

PRAYER - *Olivia Coleman, Faith Captain 2022*

While we leave here graduates and adults, we know we will always be Children of God. We began here with a grand year level bursting with potential, yet many departed over the years; in our hearts and minds we hope they are finding their own path in life, one that fills them with happiness and satisfaction.

Through all the studying, sick days and exams we know you have been around, helping us stay calm and remember what we've learned. The biggest hurdle of final exams is yet to come, so we hope you remain by our sides.

When we began losing focus, slacking off, forgetting why we are in the classes, you have reminded us of our aspirations, quietly.

Lord God, we thank you for everything we have experienced over these past six years - the friendships fostered, the interests discovered, the knowledge gained, and the satisfaction attained. While we may not all have been great in the classroom, we pray that you, alongside any teachers, forgive us of our actions - we were simply discovering who we are, that's what secondary school is.

As we head into adulthood, whether that be TAFE, university, apprenticeships, work, or time to travel and explore, we pray that you remind us of what we have learned here, and the Mercy values which we have lived by. Thank you, Lord, for guiding us this far - may you continue to do so until we meet you at Heaven's gates.



Olivia Coleman

PRINCIPAL'S MESSAGE - *Dr Darren Egberts*

This week's prayer is taken directly from last Friday's Graduation dinner, and was written and led by 2022 Faith Captain, Olivia Coleman. Congratulations to her on the richness of its words and the maturity with which it was delivered.

The quality of Olivia's prayer reflected the joy and hospitality of the overall night. Year 12 Graduation Dinner is generally the happiest and most relaxed evening of the school year and last Friday's celebration reinforced this. The evening provided an opportunity to congratulate the Class of 2022 along with their parents, carers, teachers and SHC staff on all that has been achieved in six years of secondary schooling. In particular, the extraordinary circumstances that everyone faced across three years of pandemic was recognized, as well as the capacity that students have shown to meet these challenges and flourish!



Changes to 2023 SHC Lesson Lengths

In 2023, students will see some alterations to the Sacred Heart College school day. These changes reflect two separate considerations:

- A review conducted earlier in the year of the College's four-period day which has been in place since 2016. This review recommended an additional short break between Periods 2 and 3.
- The introduction of a new industrial agreement for all Victorian Catholic School teachers which decreases their face-to-face teaching load slightly over the next two years. This change is an acknowledgement of the substantial increase in workload for teachers over the last 20 years. In response to this change, period lengths will decrease from 75 minutes to 70 minutes for 2023 and 2024.

As a result, the Sacred Heart College school day will run as follows:

Homeroom	8:51am - 9:05am
Period 1	9:05am - 10:15am
Recess 1	10:15am - 10:40am
Period 2	10:40am - 11:50am
Recess 2	11:50am - 12:15pm
Period 3	12:15pm - 1:25pm
Lunch	1:25pm - 2:15pm
Period 4	2:15pm - 3:25pm
Dismissal	3:25pm

Year Nine Tasmania Trip

As this newsletter is put together, the students and staff who travelled to Tasmania for the Inaugural Year Nine Tasmania Trip are enjoying their first night at home in a week, and some deserved rest after a very busy six days. We will provide reports on the trip in the final newsletter for the year.

Religious Education Curriculum Review

The Archdiocese of Melbourne is currently undertaking a review into the Religious Education curriculum offered across Catholic primary and secondary schools. The panel conducting the review are encouraging parents to contribute to this process by completing a survey (to whatever level of detail you choose).

The survey link is <https://onlinesurvey.cecv.catholic.edu.au/surveys/2022-RE-Curriculum-Review-Survey>. The survey questions are broad and open-ended, in order to allow you to provide as much or as little input as you feel appropriate. Contribution to the survey will be anonymous, although the survey does request some demographic information about you, in order to contextualise results.

