



# From the Heart



Newsletter No. 22

23rd July, 2025

## COMING UP AT OLSH...

### July 2025

Thu 24th State Cross Country

Fri 25th Pyjama Day

Wed 30th Division Football  
Girls Football—Moama

### Aug 2025

Mon 4th School Advisory Council Meeting

Wed 6th 100 Days of Foundation  
Division Netball

Fri 8th Mary MacKillop Feast Day

Wed 13th Spirituality Day—**Pupil Free Day**

Fri 15th Feast of the Assumption

Mon 18th Book Week Parade  
The Blurbs

## From the Principal...

Dear Families and Friends of OLSH,

Welcome back to a new term at Our Lady of the Sacred Heart!

I hope the holidays offered a chance to rest and recharge. As we begin this new semester, I'm excited for the opportunities ahead for us all to learn and grow together in faith and community.

Today marks the beginning of our Learning Conversations—a special time to connect with families and celebrate the progress and potential of each student. These conversations are a cornerstone of our partnership, reminding us that when school and home work together, great things happen.

I look forward to a term filled with curiosity, collaboration and joyful learning. Thank you for your continued support and for walking this journey with us.

With peace and blessings,

Lisa

*Loving God,*

*As we begin this new school term, we thank You for the gift of learning, growth and community. We ask for Your guidance and wisdom in all that we do.*

*Bless our students with curiosity, courage and kindness. May they discover their strengths, overcome challenges and support one another with compassion.*

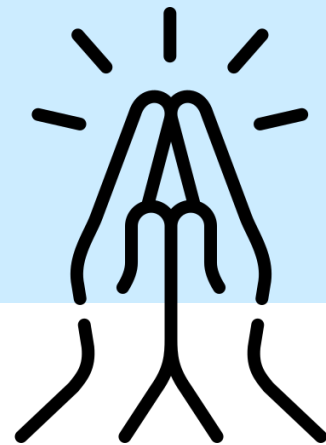
*Bless our teachers and staff with energy, creativity and joy. May they inspire minds, nurture hearts and lead with love.*

*Bless our families with peace and partnership, as we work together to help each child flourish.*

*Keep our school safe, inclusive and welcoming to all. May this term be filled with hope, achievement and shared purpose.*

*We ask this prayer through Your Son, Jesus.*

*Amen*



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.

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# School News

## 2025 Young Voices Award – Australian Catholic University

A huge congratulations to our very own Frankie, who received a Highly Commended Award in the 2025 Young Voices Awards, run in partnership with Australian Catholic University.

Frankie created a powerful video titled "Wemba Wemba" with her grandmother Ninnie, sharing the story of the Indigenous people and their ongoing struggles. Her entry beautifully captured the spirit of this year's theme, "Voices of Hope."

The judges looked for podcasts and videos that showed how these media can inspire and influence others. Frankie's work stood out through its heartfelt one-on-one storytelling and thoughtful presentation.

Well done, Frankie—we are so proud of your voice, creativity and courage in telling such an important story.  
<https://www.youtube.com/watch?v=5urP62hfcOE>



## State Cross Country

We are incredibly proud to cheer on Frankie as she represents our school at the State Cross Country race tomorrow! This is a remarkable achievement and a testament to her dedication, perseverance and passion for running.

Competing at this level is no small feat, and we know Frankie will give their very best on the course. Her courage and commitment inspires us all, and we'll be sending our prayers and support as they take on this exciting challenge. We will also be cheering on our past student Regan, and Frankie's sister, tomorrow.

Go Frankie and Regan we're behind you all the way!

We also congratulate Jimmy, who also made the State competition, however will not be competing on the day. Well done on your achievement.

## 2026 Foundation enrolments are still open - Term 3 Foundation Interviews

Enrolments for our 2026 school year are still open. Please contact the school to make a time for a school tour or to seek an enrolment pack.

A letter was sent out at the end of last term to all families who have enrolled for their child in Foundation at OLSH in 2026. This letter has asked families to choose a date and time for their 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.

## Boys Division Football – St Therese's Kennington

Three of our students, Cooper, Jimmy and Zayde will participate in the Division Football next Tuesday, 29 July. We congratulate these students on making it to the division competition and wish them and the Campaspe Cluster Team and great day of football and competition!

