

NEWSLETTER

16 September 2021

Learn. Care. Flourish.



Prayer

*God of our springtime, eternally young,
make us aware of your merciful presence in our creation.
May we move to the rhythm of life, death and rebirth
and recognise that is the pattern of your love
permeating our universe.
Make us consciously choose to be co-creators with you,
walking the path of peace wherever we are.
May we trust in the promise of new beginnings
made to your prophets, and above all,
through your Son, the Spirit of Love.
Amen*



PRINCIPAL'S MESSAGE - Dr Darren Egberts

Today's prayer heralds the arrival of spring with bright, cool sunny days, the joy of new season's flowers and the promise of longer days. The coming spring also provides hope that this year's long Covid-affected winter is behind us and that with increasing vaccination levels and easing restrictions, we can all look forward to lifestyles that are more familiar and less regimented.

As we head into holidays, I would once again like to offer my sincere and overwhelming thanks to parents, families and students for your resilience and flexibility over the last four months. Repeated moves from onsite to remote learning have been very trying and the strength of the Sacred Heart College community has been a critical part of supporting students and helping them to maintain quality learning and teaching.

I have no particular sense of what fourth term will look like but expect guidance from the Victorian Government over the weekend to assist with this. As always, I will correspond with families as soon as this advice comes through.

End of Term Arrangements

A reminder on arrangements for the rest of this week and the start of term four:

Thursday 16 September	Year 7 – 11 classes finish at 10.00am followed by a short Homeroom Year 12 classes onsite all day — Online SPIs (5.00 – 7.00pm)
Friday 17 September	Online SPIs (9.00am – 1.00pm) College Office closes at 2.00pm
Monday 4 October	All Year 7 – 12 classes resume

College Reception during September Holidays

With schools still required to maintain as few as possible staff onsite under the current Victorian Government guidelines, College Reception **will not** be staffed during the coming school holidays. The College switchboard (03 54211200) will be monitored remotely.

Hoping all families enjoy a restful and warm two week break.

Yours in Mercy,

Dr Darren Egberts
Principal

DEPUTY PRINCIPAL - STUDENT WELLBEING - Julie Mortimer

*Sacred Heart College is committed to promoting the safety, wellbeing and inclusion of all children.
Further information about Child Safety at SHCK can be found on the College website.
<https://www.shckyneton.catholic.edu.au/our-college/child-safe/>*

Once again, we have arrived at the end of a very strange term, with students working at home and school being a very quiet and empty place. We all certainly understand the impact on our collective wellbeing this pandemic has had, and are hopeful that things will pick up in the very near future.

Sometimes teenagers can get caught up in negative self-talk when things are difficult and seemingly never ending. There are many helpful resources available. Self-esteem, confidence, body image, and healthy relationships with food can all be affected when young people are at home all of the time separated from their peer group. Here is a link to the Butterfly Foundation, with some tips on how to respond to a teen's negative self-talk. These are some of the 'Body Kind Families' free resources:

https://butterfly.org.au/get-involved/campaigns/bodykindfamilies/#msdynttrid=ttBJv3ZTqOmWnMZJ0X0IkAw-ij_QMefNKPuol3Ahc

Another excellent source of accurate information is the Royal Children's Hospital. The following recorded webinar offers advice and information on 'Supporting your child's Mental Health during the Pandemic'.
[Royal Children's Hospital Webinar](#)

You may also find this fact sheet by the RCH useful
[Supporting your child to cope with the COVID-19 pandemic](#)

Please remember that you can always contact the College if you have concerns regarding your child's wellbeing. Some things have been able to continue as almost normal however, and one of these has been the Student Leadership process. Applications for the 2022 College Captains and Senior Cabinet positions closed last Friday, and interviews and recording of speeches will take place when we return in Term 4. I wish all candidates the best, and would like to acknowledge that they are all already leaders in their willingness to step forward and have a go. The Junior Cabinet election process will launch on 18 October, and I look forward to hearing the great ideas and passions articulated by our fabulous younger students. These Cabinet positions are open to all current Year 7 and 8 students, so I am hopeful that we will have a great representation applying.

I wish everyone a great break, restful and enjoyable, and look forward to us all returning to Sacred Heart in person next term.

DIRECTOR OF FAITH AND MISSION - Annie O'Shannessy

Behind the Scenes

A few of us have been meeting with other schools to develop a Collective Prayer Resource. It has been an enjoyable exchange of ideas and resources so as to develop what we do around prayer.