End of Year Arrangements

The arrangements for students for next week are as follows:

Monday 28 November

– Thursday 1 December

Year 7 & 8 Exams

Year 11 & 12 2023 Step Up classes - Final day for Years 10 & 11

Friday 2 December

End of Year Mass (10.30am) and Year 7 – 9 Awards Ceremony (12.15pm)

Final Day for Year 7 to 9 Students

Yours in Mercy,
Dr Darren Egberts
Principal



Bereavements - Your prayers are asked for the following families who are mourning the passing of a loved one recently. The Iaria family on the passing of Myra Simmons, grandmother of Antonio 7A, and the Salantri family on the passing of Christine Bentley, great grandmother of Josephine 8F.

Our thoughts are with you all at this sad time.

CALENDAR DATES

- Fri 25/11 - No classes for Year 9 Students
- Step-Up for Year 11 & 12 2023 from 18 November to 1 December
- 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
- Mass 10.30am - Awards 12.15pm
- Final Day for Students 2022
- Yearbook distribution
- Mon 5/12 - Report Writing Day
- Tues 6/12 - Orientation Day for Year 7 2023

- Thur 8/12 - Construction Induction White Card Day
- Fri 9/12 - Final Day for Teaching Staff
- Mon 12/12 - Reports Released to Parents via PAM
- Thur 15/12 - College Office Closes for 2022

- Wed 1/2 - All students return for 2023 Student Wellbeing Day
- Year 7 Parents Morning Tea
- Thur 9/2 - College Photo Day

Term Dates for 2023

- Term 1 - Wednesday 1 February to Thursday 6 April (Good Friday 7 April)
- Term 2 - Wednesday 26 April to Friday 23 June
(Staff PL Day Monday 24 April & ANZAC Day Tuesday 25 April)
- Term 3 - Monday 10 July to Thursday 14 September
(Student Progress Interviews Friday 15 September)
- Term 4 - Monday 2 October to Wednesday 6 December (TBC)

College Yearbook 2022

The Yearbook is a wonderful reflection and snapshot of life in 2022 at Sacred Heart College. This magazine will be given to all students on the last day of school, Friday 2 December.

If your student has already finished for the year, you or your student are most welcome to collect your copy from the College Reception after that day.

The Year 12 students will receive their copy, together with other certificates and VCAA paperwork in the mail.

If your student is away, and you are unable to pick up your copy, the yearbook will be given out on the commencement of 2023.

Thank you
Mrs Scarlett - Publications Officer

Year 7 and 8 Exams - Strategies

The end of the year for Year 7 and 8 means examinations are very close. Examinations are always associated with increased stress level. Stress is a natural part of life, and when it is effectively managed it can motivate us to complete work. However, if stress levels are out of control, it can have a significant impact on performance and overall wellbeing.

When we become stressed, it stimulates our nervous system to release adrenaline. If stress is managed, it enables us to stay focused and complete set tasks. Uncontrolled stress leads to continual release of adrenaline, keeping the body in high alert or a state of 'fight or flight'. This means the thinking part of our brain (cerebrum) shuts down, and we are unable to recall answers when in an exam. We won't be able to access our knowledge in our cerebrum until we lower the level of adrenaline (stress).

There are a number of strategies students can use to manage or control their stress level during the exam period. These range from practising mindfulness, meditation, yoga and breathing techniques. Breathing techniques provide a quick and effective management of stress. They can be easily learned and practised, any time, any place and anywhere. You just need to learn to breathe deeply by drawing your breath down into the abdomen, thus reducing shallow breathing associated with stress.

Another technique is Mindfulness, which is focused on being fully present in the moment and experiencing what is taking place around you. Mindfulness is something that should be practised at least once per day. The link ([Mindfulness: An introduction to mindfulness techniques](#)) contains a range of breathing techniques, as well as some Mindfulness training.

Step Up

Our 2023 Year 11 and 12 students are half way through their VCE Step Up programs. Students have been engaged with the Step Up program and have showed a genuine enthusiasm for their selected courses for 2023. They will have tasks to complete over the holiday period, ranging from reading to note taking and responding to questions. While we expect students to rest over the holidays, and take the opportunity to spend time with family and friends, we also expect students to come back in 2023 ready to start the school year having completed their holiday tasks.

