The Year of Mercy

Congratulations to the Thottathil and Hardy families for correctly guessing the most number in The Faces of Mercy competition. The faces displayed in the office are of course people who have been recognised for their merciful actions. Please visit the office to see the names of The Faces of Mercy and also to see some new Faces of Mercy through the year.

The Year of Mercy is an opportunity for us to reflect on the ways that we can show mercy to the people who need it most – the hungry, homeless, sick, poor, neglected, rejected and abandoned. How do you show mercy by serving others? How do the people in the Sacred Heart community show mercy by serving others?

Lent is an opportune time where we are able to demonstrate our merciful actions, especially through Project Compassion. In 2016 Project Compassion is focussing on Pope Francis’ words, “Education is an act of hope.” It celebrates the power of learning by joining with its partners through the world to provide vital learning to vulnerable communities experiencing extreme poverty and injustice.

Next Friday the Years 3-6 classes will participate in our annual Project Compassion Walk. The walk takes place in the grounds of Sacred Heart and students will gain sponsorship for their participation. The money raised will add to our contribution to Project Compassion. Thank you to Mr Andrew Milne for organising this event.

Sacred Heart Swimming Carnival

Next Wednesday, 2 March, we will hold the Sacred Heart Swimming Carnival. This will be held at the Aqualife Aquatic Centre in Victoria Park. It would be wonderful to have some parent helpers. If you are able to assist please let Miss Lauren Shaw know by contacting the office.

All children are encouraged to participate at their level though the day. It is a great lesson in resilience for them to ‘have a go’ and cope with not always winning their event. You can help your child by helping them set a reasonable goal to work towards – not necessarily winning! Praise for attempting events and doing their best on the day helps to build confidence and lets them know you are proud of even their smallest achievements. Encourage them to self-talk – say to themselves statements such as, “Well done for trying”, “You did your best!”, and “I didn’t win this time, so I’ll try again next time.”

Due to a low level of interest in the Rainbows programme, it will not run for Semester One. There will be an opportunity again in Semester 2.

Vanessa Alaniz
Assistant Principal
P & F NEWS

We have many new and exciting events and activities coming up throughout the year, along with some good old favourites.

The planning process will begin at our next meeting to be held 7.00pm Monday 29 February in the staff room. ALL parents are most welcome to attend any of our meetings and we do hope that you will avail yourself of the opportunity to join in.

We are seeking a new P&F Secretary whose role is to:

(a) co-ordinate the correspondence of the Association
(b) keep full and correct minutes of the proceedings of the Committee and Association
(c) have custody of all books, documents, records and registers of the Association

If you can see yourself in this very important role, please contact Ros Carroll on 0424 177 945 or by email at: pnf.shthorn@gmail.com

Throughout the year, your P&F team will be striving to provide our school and the wider community with the very best service. As such, any constructive feedback and suggestions you have for us, will be welcome and appreciated.

Save the Date!

PFFWA Conference and AGM 2016

“Congratulations! We Hear You’re Engaged!”

The Parents and Friends Federation of WA are excited to be putting the last touches to our conference program for this year. As usual the conference opening dinner will be held on Friday evening 20 May at Crown Perth.

The conference will commence the following morning and go through until 5.00pm. Refreshments including morning tea, lunch and afternoon tea are provided on the day of the conference, along with great speakers, interactive sessions and the usual fantastic networking opportunities.

With both Federal and State elections on the horizon, PFFWA have invited politicians from the major parties to attend and you will have the opportunity to hear what their vision is for education in Western Australia in the foreseeable future.

Dates for your diary – 20 & 21 May 2016

At Crown Perth

For more information, please keep an eye on the PFFWA website and our Facebook page or contact admin@pff.wa.edu.au tel 9271 5909

https://www.facebook.com/pffwa  www.pff.wa.edu.au  9271 5909  103 Wood St, Inglewood, WA 6932

CANTEEN NEWS

- Please note that we no longer sell the FOCIS WATER as it has been deemed a ‘RED’ product.
- New to the Canteen is “SCOOBY DOO” ice cream on a stick for $1.30
- The school canteen menu and sushi order form is available on the school website, or call and get one from the office. Please choose the correct item available on the day.

If the Sticky Beak insulated lunch bags come into the Canteen unclean, the Canteen staff will be duty bound to send the lunch to the child in different wrapping. PLEASE check these lunch bags regularly to ensure that lunches haven’t been left half eaten or that fruit is rotting. Thank you.

Claudia and Lucy—Canteen Managers
Breaking Open the Word
‘The Transfiguration’

As mentioned previously, the theme during Lent is ‘CHANGE!’ Last week, we heard about the ‘Temptation in the Desert’ where we were reminded that temptations are all around us and during Lent, we need to take time to reflect and think about how we can CHANGE ourselves for the better – helping others, making better choices, looking after the less fortunate etc.

This week, we hear about ‘The Transfiguration’ story. The feast of ‘The Transfiguration’ is actually celebrated in August each year but it is always included in the readings of the second Sunday in Lent.

In ‘The Transfiguration’ story, Jesus goes on top of a mountain with two of his Apostles. In the olden days, it was believed that the higher you were, the closer you were to God. With this in mind, mountains were often seen as places of prayer. While there, a radiant beam of light came down and Jesus was transfigured - CHANGED. It is easy to see why this reading is included during Lent.

This week’s Gospel reading is another reminder that during Lent, we need to pray and reflect on how we can CHANGE and become more like Jesus.

