Much will be required of the person entrusted with much, and still more will be demanded of the person entrusted with more.

*Luke 12:48*

**Our Combined Parish Prayer**

Dear Parents,

Last week I attended the Parish Pastoral Council Meeting (PPC). This meeting is for the combined Oakleigh Parishes of Sacred Heart and Christ Our Holy Redeemer. The PPC consists of the parish priest together with a group of parishioners as well as the two primary school principals, all representing the combined parish community. The Pastoral Council’s role is to promote the Church’s mission to live and communicate the love and values of Christ in our world. The PPC shares in the responsibility for the ongoing life and development of the faith community, working together with parishioners to provide support for their efforts to live as followers of Christ.

One of the foci of the Parish Pastoral Council in 2015 is leading the formation of a parish prayer. The PPC is asking the help of all members of the parish community to assist in writing this prayer. As members of the school community both you and your child are automatic members of the parish community and your assistance is requested.

So why do we want a parish prayer? A parish prayer can unite the parish around common goals. It can remind us that even though we all have different needs and backgrounds, God calls us to be “One Church” and to share our gifts faithfully and generously for the good of the universal Church and not just for one community. A parish prayer may be about God’s call to live as His disciples. The prayer introduces a spiritual dimension that is central to parish life rather than just another parish program.

The parish prayer may have a variety of elements and is unique to every parish setting. The aim of our PPC is to write the prayer through a collaborative process. The prayer may include thoughts and phrases from your experience of parish. It could include struggles, issues or concerns that might be unique to the parish. It may also include prayers of thanksgiving for the many blessings that God has bestowed on our parish community and on parish life. It may be about celebrating the gifts and talents of those in our community. It could also be about the work that we wish to achieve in our parish community and our world.

There are many ways a parish prayer can be used and our PPC will explore some of these once the prayer is complete. Other parishes have used their prayer by displaying it in the back of the church, in pews or on the projector screen. Some read it at key times including before or at the end of Mass. Other parishes use the prayer to open parish meetings or it is handed to parishioners to use in family prayer. It can be used on documentation including the parish website or in the parish bulletin.
As members of the parish, we are asking you or your child to contribute to the parish prayer. Elements from the various contributions will be reviewed and may be incorporated into one master parish prayer. The final parish prayer may be constructed from words, phrases or sentences that hold a special meaning for you. Contributions to the parish prayer are sought from all members of the parish community including parishioners attending Mass on Sunday as well as parents and children from the schools. Please email your contribution to the school office on office@shoakleigh.catholic.edu.au by the end of Friday 7 August. All contributions will be most welcome.

As we lead into the school holidays I wish you a safe and happy holiday.

Regards
Brian Martin

School Calendar
The 2015 School calendar may be downloaded by following this link
http://www.shoakleigh.catholic.edu.au/calendar.html

Parent Handbook
The Parent Handbook may be accessed ONLY by following this link
http://www.shoakleigh.catholic.edu.au/private.html. There is no link on the website.

Skoolbag App
Don’t forget to download the Skoolbag Communication App for Apple and Android phones

Sacred Heart Community Calendar

Fri Jun 26, 2015
End Term 2 Students finish at 1:00pm
Enrolments close for 2016
Newsletter
11am - 12pm PA BBQ

Holidays

Mon Jul 13, 2015
Start of Term 3

Tue Jul 14, 2015
Red Assessment folder due back
school banking

Wed Jul 15, 2015
7pm - 8pm Parish Council

Thu Jul 16, 2015
5/6 market stalls

Friday Jul 17, 2015
5/6 market stalls
Newsletter

Mon Jul 20, 2015
SIS surveys open

Tue Jul 21, 2015
school banking

Wed Jul 22, 2015
7pm - 8pm SchoolEd Board

Sat Jul 25, 2015
PA Ladies Race Day

Mon Jul 27, 2015
Assembly 1/2JD 2:30pm

Tue Jul 28, 2015
school banking
2:20pm - 3:20pm Parent Forum

Wed Jul 29, 2015
7pm - 8pm Parent Forum

Fri Jul 31, 2015
Newsletter

Mon Aug 3, 2015
Assembly 5/6JH 2:30pm
7pm - 8pm PA Meeting

Wed Aug 5, 2015
school banking

Wed Aug 7, 2015
Multicultural Day

Fri Aug 7, 2015
Family Night RE Yr 1&2
“The Heart” Coffee Shop

Coffee Shop opening up at Sacred Heart in Term 3.