Examinations for Year 7 & 8 students

The junior students will complete their examinations next week, and we commend them on their preparation and studious attitude. The skills that are developed through this process will assist the students as they progress through the upper levels of the school in future years.

Subjects for 2023

Students will have their subject lists in the first week of December. This will provide the information that families require for book and stationery purchases.

Outstanding School Fees 2022

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.

BOOKLIST EXPECTATIONS

All booklist information is available on PAM:

Documentation for Families > Booklists

All items included on the Sacred Heart College Booklist are required to support a robust curriculum. Careful consideration is given to the cost incurred by parents/guardians for the purchase of resources when compiling the booklists. Teaching staff are encouraged to ensure book-listed texts and resources are utilised fully. It is a College expectation that parents/guardians will ensure their children begin the school year with the book-listed materials.

CAMPION EDUCATION

- All booklists are available online at www.campion.com.au - you can access this on the SHC website in the My SHC section — Booklists
- The Sacred Heart College, Kyneton four digit code is 7X2X
- Year level and VCE Booklists are now published. They are available in PAM under **Documentation for Families > Booklist Folder**

Campion home delivery (only option) for 2023 and contact details

- Books ordered from the Early English Order Booklist will be posted during the week ending 16 December 2022.
- Year Level Booklist orders: Every effort will be made to deliver your order by 25th January 2023.

See the Campion website for additional information.

Website: www.campion.com.au

Email: help@campion.com.au

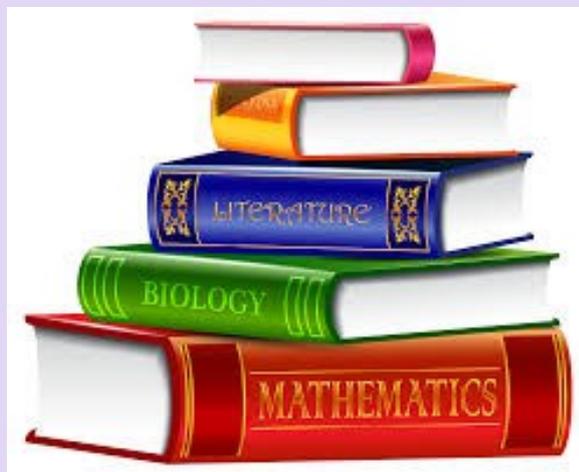
Phone: 1300 433 982

Retail Service Centre: Unit 8,12 Makland Drive DERRIMUT, VIC 3026

FACEBOOK BUY SWAP & SELL

The College has a private Facebook group to facilitate the sale and purchase of good quality second hand uniform and books.

<https://www.facebook.com/groups/1595342064100085/about>





Year 10 & 11
Excellence and Achievement
Awards Ceremony - 17 November 2022

[Click here for the full Awards Booklet](#)



Year 10 Awards of Academic Excellence



Year 11 Awards of Academic Excellence



Year 11 Dux—Taryn Cawley Award - Jemima Cudmore



Year 10 Dux and Dux Proximus - Frida Foerster & Claire Freeman



Year 10 High Achievement Awards for RE



Year 11 High Achievement Awards for RE



Year 10 High Most Improved Student
Katya Drinis



VET Award - **Emily Turner, Tarryn Knights, Sam Bartlett (absent) and Baylee Eve**



