



From the Heart



Newsletter No. 24

6th August, 2025

COMING UP AT OLSH...

Aug 2025

Fri 8th	Mary MacKillop Feast Day
Mon 11th	Division Football
Wed 13th	Spirituality Day— Pupil Free Day
Fri 15th	Feast of the Assumption
Mon 18th	Book Week Parade The Blurbs
Wed 20th	Science of Learning Parent drop in 9 -10am
Fri 22nd	Subway Lunch
Thurs 28th	Campaspe Cluster Athletics— Bendigo

Sept 2025

Mon 8th	School Advisory Council 7pm
Wed 10th	Confirmation and First Eucharist
Fri 12th	Learning Showcase Subway Lunch
Mon 15th	Division Athletics
Wed 17th	Science Day
Fri 19th	Last Day of Term—2:25 finish

Loving God,

We give thanks for the life and legacy of St Mary of the Cross MacKillop, Australia's first saint and a woman of deep faith, compassion and courage.



May her example inspire us to live with generosity and kindness,

to see the face of Christ in all we meet, and to never lose hope in the face of challenge.

As Mary herself said,

"Never see a need without doing something about it."

Help us to be people of action, responding to the needs of others with love and humility.

May we, like Mary,

"Trust in God's providence,"

especially in times of uncertainty and change.

St Mary of the Cross MacKillop,

"Be calm and full of hope,"

pray for us and walk with us on our journey of faith.

Amen.

From the Principal...

Dear Families and Friends of OLSH,

As we mark the wonderful milestone of 100 days of school for our Foundation students, we celebrate the joy, growth and wonder that our youngest learners bring to our school community. They certainly are 100 days brighter and looked it in their beautiful bright clothes and classroom today. Their energy, enthusiasm and curiosity remind us of the importance of nurturing a love of learning—and inspire us all to have lots of fun and a huge imagination, ask big questions and dive into each day with a sense of adventure! Thank you to Mrs Portwine for making the day so special for our children.

On Friday 8 August, we celebrate the Feast Day of St Mary MacKillop, a woman of deep faith, courage and compassion with a liturgy at 3pm. Her legacy continues to inspire us to live with generosity, kindness, to serve others and remain steadfast in our faith and commitment to education and justice. As Australia's first saint, Mary MacKillop's story is a powerful reminder that we are called to make a difference in the lives of others. We ask all in our community to join us on Friday to celebrate our very special St Mary of the Cross!

I would like to take this opportunity to acknowledge and extend my thanks to our School Advisory Council members. Their dedication, wisdom and support play a vital role in shaping our school. Their commitment to leadership and partnership ensures that our school continues to flourish as a place of excellence, welcome and faith.

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.

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School News

Bishop Shane Thanksgiving and Farewell Mass

Bishop Shane will celebrate a Diocesan Mass of Thanksgiving and Farewell at **11:00 a.m. on Sunday 7 September** at Sacred Heart Cathedral, Bendigo, prior to travelling to Brisbane for his installation as the Archbishop of Brisbane on 11 September. All are invited to attend.

Upcoming Pupil Free Day – Reminder Wednesday 13 August

Please be advised that OLSH, along with all Catholic Diocesan schools, will have a Pupil Free Day dedicated to Staff Spirituality. As a result, our school will be closed on Wednesday, 13 August.

Book Week

On Monday 18 August, we will have our OLSH Book Week Parade at 9am, a shared Elmore Educator's Parade at 12:40pm and our Blurbs Performance 1pm. Students are invited to dress as one of their favourite book characters.

ICT at OLSH

We have reviewed our ICT Student User agreement at OLSH and updated some of our practices to ensure the safety of our students online. This agreement will be shared with students and families to review and complete at home. Our teachers will go through the agreement with students to ensure they understand it so they can use ICT productively and safely as a learning tool.

As our students continue to engage with technology both at school and at home, we encourage all families to take a moment to review online safety practices together. Ensuring that children understand how to stay safe, respectful and responsible online is an important part of their wellbeing and development.

The eSafety Commissioner recommends checking privacy settings, discussing appropriate online behaviour and setting clear boundaries around screen time and device use.

