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HEARTS

Newsletter

Issue 4, 2018

Thursday 22 March 2018 (Week 8, Term 1)

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SACRED HEART COLLEGE



From the Principal

Dear members of the Sacred Heart College community

Holy Week

Next week we commemorate and celebrate Jesus' Passion, Death and Resurrection, commonly referred to as Holy Week.

Last year I was privileged to join with twenty or so colleagues from across Marist Schools Australia and undertook a pilgrimage which encompassed the Holy Land, Rome and Champagnat country around Lyon in France. Amongst the more memorable highlights was most definitely our time in Jerusalem. Even two thousand years later, there is a sense of the sacred and remnants from Jesus' time of ministry, suffering, death and resurrection.

Atop the Mount of Olives there is a fine view of Jerusalem and upon descending we spent time in the Garden of Gethsemane amidst the gnarled and ancient olive trees. Spending time in this aesthetic, knowing well the gospel stories, many a deep thought came to mind. Amongst these - what are the key points of this period of Jesus' life? We venture to Caiphas' Palace on the outskirts of Jerusalem and visit the cell in which Jesus was held before being handed to Pontius Pilate. It's below ground, dank and eerie. The air is thick with dust, the cell hewn into the rock. What was he thinking whilst in this place?

Early one morning, before dawn, we undertake the Via Dolorosa - the Way of Suffering. Other pilgrims are doing likewise in a range of languages. We retrace Jesus footsteps. The final Station of the Cross is the aedicule, the Tomb of Christ.





So, what resonates from this experience? There are many points which come to mind but I am most challenged by Jesus' notion of forgiveness. 'Forgive them Father for they know what they do!' (Luke 23:34)

In Jesus' words we see his willingness. We see his willingness to forgive. Whatever we learn, we must learn this: Jesus is willing and eager for this Father to forgive even the ones who committed this great act of injustice, the ones who were unfairly, unjustly, grotesquely torturing him. Jesus is like his Father, "not wishing that any should perish, but that all should reach repentance" (2 Peter 3:9). (<https://www.challies.com/articles/for-they-know-not-what-they-do/>)

Wow! How do we make sense of this? I'm reminded of Archbishop Desmond Tutu's observation of Nelson Mandela when he attained freedom after being imprisoned for 27 - yes, 27 years: *Before Nelson Mandela was arrested in 1962, he was an angry, relatively young man. He founded the ANC's military wing. When he was released, he surprised everyone because he was talking about reconciliation and forgiveness and not about revenge.*

And another 'giant' of the twentieth century, Martin Luther King Junior: *Forgiveness does not mean ignoring what has been done or putting a false label on an evil act. It means, rather, that the evil act no longer remains as a barrier to the relationship. Forgiveness is a catalyst creating the atmosphere necessary for a fresh start and a new beginning.*

Jesus' death and resurrection is the most significant catalyst for Christians to start afresh, create a new beginning with ourselves, our families, each other and our God!

Easter Blessings to all and a special invitation to all members of the Sacred Heart community to our annual Stations of the Cross to be held at Paringa Hall on Good Friday, commencing at 12 noon.

Pax Christ!

Steve Byrne
Principal

Please join the Brighton Parish
Community for the annual

Stations of the Cross

12.00pm noon Good Friday
Sacred Heart College Senior School



All are Welcome!



BULLYING. NO WAY!

SAFE AUSTRALIAN SCHOOLS. TOGETHER.

From the Deputy Principal

National Day of Action Against Bullying and Violence

Last Friday 16 March, was the National Day of Action Against Bullying and Violence. Students were involved in various activities on the day to demonstrate a commitment to taking a stand against bullying.

At Sacred Heart College we aim to create a safe and supportive school community for everyone. Sometimes, it can be difficult for parents or carers to know what to do when their child talks to them about bullying. You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

If your child talks to you about bullying:

1. **Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need to: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.
2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like "That sounds really hard to deal with. No one should have to put up with that." or "I'm so glad you told me. You should be able to feel safe at school; that's not fair at all."
3. **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.
4. **Visit** www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident. In addition, visit www.shc.sa.edu.au to view a copy of the Sacred Heart College Harassment Policy.
5. **Contact** the College. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's teacher. Contact the College immediately if you have a concern about your child's safety.
6. **Check in regularly** with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

If you are looking for support for yourself to deal with a bullying situation, you will find ideas at the Bullying. No Way! [website](#) for parents. As well, please contact the College if you would like to discuss any aspect of our approach to preventing bullying.

Thanks for your support to make our College a great school for everyone.

Daniel Lynch
Deputy Principal



Champagnat Campus Update

Last week we held our termly Amalgamation Forum following on from the well-attended forums held in 2017. The latest forum had a focus on Positive Education and also included updates on the development of timetables, leadership structures, building and uniforms offerings. For those unable to attend the forum, a brief overview of areas covered is provided below.

Timetables

In developing the timetable for Champagnat Campus we consulted with Marymount, Middle School and Senior School staff to develop a draft timetable that we believe will cater for all learners in learning and wellbeing. We are delighted to be working in partnership with colleagues from the Senior School as we look at creating multiple and varied curriculum pathways for learners from Years 7 – 12. Some basic elements of the Champagnat Campus timetable include:

Year 7/8

- One timetable for the year
- 4 x 80 min lessons daily (with option of single 40 minute lessons)
- Vertically grouped House based home-room
- Exposure to variety of Arts and Technology experiences.

Year 9

- Timetable divided into Semester A and Semester B
- 4 x 80 min lessons daily (with option of single 40 minute lessons)
- Rite Journey program (single gendered lessons)
- Vertically grouped House based home-room
- In addition to core learning areas, involvement in 6 electives throughout the course of the year from Arts, Technology and General areas.

