Prayer for Anxiety

Father God you know the things that are worrying me.
I get anxious about a lot of things:
my family, my friends, my future, my health,
lack of money,
so many things that seem to be happening around me.
So many things seem to be happening to me.
You tell me to rely on you
and that you will take care of all my worries, this is so very hard.
I ask that you will help me. I know you will because you love me.
Thank you for being there for me.
In Jesus name AMEN

Anxiety in Children

Dear Parents,

Last year we were very fortunate to have Georgina Manning run a parent session on building confidence and resilience in your child. Georgina has many years of experience working in schools supporting children and parents to reach effective social and emotional outcomes. It was wonderful to see her passion to help families find a balanced life with purpose and meaning.

Due to popular demand we have engaged Georgina to run an additional night to support you and your children. The focus of this meeting will be on Anxiety in Children and how to support your children to build resilience and confidence.

What is Anxiety? Anxiety is a normal feeling people experience when faced with threat or danger, or when stressed. Most people including children feel anxious at times and this is perfectly normal. Anxiety presents itself in 3 ways; behaviour, thoughts and feelings. When children experience anxiety they may experience some of the following:

**anxious behaviours:**
- difficulty sleeping
- restlessness
- fast heart beat
- sweating
- headache
- nausea, vomiting,
  diarrhoea • tense muscles
- difficulty breathing

**anxious thoughts**
- not being able to think clearly or to concentrate
- perceptions of threat or danger appear greater than it is
- excessive worry, or ‘catastrophising’, about life circumstances that have no factual or logical basis
- recurrent and persistent intrusive ideas and thoughts

**anxious feelings**
- feeling anxious or tense
- irritability, uneasiness
- feeling ‘out of control’
- fear that something dreadful is going to occur
- feeling dizzy, unsteady, light-headed or faint
- feeling upset and uncomfortable.
We all experience anxiety at some time during our lives when we are faced with difficulties, faced with challenges or when we are feeling out of our comfort zone. Some children experience anxiety over everyday life activities and this can be incredibly draining and take the fun out of life. Although feeling anxious from time to time is normal for children, extra support may be needed when:

- children feel more anxious than other children of their age and year level and talk about their worries a lot
- anxiety stops them participating in activities at school or socially
- it interferes with their ability to do things that other children their age do easily
- children find it hard to separate from parents
- children are afraid to take healthy risks and have a go at new things
- children need a lot of reassurance before beginning tasks or socialising
- there is a need for perfectionism particularly with academic tasks
- there are ongoing physical symptoms such as an upset tummy and headaches.

The information from this newsletter forms part of the focus for Georgina’s upcoming parent session. The session will be held on **7pm Thursday 4 June**. Please rsvp via the form in this newsletter. I strongly encourage all parents to attend this night.

**Traffic Management at Sacred Heart**

Last week I wrote to you about traffic management around Sacred Heart School. Your help is needed. If you believe there are significant traffic management issues other than those listed in last week’s newsletter editorial then the School Education Board needs to know. Please provide your succinct suggestions in the format below. For example:-

<table>
<thead>
<tr>
<th>ISSUE PARKING /TRAFFIC</th>
<th>POTENTIAL SOLUTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Double parking in Mora Ave</td>
<td>Drop off zone to be created in Mora Ave near black entrance gates</td>
</tr>
</tbody>
</table>

Email your suggestions to principal@shoakleigh.catholic.edu.au or hand into the school office. This information will help validate our proposal and council. A summary of the issues and potential solutions will be provided to Monash Council in June. I look forward to hearing your responses.

Regards
Brian Martin
Principal

**Friday 5 June 2015 – School Closure Day – CAMP AUSTRALIA PROGRAM offer**

Dear Parents,

**Friday 5 June** is a Pupil Free Day at Sacred Heart Oakleigh. On this day if the minimum numbers are achieved (18) we will run an all day Program starting at 7am and finishing at 6pm. Please go to Camp Australia www.campaustralia.com.au to book online today.

Jacqui – Camp Australia
Sacred Heart Community Calendar

Fri May 29, 2015
Newsletter

Sun May 31, 2015
Trinity Sunday
11am FHC SH

Mon Jun 1, 2015
Division cross country
Foundation Excursion
Melbourne Zoo
2:30pm First Communion Assembly
7pm First Communion Assembly

Tue Jun 2, 2015
school banking

Thu Jun 4, 2015
7pm Parent Seminar - Supporting your Child

Fri Jun 5, 2015
School Closure Day

Mon Jun 8, 2015
Queen’s Birthday Public Holiday

Tue Jun 9, 2015
school banking

Fri Jun 12, 2015
9am Sacred Heart Mass
Newsletter
PA Movie night
2:30pm 2nd Hand Uniform Shop Open

