



From the Heart



Newsletter No. 18

11th June, 2025

COMING UP AT OLSH...

June 2025

Wed 11th	Division Soccer Drop In @ Drop Off with Jo Webb
Thu 12th	8:40am Let's Bee Better Readers
Tues 17th	Rochester Secondary College visit
Wed 18th	Drop In @ Drop Off with Jo Webb
Thu 19th	8:40am Let's Bee Better Readers
Wed 25th	Drop In @ Drop Off with Jo Webb
Thu 26th	8:40am Let's Bee Better Readers
Fri 27th	Subway Lunch order day Learning Showcase of classrooms at 2:30pm
Mon 30th	School Advisory council at 7pm

July 2025

Wed 2nd	Drop In @ Drop Off with Jo Webb
Thu 3rd	8:40am Let's Bee Better Readers
Fri 4th	Last day of Term 2

TERM 3

July Fri 25th	Pyjama Day (more info to come)
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From the Principal...

Dear Families and Friends of OLSH,

I hope you all enjoyed the long weekend with your families and the much needed rain.

I am continually inspired by the vibrant learning environment at OLSH. Each day, our students demonstrate curiosity, resilience, collaboration, a willingness to learn from mistakes and a genuine love for learning. Our teachers and staff work together with great collegiality to get the very best for our students and to continually grow their own practice. They have been so committed to bring all that Magnify Sandhurst offers to our students in meaningful and engaging ways to support out students' ongoing achievement and success.

This term, as part of Magnify, our staff were engaged with the Science of Learning for the first three days of the term, drawing on the insights and evidence of leading educational researcher Dr Jared Cooney Horvath. We are so fortunate that our OLSH educators have been on this journey for many years and this work has helped shape our understanding of how the brain learns best—emphasising teaching and learning strategies that support engagement, memory, attention and deep understanding. These principles are being thoughtfully embedded into our teaching practices, ensuring that every student benefits from evidence-informed approaches that truly make learning stick.

We will introduce our behaviour curriculum in the coming weeks. Magnify Sandhurst includes this curriculum to ensure all the great learning that is happening can be maximised in calm classrooms, and to ensure all our students across the diocese can experience an orderly and predictable space to learn.

Our leaders and staff had professional learning days in Term 1 with Knowledge Society – Classroom Mastery to learn about the behaviour curriculum – research, theory and practice. Knowledge Society have worked with Rosebud Secondary College on a behaviour curriculum, and this had a hugely positive impact on the learning, wellbeing and engagement of students. The ABC's 7:30 Report shared this work and the impact it had for students, teachers and the school community.

The OLSH Behaviour Curriculum has been created by our staff and reflects our context. We will be teaching routines for a cue to start, entering and exiting the classroom. OLSH already has such a calm and supportive environment these are based on practices we

Magnify Sandhurst—There are some great insights into Magnify Sandhurst and Catholic Education on these locally produced podcasts.



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

already have; however, they will now be documented and shared with all staff as whole school routines – including CRTs – to develop a consistency that will support our students in many different ways. We will share the behaviour curriculum with students at Friday’s school assembly to explain the “Why?” behind it in preparation for the coming weeks.

If you would like more information about Magnify Sandhurst please let us know.

This supportive and vibrant learning environment is made possible through the partnership with our families and community. Your involvement, encouragement and support play a vital role in helping our students flourish in all aspects of their lives both academically, spiritually and personally. Thank you for all that you do!

Gracious and Loving God,

We come before You with hearts full of gratitude for the gift of our OLSH community.

Thank You for the students who bring energy, curiosity and joy to each day.

Thank You for the teachers who guide with wisdom, patience and compassion.

Thank You for the staff who support and care in countless unseen ways.

Thank You for the families who entrust us with their children and walk this journey with us.

We are grateful for the friendships formed, the lessons learned and the challenges that help us grow. For the laughter, the quiet moments of reflection and the shared celebrations – We give You thanks.

Help us to continue building a place where every person feels loved, safe and inspired. May we always strive to learn not just for ourselves, but for the good of others.

