

**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,

We all know someone who serves in an industry that is classified as an 'essential service'. Wednesday night was a shock for us all.

The loss of any life is a tragedy, but the deaths of four Police Officers going about their duties in keeping our communities safe has a harsher edge to it. Please keep the Essential Service people in your prayers. At the end of the Philotimo I have included a Prayer for the Police Services sent out by our Director, Mr Paul Desmond.

SATURDAY 25TH APRIL ANZAC DAY:

God of love and liberty,

In our isolation, we continue to hope in Your goodness and we turn to You.

We thank you for the peace and security we enjoy.
 It was won for us through the courage and devotion of those
 who gave their lives in time of war.

We pray that their labour and sacrifice may not be in vain,
 but that their spirit may live on in us and in generations to come.

God of our Mothers and Fathers,
 we pray for the peace of the world.

We especially entrust to your mercy the homeless and refugees;
 those who have been dispossessed through war;
 those whose lives and families have been disrupted;
 and who mourn the loss of loved ones.
 We pray for countries who are war-torn even today.

May sanity return, and kindness win through wherever there is warfare.

We ask our prayers through Jesus Christ.

Amen

The cancellation of ANZAC Day ceremonies does not mean that we are unable to commemorate ANZAC Day in our Corona Isolation Days.

The President of the Victorian Branch of the Returned Services League has asked for Australians to listen to the ABC's broadcast, light a candle or put on a porch light for the 6am dawn service and 'stand to' in their driveways or on their balconies. This is something we can all participate in and is a simple yet effective way to show our respect for the supreme sacrifice made by many of our armed forces in keeping our community safe.

THE WEEK THUS FAR:

What a week this one has been. I have been saying time and time again how amazing our school community is. I feel like a broken record but the deeper and deeper we head into our Remote Learning Journey I am constantly reminded of exactly why Sacred Heart feels like 'home' and it's not because we basically live there!

The support from Parents for myself and the SHS staff has been wonderful and greatly appreciated. Your very generous gifts go beyond the cost, it is the knowledge that you have 'our backs' in a time when we need it the most, that is the greatest gift of all.

Thank you for everything you do to support us and your children.

Our remote learning school students have been going well and we have learned so much from their behaviour regarding the work capacity at home. We have reduced the amount of work expected from students and have released a Google Survey Form today and will again next week to gather information on your experience.

Please click on the following link and have your say:

<https://forms.gle/uZtr2TYZVKohwKxL7>

We are conscious of the students' increased screen time, lack of internet in our family homes and some without a printer. This is the reason we have hard copies available. If you need a hard copy, please contact Mary.

We have streamlined our processes over the last week and a half and shall continue to do so as time progresses. The first of these is that all work is now to be scheduled for release by 5 pm the day prior to the learning to ensure parents have the ability to download content etc. at an off-peak time, if required.

The second is through the clarification of the use of the Google Meet.

Google Meet is the platform that as a school we use to do attendance and daily check ins.

The meeting is open for two hours (9:00am to 11:00am) and the meeting is recorded and saved for Child Safe Purposes.

Daily process for the Meet should follow:

- 1) Roll call and brief catch up and prayer
- 2) Quick run through of the daily activities. This should not take more than 20 min at the beginning of the day.
- 3) Children then head on to completing their tasks. They are not required to stay in the meeting whilst completing their tasks.
- 4) The rest of the Google Meet time is open for students and parents who have questions regarding specific tasks or content.
- 5) The meeting is closed at 11am and students should not be working on school content after 12:30pm.

WHY FINISH AT 12:30PM?

The main reason for finishing at 12:30 pm is the wellbeing of our SHS families. At this stage, we are still being told that we are away from school and in a remote learning context for the rest of Term 2. It is therefore imperative that our families feel safe and well supported.

Behaviours in the classroom and at home are in some ways completely different.

In a classroom, with a number of students in the class, a student is not working to their full attention for the entire lesson.

In the classroom there are many interruptions, brain breaks, peer/teacher interruptions, day dreaming, socialising, processing, asking and waiting for assistance. Hence a lesson that runs for an hour in the classroom may be completed in half that time in a remote learning context.

Be mindful that your child is used to being in a classroom, where they are required to think through a problem/task themselves first. Some children will attempt to take the easier route and ask their parent/supervisor etc. rather than working through a problem themselves.

My advice; do not jump in and help straight away, as long term, it will teach your child that they do not need to solve the problem themselves.

Do not be afraid to ask your child to reread the task out loud and to think about the different possibilities for solving it.

OTHER LEARNING OPPORTUNITIES

The most wonderful silver lining with our current situation is that we have the opportunity for practical applications of our learning.

Social skills in handling conflict and competition in board games or sporting play with family members.

Numeracy in cooking, cleaning, farm work etc.

Biology and science in gardening, and our pets.

The additional learning opportunities are endless, however the best learning opportunity of all? Is our little ones having the confidence in the knowledge that they are surrounded by love.

