

Prayer

*On this day of Remembrance,
we remember the courageous men and women
who gave their lives in wartime
and as a result of war.
As we remember the lives that have been lost,
let us promise each other to work for the
freedom of all
who are oppressed in the world today.
We ask this prayer in the name of Jesus who
taught us how to live.
Amen*



PRINCIPAL'S MESSAGE - Dr Darren Egberts

This edition's prayer commemorates the significance of today as Remembrance Day (or Armistice Day) for Australia. At many small and large ceremonies across this country, the sacrifices of men and women in wars and conflicts past, as well as those serving currently in Australia's armed forces, will be recognised and reflected upon. The College's participation in local Remembrance Day commemorations is highlighted on page 2.

This weekend is also a profound one for Sisters of Mercy worldwide, and for schools with Mercy heritage, as we remember the death of Catherine McAuley, founder of the Mercy congregation on 11 November, 1841 in Ireland.

2023 Sacred Heart College Traineeships

This week, the College advertised a number of full-time traineeships for the 2023 school year. These traineeships offer school leavers and young people the opportunity to gain experience in schools ahead of further study or a career. Each traineeship includes an opportunity to complete a VET certificate in an associated field.

Sacred Heart College is looking to employ two trainees from each of the following areas:

- Sport
- Information Technology support
- Animal Care

Details will be distributed through College social media platforms, the College website and the SHC Careers department from today, with the 2022 graduating class being emailed the information pack directly.



Student Activities

As the College moves rapidly toward the end of the school year, a number of significant activities are worth recognising:

- Year 10 & 11 students are completing their subject examinations with their End of Year Awards Assembly next Thursday 17 November. Unit 1 - 4 Step Up classes begin on the following day.
- After a couple of pandemic-enforced cancellations, the long-awaited Year 9 Tasmanian trip departs next Friday 18 November. We wish all students and staff all the very best for what will be a very exciting six days. Bon Voyage!
- This week saw the culmination of the College's Instrumental Music Program with the annual Music Leaders' Concert. Congratulations to all students who performed on the night, and special thanks to the wonderful team of instrumental music teachers who support them each week.



Yours in Mercy,

Dr Darren Egberts
Principal

Remembrance Day - 11 November 2022



Kyneton Commemoration

Alex Lonergan & Baylee Eve
(2023 College Captains)

Woodend Commemoration

Astrid Le Noury & Mila Pereira
(2023 Junior College Captains)



*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/>*

IMPORTANT REMINDER - UNIFORM

Recently Julie Mortimer provided an article about the expectations the College has in relation to uniform. In this newsletter, I would like to provide you with information about the value of correctly wearing the uniform.

Schools around the world expect students to wear uniforms, and this is for good reason. Uniforms offer a range of benefits for students. Some of the benefits include:



- Uniforms give students a **sense of belonging** and **enhance pride** in their school. Wearing a uniform shows unity and identity. In much the same way football followers will wear their team's jersey or scarf, a uniform builds a sense of community.
- Uniforms help students **prepare for the workforce**. Whether it's wearing safety gear in a construction job, or corporate wear in an office, most jobs require a standard of dress.
- Uniforms actually **cost less** than a normal wardrobe. It may seem that some individual uniform items are expensive, but when compared to having a whole wardrobe of different outfits, the overall price is much smaller.
- Uniforms **reduce peer pressure and bullying**. Our students come from a wide range of family situations. Students cannot be judged by their appearance if they are all wearing the same uniforms.
- Uniforms help students study and do better in exams. The **focus is on learning** and not the clothing. Even at a university level where there are no uniforms, psychologists advise students to wear the same outfit in their classes as they will in the exam as it will help their recall.

With these benefits in mind, please note the Uniform expectations for summer are from these options:

- College Dress
- College Shorts or Long Pants
- College Short sleeved Shirt (no winter shirts)
- Navy College socks and black leather lace-up school shoes (not boots)
- One earring in each lobe
- No necklaces / rings / piercings (necklace with cross allowed)
- Hair off the face and fully tied up for practical subjects

The College appreciates the support from parents, carers and guardians, working together in a partnership to provide the best outcomes for our students.

