From the Heart

Newsletter No. 21 **2nd July, 2025**

COMING UP AT OLSH…

July 2025	
Thu 3rd	8:40am Let's Bee Better Readers
	Student reports released
Fri 4th	Last day of Term 2 Pick up at 2:30pm
TERM 3	
Wed 23rd	Learning Conversations
Fri 25th	Pyjama Day (more info to come)
Wed 30th	Division Football
Aug 2025	
Wed 6th	Division Netball
Fri 8th	Mary MacKillop Feast Day

From the Principal…

Dear Families and Friends of OLSH,

As we reach the end of our first term together, I want to express my thanks for the warm welcome I've received as the new principal of OLSH. It has been such a joy and privilege to join such a caring, vibrant and faith-filled community.

This term has been filled with learning, growth and so many amazing moments. I am proud of the way our students have embraced their learning and new experiences, supported one another and lived out our faith as heart people each day. I am also deeply grateful to our dedicated teachers and staff who work tirelessly to ensure the best for all our students. To our families, I thank you for your continued encouragement, support and partnership.

As we enter the school holidays, I encourage you to take time for rest, enjoy family time and appreciate the simple moments that bring so much joy and connection. Mrs Jo Webb, our Mental Health and Wellbeing Leader, has some great school holidays' wellbeing suggestions for our families to use over the next two weeks.

At this time in our world, we see the immense need for peace. With so many communities around the world affected by conflict and hardship, we are reminded of our shared responsibility to pray for peace and to be peacemakers in our own lives.

Wishing you all a safe, restful and fun break with your children. I look forward to the new term ahead and all the opportunities it will bring for learning, faith and community.

With gratitude 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.

School News

Congratulations Bishop Shane Mackinlay

Our much loved Bishop - Shane MacKinlay has received the new appointment as the Archbishop for the Archdiocese of Brisbane by Pope Leo XIV. Although we are very sad and disappointed to see him leave our diocese, we celebrate Bishops Shane's new appointment and give thanks for his faith, courage, wisdom, compassion and steadfast integrity that has touched hearts and minds throughout Sandhurst and beyond. Please keep Bishop Shane in your prayers as he leaves the Diocese of Sandhurst and begins as the new Archbishop of Brisbane.

Term 2 Dates

Friday 4 July End of Term 2 at 2.25pm

Term 3 Dates

Monday 21 July Term 3 starts

Wednesday 13 August Pupil Free Day – Staff Spirituality Day

Assembly

No assembly will be held on Friday as we finish at 2:25pm for the last day of term.

Semester 1 Reports & Term 3 Learning Conversations

Our Term 3 Learning Conversations to discuss your child/ren's Semester 1 report, achievement, progress and future learning will be held on **Wednesday, 23 July**. Semester 1 student reports will be sent home tomorrow **Thursday, 3 July.**

Times for the learning conversations will be **8:00-8:45am and 2:00-5:00pm**. These have been shared via PAM.

With our current workplace agreement, the times for learning conversations with teachers is restricted. I encourage you to make a time within these times.

Those families who had a PSG meeting this term you do not need to book an additional Learning Conversation. If you have any questions or concerns about Learning Conversations, please contact Lisa.

2026 Enrolment Process - Term 3 Interviews

A letter will be sent out by the end of this term to all families who have enrolled their child in Foundation for 2026. This letter will ask you to choose a date and time for your child's interview with our principal - Lisa Hitchcock. This is a wonderful way for the children, and our new families, to begin their educational journey at OLSH.

Staff – Term 3

Mrs Jo Webb will be on leave for the first four weeks of Term3. Please contact Lisa during this time if you need any support or require information.

Parent Engagement at OLSH: School Advisory Council

Thank you to our School Advisory Council that met on Monday night. This is a valuable element of our school that contributes to the ongoing success and growth of OLSH. We welcome and congratulate our two new members Paige and David!

Garden and Grounds Get Together

On **Sunday 20 July** – the last day of the holidays – we will have a garden and grounds get together to do some jobs at the school and enjoy a BBQ lunch.

We will start at **10:30am** and have lunch at **12:30pm**. Please send a text to the school **0436 005 225** to let us know if you are able to come along **by Friday, 4 July** for catering purposes. Thank you!

School Engagement Survey – Term 3

We will once again ask our students – Yrs 4-6, families and staff to complete the School Engagement Survey in 2025. The survey period begins18 August and ends on 15 September 2025. This provides OLSH with much needed information and feedback on our school community. In second semester, we will create our new School Improvement Plan and this data gives us much needed information on areas of growth that we can utilise in our plan.

