Dear Parents

Welcome to the 2016 school year! It has been wonderful this week to see your children re-freshed and ready to take on the challenges of their new routines and classroom expectations. A special welcome to new families who are joining the Sacred Heart Community and new staff together with those returning after a period of absence: Mrs Thea Hurba, Mrs Malissa Kelly, Ms Dee Gevaux, Mrs Deanna Willis, Ms Lena Williams, Ms Janna Lord, Mrs Claudia Therkelsen, Mrs Jocelyn Bozikovic and Mrs Debbie Radice.

As parents the start of a new school year is an ideal opportunity to re-establish or adopt changes that will assist your children to make the most of every school day. Michael Grose from Parenting Ideas offers the following tips:

1. Commit to your child going to school every day on time. One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help kids start each day well. A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time to get up, eat and get ready for the day.

3. Establish work & study habits. The most successful students are those who develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s or young person’s school and help them establish a work routine that matches.

4. Make sure your child gets enough sleep. Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night’s sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. Insist kids exercise. The old saying about ‘a healthy body and a healthy mind’ is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.
6. Focus on being friendly. Schools are very social places requiring kids to negotiate many different social situations each day. Yet we often only focus on academic learning. There are strong links between social success, and academic success and wellbeing. Encourage kids to be open and tolerant; to be friendly; to be sensitive to others; to be involved in plenty of activities and to be social risk-takers. These are all characteristics of socially successful kids. At the same time discourage anti-social behaviours such as over-competitiveness, self-centredness and lack of sharing.

7. Develop self-help skills. Successful students are often well organised, self-directed and self-motivated. Personal organisation seems to come more naturally to girls than boys, however both genders benefit from coaching in this important area. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

**Evening on the Green**

On behalf of the P & F I invite the school community to our first Evening on the Green (Oval) as our ‘back to school’ function. The evening will be a wonderful chance for parents to socialise in a relaxed atmosphere listening to the music provided by “Squid aka Seth Lowe” who has been travelling around Australia singing in venues including ‘The Colonial’ in Margaret River. Dinner will also be able to be purchased from ‘Two Queens’ who have been popping up at the Forest Chase Hawkers Markets as well as other food truck locations. They will be serving up wood fired pizza, paella and sliders starting at $5.00. Also making appearances will be an ice cream and coffee van. For all your dessert needs Wella from ‘Cake Lovin’ will be setting up a cupcake stall as well as running a raffle to win one of her renowned Drip Cakes. Please bring all drinks, picnic blanket and chairs and invite your family and friends to enjoy this wonderful evening organised by your P & F.

**Evening on the Green (School Oval)**

5.30-9.00pm Friday 12 February

Please read the attached flier for more details about this exciting event.

**Year 1 -6 Parent Information Evening (New Format)**

This year the Parent Information Evening will be held 6.00 - 8.30pm Tuesday 9 February as follows:

6.00 - 6.30 pm  
ALL parents to meet in the Brennan Hall  
(Information presented concerning whole school events and initiatives)

6.40 – 7.15pm  
Year Level Classroom Meetings

7.25 – 8.00pm  
Year Level Classroom Meetings (repeated to allow for parents with children in different year levels)

As this meeting sets out the expectations of the 2016 school year we ask that one parent from each family attend and request that you inform classroom teachers if you are unable to do so.

**Please note that this is an adult only evening.**

*The Kindergarten Meeting was held last year and the Pre-Primary Meeting was held on Thursday evening.*

2016 Term Dates  
(Attached to this newsletter)

2016 Term Calendar  
(On the website )

2016 Parent Handbook  
(On the school website)

Printed copies are available for new families to the school and by request from the School Office)

Suzanne Fox
Principal
SCHOOL FEES—HEALTH CARE CARDS/PENSIONER CONCESSION CARDS

As fees will be calculated next week if you believe you have a valid card (in parent’s name only) it will need to be photocopied at the office and a Fee Discount Application Form completed and signed.

If unsure whether you are already in system for discounted tuition fees please ring Geraldine Steen on 9251 3002 and this can be checked for you. School fees will be sent home within two weeks.

CANTEEN NEWS

Welcome back to 2016.

- You will see from the Canteen Menu that Sushi is available this year, but that it must be **PRE-ORDERED TUESDAY FOR THURSDAY LUNCH.** Order forms and varieties available are on the school website.
- If your child orders lunch and there is not enough money to cover the cost, then they will be offered something of lesser value.
- **LUNCH BAGS** are required to be big enough for their lunch order and we ask you please **NOT** to use envelopes. You can purchase lunch order bags from the canteen. 10 bags for 50 cents.
- We still require **VOLUNTEERS, so we would appreciate it if you could help out.** Please call Lucy or Claudia on 9251 3007 between 8.00am and 1.30pm Monday to Friday to discuss the options available.

Thank you

*Claudia and Lucy*

PARISH NEWS

There are a number of activities taking place in the parish this month and they could be of interest to you.

**ASH WEDNESDAY** (the beginning of Lent) is next Wednesday (10 February), and there will be a whole school Mass at 8.45am.