A massive congratulations to Year 12 who are almost finished their VCE examinations. It has been extremely impressive how mature and calm our VCE students have approached the exams. It is now time to wait for the exams to be marked, and Study Scores and ATARs to be calculated.

This week, our Year 10 and 11 students started their Semester 2 examinations. They have also approached their exams and study sessions with a high level of maturity. Well done!

Prior to the Melbourne Cup break, Senior students received their subject loads for 2023 and they have been able to make subject changes. Any student who would like to make any changes is to contact Mr Chris White. All changes must be completed by Tuesday 15 November, allowing for Step Up claslists to be finalised.

The Step Up program begins on Friday 19 November and runs over a 10 day cycle. Students will make a start on their 2023 VCE subjects during the cycle. Each day will begin with morning Homeroom, then move through a normal four period day. students will receive homework, including holiday homework that is to be completed as part of their coursework.

2023 Booklist Information

Year Level and VCE booklists for 2023 will be available soon. When ready they will be uploaded to Documentation for Families (accessible via PAM) and through the Campion website with the 2023 College code for Campion:7X2X This information is also available in the 'MySHC' section which can be accessed from the top left corner of the College website: www.shckyneton.catholic.edu.au

Bronwyn Burke

The Rosary and Why it is Important

The practice of keeping track of prayers with beads or knots is an ancient tradition that is many centuries old. The Catholic tradition holds the practice of praying the rosary, dating back to the thirteenth century, when Saint Dominic had a vision of Mary presenting the rosary to him and telling him to use the Rosary for prayer. Saint Dominic is credited with instituting the Rosary a popular prayer and devotion. The purpose of the Catholic Rosary is to teach people about the lives of Mary and Jesus through prayer and contemplation.

Here are a few images of 7C students practising this ancient tradition with one decade rosary beads.





Bereavements - Your prayers are asked for the following families who are mourning the passing of a loved one recently. The Gallagher family on the passing of Barbara Gallagher, mother of Ben Gallagher, staff member and grandmother of Lani Year 12. The Ryan family on the passing of Trevor McAlpine, step grandfather of Bailey Year 9.

Our thoughts are with you all at this sad time.

CALENDAR DATES

- Fri 11/11** - Remembrance Day
 - Final Day for families to accept offers for Year 7 2024
 - VCE Exams 26 October to 16 November
 - Year 10 & 11 Exams 9 - 17 November

- Sat 12/11** - GVBR Training 8.00am to 3.00pm

- Mon 14/11** - Year 7 Swimming program in PE Classes to 25/11
 - Year 9 Exams 14/11 to 17/11
 - Year 8 Boys State Basketball Champ.

- Tues 15/11** - Student Wellbeing Team Planning Day
 - Period 5 3.35pm to 5.00pm

- Wed 16/11** - Principal's College Tour 9.15am
 - GVBR Training 3.30pm to 6.00pm
 - Maths Tutorials 3.30pm to 5.00pm

- Thur 17/11** - VCE VM Step Up 2023
 - Year 10 & 11 Academic Awards 1.45pm in Quambi

- Fri 18/11** - **YEAR 9 TASMANIA CAMP 18-23 NOV.**
 - Year 11 & 12 2023 Step Up 18/11 to 1/12
 - Year 12 Graduation Dinner at Lakeside Receptions

- Wed 23/11** - Maths Tutorials 3.30pm to 5.00pm
 - Year 9 Tasmania Camp Returns
 - Information Evening for Parents/ Carers Year 7 2023 7.00pm

- Thur 24/11** - No classes for Year 9 Students

- Fri 25/11** - No classes for Year 9 Students

- Sat 26/11** - GVBR 26/11 to 4/12

- Mon 28/11** - Year 7 & 8 Exams 28/11 to 1/12

- Thur 1/12** - End of Year Mass Rehearsal Day

- Fri 2/12** - End of Year Mass and Awards Ceremony Year 7-9
 - Final Day for Students 2022
 - Yearbook distribution

Good Luck Year 8 Boys

On Monday our Year 8 Boys Basketball Team will compete in the School Sport Victoria State Finals at the Melbourne Sports and Aquatic Centre.

