



## COMING UP AT OLSH...

### Aug 2025

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
Tues 16th	Blessing of the animals
Wed 17th	Science Day
Fri 19th	<b>Last Day of Term—2:25 finish</b>

## From the Principal...

Dear Families and Friends of OLSH,

As we journey through the end of winter, we pray for all in our community who are unwell and healing. We pray they recover and return to us soon.

Today, our staff came together at St Joseph’s Primary School, Rochester with CESL staff from a cross the Diocese for a day of reflection and renewal, exploring the theme Pilgrims of Hope – Learning from The Mystics. We had Fr Jake Mudge and many wonderful presenters share their knowledge and wisdom with us all. Through reflection, dialogue, and contemplation, we delved into the wisdom of mystics who inspire us to live with deeper awareness and compassion. It was a meaningful day that will continue to shape our shared mission and presence in the school as Pilgrims of Hope.

On Friday 15 August, we will gather in prayer at 3pm to honour the Feast of the Assumption, a significant moment in our liturgical calendar. This celebration reminds us of Mary’s faithful “yes” to God and invites us to reflect on our own call to live with hope and trust.

Next week, we celebrate Book Week with the theme “Book an Adventure!” On Monday 18 August, students are invited to dress as a book character. We will have our much-loved OLSH Book Week Parade followed by buddy book activities led by our teachers. The Elmore Primary School and Preschool will join us for a fun EEG Book Week Parade at 12:40pm and our Blurbs Performance in the Chevie Centre at 1pm . We encourage families to join us in celebrating the joy of reading and “Book an Adventure!”.



Thank you for your ongoing support and partnership. May the week ahead be filled with learning, laughter, and light.

With peace and blessings,  
Lisa Hitchcock

Loving God,

We thank You for the gift of Mary, whose life was filled with faith, hope, and love. On this Feast of the Assumption, we celebrate her journey to be with You in heaven.

Help us to follow her example— to say “yes” to You with open hearts, to care for others with kindness, and to walk in faith even when the path is uncertain.

May our families be filled with peace, our school with joy, and our hearts with the hope that comes from You.

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.*

# School News

## Influenza & Respiratory Illnesses

We have had some respiratory illnesses at OLSH - including Influenza. Students and staff with Influenza A or B are excluded from school until they are well. We pray that all those who are unwell recover soon and our community remains well through these last weeks of winter.

Please contact the school if you have any questions.

Please be alert to the symptoms of influenza which may include: fever and chills cough sore throat sneezing and stuffy or runny nose tiredness headache muscle aches and joint pains Sometimes you may also have: abdominal (tummy) pain nausea vomiting These symptoms are more common in children with the flu.

## 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.



## Boys Division Football – Kennington

Huge congratulations to our amazing students - Zayde, Cooper and Roy who represented our school and the Campaspe Cluster in the Sandhurst Division Football competition on Monday!



Your teamwork, determination and positive attitude were on full display all day. You all played with heart, supported each other and were such great representatives of OLSH.

The team won three games and lost two games - one game by only one point - and came fourth overall. We're so proud of you—well done! We are so grateful to Mrs Hayes and Mr Taylor for being such a great support to our students and the team. Thank you!

## 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.

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## 2026 Foundation Enrolments—Enrolments still open!

# 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.

## 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

A reminder to please RSVP for our family sessions or contact the school if you would like an alternative after school option. Please see below for the presentation topics. Further details and links on how to access each session will be shared closer to the date.

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

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.



**GETTING READY TO PLACE YOUR FIRST ORDER**

- 1 Create a new profile at [app.canteenhub.com.au/register-customer](http://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)

help@canteenhub.com    www.canteenhub.com.au

### 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 3: Congratulations to our Learners of the Week!



*Bless*  
**THE  
ANIMALS  
AT  
OLSH  
ELMORE**

All animals are welcome, bring your scaled, feathered or furry friends in honour of Saint Francis of Assisi.  
A photo of your pet is welcome too.  
When: Tuesday 16<sup>th</sup> September @9:15am  
at Our Lady of the Sacred Heart School.



# Catholic Identity

## Feast of the St. Mary of the Cross McKillop

On Friday, we celebrated our heritage by feasting on delicious food from all corners of the globe. A special thanks to Nobby, who brought in some delicious sushi. The students have enjoyed our novel *Waves*, an anthology of stories about children who migrated to Australia. We learned that many of these stories were filled with danger and despair. Our ancestors came to Australia for a variety of reasons, such as famine, as convicts, or during the gold rush. Our English ancestors may have arrived as "Ten Pound Poms"—perhaps the government paid them ten pounds to come to Australia. We learned about immigrants such as Michael Nihill, Patrick Comer, and the brave McKee men who fought in WWI. It was fabulous to see the interest in our ancestry—the Mullane family can be traced back to the 1790s! The students will upload their autobiographies and heritage collages onto Seesaw; however, families are welcome to view their work in the school corridor.



