

NEWSLETTER

5 August, 2021

Learn. Care. Flourish.



I invite you to pray the Mary MacKillop Prayer

God of the Pilgrim, Mary MacKillop trusted your guidance in her journey of life and deepened her confidence in your will. May we renew our trust in your Providence to lead us to hope as we bring our prayer before you. May we grow in the fullness of your love and the depth of your mystery. We ask this through Jesus Christ, our Way, our Truth and our Life. Amen.

The Feast of St Mary MacKillop is 8 August. Mary was a woman of deep faith and trust. We ask her to walk with us and pray with us. I invite you to spend a moment on Sunday to remember Mary MacKillop and research her amazing and courageous life.

<https://www.mmhc.org.au/event/celebrating-mary-mackillops-feast-day/>



PRINCIPAL'S MESSAGE - Dr Darren Egberts

This week's prayer celebrates Australia's own saint, St Mary of the Cross MacKillop, with her feast on Sunday. Remarkably it has been over ten years since she was canonised in St Peter's Square, Rome by Pope Benedict XVI. Her inspiration and guidance remains strong across the Australian Catholic Church community and offers particular encouragement to all involved in education.

Sacred Heart College is enjoying the recent return to onsite learning after a number of interruptions. I thank all of our students for their efforts in maintaining a Covid-SAFE environment through correct wearing of face masks, appropriate hand hygiene, social distancing where possible, and staying home when experiencing flu-like symptoms. The state of infections across most of Australia is a day-by-day proposition with Sacred Heart remaining agile and flexible and able to respond as necessary.

Sacred Heart College Enrolments

As we head towards the coming season of Spring, planning for the next twelve months and beyond becomes a priority. Reflecting this, Sacred Heart College has received significant number of enrolment applications for 2022 and, particularly, for Year 7 2023. Given the disrupted nature of recent months, the closing date for enrolment applications has been extended and prospective families are encouraged to contact the College Registrar, Mrs Denise Lawrence (dlawrence@shckyneton.catholic.edu.au) for an enrolment package.

We hope to be able to offer prospective students and families the opportunity to enjoy a College Tour as soon as the current Covid-19 restrictions are eased.

Year 10 and Year 9 Reflection Days

Due to Covid restrictions, it is with regret that the Year 10 and Year 9 Reflection Days have been cancelled for August.

Yours in Mercy

Dr Darren Egberts
Principal



Bereavements - Your prayers are asked for the Freeman family who are mourning the passing of Valerie Benson, and Doug Ford, grandmother and uncle of Angus (8E) and Claire (9B).

Our thoughts are with you all at this sad time.

DEPUTY PRINCIPAL - LEARNING & TEACHING - *Debra McNaughton*

Thank you to the parents and guardians who supported students through the most recent lockdown. A certain weariness sets in as we go in and out of lockdowns, so we are appreciative of the efforts of students and teachers as we try to maintain the momentum of Semester Two.

The rescheduled GAT will take place on Thursday 12 August for students undertaking Units 3 & 4 VCE subjects and scored VET subjects. In uncertain times the GAT takes on more importance, so it will be good to accomplish that.

It's an exciting time of the year as students in Years 9 – 11 begin selecting subjects for 2022. The Year 10 students will all have a subject selection interview with a Learning Area Leader or a Careers Practitioner prior to completing their WebPreferences.

Subject videos for Year 11 and 12 (VCE, VET and VCAL) are now available in the Year 11 and 12 Course Manual that is available through PAM. Parents/guardians of Year 10s may find these useful as we have tried to address the many questions that we are usually asked. They also contain a contact name at the end in case you have further questions. The subject selection information session for parents of current Year 9 students takes place on 11 August. A zoom invitation will be sent out shortly. There will be an opportunity to ask questions as students start to have more choices about their pathways. Videos for Year 10 subjects will also be available shortly.