Our team is one of the final eight Victoria school teams involved in this competition and we wish them all the best!



FEE NEWS - Matthew Shaw, Business Manager

Outstanding School Fees 2022

Dear Parents & Guardians

Please note that as the end of the year is fast approaching, some families are behind on their fee arrangements. It is a requirement that all College tuition fees are finalised by the end of the calendar year.

If you are unable to finalise your accounts by the close of Term 4, please contact our Accounts Receivable officer, Melinda Plumb on 5421 1218, or via email accountsreceivable@shckyneton.catholic.edu.au as a matter of urgency to discuss an altered payment plan, and/or a confidential concession application.

Parent Workshop

Parent Engagement Evening: Maria O'Shannessy - The Parent Coach Workshop

As part of the College's Parent Engagement program, we proudly hosted a parent workshop run by Maria O'Shannessy on Wednesday evening.

Maria has substantial experience and knowledge in the fields of Adolescent, Maternal & Child Health. Throughout her career she has remained passionate and committed to support modern day parents raise happy, healthy and engaged children and teenagers.

Over the two hour workshop, Maria worked with parents to provide support in a variety of ways and settings.

The key themes discussed were:

- Provide parents with an overview of the 'The Parent Coach Framework' and the key features of what are the main influences on individual's parenting approach
 - Describe the four typical parenting approaches, and focus on the positive elements that is most effective with teenagers and why
 - Review the developmental stage of teenagers and describe what teenagers need from their parents
 - Brainstorm different strategies to use when parenting teenagers, and problem solve barriers and 'roadblocks'
 - Discuss self-care strategies for parents
- Provide opportunities for parents to reflect and ask questions

This workshop opportunity aimed to provide parents with the strategies they need to create a genuine connection with their children and enjoy this special relationship.



Is Spring Here?

Whilst on yard duty this week it was lovely to see the students being able to enjoy the sunshine. The ray of sunshine brought students out onto the soccer oval, and the audience enjoyed an ice cream! Its nice to see some good weather. *Jodie Takos*



SPORTS REPORT

Mr Julius Gorzkowski

On Thursday 27 October the Year 7 Boys Basketball Team competed in the second round of the interschool basketball tournament held in Coburg, after having finished on top of their pool in the first round earlier this year.

With the high level of competition our boys played very well in three close games, which were all separated by less than five points, and could have gone either way. The final results were a draw and two losses which unfortunately means they will not advance any further. Despite falling short on the day the team deserves huge congratulations for what they were able to achieve this year.



Heard it on the Grapevine

Student and Staff Achievements

Hailey Stubbs - Hailey Stubbs in Year 8B, is a champion in the athletic field of Hammer Throwing. Hailey is currently ranked number three in Australia in her age group.

She recently competed in the All Schools Victorian State Championships last Saturday and finished first with a winning throw of 43.86 meters. She will now go through to Nationals, being held in Adelaide on the 9 - 11 December.

Well done Hailey, we wish you all the best in Adelaide!



Elizabeth Sullivan - We are thrilled to be able to share that our very own Art Teacher, Liz Sullivan, has had her artwork titled, 'Sweetness and Sardines' selected as a finalist in The Doug Moran National Portrait Prize. Liz's work is now one of 30 finalists (selected from 214 semi finalist pieces) and features fellow teacher, Annie O'Shannessy.

Congratulations on this fantastic achievement - we look forward to the announcement of the winner on 30 November. 2022 finalists can be viewed here: <https://moranprizes.awardsplatform.com/gallery/RojOJKml>



Have you created your child's PAM medical profile?

