Protective Behaviours 16 March 2016

At Sacred Heart students from Kindergarten to Year Six are taught protective behaviours as part of the health program. Although this is a Term Two focus students are constantly reminded by teachers to:

- Assert their right to feel safe
- Listen to what their body tells them
- Follow up by taking action to either solve problems on their own or to seek assistance from other people

One aspect of protective behaviours which is easy to remind children about is ‘stranger danger’ where we can raise awareness around children’s daily routines and activities such as walking to a friend’s house, shops or school and playing in the park or front garden.

Helpful strategies:

- Make sure an adult knows where you are at all times
- Never wander off alone
- Always walk with a friend or in a group
- Always stay in view and avoid going into areas that are hidden
- Be alert – earphones and headphones reduce awareness of who and what is around us
- Say NO or HELP loudly and repeatedly if approached by someone who makes you feel unsure or unsafe
- Find a safe adult or a safe spot
- Tell a trusted adult as soon as possible

The school and the police take seriously any reports of suspicious stranger danger.

Holy Week

If you tell a person that there are 300 billion stars in the universe, they’ll believe you. But if you tell him or her that a bench has just been painted, that person will most probably want to touch it to be sure. Our faith can be a bit like that. While it’s far away and out of mind we can accept anything. But when it comes close, we want proof. As Easter approaches, may we accept the challenge to accept the reality of the suffering, death and Resurrection of Jesus and make that belief both awaken in us new meaning and come alive in our lives.

Next week is Holy Week, a time when Christians the world-over reflect on the significance of those events in Jerusalem over 2000 years ago. The times of the various ceremonies for Palm Sunday, Holy Thursday, Good Friday, Holy Saturday and Easter Sunday are published below.

At school we will also remember and reflect on what Jesus did for us in Holy Week. Each year level will be holding a Stations (Way) of the Cross prayer service on Wednesday providing opportunity for students to reflect and pray together as a small community. Pre-Primary to Year Five Parents are welcome to join their children:

<table>
<thead>
<tr>
<th>Year</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Primary</td>
<td>1.50pm Tuesday 22 March</td>
<td>PPW</td>
</tr>
<tr>
<td>Year One</td>
<td>8.45am Wednesday 23 March</td>
<td>Classroom</td>
</tr>
<tr>
<td>Year Two</td>
<td>11.00am Tuesday 22 March</td>
<td>Church</td>
</tr>
<tr>
<td>Year Three</td>
<td>1.15pm Wednesday 23 March</td>
<td>Classroom</td>
</tr>
<tr>
<td>Year Four</td>
<td>11.00am Wednesday 23 March</td>
<td>Classroom</td>
</tr>
<tr>
<td>Year Five</td>
<td>11.00am Wednesday 23 March</td>
<td>Behind Year Three</td>
</tr>
<tr>
<td>Year Six</td>
<td>During Camp</td>
<td></td>
</tr>
</tbody>
</table>
**EASTER TIMETABLE**

**SECOND RITE OF RECONCILIATION**
Will be held on Friday 18 March at 7.30pm in our Parish, which is following the Stations of the Cross. Several Priests will be available for reconciliation. Everyone is encouraged to attend.

**HOLY THURSDAY**
Mass of the Lord’s Supper at 7.00pm. Adoration until 10.00pm

**GOOD FRIDAY**
Stations of the Cross at 10.00am followed by Reconciliation
Ceremonies of the Passion at 3.00pm

**HOLY SATURDAY**
Easter Vigil Mass at 7.00pm

**EASTER SUNDAY**
Easter Masses at 8.00am and 10.00am

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**Easter Raffle Tickets**
Thank you to the students who have already returned their Easter Raffle Tickets. The odds of winning are quite high as there is a 1st, 2nd and 3rd prize for EACH CLASS!

All tickets need to be returned by Friday 18 March
KW — your tickets will be drawn Tuesday 22 March
KB-Y6 — your tickets will be drawn Wednesday 23 March 2016

Students must be at school on your class's draw date to receive your prize or there will be a re-draw.

**Important Dates**
- 24 March  Holy Thursday Pupil Free Day
- 25 March  Good Friday school closed
- 28 March  Easter Monday school closed
- 29 March  Easter Tuesday school closed

**P&F Treasurer**
Thank you to Mrs Kathrin Agostino for stepping forward to fill the role of 2016 P&F Treasurer. We have now filled all P&F Executive vacancies.

**Leadership Camp**
Next week our Year Six students and supporting staff will be attending the 2016 Leadership Camp at Woodman Point from Monday 21 March to Wednesday 23 March. We wish students well as they accept and benefit from the challenges and opportunities offered during camp.

**Special Visitor**
A couple of weeks ago we were delighted to have Sister Helen Maguire visit us from Sydney. Sister Helen used to be Principal of Sacred Heart School from 1971-1975 when it was in Tonbridge Way, and had never been to this school site, so it was a wonderful revelation for her. **MAGUIRE HOUSE** is named after her, so is also a special honour for her. The school environment now is very different from her experiences and she is very impressed with our beautiful school.

