



# From the Heart



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

Newsletter No. 04

19<sup>th</sup> March 2026

## COMING UP AT OLSH...

### TERM 1

#### March

|                           |                               |
|---------------------------|-------------------------------|
| Friday 20 <sup>th</sup>   | Ride 2 School                 |
| Friday 20 <sup>th</sup>   | Harmony Day                   |
| Friday 20 <sup>th</sup>   | Drop In @ Pick Up Time 2:50pm |
| Tuesday 24 <sup>th</sup>  | PSG Meetings                  |
| Thursday 26 <sup>th</sup> | Learning Showcase             |
| Friday 27 <sup>th</sup>   | Epilepsy Awareness Day        |
| Sunday 29 <sup>th</sup>   | Easter Market at EPS          |

#### April

|                          |                                         |
|--------------------------|-----------------------------------------|
| Thursday 2 <sup>nd</sup> | Holy Week Liturgy                       |
| Thursday 2 <sup>nd</sup> | <b>Last day of Term 1 2:20pm Finish</b> |

### TERM 2

#### April

|                          |                                |
|--------------------------|--------------------------------|
| Monday 20 <sup>th</sup>  | <b>PUPIL FREE DAY</b>          |
| Tuesday 21 <sup>st</sup> | Campaspe Cluster Cross Country |

## From the Principal ...

Dear Families and Friends of OLSH,

As we come to the end of Week 8 and move closer to the end of Term 1, there is so much to celebrate and to look forward to with the many events and liturgies that are happening over the last weeks of term.

### Caritas Big Water Walk – Thank You!

Today our students, families and staff participated in the Caritas Big Water Walk, learning about the daily challenges faced by communities without access to clean water. This meaningful experience connected beautifully with our Lenten focus on empathy, justice, and supporting others. Thank you for your generosity and for encouraging your children to take part so wholeheartedly.

### Harmony Day Everyone Belongs: Friday 20 March

Tomorrow is Harmony Day, and students will participate in activities at break time led by our Grade 6 Student Leaders and Mrs Webb, as we celebrate our diverse community and the message that everyone belongs. We look forward to a day of unity and learning.

### Ride2School Day: Friday 20 March

Tomorrow is also Ride2School Day. Students are invited to ride to school as we promote healthy habits and sustainable travel. Some staff will meet students at **8:25am** at the Water Tower to ride to school. The remaining staff will be out to welcome and cheer on our active travellers and have breakfast ready!

### MHiPS Drop-In at Pick-Up: Routines and Sleep Friday 20 March

Mrs Jo Webb will be available at **2:50pm** in the Chevie Centre for our MHiPS Drop-In @ Pick Up for our families. Jo will be focusing on routines and sleep. Families are warmly invited to stop by for helpful strategies and support.

### School Advisory Council

We had our first meeting for 2026 on Monday evening and welcomed two new members. We now have nine members on our council – Scott O’Sullivan, Paige Parry, Abbey Hay, Chloe Whitfield, Amanda O’Sullivan, Brian Mullane, David Chapman, Tara Gibbons and Kelsey Niven. The council provides strategic support to the principal, a voice for the school community and input and contribute advice in the processes of child safeguarding, school improvement and school review. Thank you to all the members for their ongoing commitment to OLSH and the role they play in ensuring our students have every opportunity to have life to the full!

*We acknowledge the Dja Dja Wurrung people, the Traditional Custodians of this land, and we thank them for caring for County for many thousands of years. We pay our respects to Elders past, present and emerging and thank them for sharing their culture, stories and wisdom.*

W: [olshelmore.catholic.edu.au](http://olshelmore.catholic.edu.au)

PH: 54326254

E: [principal@olshelmore.catholic.edu.au](mailto:principal@olshelmore.catholic.edu.au)

### **ICT Student User Agreement – Please Complete on PAM**

A reminder for all families to please complete the ICT Student User Agreement on PAM as soon as possible. This agreement is essential to support our students to safely and responsibly access digital technologies at school. Once families have completed their section on PAM, students will sign the agreement at school with their classroom teacher. Thank you for your support in helping us promote safe, respectful, and responsible technology use.