WHERE TO FIND SUBJECT DESCRIPTIONS & VIDEOS

Year 10 & 11/12 2022 Course Manuals

Subject Description Videos &

Zoom Recording of Information Evenings

Find them under:

**PAM - Documentation for Families -
Course Description Manuals
& Subject Selection Information**

ALSO

College Website - Learning - Years 10 - 12

<https://www.shckyneton.catholic.edu.au/learning/year-10-12-future-of-possibilities>

Wellbeing Week

This week is Wellbeing week. Our amazing Student Wellbeing Leaders, Jessica Wheeler and Meg Shurey, have come up with some wonderful ideas to promote this week. We are having ‘mindful minutes’ during morning Homerooms, gratitude activities and plant pot decorating, to name a few.

The week will culminate in a gold coin donation casual clothes day. We have decided to donate all money raised to Kyneton Caring Community. Kyneton Caring Community Inc. (KCC) is an independent, community-based incorporated association, whose primary purpose is to support those in our local community who find themselves in need. KCC’s aim is to provide a safety-net for members of the community by delivering a range of services including:

- a free foodbank;
- an emergency relief service (clothing and household items, etc.);
- a drop-in centre and soup kitchen; and
- a need assessment and referral service to other agencies and service providers in the local area.

KCC is self-funding and depends on the generosity of the local community who support work through the donation of food and other goods, as well as important financial contributions. It is wonderful that we can support such a great organisation in our local community.

Mobile Phones

On another note, mobile phone use during school hours continues to be of concern. Students must have their phone locked in their lockers while at school. If you need to get in contact with your son / daughter please do so by contacting the office. Mobile phones are confiscated if students are seen with them.

We have recently altered the way that we collect confiscated phone data. This has highlighted that the same students are repeatedly having their phones confiscated. We have therefore updated the consequences for not following the mobile phone policy. Please see the table below:

Frequency	Consequence
1st time	- Device handed in to SPO or Student Reception
2nd time	- Device handed in to SPO or Student Reception
	- Lunchtime detention
3rd time	- Device handed in to SPO or Student Reception
	- Parents contacted
	- Afterschool Community Service organised
4th time	- Device handed in to SPO or student Reception
	- Parents notified and phone to be signed in daily to SPO or Student Reception for five days.
	- Number of days will increase with further frequency

Please discuss this with your son/daughter. Research tells us that phones are a huge distraction to learning and we know that if used inappropriately they can cause great harm to relationships and mental health.

A recent article published by The Conversation, ‘Banning mobile phones in schools can improve students’ academic performance. This is how we know’ (<https://theconversation.com/banning-mobile-phones-in-schools-can-improve-students-academic-performance-this-is-how-we-know-153792>) reported an increase in student performance when mobile phones were banned from the school. The article provides data from several countries around the world, linking an improvement in student progress to the removal of mobile phones from the classroom. Below is a brief extract from the article:

*“We found banning mobile phones at school leads to an increase in student performance. Our results suggest that after schools banned mobile phones, test scores of students aged 16 increased by 6.4% of a standard deviation. This is equivalent to **adding five days to the school year or an additional hour a week.***

*The effects were **twice as large for low-achieving students.***

Our results suggest low-performing students are more likely to be distracted by the presence of mobile phones” (Beland, 2021)

(continued overpage)

Vaping

Research suggests that vaping is becoming increasingly popular for teenagers. Please find some important information below from www.kidshealth.org.

Vaping is the inhaling of a vapor created by an electronic cigarette (**e-cigarette**) or other vaping device.

E-cigarettes are battery-powered smoking devices. They have cartridges filled with a liquid that usually contains nicotine, flavorings, and chemicals. The liquid is heated into a vapor, which the person inhales.

What Are the Health Effects of Vaping?

Vaping hasn't been around long enough for us to know how it affects the body over time. But health experts are reporting serious lung damage in people who vape, including some deaths.

Vaping puts nicotine into the body. Nicotine is highly addictive and can:

- slow brain development in kids and teens and affect memory, concentration, learning, self-control, attention, and mood
- increase the risk of other types of addiction as adults

E-cigarettes also:

- irritate the lungs
- may cause serious lung damage and even death
- can lead to smoking cigarettes and other forms of tobacco use