Suzanne Fox
Principal

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**MISSING SCHOOL HATS BELONGING TO**
**LIAM HARDY 1W**
And
**LAUREN DAVIS 1B**
They both have their names on them so please check your child’s hat to see if you have the correct one. Thanks

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**SPECIAL UNIFORM SHOP DAY— GET YOUR WINTER UNIFORM REQUIREMENTS**

**Thursday 31 March**—7.30am to 1.00pm. Woollen jumpers that were pre-ordered last year have now arrived and are ready for collection.
PALM SUNDAY

Jesus was a simple man, not many people had heard of him but eventually the time came for Jesus to leave home and fulfil the scriptures. He travelled to many places and performed many miracles. With each miracle, word spread of this amazing man ‘Jesus’.

With this in mind, it is not surprising that when Jesus rode into Jerusalem on a donkey, hundreds and thousands of people now knew of him and gathered together – hailing Him as a King.

Over the next week, we will journey with Jesus to the Cross as we celebrate his life, death and resurrection. We begin with Palm Sunday this Sunday and continue with Holy Thursday, Good Friday and the amazing Service of Light on Easter Vigil.

A REMINDER TO KEEP BRINGING IN YOUR CHARITY WALK SPONSORSHIP MONEY AND TRY TO HAVE IT IN BY NEXT WEDNESDAY 23 March.

Year 5 takes part in Amazing Race!

On Thursday 10 March, the Year Five classes embarked on the excursion of a lifetime with around 15 parents and 63 students who painted the town of Fremantle Red – figuratively speaking of course!

The day had a few hiccups with the Fremantle Chilli Festival planted smack, bang in the middle of part of our route but Year 5 is taught to deal with such obstacles. Time to put our survival skills into practise!

All who attended took part in our Sacred Heart Amazing Race (Gold Rush Edition) around Fremantle. Although the focus was on having fun, it was hard to distinguish whether it was the parents or students who had the most competitive streak. Upon conclusion of the Amazing Race theme song, teams were given a riddle starter to get them going and the race was on. Students made their way from the Fremantle Prison through the city carrying out tasks and picking up clues as they made a mad dash to the finish. Teams raced down to the Esplanade Hotel, before swinging past the Moore building, shipwreck galleries, round house, timeball and Esplanade Park where teams were required to use mini GPS devices to find a hidden geocache somewhere in the park. Unfortunately, we had to use a bit of detective skills as access was blocked off due to the Fremantle Chilli Festival and the geocache had to be moved.

With the Amazing Race finally over, all students, parents and staff gave an enormous sigh of relief as they made their way back to school, looking forward to the deep sleep they were going to enjoy when they got back home.

This will definitely be a day to be remembered by all.

Mr Maher and Miss Banks

SACRED HEART EARLY LEARNING CENTRE

Please be advised that the Early Learning Centre is now accepting children from 2 years of age.
At our school we aim to create a safe and supportive school community for everyone. This week classes have been involved in various activities aimed at taking a stand against bullying leading up to The National Day of Action against Bullying and Violence this Friday 18 March. It has been great to see so many classes participate in an issue that affects all schools.

Sometimes, it can be difficult for parents or carers to know what to do when their child talks to them about bullying. You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

**If your child talks to you about bullying:**

- Listen calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they’ve told you their story, ask questions to get more details if you need to: who, what, where, when. Although you may feel some strong emotions about your child’s experience, try to keep calm to avoid more distress to your child.

- Reassure your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, ‘That sounds really hard to deal with. No one should have to put up with that.’ or ‘I’m so glad you told me. You should be able to feel safe at school; that’s not fair at all’.

- Ask your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

- Visit [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.

- Contact the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child’s teacher. Contact the school immediately if you have a concern about your child’s safety.

- Check in regularly with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

If you are looking for support for yourself to deal with a bullying situation, please contact the school if you would like to discuss any aspect of our approach to preventing bullying.

Thanks for your support to make our school a great school for everyone.

*Mr Shane Landers*

Wellbeing Coordinator
Sustainability News...Waste Wise project nearing completion!

This week sees the completion of the project we undertook after receiving a Waste Wise grant in August last year. Our grant was spent on the following:

- six large compost bins
- food scrap bins for each year group, staff room and OSHC
- leaf collection bins to use in composting
- gardening tools such as forks and spades
- fruit trees – passionfruit, cherry, mulberry, plums, peaches and citrus
- limestone blocks to build greenwaste bays

All these purchases are helping to reduce the amount of waste that Sacred Heart sends to landfill. It is so exciting to see some students taking sustainability seriously by bringing a waste-free lunch every day! Even staff members are becoming more waste-wise by bringing lunches in reusable containers, ensuring they use the compost and recycling bin in the staff room and implementing waste-reducing practices in their classroom.