### **Elmore Museum Excursion Yrs 5 & 6: Monday 23 March**

Ms Nihill and the senior students will celebrate their novel study this term with a visit to the Elmore Museum to explore their heritage and local Elmore history. Thank you to Ms Nihill for organising this for our students.

### **PSG Meetings – Tuesday 24 March**

PSG Meetings will be held on Tuesday 24 March. Families involved will receive confirmation of their meeting times. Thank you for your continued partnership in supporting your child's learning.

### **Learning Showcase – Thursday 26 March at 2:50pm**

We are excited to welcome families to our Learning Showcase on Thursday 26 March at 2:50pm. We will have a focus on mathematics for families to participate in a Daily Review and maths games. This is a wonderful opportunity for students to proudly share their learning and achievements.

### **Epilepsy Awareness Day Wear Purple: Friday 27 March**

On Friday 27 March, students are invited to wear purple to acknowledge Epilepsy Awareness Day. This day helps raise awareness and support for those in our community living with epilepsy.

### **Easter Market**

Thank you to Tara for coordinating our Easter Market with the Elmore Educator's Group and for everyone that is supporting the market. We are still accepting donations for the Easter Raffle. It should be a wonderful community event for everyone to enjoy!

### **Holy Week Liturgy Washing of the Feet & Shared Meal**

As we prepare for Easter, we invite all families to join us for our Holy Week Liturgy, focusing on the Washing of the Feet and a Shared Meal, on **Thursday 2 April**. This liturgy invites students into reflection on Jesus' message of service, humility, and love.

### **Reminder the first day of Term 2 is a pupil free day – Monday 20 April**

All staff will participate in the CESL Learning and Teaching Seminar Day: Ambitiously Sandhurst professional learning.

### **Campaspe Cluster Cross Country Tuesday 21 April**

Our second day of term **Tuesday 21 April at 12pm** all students will be participating in the Campaspe Cluster Cross Country at the Elmore Field Day site. A permission form will be on PAM next week for you to complete for your child/ren.

### **Anglesea Camp Seniors**

The Anglesea Camp will run from **Monday 19th – Wednesday 21st October** for our Years 5 & 6 students. At this stage, it is anticipated that the bus would depart Elmore Primary School on the morning of Monday 19th October at about 7.00am and would return to Elmore Primary School on Wednesday 21st October at about 3.30pm.

We will be staying at Burnside Camp (same place as previous camps to Anglesea) and activities on camp include a surfing lesson (optional), mountain bike riding, canoeing, ropes courses, trampoline, archery, flying fox and bouldering. Please return the note to school to indicate whether your child/children will or will not be attending the Grade 5-6 Anglesea Camp later this year by **Friday 27 March**. Thank you.

## Enrolments for 2027 Now Open

OLSH enrolments for 2027 are now open. If you have a younger child beginning school in 2027, or know families seeking a school that is welcoming, strives for academic excellence and spirit-filled, please encourage them to contact our office for information and an enrolment pack. We have the following planned learning tours for Catholic Education Week and our Open Day for Education Week. We invite our current families to attend the principal learning tours as well as any new families. However, school tours are available at any time by booking a time with the school office.

- **OLSH Principal Learning Tour Tuesday 5 May 2026 9:10am**
- **OLSH Principal Learning Tour Thursday 7 May 2026 9:10am**
- **OLSH School Open Day Thursday 21 May 9:10am-11:30am**

Our Lenten journey continues, this season invites us into reflection, compassion, and preparation. Lent calls us to prayer, almsgiving, and service, and it has been inspiring to see our students living these values so actively. Together, we now turn our hearts toward Holy Week, readying ourselves for the story of Jesus' final days and the hope of Easter.