The eSafety Commissioner website (www.esafety.gov.au) offers excellent resources and tips for families.

The Kids Research Institute Australia and Dolly's Dream are proud to deliver Beacon - a cyber safety educational app designed to keep parents and carers up-to-date with trusted, tailored information, to help keep their kids safe online.

Beacon is designed specifically for parents as a personalised, one-stop-shop for reliable information about the online world. It arms parents and carers with the knowledge they need to confidently help navigate their children's digital behaviour and reduce harms we know are associated with being online and on screens.

Download the FREE Beacon Cyber Safety App. This app provides

you with up-to-date information at your fingertips, helping you navigate the ever-changing online world and keep children safe, with articles and videos backed by the latest research.

<https://beacon.thekids.org.au/>



Boys Division Football – Kennington

Division football will be happening next Monday 11 August in Bendigo. Congratulations and well done to Cooper, Zayde, Jimmy and Roy for making it to division competition. Thank you to Mrs Hayes for supporting the Camapspe Cluster football team. Good luck on Monday!

Division Netball – Bendigo

Today, Ayla, Amelia and Frankie have played in the Division Netball competition in Bendigo. Well done to the girls on a great day of netball.



School News

Catholic Education Sandhurst School Engagement Surveys

We will once again participate in the School Engagement Survey. This online survey opens on **18 August and closes on 15 September 2025**. We will invite students in Years 4-6, families and staff to complete the survey. We will send out information in the next week about student participation and how to access the survey. This survey provides valuable feedback and information on how we can continue to improve and grow as a school community. I encourage you all to participate.

2026 Foundation Enrolments—Enrolments still open!

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

For more information or to book a tour
(03) 5432 6254
principal@olselmore.catholic.edu.au
www.olselmore.catholic.edu.au

*Subject to eligibility

OUR LADY OF THE SACRED HEART ELMORE
RESPECT EXCELLENCE

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32 Jeffery Street, Elmore
Ph: 5432 6254
Web: www.olselmore.catholic.edu.au
Email: admin@olselmore.catholic.edu.au
principal@olselmore.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
Friday Oct 24 - 9:00am - 11:00am
Friday Oct 31 - 9:00am - 11:45am
Friday Nov 7 - 9:00am - 11:00am*
OLSH Mission Day *optional but must attend with a parent*
Friday Nov 14 - 9:00am - 11:45am
Tues Dec 9 - 9:00am - 2:30pm

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 a school tour.

SAVE THE DATES:

Term 3 Subway

Please note the Change of Date Friday 8 August to Friday 22 August due to staffing at Subway.

We will enjoy our Subway lunches on Friday 22 August and Friday 12 September. These will be ordered via Canteen Hub. Thank you to Subway Epsom for supporting these days.

Book Week Parade 9am and Blurbs Performance 1pm – Monday 18 August

Athletics Campaspe Cluster Sports at Bendigo – Thursday 28 August

Blessing of the Animals – Tuesday 16 September at 9:15am

Elmore Field Days

Please see attached flyer at the back of the newsletter and assist us in filling the available shift. Thank you to those who have already volunteered. Many hands make light work.

Science of Learning - Family Sessions

Our Lady of the Sacred Heart and Catholic Education Sandhurst Ltd are pleased to announce an exciting partnership with world-renowned educational neuroscientist, Dr Jared Cooney Horvath, who conducted our diocesan wide three days of professional learning at the beginning of Term 2. Jared is a global leader in the Science of Learning, and his work offers powerful insights into how students learn and how we can best support them to thrive at school and beyond.

As part of this partnership, Dr Horvath has developed a special series of presentations specifically for parents and carers, focusing on how to understand and support children on their learning journey.

We are delighted to be able to share these three informative recordings with our school community as we continue our shared mission of helping every student reach their full potential.

Please see below for the presentation topics. Further details and links on how to access each session will be shared closer to the date.

Please RSVP to ensure we can share these with our community in the most effective way for our families. Additionally, let us know if you would like a live online option for the two school sessions – at this time or at a time after school.

