



From the Heart



Newsletter No. 30

17th September, 2025

COMING UP AT OLSH...

TERM 3

Sept 2025

| | |
|-----------|--------------------------------------|
| Thur 18th | Confirmation and First Eucharist—2pm |
| 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 17th | IMAX & Melbourne Museum excursion |
| 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 |
| Fri 21st | Gym & swimming program starts |
| Mon 24th - Fri 28th | Year 5/6 Camp |
| Fri 28th | Gym and Swimming |

Dec 2025

| | |
|-----------|------------------------------------|
| Mon 1st | Pupil Free Day—Planning Day |
| Fri 5th | Gym & Swimming |
| Thu 11th | Thanksgiving: Graduation Liturgy |
| Fri 12th | Gym & Swimming |
| Tues 16th | Last day of Term 4 for students |

From the Principal...

Dear Families and Friends of OLSH,

As Term 3 draws to a close, I wanted to reflect on the many joyful and enriching experiences we've shared as the OLSH community. It has been a term filled with learning, laughter and love — a true celebration of our OLSH Charism as heart people. I am very grateful to our students, staff and families and all that they bring to our community each and every day.

From the fun and wonder of today's Science Day, where curiosity and creativity came alive, to the beautiful and heartwarming Blessing of the Animals, we've seen our students engage deeply with both learning and faith. Our Athletics Carnival and Fun Sports Day brought energy, teamwork and plenty of cheering, while last Friday's Learning Showcase gave our students a chance to shine and proudly share their achievements with their families.

Thank you to our incredible students, dedicated staff and our supportive families. Your commitment, enthusiasm and care for each other make OLSH a truly special place.

As we look ahead to Term 4, we're excited for the adventures to come — including our Billabong and Canberra camps, the Melbourne excursion, Mission Day, our Little Chevis starting their educational journey at OLSH and the Gym and Swim program. These experiences promise to be filled with great learning and memorable milestones in our students' growth and education.

May the upcoming break be restful and re-energising for all and valuable time for your family to enjoy each other and have some fun. We look forward to welcoming everyone back on Monday 6 October for a final term filled with learning, growth, gratitude and celebration.

With peace and blessings,

Lisa Hitchcock



Loving God,
As we come to the end of our school term,
we thank you for the many blessings we have received.

For the learning, the laughter, the friendships
and the moments of growth — we are truly grateful.

Thank You for guiding our students, families and staff
through each day with love, care and compassion.

Help us to carry the lessons we've learned
into the next term with open hearts and minds.

May the upcoming break be a time of rest, renewal
and joyful moments with loved ones.

Keep us safe in your loving embrace
until we return to continue our journey together.

We ask this through Christ our Lord.
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.

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

Sacramental Mass – Confirmation and First Eucharist

We invite our community to join us tomorrow, Thursday 18 September, for this very special celebration as three of our students are confirmed and make their first eucharist. Our Mass will be concelebrated by Fr Caldwell and Fr Junray and starts at 2pm in the OLSH Church. Please continue to pray for Bess, Jimmy and Reece and their families as they continue their sacramental faith journey. We pray they continue to grow in faith and always feel God's loving presence in their lives.

Tomorrow, we will have an early second break at 1:05pm for all of our students to attend our 2pm Mass.



Early Finish & No Assembly Friday 19 September

On Friday we will finish at 2:25pm. There will be no assembly because of our early finish.

Division Athletics – Monday 15 September

Congratulations to the students who competed at Division Athletics on Monday 15 September. They all competed with great determination to do their best and to support each other. We have some students moving on to Region in Bendigo on Monday 13 October. We are so proud of all these superstars for their courage and enthusiasm at Division Athletics!



RE Accreditation

Congratulations to Mrs Portwine and Miss Forbes on completing their RE Accreditation. This is such a significant achievement, and we are very grateful for the commitment that Mrs Portwine and Miss Forbes have made to Catholic Education. We are very proud of you both!



Elmore Field Days

Volunteers needed: Waste/Bin Runners – Elmore Field Days

We're looking for helpers to wheel out rubbish bins for emptying on Mon–Thu at ~6pm. It's quick, after-work friendly, and every shift helps raise funds for our sandpit refurbishment.

Good news: No bin washing this year—just put them out for the truck.

More details will come out over the school holidays.

Keen to help? Reach out to Lisa.