Loving God,

We thank You for the gift of water  
for the life it brings,  
the strength it gives,  
and the hope it grows.

Today we walked in solidarity  
with communities around the world  
who journey long distances each day  
for clean and safe water.

Bless our efforts through Caritas' Project  
Compassion Big Water Walk.

May our giving, our actions and our  
prayers bring relief, justice and dignity to  
families and people who need it most.

Help us to be people of compassion  
walking gently, acting justly  
and sharing generously this Lent.

We make this prayer through Christ our Lord.  
Amen.

With peace and blessings,

Lisa



**CARITAS AUSTRALIA**  
**PROJECT**  
**COMPASSION**

Unite Against Poverty this Lent



Happy Birthday to...

**Archer!**



# OUR LADY OF THE SACRED HEART ELMORE

*Quality and affordable education  
for all - welcoming everyone!*



Choose Excellence  
and Empowerment



Choose Courage  
and Compassion



Choose Achievement  
and Aspiration

*Enrolments are now open. We welcome new families to experience our vibrant and inclusive community, where we are committed to academic excellence, prioritising outstanding learner growth and the flourishing of all in our community.*

**SCHOOL TOURS ARE WELCOME AT ANYTIME**

**For more Information or to book a tour:**

(03) 5432 6254

[principal@olshelmore.catholic.edu.au](mailto:principal@olshelmore.catholic.edu.au)

[www.olshelmore.catholic.edu.au](http://www.olshelmore.catholic.edu.au)



## **Our Lady of the Sacred Heart**

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[principal@olshelmore.catholic.edu.au](mailto:principal@olshelmore.catholic.edu.au)

**Principal:** Lisa Hitchcock

### **School Open Day:**

Thursday 21 May 9.10am - 11.30am

### **Principal Learning Tour:**

Tuesday 5 May @ 9:10am

Thursday 7 May @ 9:10am

*For any alternate time for school tours,  
please contact the school office.*

### **2026 Statewide Transition Day:**

Tuesday 8 December 9:00am - 2:20pm

### **Foundation Orientation Program - Little Chevies**

Friday 16 October 9am-11am

Friday 23 October 9am-11:40am

Friday 30 October 9am-1:40pm

Friday 6 November OLSH Mission Day \*

*- Optional Little Chevies welcome to attend with their families*

Tuesday 8 December Statewide Transition Day 9am-2:20pm

# Magnify Sandhurst

Check out the locally produced podcasts for great insights into Magnify Sandhurst and Catholic Education.



A green poster for a mental health event. In the top left is the school crest for 'OUR LADY OF THE SACRED HEART' in Elmore, featuring a heart and the motto 'REGNET CHRISTUS'. To the right of the crest is the 'MHiPS' logo in large, colorful letters (M: white, H: orange, i: purple, P: blue, S: green), with 'Mental Health in Primary Schools' written below it. In the center, there is a white icon of three stylized human figures. Below the icon, the text reads: 'DROP IN @ DROP OFF!', 'JO WEBB OUR MENTAL HEALTH &amp; WELLBEING LEADER WILL BE IN THE CHEVIE CENTRE ON FRIDAY 20 MARCH @ 2:50PM FOR OUR FAMILIES TO DROP IN', 'JO WILL FOCUS ON ROUTINES &amp; SLEEP!', and 'ALL WELCOME' at the bottom.

# Catholic Identity

*Sacraments 2026*

*Baptism*

*Reconciliation*

*Confirmation/Eucharist*



Are you interested in your child receiving the Sacraments at Our Lady of the Sacred Heart Parish?

We are happy to help. The "Sacrament of Reconciliation" will be held this term, and the program will be offered for four weeks after school. Reconciliation is a celebration of God's love and forgiveness, which is always available to us.

Please let Ms. Nihill know.