VCAL Award - **Benjamin Foskett, Patrick Skipworth and Daniel Chaplin**



Taryn Cawley VCE Japanese Award
Ulani Robert



Mercy Education Award - **Nicolas Hanna**



Zonta Award for STEM - **Frida Foerster**



Springs Medical Award -
Jessie McIntosh and Olivia Tuck



Maria Monzon-White Bequest
Claire Freeman



ADF Long Tan Award
Bella Trethowan



ADF Future Innovators Award
Lewis Gatt



Kwong Lee Dow Young Scholar
D'Arcy Egberts



Margie Noy Education Award
Nicholas Garner & William Barclay



Citizenship Award
Rory Easton & Nicolas Hanna



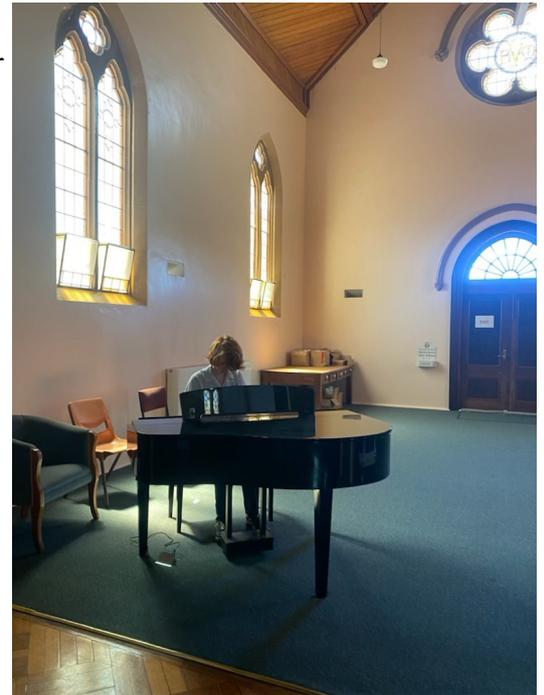
Spirit of SHC Award - Service
Charli Pelham



Spirit of SHC Award - Respect
Cara Beattie

Last week we gathered in the Chapel for a short reflection service to celebrate our final Year 11 RE class. We started our first class of the year in the Chapel, so thought it fitting to end our time together back in the Chapel.

Vio played a lovely reflective piece for us. After a prayer, each student then contributed their words in relation to what beauty meant to them by each reading a small piece from their 'Truth and Beauty' Assessment Task. The words were from their heart, and it was a very moving experience for us all.



Lost Property

We have an abundance of lost property in the Student Office which have no names on them. Items such as:

- Rugby Tops
- Navy Jumpers
- Soft Shell Jackets
- Blazers
- Miscellaneous items and jewellery

If students have lost anything over the year, please come to the office to check if we have it. If you have lost an item of clothing, you can choose one of the items in lost property to replace it, as they have no names on them.

Overdue and lost books

Please, please, please! Have a look at home for any hidden library books and resources and bring them back before the end of the school year.

You can drop resources directly into the blue box in the library, or you can drop it to the staff room to be placed in the library pigeon hole.

If you have misplaced, lost, or damaged a book, let us know so we can alter our catalogue details. We won't get mad - we promise!



Holiday borrowing

If you intend on returning to Sacred Heart in 2023, then please come and borrow books for the holidays. There is nothing better than long, sunny, summer days spent reading and relaxing!

Check out our [Wheelers platform](#) for our suggested holiday reads and don't forget to download the app so you can read or listen on your device from wherever you are.

Happy holiday reading!



SPORTS REPORT

Year 8 State Basketball

Alex Gray and Ruben Hewitt Year 8

Last Monday, the Year 8 Boys Basketball team drove to the Melbourne Sports and Aquatic Centre to play in the SSV State School Basketball Championships.

We won two of the three games we played, including beating the team that won the title! We only lost by a small margin to get into the Grand Final.

It was a fun day and a good experience for us. Thanks to the parents and teachers for coaching, scoring and supporting.



Year 9 Camp - Tasmania!

Full report next week



Year 7 Robotics

This term the Year 7 Robotics students have been busy building and programming their Lego Mindstorm Robots.

