

# At the HEART

Issue 08  
July 2023





### Learn

The essential purpose of all schools is to provide and facilitate outstanding opportunities for children and young people to learn. At Sacred Heart College, this *raison d'être* is encapsulated in our mission to nurture the flourishing of each student – spiritually, physically, emotionally and socially. Students and staff are challenged to pursue excellence in learning and teaching, promote the growth of exemplary leadership while ensuring inclusive and safe environments for all.

In recent years, Sacred Heart College has achieved excellent results with our VCE students outperforming similar co-educational Catholic schools. We welcome students of all abilities and interests with our Learning Enhancement and Learning Support programs, catering for students who are in need of additional challenges or extra support in and out of the classroom.

### Care

There is universal acknowledgement of the relationship between effective learning and teaching and student wellbeing in contemporary education. Young people are

unable to learn at their best unless they are in a healthy social and emotional state, while students' wellbeing is likewise tied to being thoroughly engaged in their classroom and co-curricular learning. The Sacred Heart College Strategic Plan 2022 – 2025 understands these connections with four strategic commitments recognising and targeting the critical areas of learning and teaching, and wellbeing.

Sacred Heart College is well known for its exemplary pastoral care and wellbeing programs, with quarterly Parent Engagement evenings bringing high quality speakers to Kyneton. Recent topics have included Boys' Education, Cybersafety and Safe Partying. Sacred Heart College also has a fabulous team of counsellors, psychologists and social workers to support students and parents.

### Flourish

Sacred Heart College is a Catholic secondary school in the Mercy tradition, and we are rightly proud of our rich history having served the Macedon Range communities for almost 135 years. I believe the core responsibility of a Catholic school is to provide ample opportunities for all students to grow to become the best young adults that they can be. This imperative for Catholic schools is exemplified in the beautiful words of Matthew's gospel, "I came that you may have life and have it in abundance" (Mt 10:10).

Students at Sacred Heart College experience a breadth of activities outside the classroom to complement and enhance their learning. These activities include annual camps, sporting opportunities, a comprehensive music program, social justice and social action programs, College productions, debating programs and many more.

**Yours in Mercy,  
Dr Darren Egberts  
Principal**





## Senior College Captains 2023

### Alexander Lonergan and Baylee Eve

This year we have the honour and privilege of being the 2023 Senior School Captains. With this role comes the responsibility of representing our school at a variety of events. On ANZAC day, we laid a wreath on behalf of the College at the Mount Macedon Dawn Service, which was an amazing and very touching experience. We were also given the task of writing a reflection for the College ANZAC Assembly on what ANZAC day means to us, and what the ANZAC spirit represents in our lives now. We were also involved in our annual Makarata Assembly which centres around Reconciliation Week and recognising the indigenous culture that our region is built on.

Our role involves being 'people of change' who strive to make the College a more inclusive and positive environment for the whole community. We speak at frequent assemblies, which helps to boost our confidence in terms of public speaking to large groups.

Being Senior College Captains means we are a part of the Leadership Cabinet which holds regular fortnightly meetings to discuss the happenings in the College, and any issues we believe need to be addressed to improve life for all involved. Our Cabinet comprises of Senior and Junior Cabinet members. The Junior Cabinet offers a representative voice for junior school students.

For any student who wishes to be involved in leadership, we strongly recommend applying for College Captain, or any leadership position, as it offers so many skills and experiences that will be useful both within and outside of school life.

## Junior College Captains

### Sophie Dunn and Catherine Mahony

This year we were fortunate enough to have been selected as the 2023 Junior College Captains. As Junior Captains we work alongside the Senior College Captains, the Student Cabinet, and the wider school community.

The position of Junior College Captain involves speaking at assemblies, attending seminars and conferences, and taking an active role to better aid and improve the school community. All of these things help develop important life skills such as public speaking, leadership and the ability to work in a team.



It has been amazing working alongside the Leadership Cabinet, towards some exciting events and activities that will occur in Semester Two. We are also looking forward to the Leadership days which are planned later in the year. These days will further assist us to develop our various leadership skills.