We miss them incredibly and cannot wait for the day that we are back at school together.

THANKYOU:

- All staff for their generosity of time and their patience as we work through our roles and responsibilities in this new learning space.
- Thank you to Celeste for her time in assisting with Year 3/4, this has been in addition to her usual duties and I cannot express my thanks enough.
- To Gerard Evans for stepping back into the 'breach' and taking over Year 3/4 starting next week, we are blessed to have someone of his calibre back on the team. Just like old times Gerard!
- Lastly, to the parents of SHS students for your kindness and generosity, your gifts have been truly appreciated. We are blessed to have you on this 'ride' with us.

With blessings,
Zoe

SCHOLASTIC BOOK CLUB, WE CAN STILL ORDER!!!

Please see the latest Issue –

<https://scholastic.com.au/book-club/virtual-catalogue-1/>

Below is the link for paying for Scholastic Books as we are cashless due to Covid-19. Also, see below the link

<https://mybookclubs.scholastic.com.au/Parent/Login.aspx>

Student hard copy drop offs / collection points for Primary students with no internet beginning Friday Week 3.

Corryong College has generously allowed us to use their drop off/pick up points for hard copy work.

Delivery will be Friday afternoons (beginning 1st May 2020) and pick up will be Monday mornings (please ensure student work to be marked in box at the drop off location by Sunday afternoon at the latest).

- Family names as per drop off points listed below, however this does not mean that hard copies will be received unless notified by classroom teacher and Sacred Heart Admin.
- If you require a hard copy please register your interest with Sacred Heart by the Wednesday (this allows time for collation of resources etc).
- **DELIVERY - FRIDAY AFTERNOON:** Delivery of student hard copies to drop off points as per below. Labelled with student name for SHS students this will be in a mesh Zipper Bag.
- **COLLECTION - MONDAY MORNING BUS RUN:** Pick up of student hard copies from box supplied by buses. PLEASE CLEARLY LABEL WITH STUDENT AND TEACHER NAME.
- **SHS** staff will receive their marking pack when they are allocated to attend school (due to Covid-19 we are still on a roster system). If you can do uploading on Seesaw this would be preferable.
- The pick up/drop off boxes are open to the public and I highlight to all parents that there will be lack **of student privacy in this system**, hence I do suggest to drop off the work to be marked at Sacred Heart School by appointment on a Thursday or Friday.

PLEASE HELP US BY LOOKING AFTER THE BOXES AT THESE DROP OFF / PICK UP POINTS. Drop off Friday afternoon, pick up Monday morning. Weighted with a sophisticated brick.

Biggara	McGuire's Bus Shelter (Francioli, Nicholas, Rixon, Damm, Flack, Whitsed, McKimmie, Johnstones)
	Indi Bridge Bus Shelter (Nugent, Mathey, Tyrell)
	Tom Lebner Bus Shelter (Whitehead, Bond, Findlay)
Cudgewa	Bos' Letterbox (Bos)
	Bus Shelter; Cnr Parish Lane & Tintaldra Road (Land)
	TBC on need (Sheather, McKimmie – families/teachers to make contact if need arises)
Khancoban	Trev's Place Café – previously known as Shaneo's (all Khancoban bus families)
Lucyvale	Patane Letterbox (Patane)
	Martin's Letterbox (Brindley, Paul, Martin, Hogg, Jarvis)
	Farrell's Letterbox (Brown, Farrell, Klippel)
	Cudgewa's Letterbox (Byatt, Ardley, Eccles, Eloy, Webb, Nicholas, Edwards, Paul, Land)
Walwa	Mount Alfred Bus Shelter (Edwards, Drummond)
	Jingellic Bus Shelter (Williams, Schietler, Hoffman, McManus, Daly)
	Walwa Store (Parry, Hamilton)
	Tintaldra Pub (Cameron, Greenhill, Gledhill, Kurnof, Byrne)
Tooma	Tooma Hall (Paton, Dakin)
	Gail Spink's Letterbox (Ritchie, Pearce, Wood, Whiteley)
	Edmonodson's Letterbox (McGee, Shanks, Mulligan, Ross', Pierce's)
	Saxon's Letterbox (Saxon , Jarvis)
Tintaldra	Towong Bus Shelter (McKimmie, Costello , Hewatt, McInnes, McLean, Wheeler)
	Kids Lane Bus Shelter (Whitehead, Wray, Pilli)
Thoughtla	Dolph's Letterbox (Samwells, Grabasch, Bunn, O'Connor)
	Thoughtla Hall (Paton's, Sheather, McVean, Pryse)
Nariel	Simpson's Letterbox (Simpson)
	McNamara's Letterbox (McNamara)
	Klippel's Bus Shelter (Klippel, Attree)
	Tregilgas' Bus Shelter (Miller, Tregilgas, Cane)

A Prayer for Police

Oh Almighty God,
whose great power and eternal wisdom
embraces the universe.

