



From the Heart



Newsletter No. 16

28th May, 2025

COMING UP AT OLSH...

May 2025

Tue 27th to 3rd June National Reconciliation Week
 Fri 30th OLSH Associates Lunch at 1pm
 OLSH Feast Day Liturgy at 2:50pm
 2026 Enrolments close

June 2025

Sun 8th Pentecost Sunday
Mon 9th Kings Birthday Public Holiday
 Wed 11th Division Soccer
 Tues 17th Rochester Secondary College visit
 Fri 27th Learning Showcase of classrooms at 2:30pm

July 2025

Fri 4th Last day of Term 2

From the Principal...

Dear Families and Friends of OLSH,

This week is a special one in the life of OLSH as we come together on Friday to celebrate the Feast Day of Our Lady of the Sacred Heart. We will reflect on the loving heart of Mary and her example of compassion, courage and service, as well as the loving contributions of the many religious sisters, students, families, teachers, staff, parishioners and priests who have gone before us. We warmly invite all families to join us this Friday for our celebration. Our day will include shared lunch with parishioners and families at 1pm, and our liturgy at 2:50pm. This is a wonderful time to give thanks for the blessings of our wonderful school and faith community.

Another significant part of this week at OLSH is **National Reconciliation Week 2025**, with the theme **“Bridging Now to Next”**. This powerful theme invites us to reflect on the journey of reconciliation in Australia—honouring the past, acknowledging the present and working together for a better future. Throughout the week, we have worked to deepen our understanding of reconciliation, Aboriginal and Torres Strait Islander histories, cultures and contributions. We are committed to walking together in truth and unity, and to fostering hearts that are open, respectful and just

that touch the hearts of others.

We pray for the intercession of Our Lady of the Sacred Heart.

Prayer to Our Lady of the Sacred Heart

Remember, Our Lady of the Sacred Heart, the great things the Lord has done for you.

Chosen for his Mother.

Chosen to be close to his cross.

Chosen to share in his glory.

Our Lord listens to your prayer.

Offer our prayers of praise and thanksgiving; present our petitions to our Lord.

Let us live like you in the love of your Son to share this love and be of service.

Lead all people to the source of living water that flows from his heart, spreading over the world hope and salvation, reconciliation, justice and peace.

Amen.

With peace and blessings,

Lisa Hitchcock



At OLSH we acknowledge and pay respect to the Dja Dja Wurrung people, the original custodians of the land on which our parish school is located. We pay our respects to elders past and present and commit to actively work alongside First Nations People for reconciliation and justice for all.

Our Lady of the Sacred Heart School promotes the safety, wellbeing and inclusion of all children.

W: olshelmore.catholic.edu.au PH: 5432 6254 E: principal@olshelmore.catholic.edu.au

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

Last Friday, we welcomed our new and prospective 2026 Foundation students to a "Come and try - Little Chevies." This was so much fun for us all! Our next session will be held on **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 School - Elmore

Come and try
**LITTLE
CHEVIES**



Thursday 29 May for music with Mr Mann at 2:15pm - 3:15pm



All children and interested families invited to come and try our transition program.

**All
Welcome!**

Contact us for more information:

03 5432 6254

principal@olshelmore.catholic.edu.au



School News

Subway – Friday 30 May

We are having Subway for lunch on Friday. Please log on to Canteen Hub to order by Friday morning at 8am.

If you already have a Canteen Hub profile, please use this to make your order. If you do not have a profile please use the instructions towards the end of this newsletter to create your new Canteen Hub profile.

SUBWAY SCHOOL LUNCH

- FRIDAY 30TH MAY
- PLACE YOUR ORDER BY FRIDAY, 8AM
- AT CANTEENHUB.COM.AU

PROUDLY SUPPLYING

SUBS FOR YOU Say Hello at help@canteenhub.com

A hand holding a smartphone displaying the Canteen Hub app interface with the text: Canteen Hub, PROUDLY MADE BY SUBWAY EPSOM.



Regional Cross Country

We are so proud of our students who competed at Regional Cross Country in St Arnaud, yesterday, Tuesday 27 May. They have been so supportive and encouraging of each other and their amazing determination and courage is inspiring.