We are excited to bring Jared's expertise to our school community and thank you for your ongoing support and engagement.

School News

Recording	Presentation Mode	Date and Time
Recording 1 Stress, Tech and Sleep	At school – Chevi Centre	Wednesday 20 August at 9am-10am RSVP – Wednesday 13 August
Recording 2 - Surviving Study – Understanding the three keys to learning and memory	At school – Chevi Centre	Friday 5 September at 2pm-3pm RSVP – Wednesday 28 August
Recording 3 Brain Development – Why we act like we do	School will share for at home viewing	Available from Monday 8 September

Let's Bee Better Readers



Magnify Sandhurst

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



School News

LEARNERS OF THE WEEK



Term 3, Week 2: Congratulations to our Learners of the Week!

MHiPS Mental Health in Primary Schools

Hello OLSH Community,

This week I share The BRAVE Program- an interactive, evidenced based online program for the prevention on and treatment of childhood and adolescent anxiety. The programs are free and provide ways for children and teenagers to better cope with their worries. There is a parent and child program. I have completed the parent program and found it to have some really helpful tips and tools. I would recommend to all parents even if your child is not experiencing anxiety as there are some really helpful self regulation techniques.

Please see the link below if you would like to learn more or to register.

<https://brave4you.psy.uq.edu.au/>



Child Safeguarding

Volunteering at OLSH – Volunteer Applications

At Our Lady of the Sacred Heart School, the safety and wellbeing of our students is our highest priority. To uphold our commitment to child safety, ALL Volunteers are required to review and acknowledge our Child Safe Code of Conduct, Staff & Students Professional Boundaries Policy and Photography & Video Policy and Procedures. Additionally, Volunteers must complete a Volunteer Registration form and successfully complete the CESL School Volunteer Induction before commencing their role as a Volunteer.

We deeply value the contributions of our Volunteers and appreciate your support in maintaining a culture of care and protection. Thank you to all of our volunteers who have already completed their applications and for the valuable contributions you make to OLSH. Together, we can continue to provide a safe and nurturing space for every child to thrive.

For more information regarding volunteering contact us or click on the link to complete the Volunteer Registration form. Volunteer Registration Form or scan the QR Code.

All Volunteers will be asked to:

- Complete a Volunteer Registration form (including personal details, Working with Children Check (WWCC) and 2 personal referees), please inform your referees they will be contacted by the school in relation to your volunteering.
- Once you have completed the Volunteer Registration form and are approved to Volunteer at the school, you will be sent an email with a link to access the required training: (Please note – Completing this induction replaces the previous onsite induction interview)
- CESL School Volunteer Induction; and
- Read and acknowledge the Child Safe Code of Conduct, Staff & Students Professional Boundaries Policy and Photography & Video Policy and Procedures.

All Volunteers will be required to update details at the start of each year and inform the school of any changes to your circumstances or updates to your WWCC. All Volunteers will need to complete the CESL School Volunteer Induction and read and acknowledge all relevant safeguarding policies at the start of each school year even if an existing Volunteer.

All information received regarding volunteering and providing referee details will be maintained in line with CESL Privacy Policy.

Please direct your referees to complete their initial referee check online using the QR Code below.

If you have any questions or would like support to complete please contact the 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
Ms Denise Nihill
Mrs Kim Portwine
Miss Lizzy Forbes

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

Volunteer Application



Volunteer Referee Check Online Form QR Code



Catholic Identity

Saint Mary of the Cross

Took responsibility for her younger siblings at age 11.
Became a governess and teacher by age 18.

Co-founded a religious congregation (Sisters of St Joseph) at age 24.

Faced wrongful excommunication and mistreatment by church authorities before age 30.

Traveled to Rome to seek official approval for her congregation.
Journeyed extensively across Australia, New Zealand, and Europe by boat, coach, and train.

Continued leading after suffering a stroke; re-elected as Mother General of the Josephites.

Chose difficult paths over easy ones to serve the poor.
Focused on opening schools for deprived children, not just showing sympathy.

Formed a community of women dedicated to helping the poor.
Worked beyond regional and church boundaries to serve wherever needed.