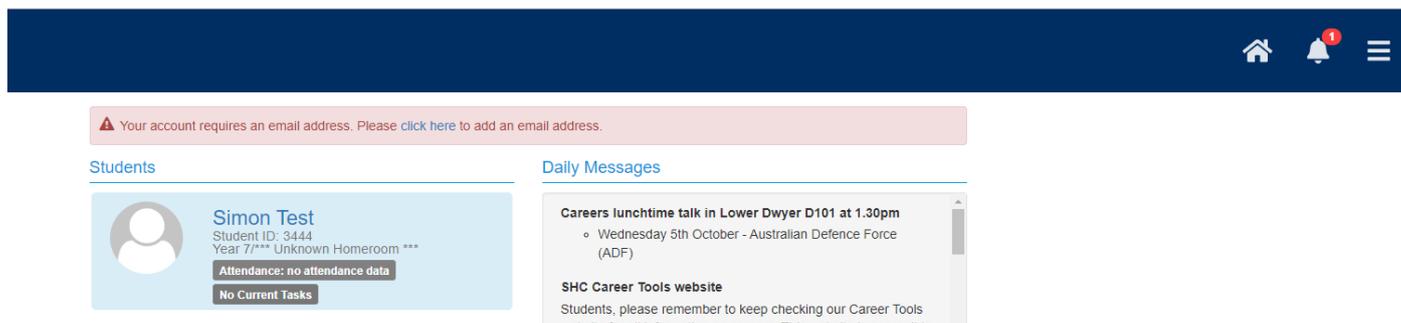
At the beginning of 2023, we will be ceasing the use of Operoo and will be embracing more of the features PAM has to offer to reduce the systems families are required to use, and to streamline many of the current processes and communications between school and home.

In preparation for the 2023 school year, we are asking all families to log into your PAM account, check your registered email is correct and set up a new PAM medical profile for your child/children by **Wednesday 30 November**.

You can access PAM by going to "MY SHC" on the College web page or by typing the following into the address bar of your internet browser <http://pam.shckyneton.catholic.edu.au>. Please use your personal family login details.

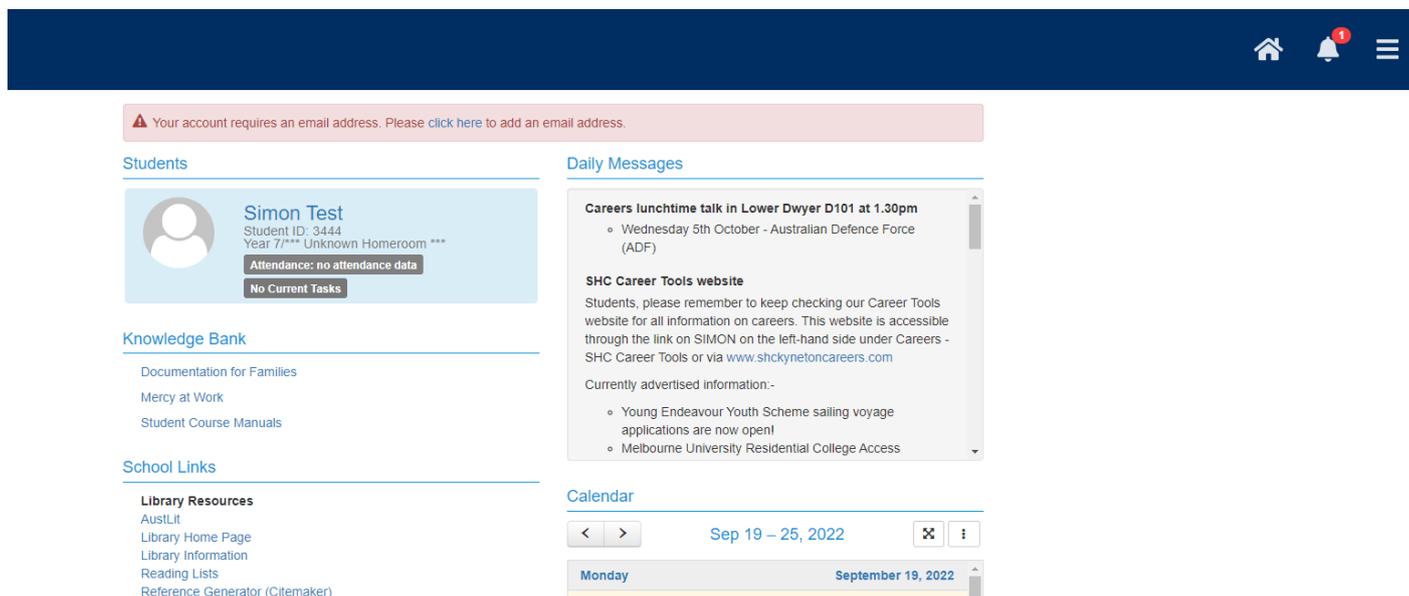
If you have any queries, please email pam@shckyneton.catholic.edu.au.