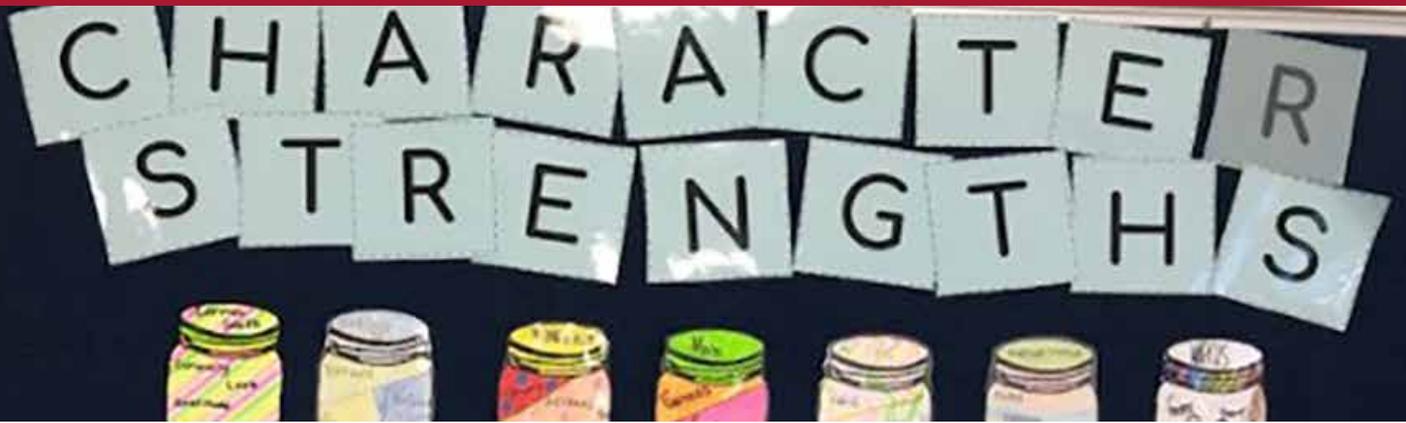
Leadership Structures

Leadership structures for the campus have been drafted using the following themes:

- Marist Mission & Catholic Identity
- Learning
- Student Wellbeing
- Enrichment
- Professional Practice

Building Update

Building works are in full swing at Mitchell Park and we are looking forward to seeing things develop further in the coming weeks. Our next “Champagnat Forum” will be held in Term 2 at Mitchell Park and will give families a greater insight into the scope of the building works occurring this year.



Positive Education

A short yet highly effective YouTube clip was shared that spoke simply about what Positive Education is! Click [here](#) if you would like to watch the brief 2 ½ minute YouTube. All learners and staff at Marymount and the Middle School have spent time finding out about their own personal character strengths. We invite all families to find out more about their own character strengths through completing the VIA Character Strengths [Survey](#).

Uniform Update

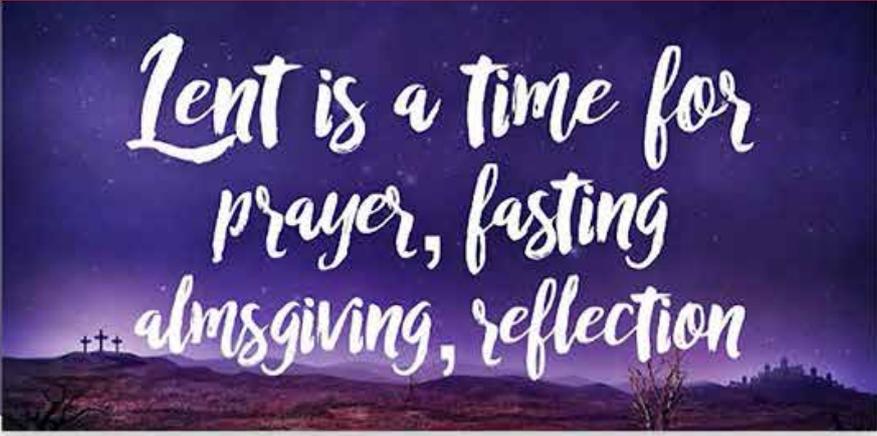
Uniform samples are being collected as we refine possibilities for an alternative uniform for female learners across the college, with options for both shorts and trousers being explored. While discernment over cut and style of garments continues, we are expecting shorts and trousers to be implemented as alternative option for girls at the beginning of 2019.

Last week's Forum was technically the last of the "Amalgamation Forums" as the amalgamation between Marymount College and Sacred Heart has officially occurred! We will, however, continue to hold ongoing and newly named "Champagnat Forums", each term to keep our community abreast of developments as we move closer to the opening of Champagnat Campus in 2019.

Shana Bennett

Assistant to the Principal - Champagnat Project





Lent is a time for
prayer, fasting
almsgiving, reflection

Lenten Reflection

I have come to believe that friendship with God can lead us to have compassion for God. I sense that God is pleased that I share the burden. Moreover, I have found myself growing in the ability to listen with compassion to stories of heartache, pain and sorrow. It is not easy to listen to such stories, but I find myself consoled and grateful that I am more able to do so. I wonder whether God is hoping for more and more adult friends who are willing to share God's own pain and thus grow in the ability to listen with compassion to others.

Adapted from Living Lent Daily, 13th March 2018, Loyola Press.

Stations of the Cross

All staff, students, families and community members are invited to the Stations of the Cross held at the Senior School at 12 noon on Good Friday 30 April.

ANZAC Day Eve Mass – Tuesday 24 April

ANZAC Day is an important date not only in the Australian calendar but also in our Catholic Calendar. Each year, Archbishop Philip Wilson celebrates the ANZAC Day Vigil Mass in St Francis Xavier's Cathedral at 5.45pm. For more information, please contact the Catholic Diocesan Centre.

Tamara Smith

Coordinator of Marist Mission



Holy Thursday Early Dismissal

We remind parents that on **Thursday 29 April**, Marymount girls will be **dismissed at 1.10pm** (school closes at 1.45pm), Middle school boys will be **dismissed at 1.00pm** (school closes at 1.30pm) and Senior school students will be **dismissed at 1.24pm** (school closes at 2.00pm). We ask families for their support in making arrangements to collect their children.



Host Family Required (short term)

We are looking for a family who would like to be part of a Rotary Youth Exchange Program for either a 6 week or 3 month term. **Marie Moben** is from France and has been with the SHC school community since July 2017 and will be heading home mid July this year. The Rotary Exchange Program involves 4 families hosting Marie over a 12 month period. Marie has been with 3 families already and this has been an enriching experience for all parties. The exchange of culture and lifestyle has been informative and lots of fun.