## Campaspe District Girls Football Competition

OLSH students have joined with the St Joseph's Rochester girl's football team to play in the Campaspe District Girls Football Competition on Wednesday, 30 July. Thank you to St Joseph's for combining with OLSH for the competition. We hope Ayla, Frankie and Amelia have a great day of football and competition!

## Staff – Term 3

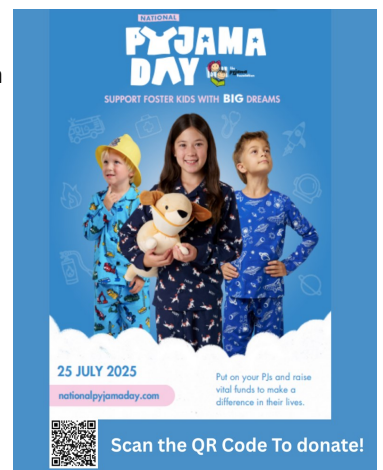
Mrs Jo Webb will be on leave for the first four weeks of Term 3. Please contact Lisa during this time if you need any support or require information.

Mr Matt Mann will be on leave for Term 3 and will return to us in Term 4 to continue music. We wish Matt well on his journey.

Thank you to Mrs Ellie Hayes for teaching our Arts program this term. The student love drama and will have a great Term 3.

## Pyjama Day – Friday 25 July

We will once again support the Pyjama Foundation with a Pyjama Day at OLSH this 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:

### Elmore Field Days

In the first week of Term 4 we have the Elmore Field Days – 7-9 October. We will be working on the catering and waste management. The rosters for shifts have been shared during 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, which they love.



### Book Week 18th August

Book week celebrations—more information to come

### Science of Learning - Retrieval Practice & Family Sessions

What is retrieval practice, and why do we use it?

Retrieval practice is a powerful learning strategy that helps students remember what they've learned by regularly bringing information to mind – rather than simply re-reading or reviewing notes. When students are asked to recall facts, ideas, or processes from memory (even if they don't get it perfectly right), it strengthens their understanding and improves long-term retention. It's a bit like exercise for the brain – the more we practise retrieving information, the stronger those memory pathways become.

In our OLSH classrooms and across Sandhurst, retrieval practice often takes the form of short, daily review activities, such as those in the Ochre Daily Review slides. These warm-up questions cover key content from the previous day, week, or term. By revisiting material in this way, students make connections, notice patterns, and build confidence in what they know.

Importantly, retrieval practice is low-stakes – it's not a test, but a chance to revisit and strengthen learning. Research shows that

even a few minutes of retrieval each day can lead to significant improvements in student learning. That's why it's embedded in our teaching and why we encourage families to talk to their children about what they're learning at school – it really does make a difference.

We will hold two Science of Learning sessions at school for our families this term. Jared Cooney Horvath is preparing three videos for our CESL families -two will be available at school and one will be shared with families to watch at home.

**Wednesday 20 August at 9am:** Stress, technology and sleep - 45 minutes

Second video available at home: A tour through your child's brain: Development and learning - 30 minutes

**Friday 5 September at 2pm:** Surviving study: How to help your child master the skills of learning – 45 minutes

### Anaphylaxis and Allergies

At OLSH, the safety and wellbeing of every student is our top priority. With a growing number of children affected by severe allergies in Australia, it's essential that our school community understands the seriousness of anaphylaxis—a potentially life-threatening allergic reaction.

### What is Anaphylaxis?

Anaphylaxis is a severe allergic reaction that can occur within minutes of exposure to an allergen. Common triggers include:

Foods (e.g., peanuts, tree nuts, eggs, dairy, shellfish)

Insect stings

Medications

Latex

Symptoms may include difficulty breathing, swelling, hives, vomiting and a drop in blood pressure. Immediate treatment with an epinephrine auto-injector (EpiPen) is critical.

Our School Policy is available on our OLSH school website.

To ensure a safe environment for all students:

**An annual risk assessment** is conducted each year and bi-annual briefings for staff. Staff are trained annually in recognising and responding to anaphylaxis.