Instructions for creating your child's Medical Profile:



The screenshot shows the top navigation bar with a home icon, a notification bell with a red '1', and a menu icon. Below the bar is a red warning box: "Your account requires an email address. Please [click here](#) to add an email address." The main content area is split into two columns. The left column, titled "Students", shows a profile for "Simon Test" with Student ID: 3444, Year 7***, and Unknown Homeroom ***. It includes buttons for "Attendance: no attendance data" and "No Current Tasks". The right column, titled "Daily Messages", shows a message about a "Careers lunchtime talk in Lower Dwyer D101 at 1.30pm" on Wednesday 5th October, and a link to the "SHC Career Tools website".

If you see a red warning box at the top of your screen please add your primary email address, if this warning screen does not appear please go to My settings via the menu in the top right corner and check that you have the correct email registered.



This screenshot is similar to the previous one but shows more of the interface. It includes the same warning box and student profile. The left column now includes sections for "Knowledge Bank" (with links for Documentation for Families, Mercy at Work, and Student Course Manuals) and "School Links" (with links for Library Resources, AustLit, Library Home Page, Library Information, Reading Lists, and Reference Generator (Citemaker)). The right column shows the "Daily Messages" section with more details about the careers talk and the SHC Career Tools website, and a "Calendar" section showing the date "Sep 19 - 25, 2022" and a view for "Monday, September 19, 2022".

To add a Medical Profile please click on the alert in the top right corner you will see the below pop up

The screenshot shows a school management system interface. At the top right, there is a notification pop-up for 'Medical Profile' for Simon Test, dated 19 Sep 2022. Below this, a message states: 'Your account requires an email address. Please click here to add an email address.' The main content area is divided into two columns. The left column features a student profile for Simon Test (Student ID: 3444, Year 7, Unknown Homeroom) with buttons for 'Attendance: no attendance data' and 'No Current Tasks'. Below the profile are sections for 'Knowledge Bank' (Documentation for Families, Mercy at Work, Student Course Manuals) and 'School Links' (Library Resources, AustLit). The right column displays 'Daily Messages' including a 'Careers lunchtime talk in Lower Dwyer D101 at 1.30pm' and a notice about the 'SHC Career Tools website'. A 'Calendar' section is also visible at the bottom of the right column.

Please click on the pop up and proceed to complete the full Medical Profile form. If you have multiple students at the school, you will receive an alert for each child.

NOTE: New students in 2023 will show as inactive, these students will become active at the commencement of the 2023 school year. Please complete your child's Medical Profile as above.

Hay Fever



Hay fever is the common name for a condition called allergic rhinitis, which means an allergy that affects the nose. Hay fever is caused by the nose and/or eyes coming into contact with environmental allergens, such as pollens, dust mite, moulds and animal hair. Most people associate hay fever with spring, when airborne grass pollens are at their peak. This is known as seasonal allergic rhinitis or spring hay fever.

