



Welcome to all our Sacred Heart Families! It is always so heart-warming to watch our students settle into the school term. Sometimes there are smiles and shouts of joy at the reunion of friendships and sometimes there may even be a few tears but one thing is certain; there is always love. Buckets of kindness spread all over our students and these heartfelt actions can be seen at every corner of the playground. There is team playing; there is ball sharing; there is imaginative play and the sharing of ideas. Year six extend a quiet eye over kindergarten. Year five adopt year one buddies. The list goes on..... In short, there is love.

Our Catholic faith teaches us to “love God first and foremost.” Once you let God in, the heart changes; perspective changes. Life becomes whole. When we listen to our sacred scriptures and participate in the most Holy Eucharist, we say “yes” to God’s love and in turn, we say yes to the love of others. We are loving and worthy of being loved. We are “enough.” Our opening school Mass is on Friday 7th February at 9.15 am. I hope you can join us in communal prayer as we show our love for our faith and for our school community.



*Oh God most high,
I offer you the prayers and petitions of our
Sacred Heart community. Grant them strength
to get through life's challenges as they strive to
bring their families closer to you in heart, mind
and soul. Amen*

Our Sacred Heart Families are in need of prayers. If you have a friend or family member who needs your support and love, please pray for them and we, as a school community, will pray for them using our petition prayer.



GIFT OF BREAD IS READY FOR 2020!

Our first day back is Thursday 6th February.

Here is a clip which describes the program :

<https://www.youtube.com/watch?v=ds4-GowLEEY&t=42s>

For those of you who are new to SHM, we operate the “Gift of Bread Charity” from our parish hall. Gift of Bread’s head office is in Marrickville and it has satellite

services in Balmain, Erskville, Lewisham, Strathfield and Mosman (Sydney Harbour North). There are various ways that you can help this great cause:

- Picking up the bread on Thursdays during the day (from Baker's Delight Neutral Bay and Crows Nest)
- Packing bread on Thursday evenings between 6.00 and 7.00 pm at SHM parish hall.
- Delivering bread to local charities on Friday mornings.

Our Sacred Heart students really enjoy helping too. It has been a great parish / school connection and it has fostered many lovely friendships.

If you are interested please email mary.lozina@syd.catholic.edu.au.

SPaR.....Stop,Pray,Reflect...



Stop - take 10 minutes out of your morning to have a coffee with friends.

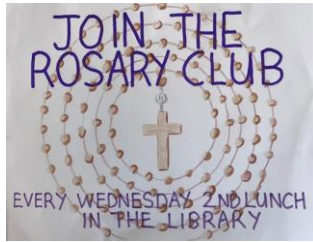
Pray - ask God for help, healing, focus

Reflect - what is your purpose?

Children are welcome.... All are welcome.....

Our First SPaR for the year will be Thursday 13th February in the school library.

I look forward to seeing you all.



Our students' rosary group is in the library every Wednesday at second lunch. It's a quiet time where the children pray together, followed by fun activities in the school library.



ANGELS FOOD SERVICE

Sacred Heart Mosman, in conjunction with the parish, runs the Angels Food Service. Volunteers cook meals for families and parishioners in need. These meals are frozen and distributed as needed. If you can help with cooking (which is on a roster) or if you know of anyone who would appreciate a little help with dinners, please email mary.lozina@syd.catholic.edu.au and I'll pass on the details to our wonderful co-ordinator.



The Sacred Heart community are champions for the cause when it comes to Vinnies. We work with our local Vinnies conference, Vinnies Night Patrol, Vinnies Behind the Scenes and the Vinnies Marian Women's Refuge.

VINNIES NIGHT PATROL

For this term, our focus is on Vinnies Night Patrol and Behind the Scenes. There is a collection basket for snacks, which get taken to Vinnies Night Patrol kitchen in Lewisham on a monthly basis. The kinds of snacks needed are packaged nut free goods such as muesli bars, breakfast bars, popcorn, chips and sweet treats such as brownies and slices. The kitchen also needs spices, oil and snack bags which they seem to run out of quite quickly. If you can donate any of the above, we would really appreciate it. It's so easy to pick up a few extra goods while shopping for the

family. Please leave them in the school foyer. Night patrol goes out every evening in four central places in Sydney. This service feeds the homeless and offers them a friendly chat in a world that isn't always ideal for all.

BEHIND THE SCENES

What's involved?

Behind the Scenes is a great opportunity for Family Educators to engage parents or parishioners within their school community in a hands-on opportunity to support Sydney Vinnies Van Services and those who use these services. Family Educators invite 3-10 people from their school community to accompany them in volunteering at the Sydney Vinnies Van Services Soup Kitchen in Lewisham. Volunteers engage in behind the scenes preparation, ensuring that the needs of our service users and volunteers are well met in readiness for the nightly service. This is a non-client facing role. The day starts with a brief induction including WH&S requirements and then continues on to include tasks such as:

- Preparing sandwiches
- Cleaning of vehicles (inside and out)
- Preparing toiletry gift packs
- Sorting donations
- The preparation of soup
- General cleaning and sorting
-

Behind the Scenes runs from 10am-1pm, giving you plenty of time to get back to school for pick up. The dates for this year are:

Term one, Friday 20th March week 8

Term two, Friday 12th June week 7

Term three, Friday 28th August week 6

Term four, Friday 20th November week 6

Please diarise the dates and email Mary Lozina to register.

