



COMING UP AT OLSH...

May 2025

- Wed 21st Simultaneous Story Time. 11:30 at Elmore Library
- Tues 27th Regional Cross Country
- Tues 27th School Advisory Council Meeting 7pm
- Fri 30th OLSH Associates Lunch at 1pm
OLSH Feast Day Liturgy at 2:50pm

June 2025

- Sun 8th Pentecost Sunday
- Mon 9th Kings Birthday Public Holiday**
- Wed 11th Division Soccer
- Tues 17th Rochester Secondary College visit
- Fri 20th Learning Showcase of classrooms at 2:30pm

July 2025

- Fri 4th Last day of Term 2

From the Principal...

Dear Families,

What a blessing it has been to receive such a warm welcome from the wonderful OLSH School community. I am truly grateful for the kindness, generosity and spirit of collaboration that I've experienced since arriving. It is clear that this is a place of faith, learning and care.

This week, we join the Australian Catholic Church in celebrating **Laudato Si' Week**, marking the **10th anniversary of Pope Francis' encyclical *Laudato Si': On Care for Our Common Home***. This milestone invites us to reflect deeply on our responsibility to care for the Earth and one another, and to renew our commitment to ecological justice and sustainability.

Our students and teachers have embraced the Term 2 call to

learning and faith with enthusiasm and creativity. Across the school, classrooms are full of their endeavours with learning that is striving for academic excellence for all and providing life-giving and faith-filled spiritual opportunities.

We pray for our common home

Loving God,
 Creator of heaven and earth,
 Open our hearts to the beauty of your creation.
 Inspire us to care for our common home with wisdom and compassion.
 May we walk gently on this Earth,
 Protecting its gifts for future generations.
 Strengthen our resolve to live in harmony with all living things.
 Through Christ our Lord,
 Amen.

Thank you for your continued support and partnership in nurturing a vibrant, faith-filled learning environment. I look forward to all that we will achieve together.

With peace and blessings,

Lisa Hitchcock



Artwork by Ruby Dankers 2023

School News

OUR LADY OF THE SACRED HEART ELMORE 2026 ENROLMENT

Quality and affordable education for all - welcoming everyone!

Choose Excellence and Empowerment

Choose Courage and Compassion

Choose Acceptance and Achievement

Choose Our Lady of the Sacred Heart Elmore

All inclusive fees from \$10 a week - no more to pay *

ENROL NOW

Enrolments close 30 May 2025
For more information or to book a tour
(03) 5432 6254
principal@olshelmore.catholic.edu.au
www.olshelmore.catholic.edu.au

*Subject to eligibility



Our Lady of the Sacred Heart

32 Jeffery Street, Elmore
Ph: 5432 6254

Web: www.olshelmore.catholic.edu.au
Email: admin@olshelmore.catholic.edu.au
principal@olshelmore.catholic.edu.au

Principal: Lisa Hitchcock

School tours are available and enrolments applications accepted throughout the year please contact the school office.

Orientation Day:

Tuesday 9th December, 2025
11.45am - 1.45pm

Foundation Orientation Program - Little Chevies

Come & try Little Chevies Friday May 23rd - 12:45pm-1:45pm
Come & try Little Chevies Thursday May 29th - 2:15pm-3:15pm
Friday Oct 24th - 9:00am - 11:00am
Friday Oct 31st - 9:00am - 11:00am
Friday Nov 7th - 9:00am - 11:00am* *OLSH Mission Day*
optional but must attend with a parent
Friday Nov 14th - 9:00am - 11:00am
Tues Dec 9th 11:45am - 1:45pm

We are People

- who TOUCH the of others
- who are Faith Filled
- who Pursue Excellence

Please contact the school for any further information or to discuss alternative tour options

Enrolment 2026 Foundation

We welcome our new and prospective 2026 Foundation students to a “Come and try – Little Chevies.” These sessions will be held on Friday 23 May 12:45-1:45pm and Thursday 29 May 2:15pm-3:15pm. All are welcome to come and try!

Please pass this information to any families you know with pre-school children. Our 2026 Enrolments close on 30 May – to help us with our new students’ transition to school and to plan for 2026.

Our Lady of the Sacred Heart Feast Day

Celebration at OLSH

We hope to see our families and community at our OLSH - Our Lady of the Sacred Heart Feast Day Celebration on Friday, 30 May. We will begin with a shared lunch with our OLSH Associates (wonderful parishioners and families) and a liturgy at 2:50pm.