Hay fever is an allergic reaction - Your nose acts as a filter. The tiny hairs and mucus that line the nasal passages trap dust, pollens and other microscopic particles. A person with hay fever is allergic to some of the particles that get trapped in the nose, such as pollen.

An allergic reaction means the immune system treats a harmless substance as if it is dangerous, and launches an 'attack'. The nasal passages become inflamed and more mucus is produced.

Symptoms of hay fever

Sneezing - a runny or stuffy nose - itchy ears, nose and throat - red, itchy or watery eyes headaches. In some cases, the symptoms of hay fever can be so severe that a person can't sleep or concentrate, and may feel tired or unwell.

Managing your hay fever at school

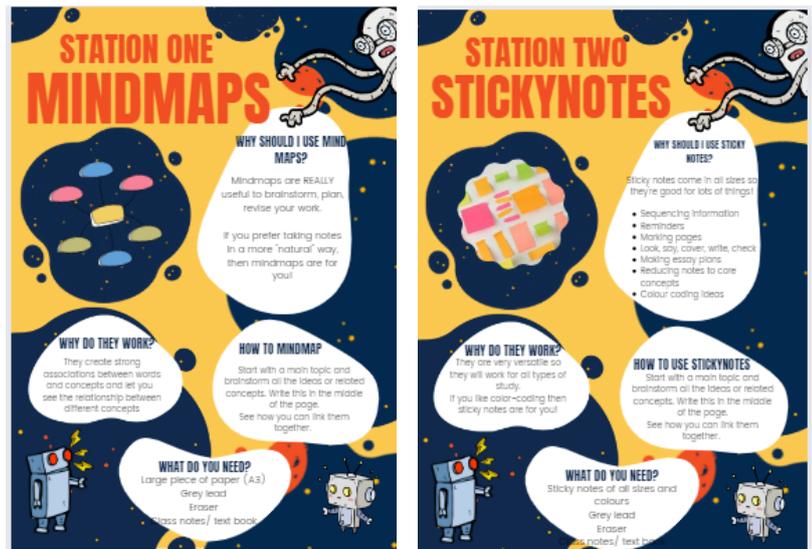
For those students who suffer from hay fever it is encouraged that reliever medications are taken in the morning, prior to coming to school. For reliever medication/s to be administered at school, the medication must be supplied and accompanied by a completed [Medical Authority Form](#).

Use these last few weeks of school to look for any library books or resources you have at home and return them to school! We currently have a LOT of books and resources out on loan. While we love that books are being borrowed, make sure you return anything you no longer need, and renew items you still need so our system remains current and other people can borrow items they want!



Study Skills - Junior school students have been participating in study skills' lessons in the library in preparation for their exams. Students undertake a rotation of different study techniques- mind maps, sticky notes, cue cards and note taking - allowing them to experience different methods of study and finding the "right fit" for them and their learning style. Cue cards are proving very popular for their versatility and their portability.

What's your favourite way to study? You can support your student at home by testing them, asking them questions about their school work and providing them with a quiet, designated place for studying and preparing for their end of year exams. Students can always ask the Teacher Librarians for help and support too!



NEWS FROM THE JAPANESE CLASSROOM - Kim Twilley, Learning Area Leader

Zoom Exchange

On Friday 28 October, the Year 9 Japanese class was lucky enough to have an online Zoom exchange with Japanese students from Shodon Elementary and Junior High School in Setouchi. Students introduced themselves in Japanese, and asked questions about their favourite sports, foods, school subjects and the weather. It was a great opportunity to practise Japanese in a real life context.