Greg and Mary Walkington (daughter Sarah) are current parents of SHC, who hosted Marie for the 1st month and would be happy to have a chat and answer any questions. Greg's number is 0417 886 623 and Mary 0418 838 032.

The Exchange Program is run by Rotary International who provide full support. Standard Police Checks and DCSI clearance is required and assistance will be given to meet these requirements.

Please contact Greg or Mary to discuss further if interested.



Careers Newsletter

Please view our latest edition of the **SHC Careers Newsletter** <https://www.shc.sa.edu.au/careers-newsletters.html>



College Uniform Shop

43 Oaklands Road, Somerton Park

Telephone: 8350 2586

MasterCard, Visa Card and EFTPOS available

Term Trading Times

Tuesdays 1.00pm - 6.00pm

Wednesdays 8.00am - 4.30pm

Thursdays 1.00pm - 6.00pm

Second-hand Uniforms

Neat, current uniforms are accepted for re-sale during shop hours. All submissions MUST BE RECENTLY laundered. For further information and price lists, please visit the College [website](#).

Lisa Harvey

College Uniform Shop



Entertainment Books

Entertainment™ Memberships are available for purchase from Sacred Heart College Senior or Marymount Campus. Priced at **\$70**, Entertainment™ Memberships have hundreds of up to 50% off and 2-for-1 offers for restaurants, cafés, movies, attractions, hotels, shopping, accommodation and travel. You have the choice of purchasing the Entertainment Book Membership with gold card and vouchers OR the Digital Membership (for your Apple or Android device). The Digital Membership allows you to show your phone to redeem offers as well as search for businesses and keep track of your savings (and can be shared with another device).

Should you wish to purchase an Entertainment Book or Digital Membership, you can pre-order by paying online using your credit card right now. Offers for digital memberships and book collection are expected by Week 11 of this term.

To purchase online, visit the Entertainment Book website for [Sacred Heart Senior](#) or [Marymount Campus](#). For enquiries please contact Karen Bailey (SHCS) karenbailey@shc.sa.edu.au or Coralie Bandiera (MC) coraliebandiera@shc.sa.edu.au

Each book raises \$13 for Remar to use for social justice projects - so it's a great cause. The memberships also "pay for themselves" very quickly when used for movie vouchers, dining offers, travel accommodation or just by using them for "everyday" things like discounted supermarket shopping vouchers. Many thanks for your support.

What's On?

WHOLE SCHOOL	MARYMOUNT CAMPUS	MIDDLE SCHOOL	SENIOR SCHOOL
<p>Thu 29 March Holy Thursday Early Dismissal (see each Campus for times)</p> <p>Fri 30 March - Mon 2 April BOARDERS' EXEAT</p> <p>Sat 5 May Paringa Hall Open Day 9.30am - 12 noon</p>	<p>Mon 26 March Marymount Swimming Carnival (SA Aquatic Centre) 8.35am - 3.15pm</p> <p>Wed 28 March Y6/9 Big Sister Little Sister (Windsor Theatre) 12.30pm - 3.00pm</p> <p>Thu 29 March Holy Thursday Early Dismissal 1.10pm</p> <p>Tue 3 April Walk for Water (Caritas) Easter Liturgy 10.30am</p> <p>Thu 5 April Y7 Caritas Café 1.00pm - 2.00pm</p> <p>Mon 9 - Thu 12 April Y7 Canberra Tour</p> <p>Fri 13 April Term 1 concludes 3.15pm</p> <p>Mon 30 April Term 2 commences 8.35am</p> <p>Fri 4 - Sun 6 May Generations in Jazz (Mount Gambier)</p> <p>Tue 8 May Mother's Day Assembly 10.30am</p> <p>Tue 15 - Thu 17 May NAPLAN</p>	<p>Fri 23 March Y9 Rite Journey Activities Day (Mega Adventure) 8.40am - 3.15pm</p> <p>Wed 28 March Y9 Halogen Leaders Day (Convention Centre)</p> <p>Thu 29 March Holy Thursday Presentation 12.15pm - 1.00pm Holy Thursday Early Dismissal 1.00pm</p> <p>Tue 3 April Easter Liturgy 10.25am</p> <p>Wed 4 April Time Warp Italian Theatre 11.30am - 1.30pm</p> <p>Fri 13 April GNA Assembly (the Hall) 9.00am - 10.00am Term 1 concludes 3.15pm</p> <p>Mon 30 April Term 2 commences 8.40am</p> <p>Mon 14 May Y7 Celebration of Significant Women 9.00am - 10.00am</p> <p>Tue 15 - Thu 17 May NAPLAN</p>	<p>Mon 26 March RP Focus Day 1 9.00am - 1.30pm</p> <p>Wed 28 March Y11 Halogen Leaders Day (Convention Centre)</p> <p>Thu 29 March Holy Thursday Early Dismissal 1.24pm</p> <p>Thu 5 April Y12 PTN (Function Centre) 4.15pm - 7.15pm</p> <p>Sat 7 April Y12 Formal (Adelaide Entertainment Centre) 6.30pm - 11.00pm</p> <p>Mon 9 April Y10/11 PTN (Function Centre) 2.15pm - 7.15pm</p> <p>Wed 11 April Y10 RAA Street Smart High (Convention Centre) 8.45pm - 3.30pm Parent Info Night - Kirrilee Smout (Debourg Centre) 7.00pm - 8.30pm</p> <p>Fri 13 April Term 1 concludes 3.30pm</p> <p>Mon 30 April Term 2 commences 8.40am</p> <p>Wed 2 May ANZAC Assembly (Marist Hall) 9.00am - 10.20am</p> <p>Fri 4 - Sun 6 May Generations in Jazz (Mount Gambier)</p>



From the Head of Champagnat Campus

Champagnat Project – Parent Forum

Our recent Parent Amalgamation Forum was again well-attended and provided an opportunity to share updates with families surrounding our preparation for the Champagnat Campus. The theme was Positive Education, with key leaders sharing their insights into the program that underpins our classroom practice and dialogue. Information surrounding Positive Education along with key points discussed at the forum can be found in the [Champagnat Campus Update](#) section of this Hearts Newsletter.