## Deputy Principal – Learning and Teaching – Ms Debra McNaughton

Success comes in many forms and should always be celebrated. At Sacred Heart academic achievement in Semester One is recognised for students who demonstrate:

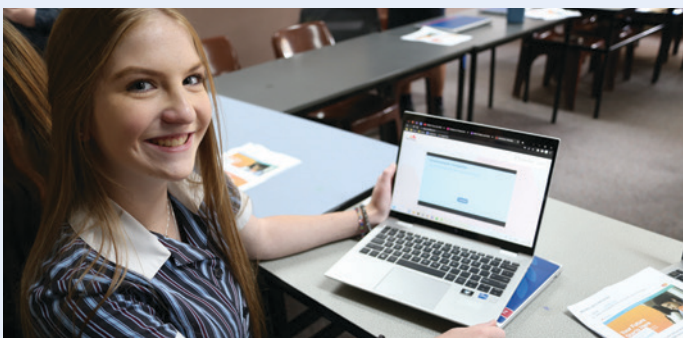
- Independence of learning
- Determination and perseverance and/or
- Substantial growth in learning

At the end of Semester Two we celebrate those who achieved the highest results in their subjects.

And of course, we celebrate the successes of our senior students as they venture into the world beyond Sacred Heart. This is not just our consistent achievement of a median VCE Study Score of 30 or above, but it is also the fact that our students are well placed to follow the pathways that they have selected, as can be seen in the graph below:

Class of 2022 – Destination Summary		
<b>100%</b> of graduates pursued a preferred pathway	<b>71%</b>	<b>Tertiary</b>
	<b>18%</b>	<b>Apprenticeship</b>
	<b>10%</b>	<b>Employment</b>
	<b>1%</b>	<b>VCE (TAFE)</b>

In Year 10, students complete the Morrisby psychometric assessment, and this is followed by an extensive interview with our careers practitioners. This investment is valuable as we strive to ensure that the VCE or VCE/Vocational Major path in students' senior years of school will be appropriate for their chosen career paths. Meetings with the careers staff continue through to Year 12, as preferences may change. The support provided by Sacred Heart teachers complements the careers advice ensuring that all students leave us with a plan that is not only achievable, but is also an exciting prospect for them.



## Diverse Learning Opportunities

Learning occurs in many settings. Within the school we have various specialist workspaces – Science Laboratories, Art Studios and a Carpentry Workshop to name a few, and beautiful grounds that are fantastic learning spaces (weather permitting). The ability to invite specialists onsite to share expertise in their chosen fields provides opportunities for discovery. Similarly, taking students further afield offers experiences in vastly different environments, beyond the Macedon Ranges, allowing the development of new skillsets.

## Discovering the Natural Environment – Ms April Cincotta

In March, students from VCE Outdoor Education and Environmental Studies undertook their first camp for the year in Portsea. The purpose of this experience was to allow students to investigate relationships with marine and coastal environments.

On the first day students jumped into sea kayaks and followed the coastline for 8km from Sorrento to the Quarantine Station at Point Nepean.

On Day 2, they were instructed on the basics of scuba diving in a specially designed pool, this allowed them to spend the afternoon diving around the Blairgowrie Pier.

For the third day the group stayed on land and took to cruiser bikes for a guided tour around Fort Nepean. They learned about the history of early settlement in the area and the historical defence strategies used to protect Melbourne. The students visited military forts and tunnels and viewed the memorial where Prime Minister Harold Holt went missing.

Reflecting upon the positive relationships developed with each other and the environment, several students along, with their families, have signed up to complete their dive qualification later this year.

This subject is a VCE subject offered to students in Years 10 and 11, providing an opportunity for these students to accelerate their VCE studies. It offers a range of pathways beyond the secondary years, including further formal study in areas where interaction with outdoor environments is central.

Scan the QR code for a video of activity highlights.