“The Heart” will open twice a week trialling Wednesday 8:30 - 9:30am & Friday 2:30 – 3:30pm

Everyone is welcome to drop in for a chat over a cuppa. Coffee and tea will be provided by the school during term 3. Toddlers are also welcome.

Grand Opening date to be announced!

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Free Sporting Opportunity

Sporting Schools Programme will commence in term 3 at our school for students in years three to six.

Badminton sessions coached by a professional will run after school on Mondays commencing week 2. Sessions are designed to introduce and develop new skills while having fun.

A limited number of spaces are available.

More information will be provided next term!!
Healthy Recipe No. 3 (Klava)

Lemon Coconut Muffins

I made these for the monster cake raffle last week. I had positive feedback from the winners from both classes so I thought I’d share the recipe. Unfortunately I didn’t take any photos.

1 cup self-raising flour
½ cup desiccated coconut
¼ cup sugar, rice malt syrup, agave or sweetener of choice
2 chia eggs (see note below)
270 ml can coconut milk
Finely grated lemon rind of 1 lemon
12g melted butter or coconut oil

Icing is optional
½ cup icing sugar
Lemon juice

Preheat oven to 170C. Line a 12 hole muffin tin with paper cases.
Place flour, coconut and sugar in to a mixing bowl. Make a well in the centre.
Whisk chia egg, coconut milk, zest and butter/oil in a separate bowl.

Add the wet mixture to dry ingredients and gently fold together until just combined. Do not over mix or beat.

Spoon into paper case and bake for 20 minutes or until ready.

To make icing, place icing sugar in bowl and enough lemon juice to make a slightly runny mixture. Drizzle a bit over each cold muffin.

For 2 chia eggs: Place 4 level tablespoons of chia seeds into a small plastic container. Add 1/3 cup of water. Close lid and shake. Leave for 10 minutes. The mixture should be jelly-like. Not sure how it works but it makes the muffins more soft and moist. Plus you get all the health benefits of the chia seeds. If you only have black chia seeds then don’t worry they will look like lemon poppy seed muffins and no one will be the wiser.

Note: You can keep any muffins (without the icing) in freezer for up to a month. Put them into lunch boxes the night before and they will defrost before in time for eating. Always a winner in our house.

Please see attachments:
Sacred Heart Art Show
Kidsmatter – The different faces of anxiety
School Improvement Surveys
5/6 Market Stall Days
Thank you from Ava Donovan
Creative Music
Kids Unlimited Winter Holiday Program
Collingwood School Holiday Program
Eastern Rangers School Holiday Training Camp
Challenge Martial Arts Free Safety Workshop
The students have been excited about this year being an ART SHOW YEAR! They have been working hard in art classes to get ready for this celebration. A celebration of creativity, play and imagination while developing art skills. It is a very exciting time especially for our Foundation students and new students as it is their first ‘heART SHOW’!

A display of how visual arts is integrated into the school curriculum will also be on display. **heART SHOW 2015 will be officially opened on WEDNESDAY 14th October at 6.30 pm-8.00pm (Term 4 Week 2).** The official opening will be at 7.00pm in the school hall. Parent, carers, grandparents and special friends are invited to help celebrate and view the students’ art work. Art works will include a variety of mediums such as painting, drawing, textiles, clay, printing, construction and mixed media.

A highlight during the art show will be the silent auction pieces which are created by each individual class. This is a silent auction where you can bid for your child’s class piece in the form of a canvas (90cmx90cm). The art works will be able to be viewed beforehand and final bids are to be placed by the official closing time (Friday 16th October 4.30pm). More details to follow!

**HOW YOU CAN HELP:**

Putting on an ART SHOW is a huge job and every little bit of help is appreciated. There are many options of how you can help. This is an invitation for grandparents and special friends as well! Please read the list and see what help can be offered. The sewing and mounting jobs can be arranged to be taken home and completed at home or in the art room. ALL materials will be supplied.

