Prayer

Hail Mary, full of grace.
The Lord is with thee.
Blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

Principal’s Message - Dr Darren Egberts

In the Church's liturgical year, the month of May is especially dedicated to Mary, the Mother of Jesus and gives each of us the opportunity to pray using familiar and traditional forms. In the current world of uncertainty and fear, taking time for reflection and prayer is important for many of us.

Student Feedback on Remote Schooling

Given the complete lack of prior experience, Sacred Heart College has been monitoring the effectiveness and sustainability of the remote learning environment very closely. Over the past week, Year Level Leaders have undertaken a survey of students to gauge their feelings on remote learning. These results will assist with any adjustments that we make as the term progresses. I have included a sample of these.

Year 12 Students

If you were to rate your Mental health at present on a scale of 1-10 (1 being really poor and 5 being really good) what number would you give yourself?

92 responses

- 5 (Really good) 50%
- 4
- 3
- 2
- 1 (really poor) 18.3%

- 1 (really poor) 30.5%
Year 9 Students

How are you going?
73 responses

- Great: 45.2%
- Pretty good: 39.7%
- Tired: 8.2%
- Stressed: 1.4%
- Sad: 0.7%

Were you able to keep up with your work this week?
73 responses

- Yes got it all done: 45.2%
- Yes but I have a bit of homework: 30.1%
- No but I caught up over the weekend: 15.1%
- No I feel overwhelmed by the workload: 9.6%
VCE Practical Classes and SACs

This week saw the trialling of small groups of students attending Sacred Heart to complete School Assessed Coursework (SACs) in Quambi. Students and staff were required to adhere to very strict guidelines in respect of social distancing and hygiene and I congratulate everyone with how this was carried out.

The trialling of procedures for senior students will continue next week with a number of small practical classes to run alongside some SACs.

Reporting and Assessment

The College’s Learning Area Leaders are currently reviewing the format and timeline for our Semester One reports. Clearly they will need to be different to previous years given the substantial changes to content and delivery for students, however, we still plan for them to be available to parents and families by the end of second term.

Yours in Mercy,

Dr Darren Egberts
Principal
Now that we are in our fourth week of remote schooling, many of us are feeling as though we are living a social experiment! How this situation affects people is so varied, and there are many factors which make each person’s situation different. We are very conscious of levels of stamina and workload for students, and are constantly reviewing this in our expectations.

Sacred Heart College Kyneton is a Positive Education school, and as such we are fortunate to have at our disposal many strategies and resources that focus on strengths and building resilience. Focusing on the things that can be controlled, and not on the things that can’t, is a major factor in managing stress and Wellbeing. Looking after ourselves and those we love is the paramount consideration in difficult times such as these.

The Positive Education Institute has produced some excellent resources using the Positive Education principles. The Institute is based at Geelong Grammar and these resources have been endorsed by Catholic Education Melbourne. Here are some different resources for all age groups that you might find useful:

**Wellbeing Resources: Primary (5-12 years old)**

**Wellbeing Resources: Secondary (13-18 years old)**

**Daily Mindfulness**

Parents, carers, educators and students are invited to join our Positive Education consultant and trainer, Andrew Ford, for a short mindfulness practice every weekday in April. Andrew has developed two versions of each session: one for adults & older students, and one for younger students.
The month of May is devoted to Mary

The month of May is dedicated to Our Blessed Mother, Mary. It is a time when the faithful enter into a "moving tribute of faith and love which Catholics in every part of the world pray to the Queen of Heaven. During this month Christians offer up to Mary from their hearts prayer and veneration to the mother of our Lord Jesus Christ. In this month, too, the benefits of God's mercy come down to us from her throne in greater abundance" (Paul VI: Encyclical on the Month of May, no. 1). This Christian custom of dedicating the month of May to the Blessed Virgin arose at the end of the 13th century.