Parent Teacher Meetings

Parents and teachers gathered this week to open dialogue about learning and student progress. Parent Teacher/Learner Meetings are an important occasion where our girls are encouraged to engage in conversation with their parents/caregivers and teachers about academic strengths and opportunities for growth moving forward. We value these evenings and the support of our families in their attendance. We continue to be grateful for our shared partnership. If you were unable to connect with one of your daughters teachers this week, please send them an email or contact our Reception on **8179 4400**. Our teachers will then make contact to discuss your daughters learning.

Campus Assembly

Last week we gathered as a Marymount community to launch the ‘Bullying No Way’ campaign as well as a number of student driven initiatives. The MLG facilitated the assembly and shared their experiences and work to date. The girl’s passion for injustice and wellbeing was clear as they articulated their thoughts and ideas with confidence and conviction. In the last fortnight our MLG, YEP and SHAKARE groups, with the support of our teachers and counsellors, have raised awareness through the following initiatives:

- Herd for Hope
- Walk for Water
- Close the Gap
- Bullying No Way
- Harmony Day
- Acts of kindness Jars
- Easter cards and gifts for Townsend House.

Social outreach is a lived reality at Marymount Campus and I congratulate the girls on their commitment and student driven initiatives.

Kate Kilpatrick

Head of Champagnat Campus

Click [here](#) to see the timelapse of organising this amazing image!





From the Assistant to Head of Campus

In Term 3, Sacred Heart College – Marymount Campus is pleased again to be able to host a group of students from Musashino Girls' School from **Sunday 29 July to Thursday 9 August**. The 10 Japanese students will come to Marymount Campus every day and spend time practising English, visiting the sights of Adelaide and mixing with Marymount students. This will be a wonderful opportunity for all our students to learn about the Japanese culture and make new friends.

We are looking for some families to host the students who will be coming here. In the past, many of the families have found this to be a great experience for all. Families also receive financial reimbursement for being involved in this program. An orientation evening with families will occur prior to the Musashino students' arrival.

If you are interested in hosting a Japanese student, a current Catholic Police check (CPC) is required for all household members aged 15 years and older. These can be organised through Marymount Reception. We ask that if you are interested in hosting a student and Police Checks are required/need to be updated, that this occurs ASAP, as they do take up to 6 weeks to complete. Families are unable to host a student if Police Checks are not in place.

Thank you to the families who have already volunteered. If you are interested, please email me directly.

Kate Bawden

Assistant to the Head of Campus

katebawden@shc.sa.edu.au



National Day of Action against Bullying & Violence AND Harmony Day

Marymount Campus celebrated these two significant days over the past week. At the assembly last week, Head of Campus Kate Kilpatrick raised awareness of bullying with a short presentation which included its impact over the long term. Many classes shared a circle time which covered the definition, types and support for victims of bullying. A display in the library included informative books and posters on the issue. The staff wore orange on Friday as a pertinent reminder of our support for a safe, inclusive school environment for all.

Wednesday 21 March commemorated **Harmony Day**. The day is about respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values. As a whole school initiative, the students formed the shape of a peace sign on the oval and held up orange cards as a reminder of the importance of freedom of ideas and the encouragement of mutual understanding and appreciation.



The National Day of Action against Bullying & Violence AND Harmony Day supplement the school's **all year round** emphasis on respectful relationships.

Liz Stewart

Director of Students





Caritas Fun Run/Walk

Last Friday students from the campuses of both Marymount and the Middle School supported the Caritas Fun Run/Walk which involved Year 5 students from our Parish Partnership schools.

Hundreds of children from St Martin de Porres, St Bernadette's, St Teresa's Brighton, Stella Maris, St Anthony's, Our Lady of Grace and Christ the King walked from Marymount to Glenelg South and back. Sacred Heart boys and Marymount girls worked together in small groups at water stations along the route to make sure the children were well hydrated, safe and, most importantly, having fun. After their physical workout students enjoyed a sausage from the BBQ and again, the Middle boys and Marymount girls kept the children busy playing lunchtime games.

"I enjoyed running around, exercising and watching the little kids running and raising money was inspiring"

Oliver Nalepa, Year 9 Mission Captain

"I enjoyed being able to experience what people have to go through everyday just to get water or to walk to school."

Fiona McCarl, Wellbeing Captain

"I got to be on tomato sauce at the BBQ. I enjoyed drowning people's sausages and making people laugh"

Ben Tee, Chanel Deputy House Captain

"It was fun helping the Year 5s and meeting new people."

Maisie-Mae Foley, Environmental Captain

Thanks to the Youth Ministers Dylan and Sara who organised this event and who supported and encouraged the collaboration of all these Catholic schools. Our sense of Family Spirit is truly alive in these great events.



Herd of Hope

By Fiona McCarl
Wellbeing Captain

Marymount was recently given the opportunity to take part in a worthy cause and show our support for an organisation called Herd of Hope. Herd of Hope is an organisation centred around providing people in rural areas of Australia with organ transplants, nurses to follow up the surgery so that they don't have to relocate to the city. In addition to this, they also provide counselling for loved ones of people who have passed away due to organ failure.

This organisation will be holding an event to raise awareness for this. To support this, the Marymount community took this opportunity to show their support and decorate 10 of the cow cut-outs which will be included in the parade alongside 40 real life cows to walk down Bondi Beach.

This was an great opportunity to get involved and raise awareness in our community.





Year 8 Focus

Reflection Camp

By Rahni Pawelski & Lily Weber
8 Topaz

In Week 6, the Year 8 students of Marymount Campus enjoyed a 3 day camp/wellbeing experience at Adare Camp in Victor Harbor. The camp was run by Beyond Limits, which is made up of a team of enthusiastic and lively instructors who lead us during the many enjoyable outdoor activities including Body-boarding, Raft Making, Biking and Beach Games. Our camp included some fun competition between the classes who were called 'Tribes' and had a point system based on our levels of participation, encouragement and teamwork.

