



From the Heart



Newsletter No. 27

28th August, 2025

COMING UP AT OLSH...

TERM 3

Aug 2025

Thurs 28th Campaspe Cluster Athletics—
Bendigo

Sept 2025

Mon 1st Season of Creation Begins

Thurs 4th Fathers Day Celebrations 8:15-
8:45am at medical centre

Mon 8th School Advisory Council 7pm

Fri 12th Learning Showcase
Subway Lunch

Mon 15th Division Athletics

Tues 16th Blessing of the animals 9:15am

Wed 17th Science Day

Thur 18th Confirmation and First Eucharist

Fri 19th **Last Day of Term—2:25 finish**

TERM 4

Oct 2025

Mon 6th **First Day of Term 4**

Tue 7th - Thu 9th Elmore Field Days

Wed 8th - Fri 10th Year 3/4 Camp

Mon 13th Regional Athletics

Fri 24th Prep Transitions

Fri 31st Prep Transitions

Nov 2025

Mon 3rd **Pupil Free Day - Report Writing Day**

Tues 4th **Melbourne Cup Public Holiday**

Fri 7th Mission Day

Mon 24th - Fri 28th Year 5/6 Camp

Fri 28th Gym and Swimming

Dec 2025

Mon 1st **Pupil Free Day—Planning Day**

Thu 11th Thanksgiving: Graduation Mass

From the Principal...

Dear Families and Friends of OLSH,

As we approach the beginning of spring, we enter a season rich with celebration, opportunity and new growth.

On September 1, we begin the Season of Creation, a time to reflect on our shared responsibility for the Earth. As part of this, we warmly invite you to our ecumenical Blessing of the Animals on **Tuesday 16th September at 9:15am**, a joyful event that honours our much loved pets and animals who share our world and our homes.

Today - **Thursday 28 August**, we have our Athletics Sports Day in Bendigo. A fantastic opportunity for students in Years 2–6 to challenge themselves, cheer each other on and enjoy the athletics events. Thank you to our teachers for their support in making this day happen for our students.

We've also begun our Sacramental Program to prepare students for Confirmation and First Eucharist. It's a special sacramental journey for our young people and their families, and we thank you for your partnership in nurturing their faith.

Finally, thank you for the overwhelmingly positive response to our recent Science of Learning Family Session with Dr Jared Cooney Horvath, focusing on stress, sleep and technology. It was wonderful to see our families engaging with the research and strategies that support student wellbeing and learning.

Well done to all our students on fantastic sporting seasons! Best of luck to everyone competing in finals—we're cheering you on and proud of all you've achieved.

With peace and blessings,

Lisa Hitchcock

Creator God,
You created the heavens and the earth,
the seas and all that lives within them.
As we enter this Season of Creation,
open our hearts to the beauty of your world.

Help us to care for the Earth as a sacred gift,
to protect its creatures, great and small,
and to live in harmony with one another.

May our actions reflect your love,
our choices honour your crea-
tion,
and our voices speak for those
who cannot.



**PEACE
WITH CREATION**
SEASON OF CREATION 2025

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

Father's Day Celebration

We will celebrate Father's Day and all the special people in our lives with breakfast and activities on **Thursday 4 September at 8:15am-8:45am** with our Elmore Educator's Group – Kinder and Primary School. This will be held at the Elmore Medical Centre.

Sports, Subway & Showcase!

We're looking forward to a great celebration of our term on **Friday 12 September!**

Students will kick things off with our Fun Sports Afternoon, enjoying running races and a rotation of activities designed to get everyone moving and having fun. It's a great way to wrap up the term with some fun energy and enthusiasm.

We will enjoy a Subway lunch and have our Learning Showcase, where families are invited to visit classrooms and see the wonderful work students have been doing throughout the term. It's a chance to celebrate learning, creativity and growth together.

Influenza B & COVID

There have been cases of Influenza B and COVID in our community. Please test your child/ren if they have any symptoms. Influenza cases are excluded from school until well and COVID is for five days and until no acute symptoms are present. We pray all in our community recover and stay well in these last weeks of our term.