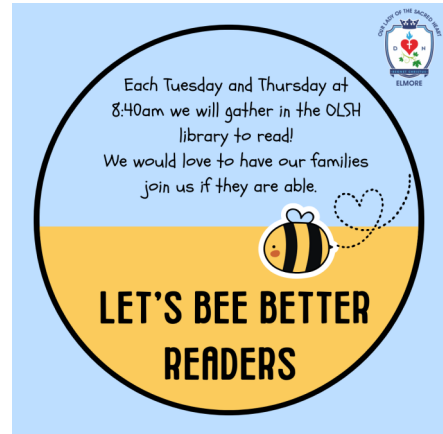
With thankful hearts, we lift this prayer to You. Amen.

With peace and blessings,

Lisa Hitchcock

Let’s Bee Better Readers

We have our reading each Thursday at 8:40am – **and we are introducing Tuesdays at 8:40am as well.** We invite our families to join us and enjoy our students’ reading each Tuesday and Thursday at 8:40am!



Hot Lunches at OLSH for Winter

We are introducing hot lunches at OLSH for Winter from tomorrow – **Thursday 12 June.** Students can bring along their lunch every day to be heated in the pie warmer for first break. As we are warming the food it cannot be frozen. Examples of food are unfrozen pies, sausage rolls, left over pasta or dinner, soup or toasted sandwiches.



School News

2026 Foundation Enrolment

Last Wednesday, we welcomed our new and prospective 2026 Foundation students to a “Come and try - Little Chevies for a wellbeing session with Mrs Webb.” Thank you to these children and families for making this such a joy filled time for us all.

We accept enrolments for our 2026 school year throughout this year. Please pass this information to any families you know with pre-school children.

**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@olsheilmore.catholic.edu.au
www.olsheilmore.catholic.edu.au

*Subject to eligibility

Our Lady of the Sacred Heart
32 Jeffery Street, Elmore
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Email: admin@olsheilmore.catholic.edu.au
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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

Drop In @ Drop Off

Remember our Wednesday's Drop In @ Drop Off! We invite you to join us Wednesday mornings at drop off time in the Chevie Centre. Thank you to our families that have been able to join Jo!

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

Parent Engagement at OLSH: School Advisory Council & Class Reps

Our School Advisory Council will meet on **Monday 30 June at 7pm** in the staffroom – or online. I am very grateful for these parents' ongoing commitment and support of our school

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

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 provide some opportunities to connect with each other for a coffee or social catch up. We have a class parent representative for our Junior class, and we are looking for two more for Middle and Senior classes!

Elmore OSH Club

Elmore OSH Club are currently holding a raffle to support The Smith Family – Learn today, change tomorrow. Raffle tickets are available from OLSH to purchase or raffle books to sell. Please see the flyer below.

School News

Changes to Students' Normal End of Day Arrangements

Thank you to our families for their support of the new process for changes to end of day arrangements for students.

A reminder to please to contact the school by phone if there are any changes to your child/ren's normal routine. For example:

If your child/ren will be collected by someone other than your family or nominated people.

If your child/ren will go home with another student.

If your child/ren are not going on the bus.

If your child/ren are no longer attending After School Care for their usual day/s.

If we do not receive communication from you about any changes we will follow their end of day normal routine.

I thank you for your ongoing support of this change.

School News

LEARNERS OF THE WEEK



Term 2, Week 7: Congratulations to Charlie, Chevi, Zayde, Reece, Liam, Amelia and Cooper for being named our Learners of the Week!

Child Safeguarding

Child Safe Officer Training

At OLSH, the safety and wellbeing of every child is our highest priority. In alignment with the Victorian Child Safe Standards and Ministerial Order No. 1359, our Child Safe Team is undertaking ongoing professional learning and training to ensure we uphold the highest standards of care, vigilance and support for all in our community.

Today members of our Child Safe Team participated in Child Safe Officers training with Megan Gerrish – Safeguarding Lead at Catholic Education Sandhurst Ltd.

Why Child Safe Officer Training Matters

Child Safe Officers play a vital role in fostering a culture where children feel safe, respected, and heard. Their training equips them with the knowledge and skills to:

- Understand and implement the 11 Child Safe Standards, including the importance of student voice, family engagement and cultural safety.
- Identify and respond to risks to the safety and wellbeing of our students and signs of harm, abuse or neglect.
- Promote safe environments—both physical and online.

- Support staff, volunteers, and the broader school community in implementing and maintaining our child safety policies and practices.