As Mother’s Day is coming this Sunday, we pray to our heavenly mother, Mary. We give thanks for our own mothers, grandmothers, auntsies and those significant wonderful women in our lives. We pray for all women who are with us now and pray especially for our dear ones in heaven. We pray the special prayer dedicated to Mary,

Mary, full of Grace, the Lord is with thee.
Blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners now, and at the hour of our death.
Amen

CATHERINE MCAULEY LIBRARY NEWS - Jodie Warner

Check out the May new releases on our ePlatform here. Here's a list of the Premier’s Reading Challenge books too. How many have you read?

We have an extensive collection of ebooks and audiobooks through our Wheelers eplatform. Click on the icon to access the collection and use your school username and password to log in and borrow.

Year 7 and 8 English classes are being read excerpts from A Velocity of Being: Letters to a Young Reader edited by Maria Popova and Claudia Bedrick during their reading lessons. This week’s reading focused on finding new and novel (pun intended!) places to read. Where’s your favourite place to read at home?

Students should remember to look at our extensive Libguides for assistance with their classes and subjects. They have a huge amount of resources to help with remote learning. Click on the icon to go to our home page. You can also access them from Simon or from this link: https://shckyneton.libguides.com/c.php?g=857366

If you have any questions about reading or would like any recommendations then email me at jwarner@shckyneton.catholic.edu.au and I can send some back to you.
Reminder: Maths Tutorials Via Zoom!

The Maths Department is trialling Maths tutorials via Zoom! These will run on Wednesdays between 3:40pm and 5:00pm. We are posting the links in a Google Classroom each week (depending on the number of students who come, and the staff who are available, we may run more than one meeting concurrently). We will have staff from the junior and senior school available to answer questions.

If students have questions they are getting stuck on, or if they would like a little bit more assistance, they are welcome to join the classroom. The Google Classroom code to use is w6xu5nn

If you would like to ask any questions, please contact me via: rdunn@shckyneton.catholic.edu.au

WELLBEING TEAM NEWS

SHC - FAMILY MATTERS

SHC Family Matters is a weekly resource page, which provides SHC families with a valuable resource to help create resilient families. From the everyday debate over pocket money, homework, and bedrooms to the serious issues of relationships, depression and youth suicide, these practical tips offer parents practical solutions to common problems of parenting teenagers.

Each week a topic sheet (based on Andrew Fuller’s popular book ‘Raising Real People’), will be provided in the newsletter and online (link here). Enjoy these resources, which are always informative and often humorous. As always, the School Counsellors at the Heart Wellbeing Centre are always available should your young person be in need of further support.
Debating has been going strong despite the COVID lockdown. We have continued to meet every Wednesday lunchtime via Zoom and we just wanted to update the school community on some of the activities we have been undertaking and skills we have been learning.

This week, we had Alex Lonergan deliver a speech on the topic that Australia is a good international citizen. Alex raised some great points about Australia’s contribution to environmental efforts and offering employment for international citizens.

By sharing my zoom screen, we were all able to watch the first speaker affirmative in an American debate on the sustainability of current American water practices. After training in how to use Debate Association of Victoria’s scoring guides and margins, we implemented this knowledge to score and comment on the speech we viewed. Students have documented their comments and scores in tables, which have been posted on the debating Google Classroom for discussion at next week’s Wednesday lunchtime meeting.

Last week, Jake delivered an excellent speech on the topic of universities using personal qualities and not just basing admission on ATAR scores. Jake raised some great points about the potentiality for bias in such a situation. He provided some solid evidence to support his points and used structure and sign posting clearly.

Next week, we are aiming to discuss our scores and comments for the debate we viewed today, as well as starting to prepare some speeches to debate the topic ‘That Victorian children should return to school’—a topical one, that is already inflaming passions!

It is inspiring that students continue to turn up for debating meetings during this time of lockdown and it has been my great privilege to continue to host debating sessions. I look very much forward to watching the students further develop their speaking skills in the next few weeks.

Be Winter Well with Asthma

Many people experience an increase in asthma symptoms and find their asthma harder to control during winter.

Emergency department presentations and hospitalisation rates peak during the winter months and early Spring (June – September) which is likely due to the increase in respiratory infections and the annual Winter flu season.

There tend to be more asthma triggers around during the winter season – including colder weather, colds and flu viruses, unhealthy eating habits and poor indoor air quality. So, if you experience an increase in your asthma symptoms over winter, you’re not alone. But, you don’t need to put up with these symptoms.