Sat Jun 13, 2015
FHC Cert All Masses SH HR

Sun Jun 14, 2015
FHC Cert All Masses SH HR

Tue Jun 16, 2015
9:15am School Tours
PA Subway lunch
school banking

Wed Jun 17, 2015
7pm Parish Council

Thu Jun 18, 2015
7pm Conf Parent Night at SH for both schools

Sat Jun 20, 2015
5:30pm Conf Comm SH Mass

Mon Jun 22, 2015
Assembly 3/4ML 2:30pm
Red assessment folder out
with term overview

Tue Jun 23, 2015
school banking

Wed Jun 24, 2015
Reports out

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

Mon 13 July, 2015
Term 3 commences at 8.40am

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. Please see
attachment for instructions. It is a free, direct way of communicating key events and activities to families
in our school community.
Have you applied for your Government Rebate?  **Camps, Sports and Excursions Fund**

The Camps, Sports and Excursions Fund (CSEF) will run over four years and provide payments for eligible students to attend camps, sports and excursions.

**Families holding a valid means-tested concession card or temporary foster parents** are eligible to apply. $125 per year will be paid for eligible primary school students, with $225 per year paid for eligible secondary school students. **Payments will go directly to the school and be applied to the student levies for camps, sports and excursions from your school invoice.**

**Eligible families will not receive the money directly.** Funds are deposited directly with the school, and are ONLY to be used for camps, sports and excursions. The money CAN NOT be used for fees, uniforms, books, stationery, Before or After School care, music lessons and so on. CSEF cannot be allocated to any camp or excursion arrears brought forward from 2014.

Applications to the Camps, Sports and Excursions Fund are now open and further information can be downloaded from this website:


**IT IS ALSO ATTACHED TO THIS NEWSLETTER.**

**APPLICATIONS MUST BE RETURNED TO THE SCHOOL OFFICE BY FRIDAY 19 JUNE 2015.**

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**FOUNDATION (PREP) ENROLMENTS FOR 2016 - CLOSING SOON**

Applications are called from Parents wishing to enrol Catholic children in Foundation Class (Prep) at Sacred Heart School Oakleigh for 2016. Application forms are available from the school during normal office hours or on the school website.

**Applications close on 26 June 2015.** Children may be enrolled to start at the beginning of the school year in which they turn five, provided their birthday is on or before 30th April.

There will be an enrolment ceiling of 44 foundation students for our 2016 intake.

Enquiries: School Office 8574 4500.

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**Art Leaders Asking for Donations**

We are pleased to inform you that the Art leaders are doing a recycled art project. The project aims to help students understand that anything can be recycled and to help beautify the school.

In order to start this project we are asking for donations from the students and parents.

We will be using these donations to build dream catchers and wind chimes. We will need bottle caps, old CDs, feathers, ribbons, plastic spoons (no forks or knives), string/wire/wool, cookie cutters, plastic gems, beads, old mirrors, small or cylindrical metals pieces (no sharp edges please) and bells.

Please ensure there are no sharp points or edges on any of the donated items for safety reasons.

If you wish to donate some of these items please bring them to school and place them in the labelled donations box which will be located outside the office.

Thank you for reading our newsletter article, we hope you will donate to our project.

Alessia, Roubi, Ariel, Abigail, Caitlyn, Kellan, Alex, Tommy.
**Healthy Recipes**

One of our parents, Klava, has offered to include a healthy recipe in each newsletter. Please see below for her first tasty contribution.

**Salted Dark Chocolate Popcorn**

3 cups of popcorn or puffed corn  
2 tbsp coconut oil  
1 ½ tbsp raw cacao powder or cocoa  
1 tbsp rice malt syrup or honey or agave  
Large pinch of salt

*Put corn into a medium size mixing bowl. Melt rest of ingredients in a saucepan and then pour over corn. Mix to combine. Spread on baking sheet and put in fridge. Keep in a container until ready to use.*

*To save time, divide into small containers or zip lock bags ready to put into lunch boxes.*

*Note: Puffed corn and coconut oil are available in the Health Food aisle at Coles Oakleigh.*

**Australian Youth Orchestra**

Applications are open until 12 June 2015

The 2016 program offers AYO’s 22nd international tour to Europe, Beijing and Shanghai. In addition, AYO offers programs that provide young musicians aged 12 to 30, the opportunity to perform around the country, work with world-class musicians and conductors, perform in the finest concert venues and meet like-minded musicians.


AYO is committed to ensuring Australia’s most talented young musicians have every opportunity to participate.

Details about our financial assistance and scholarship opportunities are available on the website.

If you need any further information, please do not hesitate to contact us on 1300 668 500 or email info@ayo.com.au.

Thank you for supporting the Australian Youth Orchestra.