**SOME JOBS INCLUDE:**

- Sewing Blessing Flags- Basic sewing machine skills such as zig-zag and running stitch.
- Mounting and labelling students art work.
- Bringing art work down from the art room to the hall- Friday 9th October from 8.30 onwards.
- Help set up and display art work (Monday 12th October and Tuesday 13th October from 8.30am)
- Help pack up art work (Friday 16th October from 4.30pm onwards)

**FROM TERM 3** the art room will be open on TUESDAYS, WEDNESDAYS and THURSDAYS to any helpers from 2.00pm until pick up time or you can make arrangements with me of times you are available. You are also more than welcome to work in the art room while classes are taking place (Tuesday, Wednesday and Thursday).
SUMMARY
‘heART’ SHOW WEEK (TERM 4 Week 2)

Friday 9th October- Bring art work down from the art room into the hall from 8.30am onwards. Help with set up and displaying work.

Monday 12th October- Help with set up and displaying work from 8.30am onwards.

Tuesday 13th October- OFFICIAL STUDENTS OPENING CELEBRATION and VIEWING at 11.30am.

Wednesday 14th October- Official OPENING for students, parent, carers, grandparents and special friends @ 7pm. Art Show opens from 6.30pm-8pm.

FURTHER OPENING HOURS

Thursday 15th October: 8.30am-4.30pm

Friday 16th October: 8.30am-4.30pm

Help will be required to pack up the art show @ 4.30pm onwards and deliver it back to the art room. From previous experience this takes about one hour with lots of help!

Please email ffrederic@shoakleigh.catholic.edu.au if you have any questions.

Thanks
Fran Frederic

PLEASE INDICATE HOW YOU CAN HELP EITHER BY EMAIL or the slip below.
PLEASE return the slip to the office via your child’s class teacher or notify me via email on ffrederic@shoakleigh.catholic.edu.au

I would like to be a heART SHOW HELPER!

Name___________________________________________________________
Name of eldest child at school_______________________________________
Grade_________________________________

How you can help- Please tick/highlight

• Sewing Blessing Flags- Basic sewing machine skills such as zig-zag and basic running stitch.
• Mounting and labelling students art work.
• Bring art work down from the art room to the hall- Friday 9th October from 8.30 onwards.
• Help set up and display art work (Monday 12th October and Tuesday 13th October from 8.30am)
• Help pack up art work (Friday 16th October @ 4.30pm onwards)

Your Email address
___________________________________________________________________
It's not always easy to identify childhood anxiety. In this interview, Dr Marilyn Campbell, a psychologist, teacher and professor at the Queensland University of Technology, says we must consider all behaviours, and avoid assigning premature labels so that children with anxiety are given the right support as early as possible.

What are some of the social misconceptions out there about anxiety?

There are many misconceptions about anxiety in the general population. I think the most problematic one is this idea that anxiety is always 'bad'. Most people know what anxiety is, but they only ever think of it in negative terms. They don't realise that we need a certain amount of anxiety to get us through the day. Having no anxiety means we wouldn't get out of bed in the morning. Too much isn't good, but none is worse.

I once did some research with some primary school teachers, where we gave them scenarios involving anxious kids and asked which they would refer on to a professional. We found that the teachers would only refer the mild cases of anxiety for a follow-up and none of the serious ones. This was really surprising. We went on to realise that it's generally not easy to identify anxiety, and teachers are not supposed to be mental health diagnosticians. Kids don't tend to tell you that they are feeling anxious, so you have to look at their behaviours - that's all you can do - and form a holistic picture of the child.

What kind of behaviours might indicate childhood anxiety?

Most people think all anxious children are shy and retiring. This is just not true. People with anxiety are just as likely to have dominant, big personalities and, in fact, looking at behaviours as 'internalising' or 'externalising' probably isn't that helpful as there are just so many ways kids can behave. If a child is forced to swim, for instance, they can have a tantrum because they are either genuinely fearful of the water or because they are willful and don't feel like it. You need to look at the entire picture of behaviour and what that's telling you before assigning labels.