# CARITAS: Project Compassion 2026

This Lent, our school community has answered the call to *Unite Against Poverty* as part of Caritas Australia's Project Compassion. We are proud to join thousands of others across Australia to create real, lasting change for people like Manaini through learning about the work of Caritas and the challenges that people and communities around the world experience as well as our Big Water Walk, Honey Joys and Zooper Dooper sales.

Manaini is a mother of six and a grandmother of two living in rural Fiji. Life has always been a struggle - holding back tears, she shared: *"The thing I worry about the most is my children's education. The requirements that need to be met are hard for me to try and achieve with my daily income"*.

Thanks to the generosity of schools like ours, Manaini joined training offered by Caritas Australia's local partner, FRIEND. Through the program, she learnt food processing skills to transform leftovers from crops into flour, improving her family's nutrition and increasing her weekly income to support her children's education. *"The project totally changed the life of my family and even the community,"* Manaini said.



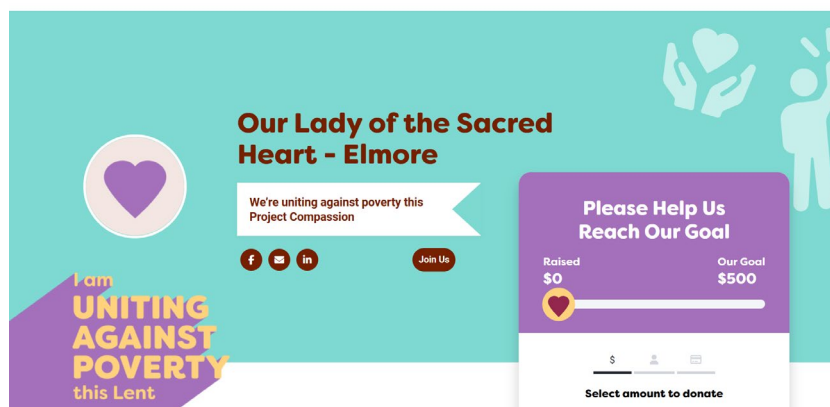
Watch Manaini's story [HERE](#) to see how the actions of our school community today can create a lasting legacy of impact and change that will be felt for generations to come. There is still time for you to be a part of that legacy - **will you join us and stand with people like Manaini this Lent?**



Please donate today.

You can support Project Compassion 2026 through the donation boxes or by scanning the QR code to donate online to our OLSH School Fundraising page.

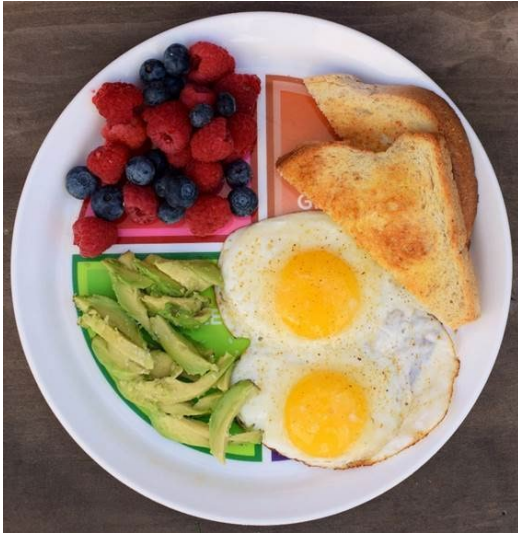
Thank you for standing with us, as we *Unite Against Poverty this Lent*.



# MHiPS

Mental Health in Primary Schools

## The importance of a well-balanced healthy breakfast.



Breakfast gives your child the energy they need to start the day. If your child eats a healthy breakfast, they can concentrate on playing, learning, remembering and solving problems. This means that a healthy breakfast can help your child perform better at school.

Children who eat breakfast also tend to:

- have better school attendance than those who regularly skip breakfast
- have better mental health than non-breakfast eaters

-stay at a healthy weight, because they're less likely to snack on unhealthy foods.



What a healthy breakfast looks like.