Pyjama Day – Friday 25 July

We will once again support the Pyjama Foundation with a Pyjama Day at OLSH on Friday 25 July. Wear your favourite pair of PJs and help to raise vital funds to support children living in foster care. Please use the QR Code below if you are able to donate to support foster kids with big dreams.

School News

SAVE THE DATES:

Campaspe Cluster Athletic Sports – Bendigo

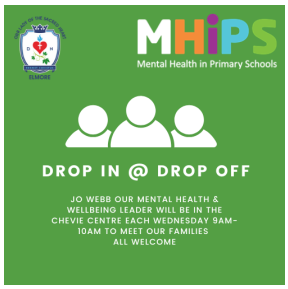
We will hold our Athletics Sports on Thursday 28 August at the Athletics Track in Bendigo.

Elmore Field Days

At the beginning of Term 4 we have the Elmore Field Days – 7-9 October. We will be working on the catering and waste management. There is a roster of shifts attached to the back of this newsletter for families to support this huge event for the Elmore community. The school will support our families with volunteering at the Field Days with early drop offs and later pickups. The funds raised from the Elmore Field Days will go towards refurbishing the children's sandpit. Please consider whether you will be available for any of the slots allocated to us on the roster, and message Amanda O'Sullivan on 0438 510 672. We are asking that if you are available to please let us know by the 14th August so all unfilled shifts can be allocated in a timely manner.

Science of Learning - What is the Science of Learning?

In Week 1 of Term 2, all staff across our diocese took part in three days of rich professional learning with Dr Jared Cooney Horvath, focusing on the Science of Learning. Throughout 2025, we will be sharing regular insights and reflections for families to consider, with the hope that these shared understandings can strengthen the partnership between school and home in support of each child's learning journey. CESL Magnify Update 22 (June 11, 2025) Page 3 To begin, it's important we clarify what we mean when we say the Science of Learning. The Science of Learning is a growing field of research that helps us – as educators and parents – understand how human beings learn most effectively. Drawing on evidence from neuroscience, psychology, linguistics, education, artificial intelligence and philosophy, it offers us practical, research informed strategies that support learning, build memory, and develop expertise. These "best bets" can be applied not only in classrooms, but in homes and everyday life – supporting children and adults alike to keep learning, growing and thriving. In the meantime, if you would like to learn a little more about the science of learning, please see the following link - Science of learning basics in 3 minutes - Science Of Learning



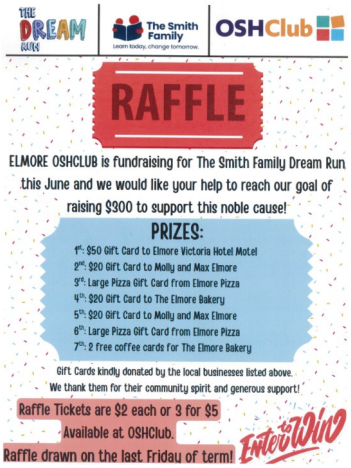
Repeat - 2024 Report to the Community

Our 2024 Annual Report to the Community is available on our school Website, at this link ARSC / QR Code and as a printed hard copy in the school office. I am grateful for the work of Craig Simpson and Matt Mann on this important communication to our OLSH community.

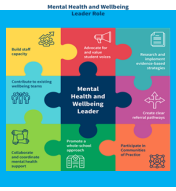
Magnify Sandhurst

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

Elmore OSH Club



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



MHiPS
Mental Health in Primary Schools

The school holidays are a wonderful opportunity for children and families to reconnect, recharge, and enjoy quality time together. Below are some tips to support your child's wellbeing during the holidays.

Maintain a Consistent Routine
While holidays bring flexibility and freedom, a consistent routine provides stability and security—especially for young minds. Children thrive on predictability, as it helps them feel safe and reduces feelings of anxiety.
Simple Ideas:
- Stick t o regular wake up routines
- Plan a loose schedule that includes mealtimes, play and downtime
- Designate time for daily activities like reading, walks or creative play

For example, mornings could start with breakfast and some quiet reading time, while afternoons might include outdoor play. Small routines like these create a rhythm to the day without feeling rigid.

Limit Screen Time
Screens often become a default entertainment option during holidays, but too much screen time can negatively impact mood, sleep, and behaviour. The Australian National Screen Time Guidelines recommend:
- Ages 2-5: No more than 1 hour per day
- Ages 5-17: Less than 2 hours per day of sedentary recreational screen time

It's important to spread this time across the day rather than compensate for missed days with extended periods. For example, a "no screens before lunch" rule can help establish balance.
Alternatives to Screens:
- Outdoor Adventures: Go for nature walks, scavenger hunts, or play backyard games.
- Indoor Fun: Build blanket forts, play board games, or have a reading challenge.
- Creative Play: Draw, paint, or repurpose old materials for DIY crafts.