Prayer can be many things to many people. Some people like the traditional Catholic prayers, some like to use music, beads, nature, silence, a candle and or meditation to enter into prayer. Whatever it is and whatever you find helpful, the important thing is to enter into prayer where you feel the most connected to your God.

Time spent in your own thoughts and heart brings you into a relationship with God. This may only be a moment in your day or a reflection at the end of your day. But remember, God is always with you. Waste a moment to be with God.





Bereavements - Your prayers are asked for the following families who are mourning the passing of a loved one recently. The Walsh family on the passing of Kevin Walsh, father of Tim Walsh, Staff Member. The Shennan family of the passing of France Thomas, father of Christina Shennan, Staff Member and grandfather of Jackson 10F. The Sutton family on the passing of Adrian Sutton, cousin of Bridie 9E and Monique 8A and the Singh family on the passing of Stephen Brennan, grandfather of Rohan 7A.

Our thoughts are with you all at this sad time.

CALENDAR DATES

Wed 22/9	-	Holiday Workshop VCE Drama
Wed 29/9	-	English and English Language SAC
Thur 30/9	-	Further Maths and Specialist Maths SAC
Mon 4/10	-	First Day of Term 4 - Week 1 Day 6
Tues 5/10	-	General Achievement Test (GAT)
Wed 6/10	-	Unit 3/4 Hospitality Exam Revision Session 3.00pm to 5.30pm
Fri 8/10	-	Year 12 OES - Guest Speaker Zoom

SENIOR NEWS - *Paul Matthews, Head of Senior School*

On Wednesday 8 September, the local Federal Member for Bendigo, Lisa Chesters, met with two of our student leaders to discuss the impact of COVID on Year 12 students over the last 18 months. Georgia Waddington (College Captain) and Anna Donnelly (Faith Leader) were involved in a discussion with Lisa, via zoom. She was interested to hear how Year 12 students are managing their life, such as the balance between study, social life, part time jobs and COVID. The discussion was based around the four questions below. Lisa is collecting information from Year 12 students across the Bendigo electorate, taking it back to Canberra to contribute to a working group who are focused on contribution to support youth people, especially in Victoria.

1. What has it been like to be a student during the past 18 months?
2. What has been the most challenging aspect of being a senior student?
3. Do you have any thoughts for improvement or ideas?
4. What are your hopes for the year ahead?

Smith Family Student2Student Reading Program

For the first time, 8 of our Year 11 students are participating in the Smith Family 'student2student reading program'. The program supports students in Years 3 to 8, who are up to 2 years behind in their reading development and want additional support to improve their reading. The program utilises a peer support model, where the Smith Family provides training to secondary students (Buddies), to help the young people develop their reading confidence and skills. The program uses a 'Pause, Prompt, Praise' reading support method. Buddies are then matched with primary school students within Victoria or Tasmania.

Once matched, the Buddies meet with their student two to three times per week, for 18 weeks either via phone or through a secure online program. During each reading session, the younger person reads to their Buddy for about 20 minutes, with the Buddy offering encouragement and praise. As you can imagine, this is a very rewarding program for the young person reading, as well as the Buddy. The quote below is from Paige Koliba (11A), who was talking about the progress of the young person she is supporting.

"She is really improving and gaining confidence. A high light has definitely been when Chelsea has finished a book and she found it easy to read, I find it really pleasing to see how far she has come."

The 8 Year 11 students involved in the program are Maia Gread, Paige Koliba, Tahlia Willmott, Isabelle Toomey-Stevens, Olivia Coleman, Molly Connell, Jada Yumang and Tash Barron.



VCE Practice Exam Packs

To enable students the best opportunity to succeed in their VCAA external examinations they need to be given a number of opportunities to complete practice questions and examinations under timed conditions. Trial or practice examinations are essential in providing vital feedback on students' areas of strength as well as areas still requiring improvement. Familiarisation with the structure, timing and the additional handwriting practice will ensure our students have the best preparation for their external examinations.

Unfortunately, this year, due to the impacts of Covid, we are unable to run our usual practice exam program at school during the Term 3 holidays. The students studying Unit 3 & 4 subjects are being provided with a take home pack of one practice exam for each of their subjects. They have been provided with instructions on preparing for and attempting their practice exams whilst at home. The students will need the full support of their families over the coming weeks to enable them to achieve their best outcomes.

Note: Packs that were not collected by students during the week will be sent in the mail.

SAVE THE GAT DATE!