A healthy breakfast includes a balanced range of foods from the 5 food groups.

These groups include fruit, vegetables and legumes, cereal and grain foods, dairy and dairy alternatives, and meat and meat alternatives. When children eat a range of these foods for breakfast, they'll have enough energy for the whole morning.

Breakfast options might look like porridge, oats, untoasted muesli, rice or rice porridge, wholegrain cereal, boiled eggs, omelettes, baked beans, vegetables, wholegrain toast, flatbread, fruit and yoghurt.

Key points

- Breakfast gives children and teenagers energy for playing, learning, remembering and solving problems.
- A healthy breakfast includes a balanced range of foods from the 5 food groups.
- Healthy breakfast options include porridge, oats, muesli, rice, vegetables, low-sugar wholegrain cereal, boiled eggs, omelettes, wholegrain toast, fruit and yoghurt.

Information from the Raising Children For more information please visit the Raising Children Australian Parent Network website.

[Healthy breakfast ideas for kids & teens | Raising Children Network](#)

**OLSH has a breakfast club available each Monday, Wednesday and Friday for students from 8.35-8.50am.**

For more information or to have a chat please reach out.

Jo Webb Mental Health and Wellbeing Leader.

# 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 – including our parents** - 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. If you have any questions, or would like support to complete your application, please contact the school.





Term 2, 2026

## eSafety parents and carers webinars

Join eSafety's free live webinars for parents and carers.

### Term 2 topics:

- **Navigating screen time: tools for today's families.** Suitable for parents and carers of young people in primary and lower secondary school.
- **Exploring the online experiences of boys and young men.** Suitable for parents and carers of young people in upper primary and secondary school.
- **How AI is influencing new online risks for children and young people.** Suitable for parents and carers of young people in primary and secondary school.
- **The trust trap: navigating friendships, pressure and manipulation online.** This webinar is designed to support shared viewing and conversations between parents/carers and young people (13+).



For more information and to register now: [eSafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)



 eSafety Commissioner

[eSafety.gov.au](https://esafety.gov.au)

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



As a school community we work together to ensure we are child safe and that we empower student voice

# Community News

## ELMORE EDUCATORS GROUP Easter Raffle

Calling for Easter themed donations to go into a giant Easter hamper.

All funds raised from raffle go towards this years combined acvitiy.

Dotations can be left at OLSH,  
Elmore Kinder or Elmore P.S

Raffle drawn at Elmore Easter Market 29<sup>th</sup> March  
Raffle tickets avaivable to purches in coming weeks.



# EASTER<sup>9</sup>AM MARKET<sup>1</sup>PM

Sunday  
**29TH**  
**MARCH**

Family Fun Day



Our  
*Sponsors*

Community  
*Partners*



**FREE  
ENTRY**

**Gold Panning**  
**FREE Inflatables**  
**Giant Egg Hunt**  
Local stallholders  
Handmade goods  
Kids activities  
Coffee & food  
Live entertainment



*Location*

**Elmore Primary School**  
**36 Mitchie Street,**  
**Elmore**

# Rochester Secondary College 2027 Enrolments

**Open Night – Wednesday March 25:** All prospective parents, carers and students welcome.

Come along and discover all that Rochester Secondary College has to offer.

Two sessions: 4.30pm and 5.30pm.



The grass stains you get playing as a kid stay with you your whole life. So for fun, friendship, and getting your hands dirty, it's gotta be NAB AFL Auskick.