Follow the information below to help reduce the likelihood of asthma triggers and download (PDF 2MB) our checklist to be winter well with asthma.

Asthma Australia has recently released three apps to assist people with asthma. Click on each below to find out more about why the app was created, how it can help you, and where to download it.

- Asthma App
- Asthma First Aid App
- Kiss My Asthma App
The VCAL students are required to write journal entries as part of their ‘Living Through History’ unit in VCAL Literacy. Here is the first journal entry received from Declan Whitehouse. It’s a really good insight into how our Year 12 VCAL students are travelling.

**Journal Entry 1 - Declan Whitehouse**

“To me, this pandemic situation is so surreal. I don’t think anyone really predicted this would happen. It almost feels like I’m in a movie or something. Many people are struggling being stuck at home, but to be honest, I find it to be not all that bad.

Besides not being able to see my mates, or go anywhere, I am getting a lot of work done including schoolwork and work around the house. I find it easier to concentrate at home and I can make myself a cuppa without being yelled at by the teachers. Even though my sleep schedule is a little messed up due to staying up till 4 in the morning playing games with the boys, I still manage to be motivated to get work done. I actually like the zoom meetings, it is easy to join them and you can still talk to the teacher and ask questions.

Along with all the pros there are some cons. I feel like I am starting to drift from many people since social media is not the best way to stay close, but I think when all this is over we will definitely see each other again as if nothing happened. I do get very bored sometimes, but then that leads to me learning and doing new things, I cook a lot more, I build stuff down in the shed, I watch a lot of YouTube on interesting stuff and that teaches me new things too.

These are hard times but I feel like I am becoming more persistent and I am trying my best to become a better person. I have a workout routine now so I still get exercise and that makes me feel better. I do think even though there is a lot of bad things happening, a lot of good things are happening too”.

**Junior RE News - Ms Victoria Mackay, Religious Education Learning Area Leader 7-9**

This Term in Junior RE, Year 7 students are exploring ‘our common home’. They have been praying Pope Francis’s prayers, studying various cultural creation myths, and contemplating nature.

Part of their assessment task has been to create postcards on three of their special places. Below are a few of these postcards, these have been created by 7D students Darcie Carrucan and Reeve Smith.
During Term 3 the Year 12 English students were to attend a production of our major text study, *The Women of Troy*. In light of the closure of theatre productions we were thrilled to support the Complete Works’ Theatre Company by subscribing to the performance delivered digitally. The play explores the role of the gods and the morality of men who seek revenge.

Students indicated that benefits of viewing the performance allowed students to develop a deeper understanding of character motivations and reactions to events. The visual depiction showed characters’ relationships and perceptions about events in the play.

The play was followed with a question and answer session with the cast and director, all of whom have detailed knowledge of the play, the language, and its historical context. Their deliberations on characters and how to portray them added another layer of understanding for the students.

A s an actor I deliberated a lot of how to play that. The last moment of sanctuary that they have, that the women have, that they have been given by Talthybius to perform, however meagre it is, a ritual burial for the child, but, also Hector’s burial because it’s like the uniting of the son and the father with the beautiful disc of the shield that’s going to be his protector.

The effect of culturally enriching activities such as these enable the students to explore the social perspectives from different angles and, ultimately, enhance their reflection on the texts.
Product Title: Brandy Snaps
I put butter, sugar and golden syrup in a sauce pan and placed it on a medium heat, letting the butter and sugar melt together with the syrup.

In a different bowl I added the flour and ginger and mixed together

Then when the butter and sugar was melted together nicely with the syrup, I took it off the heat and let it cool for 1 minute.

Then added the flour and ginger to the mix and mixed until it was well combined

Then I got a teaspoon and roll out 2-3 balls at a time and baked in the oven at 180 degrees for 3 minutes or until it’s was all bubbling.

Once out of the oven I let them cool for a 1-2 minutes, then used something with a round handle (like a wooden spoon) and quickly moulded each one and set aside to cool. Once all were cooled completely, I placed cream, icing sugar and brandy in a bowl and whipped until thick. Then put it into a piping bag and full each snap with cream.