The General Achievement Test (GAT) has been rescheduled for Tuesday 5 October. All students completing a scored Unit 3 & 4 subject are required to sit the GAT. Students must report to the Atrium by 9.15am on GAT day. The test runs from 10.00am to 1.15pm. All VCE classes are cancelled on this day. Parents and students should refer to the Operoo and student email for further information and advice.

UNIFORM SHOP NEWS

The Uniform Shop will be open for online orders only over the school holidays. Subject to Government Covid-19 restrictions, onsite Click & Collect orders are planned to be available Thursday 30 September. Please check the Noone website for further information and confirmation of trading hours.



A fast and convenient way to shop for your Sacred Heart College uniform on-line.

Shop on-line

<https://www.noone.com.au/school/sacred-heart-college/shop>

How Click & Collect works

Discover click & collect, the convenient and quick way to shop from Noone.

Shop on-line, place your order and one of our friendly staff will contact you when your order is ready for collection. Please allow up to 24 hours for your notification.

We'll get everything ready for you, so all you need to do is come in-store to collect your order, or home delivery is also available for your convenience

1. Shop on-line

Type the school link into your browser:

<https://www.noone.com.au/school/sacred-heart-college/shop>

Add the items to your cart that you would like to purchase via Click & Collect.

2. Choose Click & Collect options

Choose Click & Collect options or choose Australia Post option for home delivery.

Click & Collect next trading day from the On campus store - please allow up to 24 hours for your notification or

Australia Post 7 - 10 working days for delivery

Our retail staff are available to assist you with your uniform requirements at the location listed below

Sacred Heart College On campus store 94 High Street, Kyneton VIC 3444 Ph: 7020 2648 Email: shckyneton@noone.com.au Trading Hours during term Tuesday 12.30pm-4.30pm Thursday 12.30pm-4.30pm

CAMP NEWS - Kirsty Barnes, Camps Coordinator

Year 9 & 10 Camps

School Camps provide our students with a great deal of learning opportunities outside of the classroom, which are highly valued amongst our community. Due to the cancellation of the Year 10 Alpine Camp, and the Year 9 Tasmania Camp, students' wellbeing has been prioritised and two new Year Level Camps have been created for Term 4. These two camps will provide students with an alternative learning environment to focus on building relationships and provide opportunities for personal growth and development. Restrictions permitting, Year 9s will travel to Anglesea, and Year 10s to the Grampians. A brief summary of the camps are below. More information will be forwarded to families via Operoo, and students in classes in early in Term 4.

Year 9 Camp - Anglesea

Venue: Camp Eumeralla

Dates: Monday 15 November – Friday 19 November 2021

Activities: Surfing, Bike Riding, Surf Coast Day Walk, Stand up Paddle Boarding, Canoeing, Beach Initiatives, & Beach Carnival

Year 10 Camp - Grampians

Venue: UC Camp Norval

Dates: **10 A, 10 B & 10 F: Monday 8 – Wednesday 10 November 2021**
10 C, 10 D & 10 E: Wednesday 10 – Friday 12 November 2021

Activities: Bike Ride, Pinnacle Walk, Canoe, Stand Up Paddle Boarding, Raft Building and Rock Climbing.

VACCINATION NEWS - Paul Matthews, Head of Senior School

Bendigo Health - Year 12 Vaccination Outreach

The second COVID dose for Unit 3/4 VCE students through Bendigo Health will take place Sunday 10 October. The vaccinations will take place again at Braemar College, Woodend Campus.

The link for students to book their vaccination time will be emailed to all Unit 3/4 students early next week, once it has been made available to the College.

Bendigo Health request the following:

1. Medicare number
2. Masks (to be worn at all times)
3. Student/school identification
4. Use the 'QR codes' to check-in upon arrival

YEAR 10 NEWS - Kristina Delaney, Careers Advisor

Year 10 Structured Workplace Learning Placement

It was with a heavy heart that the Year 10 Structured Workplace Learning Placements were cancelled for the week of 13 to 17 September 2021, in-line with the public health advice.

We would like to thank the students, families and community for all their support in preparing for the workplace learning experience and would like to offer those students, who are interested, to defer their placement for Term 4, Week 10, 6 to 10 December 2021. If this is something that families are interested in, please contact Mrs Kristina Delaney; Careers Practitioner and SWL/Work Experience Coordinator via email kdelaney@shckyneton.catholic.edu.au.