Things to do with your Child during Lent

Encourage your child to think about consequences of their choices


➢ During Lent, help your child in their efforts to pray, help others and carry out actions of self-denial (reducing television viewing to spend more time with family members)

➢ Visit your parish Church and view the Stations of the Cross

➢ Did you know that each Friday during Lent from 7:00 – 7:30 pm there is a children’s Stations of the Cross here at Sacred Heart Church?

Image: The meaning of Lent as mentioned by Fr Bonaventure — Ellenbrook Parish

CORPUS CHRISTI OPEN DAY

If you would like an information brochure about the Open Days to be held at Corpus Christi College in March 2016 then please enquire in Sacred Heart School Office. The Tour Days are 10 March and 15 March.

We invite prospective families and students to join us for a tour by registering attendance at www.corpus.wa.edu.au/tour-2016.

ST NORBERT COLLEGE OPEN DAY

Friday 4 March 2016. St Norbert College warmly invites prospective students and their parents to tour our excellent College, its contemporary facilities and extensive grounds. Tours will be conducted at 9.00am and 1.30pm. Enrolments have also commenced for Year 7 in 2018. Application forms may be obtained by phoning Mrs Hughes on 9350 5433.
Resiliency

Everyone faces tough times, and life isn’t always smooth sailing. But it’s how we cope with tough times that shows us how resilient and mentally fit we are. During the beginning of a school term it is normal for our students to feel slightly unsettled in friendship groups, classes, timetables and the transition from holiday to school mode. It is important that students have coping strategies to deal with changes and tough situations. If a student is facing a troubling situation it is important they have support in the form of contact with a teacher, parent or counsellor but it is equally important that we teach our students everyday coping strategies to enhance wellbeing and resilience. The link below is a great place to start for many parents.


Shane Landers
Wellness Coordinator

Sustainability News...How well do you recycle?

This week during lunch time in the quad, students are being asked to think about recycling. Recycling seems like something so simple but it can make a huge difference to how much waste goes to land fill. At the moment, almost 25% of all recyclables are placed in the wrong bin by home owners! Here at school, we recycle paper, ink cartridges and batteries. At home, there are so many materials that can be recycled.

Here is what we can recycle:
- newspapers, paper, magazines;
- cardboard;
- glass bottles and jars;
- plastic containers, such as from soft drinks, milk, ice-cream, margarine and yoghurt;
- aluminium, such as soft drink cans and foil trays; and
- steel cans

ALL CONTAINERS MUST BE RINSED OUT

These things cannot be recycled:
- Plastic bags
- Plastic wrap
- UHT cartons
- Food waste – including the bits you need to rinse out of tuna tins and dip containers!!!!
- Polystyrene
- Tissues/paper towels/napkins

The ‘Rock and Water’ Program – Saturday 12 March 8.30-12.30. $60 per pair. West Leederville Primary School, 58 Northwood Street, West Leederville.
Physical exercises are constantly linked with mental and social skills. The Rock and Water program leads from simple self-defence, boundary and communication exercises to a strong notion of self-confidence. The program offers a framework of exercises and ideas to assist boys and girls aged between 8 and 14 years to become aware of the purpose and motivation in their life. Topics include: intuition, body language, mental strength, empathic feeling, positive feeling, positive thinking and positive visualising. For further information and to enrol please phone 6164 0200.

EAGLES CUP
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

BEAUTIFUL HAND CRAFTED CARDS ARE AVAILABLE FROM THE FRONT OFFICE AT VARYING PRICES . SUITABLE FOR ALL OCCASIONS SUCH AS BIRTHDAY, SPECIAL OCCASION ETC.
Ranging from $4.00 onwards. $1.00 FROM EACH CARD GOES TO THE P & F.
TERM DATES 2016—STUDENTS

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

**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**
**WEEKEND 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

**UNIFORM SHOP OPENING HOURS**
**TERM TIME ONLY**

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<tbody>
<tr>
<td>Monday</td>
<td>8.00-9.00 am</td>
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<td>Wednesday</td>
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<td>Friday</td>
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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**

**GOING HOME THIS WEEK**

**HELEN O’GRADY DRAMA FLYER**

**MAGUIRE** 30
**MURPHY** 38
**WELCH** 16
**WRIGHT** 12

**YR 1** JACOB SMITH—MATILDA ENGLER—SKYLA O’BRIEN—LENNOX LAWRENCE
**YR 2** DECLAN MURFIT—CHLOE MURTAGH—KAI GRiggs—PRATISHTHA MAYANK
**YR 3** KIERA POWE—ETHAN BOCARRO—EMILY SMITH—LOCHLAN DUFFY
**YR 4** BIANCA HANCOCK—LUCAS MADAFFARI—JOANNE PANGGABEAN—MEGHAN HEYWARD
**YR 5** ISABEL COONEY—ALEXANDER PRINDIVILLE
**YR 6** EVANDER LEAHY—CHLOE BENNETT—HOLLY GILES—JACK CRAMPTON

**AWARDS**
- LIVING LIKE JESUS—BEN WELLS—TALAMAIVAO
- FAITH—Student Council
- JAPANESE—1W
- SPORT—5B
- TIDY VERANDAH—1W

**CANTEEN ROSTER**
29 FEBRUARY—4 MARCH 2016

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<tr>
<td>D. BARKER</td>
<td>VOLUNTEER</td>
<td>S. WEALE</td>
<td>J. MADAFFARI</td>
<td>M. ATKINSON</td>
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**Honour Certificates**