Thank you to our families for being so generous with their time working at the Field Days. The shifts our families have been allocated do not require before school care. Due to staffing in the first week of term, if you require after school care during the Field Days the OSH Club is available. Please contact Lisa if you have any questions or would like further information.

The funds raised will go towards refurbishing our sandpit.

Term 4 – Hats

From the beginning of Term 4, hats are to be worn for outside play and lessons. Please remember to clearly label hats and all uniform items in permanent marker that way any misplaced uniform items should find their way back to their owner.

Student Attendance

At OLSH, our community believes that every day of learning matters.

Regular attendance is one of the most important factors in a child's academic success, social development, and overall wellbeing. That's why our school-wide goal: 95% attendance for every student.



School News

This means aiming to be at school at least 9.5 days out of every 10 — a target that helps ensure students stay connected to their learning, their friends and our school community.

We understand that sometimes absences are unavoidable due to illness or family circumstances. Together we all work towards our 95% goal and give every student the best chance to flourish.

School Supervision Times – Keeping Our Students Safe

A friendly reminder to all families about our school supervision hours:

- Staff supervision begins at 8:30am each morning.
- For students arriving on the early bus, supervision is available from 8:20am.

We kindly ask that students do not arrive before these times, as staff are not on duty and supervision cannot be guaranteed. Ensuring students arrive within supervised hours helps us maintain a safe and supportive environment for all.

Thank you for your cooperation and ongoing support in keeping our OLSH community safe and well cared for.

Pupil Free Days Term 4 2025

Monday 3 November – Report Writing Day
Monday 1 December – 2026 Planning Day
Wednesday 17 December – Staff PL Day
Thursday 18 December – Magnify Day
Friday 19 December - Magnify Day

Emergency Management

As we approach bushfire season it is a great reminder that as part of our bushfire management processes and child safeguarding, if the Fire Danger Rating (FDR) is listed as 'Catastrophic', then OLSH will close pre-emptively. On days forecast as Catastrophic (FDR) day in the Fire Weather District where the school is located – Northern Country - no staff, student or parent will be allowed onsite for their own safety. At OLSH, we will provide as much notice to you as we possibly can through Seesaw, Facebook and Email.

As a school on the Bushfire at Risk Register – Level 4 for grassfire – as part of our ongoing preparations and review of our emergency management we will have an emergency drill to practise an evacuation of the school to transport our students to another location in Term 4. We will not be transporting our students to another location, but will ensure we can review the process to ensure it is an effective emergency plan to ensure the safety of our students, staff and families.

Sports, Subway & Showcase!

The sports day was so much fun, and the students were absolute superstars determined to beat their personal bests, encourage each other and get points for their team.

The obstacle course designed by our Senior students was a great success - thank you!

The learning and growth that our students have achieved this term was celebrated and shared with our families at our Learning Showcase after the sports! Thank you to our families for joining us!

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.

Season of Creation: Blessing of the Animals

Yesterday, the OLSH community came together in a beautiful and fun celebration of the Blessing of the Animals, honouring the Feast of St Francis of Assisi, celebrated on October 4, and the Season of Creation—a time when Christians around the world unite in reflection, prayer and action to care for our common home.

In the spirit of this ecumenical season, we were delighted to welcome Reverend Christine and parishioners from Elmore's Anglican community. Thank you for joining us. We were very fortunate to have Fr Caldwell and Reverend Christine, along with our students, leading the blessing ceremony.

Students, staff and families gathered with an array of pets—from photos and toys representing students' pets to dogs and a lizard and even our school yabbies, fish and frogs! Each animal was blessed, acknowledging their role in our lives as companions, comforters and part of God's wondrous creation.

We extend our heartfelt thanks to all the families who participated and made this event so special by bringing our students' beloved animals to school and for taking them home again. Thank you to Ms Nihill for organising this wonderful celebration, our amazing staff for their support of our students and their pets and to Fr Caldwell and Reverend Christine for leading us in our very first Blessing of the Animals.

School News

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.

Our planned time of departure from Elmore is 6:50am and arrival time back to Elmore at 5:20pm.

- 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

School Engagement Surveys

Thank you to our students, staff and families for completing this survey. This will be valuable information for our new School Improvement Plan and to help us to continue to grow and improve.

Let's Bee Better Readers

Our reading will happen outside now that winter is over. We had a great start to spring with our first outside reading session last week.



