



COMING UP AT OLSH...

Oct 2025

Fri 17th	IMAX 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
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,

This week is Anti-poverty Week, for over 20 years Anti-Poverty Week has been held in Australia around the 17th of October, the UN Day for the Eradication of Poverty. The purpose is to help Australians understand poverty and to take action collectively to end it. Globally over 700 million people do not have enough to meet their daily needs and live on \$2 a day.

Mission Day at Our Lady of the Sacred Heart is a cherished tradition that brings our community together in faith, fun, action and to live out our OLSH Charism of Love. Once again, we will commit our efforts to supporting the Daughters of Our Lady of the Sacred Heart Sisters and their incredible work in South Sudan.

The Sisters and our community are very grateful for the generosity shown by our families, parish and the Elmore community over many years.

The Sisters are making a profound difference in one of the world's most challenged regions, where access to education, food and safety is limited. Their school offers children not only learning but also love, stability and hope.

If you would like to read more about the missionary work of the Sisters and the impact of our fundraising for the children and young people of Comboni and the Mapourdit Parish please read their latest newsletter – <https://www.olshaustralia.org.au/154-keeping-in-touch-may-2025/file.html>

Mission Day Highlights: Our students are at the heart of Mission Day! They will be running a variety of creative and engaging stalls, including:

- Stalls, games and Activities: Designed and led by students to bring joy and raise funds.
- Plant Stall: A beautiful selection of greenery donated by Purtil's Nursery Bendigo.
- Cake Stall: Always a favourite—delicious homemade treats made by our families for a good cause!

Every dollar raised will go directly to the Sisters' work in South Sudan, helping to support children and young people .

How You Can Help:

- Support your child/ren's stall preparation.
- Visit the stalls and support our students' efforts.
- Make a donation—big or small, it all makes a difference.
- Share the story of the Sisters' mission with your family and friends.

Pray with us for peace and hope in South Sudan.

A letter was emailed home at the end of last term, and a hard copy was sent home with students yesterday. Please return the slip at the bottom of the letter to indicate you are able to support your child/ren's stall by Monday 20th October. The school will be providing prizes for the stalls – a raffle ticket in the prize draw will be given to stall participants' – families do not need provide any prizes. If there are any questions, please contact Lisa.

Together, we can be the hands and heart of Christ in action. Let's make Mission Day a celebration of generosity, community and sharing love across the globe.

"Let us love, not in word or speech, but in truth and action." – 1 John 3:18

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

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.

A permission form has been sent to families on PAM. Thank you to the families that have been able to complete the form.

Please complete consent ASAP

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

Students will need two lots of snacks, fruit and a lunch as we will be stopping at Kilmore on the trip down to Melbourne and home to Elmore and having three breaks to eat at the museum. They will need a water bottle that can be refilled. This is all they will need in their bags. A hat will not be necessary as we will be inside or on the bus for most of the day.

Please contact Lisa on 0436 005 225 to update pick up information from 3:00pm on Friday 17 October. We will provide updates on travel times via See Saw at departure time and on the journey home

Please contact Lisa or your child's classroom teacher if you have any questions about the excursion.

Regional Athletics

Frankie competed in the Regional Athletics on Monday 13 October and placed first in the 1500m and second in the 800m. Congratulations, Frankie! We are so proud of her achievements and are inspired by Frankie's quiet determination and courageous spirit. We wish Frankie well at the State Track and Field Primary Championships on Thursday 6 November. Go Frankie!

School Advisory council Meeting

Our School Advisory Council will meet for the final time for 2025 at school next Monday 20 October at 7pm. Thank you to our School Advisory Council Members for their commitment to our school community. Please advise Lisa of your attendance by Monday 20 October at 4pm. Thank you!

Work Experience

This week, we have welcomed a past student Cassidy to do work

experience at OLSH. The students and teachers have loved having Cassidy helping out in their classrooms. Thank you, Cassidy!

Photography and Video

As we celebrate the many wonderful moments in our school community—concerts, assemblies, sports days and special liturgies—we understand how meaningful it is for families to capture these memories. However, we kindly remind all parents and carers to refrain from taking photos or videos during school events.

This request is not only about courtesy—it's about protecting the privacy rights of all children.

Many families have provided specific permissions regarding the use of their child's image. These permissions guide what the school can and cannot publish, and they help us ensure that every child's privacy is respected. When photos or videos are taken and shared privately or on social media, it can unintentionally breach these permissions and compromise the safety or privacy of other students.