Watch over all police men and women,
especially today.

Please give them the strength,
courage and perseverance to endure
the heartache they feel in this sorrowful
time.

We pray for the families, friends and
colleagues of the four members who lost
their lives in such tragic circumstances in
Melbourne.

We pray the Force continue to be pillars of strength, justice and care for our
communities.

Grant these brave women and men your almighty protection, care and love.

For all those who are struggling today, unite them safely with their families
after their duty ends.

St Michael, Heaven's glorious commissioner of police, look with kindly and
professional eyes on your earthly Force.

Amen



WELLBEING APP'S FOR FAMILIES AND STUDENTS

Helen Allen | Primary School Nurse (Rural) | NEVR
Department of Education and Training

APP	IMAGE OF APP	WHAT APP DOES:	MORE INFORMATION
Beyond Now		<p><i>A suicide safety planning app that assists you to create your own suicide safety plan; a plan to keep you safe when you are experiencing suicidal thoughts. Create a list of ideas, contacts warning signs, coping strategies and reasons to live that support you.</i></p>	<p>https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning</p>
Sayana		<p><i>Sayana is a self-discovery bot that will help you understand yourself better and unpack your thoughts and emotions. Chat about school, work, relationships and anything else. Sayana will help guide you through everyday practice of acknowledging, understanding and mindfully accepting your life</i></p>	<p>https://apps.apple.com/au/app/sayana-thoughts-feelings/id1444244578</p>
Calm Harm		<p><i>Provides tasks that help you resist or manage the urge to self harm. Assists with developing distraction and learn new ways to comfort yourself and express feelings in a different way. Completely private and password protected.</i></p>	<p>https://au.reachout.com/tools-and-apps/calm-harm</p>

BeyondBlue Check-In		<p><i>An app designed to help you check-in with a friend you are concerned about with handy conversation tools. Helps you plan how to approach the person you care about, what you will say and how you will offer support.</i></p>	<p>https://www.beyondblue.org.au/about-us/about-our-work/youthbeyondblue/the-check-in-app</p>
Smiling Mind		<p><i>Smiling Mind is a mindfulness meditation app to help bring balance to your life. Assists with dealing with pressure, stress and challenges of daily life and learn relaxation strategies.</i></p>	<p>https://www.smilingmind.com.au/</p>
ReachOut WorryTime		<p><i>The WorryTime app allows you to control everyday stress and anxiety by acting as a place to store your daily worries so you don't get caught in them.</i></p>	<p>https://au.reachout.com/tools-and-apps/reachout-worrytime</p>
Mindshift		<p><i>Mindshift will help you learn how to relax, develop more helpful ways of thinking and identify active steps that will help you take charge of your anxiety. Helps develop tools to tackle worry, panic, perfectionism, social anxiety and phobias.</i></p>	<p>https://apps.apple.com/au/app/mindshift-cbt-anxiety-canada/id634684825</p>

MoodTools		<p><i>If you are feeling sad, down, anxious or depressed, depressed, lift your mood with MoodTools. Designed to help you combat depression and get rid of negative moods. The app has thought diaries, activities, safety plan, information and tests.</i></p>	<p>https://www.moodtools.org/</p>
Calm		<p><i>Calm is a mindfulness app for beginners that aims at improving sleep, lowering stress and less anxiety through guided meditations, sleep stories, stretching exercises, breathing programs an relaxing music.</i></p>	<p>https://www.calm.com/</p>
What's Up?		<p><i>App that utilises CBT (Cognitive Behavioural Therapy) and ACT (Acceptance and Commitment Therapy) methods that help you cope with depression, anxiety, anger, stress and more!</i></p>	<p>https://au.reachout.com/tools-and-apps/whats-up</p>
SAM		<p><i>Self-help for anxiety management. Users are encouraged to build their own anxiety toolkit that they find helpful and to use to manage their anxiety.</i></p>	<p>https://au.reachout.com/tools-and-apps/self-help-for-anxiety-management</p>

Moodpath		<p><i>Moodpath is a personalized mental health companion. Track and reflect through a mood journal, assess your mental health and improve your understanding and learn new strategies.</i></p>	<p>https://mymoodpath.com/en/</p>
Relax Melodies		<p><i>Assists with improving sleep through guided exercises and programs designed to bring you a more peaceful sleep. A wide range of sound effects, white noise and melodies that help encourage sleep, meditation, yoga and relaxation.</i></p>	<p>https://www.relaxmelodies.com/</p>
ReachOut Breathe		<p><i>Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and heart rate. Allows you to measure your heart rate in real time using the camera.</i></p>	<p>https://au.reachout.com/tools-and-apps/reachout-breathe</p>
Recharge Sleep		<p><i>A personalized six week program focused on improving mood, energy and wellbeing by helping you to establish a good sleep/wake routine.</i></p>	<p>https://au.reachout.com/tools-and-apps/recharge</p>