Year 10 Semester 2 Mock Interviews Program

Year 10, Semester 2 VCE Industry and Enterprise students, have begun preparations for the Virtual Mock Interview Program, which will be held from 25 to 29 October 2021. Students have over 35 job descriptions, from various industries, to apply for. In the coming weeks students will put together a letter of application and resume to be sent to the relevant professional who will interview them via Zoom. This program provides the students with a *real* job interview experience without the pressure. If you would like to know more about the program please contact Mrs Kristina Delaney; Careers Practitioner and SWL/Work Experience Coordinator via email kdelaney@shckyneton.catholic.edu.au.

Remote Learning News

Languages at SHC - Kim Twilley, Learning Area Leader

There has been a lot happening in the Languages Department recently!

Subject Selection

This week parents of all Languages students in Years 8-10 will have received a letter regarding the benefits of studying a language. Please take the time to read this letter and discuss the possibilities as the subject selection deadlines approach.

You might also be interested in this article from the Conversation, which is part of a series aimed at helping students make informed choices about VCE subjects. (link to article <https://theconversation.com/thinking-of-taking-a-language-in-year-11-and-12-heres-what-you-need-to-know-164080>)

JLTAV Japanese Speech Contest

Last week we had a number of students audition to take part in the 2021 Japanese Speech Contest, which is open to all Japanese students in Victoria. We are pleased to announce the following students have been selected to represent Sacred Heart in the contest, and we wish them well as they prepare and memorise their speeches:

- Sylvie Rigby 7B
- Claire Byham 7D
- Charli Gauci 7F
- Bella Trethowan 9D
- Bridie Sutton 9E
- Ivy Stevens 9E

A Taste of Ramen

Year 12 Japanese students had a delicious introduction to the Japanese phenomenon of cup noodles. Tankovich sensei provided the students with a taste of instant ramen, which will be a topic for discussion in the oral component of their exam.

AFTV VCE French Atelier Oral workshop - Cecile Sloopjes

On Sunday 5 September the Year 12 French students participated on Zoom in the AFTV VCE French Atelier Oral workshop with other regional students.

They were able to practise speaking French with experienced AFTV French teachers, to meet and workshop their oral French exam with Year 12 VCE French students from other schools, and to prepare for their VCE oral exam in a different setting, and through an authentic collaboration experience. They listened to each other and learned about the Oral exam criteria through peer assessment. It was a very valuable morning. Well done to them all.

Here is some feedback from the students:

Ben: *I think that the Atelier Oral was a positive experience and I gained a lot from it. Even though it pushed me out of my comfort zone, it's what the exam is going to do. May as well get the experience now and learn from it so I can do better in the exam.*

Jemima: *The workshop allowed me to build on my listening and speaking skills through constructive feedback. It was interesting to talk to other French students in the state and work on my French skills.*

Seb: *The workshop was good to see what level other VCE French students were at, and it was helpful to get a better idea of what the exam will be like.*

The participating students were:

Jemima Bradfield Smith
Georgia Waddington
Eliza Cowburn
Lottie Fennell
Ben Cooper
Seb Smith



Year 7 French - Alexis Epstein

Bonjour à tous!

We hope all are tracking well during this latest lockdown. Miss Epstein's French class have undertaken a fun activity today of cooking some delicious French recipes. We thought we would update the Sacred Heart community about it.

The students chose from either crêpes, French yoghurt cake, mousse au chocolat, croque Monsieur, French omelette and mayonnaise. Everyone had a lot of fun making a mess in the kitchen and putting together some yummy French dishes for the whole family to enjoy.

We were thus able to cover some important cultural content and enjoy some screen free time. Languages are so much more than vocabulary and grammar, and we endeavour, through activities such as these, to bring the language and culture alive for the students in a three-dimensional manner.

As you can see from the pictures, there will be some yummy dishes and desserts on the dinner table tonight. Thank you very much to Jody Takos for providing the recipes for this activity. Thank you also very much to parents and guardians for purchasing the ingredients necessary on the weekend and supporting your students with this great activity. I hope there won't be too much for you to clean up!

I would like to wish all our families a happy holiday - joyeuses vacances!



Year 7 French - Cecile Sloopjes

In French this week, the Year 7s have been busy cooking some 'délicieuse nourriture française' (delicious French food).

They made yoghurt cakes, crepes, omelettes, chocolate mousses and croque-monsieur. Great work everyone!

It was a great fun way to end the term.



Year 8 French - Cecile Sloopjes

Ms Takos had the great idea to make History classes a bit different this week. Students cooked Apple Tansies. It is a food item that came about in the 1700s - and it ties into our learning of Renaissance Italy when sugar became an ingredient.