We ask for your support in creating a safe and respectful environment for all. Our staff will ensure that appropriate photos are taken and shared through official school channels, in line with the permissions families have provided.

Thank you for helping us respect the dignity and privacy of every child in our care.

Volunteer Induction Sessions

We are incredibly grateful for the generous support of volunteers who contribute their time, energy, and care to our school community. Whether you're helping with our morning reading, supporting events or assisting with sports programs, your presence makes a real difference.

Our Child Safeguarding and Wellbeing Policy and Procedures requires all volunteers to have an induction to ensure our Child Safeguarding is known and enacted. We will be holding **Volunteer Induction Sessions throughout Term 4**. These sessions are essential for anyone who wishes to volunteer at the school.

Our first sessions are on:

Date: Wednesday 22 October & Thursday 23 October

Time: 3pm

Location: School Meeting Room

All volunteers must attend an induction session before commencing their role.

We are very grateful for your willingness to be part of our school's mission to nurture, support and inspire every child.

School News



What are reasonable excuses for being absent?

- illness or accident
- Attending or observing religious event
- Bereavement

Years 3 & 4 Billabong Ranch Camp

The Year 3 & 4 Campaspe Cluster Billabong Camp was amazing! Our Year 3 & 4 students were outstanding with how they cared for and supported each other, tried so many new experiences, had so much fun and took on all the opportunities at camp with such enthusiasm and courage.

Thank you to Mr Sait for excellent organisation of our cluster camp, the families for transporting students, our amazing Miss Forbes for taking such great care of the students, the Campaspe Cluster school's students and teachers for a fantastic time on camp and to Billabong Ranch Echuca for looking after us so well and for making the camp so much fun!!!

2026 Pupil Free Days

We have received the 2026 pupil free days from Catholic Education Sandhurst Ltd (CESL). We have two remaining days to allocate to our professional learning and practice here at OLSH. These will be decided in the coming weeks and communicated to our families asap.

Term 1 2026

- Tuesday 27 January - First Day for School Staff
- Wednesday 28 January - Staff Preparation
- Thursday 29th January - Staff Preparation
- Friday 30th January – OLSH Students Commence

Term 2 2026

- Monday 20th April CESL Learning & Teaching Seminar
- Friday 5th June CESL Student Wellbeing & Safeguarding

Term 3 2026

- Wednesday 5th August CESL Staff Spirituality Day

Term 4 2026

- Monday 2nd November CESL Report Writing Day
- Tuesday 15th December CESL Students Finish
- Wednesday 16th December CESL Staff

2026 Foundation Enrolments

Still Open

MHiPS

Drop in @ Pic-up has returned for Term 4. Please feel free to catch up with Jo at a session on transition or if you have any questions

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.

Magnify Sandhurst

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





3/4 Camp Billabong

School News

LEARNERS OF THE WEEK



Term 4, Week 1: Congratulations to our Learners of the Week!

This Friday, 17th October, is Developmental Language Disorder Awareness Day.

Developmental Language Disorder (DLD) is a hidden but common disability that affects 1 in 14 people causing difficulties understanding and using language for no known reason. The 2025 DLD day theme is 'You can't see DLD'. We have a few students in our schools with this diagnosis and we are well aware of how difficult it is to spot something we can't see/hear.

Did you know?

On average, 2 children in every class of 30 have DLD.

DLD is seven times more common than ASD, yet fewer people have heard of it.

Students with DLD might struggle to follow instructions, tell stories, or find the right words - but they're often bright, creative, and great problem solvers!

With the right classroom strategies and support, children with DLD can make amazing progress.

You might like to show your support by:

Wearing purple and yellow, the official DLD colours.

Taking a moment to learn more: www.radld.org and Teacher Kit - RADLD

Talking about DLD - share one thing you've learned about DLD with a colleague.

Let's spread the word and make DLD visible! Thanks everyone for helping create inclusive learning environments for all of our students.



Catholic Identity



God of Love and Mercy,
In this week of reflection and action,
we lift up those burdened by poverty—
those without shelter, food or opportunity,
those whose voices are unheard.

Open our hearts, Lord,
to see Christ in the poor, the vulnerable, the forgotten.

May we be moved not only by compassion,
but by a deep love and commitment to justice.