**YOU'RE INVITED to**  
**Sandhurst Celebration of**  
**Season Of Creation on**  
**Friday 5th September**



Garden of Peace  
Isaiah 32:14-18

Venue: **Huntly**  
**Streamside Reserve**  
(At Huntly, turn west into Leans Rd then right at sign into Streamside Reserve)



Time: **Mass celebrated by Fr Joe Taylor VG at 11am**

**Picnic Lunch** - Sausage sizzle provided  
BYO lunch if preferred  
BYO water bottles

**Blessing & Distribution**  
**of native plants**  
to schools & parishes  
of Sandhurst diocese



**EVERYONE** is invited and encouraged to come along and celebrate in this beautiful bush setting.



**PEACE WITH CREATION**  
SEASON OF CREATION 2025

Hello OLSH Community,

Mindfulness is an evidenced based strategy that supports mental and physical wellbeing and is easily accessible in any moment.

You might like to download the free version of the Smiling Mind app to incorporate a regular mindfulness practice that is suitable for children and families. The Smiling Mind website also has wonderful educational reading material to support mental health and wellbeing.

The Mindful SNACK ( Stop, Notice, Accept, Curious and Kindness) reference explains how we can take a mindful moment. Self-kindness a key to the mindfulness practice.

I have also added the box breathing exercise which is an easy effective way to calm the nervous system and bring you back into the present moment.

Enjoy practicing mindfulness and exploring what breathing or mindfulness practices work for you.

<https://www.smilingmind.com.au/>

**A Mindful S.N.A.C.K.**

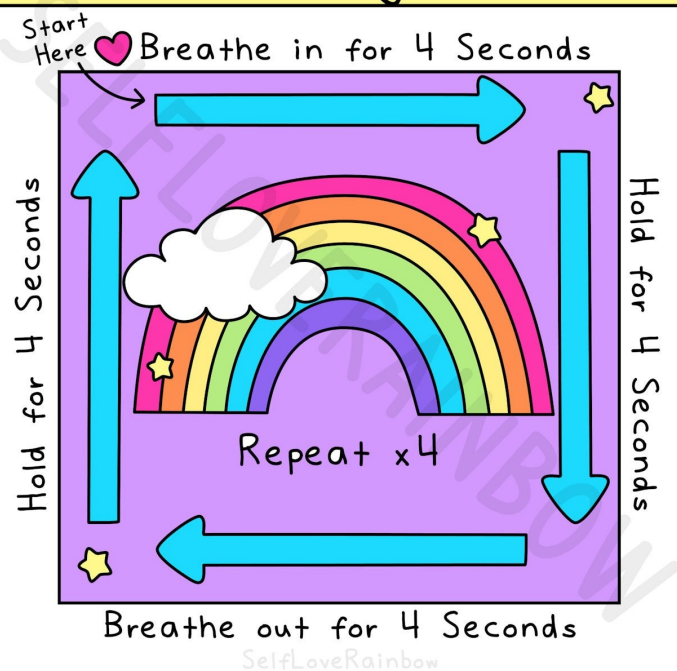
The next time you're feeling stressed out, overwhelmed, or unsure, reach for a moment of calm awareness: a mindfulness SNACK. Here's how to do it:

S	N	A	C	K
Stop	Notice	Accept	Curious	Kindness
Just stop whatever you're doing. (Stopping, by definition, requires us to begin again. We can always begin again.)	What is happening within and around you?	This is a tricky one. Whatever it is you're struggling with (time, kids, sleepiness, frustration) acknowledge it for what it is, without judgment.	Ground yourself with questions about your experience and environment: What am I feeling? What do I need right now?	Respond to yourself and others (mistakes and all) with kindness and observe how that helps things get back on track.

By Carla Naumburg, PhD (carlanaumburg.com)



## Box Breathing Exercise



# 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**

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

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 15<sup>th</sup> 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

## We invite anyone with young children to come along to Parent Play!

After much consultation we are offering a great opportunity for all families to be delivered right here at Elmore Kinder.

The Parent and Play Program during term 3 and 4 this year will consist of one information session and four "Parent Play" sessions here at kinder

**All FREE with access to various qualified professionals including speech therapist, occupational therapist and psychologist.**

**30 JUL** Parent Information Session - Elmore Hall Supper Room

**13 AUG** Play Session 1 - Promoting Communication & Language

**03 SEP** Play Session 2 - Planning, Focus & Attention

**15 OCT** Play Session 3 - Sharing & Turn Taking

**12 NOV** Play Session 4 - Heavy Work

SESSIONS ARE  
**12 - 2PM**  
ON WEDNESDAYS  
DURING KINDER  
SESSIONS



**03 5432 6341**

**65 Hervey Street, Elmore**

sandra.houlahan@shinebright.org.au

## 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