



From the Heart



Newsletter No. 28

3rd September, 2025

COMING UP AT OLSH...

TERM 3

Sept 2025

Thurs 4th	Fathers Day Celebrations 8:15-8:45am at medical centre
Mon 8th	School Advisory Council 7pm
Fri 12th	Learning Showcase - 2:50pm Subway Lunch Fun Sports activities— Dress in school house colours
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 begin spring, I'm reminded of the many blessings that surround us as we see creation coming back to life and filling us with a new hope and energy. There have been many joyful moments of connection and growth for our students, our staff and our families as we walk together living and learning in faith. September brings the Season of Creation and a number of meaningful and important moments and events that celebrate the heart of our community.

This **Thursday 4 September**, we invite all dad, grandads and those who are like fathers to our **Father's Day Breakfast** at the **Medical Centre from 8:15am to 8:45am**. It's a chance to celebrate those who nurture, guide and love with strength and gentleness. We hope you can join us for breakfast and some fun games!

We also celebrate **Australian Teacher Aide Appreciation Week**—a time to recognise our amazing Mrs Price! We are so fortunate to have her bring such beautiful care and commitment to our students each and every day. Thank you, Mrs Price!

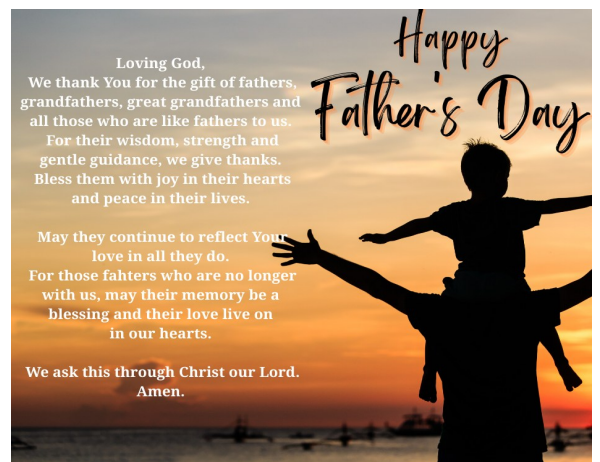
As part of our commitment to continuous improvement, we ask families to complete the **School Engagement Survey** by **Sunday 15 September**. Your feedback helps us shape a school that reflects our shared understandings, hopes and values.

Finally, we invite you to our **Science of Learning Family Session with Dr Jared Cooney Horvarth – "Surviving Study"** this **Friday 5 September at school from 2:00pm to 3:00pm or online Tuesday 9 September at 7pm**. This session will offer practical strategies to support your child's learning journey. The final session, **Brain Development – Why we act like we do**, will be shared via Se Saw on from **Monday 8 September**.

Thank you so much for your ongoing support—it really does mean the world to us. Wishing all our dads, grandads and those who are like a father a fantastic Father's Day filled with love, laughter and lots of fun with your families!

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.

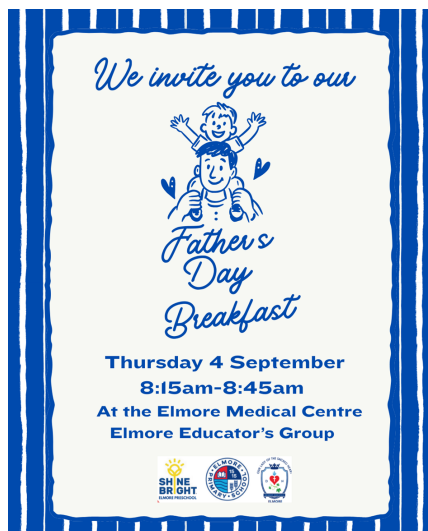
Our Lady of the Sacred Heart School promotes the safety, wellbeing and inclusion of all children.

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 starting at 12:00pm!**

Students will kick things off with our Fun Sports Afternoon. children are welcome to come dressed in their school house colours. (Chevalier—Blue, McKillop—Gold—if your child is unsure which house they are apart of., contact Lisa.) Learners will be 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 at 2:50pm, 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.