Wellbeing Week



LOCKDOWN LOW DOWN

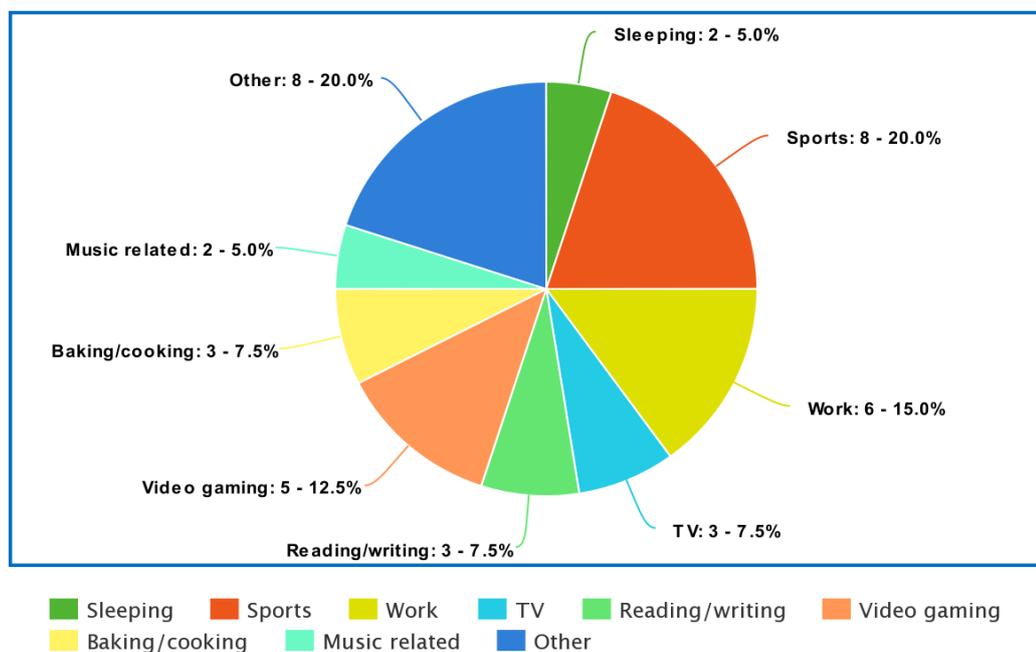
A week ago, all of Melbourne came out of lockdown, which was a blessing to most kids, but a burden for others. We decided during lockdown that we would collect some data on what Year 8s were doing in lockdown, to see if it wasn't just us who were finding new and crazy ways to entertain ourselves.

We have summarised the 27 responses from the Year 8's (and even Ms Penney) in this article. The most common entertainments were gaming on various platforms (most popular being a PS4) and doing many sports or exercises to keep moving! There were people going out for runs, walks, bike rides, people helping out in the kitchen and baking yummy treats, even one person wrote in saying they watched *The Bee Movie* exactly fifty four times (going for a record I think!).

On the subject of TV, we asked Year 8s what shows or movies they'd recommend watching! The most common shows were SuperStore (Astrid watches that with her mum!) and of course, the Olympics! Many other shows were suggested, such as all the *Harry Potter* films, *Never Have I Ever*, *Sweet Tooth*, *F.R.I.E.N.D.S*, *Stranger Things* and *The Simpsons*! And of course, *The Bee Movie* (thank's Dylan!).

That's all from us! See you next Newsletter!

Survey Results



meta-chart.com

Student Bus Travel from Lancefield

The following buses **Goldie 1, Goldie 2 & Lancefield/Pipers Creek** may be late at times due to the speed limit being decreased to 60kms per hour in some parts of the bus routes from Lancefield.

This is due to the clean up of trees from the recent storms.



Finding the time to read- our Year 7s can help you!

How do you make time for reading in your busy life? In their remote learning reading sessions Year 7s used Jamboard to brainstorm ways to incorporate more reading time into their busy days. Here's 7A's suggestions! Talk to your Year 7 about the strategies they have learned and how you can all incorporate them into your lifestyle.



Olympic Fever Hits the Library!

The library TV is on and students are flocking to keep abreast of the Olympic spirit! We're tracking Australia's performance on our interactive medal tally. Help us keep on track by adding medals each time Australia scores!



Year 7 and 8 Food Technology - *Belinda Kime, Food Technology Teacher*

During the recent remote learning, the students had an opportunity to get away from their screens and make a batch of biscuits for their family.