On our second day, we spent the day doing reflective activities around the theme of 'hope.' There was a focus on Marcellin Champagnat and transitioning into a Marist School Community which was led by our youth ministers. There were some heavy discussions had but seeing each others' emotions bonded us together.

The whole Adare Camp was a great experience. The venue was comfortable and inviting and we enjoyed each other's company. We will have wonderful memories.

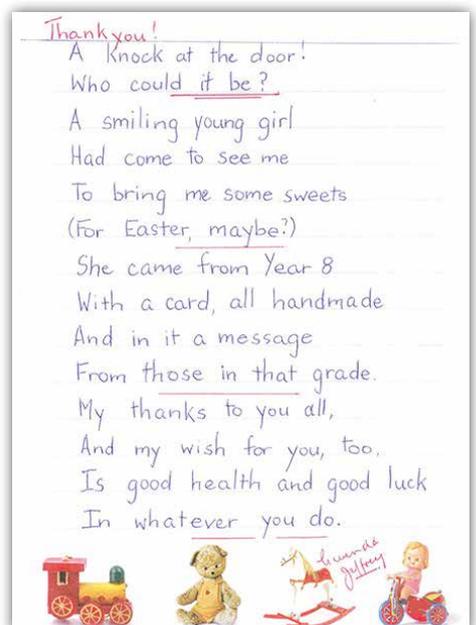
[Please view our Year 8 Camp gallery >](#)

Outreach Activity

By Charlotte Clarke
8 Topaz

While on camp at Adare, one of the activities our year level participated in was to make Chocolate Fudge and Easter cards for the residents of our school's local retirement village. Using the 'quilling' craft technique we made Easter cards to go along with the fudge. We had a lot of fun and felt proud knowing that we were giving back to our community.

The day after we came back from camp, the Year 8 Class Captains hand delivered the treats to the residents. Seeing how happy and grateful the citizens were when they saw us visiting with a gift, was a really special experience to be a part of.





Marymount Swimming Carnival

On **Monday 26 March** we will be holding our Marymount Swimming Carnival at the SA Aquatic & Leisure Centre (443 Morphett Road Oaklands Park). This is a compulsory whole school community event for all girls. Parents/caregivers and friends are also warmly invited to join us on this day.



Admin Reminders

Email Messages

All communications to your daughter/s from Marymount Reception is via email. Please remind your daughter it is her responsibility to **check her email for messages**. A good time to check is at the beginning and end of each day.

Absentees/Lateness

Parents/caregivers are also reminded to call the **Absentee Line 8179 4444** for all absences/lateness - you may wish to send a follow-up email to the home group teacher, after you have left a message on the absentee line.

Exemption from School Attendance

If your daughter is going to be absent for MORE than five (5) days, an **ED175 Exemption from School** form needs to be completed. The Application Form (ED175) is available from Marymount Campus Reception or you can download it [here](#). The Head of Campus will approve the leave if they are satisfied with the reasons provided by the parent/caregiver for the exemption and you will be notified via SMS. It is South West Region policy that normal fees are paid during an absence of this kind.



Marymount Canteen Roster

WEEK 9

Monday 26 March
Marymount Swimming
Carnival

Tuesday 27 March
Claudia de Corcoran

Wednesday 28 March
Leanne Suter

Thursday 29 March
Sandra Trezise

Friday 30 March
GOOD FRIDAY
Public Holiday

WEEK 10

Monday 2 April
EASTER MONDAY
Public Holiday

Tuesday 3 April

Wednesday 4 April
Bronwyn Munn

Thursday 5 April
Jacquelin Burford

Friday 6 April
Joanne Thomas

WEEK 11

Monday 9 April
Yr7 Canberra Trip
Nicole Anderson

Tuesday 10 April
Yr7 Canberra Trip
Cassandra Pittman

Wednesday 11 April
Yr7 Canberra Trip
Karen Fassina

Thursday 12 April
Yr7 Canberra Trip
Paula Bakarich Christie

Friday 13 April
Kerryl Marshall

Hours: 10.00am – 1.30pm

Many thanks for your generous offers of help. While it is very important you attend on your rostered days, if because of sickness or some other cause you cannot attend, we would appreciate you trying to arrange a substitute yourself. However, if this is not possible, please ring Maria Bruno-Bossio, Canteen Manager at Marymount Campus on **8179 4415**.

Canteen volunteers wanted!

If you have a few hours to spare a week and like to help, why not volunteer in the Canteen? If you are interested, please contact Maria Bruno-Bossio direct on **8179 4415** or mariabrunobossio@shc.sa.edu.au

Maria Bruno-Bossio
Canteen Manager

TERM 2 - WEEK 1

Monday 30 April
Kellie Skinner

Tuesday 1 May
Cassandra Pittman

Wednesday 2 May
Claudia de Corcoran

Thursday 3 May
Claudia de Corcoran

Friday 4 May
Fiona Davies

TERM 2 - WEEK 2

Monday 7 May
Tracey Pratt

Tuesday 8 May
Yvonne Caire

Wednesday 9 May
Sheree Foster

Thursday 10 May
Alex Fillmore

Friday 11 May
Ali Laslett



Bullying. No Way!

Last Friday 16 March, was Australia's National Day of action for 'Bullying. No Way!'. In preparation for this day, all students participated in a range of activities. They watched clips, they read fact sheets, received wrist bands and held classroom discussions. It is important to learn what bullying is and what it is not. This is the first step in preventing or responding to bullying.

On Friday all students signed a pledge, agreeing to the following:

I agree that bullying and violence have no place at Sacred Heart College.

I agree that I have a duty to stand up for others and not be a bystander.

I promise to do my best to embody the values of the Marist Traditions in stopping any form of bullying or violence in my community.

There were also activities in the Library to get the message out there, that we do not want bullying in our College and strategies for dealing with bullying behaviours. Activities included writing positive messages on a graffiti wall, coming up with assertive statements to say to someone who is bullying and taking photos with hashtags relating to this day of action. Jay Pozniak, the student counsellor facilitated many of these activities to be present if any of the boys wanted to talk about issues surrounding bullying.

