



Her Spirit  
Her Education  
Her Community  
Her Voice  
Her Life





## Sacré Cœur Women Shape the World

“Sacré Cœur welcomes you into a warm community of interconnectedness and inspiration. Our community respects the uniqueness of each individual and we strive to strengthen each other’s ability to be authentic and courageous leaders. We become globally-minded citizens who are prepared and able to share our gifts and talents with others, to shape our world.”

Ruby De Luca and Krystal Salloum,  
School Captains 2018

In the acorn lies the great oak.



# Welcome

I am delighted to welcome you to Sacré Cœur, a Catholic school educating girls from Prep to Year 12 in the Sacred Heart tradition.

A Sacred Heart Education is steeped in history that originates in France. Our Founder, St Madeleine Sophie Barat, established the Society of Religious of the Sacred Heart of Jesus (RSCJ) in 1800. Madeleine Sophie was committed to educating young women with a focus on both the curriculum (academic endeavour) and the students' formation of character. She also believed in the transforming power of women and their role in society.

Over two hundred years later, this same spirit of endeavour and focus on the holistic education of each child lies at the heart of all our decision making and learning.

Our students often refer to the School as their second home as they feel a sense of belonging and connection to their lived experience. The joy of laughter, the gift of wonder, the sharing of talents, the forging of friendships and the diversity of opportunity is all evidenced in the girls' schooling. The encouragement to raise one's voice, challenge opinions, and to think globally as women who seek to make a difference in their world are celebrated within a Sacré Cœur education.

We are privileged to belong to an international Sacred Heart family of 150 schools across 41 countries. We have the opportunity to attend conferences together, engage in shared programs with staff and students, participate in international student and staff exchanges and support social justice initiatives around the globe. These

connections enhance our thinking and acting with a global mindset.

Many Sacred Heart schools share five Sacred Heart goals which inform our practice:

- A personal and active faith in God
- A deep respect for intellectual values
- Building community as a Christian value
- A social awareness that impels to action
- Personal growth in an atmosphere of wise freedom

Each goal helps shape each girl by raising her confidence within a safe and nurturing community.

Our school motto *Cor Unum et anima una in corde Iesu* means one heart and one mind in the heart of Jesus Christ. We believe our students aspire to share in and model a Cor Unum spirit which is demonstrated by their ability to live and grow with an open and generous heart which is then shared with others.

I invite you to join us for a discussion and tour so you too can discover the difference a Sacré Cœur education can make to your daughter and family. Please contact our Admissions Manager to make an appointment.

**Anna Masters**  
Principal



# Her Spirit

This goal, 'a personal and active faith in God', helps nurture and develop each girl's spirit.

Through our Religious Education curriculum, the sacramental program in Years 3 and 4, masses, liturgies, retreats and reflection days, the girls learn more about our Catholic tradition, our Sacred Heart story and our pioneer women, and of other religious traditions around the world.

Students are encouraged to be outwardly focussed; we support a diverse range of social justice programs and initiatives locally, nationally and internationally.

At Year 12, we share an ecumenical service with our neighbour, Korowa Anglican Girls' School, symbolising our desire to build greater dialogue and understanding with other traditions. We also share a wonderful partnership with Korowa, in which VCE students from both schools can share classes to broaden their subject offerings.

Our Sacred Heart tradition calls us to be active participating members of our society and asks us to be discerning, compassionate and reflective. In line with other educational theorists we encourage meditation and the art of mindfulness as a lifelong skill.



When the inner conditions are right,  
a seedling naturally emerges.

Sacré Cœur — five goals of a Sacred Heart Education;  
A personal and active faith in God



“Madeleine Sophie stated, ‘I would have founded the Society for the sake of one child’ - and here I am.”

Monica Sestito, former Year 12 student

# Her Education

Our Prep to Year 12 schooling experience on one campus enables staff to map each girl's learning so she leaves Sacré Cœur at her best for the world.

We know the one constant in young people's lives and their world is the notion of change. The girls therefore need to be able to adapt their skills to changing work demands so they can thrive in their field of endeavour.

They will feel more equipped to meet this changing paradigm if each girl develops a life long love of learning, an inner resilience, a desire to find her passion, a willingness to grow and share her talents and a commitment to grow her sense of self worth and confidence.