[PLAY.AFL/AUSKICK](https://play.afl.com.au/auskick)

## ELMORE AUSKICK CENTRE

**MONDAY | 4:30PM - 5:30PM**

**STARTING 27TH APRIL**

**ELMORE RECREATION RESERVE**

Auskick Coordinator | Peter Curtis



REGISTER NOW



## MINI'S NETBALL TRAINING



**START DATE:  
THURSDAY 26TH MARCH  
4 - 5PM**

**ELMORE NETBALL COURTS**

**GIRLS & BOYS  
AGED 5 - 11YEARS**

**PLEASE COMPLETE EXPRESSION OF  
INTEREST FORM ONLINE (QR CODE).**



For more information contact:  
Liz, Netball Operations 0409 622 766



## VIPERS DEVELOPMENT CAMP



**APRIL 8-9**  
STATE VOLLEYBALL CENTRE  
U14-U18

REGISTER VIA  
THE QR CODE:



# LEARNING FOR LIFE



CATHERINE  
McAULEY  
COLLEGE  
BENDIGO

*celebrating 150 years*  
1876 - 2026



## WE'RE OPENING OUR DOORS

At Catherine McAuley College Bendigo, students begin with strong foundations and grow through broad, future-focused learning opportunities.

With 150 years of educational excellence, two campuses (our junior campus in Junortoun and senior campus in Bendigo's CBD), and programs designed to inspire pathways beyond the classroom, CMCB offers contemporary learning for life.

### HIGHLIGHTS

- ❖ Broad academic and co-curricular programs
- ❖ Pathway experiences in arts, technology, leadership and more
- ❖ New Football, Netball and Basketball Sports Development Program (Years 7-9)
- ❖ Supportive Catholic community and values-led learning

### New! Learning Walks and Discovery Days replace Open Day

#### Learning Walks

Small group tours. See classes in action.

**When:** 23-30 March | 21-24 April 2026

#### Discovery Days

A fun, immersive taste of Year 7 life

**When:** 30 April - 6 May 2026

**BOOK ONLINE NOW:** [cmcb.vic.edu.au](http://cmcb.vic.edu.au)

#### Year 7 Enrolments for 2027 open:

23 March - 8 May 2026

#### Enrolment enquiries:

Audra Petri, College Registrar

T: 03 5445 9100

E: [enrolment@cmcb.vic.edu.au](mailto:enrolment@cmcb.vic.edu.au)

A Ministry of Mercy Education Ltd  
ABN 69 154 531 870



# The Elmore Bakery

Phone: 03 5432 6558

## 2026 LUNCH PRICE LIST

|                                         |                   |
|-----------------------------------------|-------------------|
| PLAIN PIES/PASTIES.....                 | \$6.50            |
| SAUSAGE ROLLS .....                     | \$5.00            |
| HOT DOGS.....                           | \$4.00 cheese 50c |
| PARTY PIES/PASTIES/SAUSAGE ROLLS .....  | \$2.00            |
| GF Pies \$10.50 GF Sausage Rolls \$9.50 |                   |

**Salad Rolls/Sandwiches  
(with Meat) \$8.00**  
Ham/Chicken/Roast Beef  
Tomato, Onion, Cucumber,  
Cheese, Carrot, Lettuce &  
Beetroot

**Salad Rolls/Sandwiches  
(NO Meat) \$7.00**  
Tomato, Onion, Cucumber,  
Cheese, Carrot, Lettuce  
& Beetroot

**Plain Sandwich \$4.00**  
Cheese or Vegemite  
**Plain Meat Roll \$5.00**  
Ham/Chicken/Roast Beef

### HAM & CHEESE TOASTIE \$5.50

FRUIT SALAD \$8.00 (seasonal)

### GRANOLA & YOGHURT \$7.00

### SAVOURY ROLLS

Cheese & Bacon **\$2.50**  
Cheese & Vegemite Scroll **\$2.50**

### CAKES/SLICES

Cinnamon Donut \$3  
Iced Donut \$3.40

### DRINKS

FRUIT JUICE (Impressed/Mojo) **\$4.50** (Apple & Orange)  
300ml OAK Flavoured Milk (Chocolate or Strawberry only) **\$3.20**  
600ml Water \$3.50

Please write name and order clearly on the outside of an envelope or paper bag and place money securely inside.  
All prices include GST. Products can be purchased with sauce at no extra charge. Prices are subject to change.

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