SEASONS FOR GROWTH:

We had a lovely little group of students for our Seasons group last year. It was loads of fun and the students really bonded and felt comforted by each other. If there is anyone who could benefit from a group, we will be running it this year. Please contact Mary Lozina for more information.



What is *Seasons for Growth*?

Seasons for Growth[®] is based on the belief that change and loss are part of life and grief is a normal response to these losses. Children, young people and adults need the opportunity to learn about how death, separation, divorce or other significant loss events may impact on their lives. The *Seasons for Growth*[®] programs provide an opportunity for participants to learn the knowledge, skills and attitudes required to understand and respond well to such experiences.

The *Seasons for Growth*[®] Children and Young People's Program:

- supports children and young people to understand and respond well to the issues they experience as a result of death, separation, divorce or other significant change and loss in their lives
- assists children and young people to understand that their feelings and other reactions are normal
- develops skills for coping, problem solving and decision making
- builds a peer support network
- helps restore self-confidence and self-esteem
- educates children and young people about the grief process.

The program is based on small group like-to-like peer learning processes (4–7 participants with 1 adult 'Companion'), creating a safe space for children and young people aged 6–18 years to practise new ways of thinking and responding to change and loss in their lives. The emphasis is on understanding the effects of change, loss and grief, whilst developing skills in communication, decision making and problem solving. The program is underpinned throughout by an emphasis on the development of children and young people's *identity* ('I am'), *relationships* ('I have') and *competence* ('I can'), helping to build self-confidence, self-esteem and a felt sense of belonging and connection.

The *Seasons for Growth*[®] program is evidence based and relies on research, strategies and techniques consistent with high quality, psychosocial education. The program has a sound curriculum structure and incorporates a wide range of age-appropriate activities including writing, drawing, discussion, stories, role play, music, guided meditation and journalling. Children's learning is largely generated through these activities and the conversations that emerge from stories shared, questions asked, skills learnt and friendships developed. This child-centred approach to learning encourages participants to not only value who they are and the particular 'story' they have, but also to modify where necessary their thinking, attitudes, beliefs and constructs about life and to 'take charge' of their behaviours. As de Winter and colleagues (1999) point out:

Learning by doing, learning by participation instead of exclusion is to be considered as a powerful tool to promote self-confidence, self-respect and a sense of control over one's own life.



Sacred Heart parish is a busy hive of activity where we strive to make everyone feel inclusive and part of the team. Please keep your eye out for various activities and events, which will engage your family during the year.

On Sunday 16th of February we have our Welcome Mass. We invite our new (and old) Sacred Heart Families to join us at 9am Mass followed by a scrumptious morning tea. We also have a special ice-cream treat after this Mass. Please see the flyer for more details and please bring a plate, which can be left at the parish hall before 10am.

WELCOME MASS
Kindergarten and
New Families
SUNDAY 16TH FEBRUARY
at SHM 9AM FAMILY MASS

Year 6 Buddies,
please join us too!



Please bring a plate for
morning tea!



LET'S MAKE IT SPECIAL!

The logo for 'family & faith' features the text 'family & faith' in a blue, sans-serif font. To the left of the text is a stylized graphic of three blue figures holding hands, with a green arc below them.

Years 5 and 6 we are ready for you!

The parish needs some altar servers for weekends. Please see the flyer below.

ALTAR SERVING PROGRAM YEARS 5 & 6

Do you want to serve at
School Masses? On weekends?

FRIDAY 28TH FEBRUARY & 6TH MARCH
(MUST ATTEND BOTH DATES)
8 AM TO 8.45AM
SACRED HEART CHURCH

CHILDREN WILL BE PLACED ON A
ROSTER FOR WEEKEND MASSES:
SATURDAY 6PM, SUNDAY 11AM
& SUNDAY 6PM

YOUR CHOICE OF MASS TIME AND
FREQUENCY OF SERVICE

SESSIONS WILL BE RUN BY
DEACON NOEL AND MRS LOZINA
please contact mary.lozina@syd.catholic.edu.au
for more info and to RSVP





**RELICS OF ST THERESE DE LISIEUX
AND HER PARENTS ARE COMING TO SYDNEY....**

Watch this space.....

VOLUNTEERING AT FAMILY MASS :

If any families would like to volunteer at 9am Family Mass and be placed on a roster, please contact Mary Lozina mary.lozina@syd.catholic.edu.au. Duties are simple and you would only do one to two duties per roster.

MORE YOUTH READERS NEEDED:

The parish has a dedicated youth Mass, which takes place on the first Sunday of the month. We are in need of year six and high school students who can read at this Mass. We also need more high school singers, so if you know anyone who loves to sing in a group (modern hymns) please contact Mary Lozina.

Parish bulletin link:

http://www.shnparish.org.au/index.php?option=com_content&view=article&id=75&Itemid=55

Please take the time to read the parish bulletin. There is loads of great information about various parish functions and initiatives.

May the Lord bless you and keep you safe through the week ahead and may He hold you in the palm of His hand.

Mary Lozina
Family educator
mary.lozina@syd.catholic.edu.au