Before cooking at home, students were giving a basic biscuit recipe, and we discussed the cooking techniques and skills required, such as the creaming method and how to know if your biscuits were ready.

We also learned how to vary the basic recipe, adding what we had at home, such as choc chips, cinnamon sugar and jam drops. Students reported back that it was a really fun task to complete whilst they were all stuck at home. Here are some of their creations.

[Click Here for the recipe, so you can try it for yourselves!](#)



Term 3 Tasks

While parents are unable to assist with onsite activities we are working on being able to provide more tasks that can be completed at home. Current tasks requiring assistance are listed below, if interested please email: jbaldwin@shckyneton.catholic.edu.au

Admin Tasks – there are currently two tasks requiring help. Both will require the collection of materials from the College (these are too big to be carried by students) and will be available for collection next week.

Sewing Task – another sewing task has become available. Email to register your interest.

Mock Interviews – the second session of Mock Interviews will be held from **25-28 October**. Please email Kristine Delaney kdelaney@shckyneton.catholic.edu.au should you wish to assist with this task.

Working Bee – the third and final working bee for the year is scheduled for **Saturday 11 September** from 8am-12noon. [Please email me](#) to register your interest.

Other tasks requiring assistance will be promoted in future College newsletters and via direct email to those who had recorded their interest in these tasks via the Service Scheme Operoo.

Should you have any queries about the Scheme please contact Jenny Baldwin – jbaldwin@shckyneton.catholic.edu.au

DON'T FORGET TO CLAIM IF YOU ARE ELIGIBLE FOR THIS ASSISTANCE

CSEF Applications (Camps, Sports & Excursions Fund)

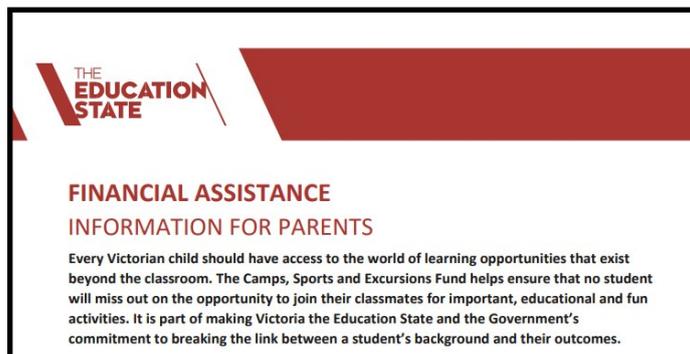
Families holding a valid means-tested concession card or are temporary foster parents are eligible to apply. This applies to families who hold a Current Veterans Affairs Gold Card, a Health Care Card or a Pensioner Concession Card.

The government will pay \$225 directly to the College, and the College will match this amount. A total of \$450 will be credited to your Family School Fee account for each student. This form is available on the College website under 'Enrol with Us' then Fees and Expenses - [Financial Assistance Form](#)

Alternatively you can contact the College Accounts Department for any queries relating to the CSEF.

Date has been extended:

13 August 2021



The graphic features the 'THE EDUCATION STATE' logo in the top left corner. Below it, the text reads 'FINANCIAL ASSISTANCE INFORMATION FOR PARENTS'. A paragraph follows: 'Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.'

Year 8 Poems

My Home - By Mary Fox 8A

I see Uluru
On vast desert plains,
Set on the horizon
Of the red Australian deserts.
I see the red kangaroo
And the screaming plants
That wither away in the scorching heat.
This makes Australia, Australia.

The kangaroos,
Rich red and great grey,
They nibble at the green grass all day.
Through the blue sky,
Through the pouring rain,
They eat, they thrive, they come on by.
This makes Australia, Australia.

The sandy beaches,
The dirty dams,
The pearl sea,
The murky water,
The leeches,
The jellyfish,
The bustling beaches and
The whistling waves.
This makes Australia, Australia.

Family and friends
Living in all the different states.
Whenever we reunite
Their eyes are gleaming gems.
An unforgiving world we live in,
But we love it,
Because it's our home.
This makes Australia, Australia.

I can taste the salt in the air at the coast,
I can hear the aborigines that once walked upon this
land,
I can smell the dust rising above the desert plains,
I can almost feel the kangaroos silky, fluffy fur,
I can see me and my family being together again.
This makes Australia, Australia.