# School News

**Anaphylaxis and Allergy Action Plans** are required for students with known allergies.

**EpiPens** are at our school and must be provided to the school by families of students who have anaphylaxis. These will be stored in accessible, clearly marked locations.

**Food sharing** is not permitted to prevent accidental exposure.

## How You Can Help

Avoid sending allergen-containing foods if your child's class has a known allergy.

Teach your child about the importance of not sharing food or utensils.

Communicate with staff if your child has any allergies or medical needs.

Parents must also assist our school to manage the risk of anaphylaxis (as specified in the Ministerial Order 706). For example, parents must:

- communicate their child's allergies and risk of anaphylaxis to the school at the earliest opportunity, in writing and preferably on enrolment
- continue to communicate with school staff and provide up to date information about their child's medical condition and risk factors
- obtain and provide the school with an ASCIA Action Plan for Anaphylaxis completed by a medical practitioner
- participate in yearly reviews of their child's individual anaphylaxis management plan
- ensure that their child has an adrenaline autoinjector at school at all times that is current (the device has not expired).

## Let's Bee Better Readers

Thank you to our families who joined us for reading on Tuesday! It is great to partnering with our families to build our students' literacy each week.



## Magnify Sandhurst

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



Hello OLSH School Community,

I hope you have all had a lovely break from the school routine and settling back well into Term 3.

It can take time to get back into a routine after the term holiday and often this may bring a mix of emotional for your child.

Revisiting routines to support your child is helpful to make the transition back to school smooth.

I shared this link earlier in the year of the wonderful resources that are available that you may like to explore in understanding and supporting children's mental health.

The Emerging Minds Website has great information and resources that you may like to explore to support your children's wellbeing.

Please see the link below for Emerging Minds family resources and short-animated video clip that you may like to watch in understanding child mental health.

<https://emergingminds.com.au/families/>

<https://emergingminds.com.au/families/understanding-and-supporting-childrens-mental-health/>



## Child Safeguarding

At Our Lady of the Sacred Heart, the safety and wellbeing of every child is our highest priority. As part of our commitment to child safeguarding, we ensure that all volunteers working with students understand and follow our policies and procedures.

We are so grateful to our OLSH volunteers and thank them for their generosity and ensuring the safety and wellbeing of our children by completing the application and induction process.

We provide training and guidance to ensure volunteers understand their role in safeguarding. Together, we create a safe, respectful, and nurturing environment for every child.

We will be introducing an online application form for volunteers in the coming weeks. Volunteers, please direct your referees to complete their referee check using the QR code below, which is also available on the school website.

For more information, please contact the school office or visit our Child Safeguarding page on our OLSH school website. All of our Child Safeguarding Policies, Codes of Conduct and how to make a complaint are on our school website:

<https://www.olshelmore.catholic.edu.au/child-safeguarding>

Thank you to all our volunteers for your dedication and support. Your partnership helps make our school a safe and welcoming place for all.

# Catholic Identity



As we begin a new term,  
we pray  
God of hopefulness and  
surprises, thank you for  
the good work you've  
begun in me. Grant me  
the grace to be patient with  
all that feels incomplete  
within me.

Amen

May the sacred heart of Jesus be everywhere  
loved!

## Expressions of interest Sacraments 2025

TERM THREE  
PLEASE LET MS. NIHILL  
KNOW IF YOU ARE  
INTERESTED IN YOUR CHILD  
RECEIVING THE  
SACRAMENTS OF  
CONFIRMATION AND  
EUCHARIST.

[dnihill@otshelmore.catholic.edu.au](mailto:dnihill@otshelmore.catholic.edu.au)

62nd ANNUAL



# ELMORE FIELD DAYS

## OCT 7, 8 & 9 2025



*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.



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

*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.*

*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 ENERGY ARENA BENDIGO (STADIUM)**

| SHOW DATE                                    | SHOWTIME       |
|--|----------------|
| <b>TUESDAY, 12<sup>TH</sup> AUGUST, 2025</b> | <b>6.00 PM</b> |

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

**[meredithnewman@showintent.com.au](mailto:meredithnewman@showintent.com.au)**

**or call / text 0404-367-782**