I find that people are very quick to label a child with Attention Deficit Disorder (ADD) or Autism Spectrum Disorder (ASD) first, and not consider anxiety. Procrastination, looking out the window, not concentrating in class etcetera can just as easily indicate anxiety. I have a feeling that some kids who are labelled with ADD could really be anxious. With primary teachers, I like to encourage them to watch all their kids, especially the 'good' ones in their class that they might not think about - there might be clues in perfectionistic behaviour or how they take criticism.

Do you have an example of a child being prematurely or incorrectly labelled?

Yes. I once had a client in Year Five who was getting into all sorts of trouble at school. Punishments weren't working and it was thought he might have ADD. So, I played with him - which you need to do with kids, especially boys, and let them lead - and spent time with him over several weeks. One day, I tried reading him one of my books on separation disorder, Cilla the Worried Gorilla. Well, he got really upset and stormed out of the room! I eventually diagnosed him with having separation anxiety and no one believed me! But, after consulting with the child's parents, it emerged that he was really worried his dad, who worked as a courier, would be killed on the job.

Are there any gender differences when it comes to childhood anxiety?
anxiety?

There are many more girls diagnosed with an anxiety disorder than boys. I think this could be because it’s more socially-acceptable for females to talk about their feelings and emotions and they are more likely to speak up about any issues. However, most kids who are taken to clinicians are boys. I wonder if boys aren’t admitting there is a problem because they don’t want to be seen as ‘wimps’ and are trying to protect themselves and not give in. Generally, though, adults are more worried about anxious boys than girls.

What part does over-protective parenting play in the incidence of childhood anxiety?

I would say quite a big part. Parents who have an anxiety disorder are often inadvertently overly-protective of their children. We know anxiety disorders are familial, and quite likely genetic, so this kind of parent will have a huge impact on how their child sees the world (ie that it is a fearful place).

Parents who tend to be over-protective can ‘over-help’ their kids and often don’t realise they are doing it. Say, if a parent says, “Let me tie your shoe lace,” their child might think, “I must be stupid because mum thinks I can’t tie my shoe lace.” This sends a message of doubt, which the child takes on board. The child starts to believe they can’t be effective and, eventually, becomes distressed until a parent steps in. It becomes a vicious cycle. Parents with anxiety can’t stand to see their child distressed, but kids need to be distressed to develop resilience. They also need to be encouraged to independently problem-solve.

Another way parents can inadvertently send fear and doubt-based messages is in over-controlling their children. Parents who often worry that their child will be kidnapped if they’re out of their sight might not let them walk to school, play with friends at the park, or go anywhere unsupervised.

What are the most common childhood anxiety disorders and how easily are they recognised?

A specific phobia (say, a fear of the dark, of snakes, or of heights) is one of the most common childhood anxiety disorders. Generalised Anxiety Disorders are also really prevalent - that’s when kids worry about everything. Then there’s social phobia, when a child worries about how they seem to their peers and to adults and they get concerned about receiving any negative evaluation. I don’t find categorising anxiety in children to be terribly helpful, though, as the diagnostic overlap and incidence of comorbidity is extreme.

The big problem for people is recognising when a child’s ‘normal’ anxiety becomes disordered into excessive anxiety and doing something about it. The younger a child, the harder it is to recognise anxiety, as young children are normally more fearful. It would have to be fairly extreme anxiety to be picked up in early childhood. The older the child is, the more likely it is that severe anxiety will be recognised. It’s often not noticed until a parent or supervising adult realizes the child hasn’t grown out of it, which is why early intervention is always so much better.

See Dr Marilyn Campbell’s range of books on anxiety (http://www.worrybusters.com/books.html), written for children, families and teachers.

You may also like to refer to the KidsMatter family information sheets on anxiety (http://www.kidsmatter.edu.au/health-and-community/resources/families/mental-health-difficulties/anxiety).
HAVE YOUR SAY...

In the coming weeks we will be seeking your participation in School Improvement Surveys to help shape the ongoing improvement of our school for the students in our care.

The survey will be available from **MONDAY 20 JULY 2015** to **FRIDAY 7 AUGUST 2015**.

Catholic Education Melbourne coordinates this process to support us in the collection of useful staff, student and parent opinion data.