Breakfast Club

We are starting a Breakfast Club at OLSH. Students will be able to have some breakfast before school – starting at 8:35am on Monday, Wednesday and Friday!

Catholic Education Sandhurst School Engagement Surveys

Family surveys have been sent home via email last week. Our students in Years 4-6 will complete the survey at school this week. I encourage you to complete this survey as it provides valuable feedback and information on how we can continue to improve and grow as a school community. Please contact Lisa if you need any support or have any questions. Thank you!

Save the date: Friday 17 October – Melbourne Museum & IMAX Excursion

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.

2026 Foundation Enrolments

Science of Learning - Family Sessions

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

The Anxious Generation by Jonathan Haidt

Parents may be interested in Jonathan Haidt's book, *The Anxious Generation*, which explores the rise in anxiety and mental health challenges among young people. Haidt looks at how changes in childhood—especially around technology use and reduced independence—may be contributing to these trends. The Anxious Generation delves into the latest psychological and biological research to show the four fundamental ways in which a phone-based childhood disrupts development – sleep deprivation, social deprivation, cognitive fragmentation and addiction. The book offers insights and suggestions to support children's wellbeing in a digital age.

School News

Let's Bee Better Readers



Magnify Sandhurst

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



LEARNERS OF THE WEEK



Term 3, Week 5: Congratulations to our Learners of the Week!

School News



Hello OLSH Community,

Please see below information from the Children's Health and Wellbeing Local that provide tips for healthy screen usage that you may find helpful.

[Loddon Children's Health and Wellbeing Local - BCHS](#)



Loddon Children's Health and Wellbeing Local - BCHS

Children's Local Services offer a range of specialist medical and allied health services, which are determined by your goals and needs. The Children's Local Service is led by Bendigo Community Health Services, in partnership with Bendigo Health and our regional partners: Bendigo and District Aboriginal Co-operative Njernda Aboriginal Corporation Echuca Regional Health Dheakaya Health ...

www.bchs.com.au



REDUCE SCREEN TIME - IMPROVE YOUR CHILD'S HEALTH



Screen time is spending time in front of a computer, game, mobile or smart phone, tablet or iPad, or TV.

HOW MUCH SCREEN TIME IS TOO MUCH?

0-2 years	NO screen time	
2-5 years	Less than 1 hour per day	
5-12 years	Less than 2 hours per day	



Reading, singing, puzzles, and stories help children grow strong and smart.



When children use screens alone for too long, it can cause problems. They may have trouble learning to talk, staying focused, and getting ready for school.

TIPS TO HELP REDUCE SCREEN TIME

- ✓ No screens during meals or in bedrooms.
- ✓ Eat meals together with no screens.
- ✓ Turn off screens 1 hour before bedtime.
- ✓ Keep bedrooms free from screens.
- ✓ Use a timer - only 20 or 30 minutes to use screens.
- ✓ Give a 5-minute warning before screen time ends.
- ✓ Swap screen time for fun family games or walks.
- ✓ Plan screen-free days for family fun.
- ✓ Use a reward system to encourage less screen time.
- ✓ Take books or small toys when you go out.
- ✓ Be a good example - use screens less too.



Scan the QR code to know more



The Children's Health and Wellbeing Local is jointly funded by the Victorian Government and the Australian Government through the Head to Health Kids Initiative.

Catholic Identity



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 16th September @9:15am
at Our Lady of the Sacred Heart School.



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

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 your application, please contact the school.

Volunteer Application



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 Referee Check Online Form QR Code



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

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

WARMA TURTLES TRAINING SESSIONS

FOR THE UPCOMING JUNIOR NETBALL & FOOTBALL CARNIVAL 2025



Ages: 7- 17 years

When: Starts Sunday 17th August
(Every Sunday after leading up to carnival)

Time: 1pm - 3pm

Where: Echuca College, Oval/Netball Courts
20-50 Butcher St, Echuca

BYO DRINK BOTTLES & RUNNERS!



Contact Information

Laura Hudson - 0437 856 375

Warren Stevens - 0455 152 516

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