**LIVING THE FAITH IN THE MODERN WORLD.**

Sacred Heart Parish, as part of their commitment to Archbishop Costelloe’s request for more evangelisation in parishes has organised a series of talks to be held on **THURSDAY EVENINGS 18, 25 and 3 March in the Foley Centre from 7.00pm to 9.00pm.**

The presenter will be Deacon Greg Lowe. Cost: $20.00 to cover the cost of the presenter and materials.

- Would you like to explore ways of creating time for connecting with God in your everyday life?
- Do you sometimes wonder how to live your faith with those close to you who don’t share your faith (perhaps your own children)?
- Have you ever felt embarrassed to be a Catholic or found your personal beliefs to be different to those of the Church?
- What is the role of the Parish in the community today? Is it only to go to Mass or is it more?

This short course will explore these questions and more. You must **REGISTER** with the Centre for Faith Development on www.cfe.org.au or 9241 5221 OR parish office on 9459 4459. Please give consideration to this wonderful opportunity being presented to you.

**AFTER SCHOOL RELIGION CLASSES**

ENROLMENT DAY is Wednesday 17 February at 4.00pm in the Foley Centre and CLASSES COMMENCE on Wednesday 24 February from 4.00—5.00pm. If you know any families whose children attend government school, please advise them that these classes are available.

**CATECHISTS NEEDED.** An invitation to parishioners who may be interested in joining the Catechist team? Training is available and commences in April 2016. This is an opportunity to share faith with children who attend Catholic schools. If unable to attend training, extra help is always needed with the trained Catechist. Just one hour a week. For more information please call Jeannie on 9459 4145 or Alberta on 9452 1745.

**BEHAVIOUR TONICS**

‘EVERY CHILD HAD THE RIGHT TO FEEL SAFE’ MANTA

*My body and my mind belong to me; from my head to my toes, to my own unique personality.*
DAYS FOR STUDENTS TO WEAR SPORT CLOTHES

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>Coloured Shirt</td>
<td>Coloured Shirt</td>
<td>Blue Sports Shirt</td>
<td>Blue Sports Shirt</td>
<td>Blue Sports Shirt</td>
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<td>1B,1W,2B,2W,3B,3W</td>
<td>PPB, PPW</td>
<td>Inclusion Support</td>
<td>1-6 Blue Earth</td>
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AFTER SCHOOL SPORTS

This term, after school sports will run on a Wednesday and a Thursday.
- Fencing will start on Wednesday 17 February for Years 4-6
- Netball will start on Thursday 18 February for Years 1-6

If your child wishes to take part in this, enrolment forms are available from the front office OR the school website and the places are limited. **PLEASE NOTE: SWIMMING CARNIVAL IS ON WEDNESDAY 2 MARCH**

LUMEN CHRISTI COLLEGE NEWS

- 2017 Intake – we are currently interviewing and finalising students for this intake so if families are yet to enrol, please ask them to contact Alyce Del Simone urgently on 9394 9300 or email delsimoa@lumen.wa.edu.au
- 2018 Intake – applications for admission now required as interviews will begin in Semester 2, 2016.
  - Music and Academic Scholarships are closing soon. If you know of any talented children who may benefit from the scholarship, applications and information are available from [http://web.lumen.wa.edu.au/enrolments/scholarships](http://web.lumen.wa.edu.au/enrolments/scholarships)
  - Information on Aboriginal Bursaries will be announced soon.

Finally, it is never too soon for your families to enrol at Lumen Christi College. We have enrolments for up to 2024 so families are encouraged to take a tour of our very well equipped campus with amazing facilities for Sport, The Arts, Science, Technologies and of course our bright new Junior Transition Centre especially for Year 7 students. Scheduled tours are advertised on our website but Alyce is happy to schedule individual tours by appointment. We also welcome walk ins and are happy for families to drop in if they are in the area.

HEARTS NETBALL CLUB 2016

Registrations are now open for Winter 2016.

Games are on Saturdays at Southern Districts Netball Association in Langford. Season starts 30 April and goes till 20 August (plus finals).

We welcome players NetSetGO through to Seniors. Players must be in Year 2 and above and boys can play up to Year 6. Younger players can join NetSetGO-Newcomers at SDNA.

We will also need Coaches, Umpires and Team Managers for each team.

**Registrations** can be done electronically and we will also be available for two registration sessions in the School Hall: 3.00pm-6.00pm on Monday 15 and 22 February.

For more information contact Valerie Maxville: netballhearts@gmail.com

[https://www.facebook.com/heartsnetballclub/](https://www.facebook.com/heartsnetballclub/)
Circle of Security Parenting:

For parents & carers of children aged 0 - 4 years.

Children need to feel safe and secure to grow into well-adjusted adults.

Would you like to:

- Understand how children feel safe?
- Learn how your children respond to you?
- Help your child to feel comfortable in the world?
- Remember what you do well as a parent?

From a basis of observing and understanding a child's needs, this course emphasises how a parent's relationship with their child is key to success in everyday parenting matters. Course includes viewing of DVD sections, presentation of some content, group discussions, reflections and some group work. Please note this course consists of 7 sessions.

