



Prayer for the Start of the School Year and Year 12 Retreat

As we begin this new school year, we thank You, Lord, for the gift of learning, community, and growth. We ask for Your guidance in all that we do — in our classrooms, in our friendships, and in the ways we serve one another. May this year be one of joy, curiosity, and purpose.

We also lift up our Year 12 students who will undertake their retreat this week. May this time be one of reflection, renewal, and connection with You. As they step away from the busyness of their studies and daily routines, may they find peace, clarity, and a strengthened faith. Guide them as they reflect on their journey ahead.

Bless our entire school community, Lord, and help us to walk together in faith, hope, and love. May we support one another in all things, and may Your presence be felt in our classrooms, on our playgrounds, and in our hearts.

In Your holy name, we pray. Amen.



From the Principal

Positive Start to 2025

The 2025 College year has begun smoothly, with events such as the Year 7 camp and the Year 12 Retreat and Senior School Information Session already behind us. The Senior School Information session was held this week on Wednesday with a highlight for our Year 12 students being the presentation of their Year 12 rugby tops. Our students have been motivated by “Success Integrated” who visited the school last week to encourage students to set goals for the future and to work systematically to achieve them.

This week we are looking forward to the House Swimming Sports which will be held on Friday, the 21st of February. This will be followed closely by our Opening Mass which will be held in the Church at 10am on Tuesday the 25th of February. As part of the Mass, our 2025 student leaders will be commissioned and receive their leadership badges.

Please find below some key dates to assist your planning. You will notice that students will have a 3 week break during the Term 1 holidays. Staff from all Catholic Education Sandhurst Limited (CESL) schools will be participating in professional development as part of the Magnify program on April 22nd, 23rd and 24th.

Mr Lew Nagle

Term 1 Key Dates



Friday, February 21st

College Swimming Carnival

Monday, February 24th

O & M Swimming

Tuesday, February 25th

Opening School Mass

Tuesday, March 4th

Shrove Tuesday

Wednesday, March 5th

Ash Wednesday

Monday, March 10th

Labour Day Public Holiday

March 12 - 24th

NAPLAN Testing

Friday, March 14th

Hume Swimming

March 20th & 25th

Parent Teacher Interviews

Thursday, March 27th

Inter / Senior Sports

Friday, March 28th

College Athletics

Monday, March 31st

Open Day student activities

Tuesday, April 1st

Junior Sports Day

Wednesday, April 2nd

College Tours

Friday, April 4th

Last Day Term 1

Monday, April 28th

Start Term 2
(three week break)

Catholic Identity

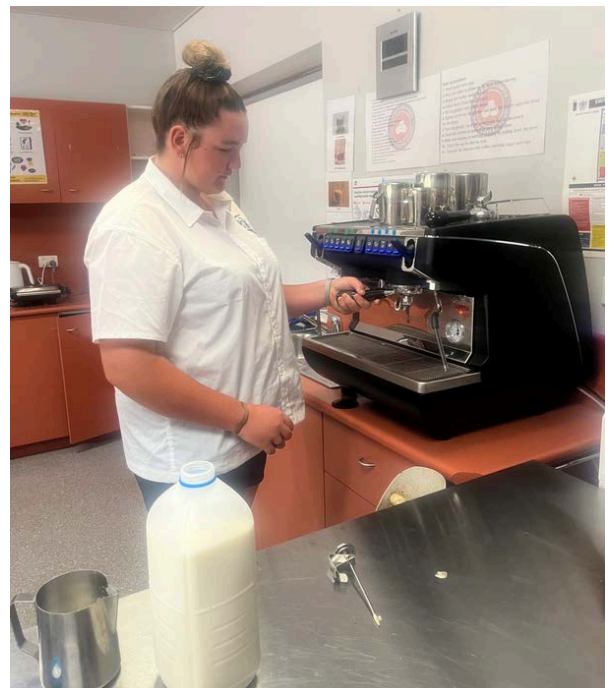
As we begin the new school year at Sacred Heart College, we are reminded of the Mercy values that guide our journey. Rooted in the legacy of the Mercy Sisters, our community is built on the principles of compassion, justice, respect, and service to others. These values call us to be a light of hope in the world, embracing the example of Catherine McAuley, who dedicated her life to serving the most vulnerable with love and humility.

This year, we are also drawn to the image of the Sacred Heart of Jesus, a symbol of His infinite love for us. As we walk together as a school community, may we be inspired by this boundless love, seeking to care for one another and extend kindness and understanding in all we do. May the love of the Sacred Heart guide us in our studies, in our relationships, and in our service to others, as we strive to live out the values of Mercy each day.

Always be responsible, always be respectful and always be your best.

VM Barista Training

Year 11 and 12 students enrolled in VM and VPC classes have been participating in Barista Training. They are developing work-related skills by operating the Sacred Heart Café. This includes serving customers and preparing drinks, such as coffee, ice lattes, and ice chocolates. Through this experience, they will gain valuable hands-on knowledge about running a café. Their responsibilities will include serving customers, taking orders, conducting stocktakes, handling money, ordering and purchasing supplies, and marketing the café. Operating hours - Monday and Fridays at recess. Located in the SE building near the year 12 Study room.



