



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,



Firstly, I want to thank all of the essential services people that we have in our small and global community. Their selfless efforts to keep our community safe and functioning smoothly should never go unnoticed.

Ger O'Donnell's song "Talk about the Heroes" sums up the sacrifice of our front-line health workers beautifully.

<https://www.facebook.com/watch/?v=611246326176432>

Secondly, I wanted to thank everyone for being so proactive with the announcement of the wearing of face coverings at school starting Monday.

For those yet to read the letter:

*"In accordance with requirements from the Victorian Government, primary school students are **not** required to wear a face covering irrespective of the students age. However, individual families can make their own decisions regarding their children wearing a face covering whilst attending primary school.*

Parents, guardians and carers are encouraged to inform their child(ren) that school staff will be using face coverings and reinforce with their child(ren) the need to keep 1.5 metres apart from other people, to wash and dry hands thoroughly and regularly, and cough and sneeze into a tissue or their elbow.

Parents, guardians and carers will also be required to wear a face covering when dropping off or picking up their child(ren) or if required to collect an unwell child(ren) from the school."

Staff have been made aware of requirements and busily making face masks! A massive thank you to Rochelle Sandilands, Emma Paton and Rebecca Cresswell for their amazing efforts to support staff to be ready for Monday; that's the example of the Philotimo spirit right there.

As it can be seen from my letter all primary school students are exempt from wearing the masks, however it is assumed that our students who are twelve and over will be required to wear masks to and from school. Please note; if parents wish their children to wear face masks at school, this is certainly supported by staff at SHS.

Please see attached the following link which contains a social story that will be shared with students at school tomorrow as to why people will need to wear a face mask. Please share with your children at home:

<https://paautism.org/resource/wearing-mask-social-story/>

'CAUGHT IN THE ACT':

Pippa Faithful, Kirby Nugent and Michael Boers for demonstrating our Pillars of respectful and responsible by collecting and cleaning toys from the playground without being asked last Friday.

SLEEP TIPS FOR KIDS:

Regularity and routine are the agents of sleep. It takes discipline to adhere to and commitment to making sleep a high priority. Helping kids understand how their body clock works, assisting them to work out their optimal bedtime and putting lifestyle habits in place can help them get the sleep they need to maximise their learning, wellbeing, development and overall performance. Here are some tips to help:

- **Understand the body clock**

Sleep is regulated by a 24-hour body clock that manages the secretion of melatonin to send us to sleep and cortisol to wake us up.

This amazing body clock is reset every day when light first hits our retinas. Sleep in late and the clock goes out of synch. When your child works with the rhythms of their body's 24-hour clock they will give themselves the optimal chance for sleep success.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Melatonin, which makes them sleepy, is secreted as late as 11.00pm for some young people, which makes the time before bed-time a sleepless zone. Cortisol, the chemical that wakes them up is released at close to 8.00am for many teens. If this is the case, your young person's brain wants to be asleep when they need to be awake for school.

- **Stick to sleep recommendations**

The Raising Children's Network recommends between 11-13 hours of sleep per night for young children, 10-11 hours for primary school children and 8-10 hours for secondary school-aged kids. As every child is different, you may notice that your child needs more or less sleep than is recommended.

- **Develop good sleep hygiene habits**

Start a regular bedtime routine at least 45 minutes out from bedtime to help kids get ready for sleep.

Eat and exercise at the right time. Sleep likes a relaxed body and a calm nervous system, so schedule exercise and active movement before mealtimes.

Create a sleep sanctuary. Restrict bedrooms to sleep and relaxation quarters and find other places in the house for time out and reflection, school work and active play.

Keep bedrooms cave-like. A child's bedroom should be cave-like – that is, dark, cool and free from electronic devices. Darkness encourages melatonin, which regulates sleep-wake patterns.

Get up at a regular time. For optimal sleep, bed and wake up times need to be as regular as possible.

- **Lifestyle habits that promote sleep**

Teach your child or young person to put away digital devices at least ninety minutes before bed-time

Minimise weekend sleep-ins and limit them to an hour more than usual, to keep the sleep clock operating on a regular basis

Encourage your child to go outside every day – take a walk, meet a mate (subject to COVID restrictions) or do an errand.

Keep homework out of bedrooms, or at least out of beds. The brain associates activity with location, so if kids work while on their beds, it will be hard for them to mentally switch off from their schoolwork when the light finally goes out.

Confine caffeine to mornings. Consuming caffeine in any form close to bedtime is like throwing a wrecking ball through regular sleep patterns. The brain needs to calm down rather than be artificially stimulated if sleep is to occur.

Sleep is a critical component of enhancing a child's wellbeing, learning, development and overall performance. Helping your child to get enough quality sleep will ensure that their brain and body are being used at full capacity.

Michael Grose (2020) Parenting Ideas accessed 28th July 2020 https://www.parentingideas.com.au/blog/sleep-tips-for-kids?utm_source=Blog+Subscribers&utm_campaign=932b39282c-Parenting+Blog+-+Mental+health+coronavirus_COPY_01&utm_medium=email&utm_term=0_f488c60967-932b39282c-200558917&goal=0_f488c60967-932b39282c-200558917&mc_cid=932b39282c&mc_eid=9b1a1b4872

CONFIRMATION:

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

UNIFORM:

We respectfully ask parents to check their child's uniform and belongings for names to ensure that they haven't taken home other students gear by mistake. We have had several phone calls to check lost property and we have been unable to locate missing items. This is also a timely reminder that parents/carers mark their child's belongings with a laundry permanent marker. Thank you in advance for your cooperation.

IMPORTANT DATES:

Friday 21st August: Pupil Free Day Full School Closure: Liz Campbell

Friday 18th September: Pupil Free Day: review planning doc

With blessings,

Zoe

Joke

As Father Fulton Sheen was giving a homely at Mass, a mother with a crying baby stood-up and started to walk out.

Father said, "Excuse me madam, your baby is not upsetting me."

"No" replied the mother, "but you are upsetting the baby."