Education Minister, Simon Birmingham also visited us as our Year 6 students made their **Bullying. No Way!** pledges. Sacred Heart College and its community stands united against bullying and continues to empower young minds to encourage positive behavior in a friendly and respectful way. **Bullying. No Way!** Please view this powerful video clip [Speak, even if your voice shakes.](#)

Remember, if you are concerned about your son please talk to a staff member at the College. If we don't know about it we can't deal with it. Please let us know. Together we can make Sacred Heart College a bully free zone.

Tamara Smith

Coordinator of Marist Missions





Positive Education – Discovering our Character Strengths

This year has seen the introduction of Positive Education as a stand-alone lesson within the health curriculum. Further to this Positive Education will be a feature of various year level focus days.

Knowing your character strengths is an integral part of Positive Education. It is not just interesting information, when applied character strengths can have a significant positive impact on your life.

Every individual possesses twenty four character strengths in different degrees, giving each person a unique character profile. Students and staff from across the Middle School have discovered their character strengths through an online VIA Character Strengths questionnaire. This questionnaire assisted students and adults to rank twenty four character traits in order of strength. Individual character strength profiles and class profiles are on display in many off the classrooms.

Students and staff have learnt, that just like super heroes, each one of us possess character strengths in varying degrees that make us who we are. The VIA Classification of Character Strengths is comprised of twenty four character strengths that fall under six broad virtue categories: **wisdom and knowledge, courage, humanity, justice, temperance and transcendence.**

Classification of strengths

- Wisdom and Knowledge: creativity, curiosity, judgment, love of learning, perspective.
- Courage: bravery, perseverance, honesty, zest.
- Humanity: love, kindness, social intelligence.
- Justice: teamwork, fairness, leadership.
- Temperance: forgiveness, humility, prudence, self-regulation.

Identifying and using our character strength can help us and others produce positive effects when we express or strengths. Knowing the makeup of our character strengths is the first step towards living a successful and happier life. Are you interested in knowing your character strengths? If so you can discover your personalised Character Strengths Profile by taking a personality test through the [VIA Survey](#). I invite parents to visit the questionnaire that can be found on this link and compare your character strength with your child and other members of the family and even to produce your own family profile. If you do, let me know how you went!

Joe Millemaci

Director of Students

joemillemaci@shc.sa.edu.au





Middle School Canteen Roster

WEEK 9

Monday 26 March
Brooke McDonald

Tuesday 27 March
Jo McKinnon

Wednesday 28 March
Jodie Huttenen
Sharon Konopka

Thursday 29 March
Nicole Betterman
Alison Camporeale

Friday 30 March
Good Friday

WEEK 10

Monday 2 April
Easter Monday

Tuesday 3 April
Tania Payne

Wednesday 4 April
Anna Caruso
Natalie Mitchell

Thursday 5 April
Ange Kelly
Faye Moreton

Friday 6 April
Shelley Druce
Denise Gariboli
Sue Gillard

WEEK 11

Monday 9 April
Kymmie Gentile
Jo Fitzgerald

Tuesday 10 April
Kylie Bullock
Carolyn Coleman

Wednesday 11 April
Julie Klaffer
Lisa Marker

Thursday 12 April
Raelene Hilder

Friday 13 April
Lisa Jones
Lisa Brooks
Rachel Beerworth

Hours: 10.30am – 1.30pm

Many thanks for your generous offers of help. While it is very important you attend on your rostered days, if because of sickness or some other cause you cannot attend, we would appreciate you trying to arrange a substitute yourself. However, if this is not possible, please Robyn Flowers, Canteen Manager at the Middle School direct on **8275 5929**.

Canteen volunteers wanted!

If you have a few hours to spare a week and like to help, why not volunteer in the Canteen? If you are interested, please contact Robyn Flowers direct on **8275 5929** or email robynflowers@shc.sa.edu.au

Robyn Flowers
Canteen Manager

TERM 2 - WEEK 1

Monday 30 April
Kristy Colicchio

Tuesday 1 May
Tania Payne

Wednesday 2 May
Jane Shanks
Natalie Mitchell

Thursday 3 May
Ange Kelly
Faye Moreton

Friday 4 May
Shelley Druce
Karen Laverty
Louise Watson
Marie Baxter

TERM 2 - WEEK 2

Monday 7 May
Jo McKinnon
Debbie Mathews

Tuesday 8 May
Kylie Bullock
Carolyn Coleman

Wednesday 9 May
Nicole Selth
Vanessa Hassan

Thursday 10 May
Raelene Hilder

Friday 11 May
Lisa Jones
Kym Hooper
Audra Nesbitt



From the Head of Senior School

School Assembly

Our Term 1 School Assembly was held last Wednesday - congratulations to our Year 12 student leaders who hosted this event. We heard from our:

- **Arts Captains** who introduced a dance performance from our Stage 1 dance class.
- **Sports Captains** who announced the winning Marist Cricket Carnival team, the Swimming team (who successfully competed in the recent School Swimming Relay Championships - the boys team achieving Overall Team with the most points), and the Triathlon team (who won the Sam White trophy - awarded to the school who collected the most points in the Team and Individual events).
- **Mission Captains** who played our Marist Mission March video, urged students to donate to Project Compassion, invited students to join MSol activities (by contacting our Youth Minister - Maddy Forde) and thanked the Year 12 students for their fantastic engagement in the recent Retreat program.
- **House Captains** who launched their new House banners and mottos.
- **Boarding House Captains** who spoke about The National Day of Action against Bullying and Violence.

In addition, we officially welcomed our guests from Sozan High School who entertained us with information about Japan and their school.

[Please view our Assembly gallery >](#)

Sozan High School

Eleven students and their accompanying teachers joined us last week as guests from Sozan High School, Japan. Many thanks to Keiko Nielsen (our teacher of Japanese) for organising all hosting aspects of this exchange.

Performing Arts Weekend

Last weekend, our music and dance students joined their teachers for a weekend of learning, performance and fun. Many thanks to our dedicated teachers (Gail Radford, Dan Ryan, Bianca Pittman, Chris Pittman and Louise Durrans) for providing this opportunity for the students. The students put on wonderful performances for their friends and families at the free Concert on the Sunday morning - congratulations to all involved.