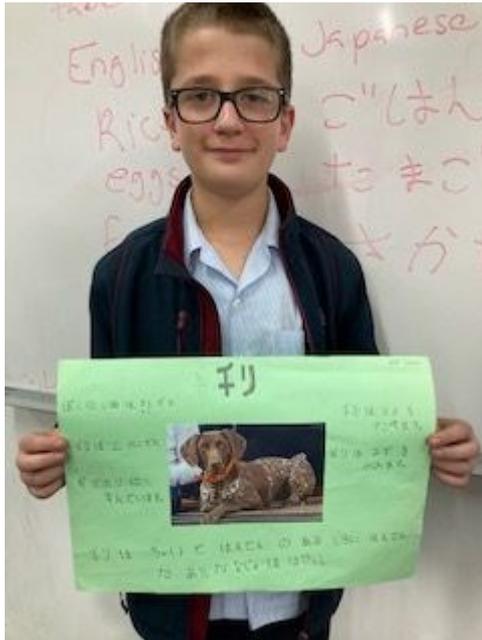
Year 7 and Year 11 News

Recently the Year 7s have been working hard learning vocabulary to describe their pets; what kind they have, what are their names, where do they live, what they are like, and what they eat and drink. Students created colourful and informative posters about their animals.



Here are a couple of examples of some outstanding posters from Bronte and Will. Year 11s have been exploring Japanese Traditions and Culture as part of their Oral Presentations, so they had the opportunity to try some traditional Japanese Okashi (Daifuku) and Matcha (Green Tea). Here is what Ulani had to say about the experience:

まっちゃんはみどりでさらさらしていてホットとするあじです。そして、にがくてあまくないですが私は好きです。すこしだけ、飲みました。みなさん、まっちゃんを飲んだ事がありますか。そして、和菓子を食べてみました。とてもあまいです。日本のおかしの味よりオーストラリアのおかしの味の方があまいです。日本の味はおもしろいと思います。日本の味はおもしろいです。みなさん、まっちゃんを飲んでみてください。



This is what Sophia had to say about the experience.

抹茶の香りが楽しいらしいですが、あまりいい香りではありませんでした。まっちゃんを飲んだらあたたかくていい気持ちになっていると思います。それから大ふくを食べてみみました。食かんはちょっとへんだったと思います。ありがとうございました。

Tankovich 先生 and her students would also like to thank Boucher 先生 for taking her classes while she was on leave, and providing the students with great experiences.



French Pancakes!

This week students in French classes in Year 7 and 8 enjoyed making French Pancakes. They teamed up and started cooking their delicious breakfasts. When it came to the decorating they all decided that ice cream and chocolate was the favourite topping.and the pancakes tasted 'délicieux'!

Year 7



Year 8



MUSIC NOTES – Terry Carrick

The last couple of weeks have been incredibly busy and fruitful within our Music Department. Last week, Mrs Helen Duggan and myself had the privilege of watching 40 students who auditioned for 2023 Music Scholarships. Watching these auditions is the highlight of my musical year – seeing the tangible progress each year of these students who are putting their heart and soul into their playing, and then having the conversation acknowledging how they have contributed to the College through Music. There are so many worthy recipients, however, only a limited number of highly sought-after Music Scholarships. The recipients of these scholarships will be announced at the College's Awards Ceremony, following the End Of Year Mass on Friday 2 December.



Following the success of our recent Instrumental Music Recitals, this week saw our annual Music Leaders' Concert, hosted by Charlotte Godsmark and William Shaddock. This concert featured approximately 60 students playing in an array of ensembles, and with each of the ten Instrumental Music teachers represented by a soloist or small ensemble. These students' passion, dedication and talent was incredibly evident, and all performers (including many performing for the first time) walked away, head held high, safe in the knowledge that not only had they given their best, but that their performances were at a very high level! Congratulations to everyone involved.



As we approach the end of the academic year, I encourage all students to enrol/re-enrol in the Instrumental Music Program for 2023. As you will see at the upcoming awards ceremony, there is a strong correlation between students who learn a musical instrument, and those who experience academic success. Students who would like to enrol in the Instrumental Music Program for 2023 should do so through this link: www.tinyurl.com/shcmusic2023.