With the five Sacred Heart goals informing our practice, we seek to educate the hearts and minds of young women who will take their places as the leaders of tomorrow.

Our students often refer to their classrooms as being engaging, entertaining, interesting and fun. This dynamic environment helps girls learn at their best while enjoying the company and co-operation of their peers.

Each girl, together with her family and our talented and committed staff, makes subject choices in her senior years to ensure her education is well rounded and able to position her to take her next steps outside of Burke Road.



As the seedling grows and strengthens,  
so too do its roots and foundation.

Sacré Cœur — five goals of a Sacred Heart Education;

## A deep respect for intellectual values



*“Your example, even more than your words,  
will be an eloquent lesson to the world.”*

St Madeleine Sophie Barat

# Her Community

The students at Sacré Cœur have an overwhelming pride in being members of their community.

They are encouraged to raise their voice to build their sense of confidence and self-assurance. Our girls' voices are heard, respected and valued.

The students love the size of the School which enables friendships to form in sporting teams and musical ensembles or drama performances across year levels.

The girls enjoy the opportunity to give back to their school and actively participate in peer tutoring; Big Sister: Little Sister programs; buddy programs; and mentoring of younger students in the lead-up to House events and in their leadership experiences.

Sacré Cœur offers a broad co-curricular program so the girls can find an area of interest to participate and share in - whether that is in sport, music, the arts, robotics, Tournament of Minds, debating or public speaking. Each girl will find her niche within this caring community.

Parents are made welcome at Sacré Cœur and there are many social events organised by the Parents' Association and year level parent representatives. These events help build friendships at a parent level which deepens our sense of community.

Our Alumnae Association is very strong, and many of our younger alumnae return on a regular basis to share their experiences with us or to support programs within the School.



With nurturing, care and guidance —  
it starts to blossom.

Sacré Cœur — five goals of a Sacred Heart Education;

## Building community as a Christian value



*“Our daughters love having such a range of choices that contribute to their holistic development. Students clearly enjoy sharing their experiences with other students, staff, alumnae and their parents.”*

Bernie Mithen, Parent

# Her Voice

From a very young age our girls are educated to contribute to the greater good. Most of us live very privileged lives and often things are taken for granted. We want all at Sacré Cœur to use our education and our formation of conscience to give to people who are in need.

Within our Cor Unum spirit, the girls are educated to believe everyone is entitled to come and be loved, just as they are. Developing such an open heart and mind enables our girls to grow as globally minded citizens who are ready to become participating members of our society.

Sacré Cœur students are encouraged to be alert to social injustices and to find groups in society or projects whose needs or challenges touch their hearts and lead them to respond through service and action.

As a school community we support many projects including two in The Philippines — an RSCJ project which seeks to educate women, so their families and their village benefit, and Joigny's Shoes for Samar.

Some of our Year 12 students contribute to a holiday camp at the end of their year to provide respite to parents whose children suffer from a physical or intellectual disability.

Through a Friday night tutoring program, many of our students from Years 9 to 11 will help tutor students who have immigrated to Australia.

Each year we celebrate a breakfast with Year 10 students and their mothers, or significant female guardians, as we honour International Women's Day. We take this opportunity to raise awareness of a contemporary issue facing women and this often results in another call to action.



Branching out opportunities and experiences holds endless possibilities.



Sacré Cœur — five goals of a Sacred Heart Education;

## A social awareness that impels to action



“ We grow up in a world where we are constantly asked what we want to be – a doctor, a lawyer, a vet, a teacher. While goal setting is valuable, there is a propensity to lose what is most core to us in this process. We should aim to live out our values. I value love, compassion and equality, and so I want to be loving, compassionate and work for equality. ”

Elly Twomey, Dux 2015

# Her Life

For many students, this is their favourite Sacred Heart goal, for it calls us to think about what we will focus on as part of our personal growth.

Personal growth might include: a desire to grow in confidence, to build greater resilience, to take more risks, to adapt to change more readily or to refrain from doing something. Once the area of growth has been identified, structures and support will be put in place to help this area to grow.

The challenge of wise freedom is a lifelong skill in being able to discern and balance freedom with responsibility.