**Behind the Bright Blue Border**

By Evie D 8A

The waking sun shines bright,
Its yellows, reds, oranges and pinks.
Behind the bright blue border I see,
The cascading land - a golden blanket.
A home for you and me.

Australia is the land of inclusion,
A place of wonder.
Gum trees as tall as buildings line my street,
Shading people so diverse,
A place for you and I to meet.

But isn't there something we have forgotten?
The ships that sailed,
The people that were lost.
War. Peace?
A line that was crossed.

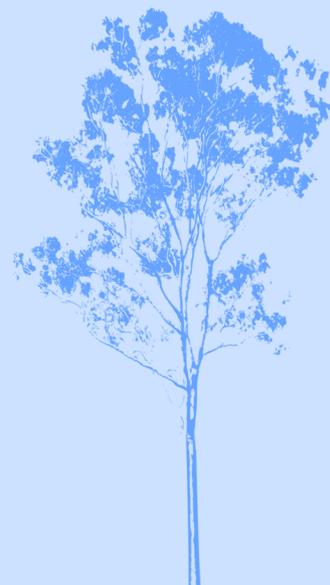
There was blood, battle -
Invasion
It wasn't a fair fight.
They took what wasn't theirs - stolen.
The invader's a bright white.

A land with a past.
But maybe one day,
Behind the bright blue border I see,
We can do better.

I hope, at least, for you and me.

Explanation

My poem is inspired by the injustice that our Aboriginal population has experienced in the past. British colonization, which led to one of the largest cultural genocides, is one of the most prevalent issues regarding racism in Australia. The title refers to the ocean that surrounds Australia's entirety, and the way it 'borders' this significant part of our history.



Career Tools Website



Click here to
Access the new
Career Tool
Website

For our latest Careers Newsletter please head to our new Careers Tools website at www.shckynetoncareers.com and go to IMPORTANT INFO then careers newsletter!

VTAC Year 12 Information

IMPORTANT LINK FOR UNIVERSITY AND TAFE APPLICATIONS

Term 3 is a busy and important one for Year 12 students as they begin to finalise their decisions about post-school options.

To assist both parents and students in applying for Higher Education courses, the Careers Department have listed below the recorded link and webinars from VTAC (Victorian Admission Services) on the University and TAFE Application process. Including SEA - Special Consideration and Scholarship information. www.vtac.edu.au

The recording and webinar presentations will demonstrate the steps involved in applying for University and TAFE positions and the issues involved in the transition from school to post-school life.

We strongly advise that you watch with your student the **recording** and register for the **webinars** (places are limited) to support your student at this critical time.

Links:

YouTube Presentation - [recorded guide to applying](#)

Webinar Registration - <https://vtac.edu.au/events>

To assist us with the understanding that you have watched the presentation, please complete the Operoo acknowledgement.

Should you have any queries, or questions following the presentation/webinar's, please contact the Careers Centre at the College via email:

kwheeler@shckyneton.catholic.edu.au (Karina Wheeler)

kdelaney@shckyneton.catholic.edu.au (Kristina Delaney)

kchallis@shckyneton.catholic.edu.au (Karen Challis)

or directly at VTAC (03) 9926 1020, opening hours 9:30am to 5:00pm.

DEVELOPING CAREERS SAVING LIVES



AN AUSTSWIM LICENCE -
THE INDUSTRY STANDARD

BECOME AN AUSTSWIM TEACHER OF SWIMMING AND WATER SAFETY™

AUSTSWIM Teachers are in high demand. Develop essential knowledge, skill and understanding to teach vital swimming and water safety education.

COURSE INFO

VENUE:	Kyneton Toyota Sports & Aquatic Centre
DATE & TIME:	Saturday 21st & Sunday 22nd August 2021, 8.30am - 5.15pm
COST:	\$299 (usual course fee \$395)

For more information please contact:

AUSTSWIM Victoria & Tasmania

PHONE 1300 885 666

EMAL vic@austswim.com.au

PROUDLY SUPPORTED BY



Australian Government

RTO No:
104975

ENROL TODAY AT AUSTSWIM.COM.AU