2026 Foundation Enrolments

Still Open

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 8: Congratulations to the whole school as our Learners of the Week!

Congratulations and Thank you to Gus for all the incredible work you have done throughout your Work Experience week.

Blessing of the Animals





Sports Day and Learning Showcase



For parents and carers

Wellbeing support for students during the school holidays

This guide provides tips and resources for parents, carers and families to support the mental health and wellbeing of children and young people in their care during the school holidays. This includes services to reach out to if more support is needed.

Actions that support positive mental health

Encourage your young person to:

- Exercise and eat healthily to boost their mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things they enjoy
- Practice positive self-talk, and remind them they are not alone
- Seek professional help if needed.¹

The Department have developed wellbeing activities and conversation starters for parents and carers of [primary school-aged children](#) and [secondary school-aged children](#).

Feeling it: [mindfulness resources and activities for senior secondary students](#). Smiling Mind gives tips on self-care, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.

Signs a child or young person may need mental health support

In some cases, these actions will not be enough to support positive mental health.

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.^{2,3}



1 headspace – a parents guide to school issues and stress <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>
 2 headspace 'mental health and you' poster <https://headspace.org.au/assets/uploads/Mental-Health-Posters-map.pdf>
 3 headspace – how to talk to your children about mental health <https://headspace.org.au/dads/>

Young people supporting each other

Young people are **most likely to turn to each other for support** before seeking out an adult or service provider.

Young people can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting their friend know they may need to tell a trusted adult about their concerns.

Having these types of conversations can be difficult for young people. Information for young people on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](#)

Mental health support

- **Your local GP**
- **headspace Counselling:** Victorian Government secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, students can self-refer by calling their [local headspace centre](#).
- **eheadspace:** 1800 650 890 www.headspace.org.au/eheadspace
- **Kids Helpline:** 1800 551 800 www.kidshelpline.com.au
- **Parentline:** counselling and support for parents and carers, 13 22 89 services.dffh.vic.gov.au/parentline
- **Lifeline:** 13 11 14 www.lifeline.org.au
- **Beyond Blue:** 1300 224 636 www.beyondblue.org.au
- **Head to Help:** 1800 595 212 www.headtohelp.org.au
- **Suicide Call Back Service:** 1300 659 467 www.suicidecallbackservice.org.au
- [Family violence information and support services](#)
- **Contacting 000** for urgent assistance

Family violence support and resources

- **Safe Steps:** 1800 015 188 www.safesteps.org.au
- **1800RESPECT:** 1800 737 732 www.1800respect.org.au
- **What's okay at home:** www.woah.org.au
- [Family violence support](#)

Self-harm and suicide prevention resources

- [Getting a mental health care plan \(ReachOut\)](#)
- [What you need to know about self-harm \(headspace\)](#)
- [How to help when someone is suicidal \(SANE Australia\)](#)

Mental health resources

- **Mental Health Toolkit:** contains resources for students, parents and carers to support the mental health and wellbeing of children and young people in their care including:
 - [Raising Learners Podcast Series:](#) providing expert advice/information to parents/carers on topics including how to keep your child safe online
 - [Understanding mental health – fact sheet \(Orygen\)](#)
 - [Learn how to handle tough times \(headspace\)](#)
 - [Get into life \(to keep your headspace healthy\) \(headspace\)](#)
- [Supporting your young person during the holidays](#) (headspace)

Mental Health and Wellbeing Leader Role



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.**

we are OLSH
ISSOUDUN PILGRIMAGE 16TH-23RD SEPTEMBER



"We keep the Daughters of Our Lady of the Sacred Heart in our prayers as they begin their pilgrimage to Issoudun, France. During their journey, they will visit the Jules Chevalier Centre, where Our Lady of the Sacred Heart was first given her title, and walk in the footsteps of Marie Louise Hartzler, the very first OLSH Sister. They also hope to discover the story behind the beautiful image of Our Lady displayed in the school foyer. We look forward to seeing some wonderful photos of Issoudun and of the French Sisters."

**May the Sacred Heart of Jesus
Be Everywhere Loved.**




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



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



OFFICIAL PROGRAM

62ND ANNUAL

ELMORE FIELD DAYS

OCT 7TH, 8TH, 9TH 2025



Gates 8:30am - 5:00pm



Elmore Events Centre - 48 Rosala Rd



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