Mary was beatified in 1995

by Pope John Paul II and canonised on 17 October 2010 by Pope Benedict XVI. Her Feast Day is 8 August.

Please join us to celebrate her life this Friday at 3pm.

Mary herself may even make an appearance.



Mary MacKillop!



PLEASE JOIN US ON AUGUST 8TH AT
3:00 PM AS WE CELEBRATE
MARY MACKILLOP'S FEAST DAY

OUR LADY OF THE SACRED HEART SCHOOL
During school assembly

#SAINTMARYMACKILLOPLITURGY

#EDUCATIONFORALL #FIRSTAUSTRALIANSAINTE

62nd ANNUAL



ELMORE FIELD DAYS

OCT 7, 8 & 9 2025



VOLUNTEER SHIFTS FOR ELMORE FIELD DAYS



Can you fill a volunteer shift for OLSH at the Elmore Field Days?

This year, OLSH is raising money to refurbish the sand pit area and we'd love your help with our major fundraiser!

Please see below volunteer roster with various shifts still available.

For every volunteer hour completed, OLSH gets a % of the catering profits

Our roster needs to be filled and returned to the Elmore Field Days Catering Committee by 15th August 2025

Date	Start Time	End Time	Hours	Role Allocated	
Fri, 03 Oct 25	9:00 am	3:00 pm	6	Pre Day set up	FILLED
Sun, 05 Oct 25	9:00 am	3:00 pm	6	Pre Day set up	FILLED
Mon, 06 Oct 25	9:00 am	3:00 pm	6	Pre Day set up	FILLED
Tue, 07 Oct 25	7:30 am	11:00 am	3.5	Food Production Table 4	FILLED
Tue, 07 Oct 25	8:30 am	5:00 pm	8.5	Special Orders	FILLED
Tue, 07 Oct 25	9:30 am	4:00 pm	6.5	Mobile Food Team	FILLED
Tue, 07 Oct 25	9:30 am	4:00 pm	6.5	Mobile Food Team	FILLED
Tue, 07 Oct 25	11:00 am	2:30 pm	3.5	Cashier (peak)	FILLED
Wed, 08 Oct 25	7:30 am	11:00 am	3.5	Food Production Table 4	FILLED
Wed, 08 Oct 25	7:30 am	2:00 pm	6.5	Special Orders	FILLED
Wed, 08 Oct 25	8:30 am	5:00 pm	8.5	Cashier	FILLED
Wed, 08 Oct 25	8:30 am	5:00 pm	8.5	Food Van 9	FILLED
Thu, 09 Oct 25	7:30 am	11:00 am	3.5	Food Production Table 4	FILLED
Thu, 09 Oct 25	7:30 am	2:00 pm	6.5	Special Orders	FILLED
Thu, 09 Oct 25	8:30 am	5:00 pm	8.5	Cashier	
Thu, 09 Oct 25	8:30 am	1:00 pm	4.5	Spare (full share)	
Thu, 09 Oct 25	11:00 am	2:30 pm	3.5	Cashier (peak)	
Fri, 10 Oct 25	9:00 am	3:00 pm	6	Post Day Pack Up	FILLED

If you, a friend or family member are able to fill a shift, please contact Amanda, (Bess & Harriet's mum) on 0438 510 672 or amandaosullivan4@gmail.com

Community News



ROUND 16 LAST HOME GAME FOR THE SEASON!

WHATS ON:

12pm - 2pm

- Temporary kids tattoos, by Chill Air studios
- Kenny "Tic-Toc's" fairy floss machine.

2:30pm

- Mini's netball game

3:15pm

- Auskick game, open to 5-10year olds

5:30pm

- Awards, Draws

6:30pm

- Barnyard night social event



SWIMMING LESSONS EXPRESSIONS OF INTEREST

We'd love to be able to offer Swimming lessons all summer this year.

We are looking at a few different avenues for facilitating these but it would be dependent on numbers.

Please fill out our online form if you are interested in swimming lessons for your children at Elmore Pool.

<https://tinyurl.com/SwimEOI>



ELMORE
Swimming Pool