



# From the Heart



Newsletter No. 29

10th September, 2025

## COMING UP AT OLSH...

### TERM 3

#### Sept 2025

Fri 12th	Learning Showcase - 2:50pm Subway Lunch Fun Sports activities— <b>Dress in school house colours</b>
Mon 15th	Division Athletics
Tues 16th	Blessing of the animals 9:15am
Wed 17th	Science Day Subway Lunch
Thur 18th	Confirmation and First Eucharist— 2pm
Fri 19th	<b>Last Day of Term—2:25 finish</b>

### TERM 4

#### Oct 2025

Mon 6th	<b>First Day of Term 4</b>
Tue 7th - Thu 9th	Elmore Field Days
Wed 8th - Fri 10th	Year 3/4 Camp
Mon 13th	Regional Athletics
Fri 17th	IMAX excursion
Fri 24th	Prep Transitions
Fri 31st	Prep Transitions

#### Nov 2025

Mon 3rd	<b>Pupil Free Day</b> - Report Writing Day
Tues 4th	<b>Melbourne Cup Public Holiday</b>
Fri 7th	Mission Day
Mon 24th - Fri 28th	Year 5/6 Camp
Fri 28th	Gym and Swimming

#### Dec 2025

Mon 1st	<b>Pupil Free Day</b> —Planning Day
Thu 11th	Thanksgiving: Graduation Mass

## From the Principal...

Dear Families and Friends of OLSH,

As we begin our last days of Term 3, we are filled with hope and excitement for the many special events and celebrations ahead. It's a time that beautifully brings together our faith, learning and community.

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

Our sacramental candidates Bess, Jimmy and Reece have been preparing for the sacraments of Confirmation and First Eucharist. We hold in prayer these children and their families as they continue their faith journey together. These are sacred moments in their lives of faith, and we are so proud of their preparation and commitment.

We invite families and parishioners to join us for this beautiful sacramental celebration on **Thursday 18 September at 2:00pm at the OLSH Church**, as we celebrate the presence of the Holy Spirit and the gift of the Eucharist in the lives of Bess, Jimmy and Reece.

Thank you to Ms Nihill for her dedication and generosity in preparing the children and supporting their families.

### **Season of Creation & Blessing of the Animals - Tuesday 16 September at 9:15am**

In honour of the Season of Creation, we will be holding our Blessing of the Animals on **Tuesday 16 September at 9:15am**. Students are welcome to bring their much loved pet or a photo or soft toy representing their pets as we give thanks for all creatures great and small. This celebration reminds us of our shared responsibility to care for God's creation, and the joy animals bring to our lives.

Families are asked to support their child/ren with the animals and to take them home at the end of the Blessing.

...Continued next page

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](http://olshelmore.catholic.edu.au) PH: 5432 6254 E: [principal@olshelmore.catholic.edu.au](mailto:principal@olshelmore.catholic.edu.au)

Loving God,

As our children prepare to receive the Sacraments of Confirmation and First Eucharist, we ask you to bless them with peace, joy and a deep sense of your loving presence.

May the Holy Spirit guide their hearts and minds, and may they always walk in your light.

Bless their families, teachers, school and parish communities who support them with love and faith.

Help them to grow in kindness, courage and compassion and to be shining examples of your grace in the world.

We make this prayer through Christ our Lord,  
Amen.

# School News

## Father's Day

We hope all of our dads, grandads and those like fathers to us and our families had a wonderful Father's Day. Thank you to everyone who came along on Thursday to enjoy a delicious breakfast cooked by the Lions and the fun activities!

## Teacher Aide Appreciation Week at OLSH

Last week was Teacher Aide Appreciation Week at OLSH and we had a great week celebrating our amazing Mrs Price! Thank you, Mrs Price, for all that you do for our students and teachers each and every day to help with our learning, library and making OLSH such a great school.

Our students on Mrs Price:

"Mrs Price is very helpful!"

"Mrs Price is caring, kind and thoughtful."

"Mrs Price always goes out of her way to help others."

"Mrs Price helps us with our challenges and makes things easier!"

"Mrs Price helps me to write."

"Mrs Price helps us with our spelling and is courageous and has a kind heart!"



## 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, 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.

## Years 3 & 4 Billabong Camp – 8, 9 & 10 October

The permission form for this camp is on PAM and students have been sent home the information pack about the camp. If you have any questions about the camp please see Lisa.

## Years 5 & 6 Canberra Camp – 24-28 November

We will confirm numbers for this camp on **Monday 6 October**. Families completed their expression of interest back in March. However, if your child will no longer be attending the camp please let Lisa know before this date.

## Division Athletics – Monday 15 September

The students who have qualified from our Campaspe Cluster Athletics for the Division Athletics on **Monday 15 September** have a permission form on PAM to attend the athletics. Please complete this before Monday. This form includes the timetable of events. Please contact Lisa if you have any questions.

