent.

Don't rush to help. The children of parents who jump in and help with small issues are more likely to develop anxiety.

1. You may need to stand back and let your child struggle a little before helping. This can be difficult as the natural instinct is to jump in and solve the issue for them or let them avoid whatever is worrying them, such as meeting new people.
2. Encourage independence. Expect your child to do age appropriate things for themselves. For example, a young child can carry their bag, make their own sandwich, and put away belongings. Give an adolescent personal space as long as they keep safe, you know where they are, and they follow agreed rules and expectations.
3. Focus on 'having-a-go' and being brave. Prompt your child to overcome fears by facing them, with support from you. This may involve talking it through, encouraging, doing one small step for them and they do the rest, but it doesn't mean taking over and solving the problem, or allowing your child to avoid the situation.

4. Show (not just tell) your child how you cope with problems, by letting them see you working out a solution to a problem or calming down and relaxing before 'having-a go'. When appropriate, talk your child through what it is like for you, and how you cope using proactive strategies such as deep breathing.
5. Don't set unrealistic expectations or be overly critical. This can increase anxiety, especially if your child feels they cannot meet your expectations. Instead, set high but achievable goals that allow room for mistakes and improvement. Explain that mistakes are often how we learn. Interestingly, children, whose parents accept mistakes, are less likely to actually make mistakes than those whose parents set perfectionistic goals.
6. Help your child to confront their fears using small steps. This can be done through gradual repeated exposure to the thing they fear.
  - a. For example, if they are afraid of dogs, the first step might be looking at photos of dogs, then going to a park where dogs play, then visiting a friend with a small gentle dog, and so on until your child can calmly pat and play with a dog for an extended period of time.
  - b. Have your child practice relaxing through deep breathing when performing each step. It is normal to feel a little bit scared at each new step, although the child should not feel panicky or overwhelmed.
  - c. For more on this read the Centre for Clinical Interventions Situation Stepladder guide, or watch Redesign My Brain with Todd Sampson, Series 2 Episode 3 *Make Me Brave*, with your child.

Evely, M. & Ganim, Z. (2016) "For parents: *Assist your child with stress and Worry*"  
Melbourne, Australia <http://www.psych4schools.com.au>

### **GOVERNANCE MODEL:**

As of the 25<sup>th</sup> June 2020, Most Reverend, Bishop Shane McKinley accepted the recommended model for the incorporation of Catholic Education Sandhurst. I have had the pleasure to be included in the Property and Land Use Reference Group. Many complicated issues that have been raised but heartening to see that all involved are working together for the greater goal. The next phase of the Project is to commence transitioning to this new model. As the process of incorporation occurs, I shall endeavour to pass on what information I can.

### **SCHOOL BOARD:**

Next School Board meeting is the 28<sup>th</sup> of July 2020 at 7pm. Thank you to those who put forward items for consideration, agenda items are now closed for this meeting.

### **CONFIRMATION:**

Confirmation will be celebrated on Sunday 8<sup>th</sup> November 2020 at 11:30 am Mass. Please contact Ms Celeste Oliver if you wish for your child to participate.

### **IMPORTANT DATES:**

**Thursday 30<sup>th</sup> July:** UN World Day of Friendship if any day is worth celebrating especially during the time of COVID-19 this HAS to be it.

**Friday 21<sup>st</sup> August:** Pupil Free Day Full School Closure:

With blessings,  
Zoe