Teach us to live the Gospel boldly—
to feed the hungry, welcome the stranger and stand with the oppressed.

Inspire leaders with wisdom,
communities with courage,
and each of us with the grace
to build a world where all may flourish.

Let your love be our guide
as we work together for a world
where dignity is restored,
and no one is left behind.

We ask this through Christ our Lord,
Amen.

“May the Sacred Heart of Jesus be everywhere loved!”



The Our Lady of the Sacred Heart provincial leader, Sr. Philippa, together with Sr Lorraine, are currently on pilgrimage in Rome, joining consecrated women and men from around the world in celebrating the Jubilee Year of Consecrated Life. During the Jubilee Mass for Consecrated life with Pope Leo XIV, the OLSH Province was extremely blessed as Sr Philippa was invited to present the gifts of Bread and Wine to the Pope—a moment of deep blessing and honour for our Province.

We unite our prayers with all those gathered in Rome for this sacred Jubilee celebration of Consecrated Life.



JOIN US FOR OUR

OLSH MISSION DAY

**FRIDAY
7 NOVEMBER
11.00AM TO 2:00PM**

**ALL
WELCOME**

**OLSH SCHOOL
32 JEFFREY ST
ELMORE**

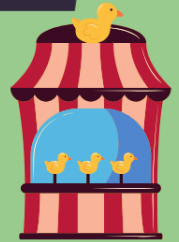
**ALL MONEY RAISED IS GOING TO THE MISSIONARY
WORK OF THE OLSH SISTERS IN SOUTH SUDAN**

"May the Sacred Heart of Jesus be everywhere loved!"

LOTS OF ACTIVITIES



FUN GAMES



FOOD STALLS



**PLANT STALL
& LOTS MORE!**



Healthy Lunchbox

A balanced nutritious diet is supportive to mental health and wellbeing.

Please see some ideas to build a balanced, delicious sandwich lunch option that's perfect for kids and adults alike sourced from the National Nutrition Foundation.

For a Healthy Base: Choose wholemeal, wholegrain, or high-fibre bread, wraps, or rolls to provide long-lasting energy and essential nutrients.

Add a Nutritious Spread: Boost flavour and nutrients with these healthy spreads:

- Avocado
- Hummus
- Tzatziki
- Cottage cheese
- Reduced-fat cream cheese or mayonnaise
- Barbecue chicken (skin removed)
- Leftover meats like grilled chicken, meat patties, or roast beef
- Turkey, boiled egg, canned tuna, or salmon
- Vegetarian options: tofu, falafel, mashed chickpeas, or cheese

FOR A HEALTHY LUNCHBOX PICK & MIX SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.