[Please view our Performing Arts gallery >](#)



Sport

Still to come this term are the Team Golf Stableford Championships, Round 1 of the Open Boys Baseball Knock-out Competition, the State Cycling Time Trial Championships, the Catholic Girls Athletics Carnival, the Co-Ed Athletics Carnival and finally in week 1 of the school holidays, our Open A Basketball Teams travel to Canberra for the Marist Basketball Carnival. We wish these students the best of luck in their athletic ventures. Nominations for Term 2 and Term 3 sport are now open. Please contact Ali Trewartha or Alex Penhall for more details.

Marist Connect Night with Cardijn College

On Tuesday evening, students and staff from Cardijn College joined with us once again, for a wonderful night of shared Marist solidarity and camaraderie. Many thanks to James Gill (Director of Marist Mission) and Maddy Forde (Youth Minister) for their work and energy at these events.

Gail Morgan

Head of Senior School





Marist Mission

House Logos and Mottos

This term, new House logos and mottos were commissioned which reflect the identity of our five Houses. Each House is named after a significant person or place in the Marist story, which reflects our College History.

Chanel - St Peter Chanel - "the man with a good heart" - joined the Marist Brothers in 1831, and responded to the call of Pope Gregory in travelling as a missionary throughout the South West Pacific. St Peter Chanel, was one of Marcellin's earliest religious companions. The Sacred Heart brings some of the most peaceful moments to families and individuals because of the unconditional love that it symbolises. This also represents St Peter Chanel's life of finding light and generosity, despite him enduring extreme difficulties and hardships.

Chavoïn - Jeanne-Marie Chavoïn was the founder of the Marist Sisters, called to "do the work of Mary". Like Mary, Chavoïn "lived simply" and was attentive to the needs of others. Action was her second nature. She was renowned for doing works of charity when it was not fashionable or glamorous. That's the charity that counts. Spiritual tradition among the Marist Brothers likened the three virtues of humility, simplicity and modesty to three violets hidden in the garden, giving glory to God in their smallness and hiddenness. This reflects Jeanne-Marie's work of living simply and with humility.

Fourviere - Before the Black Madonna in the Chapel of Fourviere on 23 July 1816 a small group of young men pledged to find a religious congregation of "Marists". Their dream became a reality in the foundation of the Marist family of religious and lay men and women. The background graphic represents the 600 steps that the 12 seminarians climbed to the Fourviere Chapel with their eyes agaze to the dream that was before them. The four stars symbolise the "Marist Family" - made up of four congregations (Marist Brothers, Marist Sisters, Missionary Sisters of the Society of Mary and Marist Laity). These four groups are extensions of the original seminarians at Fourviere.

Marian - The Society of Mary was formed in devotion to Mary, inspired by Mary, and as the inspiration for Marcellin. Gentle, open minded, and with an open heart, Mary is the figure of tender strength for our Church and a source of inspiration for us all. The Fleur-de-lys (or lily flower) is a long recognised symbol of the Blessed Virgin Mary. It symbolises purity and whiteness. The slogan, "Faith. Simplicity. Strength." represents the characteristics of Mary that Marists hold dear.

Montagne - Jean Baptiste Montagne was dying, aged 16, and was ignorant to matters of faith. Marcellin instructed him, heard his confessions and prepared him for death, and was inspired thereafter to begin a community of teaching brothers. The human figures in the middle of the tree represent our spiritual growth and our ability to be agents of change. The leaves on the tree symbolise the growth of the Marist family across more than 80 countries worldwide.





Year 12 Retreats

During Week 6, the Year 12 Retreats were held across 5 sites in wider Adelaide - from Wallaroo through to Normanville! The Retreat allows our Year 12's to take stock and break the routine of normal lessons. Set in picturesque surroundings, the students were able to have their own time and space to reflect individually as well as participate in large group and small group sessions.

The Retreat takes on the theme of 'Loving ourselves to love others better'. In order to develop and strengthen relationships with those around us, we need to first look inward at who we are and what our God given gifts and talents are. The Year 12's were able to explore their own faith and spirituality, which reached its peak as we celebrated the Eucharist on the last night of the Retreat.

No doubt the highlight of the Retreat for our students was receiving a letter from their family. Sincere thanks to the family members who contributed to making the Year 12 Retreat a life-changing experience for our students.

James Gill

Director of Marist Mission

[Please view the Retreats gallery >](#)





Year 10 Wellbeing Day

On Wednesday 7 March, all Year 10 students took part in a Wellbeing Day. Students did not have their regular classes but instead participated in a number of seminars primarily facilitated by guest speakers.

The day started with Year 10s taking part in a "Study Sensai" seminar by Elevate Education. The session engaged students with strategies regarding ways that they can be more productive and less stressed when studying. In particular the following strategies were recommended:

- utilising the syllabus to frame study
- structuring and reviewing organised notes
- conceptual learning to develop deep understanding
- standing out through independent learning
- after recess, students split into girl and boy groups.

The Year 10 girls participated in a seminar with Olympic athlete Jess Trengrove. Jess discussed her own life journey and provided inspiration to the girls about positive body image, tips to be resilient and how to deal with setbacks and how to achieve positive personal and professional relationships.

The Year 10 boys participated in seminar with Glen Gerreyn. Glen is the author of four books including *Men of Honour* which was the basis for his two hour seminar with the boys. The seminar challenged the boys to consider the power of their choices in the areas of exercise, nutrition, money and sex. The seminar discussed how men are portrayed in the media and how that portrayal subsequently affects male identity and behaviour. In particular, Glen looked at sexual behaviour and asked the boys to reflect on the ways that they can make informed and life-changing decisions.

After lunch, all Year 10s participated in a seminar called *Hope Express* facilitated by speaker and author Glen Gerreyn. This seminar focused on the power of having a purpose in life. Students were encouraged to consider and take decisive action on who they are, why they are here and where they are going. Students were given tools and strategies to overcome the times when it seems as though everything is against them, so they can make their dreams a reality.