## Languages at SHC – Ms Kim Twilley

Term 2 was a particularly exciting time for our Languages Program as the annual Languages Week activities coinciding with a visit from our French sister school.

Languages Week reflected on the importance of learning a language, which can benefit students in many ways including: increased inter-cultural awareness, greater understanding of their first language, and increased concentration and memory skills. Importantly it is also FUN! Languages Week provided us with a great opportunity to showcase some cultural activities for our French and Japanese classes. These ranged from cultural performances and workshops at school, to excursions locally and in Melbourne.

A highlight of Term 2 was welcoming 20 students and two teachers from our French sister school, Lycee Notre Dame du Roc. It was such a joy to see the connections and friendships made between the students. These connections extended well beyond language classes, into other subject areas and in joint excursions. The exchange would not have been possible without the generosity of our host families, who opened their homes to the French students, included them in family life, and who went out of their way to provide experiences across the Macedon Ranges and beyond. We thank these families for their hospitality and willingness to participate in the cultural exchange.

We still have much to look forward to this year. Years 9-12 Japanese students will be participating in a bento making workshop at the end of Term 2, and in November a group of 17 students will embark on an extracurricular 10 day language and cultural exchange to Japan, where they will visit Ibaraki Nishi High School, our sister school in Osaka.



## Years 7 & 8 – A World of Experiences – Mr Darren Paxton

One of the most popular subjects for students in Years 7 and 8 is Design Technology, one of eight different Arts and Technology rotations experienced across this two-year journey.

Design Technology is a systems-based STEM (Science Technology Engineering Maths) program which allows students to design and manufacture

functional and creative projects from plastics (Year 7) and locally sourced and sustainable timber (Year 8).

Part of the reason students love this subject is that involves problem solving and research while including elements of design. It provides students with an opportunity to incorporate their own creative ideas, so they can add a personal touch to their projects.

### Student Reflections:

*"I like that you follow a process but can also be creative about it. You get to develop new skills, and its lots of fun using the tools" – Baz W, Year 7*

*"I love how creative you can be and that it involves maths, as I really enjoy that subject. I also like that you can see the outcome of a task, not just on a page, you can play with it, show people and be proud of it." Charlie T, Year 7.*





## Deputy Principal Student Wellbeing – Ms Julie Mortimer

### Parent Engagement Evenings

The College believes in the importance and the power of an effective three way partnership – student/teacher/parent. Our Parent Engagement Program provides best practice Professional Learning through quality guest speakers on current educational topics and issues, not only for our Sacred Heart parents, but also for our local communities. As our students come from all sections of the Macedon Ranges, our aim being to equip as many parents as possible with knowledge and skills that will support them when working with their child.

The Program consists of a presentation each term, and follows a themed approach.

So far in 2023 we have hosted: Dr Michael Carr-Gregg who spoke on the topic of 'Boy's Issues', pointing out the strengths as well as the challenges young men are facing today; and Sonya Karras from 'Whole New World', who made presentations to both students and parents on the theme of 'Drugs and Alcohol - SafePartying/Looking after Yourself'. Vaping is a particularly current concern, and one Sonya was able to address in an entertaining and informed manner, engaging both students and adults alike and equipping them with current findings and information.

This Program has been gaining momentum since its inception, and we look forward to engaging the next round of speakers to address current pedagogical and wellbeing topics.

### Learning HQ

Supporting all students in their learning and wellbeing is at the core of the Sacred Heart College Strategic Plan. The College has developed an exciting initiative, an independent learning concept that supports all learners - Learning HQ.



This space is an addition to the support structures already in place, including the Learning Support staff, the Wellbeing House, and the Chill Room. It is a dedicated space accessed by many students for many different reasons. It provides the opportunity to assist:

- those who like to work in a quiet space,
- others who need to work on enhancement tasks,
- groups of students who can work independently, reducing the number of students remaining in class, which allows the teacher to provide targeted assistance,
- completion of missed Assessment Tasks,
- social skills workshops,
- ASD transition to Secondary School,
- with anxiety where students have difficulties remaining in the class,
- school avoidance/refusal, re-entry and re-connection.