Congratulations to Frankie, Ayla and Jimmy for all of their achievements in

Cross Country!

Frankie and Jimmy have made it through to the State Cross Country in Melbourne – Well done!

Parent Engagement at OLSH: School Advisory Council & Class Reps

Thank you to our School Advisory Council members who met last night. I am very grateful for their ongoing commitment and support of our school community.

We are looking for new members for our council! All are welcome to nominate for our council.

We are looking for a class representative of each class. This role is to share information or reminders to families and also provide some opportunities to connect with each other for a coffee or social catch up.

Let's Bee Better Readers

We have our reading each Thursday at 8:40am. We invite our families to join us and enjoy our students' reading!



Drop In @ Drop Off

MHiPS
Mental Health in Primary Schools

DROP IN @ DROP OFF

JO WEBB OUR MENTAL HEALTH & WELLBEING LEADER WILL BE IN THE CHEVIE CENTRE EACH WEDNESDAY 9AM-10AM TO MEET OUR FAMILIES ALL WELCOME

Thank you to the parents that were able to join us this morning for Drop In @ Drop Off! Jo loved sharing more about the MHiPS program and her work here at OLSH.

We invite you to join us Wednesday mornings at drop off time in the Chevie Centre.

Please let us know if there is another time on Wednesday or Friday that you would like to catch up with Jo.



Child Safeguarding

At OLSH, the safety, dignity and well-being of every child are at the heart of our mission. This is founded in the teachings of Christ and guided by the Gospel, we are committed to creating a nurturing environment where all children feel they belong and are safe, respected and valued.

We seek your ongoing support to ensure the safety and well-being of our students and community. Our Child Safeguarding policies are available on the OLSH school website and if you have any questions or concerns, please contact any of our Child Safe Officers – Lisa Hitchcock, Denise Nihill, Kim Portwine or Lizzy Forbes.

Our Commitment

We believe that safeguarding is everyone's responsibility. All staff, volunteers, visitors and community members share a duty to protect children from harm and to promote their well-being. We are dedicated to:

- Providing a safe, welcoming and supportive environment where children can learn, grow and flourish.
- Knowing our children deeply, we are able to recognise and respond swiftly and appropriately to any signs of concern.
- Empowering children to speak up and be heard, knowing they will be taken seriously.
- Working in partnership with families, staff, Catholic Education Sandhurst Ltd and external agencies to ensure the best outcomes for every child.

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 5: Congratulations to Frankie, Zayde, Jimmy, Sunny, Liam and Zara for being named our Learners of the Week!

MHiPS Mental Health in Primary Schools

Mental Health and Wellbeing Leader Role



Physical activity: why it's good for children

Physical activity is vital for children's health, wellbeing and development, now and in the future.

Physical activity has many **health benefits** for children.

- be relaxed and sleep well
- concentrate better at school
- get along with others and make friends easily
- share, take turns and cooperate.

Physical activity is an **important part of play and learning** too.

And when children do **physical activity with you or other people**, it can be a great way for them to build relationships in your family and community. It can also help them develop language, social and communication skills.

For more information, please see check out the attached link.

[Physical activity for school children | Raising Children Network](#)

It:

- strengthens children's bones, muscles, hearts and lungs
- improves children's coordination, balance, posture and flexibility
- helps children maintain a healthy weight
- boosts children's immune systems
- reduces the risk of children developing high blood pressure, type 2 diabetes, anxiety and depression.

Physical activity also boosts **children's wellbeing**. For example, active children are more likely to:

- be confident, have healthy self-esteem and feel like they belong



Catholic Identity

Reconciliation Week By Cooper Mullane

From the 26th of May to the 2nd of June, it is reconciliation week, and for that we say sorry to all Aboriginal and Torres Strait Islander people. We acknowledge what we did was wrong and find ways to forgive them for our trespasses. We stole their land, and for that we are guilty.

The theme this year for Reconciliation Week is "Bridging Now to Next." You can acknowledge this week by attending ceremonies, memorials, or speeches. The theme means that Australians should step forward and advance, guided by our past. Forcing people who have a deep connection to land to leave and to make them a different person is wrong. This is the 29th annual Reconciliation Week. In 1996 the Council for Aboriginal Reconciliation started the week.