Division Athletics – Monday 15 September

The students who have qualified from our Campaspe Cluster Athletics for the Division Athletics on **Monday 15 September** will have a letter sent home with information and a slip to confirm they will be attending the athletics. Please contact Lisa if you have any questions.

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

Blessing of the Animals

We will have our Season of Creation ecumenical Blessing of the Animals on **Tuesday, 16 September at 9:15-9:45am**. Students can bring along their much-loved pets to be blessed. After our blessing we ask our families to take home their pets.

School Engagement Surveys

Family surveys have been sent home via email last week – **the survey closes on Monday 15 September**. Our students in Years 4-6 completed the survey at school last 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:

Wednesday 17 September – Campaspe Cluster Science Day at Elmore Primary School

Thursday 18 September – Confirmation and First Eucharist Mass at 2:00pm

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.

Science of Learning - Family Sessions

Recording	Presentation Mode	Date and Time
Recording 1 Repeat - Stress, Tech and Sleep	In person and online	These sessions have been held but please contact Lisa if you would like to arrange another time.
Recording 2 Surviving Study – Understanding the three keys to learning and memory	At school – Chevi Centre Online	Friday 5 September at 2pm-3pm Tuesday 9 September at 7pm
Recording 3 Brain Development – Why we act like we do	School will share for at home viewing by our families.	Available from Monday 8 September

School News

We have been excited to bring Jared's expertise to our school

community and thank you for your ongoing support and engagement. We have **Magnify Sandhurst** to share with you.

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@olsheymore.catholic.edu.au
www.olsheymore.catholic.edu.au

*Subject to eligibility

OUR LADY OF THE SACRED HEART ELMORE

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Ph: 5-432 6254
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principal@olsheymore.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 Cheivs
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.

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

Magnify matters
BY CATHOLIC EDUCATION SANDHURST

Catholic education matters
BY CATHOLIC EDUCATION SANDHURST

LEARNERS OF THE WEEK



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



Cluster Athletics



Hello OLSH Community,

Sharing in today's newsletter information around coregulation and strategies to support children and adolescence.

Coregulation

The feelings and behaviour of people near us, directly impact how we feel, and respond to our own emotions. When children become upset, if those around them stay calm, demonstrating how to calm down, the child can calm down quicker.

Co-regulation strategies for primary school children

Primary school-aged children, who are between 5 and 11 years old, are learning how to manage social situations and make good choices for themselves some which may cause anxiety and stress. Here are some key co-regulation strategies that can help:

- Start by helping children to identify and label their feelings. Encourage them to talk about their emotions and help them put words to their feelings. Art or writing activities can also give children a way to express their emotions.
- Help the child identify what triggers their emotional outbursts and develop a personalised "calm-down toolkit." Exploring various calming techniques is key as what works for one child may not work for another.
- Demonstrate effective problem thinking skills for the child to learn through observation and imitation, such as breaking down problems into smaller parts and weighing the consequences of different options. This can help them to make better decisions.
- Give age-appropriate challenges such as puzzles, logic games, and tasks to help the child practice problem-solving and decision-making. Gradually increase the complexity as their skills develop and encourage independent thinking and decision-making to build their confidence and critical thinking skills. Meanwhile, teach collaboration and how to work with others to consider different perspectives and solutions.
- Provide opportunities for children to run, jump, and play to help them release excess energy and reduce stress. Physical activity is an important way to support their emotional well-being.