**Please see attached:**

- Skoolbag App
- Well-being Seminar – Understanding Anxiety in children
- Nepal Monster Cake Raffle
- Multicultural Day
- CSEF Application form
- Ward Avenue Kindergarten Enrolments 2016
- Movie Night Foundation – Year 2
- Movie Night Year 3-6
The Skoolbag App is now live for our school community. This is for both Apple devices from the app store and android devices from the playstore. As outlined in the newsletter last week, the Skoolbag App provides you with an easy free way to let you know key information about school activities. It provides you with a convenient way to receive school notifications and it communicates directly with iPhone, iPad, Android, and Windows Phones devices. School newsletters, school notices and alerts will be communicated directly to your smartphone through the Skoolbag app.

The Skoolbag App can be downloaded from the following locations:

**For iPhone and iPad users:**
1. Click the "App Store" icon on your Apple device.
2. Type "sacred heart oakleigh" in the search.
3. If iPhone, you will see your school appear, click "Free" then "install".
4. If iPad, change the drop list to "iPhone Apps", your school will then be visible, click "Free" then "install".
5. When installed click "Open".
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.

**For Android users:**
You must first have signed up with a Google Account before installing the app.
1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in sacred heart oakleigh
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.

**Please Note:** Some brands of Android phones need the setting in "Notification Manager" changed to "Allow" instead of "Notify" in order for the push notifications to work. The phone must also be running at least version 4 system software to run the app.

**For Windows Phone users:**
1. Go to the Windows Store on your Windows Phone
2. Search for "Skoolbag" in the keyword app search
3. Install the Skoolbag app.
4. Find your school either by using the keyword search or location service.
5. Click the "Pin" icon to pin the school tile to your Windows Phone home screen.
6. Click the "More" button on the bottom right of the App, then "Setup"
7. Toggle the Push Categories that are applicable to you by tapping the on/off switch.

Please Note: The Skoolbag Windows Phone App is for 8.1 version Windows Phones.

We believe Skoolbag will provide the missing link in the communication between home and school. I encourage you to install the Sacred Heart Skoolbag App on your personal device.
Please complete reply slip below or email office@shoakleigh.catholic.edu.au to register your attendance for Thursday 4 June at 7.00pm – Wellbeing Seminar at Sacred Heart.

‘Understanding Anxiety in Children’

Parent Seminar 7pm Thursday 4th June
I would like to register my interest for this parent seminar

Name/s ____________________________
MULTICULTURAL DAY 2015 - Friday, August 7th

Note this date in your diaries.

On this day, the children of Sacred Heart will be able to celebrate their family’s culture. We will require some helpers throughout the day to assist with activities. Parents/grandparents/carers are invited to bring along a picnic lunch, then stay and enjoy a Multicultural Day Assembly which will commence at 2:30p.m. As the day draws closer, a special newsletter and reminders will be sent out.
CSEF Application Form

School REF ID

Parent/legal guardian details
Surname
First name
Address
Town/suburb __________________________ State_________ Postcode_________
Contact number

Centrelink pensioner concession  OR  Health care card number (CRN)

□ □ □ □ - □ □ □ □ - □ □ □ □ - □ OR

□ Foster parent*  OR  □ Veterans affairs pensioner

*Foster Parents must provide a copy of the temporary care order letter from the Department of Health and Human Services (DHHS).

Student details

<table>
<thead>
<tr>
<th>Child's surname</th>
<th>Child's first name</th>
<th>Student ID</th>
<th>Date of birth (dd/mm/yyyy)</th>
<th>Year level</th>
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I authorise the Department of Education and Training (DET) to use Centrelink Confirmation eServices to perform an enquiry of my Centrelink customer details and concession card status in order to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Australian Government Department of Human Services (the department) to provide the results of that enquiry to DET.

I understand that:
• the department will use information I have provided to the DET to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to the DET personal information including my name, address, payment and concession card type and status.
• this consent, once signed, remains valid unless I withdraw it by contacting the school or the department.
• I can obtain proof of my circumstances/details from the department and provide it to DET so that my eligibility for the Camps, Sports and Excursions Fund can be determined.
• if I withdraw my consent or do not alternatively provide proof of my circumstances/details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DET.
• Some personal information may be disclosed to the Victorian Department of Health and Human Services, for the purpose of evaluation and monitoring of concession card services.

You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child's school.

Signature of applicant __________________________ Date ______ / ______ / ______
CSEF eligibility

Below is the criteria used to determine a student's eligibility for the Camps, Sports and Excursions Fund (CSEF).