Learning HQ provides a welcoming, safe place for many students who might otherwise struggle with school attendance.





### Year 7 Kindness Rocks – Mr Matt Carroll

We are delighted to share with you some positivity from our Year 7 students.

As part of their COMPASS subject, which focuses on exploring the Mercy value of Respect, the Year 7s embarked on a special activity called 'kindness rocks'.

The concept behind 'kindness rocks' is simple. Students painted rocks with positive messages and affirmations, such as 'you are loved', 'be kind', 'smile often', and 'you matter'. The idea is that these painted rocks are then placed in spaces around the school, where they can be discovered by anyone in need of a little pick-me-up or encouragement.

Our Year 7s also deserve recognition for the exceptional way they have adjusted to life at Sacred Heart. Despite the difficulties of transition from primary school, plus the challenges of a lengthy and arduous term, they have demonstrated resilience, perseverance, and kindness towards both their peers and teachers.

Thank you, Year 7s, for reminding us of the power of respect, kindness, and positivity.



### Our Doors of Mercy: Leading In, and Graduating Out – Mr Sam Weir

Our Chapel is the living heart of SHC, and the bright red Doors of Mercy which lead into this sacred space face outwards beyond our gates and into the community. Designed to replicate the doors leading into Catherine McAuley's House of Mercy in Baggot Street, Dublin, their vibrant red colour is symbolic of the warm spirit of welcome that is at the heart of our community.

It has become an established tradition for our Year 7s to enter the College via these Doors of Mercy on their very first day, while our Year 12 students provide a guard of honour for them to pass through. Similarly, on their final day of secondary school, our Year 12s exit the College through our Mercy Doors, as our Year 7s offer them their own guard of honour. In this way, our newest students are welcomed to our community in the spirit of Mercy, and our graduates are proudly sent out into the world, taking with them a worldview imbued with compassion and hospitality.



### Compassion for Those Seeking Safety – Ms Victoria Mackay

This term, Year 9 Religious Education students are learning about compassion for those who are seeking safety, with a particular focus on refugees and asylum seekers. As part of this study, the students spent time contemplating this year's Refugee Week theme 'Finding Freedom'. Students expressed this theme through both written language and artwork to convey their new learnings. Pictured above are some of the pieces crafted by the students of 9B, 9C and 9E.





## Talented Artists Visit for Arts Week

### – Mr Ben Gallagher

Arts Week, held during Term 2, was filled with a multitude of activities for participation and enjoyment, with over 280 students involved across the week.

These included: Drama Improvisation Workshop; badge making; Photography Competition and Portraiture Workshops with the amazing Danny Butterworth (Doug Moran and Archibald finalist). Years 9-12 Drama students were fortunate to be able to view a livestream of Melbourne Theatre Company's 'I Wanna Be Yours', featuring former SHC student, Ellie Barkla. Another past student, professional Musician Taylor Sheridan, also visited performing a lunchtime gig and sharing stories of his career. What a week!



## Discovering the World of Self-Defence – Mr Aaron Williamson

This term our Year 7s completed Brazilian Jiu Jitsu classes in their Health and Physical Education timetable. This program teaches the students to develop and hone their skills in self-defence, fitness and coordination.

We were lucky enough to have Coach Marcos and Coach Kobi from Marocco Academy in Kyneton to attend and run this program. The focus of the academy centres around respect, inclusion, wellbeing and performance.

The students have greatly enjoyed the program, and have been extremely engaged in the coach's instructions, demonstrating the skills they have learned in a safe and controlled environment.





### Taylor Sheridan (Class of 2008)

The ultra-talented Taylor Sheridan performed a concert for all Year 8s, as well as a cosy recess ‘gig’ in the staffroom and a lunchtime performance for the entire school. It was an incredible event and Taylor’s talent and professionalism made for spellbinding performances. We were treated to stories of Taylor’s life at school and his “long and winding road” to following his passion for music and song writing.