Facilitator: Parenting Coordinator, Parenting WA Cannington
Venue: Brookman House Child & Family Centre
Dates: Thursdays, 11, 18, 25 Feb & 3, 10, 17, 24 March
Time: 9.30am – 11.30am
Cost: free
Crèche: Limited Crèche available
EVENING ON THE GREEN (OVAL)

THE SACRED HEART P & F WELCOMES OUR SCHOOL COMMUNITY
BACK TO THE 2016 SCHOOL YEAR.

DATE: Friday 12 February 2016
TIME: 5.30—9.00
LOCATION: School Oval

ENTERTAINMENT BY SQUID
AKA SETH LOWE

THERE WILL ALSO BE
A COFFEE AND ICE
CREAM VAN
CUPCAKES AND
MUCH MORE

DON'T WORRY ABOUT BRINGING DINNER—
TWO QUEENS WILL BE SERVING UP SLIDERS,
PAELLA AND PIZZA FROM $5.00 A DISH!

BRING YOUR FRIENDS, FAMILY
AND NEIGHBOURS DOWN FOR A
FANTASTIC NIGHT OF MUSIC,
GREAT FOOD AND GOOD
COMPANY.
FEEL FREE TO BRING A BLANKET
AND CHAIRS TO ENJOY THE
NIGHT WITH OUR SCHOOL
COMMUNITY.
PLEASE NOTE ALCOHOL CAN BE
CONSUMED RESPONSIBLY BY
18+ ONLY

Sacred Heart School 2016 Term Dates

TERM ONE
Staff Commences:
Students Commences:
Term Ends for Staff and Students:

School Closed:
Monday 7 March
Thursday 24 March
Friday 25 March
Monday 28 March
Tuesday 29 March

TERM TWO
Staff Commences:
Students Commences:
Term Ends for Staff and Students:

School Closed:
Tuesday 26 April
Monday 6 June
Tuesday 7 June

TERM THREE
Staff Commences:
Students Commences:
Term Ends for Students:
Term Ends for Staff:

School Closed:
Thursday 22 September
Friday 23 September

TERM FOUR
Staff Commences:
Students Commences:
Term Ends for Students:
Term Ends for Staff:

School Closed:
Monday 10 October

Do you love singing?
Do you love being part of a team?

Then the school choir is for YOU!

Auditions:
FRIDAY 12 FEBRUARY
1:30pm in the MUSIC ROOM

If you would like to be part of our school choir, put your name on the
form outside the Library before Thursday 12 February. You don't need
to learn a song, or sing by yourself — just bring your water bottle and a
positive attitude!

See you then,
Mrs Vinc

[Image of children singing]
Dear Parents/Caregivers

Welcome to the start of the 2016 school year. The year promises to be full of possibilities in all our 163 vibrant, faith-filled learning communities each of which are centred on the person and teachings of Jesus Christ.

Pope Francis has declared 2016 the ‘Year of Mercy’. This challenges us all to be ‘merciful like the father’ in our daily lives. Imagine the transformative effect our school communities could have on society, if we were to take up Francis’ challenge, in our families and those we work with, as well as those who find themselves alienated, lonely and despised in society. Your school community will be creating a range of opportunities for students and families to honour and celebrate this special year and I encourage you to get involved.

If you are new to our system I would like to extend a very warm welcome to you and your family. You are joining Catholic education at an exciting time. We are in a period of significant growth and we have once again demonstrated sustained system-wide improvement in last year’s WACE results.

In the last three years we have opened seven new schools and colleges and 2016 marks the opening of Salvado Catholic College for the first time. I wish the students, parents and caregivers involved in the College’s foundation year all the very best.

All Catholic schools rely on the contribution of the parish, staff, students and parents working in partnership to sustain their vibrancy, educational excellence, and faith life. With your support and involvement in your child’s learning, the efforts of more than 11,000 dedicated school staff and principals can ensure that our Catholic schools help students across the state reach their God-given potential.

Thank you for your continued support and I wish you all the best for the year ahead.

Yours sincerely

[Signature]

Tim McDonald
MEDIBAND

MEDICAL ALERT BANDS

The school will once again be providing Medibands for Students who have special medical needs. Mediband products are made of medical-grade silicone and are hard-wearing, non-toxic wearable items designed to make life easier if you have a medical condition that may need medical assistance. If your child does suffer from such medical condition and you are interested please fill in the form provided below and return to the school office by Wednesday 10 February 2016.

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<tr>
<th>NAME</th>
<th>CLASS</th>
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Examples of the bracelets are shown below or alternatively visit their website
TERM DATES 2016—STUDENTS

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<th>Term One</th>
<th>Term Two</th>
<th>Term Three</th>
<th>Term Four</th>
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<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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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

Monday Closed
Tuesday D. BARKER
Wednesday S. WEALE
Thursday VOLUNTEER REQUIRED
Friday S. CHESTER* Y. D’CRUZ R. CARROLL

COMMBANK
SCHOOL BANKING

GOING HOME THIS WEEK