Foster Positive Social Connections
Social interactions are vital for children's emotional health, helping them build relationships, boost confidence, and feel connected. Long breaks can sometimes leave kids feeling isolated, so providing opportunities for social interaction is key.

Ways to Encourage Connection:
- Arrange playdates with friends, neighbours, or cousins.
- Visit local parks or free community events to encourage interactions.
- Schedule virtual video calls with family members who live far away.

Even something as simple as a picnic in the park or hosting a small group for a game afternoon can bring joy and strengthen friendships.

Spend Time Outdoors
Nature is a natural mood booster! Spending time outside reduces stress, increases physical activity, and fosters creativity. The best part? It's completely free.

Ideas for Outdoor Activities:
- Go on a nature scavenger hunt—look for leaves, flowers, or bugs.
- Visit the local beach, bush trails, or playgrounds.
- Play simple games like hide-and-seek, hopscotch, or ball games.
- Turn an outdoor walk into a story adventure—ask your child to invent stories about what they see.
- Being outdoors doesn't have to be structured. Let your child lead the way, explore, and enjoy the simple wonders of nature.

Encourage Healthy Eating and Physical Activity
Physical health directly impacts mental and emotional wellbeing. Balanced meals and daily movement are simple yet powerful ways to boost your child's energy, mood, and focus.

Fun and Free Ideas:
- Get the kids involved in cooking or prepping meals—turn it into a fun activity.
- Have a dance party at home! Play their favourite music and let loose.
- Try "family yoga" using free online videos.
- Create an at-home obstacle course using pillows, chairs, or other household items.
- Small daily movement—even as simple as walking or dancing—can work wonders for physical and emotional health.

Have moments of self-care for yourself.
Children are highly perceptive and pick up on the emotions of those around them. If you're feeling stressed, anxious, or overwhelmed, they're likely to notice. Take time to care for your wellbeing during the school holiday break.

Ways to Stay Balanced:
- Schedule small moments for yourself, like a cup of tea or a quiet 10-minute break.
- Practice mindful breathing or gentle stretching to manage stress.
- Share age-appropriate emotions with your children. For example, "I'm feeling tired today, so I'm going to take a short walk to feel better."

By modelling self-care, you not only support your own wellbeing but also teach your children valuable habits for managing their emotions. Remember it is important for you to also have time out as well.

Have a wonderful, safe and restful school holiday break.
Please see below Victoria Government links for Mental Health Supports for students over the holidays.

https://www.vic.gov.au/mental-health-supports-students-over-school-holidays

https://www.education.vic.gov.au/Documents/school/Wellbeing%20Support_Factsheet_ParentsandCarers.pdf

Child Safeguarding

On Monday night, our School Advisory Council members learned more about Child Safeguarding at OLSH and the Victorian Child Safe Standards (VCSS) and The National Catholic Safeguarding Standards (NCSS).

The NCSS are a comprehensive framework specifically designed to protect children and promote their well-being within Catholic entities across Australia. These standards emphasise the importance of creating safe environments for children, grounded in the values and teachings of the Catholic Church. The NCSS outlines clear expectations for leadership, governance, and culture within Catholic organisations, ensuring that safeguarding practices are integrated into all aspects of Church life.

The VCSS are a set of 11 mandatory standards designed to ensure the safety and well-being of all children across organisations in Victoria. Established under the Child Wellbeing and Safety Act 2005, these standards apply to a wide range of organisations, including schools, sports clubs, religious institutions, and community groups, with the goal of creating environments where children are protected from abuse and harm.

Our Child Safeguarding Program includes regular training for staff and volunteers so that everyone in our community is equipped with the knowledge and skills to identify and respond to child safety risks. We also have clear procedures for reporting any concerns or incidents, and we encourage all members of our school community to speak up if they notice anything that might jeopardise a student's safety. We take these responsibilities seriously and review our policies and safeguarding measures regularly to ensure they remain effective and up to date. This proactive approach allows us to adapt and strengthen our practices as needed, ensuring that we continue to meet the highest standards of child safety. Please contact any of our OLSH Child Safe Team listed on the poster or directly to CESL Child Safeguarding – Catholic Education Office Sandhurst - Home
All of our Child Safeguarding Policies, Codes of Conduct and how to make a complaint are on our school website: Our Lady of the Sacred Heart Elmore - Child Safeguarding
Volunteers, please direct your referees to complete their referee check using the QR code below, which is also available on the school website.