Taylor talked about his involvement in a variety of cover bands before making the decision to focus on his own song writing to tell his own story. Taylor describes his music as “soulfully acoustic” and combines different styles in his sound, creating something fresh. Taylor released two independent EP’s, a string of singles and has toured all around the country, playing with some of Australia’s finest, including: Pete Murray, Vanessa Amorosi, Daryl Braithwaite and John Farnham.

[Click here for more on Taylors career.](#)



### Ellie Barkla (Class of 2014)

We were thrilled to welcome past student Ellie Barkla back via Zoom for a Q&A session with our Drama students following the livestream of MTC’s ‘I Wanna Be Yours’. Ellie plays Ella, an actor and voice coach from Yorkshire, who meets Haseeb, a British–Pakistani poet, at a performance workshop. Through short scenes, the play builds an authentic and insightful picture of contemporary, cross-cultural courtship. The ‘Zoom’ was a fantastic opportunity for our students to ask Ellie questions about the processes she goes through in preparing for a role, and what it’s like to be a professional actor.

Ellie has had a varied career since graduating from SHC in 2014. Growing up in Castlemaine, she trained at Fed Uni and graduated with a Bachelor of Arts (Acting) with Distinction, in 2018. Since then, Ellie has tried her hand at stand-up comedy, Shakespeare, film and musical theatre.

[Click here to read about Ellie in ‘I Wanna Be Yours’.](#)



### Preparing for the Future – Careers Team

The Mock Interview Program commenced approximately 15 years ago, involving Year 10 students who were required to produce a cover letter and resume in order to apply for a fictional position of interest in the local community. The students would then go offsite, dressed in professional attire, to attend the interview with a local employer.

The impact of Covid-19 has seen the Mock Interview Program reinvented, reflecting the modern age using the online interview platform MS Teams as part of the Year 10 VCE Industry and Enterprise classes. They run each Semester, in May and October each year with all Year 10 students participating.

Students often approach the opportunity with some nervousness, however our interviewers and careers support staff soon put the students at ease, resulting in highly beneficial outcomes. At this level, many students are in the



process of seeking their first part time positions in the world of work, so the practice interview environment and feedback is invaluable.

## Transition – Ms Jody Takos

Many students and their families will have visited Sacred Heart long before their commencement at the College. Some families will have taken the opportunity to attend our Open Evening, which showcases the variety of opportunities available in both the junior and senior years. Families have the opportunity to enjoy the activities set up by a number of the different learning areas. Many have also taken advantage of the College Tours to get a better insight into life at the College.

Each year in March, students from our feeder schools in Grade 5 get a glimpse into the life of Sacred Heart. Feedback from the group this year was that they very much enjoyed swapping subjects and teachers every half hour! They created Lego robots, painted Picassos, made apricot balls, discovered some fun facts in Science and some had a session on the VR headsets, walking through ancient Rome. Students enjoyed lunch in the Atrium Cafeteria and played games in teams with our peer support students at lunchtime.

Our new students begin in January and commence with a Wellbeing Day. This day is set aside for getting to know each other and the Homeroom teacher. Year 7 students are welcomed through the Mercy Doors of the Chapel by our Year 12 students, as they form a guard of honour outside the entrance. It is then followed by an amazing day at Melton Wave Pool to strengthen newly formed friendships. Early in Term 1, the Year 7s attend a team building camp, where they can make friends with those from other classes and test their personal strengths. Other highlights on the transition calendar are the peer support program and the Swimming and Athletics Carnivals, where the College House spirit is enjoyed by all.







Learn. Care.

*flourish*

## Enrolments Closing Soon

Enrolments for Year 7 2025 close on 28 July  
(students currently in Grade 5)

For more information, including enrolment application form,  
visit the College website: [www.shckyneton.catholic.edu.au](http://www.shckyneton.catholic.edu.au)

SACRED HEART COLLEGE KYNETON

A Ministry of Mercy Education Limited - ABN 69 154 531 870