Japanese Classes Term Wrap Up - Danielle Tankovich

It has been a busy term on and offsite! This has not stopped the Japanese language students from enjoying learning about the language and culture. Year 7s have been studying about pets. Being at home has advantages when studying the topic of pets. The class introduced many kawaii (cute) inu (dogs), neko (cats), usagi (rabbits) to each other. Their pets assisted us in learning how to speak about them. They joined us on zoom for one lesson as can be seen below.

Year 9 Japanese Language students were fortunate enough to participate in an online excursion recently. Presented by the Japanese Consulate in Melbourne, the session focussed on Japanese food culture. This was the first time Zilla, the Consulate Cultural Clerk, had presented this type of cultural seminar online. The students' feedback was very positive, and all appreciated that we were doing something a bit different. Students were able to hear how important seasons and location of food is in Japan, and how a lot of the dietary traditions began due to the Shinto and Buddhist religions. It was a great complement to our study on food this term.

Year 8 students continue to work on learning about Japanese club activity culture and talking about their own hobbies and describing them, whilst Year 12 are storming to the finish line with a mock oral exam in the holidays.

Year 10 students have finished off the term with a live online cooking class to make さんしょくだんご (3 coloured Dango). It was a great way to step away from the screen and celebrate the end of a long term. Some photos can be seen here. We have some very good chefs amongst us!

Our first series of videos have also been sent to our Sister School in Japan, Ibaraki Nishi High School. We are now awaiting their response after the summer holidays.

Next term, we look forward to an opportunity to join a live video conference with Shodon High School, situated on Amami Islands, Kagoshima. The high school has a total of 6 students!



Australian Reading Hour

This Tuesday we celebrated Australia's Reading Hour. This initiative by Australia Reads, was established to promote lifelong reading habits.

If you missed it, it's not too late! Simply pick up a book, and... read. And it doesn't even have to be for an hour - any amount of time will suffice!

The theme for this year was 'stories that matter' and we'd love you to discuss the stories that matter to you with the people at home. A simple discussion of the books that shaped or changed you, the book that you think every young person should read (and the books that they think every adult should read!) will go a long way to promoting reading.

And given we're spending so much time online, you might consider changing your Zoom name or email signature to the book that you are currently reading too.

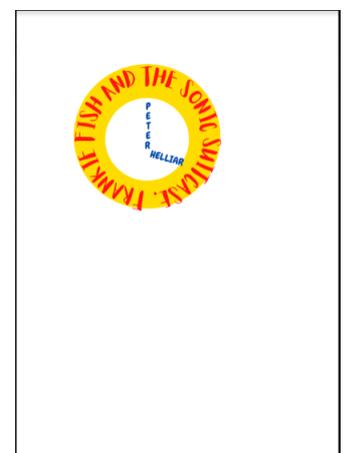
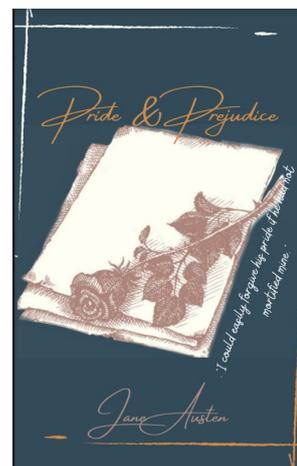
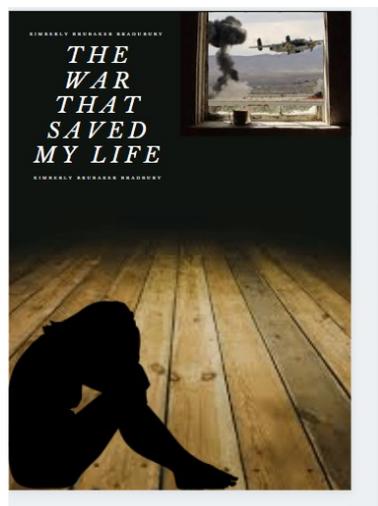
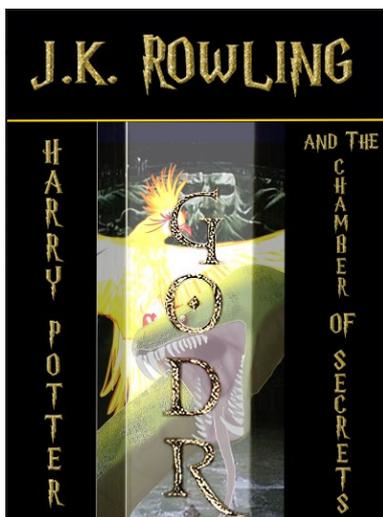
Here's the link to the Australia Reads website: <https://australiareads.org.au/australian-reading-hour/> there are many events that you might like to check out.