Simultaneous Story Telling with Elmore Kindergarten & Elmore Primary

The F-4 students and teachers loved, “Truck Cat!” The story for our Elmore Educator Group Simultaneous Story Time at the library. Thank you to Angela from the library and the kinder and primary for a great story time.

Photos are at the end of the newsletter

School News

Campaspe Cluster Winter Sports Day

Congratulations to our students for a great day of teamwork, leadership and fair play. Well done to the students progressing to Divisional Winter Sports. Families have been sent a letter to notify them of their child's selection. More information will be shared as it becomes available.

Divisional Cross Country

We are so proud of our students who competed at



Divisional Cross Country in Echuca, on Friday 16 May with such determination and courage. Congratulations to Frankie, Ayla and Jimmy who will compete at **Lord Nelson Park, St Arnaud** on Tuesday

27 May at 1:00pm-2:00pm. Families will take their child to compete – thank you for supporting these children to keep competing, experiencing this higher level of competition and developing their skills.

Parent Engagement at OLSH: School Advisory Council & Parent Representative Group

Our School Advisory Council will meet at school on **Tuesday 27 May at 7pm**. Thank you to the council members for their ongoing commitment and support of our school community.

We are looking for new members for our council. If you are interested please email –

principal@olshelmore.catholic.edu.au or phone the school to talk to Lisa to find out more information about the council and member's role on the council.

We have interest from families about forming a Parent Representative Group (PRG) to help with community building events, fundraising and provide a social space for parents to meet. If you're interested in joining this group please email – principal@olshelmore.catholic.edu.au or phone the school to talk to Lisa to find out more about the PRG and how you could be involved.

Child Safeguarding

At OLSH our commitment to Child Safety and Wellbeing is at the forefront of all we do. Our Child Safeguarding Team is made up of Lisa Hitchcock, Denise Nihill, Lizzy Forbes and Kim Portwine, and we meet monthly to continuously improve all our safeguarding strategies and measures. The Child Safeguarding Team at OLSH also provides oversight, guidance and strategic direction to promote a safe environment for all students, staff, families and stakeholders at our school.

Our Lady of the Sacred Heart School Elmore is a



Child Safe School

we are committed to child safety at all levels

As a child, you have the right

- to tell someone if you are unhappy
- to have fun and do activities you enjoy
- to have a say and be heard
- to be provided with information
- to be allowed to be a child and be treated with respect

if you are an Aboriginal or Torres Strait Islander child, to feel proud and strong in your own culture

If you do not feel safe, you can talk to one of our Child Safeguarding Officers.

Mrs Lisa Hitchcock
Mrs Denise Nihill
Mrs Kim Portwine
Mrs Lizzy Forbes

As a school community we work together to ensure we are child safe and that we empower student voice

LEARNERS OF THE WEEK



Term 2, Week 4: Congratulations to Hunter, Zara, Charlie, Lachie & Chevi for being named our Learners of the Week!

MHiPS Mental Health in Primary Schools



Hydration is important for learning. So how much water do children need in a day? And what impact does it have on their brains?

The amount of fluid children need will depend on the weather and how much physical activity they but as a guide around 1.2-1.9 litres per day. The Australian Dietary Guidelines say it is preferable to meet most

fluid needs by drinking plain water. If your child does not like drinking water, you could consider adding a squeeze of juice.

How often do they need to drink?

There is no specific advice about how often children and adolescents need to drink. But the main message from research is students need to start drinking from the time they get up. Having a drink of water first thing regulates the body and brain to use water well, setting up mental performance for the rest of the day.

Research also say's children need to keep drinking substantial amounts of water (about 250-300ml) throughout the day, rather than just taking little sips here and there to keep the brain in a hydrated state.

Why is water so important for our brains?

About 75% of all brain mass is water and our brains need

water to keep working.

Among other functions, water helps brain cells and tissue to balance hormone levels, maintain proper blood flow and deliver vitamins, minerals and oxygen to your brain.

Even mild levels of dehydration can increase levels of the hormone cortisol, which can lead to feeling nervous, tense and irritable. This can muddle up the brain's processing of information as well as our energy levels, emotions and behaviour.



If students are adequately hydrated it sets up their brains to be in an optimal state to concentrate and pay attention at school.

Water as part of children's routines

Having other regular moments for drinking water can also help create steady routines for children and young people. Routines are an important way to manage attention, emotions and behaviour.