NATIONAL NUTRITION FOUNDATION



FOR A HEALTHY LUNCHBOX PICK & MIX SOMETHING FROM EACH GROUP 1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p>FRESH FRUIT</p> <ul style="list-style-type: none"> • Apple • Banana • Mandarin • Orange quarters • Pomegranate halves (with spoon) • Watermelon, honeydew, rockmelon chunks • Pineapple chunks • Grapes • Plums • Nectarines, peaches, apricots • Strawberries • Cherries • Kiwifruit halves (with spoon) • Pear <p>MIXED FRUIT</p> <ul style="list-style-type: none"> • Fruit salad • Fruit kebabs <p>DRIED FRUIT</p> <ul style="list-style-type: none"> • Dried fruit, nut, popcorn mixes* <p>TINNED FRUIT/SNACK PACKS/CUPS</p> <ul style="list-style-type: none"> • In natural juice (not syrup) 	<p>FRESH CRUNCHY VEGES</p> <ul style="list-style-type: none"> • Corn cobs • Carrot sticks • Capsicum sticks • Green beans • Cucumber sticks • Celeriac sticks • Snow peas • Tomatoes (e.g. cherry and Roma tomatoes) • Mushroom pieces <p>Can serve with either:</p> <ul style="list-style-type: none"> • Hummus • Tomato salsa • Tofu • Beetroot dip • Natural yoghurt <p>SALADS</p> <ul style="list-style-type: none"> • Colelaw and potato salad (reduced fat dressing) • Mexican bean, tomato, lettuce and cheese salad • Pesto pasta salad* <p>BAKED ITEMS</p> <ul style="list-style-type: none"> • Grilled or roasted vegetables • Wholemeal vegetable muffins or scones • Vegetable slice (with grated zucchini and carrot) • Popcorn <p>SOUP (in small thermal)</p> <ul style="list-style-type: none"> • Pumpkin soup • Potato and leek soup • Chicken and corn soup 	<ul style="list-style-type: none"> • Milk • Calcium-enriched soy and other plant-based milks • Yoghurt (frozen overnight) • Custard <p>Tip:</p> <ul style="list-style-type: none"> • Freeze the night before to keep cool during the day <p>Can serve with either:</p> <ul style="list-style-type: none"> • Cheese cubes, sticks or slices • Cottage or ricotta cheese • Cream cheese • Tofu dip <p>Can serve with either:</p> <ul style="list-style-type: none"> • Fruit • Wholegrain cereal, low in sugar • Vegetable sticks • Rice and corn cakes • Wholegrain wheat crackers 	<ul style="list-style-type: none"> • Tinned tuna or salmon in springwater • Lean meat or grilled meats (e.g. beef, chicken, kangaroo) • Falafel balls • Lean meat or chicken patties • Tinned tuna or salmon patties • Lentil patties • Lean deli meats (e.g. ham, sliced, chicken) • Boiled eggs • Baked beans (canned) • Tofu cubes • Hummus dip • Lean meat or chicken kebabs sticks • Peanut butter* <p>Can serve with:</p> <ul style="list-style-type: none"> • Wholegrain sandwich roll, pita or wrap bread with salad • Rice and corn cakes • Wholegrain wheat crackers • Side salad • Vegetable fritata • Skillet chicken dumplings • Savoury muffins or scones (e.g. lean ham, cheese and chocolate) • Homemade pizzas with lean roast or deli meats and vegetables <p>Can serve with:</p> <ul style="list-style-type: none"> • Side salad • Steamed or roasted vegetables 	<p>MAINS</p> <ul style="list-style-type: none"> • Wraps • Sandwiches • Rolls • Toasted sandwiches <p>Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, rye, rye, bagels, focaccia, fruit bread and English muffins.</p> <ul style="list-style-type: none"> • Pasta dishes • Rice quinoa or cous cous dishes • Noodle dishes • Sushi <p>SAVORY BAKED ITEMS</p> <ul style="list-style-type: none"> • Homemade pizzas • Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) • Vegetable based muffins • Pita or naan base <p>SWEET BAKED ITEMS</p> <ul style="list-style-type: none"> • Fruit loaf • Wholemeal fruit based muffins <p>SNACKS</p> <ul style="list-style-type: none"> • High fibre, low sugar cereal (e.g. muesli) • English muffins • Crackers • Crispbread • Rice cakes • Corn thins • Wholemeal scones • Pilelets • Crumpets • Hot cross buns (no icing) 	<ul style="list-style-type: none"> • Take a water bottle (for refilling throughout the day) <p>Tip:</p> <ul style="list-style-type: none"> • Freeze overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>

Source:


National Nutrition Foundation.

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

SEASON 2025-26

DISCOVER THE FUN OF ATHLETICS

Age groups for U6-U17 Years Old
Friday Nights From 5.30pm
Windridge Oval, Rochester



Season Launch - Friday 10th October
Season Dates: 10th October 2025- 27th February 2026

NEW!

Training Nights (Optional) Windridge Oval
Every Monday Night (Starts 6th of October)
4.30pm-5.30pm

Register today at
lavic.com.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

BENDIGO AUSKICK AND SUPERKICK TERM 4 PROGRAM

EPSOM HUNTLY REC RESERVE - MONDAYS FOR 5 WEEKS
STARTING 20TH OF OCTOBER - \$55 INCLUDES A FOOTBALL



5-6 year olds

Come find your awesome at NAB AFL Auskick. An introductory program to Australian rules football, teaching skills through fun activities and mini games.



7-12 year olds

Level up your footy with skills and modified match play in weekly sessions. NAB AFL Superkick is tackle-free and great for Auskick grads and newbies alike.



VISIT PLAY.AFL

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



Name-

Contact details-

Age (circle one) -5 & under -6 to 9 -10 to 13

Hand in by Wednesday 29th to EPS, OLSH, Elmore Kindergarten, Playgroup or email to elmoreplaygroup@gmail.com

Drawn on Friday 31st of October.

One main prize per age category. Competition ran by Elmore Playgroup