<table>
<thead>
<tr>
<th>SENSORY EVALUATION</th>
<th>STUDENT</th>
<th>FAMILY MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>TASTE</td>
<td>Creamy and sweet</td>
<td>Was crunchy and sweet, but not too</td>
</tr>
<tr>
<td></td>
<td></td>
<td>sweet</td>
</tr>
<tr>
<td>TEXTURE</td>
<td>Crunchy and smooth</td>
<td>Crunchy, smooth</td>
</tr>
<tr>
<td>APPEARANCE</td>
<td>Crispy, brown and crisp</td>
<td>Crispy, soft, fragile</td>
</tr>
<tr>
<td>AROMA</td>
<td>Sweet</td>
<td>Sweet and strong</td>
</tr>
<tr>
<td>OVERALL THOUGHTS ON THE PRODUCT PRODUCED</td>
<td>It was a lot easier than I thought it was going to be</td>
<td>Did a very good job</td>
</tr>
</tbody>
</table>
Well after a few weeks iso/lockdown hiatus, ARTS SPOT is back and ready to show some amazingly creative works that students and staff have been doing.

Artwork of the week
Our artwork of the week is a stop motion video produced in Year 9 Media by Noah Morris. Here are some screen shots...but students can head to our 'work in progress' website below to check out the video in full.

SHCK Arts Website

We are in the process of setting up an Arts Website to share student work during this time. We would love students to submit work you are proud of, be it ART, MEDIA, VCD, MUSIC, DRAMA, TEXTILES.
At this stage students can access the 'work in progress' website at:

https://sites.google.com/a/shckyneton.catholic.edu.au/arts/home

Please email scaddey@shckyneton.catholic.edu.au to show us what creative work you have been doing.
CAREERS NEWS - Karina Wheeler

Career Tools Website

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

An alternative to the cancelled TIS - Attend A Virtual Careers Expo

Due to COVID-19 the TIS Careers event scheduled for Wednesday 5 May in Quambi has unfortunately been cancelled. The Careers team would love for students and parents to take some time instead to visit this amazing National Virtual Careers Expo offered online this week.

The Expo will run over two days:
Thursday 7 May 12.00noon to 8.00pm
& Friday 8 May 2020 from 9.00am to 8.00pm

Some of the exhibitors include ACU, Deakin, Federation, JMC Academy, LaTrobe, Melbourne Polytechnic, Monash, RMIT, SAE, Swinburne, VTAC, Victoria University and William Angliss.

Students are encouraged to register for this innovative event at Virtual Careers Expo by clicking on the link Click here

2021 Early Entry Programs now open - CAP at ACU and ASPIRE at La Trobe

Careers have received the information from both the Early Entry Programs offered by ACU and La Trobe.

ACU CAP program (Early Entry Program) and ASPIRE program (Early Entry Program). Both programs recognise community volunteering/leadership/coaching/mentoring.

The Community Achiever Program (CAP) offers future students who are active in their community early offers to their undergraduate course of choice. From regularly volunteering in their community, to representing their school or house in a leadership role, we urge all eligible students to apply. Successful students could receive an offer to study with us as early as August.

Due to COVID-19 social distancing protocols, we understand most people are not able to volunteer right now. Our admissions team will take this into consideration, and students should not let current restrictions deter them from applying. Apply here

Please note that closing dates for CAP applications vary based on the campus you wish to apply for.

La Trobe Aspire Program has now opened its doors to applications information can be found at: https://www.latrobe.edu.au/study/aspire Please note ASPIRE applications close 31 August 2020.
COMMUNITY NEWS

MACEDON RANGES YOUTH PROGRAM

Are you an artist, a writer, a comedian, or a poet or interested in designing and editing?

Macedon Ranges Youth are looking for content creators for our new zine.

You can submit anything that you think is interesting and if your work is published you receive a prize!

If you’d like to be an editor, or are interested in getting your content published, we’d love to hear from you.

For more information contact Chris at cfox@mrsc.vic.gov.au

Chris Fox - Youth Engagement Program Officer
Youth Development Unit