I was impressed by the way the students engaged in these seminars in a mature and open way. It was clear from the feedback I received, that students found these seminars enlightening and even enjoyable. I encourage families of Year 10 students to discuss these seminars with their son or daughter.

Alex Dighton

Director of Students





Stage 2 Dance Class 'Bangarra Experience'

On Tuesday 13 March, the Stage 2 Dance class took part in a **Bangarra Dance Theatre 'Masterclass'**. This class was held at AC Arts in one of their expansive dance studios overlooking the city.

The class was taught by four of the Bangarra dancers who took the students through different movement sequences which prepared them for Choreography. The students then learnt actual repertoire from one of Bangarra's earlier pieces *Ochres*. The class heard how the movement had been created and what it symbolised, as they were taken through sometimes challenging Choreography. It was an incredible experience to work with a professional dance company in this way and we gained as much through dancing as we did through listening to their stories and insights into their Dance pieces. We didn't want it to end! We thank Ms Bogatec for sharing this day with us.

Two days later, the Stage 1 and Stage 2 Dance class then went to see Bangarra's latest Dance production *Bennelong*, which was part of The Adelaide Festival. We watched this performance as a Sacred Heart 'community', with many staff and students joining us to see our leading Indigenous Dance Company tell this important story in Australia's history. It was an incredibly moving piece of Theatre that has resonated deeply with our dancers and made all the more special as the students recognised their Masterclass tutors.

Louise Durrans
Dance Teacher





Academic Reports

In 2018, the following Academic Reports will be produced to summarise the progress of students at the Senior School throughout the year and/or semester.

Reports are printed and given to students in Home-room on each of the dates shown below. Reports will also be available on the Parent Portal shortly after these dates. For more information regarding access to the Senior School Parent Portal please refer to the Hearts Newsletter Issue 2 (22 Feb) article which can also be accessed by clicking [here](#).

Term	Date	Report
1	Thursday 29 March	<ul style="list-style-type: none"> Year 10 and 11 Term 1 Progress Report Year 12 Progress Report #1
2	Friday 8 June Friday 6 July*	<ul style="list-style-type: none"> Year 12 Progress Report #2 Year 10 and 11 Semester 1 Statement of Results Home-room reports for all Year 10, 11 and 12 students
3	Friday 17 August Friday 7 September Friday 28 September	<ul style="list-style-type: none"> Year 12 Progress Report #3 Year 10 and 11 Term 2 Progress Report Year 12 Progress Report #4 (final report)
4	Wednesday 12 December	<ul style="list-style-type: none"> Year 10 and 11 Semester 2 Statement of Results Home-room reports for all Year 10 and 11 students

* All reports issued on Friday 6 July will initially only be available in the parent portal after 4:00pm. All students will be given a printed copy of their report upon their return to the College on Monday 23 July.

Bernadette Thorpe

Acting Assessment and Reporting Coordinator



Year 10 & 11 Students - Parent/Teacher Interviews

Please note interviews are scheduled to be held on **Monday 9 April 2018** from **2.15pm - 7.15pm** in the Function Centre of the Br Joseph McAteer Centre on Scarborough Street Somerton Park.

All interviews will be booked electronically using an external website, thus eliminating the need for students to chase teachers for suitable interview times.

- An email with a **booking code and instructions** will be sent to parents/caregivers of Year 10 and/or 11 students on Tuesday 27 March (Week 9 of Term 1).
- You will select your priorities for which teachers you wish to see. **Please note your priority preferences are important.**
- Interview booking preferences must be entered by **4.00pm on Tuesday 3 April.**
- You will also use this website and your booking code to retrieve your interview times, once they are allocated, which will be from 9.00am Wednesday 4 April.

Please note that Progress Reports will be issued on Thursday 29 March. This may assist you when choosing your priority preferences for teacher interviews on the booking website.

Should you require assistance with booking interviews electronically, please contact the College on 8350 2500.

Details relating to Parent/Teacher Interviews for Year 12 students scheduled to be held on Thursday 5 April 5 were published in the previous [newsletter](#). Parents/Caregivers of Year 12 students should have received log in codes and instructions via email today (22 March).

Parents/Caregivers of **Boarding students**, please be aware that you may wish to attend the Parent/Teacher Interview afternoon on **Friday 18 May** instead. You will be sent a separate booking code for this event early next term.

Deborah Hearl

Assistant to Head of Senior School



P&F Welcome Night

The P&F ushered in the new school year with our annual 'Welcome Drinks' on Friday 23 February in the DeBourg Centre. Our Welcome Drinks are an open invitation to Parents and Caregivers of students at the Senior campus to catch up over nibbles and drinks. It is a great way to re-kindle old friendships, especially from our children's Primary School days and this year we also had the great pleasure of welcoming new interstate and overseas parents to our Sacred Heart Community.

The weather on the night was perfect which allowed the 80 or so that attended to enjoy the beautiful ambience of the deck and the gardens. I would like to extend a big thank you to those who shared the evening with us and to the fantastic committee members who set up, manned the bar, brought and handed around food and helped clean up afterwards. I would also like to thank Nat Paparella who denuded her garden so we could be surrounded by roses and Sarah Kuhl who got us a great deal on some very fine wine.

Should any one like to join the P&F or attend our next meeting, you would be most welcome. Our next meeting is Wednesday 2 May at 7.00pm (Week 1, Term 2) and will be held in the St Paul's Hospitality Centre. If you have any questions, please do not hesitate to contact me on 0407 400 806.

Ingrid McKay
Chairperson





with sympathy

God of love our families and community who have known the time for planting, for laughing and for dancing. The joys of happier days can never be taken from them. Let those joys soften the pain of their suffering now. We ask this through Jesus and his mother, Mary. Amen

The Sacred Heart College community extends its deepest condolences and asks your prayers for Chloe Brain, Finlay & Indiana McNerney and Olivia Rooney (Marymount Campus) who has had a family member pass away recently.

THE Southern Cross



Please view the latest edition of **The Southern Cross** at <https://thesoutherncross.org.au/>

The services and events contained in these advertisements are included in this newsletter for your information only. Parents/caregivers need to make their own enquiries and assessments about the suitability of these events and services for their needs and those of their children.