Valentine's Day Caritas Fundraiser

Our year 12 students kicked off this year's Caritas fundraising season with a Valentine Day themed lolly and face painting stall. This was a great initiative by our senior students and well received by students and staff alike.



Year 7 Camp Report

A feeling of buzzing excitement and thrill, slithers through the air on the morning of school camp. As everyone exchanged hellos, the environment quickly switched when we headed onto the bus and located our seats for the long journey ahead. Along this adventure some of our peers experience locations that they may have not ever seen or been before. Like travelling through the cities of Melbourne, and gazing upwards at the tall powerful buildings.

When we arrived in Phillip island, The beaches and diamond waters, army planes, and wildlife, set the mood for an awesome expedition ahead. There's a feeling that its going to be a new experience for almost everyone.. For the first activity, my group skuddled over to the flying fox.

Whispers and giggles spread through the area as the instructor explained the rules, and safety. The whopping 200 metre flying fox is an adrenaline activity for fun seekers and in general an awesome thing to do with friends to make fun, happy memories. Everyone gave it a go which I think is amazing and potentially solved a little fear throughout all of us.

Next for my group was the thrilling high ropes course. After listening carefully to the rules, we all jumped right into helping each other with our harnesses which shows fairness, teamwork and overall contributing in the activity. When up there, you experience twisting ropes, wobbly steps, balancing beams and much more. It was great for me to see everyone be brave, and cheer each other on. An awesome venture for each and every peer.

The first big day carried many memories, whether it was laughing with friends, enjoying free time, watching the movie, or walking around, it remained a positive day for grade 7. Settling into the night, we all couldn't help but remain excited for the day ahead.....

On day two, there was no messing around, bright and early, we all met with friends and enjoyed our well needed breakfast. For my group, we quickly headed down via the bus to the beach for a highly anticipated surfing lesson. Getting into our swimsuits was a breeze when all on our minds was the crashing waves and soft sand below your feet. We dropped our boards on the bank and learnt how to control the surfboard, be safe, and most importantly have fun.

As we headed out, smiles spread across our faces when one by one we all got the hang of it. The highlight was seeing everyone give surfing a go. Personally, I enjoyed this activity and it boosted everyones day with energy and laughter.

We jumped right into the next, and probably most looked up to task. No, Literally. You looked up to a whopping 18 metre swing, which brought you up, and down in a flash. I would never have doubted that we all carried nerves for the first 30 minutes of being at the location.

As you head up, watching everyone pull the rope with effort, you feel yourself stop at the top, only if you dare to do so. Then with a slight pull of the rope, you fly through the air with a breeze, enjoying the view of the fields and taking in the fresh air.



Year 7 camp cont'.....

Afterwards, we walked our way to a building containing a crate climbing task. Rules included, having each person in your group have a special job to ensure the climbers safety, and leaning forward to prevent the tower from falling. It truly doesn't matter what you were doing, everybody had fun.

Quickly heading back to our cabins, my group got prepared for the next, and possibly most difficult activity for the whole day. Raft making. We all strolled down to the lake, putting on life jackets, helmets, forming a team, and a master plan for victory. As the timer starts, strain forms when we struggle to find a good way to keep our creation afloat. Everyone worked as a group to form our rafts and hurriedly slid them into the lake. Before we knew, our build would fall apart and make us all splash into the water. But laughter filled the air with happiness. Even though not everyone won, what everyone did was, be happy.

Now, everyone finally came together, out of our activity groups to enjoy an earned laser tag and bowling night with friends, to form new relationships and recollections. It was finally a time to debrief and have fun with something or someone we all enjoyed. We all reflected on our days at the camp, and looked forward to the final stretch on day 3. An awesome way to end the night.

Bright and early on day 3, we trudged toward the maze and mini golf area right out front of accommodation. Working together as one, we made our way, finding all the flags in the winding maze, then proceeding to mini golf to finish off the morning with fun, happiness, and a little challenge.

All embracing, this camp was a way of forming new friends or even strengthening them. It carried an important lesson, We learnt to give new things a try, encourage our peers, and to simply have fun. The accommodation was amazing, keeping us warm and rebooting us for the day ahead. The food was delicious, which we are all so grateful to the cooks and people who helped out with our meals. Thank You to all the teachers who planned and formed this certain adventure. and Lastly, thank you to all the grade sevens who made these few days an overall breathtaking life long memory.

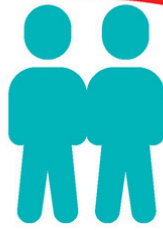
Thank you.

Sally Howell and Bridie Burns





Sibling Support Workshop



4.30PM - 5.30PM - EACH TUESDAY FOR 7 WEEKS

Start date: Tuesday 18th of February
Finish date: Tuesday 1st of April

SibWorks is a peer support program for children aged 8-12, who have a brother or sister with disability.