This ability to be able to analyse our skills and develop self-awareness while balancing freedom and responsibility will help build young women who are ready to embrace all their life can be.

At the centre of all that we do at Sacré Cœur is the individual child and her potential to be a great human being.

*To aim at the best and to remain essentially ourselves is one and the same thing.*

Janet Erskine Stuart

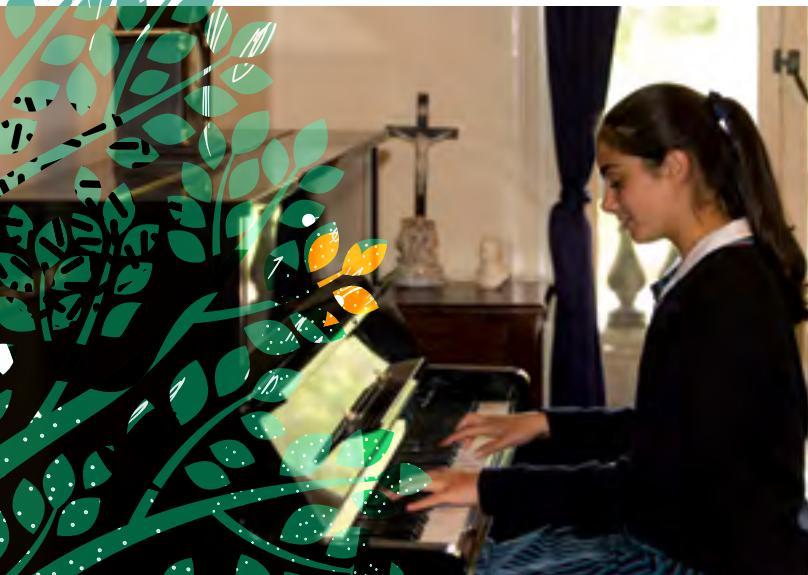


Great oaks from little acorns grow.



Sacré Cœur — five goals of a Sacred Heart Education;

## Personal growth in an atmosphere of wise freedom



# Her Sacré Cœur

## Leadership

The girls at Sacré Cœur are given many opportunities to grow their leadership skills and capacity. This is provided in different ways to reflect the age and stage of their development.

The Year 6 students lead the Junior School at a student level by forming committees which enable each student to develop self-efficacy and confidence in her personal and interpersonal skills.

At Year 12, twenty students are selected to form a leadership team while the total Year 12 class is provided with opportunities to engage in collective leadership, mentoring and role modelling.

Our leadership training throughout the School is built on a servant-based leadership model where relationships are at the centre of all decision making.

## Global network

What makes us distinctively Sacré Cœur is our global network linking us to 150 other Sacred Heart schools around the world.

This network enables our girls to grow as women as global leaders and thinkers. We use technology, student programs and our international exchange program to help the girls benefit from this extraordinary resource.

Our staff are also given the opportunity to visit our international sister schools so they can form relationships with their Sacred Heart colleagues to build programs which enhance the students' learning.

## Wellbeing

Like any work environment, our community's culture is a pivotal element of success.

This culture is felt when you join us on a tour and people speak of a tenderness or a sense of calm that pervades the School.

Our culture is expressed in the interactions between staff and students or staff and staff when you hear the mutual respect and appreciation in the dialogue and exchange.

Our culture is evidenced and celebrated in our continuous improvement which highlights our commitment to growth and accountability.

And our culture enables the wellbeing of all members of our community to be at the centre of our decision making and interaction. Our restorative practice educational philosophy helps provide the girls with the skills and ability to repair relationships when they are harmed so everyone feels they have a voice in sharing and healing concerns.



Learn more about us at  
[sacrecoeur.vic.edu.au](http://sacrecoeur.vic.edu.au)



## Our Sacré Cœur

An Independent Catholic school for girls from Prep to Year 12  
Member of the international Sacred Heart family

172 Burke Road, Glen Iris Victoria 3146  
Ph: 61 3 9835 2700 E: [admissions@sac.vic.edu.au](mailto:admissions@sac.vic.edu.au)  
[sacrecoeur.vic.edu.au](http://sacrecoeur.vic.edu.au)