Criteria 1 - Eligibility

To be eligible for the fund, a parent or legal guardian of a student attending a registered Government or non-government Victorian primary or secondary school must:

• on the first day of Term two, or;
• on the first day of Term three;

1. Be an eligible beneficiary within the meaning of the State Concessions Act 2004, that is, be a holder of Veterans Affairs Gold Card or be an eligible Centrelink Health Care Card (HCC) or Pensioner Concession Card (PCC) holder, OR

2. Be a temporary foster parent, and;

3. Submit an application to the school by the due date.

Parents who receive a Carer Allowance on behalf of a child, or any other benefit or allowance not income tested by Centrelink, are not eligible for the CSEF unless they also comply with one of (a) or (b) above

Criteria 2 - Be of school age and attend school in Victoria

School is compulsory for all Victorian children aged between six and 17 years of age inclusive.

For the purposes of CSEF, students may be eligible for assistance if they attend a Victorian registered primary or secondary school. Typically, these students are aged between five and 18 years inclusive. CSEF is not payable to students attending pre-school, kindergarten, home schooled, or TAFE.

Eligibility Date

CSEF eligibility will be subject to the parent/legal guardian's concession card being successfully validated with Centrelink on the first day of either term two (13 April 2015) or term three (13 July 2015).

Payment amounts

CSEF payment amount

The CSEF is an annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

• Primary school student rate: $125 per year.
• Secondary school student rate: $225 per year.

For ungraded students, the rate payable is determined by the student's date of birth. For more information, see: www.education.vic.gov.au/csef

How to complete the application form

NOTE: ALL SECTIONS MUST BE COMPLETED BY PARENT/LEGAL GUARDIAN

1. Complete the PARENT/LEGAL GUARDIAN DETAILS section.

   Make sure that the Surname, First Name, and Customer Reference Number (CRN) details match those on your Centrelink card - unless you are claiming as a Foster Parent or Veterans Affairs Pensioner. You will also need to provide your Centrelink card to the school.

   If you are claiming as a Foster Parent or a Veteran Affairs Pensioner, tick the appropriate box. In this case, you will need to provide a copy of documentation confirming your status as a temporary Foster Parent or provide your Veterans Affairs Pensioner Gold card to the school.

   The CSEF payment is paid directly to your child’s school and will be allocated by the school towards camps, sports and/or excursion costs for your child.

2. Complete the STUDENT/S DETAILS section for students at this school.

   - enter SURNAME AND FIRST NAMES in full.
   - enter the DATE OF BIRTH e.g. 15/09/2008.
   - enter the YEAR LEVEL, unless the student is ungraded, e.g. attending a Special School or language Centre, then enter ‘UNGRADED’ in the YEAR LEVEL column.

3. Sign and date the form and return it to the school office.

CSEF payments cannot be claimed retrospectively for prior years.

Queries relating to CSEF eligibility and payments should be directed to the school.

© 2015 Department of Education and Training
Enrol now for 2016

At Ward Avenue Kindergarten children have the opportunity to be successful, competent and capable learners. Our innovative programs guide and inspire young minds to explore new skills, relationships and the world through play. Limited places are available in our 2016, 3yr old and 4yr old programs. For enquiries contact the enrolment officer on 9570 1758.

4 Ward Avenue, Oakleigh South
T 9570 1758  W wardavenuekinder.com.au

PLEASE SEE NEXT PAGE FOR MOVIE NIGHT DETAILS
movie night

NOTE: FIRST SESSION Foundation - Year 2
6pm - FRIDAY 12TH JUNE

WHEN: FRIDAY 12TH JUNE
WHERE: OHSC ROOM - (PREP AREA)
all children must be accompanied by an adult

COST: $4.00 PER SCHOOL CHILD
(TODDLERS & ADULTS FREE)

BYO: BLANKETS, SNACKS, CUSHIONS, BEAN BAGS ETC

** NO NUTS **

PAYMENT: IN AN ENVELOPE MARKED “MOVIE NIGHT” WITH YOUR CHILD/CHILDREN’S CLASS & NAME ON IT - TO BE LEFT AT THE OFFICE
(THIS WILL ALLOW YOUR CHILD TO BE MARKED AS PAID)

PLEASE CONTACT ALLISON WITH ANY QUESTIONS- 0419 102 116
movie night

NOTE: SECOND SESSION YEAR 3-6
8pm - FRIDAY 12TH JUNE

WHEN: FRIDAY 12TH JUNE
WHERE: OHSC ROOM - (PREP AREA)
* * all children must be accompanied by an adult * *
COST: $4.00 PER SCHOOL CHILD (TODDLERS & ADULTS FREE)
BYO: BLANKETS, SNACKS, CUSHIONS, BEAN BAGS ETC
PAYMENT: IN AN ENVELOPE MARKED “MOVIE NIGHT”
WITH YOUR CHILD/CHILDREN’S CLASS & NAME ON IT- TO BE LEFT AT THE OFFICE
(THIS WILL ALLOW YOUR CHILD TO BE MARKED AS PAID)

PLEASE CONTACT ALLISON WITH ANY QUESTIONS- 0419 102 116

** NO NUTS **