FACILITATORS:
SARAH BINNIE
AND
BRENDA SPILVA

Visit: brendaspilva.com/workshops
Call: 0432 702 352
Email: hello@brendaspilva.com
For more information

positive period workshop



4:30PM - 5:30PM
WEDNESDAY
AFTERNOONS
FIRST GROUP
STARTS
12TH FEB

Are you finding it hard to start the conversation around periods, or you're finding resistance to your attempts to start the conversation with your daughter?
Is she aged between 10-13 and on the cusp of womanhood?

- Do you think about your own period knowledge as a young girl and wished you knew more?
- You want a daughter who is confident and comfortable with her first period and what puberty brings?
- Do you envisage having open and honest conversations with your daughter and the confidence to answer her questions?
- Do you want to connect with your daughter on a level that acknowledges their transition from child to young women?
- This workshop will be perfect for her and you.

Learn to navigate your way around your phases and seasons within a small and supportive group.

Facilitated by
Brenda Spilva
+ Sarah Binnie

brendaspilva.com/workshops
0432 702 352
hello@brendaspilva.com
2/88 Belmore Street, Yarrowonga



Did you know e-safety online hold regular webinars for parents/carers/guardians?

These webinars provide information and guidance for parents related to technology, as well as ways you can keep your children safe in the online environment. They're free to register!



Term 1, 2025
eSafety parent and carer webinars

Join eSafety's expert education team for a free live webinar designed for parent and carers.

Term 1 topics:

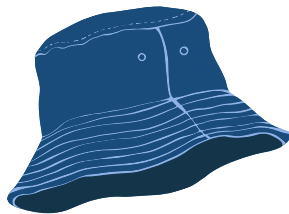
- **Supporting healthy tech use as your child transitions into high school (30 minutes).** For parents and carers of young people in upper primary school (ages 11 to 12) and Year 7.
- **Algorithms and adolescents: The rewards and risks of recommender systems for young people (30 minutes).** For parents and carers of young people in upper primary and secondary school.



For more information and to register now: eSafety.gov.au/parents/webinars





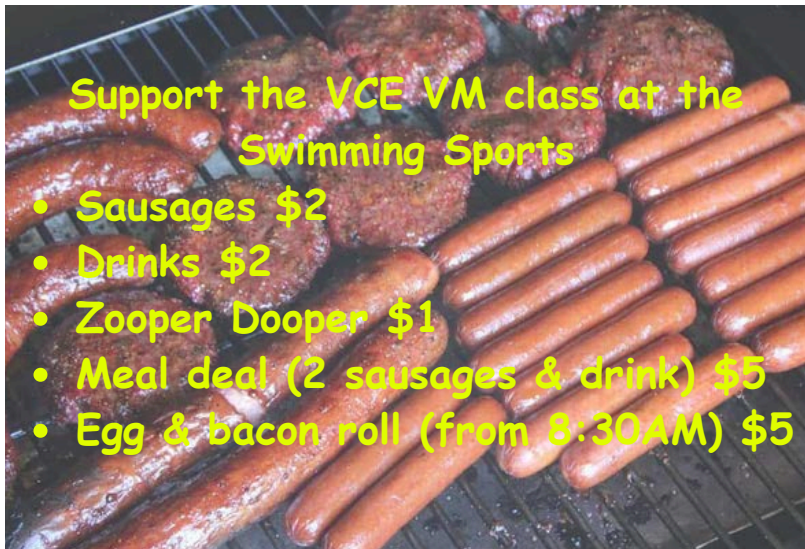


College Hats

A reminder to all students that hats are compulsory during Terms 1 and 4. Hats can be purchased from the office for \$13, cash or card. Or from Judds, Yarrowonga.

Before and after school supervision:

Please note that supervision for students commences at 8.30am on Monday, Wednesday and Friday mornings and 8.40am on Tuesdays and Thursdays.



Curious About Catholicism? Or Thinking about coming back to Church?

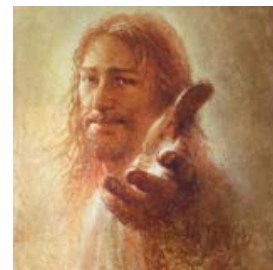
Whether you're seeking to learn more about the Catholic faith or considering returning to the Church, we invite you to join us at the Parish of the Sacred Heart here in Yarrowonga.

Our welcoming programme is designed to guide you through the teachings of Jesus Christ, helping you discover or rediscover the profound sense of home and belonging that our faith offers.

Led by our parishioners, this is an opportunity to ask questions, explore Catholic beliefs, and grow in your spiritual journey.

Come, and see how the Church can be a place of peace and hope for you.

Contact Michael Ross – michael.ross@shcy.vic.edu.au or Fr. Junjun on 0459 356 917



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Parish Contacts

Parish Priest: Fr Junjun Amaya 0459-356-917

Email: junix28@gmail.com

Parish Secretary: Amy O'Kane

Office Ph: (Ph: 03 5744 3030)

Sister of Mercy: Sr. Helen Glasheen

Email: yarrowonga@sandhurst.catholic.org.au

Schools

Sacred Heart Primary, Yarrowonga

Principal: Jarrod Mullarvey Ph: 03 5744 3339

Sacred Heart College, Yarrowonga

Principal: Lew Nagle Ph: 03 5742 1300

Always be responsible, always be respectful and always be your best.