If you're not familiar with the Wheeler Centre, have a look there as well as they offer so many interesting talks and bookish events (and the release of the **143 Storey Treehouse** by Andy Griffiths and Terry Denton is coming up on Saturday 23 October) <https://www.wheelercentre.com/>



Reading classes

Our Year 7 and 8 students have been flexing their creative muscles in reading classes this cycle and have been re-designing the covers of their favourite books. They learned about book design and considered elements such as fonts, colours, images and layout and then set to work. These will be entered into a competition upon our return to school. Aren't they great?



Spring into Spring!

Winter has left and Spring has sprung, right in time for the school holidays! There are so many cool dates to look forward to, like a meteor shower from 8 - 9 October, and many more nature events in December.

Spring provides sun which makes the outside world more enticing to spend time in. Some things you could do while in a lockdown or with relatives are attend an online/in person event, have a nice picnic outside with friends/ family, take a trip to the beach or even try learning new things! Other more active options are going for a bike ride/walk around your neighbourhood, set out on a hike, fly a kite, maybe even go camping in the local areas or play outside in the garden. All of the above can mostly be done during lockdowns but only try the more adventurous options if the COVID restrictions allow!!! Now go enjoy the sun and make the most of this lovely season!



See you next Newsletter!

(Photo collection from Astrid)



Student Achievements

Kyneton Junior Football Club

The Bendigo Junior Football League Best & Fairest Counts were held recently, and we are very proud to announce that the following Sacred Heart students have achieved some wonderful results.

The following students excelled in their divisions:

- Jasmine Short finished 3rd overall in the Under 14 Girls League Best & Fairest
- Thomas Rutledge finished 2nd overall in the Under 14 Senior Boys Best & Fairest
- Harrison Sheahan Finished 1st in the Under 16 Senior Best & Fairest

Well done to these very deserving students!

Jasmine Short



Harrison Sheahan



Thomas Rutledge

THE ARTS SPOT

DRAMA REPORT

This term in Year 8 Drama we have been looking at a number of ways to interpret 'text' as actors. As part of the unit the students created monologues, whilst working remotely. As part of the task, they rehearsed and performed a range of short monologues, ultimately rehearsing and filming one at home.

Below you can read how Evie Duignan, in Year 8, tackled Juliet's Monologue, from 'Romeo & Juliet', by William Shakespeare.

"My name is Evie, and I chose to perform Juliet's balcony scene monologue - from 'Romeo & Juliet'. To best prepare for the recording, I watched Baz Lurhman's adaptation of the play, to see the way that Claire Danes delivered Juliet's soliloquy. I made myself look more 'feminine', as a way of best representing Juliet's desirable character and identity. The challenges I had were mostly just having to record myself - it was awkward at times and especially difficult to look into the camera without messing up my lines. However, I enjoyed the process overall, it was fun and I was happy with the final product".

You can also read how Aimee Brown, in Year 8, tackled a monologue called 'Mind Trick', by Joseph Arnone.

"I enjoyed filming the monologue because it was really fun figuring out how to play a character, and what setting and props could be used for it. It took a lot of takes to get to the finished product, but that was probably the best part, mucking up and laughing at myself. I just found doing a monologue really fun, even though there were challenges".

Check out some of the amazing work drama students have done whilst working from home below by clicking on the link or the image:



[Juliet's Monologue – By Evie](#)



['Mind Trick' - performed by Aimee](#)



['Juliet's Monologue by Eilis](#)



['Attention' monologue - by Katie](#)



['Attention' monologue - by Lucie](#)



[Puck's Monologue by Dylan](#)

Father's Day Breakfast

Some snaps of our Sacred Heart Community enjoying Father's Day. We hope all the fathers, grandfathers and guardians enjoyed their day.



Learn. Care. Flourish.



Happy Father's Day

to our Fathers, Grandfathers and Guardians



COMMUNITY NEWS



Kyneton Cricket Club calling all junior cricketers!!
Sign up today at www.playcricket.com.au - Kyneton Cricket Club.
Woolworths Blast programs for ages 5 to 10, Under 11, Under 13, Under 15 & U17 teams.
Junior girls competition ages 12-15.
COVID safe training /competition.
Contact KCC Junior Coordinator: kynetonjuniorcricket@gmail.com



KYNETON CRICKET CLUB
EST. 1855