## Campaspe Cluster Science Day at Elmore Primary School - Wednesday 17 September

We are all looking forward to the Campaspe Cluster Science Day on Wednesday **17 September, from 9:30am to 2:00pm at Elmore Primary School**. This exciting event brings together students from across six local schools from our cluster to explore, experiment and engage with the wonders of science. Through hands-on activities, collaborative challenges and interactive learning experiences, our students will deepen their curiosity and understanding of the world around them. It's a fantastic opportunity to celebrate their learning in science and connect with peers in a fun and inspiring environment. Students can order a Subway lunch for this day. Lunches will be delivered at 1:30pm – details below.



A promotional poster for Science Day at EPS. It features the school crest at the top, followed by the text "SCIENCE DAY AT EPS SUBWAY SCHOOL LUNCH". Below this, it lists the date and time: "Wednesday 17 September at 1:30pm". It also includes instructions: "PLACE YOUR ORDER BY Wednesday 8am" and "AT CANTEENHUB.COM.AU". At the bottom, it says "PROUDLY SUPPLYING" and "PROUDLY MADE BY SUBWAY EPSOM". There is a hand holding a smartphone displaying the Canteen Hub app interface. The background is pink with decorative dots.

SUBS FOR YOU

Say Hello at [help@canteenhub.com](mailto:help@canteenhub.com)

# School News

## Bishop of Sandhurst Shane Mackinlay DD

On Sunday there was a wonderful farewell and thanksgiving Mass at Sacred Heart Cathedral for Bishop Shane as he finishes his time as Bishop of Sandhurst. Bishop Shane spoke of the richness of his time in Sandhurst and all that was achieved in bringing Pope Francis' vision of a Synodal Church to our diocese.

I ask you to please keep Bishop Shane in your prayers this week as he is installed as Archbishop of Brisbane tomorrow – **Thursday 11 September at 11am** at the St Stephen Cathedral – Brisbane. This will be livestreamed at [Mass live stream - Archdiocese of Brisbane](#) if you would like to attend this celebration online.

With peace and blessings,

Lisa Hitchcock

**Happy Birthday to Fr. Caldwell!** Thank you for sharing morning tea with us on Tuesday.



## School Engagement Surveys

Family surveys have been sent home via email last week – **the survey closes on next**

**Monday 15 September.** I ask you to please complete the 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!



## Melbourne Museum & IMAX Excursion - Friday 17 October

We are all super excited about our Melbourne Museum and IMAX Excursion on Friday 17 October. We will be travelling by bus to the Melbourne to experience IMAX The Story of Earth 3D and the Melbourne Museum education sessions to further enhance our learning in geography and science as well as

explore all the great museum exhibits.

We are waiting for the bus company to confirm times but at present our planned time of departure from Elmore is 6:50am and arrival time back to Elmore at 5:20pm. These will be communicated as soon as we have confirmation from the bus company.

IMAX The Story of Earth 3D [The Story of Earth 3D | IMAX Melbourne](#)

- Climate and Environment session for the combined Years 2–6 group

Living Things: Bugs session – Foundation and Year 1



## Science of Learning - Family Sessions

Thank you to our families for joining us at our Science of Learning Sessions with Dr Jared Cooney Horvath. If you missed the first two sessions and would like to view them please let me know and I will arrange for you to access the videos. Our final session is now on See Saw. Please let Lisa know if you have any questions or would like to talk about the Science of Learning at OLSH.

Recording 3	School will share for at home viewing by our families.	Now on See Saw
Brain Development – Why we act like we do		

## Magnify Sandhurst

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



# School News

2026 Foundation 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@olsheilmore.catholic.edu.au  
www.olsheilmore.catholic.edu.au

\*Subject to eligibility



**Our Lady of the Sacred Heart**  
32 Jeffery Street, Elmore  
Ph: 5432 6254  
Web: www.olsheilmore.catholic.edu.au  
Email: pdm@olsheilmore.catholic.edu.au  
principal@olsheilmore.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 Views**  
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.

2026 Foundation Enrolments

Still Open

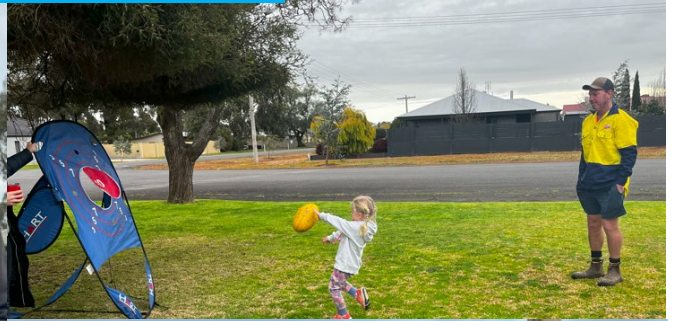
## LEARNERS OF THE WEEK



Term 3, Week 7: Congratulations to our Learners of the Week!