School News

LEARNERS OF THE WEEK

Term 2, Week 10: Congratulations to our Learners of the Week!

Catholic Identity

Well done Jasper and Amelia beautiful job drawing so much detail at OLSH

Amelia and Jasper Altar OLSH Church

The Immune Deficiencies Foundation presents International Entertainment Australia's...

Circus Quirkus provides relaxed theatre performances for children and young adults...

- with diverse abilities and backgrounds (wheelchair accessible and accessible seating at all shows).

- who might require a more flexible and inclusive environment when going to the theatre (sensory friendly).

- who are facing hardship.

- without access or opportunity to live theatre.

Enjoy the "live performance" experience with a casual attitude to audience noise and movement in an accessible and inclusive environment, where you are welcomed and free to be yourself without restriction or judgement.

Scan the QR Code to visit the shows website and watch highlights from previous shows...

Featuring a brand new show host and performers, along with some old favourites. *moving, flashing lights, upbeat and sometimes dramatic music. One hour show, no interval. Suitable for all ages.

ALL TICKETS ARE COMPLIMENTARY, including parent, sibling and carer tickets. Thanks to sponsorship from local businesses.

**Bookings from schools, organisations, carers and families are all welcome.*

RED ENERDY ARENA BENDIGO (STADIUM)	
SHOW DATE	**SHOWTIME**
TUESDAY, 12TH AUGUST, 2025	**6.00 PM**

To book tickets, please email your name and the number of tickets you require to...

meredithnewman@showintent.com.au

or call / text 0404-367-782

SCHOOL HOLIDAYS SORTED

AFL PLAY

4 - 7 YEAR OLDS

A safe and fun program led by experienced AFL coaches, your child will learn basic footy skills, and enjoy mini-games, all while experiencing NAB AFL Auskick in a supportive environment, leaving with big smiles and a day of Good Clean Fun!

8 - 12 YEAR OLDS

Get a taste of NAB AFL Superkick, with a mix of skill development, modified game play. See their confidence grow in a supportive environment where buddies, mud & fun collide!

Bendigo School Holiday Program
Friday 18th July at Weeroona Oval
9am to 3pm - $55 which includes a football
A day of footy fun!

FUR LIFE Vet | Grill'd | THE BENDIGO CLUB

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

SANDHURST DRAGONS FOOTBALL NETBALL CLUB EST. 1961

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

OLSH Elmore Field Days Roster

Date	Start Time	End Time	Hours	Role Allocated	Organisation Allocated	Volunteer Names
Fri, 03 Oct 25	9:00 am	3:00 pm	6.00	Pre Day set up	OLSH Elmore	
Sun, 05 Oct 25	9:00 am	3:00 pm	6.00	Pre Day set up	OLSH Elmore	
Mon, 06 Oct 25	9:00 am	3:00 pm	6.00	Pre Day set up	OLSH Elmore	
Tue, 07 Oct 25	7:30 am	11:00 am	3.50	Food Production Table 4	OLSH Elmore	
Tue, 07 Oct 25	8:30 am	5:00 pm	8.50	Special Orders	OLSH Elmore	
Tue, 07 Oct 25	9:30 am	4:00 pm	6.50	Mobile Food Team	OLSH Elmore	
Tue, 07 Oct 25	9:30 am	4:00 pm	6.50	Mobile Food Team	OLSH Elmore	
Tue, 07 Oct 25	11:00 am	2:30 pm	3.50	Cashier (peak)	OLSH Elmore	
Wed, 08 Oct 25	7:30 am	11:00 am	3.50	Food Production Table 4	OLSH Elmore	
Wed, 08 Oct 25	7:30 am	2:00 pm	6.50	Special Orders	OLSH Elmore	
Wed, 08 Oct 25	8:30 am	5:00 pm	8.50	Cashier	OLSH Elmore	
Wed, 08 Oct 25	8:30 am	5:00 pm	8.50	Food Van 9	OLSH Elmore	
Thu, 09 Oct 25	7:30 am	11:00 am	3.50	Food Production Table 4	OLSH Elmore	
Thu, 09 Oct 25	7:30 am	2:00 pm	6.50	Special Orders	OLSH Elmore	
Thu, 09 Oct 25	8:30 am	5:00 pm	8.50	Cashier	OLSH Elmore	
Thu, 09 Oct 25	8:30 am	1:00 pm	4.50	Spare (full share)	OLSH Elmore	
Thu, 09 Oct 25	11:00 am	2:30 pm	3.50	Cashier (peak)	OLSH Elmore	
Fri, 10 Oct 25	9:00 am	3:00 pm	6.00	Post Day Pack Up	OLSH Elmore	