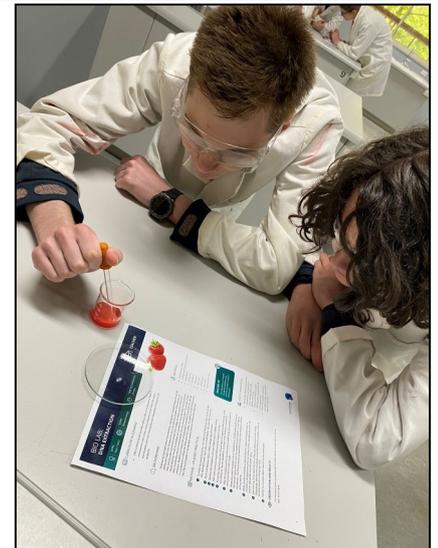
Students were creative with their build designs, and each robot looked slightly different to the others. Block style coding has been used along with a Bluetooth connection to download the program to the Lego robot.

Students have shared Google drives with their partner and teacher, so everyone has access to the different programmed shapes that were created.



Step Up into Unit 3 Biology

As part of the Unit 3 Biology course, students learned about Nucleic Acids in DNA. Then for the practical component the students were required to extract DNA from strawberries. What a great lesson!



Heard it on the Grapevine



Student and Staff Achievements

Chevette Muir - Year 9

Chevette is an aspiring speedway racing car driver, who has now moved up to racing the formula 500 in the juniors section. Chevette experienced her first podium finish, placing third at Swan Hill earlier this year. She comes from a racing family with her father and brothers all in speedway racing.

We wish Chevette all the best of luck with this season's racing!



PEER SUPPORT LEADERS - Jodie Wattie, Head of Junior School

On 11 November our Year 8 students who applied to be a Peer Support Leader for 2023 had their training and selection day.

The students spent the day looking at leadership/mentoring and how to work with our Year 7 students. The afternoon was spent busily planning some wonderful activities that they would be doing with our new Year 7 students next year.

They were nothing short of exceptional. I am confident that next years Year 7 students will be in very good hands and will have some excellent mentors to guide them. The first task is supporting the new students on the Year 7 Orientation day on Tuesday 6 December – Good luck Peer Support Leaders 2023.



During week 4 of this term, our Year 10 students undertook their Structured Workplace Learning Placement. The opportunity for our students to undertake placement has been invaluable. It provided the students with a chance to explore career options and supported them on their career journey. A number of our students have reported that they have received part time employment, others developed their networks in their areas of interest, some reported how it has helped them to identify their personal strengths and skills.



Here are a couple of reflections from our students:

Frida Foerster - Melbourne Zoo: *“It was a great experience and I learned so much about what goes on behind the scenes at the zoo, and also about all their conservation projects. The people were really nice and willing to answer my questions. It gave me a bit of an insight to all of the different jobs there are in a zoo setting and what each role is. I know now that I definitely want to work in the area of conservation, particularly with animals, and that I love the practical side of the work, so would therefore prefer to work out in the field.”*

Charli Shalders - Jason Coleman's Ministry of Dance: *“My placement experience was amazing. I got to dance with people my age who go to the performing arts school. It was so cool to learn about the industry a bit more, and to see what it is like to have your hobby become more of a career.”*

William King - Ozzfit: *“My work placement was awesome, it allowed me to realise how proactive you need to be as an employee, and how important it is to make sure you do the work thoroughly so you don't need to repeat it.”*

Our Year 10 students will receive participation certificates in recognition of their placement and to use in their Career Portfolio.

**2023 Structured Workplace Learning Health Care Placement Opportunity
(Current Year 9 Students)**

Kilmore District Health offers a School Work Experience Program that provides students with an opportunity to gain insight into the Healthcare Industry. Areas of the hospital offering general work experience placements may include: Nursing, Midwifery, Aged Care, Outpatient Clinics, Engineering/Maintenance, Corporate Support, Administration, Health Information.

2023 Victoria Police Work Experience Program at Castlemaine Police Station

The Victoria Police Work Experience Program provides a fantastic opportunity for high school students considering a career within Victoria Police. Students are placed at participating police stations and divisions where they will have the opportunity to observe and learn from our Police Officers, Protective Services Officers, Protective Custody Officers and Victorian Public Service (VPS) personnel.