Co-regulation strategies for adolescents

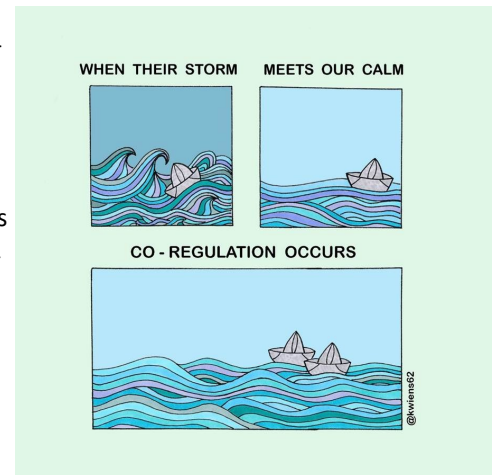
Adolescents are individuals who are between the ages of 11 and 18. During adolescence, many changes occur, both physically and emotionally. The brain develops and changes in many ways during this life stage, including the prefrontal cortex, which helps control emotions and prevent impulsive behaviour. Risk-taking is normal during this time as the brain looks for new experiences and skills. Adolescents can experience strong and fluctuating emotions, which highlights the importance of having supportive relationships and access to emotional co-regulation from trusted individuals. Here are some co-regulation strategies you can use with adolescents.

- Open communication and a safe, non-judgmental environment are important for supporting their emotional health. Encouraging them to share their feelings and providing an ear to listen can help them feel heard and understood.
- Help adolescents to build effective coping skills such as using mindfulness and relaxation techniques during challenging times. For example, you can teach adolescents to focus on their breathing, practice mindfulness meditation, or do yoga. These activities can help lower stress and improve overall well-being.
- Promote healthy habits such as regular exercise, self-care, and a balanced diet. Engaging in activities they enjoy, such as sports can improve both their physical and emotional health.

Encourage them to participate in clubs or community activities to help build social support networks and improve their overall emotional health. This can include things like joining a sports club or team, volunteering for a cause they care about, or connecting with peers who share similar interests. Connecting with others can be a valuable source of support for adolescents during this life stage. Emotional co-regulation is a crucial aspect of development and well-being for individuals of all ages. It is important to understand that different age groups have unique needs and challenges when it comes to managing their emotions.

By understanding and implementing appropriate strategies for each age group, we can help children and adolescents regulate their emotions effectively and lead happier and healthier lives.

Jo Webb



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

AFL GRAND FINAL WEEK SCHOOL HOLIDAY PROGRAMS

Celebrate the lead up to the AFL Grand Final with us!

BENDIGO - MIXED

DATE	TIME	LOCATION	REGISTER
TUESDAY 23 rd SEPTEMBER	9AM-3PM	STRATHFIELDSAYE RECREATION RESERVE - TANNERY LANE	

BENDIGO - ALL GIRLS

DATE	TIME	LOCATION	REGISTER
TUESDAY 30 th SEPTEMBER	9AM-3PM	WEEROONA OVAL, BENDIGO	

WHAT TO EXPECT:

- Auskick (ages 4-7) - learning AFL skills through fun activities
- Superkick (aged 8-12) - put your AFL skills into practice with modified match play
- Dancing, AFL trivia, competitions and FUN!
- \$55 per person which includes a football

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



GIANT Tennis

TERM 4 COACHING ELMORE TENNIS CLUB

STARTING THURSDAY 9TH OCT, 2025

10 WEEK PROGRAM - 1HR SESSIONS

\$200 PER STUDENT

SUITABLE FOR ALL AGES & STANDARDS

TIMES & GROUPS WILL BE DETERMINED BASED ON ENROLMENTS RECEIVED

REGISTER ONLINE: GIANTTENNIS.COM.AU

Elmore TENNIS CLUB

www.tennis.com.au/elmoretennisclub elmoretennisclub36@gmail.com

Elmore Tennis Club will be holding its AGM on Tuesday September 16th, commencing at 7:30pm at the Victoria Hotel Elmore.

All club positions will be declared vacant. All current and prospective members or interested community members are welcome to come along and discuss the upcoming season. It would be great to see as many there as possible.

Anyone interested in playing tennis this season is welcome to come along and see how the club runs.

If you are interested in stepping up and taking on a role and require more information please contact Bryce Niven on 0458111544 or bryceniven@hotmail.com

Let's bee better readers

Each Tuesday and Thursday at 8:40am we will gather in the OLSH library to read!

We would love to you to join us if you are able.

LET'S BEE BETTER READERS

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>