# Father's Day Celebrations



# THANK YOU

TO OUR INCREDIBLE LSO SANDRA.  
HAPPY TEACHERS AIDE WEEK.  
THANK YOU FOR ALL YOU DO



## Breakfast Club



Hello OLSH Community,

Sharing in today's newsletter information around understanding low mood from the children's health and wellbeing local.

Jo Webb



## UNDERSTANDING LOW MOOD

Everyone feels down sometimes, and it is a normal part of life. It might follow a tough event or happen for no clear reason. These feelings usually pass in a few days or weeks, and small changes can help. But if they stick around, they can impact daily life, and that is when getting support can make a difference.

### SIGNS OF LOW MOOD

- ✿ Sadness
- ✿ Worry/ anxious/ panicky
- ✿ Lack of energy
- ✿ Trouble sleeping
- ✿ Feeling hopeless and guilty
- ✿ Lacking self-confidence
- ✿ Frustrated/ irritated
- ✿ Not interested in things
- ✿ Aches and pains
- ✿ Spending less time with those you care about
- ✿ Angry
- ✿ Struggle concentrating
- ✿ Change in appetite
- ✿ Negative thoughts
- ✿ Withdrawing from usual activities

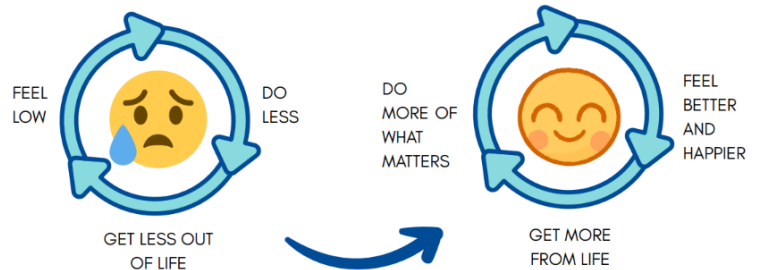
### TIPS FOR TALKING TO YOUR CHILD ABOUT THEIR MOOD

- ✿ Think about what you want to say and keep it simple.
- ✿ Write down things that are concerning you before you speak to them.
- ✿ Ask open ended questions which will allow them to say how they are feeling.
- ✿ Choose statements that are facts not judgements.
- ✿ Try to keep any anxiety you may have to yourself.
- ✿ Be calm and supportive.

- ✿ Encourage good sleep hygiene.
- ✿ Encourage your child to do things they enjoy.
- ✿ Encourage your child into a routine.
- ✿ Encourage your child into a structured day.

### BEHAVIOURAL ACTIVATION

This is a way to help people who are feeling low. When we are in a low mood, we often get stuck in a negative cycle. To start feeling better, we need to change part of that cycle to help turn it into a more positive one.



## BREAK THE CYCLE - DO MORE TO FEEL BETTER

### MORE WAYS TO GET SUPPORT

- ✿ Call a **parent helpline** to get free parenting advice.
- ✿ Call Lifeline on 131 114 or **Beyond Blue** on 1300 224 636 for mental health support.
- ✿ Visit your community health centre.
- ✿ Contact a psychologist through Australian Psychological Society - **Find a psychologist.**
- ✿ Join a face-to-face or an online parent support group to connect with other parents in similar situations.

Scan the QR code to know more



# *Catholic Identity*



**The seven sacraments of the Church, in ritual and symbol, celebrate God's presence and participation in our lives.**

**The sacraments extend throughout the life span of each member of our community. Some sacraments we receive only once in our lives, and others we can receive regularly.**

**The sacraments are:**

**Baptism, Confirmation and Eucharist—Sacraments of Initiation  
Reconciliation (Penance) and Anointing of the Sick—Sacraments of Healing  
Marriage and Ordination (Holy Orders)—Sacraments of Service**


**We pray for Jimmy,  
Reece and Bess,  
May the Holy Spirit fill their hearts with  
wisdom and strength as they affirm their  
faith through the Sacraments of  
Confirmation and Eucharist.  
Guide them in their journey, inspire them  
with courage, and may they always feel  
God's love surrounding them.  
Bless them with clarity and grace.  
Amen.**

# 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



# *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.



# 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 <sup>rd</sup> SEPTEMBER	9AM-3PM	STRATHFIELDSAYE RECREATION RESERVE - TANNERY LANE	

## BENDIGO - ALL GIRLS

DATE	TIME	LOCATION	REGISTER
TUESDAY 30 <sup>th</sup> 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 17<sup>th</sup> 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](http://GIANTTENNIS.COM.AU)

## Elmore TENNIS CLUB

[www.tennis.com.au/elmoretennisclub](http://www.tennis.com.au/elmoretennisclub) [elmoretennisclub36@gmail.com](mailto: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](mailto:bryceniven@hotmail.com)



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>



ELMORE  
Swimming Pool