So, having a drink of water when kids wake up, at mealtimes, when kids get to school, at the start or end of classes and when they get home can all provide useful anchor points.

For full website source: [Hydration is really important for learning. How much do kids need to drink?](https://raisingchildren.net.au/toddlers/nutrition-fitness/breakfast-lunches/breakfast)

<https://raisingchildren.net.au/toddlers/nutrition-fitness/breakfast-lunches/breakfast>

Catholic Identity

Sacraments



Please send along photos, candles, certificates of any family members receiving the Sacraments. We would love to share and take copies for a class art piece.

donations
Before week 8 Term Two

**Desperately need
tinned food, soup,
spaghetti etc**

Elmore
Food Share

Wednesday 9-11am
3 Clarendon St, Elmore - Elmore Community Hub

\$2 donation
Pasta, Bread, Dairy & Frozen goods, Fruit & Veg
Rice, Eggs, Tinned goods, cereal

MAY THE SACRED HEART OF JESUS BE EVERYWHERE LOVED!



PLEASE JOIN OUR

Our Lady's Feast Day

LUNCH

MAY 30TH
1PM

OLSH
CHEVIE CENTRE
FOLLOWED BY A
SHORT LITURGY

Soup provided, bring a small plate to share.

As the late Pope Francis pointed out, it was already an established principle that you should love your neighbour. What Jesus does is extend this, going beyond formal concern to a really deep love – ‘as I have loved you’.

So, aided by the Holy Spirit, we are called to experience and express the love of Christ

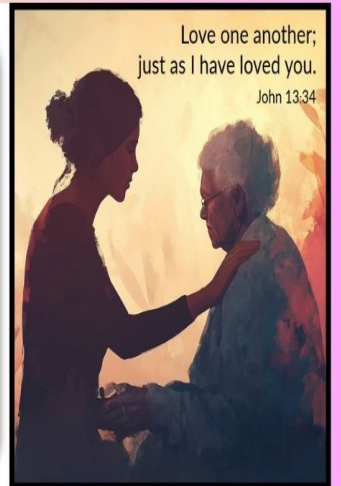
Gospel

Jn 13:31a, 33-35

When Judas had gone Jesus said:
‘My little children,
I shall not be with you much longer.
I give you a new commandment:
love one another;
just as I have loved you,
you also must love one another.
By this love you have for one another,
everyone will know that you are
my disciples.’

The scriptural quotations are taken from the Jerusalem Bible, published and copyright 1966, 1967 and 1968 by Darton Longman and Todd Ltd and Doubleday & Co Inc, and used by permission of the publishers.

Love one another;
just as I have loved you.
John 13:34





The Elmore Bakery

Phone: 03 5432 6558

2025 LUNCH PRICE LIST

PLAIN PIES/PASTIES.....	\$6.00	
SAUSAGE ROLLS	\$4.50	
HOT DOGS.....	\$3.70....with Cheese	\$4.00
PARTY PIES/PASTIES/SAUSAGE ROLLS	\$1.50	
GF Pies \$10.50 GF Sausage Rolls \$9.50		

**Salad Rolls/Sandwiches
(with Meat) \$7.00**
Ham/Chicken/Roast Beef
Tomato, Onion, Cucumber,
Cheese, Carrot, Lettuce &
Beetroot

**Salad Rolls/Sandwiches
(NO Meat) \$6.00**
Tomato, Onion, Cucumber,
Cheese, Carrot, Lettuce
& Beetroot

Plain Sandwich \$3.50
Cheese or Vegemite

Plain Meat Roll \$5.00
Ham/Chicken/Roast Beef

HAM & CHEESE TOASTIE \$5.50

FRUIT SALAD \$8.00 (seasonal)

GRANOLA & YOGHURT \$7.00

SAVOURY ROLLS

Cheese & Bacon \$2.50

Cheese & Vegemite Scroll \$2.50

CAKES/SLICES

Cinnamon Donut \$3

Iced Donut \$3.40

DRINKS

FRUIT JUICE (Impressed/Mojo) \$4.00 (Apple & Orange)

300ml OAK Flavoured Milk (Chocolate or Strawberry only) \$3

600ml Water \$3.00

Please write name and order clearly on the outside of an envelope or paper bag and place money securely inside.
All prices include GST. Products can be purchased with sauce at no extra charge. Prices are subject to change.