I thank Megan for her ongoing support of our team, and to our Child Safe Team for their work and commitment to the ongoing safety and wellbeing of our students and community.

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

How to create a successful routine for your family

1) Evaluate your current routines

What routines are already in place, what's currently working, and what needs some tweaking right now?

2) Prioritise

Think about all the things you need to do as part of each routine and prioritise them according to their importance. What absolutely needs to get done as part of your routine? These are the non-negotiables – things you cannot leave the house without doing, or things you cannot go to bed without doing. Then think about what you'd like to get done as part of the routine once all the essentials are completed. This is what you'd like to do if you still have time, so take the pressure off when it comes to these items!

3) Give yourself enough time

The next thing it's important to do is to think about how much time you have to complete the routine, and how long each step is likely to take. And it's important that you're realistic here. Things often take longer than we expect! Once you know how long each step takes, add it all together and see if it all fits in the time you have available! A lot of the time, our routines feel chaotic and stressful when we try to implement them because we try to fit too much into too short a time frame.

If everything doesn't fit, consider whether you can increase the amount of time you have available for the routine. If you can't do that, try to remove some steps of the routine and break it down to just the essentials. If your routine has more than about 7-8 steps, it's too long. Children often will not be able to maintain a routine with that many steps, it's just too much for them to do! This will result in resistance, refusal, meltdowns, and power struggles. The opposite of what we're trying to achieve with a routine!

4) Manage your expectations

Keep expectations of children to a level that they are able to complete tasks on their own and have the skills to do yet. Can your child actually complete the tasks in the routine – consistently and independently – or will they need some help? Do you need to simplify the steps for your child to better suit their age and stage? Do you need to find ways to support them to complete the steps? And will this add extra time to your routine?

5) Find your anchor points

When it comes to planning out an entire day, think about rhythms rather than schedules. A rhythm is a pattern of doing things within your family. A flow of events that reflects the natural flow and balance of your lives. Rhythms typically revolve around anchor points or events that occur at around the same time every day, week, month, or year. Your rhythm consists of your usual routines and rituals, as well as other events that need to happen in your household, such as mealtimes, activities, and chores. The rhythm is not a structured schedule, but instead, is shaped around and aligns

with the lifestyle already in place for a family. It helps children know what comes next in their day and allows them to make an easy transition to the next activity or anchor point.

So, what are the anchor points in your day? Do you always have lunch at around the same time? Do you drop older children off at school and pick them up at the same time? Is there a swimming or soccer lesson that you always go to on a Thursday morning? These are your anchors. Predictable events that always happen around the same time. When you create a daily rhythm, start with these anchor points and then schedule in other activities and events around those. This will allow both flexibility and flow AND predictability and containment for your child.

6) Schedule in downtime

When creating your daily rhythms, be sure to plan for downtime. A mixture of both BEING and DOING activities is essential throughout the day. For example, if your morning consisted of errands and school drop off and lots of out and about type activities, then you might return home for morning tea and do some quiet activities at home, like craft or reading, before heading out again for the afternoon school run and a play at the park. When we over-schedule children, we create stress and overwhelm. Rest time is essential for everyone.

7) Use visuals

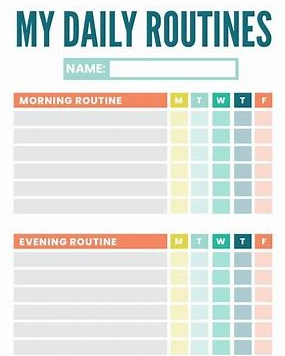
Visual cues are a great way to stay on track with your routines and rhythms and ensure everyone in your family knows what to expect and what is coming next. They are especially useful for very young children, but everyone can benefit from visuals! Using a simple chart with some pictures for younger children that shows the general flow of the day and includes your anchor points. You can even get your child involved in creating the chart. When children feel a sense of ownership and feel they have been included, they are far more likely to follow along. Give them some power, and they will have no need to fight for it!

8) Review and revise

The final step in creating your routines is to return to them regularly. Routines and rhythms will change, grow and develop as your family does. It is important to periodically review your routines and rhythms. Are they still relevant? Are they still working efficiently? Does everyone have the skills they need to complete the task, or do you need to teach some new skills? Do you need to adjust your expectations about how long things take or what you're capable of managing at this current stage of life you're in?