Our School Improvement Survey Report is an invaluable resource in our ongoing pursuit of improvement. This helps us to identify what is going well and not so well and the ways in which we can improve and further develop our school. We would therefore greatly appreciate your continued support by completing the survey this year.

THANK YOU IN ADVANCE FOR YOUR PARTICIPATION.
5/6 Market Stall Day

Level 5/6 will be holding the biannual market stall on Thursday 16th July. All students will be visiting these stalls throughout the day with their class and some stalls will be open after school until 4pm for parents/guardians and children. We have some wonderful items for sale including toys, sweets, freshly popped popcorn and crepes! There will also be amazing prizes to be won in our raffles! Prices will range between 20c to $10.

Excited to see you there to help support the Level 5/6 financial literacy program.

THANK YOU FROM AVA DONOVAN

On behalf of Kellie Clohessy-Molly's Fund For Dravet a great big Thank You to everyone who supported Epilepsy Awareness by making a donation to the fund. We were overwhelmed by the support and generosity of the Sacred Heart community. We raised $450.00 which will go toward supporting research and families dealing with Dravet Syndrome.

I have set up a hero page for Ava for those of you who are interested to see exactly where the money has gone and to learn more about Molly's Fund For Dravet you can visit www.supportepilepsy.com.au/event/mollydravetfund or for a direct link to Ava's page go to https://mollydravetfund.everydayhero.com/au/joylene-donovan where you can read Ava's story.

The Donovan Family
Learn music
here at school

Come and join in the fun of learning to play keyboard, guitar, violin, here at Sacred Heart Primary School, Oakleigh.

Creative Music for Schools conducts a music program here at school each week.

Small group classes or one-on-one lessons give children an excellent grounding in music where they will learn to read music and play their chosen instrument.

Tuition costs from $16.20 per lesson and enrolments are now being accepted for limited places in term 3.

Interested parents should call Samantha during office hours on 9818 2333

CreativeMusic
www.creativemusic.com.au
ONLY 2 WEEKS TO GO!

Rug up and keep your kids warm and mentally active during these school holidays with our Winter School Holiday Program. Choose from a wide range of programs including Electronics, Cooking & Nutrition, Chess, Performance & Communication Skills, plus lots of other exciting activities for your child to explore.

Mt Waverley Centre Dates (see) Ormond Centre Dates (see)

- Monday 29th June
- Tuesday 30th June
- Wednesday 1st July
- Thursday 2nd July
- Friday 3rd July

- Monday 6th July
- Tuesday 7th July
- Wednesday 8th July
- Thursday 9th July
- Friday 10th July

Programs regularly book out, so please register early to avoid disappointment.

REGISTER NOW

COMING UP
Register your kids for our School Holiday Program and Meet Dane Swan!!
The Collingwood Football Club School Holiday Program is back on Tuesday 30 June! This program is a fantastic opportunity for kids aged 6 – 12 to enjoy a day full of fun and games at the home of the Pies, on the pristine Olympic Park Oval and inside our elite training facilities. All children will have the opportunity to meet Dane Swan, participate in different games and activities, enjoy a lunch provided by Subway, as well as receive giveaways and prizes throughout the day. Every child registered will receive two tickets to a Collingwood home game, either Round 14 Collingwood v Hawthorn or Round 21 Collingwood v Richmond. Registration is $100 for members and $130 for non-members. **Please note registrations are limited!**

**When:** Tuesday 30 June

**Where:** Westpac Centre

**Time:** 9:30am – 3:30pm

**Age:** 6 – 12 years old

All registrations will receive further information a week prior to the day.

**POSITION VACANT:**

**ADMIN OFFICER – 1 DAY PER WEEK**

Emmanuel Anglican Kindergarten, Oakleigh are seeking a suitable person to fill the above role commencing the beginning of Term 3.

Experience with MYOB would be an advantage

School hours – 40 weeks per year

Interested applicants please phone: Ann Sweeney 0412 728135
Free Personal Safety Workshop

Challenge Martial Arts

Know & Go
Anti-abduction strategies to arm your children against predators
• Workshop for children
• Information session for parents
1:30PM Saturday 11th July

Call NOW to book your place
Spaces Limited
9564 7900
www.challengecentre.com.au
6 Burlington Street, Oakleigh