As Reconciliation Week begins (27 May - 3 June), we pray for all Australians, especially the land's First Peoples, that everyone will come together in remembrance of the past, acceptance of the present, and commitment to a shared future.



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.

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.





Elmore Food Share

Wednesday 9:11am
2 Cans & Cakes - 1 Small Community Fund
\$2 donation
Pasta, Bread, Dairy & Frozen goods, Fruit & Veg
Rice, Eggs, Tinned goods, cereal

donations
Before week 8 Term Two

Desperately need
tinned food, soup, spaghetti etc



Grade 5/6 Classroom



The senior class has shown remarkable imagination and skill in creating their bird sculptures. Using materials like newspaper, masking tape, and Plaster of Paris, they've brought their birds to life with creativity and care. The use of stands to support the birds creates a realistic look. This hands-on project links beautifully to our unit *Black Cockatoo*, as it deepens students' connection to native birds and themes of identity, culture, and conservation explored in the story. Stay posted for the next few steps!



WELCOME TO CANTEEN HUB



GETTING READY TO PLACE YOUR FIRST ORDER

- 1 Create a new profile at app.canteenhub.com.au/register-customer
- 2 Add Profile: Set up children or yourself under the Profiles tab
- 3 Search for your school via postcode or name
- 4 Select your class
- 5 Head to Order Now
- 6 Select the person you are ordering for
- 7 Select items from the approved menu & finalise your order
- 8 To place orders for multiple people. You will be asked when you finalise your first order if you would like to place another order for another profile (person)



NEXT WEEKS PROGRAM

Week 7 term 2 This week's program was designed by students as well as with staff, using children's meetings/ parents meetings.

DAY	ADVENTURE 1	ADVENTURE 2	ADVENTURE 3	ADVENTURE 4
MONDAY	Children's meeting: This enables the children to have a say in the adventures we are running at Play and Stay and raise concerns	Homework club: A fantastic way of giving your child extra support in a fun and creative environment	Dodge Ball: Hopefully we have some nice weather for Dodgeball today.	Canvas art: We did this last year and the students have asked if we can do it again.
TUESDAY	Children's meeting: This enables the children to have a say in the adventures we are running at Play and Stay and raise concerns	Homework club: A fantastic way of giving your child extra support in a fun and creative environment	Playground play: Free play on the playground, learn some sharing and turn-taking on the equipment.	Canvas art: We did this last year and the students have asked if we can do it again.
WEDNESDAY	Connect 4: This game is a game of skill, are you able to get 4 in a row?	Homework club: A fantastic way of giving your child extra support in a fun and creative environment	Soccer: Let's practice some soccer skills. On the new basketball court.	Uno: This game is fun and is great for all age levels.
THURSDAY	Children's meeting: This enables the children to have a say in the adventures we are running at Play and Stay and raise concerns	Homework club: A fantastic way of giving your child extra support in a fun and creative environment	Hockey: Try our hand at Hockey, it's a hard game to master.	Scilant ball: Let's end the day with a quiet game of scilant ball
FRIDAY	Beyblades: They are back, it's great to see everyone work together to help others in this game.	Homework club: A fantastic way of giving your child extra support in a fun and creative environment	Step game: A different kind of a tag game, but you only have 3 steps to tag someone in.	Dead fish: This game is great to relax and relieve before the end of the day.

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
PARTY PIES/PASTIES/SAUSAGE ROLLS	\$4.00
GF Pies \$10.50 GF Sausage Rolls \$9.50	\$1.50

Salad Rolls/Sandwiches (with Meat) \$7.00	Salad Rolls/Sandwiches (NO Meat) \$6.00	Plain Sandwich \$3.50
Ham/Chicken/Roast Beef	Tomato, Onion, Cucumber,	Cheese or Vegemite
Tomato, Onion, Cucumber,	Cheese, Carrot, Lettuce	
Cheese, Carrot, Lettuce & Beetroot	& Beetroot	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.