Students must be a minimum of 15 years of age at the time of placement and completing Year 10 or above. If you are interested in this opportunity, please **register your interest with Mrs Delaney via email by Monday 28 November**. All applicants will be interviewed by the careers team, as the College can only select one student for the placement.

Interested students need to contact Mrs Kristina Delaney by Monday 28 November to provide you with the application process. (Please note applications to the hospital close Monday 9 December 2022.)

COLLEGE NEWS - THE SHOW COMES TO TOWN!

Rain, hail or shine, the Kyneton Show was the place to be. A wide variety of amazing displays and things to do in all the categories of Animals, Clay, Craft, Lego, Wood and Food. Sacred Heart College took out 'The Outstanding School Exhibit' prize for featuring the Year 7 and 8 Art works.



Students at Sacred Heart were not shy to volunteer at the Kyneton Show and enjoyed a few hours of helping the younger visitors enjoy the show.



Year 7 and 8 Japanese

In Term 3, Years 7 and 8 Japanese language students had the opportunity to learn about Pencil and Brush Calligraphy (Shodo). With this new knowledge and skill, we conducted a Sacred Heart competition. The top ten students were then selected to represent the College in the JLTAV Victoria Statewide Calligraphy competition. Students were selected based on the balance, shape, and neatness of strokes and characters.

The following students were presented with some Japanese snacks and a certificate for their efforts.

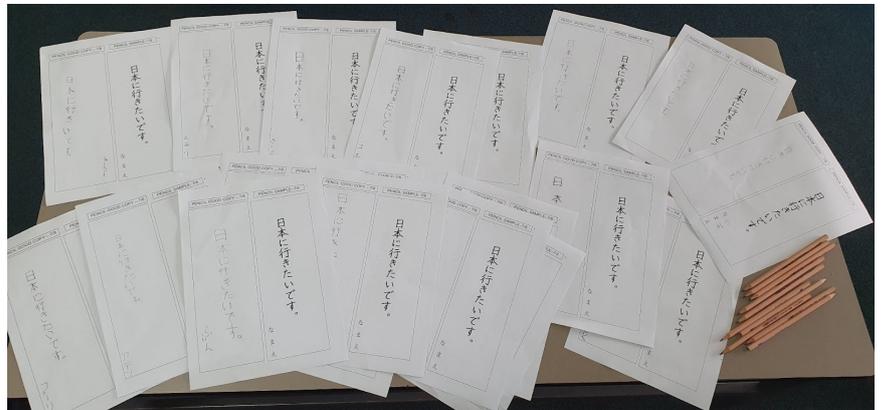
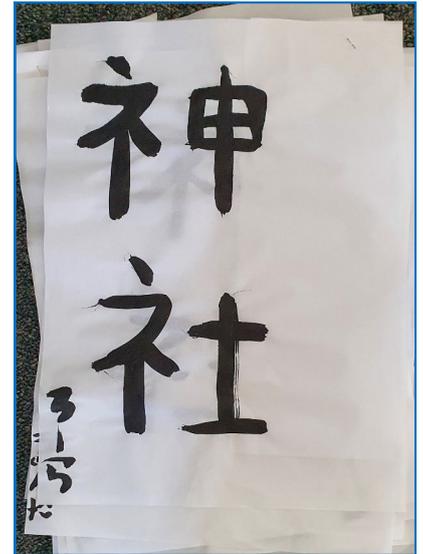
The results of the competition will come out shortly. Best of luck to the following students:

Year 7/8 Pencil Calligraphy Entrants

- Claire Byham
- Coen Cursio-Brundle
- Laura Betts
- Farley Bracken
- Catherine Mahony
- Lily Morrison
- Inga Foerster
- Dylan Bosanko
- Jonah Halvarsson
- Sae Tsuya

Year 7/8 Brush

- Claire Byham
- Benjamin Cudmore
- Quinn Calvert
- Sae Tsuya
- Farley Bracken
- Wynta Callander
- Laura Betts
- Maeve McNamara
- Coen Cursio-Brundle
- Ruben Hewitt



8B students, Emily & Claudia, enjoying creating their Book Trailer in English - Lots of Fun!