Most importantly, try to remember that a rhythm is a guide, not a detailed minute-by-minute schedule. When you create your rhythms and routines, the idea is not to plan out every moment of your day, but to map the *flow* of your day, so everyone knows what to expect. A rhythm should always align with the natural flow of your family life – it fits with you and your family.

[Routines & positive behaviour for children | Raising Children Network](#)



Catholic Identity

Help Us Celebrate 90 Years of OLSH in Elmore!

We're putting together a tribute to the OLSH Sisters and their incredible legacy in Elmore. If you have a memory or story to share, we'd love to include it in our submission to the EPA.

Send your stories to: dnhill@olshelmore.catholic.edu.au

A Glimpse into the OLSH Legacy

Did you know the OLSH Sisters began teaching in Elmore on 30 January 1929—right behind the convent in a repurposed church? From day one, they offered both primary and secondary education. Sister M. Giovanni even taught two classes at once, covering 13 subjects! Former student Sister Mary remembers the long days, few breaks, and the warmth and inspiration that made it all worthwhile.

While visiting Rome, Dean Rooney met Jules Chevalier, the founder of the daughters of Our Lady of the Sacred Heart. He

was given the image that now hangs on the back wall above the altar. Dean Rooney was so impressed by Jules Chevalier that, when the church was being built, he decided to name it after "Our Lady of the Sacred Heart".

Gerry Fitzgerald holds deep admiration and gratitude for the Daughters of Our Lady of the Sacred Heart (OLSH) Sisters, who shaped his early education and the spirit of the Elmore community during difficult times. He began at the Convent School in 1936, where large classes from Grade 1 to Leaving were all taught by the sisters, whose dedication never wavered despite the challenges of the Depression era.

More stories to come—stay tuned!



ORIGAMI HOUSES

The middle and senior rooms are raising awareness of homelessness by:

- Organising origami house folding activities in the months leading up to Homelessness Week;
- Adding the number of houses students have folded to an online rolling statewide tally, at "Add to the Statewide tally Houses At Parliament"
- Displaying houses at school during Homelessness Week; and sharing photos along the way.

#Homelessness
#EndHomelessness
#HomelessAwareness



Elmore Food Share

Wednesday 9-11am
1 Clive & 15 Prince Street Community Hub
\$2 donation
Please: Bread, Dairy & Frozen goods, Fruit & Veg, Rice, Eggs, Tinned goods, cereal

donations
Before week 8 Term Two

Desperately need tinned food, soup, spaghetti etc

DONATION





DO YOU LOVE YOUR FOOTY?

WHO WILL WIN THE FITZPATRICK MEDAL

FEATURING:
Famous Fitzpatrick Cup & Medal
Giveaways, skills acquisition and a whole lot more...



FITZY!
FITZY!

JUNIOR FOOTY

FUN HOLIDAY PROGRAM

A TWO DAY PROGRAM FOR BOYS AND GIRLS



THE PROGRAM CATERS FOR BOYS AND GIRLS

MONDAY, JULY 7
TUESDAY, JULY 8

8.30am - 5.00pm

Venue:
Tom Flood Sports Centre
(Barnard Street)

REGISTER ONLINE



Raffle books now available from the OLSH school office – buy a few tickets or take a whole book!



RAFFLE

ELMORE OSHCLUB is fundraising for The Smith Family Dream Run, this June and we would like your help to reach our goal of raising \$300 to support this noble cause!

PRIZES:

- 1st: \$50 Gift Card to Elmore Victoria Hotel Motel
- 2nd: \$20 Gift Card to Molly and Max Elmore
- 3rd: Large Pizza Gift Card from Elmore Pizza
- 4th: \$20 Gift Card to The Elmore Bakery
- 5th: \$20 Gift Card to Molly and Max Elmore
- 6th: Large Pizza Gift Card from Elmore Pizza
- 7th: 2 free coffee cards for The Elmore Bakery

Gift Cards kindly donated by the local businesses listed above.

We thank them for their community spirit and generous support!

Raffle Tickets are \$2 each or 3 for \$5

Available at OSHClub.

Raffle drawn on the last Friday of term!

Enter to Win

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.