NEWS FROM PHYSICAL EDUCATION - YEAR 7 WATER SAFETY ASSESSMENT TASKS - Jodie Wattie

In Year 7 PE students have been completing a water safety unit at Kyneton Sports and Aquatic Centre in their practical lessons. This has been consolidated in their theory classes, where students have been looking at different aquatic environments, the dangers associated, water safety signs and the rescue sequence.

Students have demonstrated their knowledge and understanding by recently completing their Water Safety Assessment task. Students were extremely creative and put their strengths on show.



NEWS FROM PSYCHED UP! - Jodie Warner

Psyched Up students get flexible!

Last Friday, Year 9 Psyched Up students experienced a session with experienced pediatric OT and qualified children's yoga teacher, Michelle Roberts ([Rise Up Kids Yoga & OT](#)).

Michelle took students through a series of yoga poses and taught them belly-breathing techniques they can use to help anchor them during times of stress. Students felt challenged yet supported and felt that they will use these techniques going forward. This was part of a mini unit on Positive Psychology as part of the Year 9 elective.



This is the second time Michelle has run a session at Sacred Heart and as always it was enjoyable, practical and a fabulous learning experience.



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!

Year 12 Students - Results and Change of Preference Service:

Please note that Careers will be offering students support with change of preference choices on:

- **Monday 12 December 9:30am - 4:00pm**
- **Tuesday 13 December 9:00am - 4:00pm**

If you require help we advise that you ring to book an appointment, with either Karina Wheeler on 54211261 or Kristina Delaney/Karen Challis on 54211262.

COMMUNITY NEWS

WOODEND PRIMARY SCHOOL
PRESENTS OUR
**CARLSRUHE
COUNTRY FAIR**

SATURDAY 26TH NOVEMBER
10AM - 4PM
57 NICHOLSON STREET, CARLSRUHE



MACEDON RANGES TAEKWONDO

HAS YOUR CHILD ENJOYED THE TAEKWONDO PROGRAMME AT SCHOOL?

THEN WHY NOT GIVE TAEKWONDO A TRY!

THERE ARE NUMEROUS BENEFITS TO PARTICIPATING IN TAEKWONDO

SELF DEFENCE

FLEXIBILITY

DISCIPLINE

RESPECT

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2 FREE INTRODUCTORY CLASSES

**IF YOU ARE INTERESTED IN FINDING OUT MORE -
DON'T HESITATE TO GIVE MICHELLE A CALL - 0409 595 815 OR
CHECK OUT OUR FACEBOOK PAGE**

www.facebook.com/Macedon-Ranges-Taekwondo-55891762427270/

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ALICE MILLER SCHOOL GYM - MACEDON**



WE WILL ROCK YOU

FRI, SAT & SUN, 4 - 27 NOVEMBER

BLUESTONE THEATRE
HUTTON ST, KYNETON

CENTRAL HIGHLANDS ORIENTEERS SUMMER TWILIGHT SERIES



Xplore

RETURNS WEDNESDAY 16th NOVEMBER 2022
6.30pm GISBORNE

If you love maps and exploring you'll love 'Xplore O'
No experience is necessary and all fitness levels welcome
It's a bit of exercise, a bit of geography, and LOTS of FUN!
Explore a different town each week in the Macedon Ranges

ADULTS \$5 CHILDREN \$3
Includes map and hire of electronic timing device

You have up to 60 mins to find as many marked locations on a map as possible.
Compete individually or in a team it is up to you!

Registration from 6.00pm
Starts from 6.30pm to 7.00pm - Courses close 8pm

16 th NOV	GISBORNE	John Aitken Reserve	Aitken St
23 rd NOV	MACEDON	JD Clifford Reserve	Greene St
30 th NOV	RIDDELL	Lions Park	Main Rd
7 th DEC	WOODEND	Campaspe Park	Campaspe Drive
14 th DEC	KYNETON	Community Gardens	Mollison St

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