EVER CONSIDERED HOSTING A GERMAN EXCHANGE STUDENT?

Host a German exchange student in 2023!



SAGSE
Scholarships for
Australian-German
Student Exchange

Contact our Host Family
Co-Ordinator
Jody on 0438 717 070

Host a German exchange student for 7-8 weeks at the end of Term 2, with a week break in the middle to attend Wintercamp!

Learn about a different culture and make friends from the other side of the world!

Requirements to host:

- In years 10-12 (in 2023)
- Love to discover different cultures
- Enjoy showcasing Australia and exploring your own backyard
- German language skills not required
- If learning German, this is a wonderful opportunity to practice and improve!



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!

Applications open for Scholarships with the Community Bank

Six scholarships are available; 4 x 3 year (\$3,000 per year up to 3 years) and 2 x 1 year (\$1,000) scholarships open to applicants attending University, TAFE or College in 2023. *Applicants are encouraged to apply for both the 3 year and 1 year scholarships.*

2023 Lancefield & Romsey Community Scholarship Program for Tertiary Study (4 scholarships available)

<https://cia.communityenterprisefoundation.com.au/Program/Index/2?programId=4443>

2023 Lancefield & Romsey - Rebecca Harrison Memorial Scholarship (2 scholarships available)

<https://cia.communityenterprisefoundation.com.au/Program/Index/2?programId=4442>



APPLY NOW

Community Bank
Lancefield and Romsey

Lancefield and Romsey Scholarship Program

Need help with the costs of study?

Scholarships are available for students studying full-time at an Australian University, TAFE Institute or College for the first time in 2023.
Applications close Friday 27 January 2023.

bendigobank.com.au/scholarships

Bendigo Bank Community Enterprise Foundation™

Community Bank Scholarships will be funded from management accounts of the Community Enterprise Charitable Fund ABN 12 102 649 968 (the Fund). The Bendigo Centre, Bendigo VIC 3550, Sandhurst Trustees Limited ABN 16 004 030 737 AFSL 237906, a subsidiary of Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL 237879, is the trustee of the Fund. 1409006-1409008 OUT_26615586



Community Bank
Gisborne & District

B Bendigo Bank

2023 Community Bank Gisborne & District Scholarships for University, College or Apprenticeship Study

Open for applications from **Wednesday, 9 November 2022** until **Friday, 27 January 2023**

Community Bank Gisborne & District offers scholarships as part of its investment in local youth. Since opening in 2008, the branch has invested more than \$1.5 million in local community projects and programs including 23 tertiary scholarships.

The scholarships aim to assist motivated students from the Gisborne, Macedon and Riddells Creek area who will be **commencing a bachelor, diploma or apprenticeship course** at an **Australian university, college or TAFE** in 2023 and are experiencing challenging circumstances.

The scholarships award financial support for the following study-related expenses - accommodation costs, course costs, study-related materials/equipment, textbooks, tutoring and /or education-related travel (within Australia).

The scholarship award value is **\$5,000/year for 1-3 years** for the successful recipients, subject to the criteria set out below.

Key qualification criteria include:

- At the time of application, you reside in **postcode 3431, 3437, 3438, 3440 or 3441**.
- You will be studying **full-time or part-time** in an approved Australian course at an Australian university, college or TAFE;
- You graduated from secondary school in **2022 or 2021**;
- You can demonstrate challenging circumstances (financial, social or other) hindering your ability to undertake or succeed at tertiary study; and
- You are a motivated student who can demonstrate community involvement.

For further information email mrcepublicrelations@gmail.com.

Application available here: [2023 application](#)