Mrs Bathols
Sustainability Co-Ordinator
Parents and Friends Association

We are in DESPERATE NEED of umpires, coaches and volunteers to help train Netball, Soccer and Football Eagles Cup teams. Must be available Fridays 1.00—2.45pm for Term 1 & 2.

See Mrs Bathols or Mr Landers.

Order forms for HEATHER BRAE SLICES and treats were sent home last week. We ask you to consider purchase of these lovely treats that are delivered in 750ml DÉCOR containers and range from $8.00 onwards.

Orders are due by 1 APRIL 2016 and are to be placed in the P & F Box in the Front Office. Thank you.

PRE-PRIMARY REQUEST
The Pre-Primary classes need COLLAGE items such as Milk Cartons, Cereal boxes, plastic containers of any shape or size, margarine containers, milk bottle lids, etc.

Things for using creative imagination.

Please bring in to the Pre-Primary class if you can help.

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TERM DATES 2016—STUDENTS

<table>
<thead>
<tr>
<th>Term One</th>
<th>Term Two</th>
<th>Term Three</th>
<th>Term Four</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 February</td>
<td>27 April</td>
<td>19 July</td>
<td>11 October</td>
</tr>
<tr>
<td>8 April</td>
<td>1 July</td>
<td>21 September</td>
<td>9 December</td>
</tr>
</tbody>
</table>

**ABSENTEES/SICKNESS**

In order for the school to reconcile attendance it is a requirement that a message is left on the Absentee Line 9251 3005 as emails to teachers are often not opened at the start of the day. Your co-operation in this regard is appreciated.

**UNIFORM SHOP OPENING HOURS**

**TERM TIME ONLY**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8.00-9.00 am</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Closed</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Closed</td>
</tr>
<tr>
<td>Thursday</td>
<td>8.00—9.00 am</td>
</tr>
<tr>
<td>Friday</td>
<td>2.30-3.30 pm</td>
</tr>
</tbody>
</table>

If you are unable to come at these times please complete a uniform order form available from the Office, pay for it and your orders will be filled and delivered to your child’s class.

**RECYCLE YOUR USED BATTERIES INTO THE BATTERY RECYCLING BIN IN THE LIBRARY MONDAY—FRIDAY**

**COMMBANK SCHOOL BANKING**

EVERY TUESDAY BUT BOOKS MUST BE IN ON

**Honour Certificates**

<table>
<thead>
<tr>
<th>Year</th>
<th>Certificates</th>
</tr>
</thead>
<tbody>
<tr>
<td>YR 1</td>
<td>JUAN LEBON-LOGAN SANTOSTEFANO-LAILA WELCH -NATE SMITH</td>
</tr>
<tr>
<td>YR 2</td>
<td>DREW JENKINS-MAIREAD SHERIDAN-ABIGAIL FLETCHER-ASTON COX</td>
</tr>
<tr>
<td>YR 3</td>
<td>DAKOTA DE WIND-RHYLEY FERNANDO-AMELIA SOANS-ISAIAH LEAHY</td>
</tr>
<tr>
<td>YR 4</td>
<td>TALIA CAPPELLUTI-ALEX BERTINAT-ISABELLA TOMPKIN-MARCUS ROBERTSON</td>
</tr>
<tr>
<td>YR 5</td>
<td>JACK CREIGHTON-ARANIA DIDIWIK-</td>
</tr>
<tr>
<td>YR 6</td>
<td>SHAE ROCHFORD-ABBY EAGLES-ABIGAIL SUHARDIMAN-JOSH SUTTON</td>
</tr>
</tbody>
</table>

**School Hours:** Mon - Fri 8.30am to 2.45pm
**Office Hours:** Mon - Fri 8.00am to 4.00pm

**APPOINTMENTS**

Parents are reminded to contact Mrs Hall in order to set up an appointment with staff members.

**Principal:** By appointment only.

Loreto Child Care Centre: 9251 3014
Outside School Hours Care: 9251 3015
0417 091 296

**PARISH TIMETABLE**

**WEEND MASS TIMES**
Saturday Vigil 6.00pm
Sunday 8.00am and 10.00am

**WEEKDAY MASS TIMES:**
Tuesday, Thursday & Friday 8.45am
Wednesday 8.45am Parish or School Mass
Saturday 8.45am

**RECONCILIATION**
Sat 5.00-5.30pm before Mass or anytime by Appointment.
PH: 9459 4459
Website: www.thornlie.perthcatholic.org.au

**GOING HOME THIS WEEK**

**GET ACTIVE SPORTS** EVERY STUDENT K—4
**OVERDUE FEE REMINDERS** SELECTED STUDENTS
**BRICKS 4 KIDS FLYER** ELDEST CHILD K—YR 4

**AWARDS**

LIVING LIKE JESUS—ISABELLA HANCOCK

FAITH - 3B JAPANESE—2W
SPORT 2W TIDY VERANDAH 3B