Dear Parents

Spring is definitely in the air as we return to our final term for the 2015 school year. As I visited classrooms on Monday it was wonderful to see your children already hard at work ready to fulfill their individual and classroom learning goals.

During the holidays our much awaited new Sacred Heart School website: www.shthorn.wa.edu.au went ‘live’ and I encourage you to access the information it contains on a regular basis. Of particular note is the responsive layout which adapts to the screen size of the device being used (iPad, iPad, tablet or PC) without any loss of features. The new school APP is nearing completion and will be launched before the end of the term. A huge thank you to Mr Graham Maher for overseeing this significant project.

This term we welcome Mrs Linda McDermott as Pre-Primary B classroom teacher and Mrs Lindsay Ryan as Inclusion Support Teacher. We also welcome the following students from Edith Cowan University who will be with us until the end of Week Seven:

- Kindergarten Claudia Surya
- Year 4B Deanne Ladle
- Year 5B Jessica Lewis
- Year 5W Lindsay Hall
- Year 6B Phillip Harris

50th Anniversary

As the year draws there are two more opportunities to honour and celebrate the 50th Anniversary of Sacred Heart School:

- 50th Anniversary Commemorative wine from the Sandalford Margaret River Range is available for you to purchase in twin packs custom labelled with our anniversary logo. These are ideal for Christmas gifts or to enjoy with family and friends. Orders are only available by completing the form attached to this newsletter and returning it to the School Office by Friday 30 October.

- Following the completion of the Commemorative Garden many parents have expressed interest in adding their personalised paving brick. Attached to this newsletter is an ‘Expression of Interest’ form for another Commemorative Pavers order which will be submitted should we have enough interest.

Carpark

You are asked to take precaution in the school/parish carpark as we have had several ‘smash and grabs’ of valuable left in vehicles whilst parents are dropping their children at classrooms or on other school business. **Please ensure vehicles are locked and ALL valuables, such as phones or handbags are locked out of site in the boot or carried with you.**

School Fees

If you have not yet paid your school fees, then please settle them promptly.
2016 School Year

At this time of the year, there are many enquiries for places at Sacred Heart School. Therefore it is essential that you let us know if you intend to be leaving at the end of the year. Would you please complete the form in this newsletter and return to the Office IF YOUR CHILD/CHILDREN ARE LEAVING THE SCHOOL. (Not Yr 6)

Suzanne Fox
Principal

AFTER SCHOOL SPORT

After school sport will commence in Week 3 and will be on WEDNESDAY and THURSDAY.

Programme for Wednesday will be Cycling for Yr 4-6. (Children need to bring their own bike) Thursday will be Hockey for Yr 1-6

All forms are now located on the new school website under the heading Community and then Sporting Schools. Website: www.shthorn.wa.edu.au

2015 Interschool Athletics

A reminder that the Interschool Athletics Carnival on in Week 3 Wednesday 28 October (Year 4-6 only) and/or Friday 30 October (Year 1-6).

VENUE - Ern Clarke, Wharf Street in Cannington.

START / FINISH TIMES:

FIELD Events (Yr 4-6): Wednesday - 9.30am to 1.15pm (approx)

TRACK Events (Yr 1-6): Friday - 9.20am to 2pm (approx)

Training will continue this term at the following times:

Days: Monday, Tuesday 7.40 am to 8.15 am           Wednesday 3-4pm

Events: Monday: 400m, 200m, 100m and relays.
          Tuesday: long jump, shot put, and turbo
          Wednesday: long jump, shot put, and turbo

Training for Years 1-3 will be conducted during school time.

Japanese News

We are all really looking forward to welcoming 10 primary school students from Gunma Kokusai Academy to our school next week.

The students will be working in the Year 4, 5 and 6 classes.

We hope they enjoy their time here with us.

A huge thank you to the families who have volunteered to host the students during their stay.

A reminder for those families that the pick up location and time for their students is this Sunday 18 October at 5.40pm at Riverton Primary School, 255 Corinthian Road East.

CANTEEN MENU TERM FOUR

Please ensure that you take note of the new menu attached for this term and the new prices.

KINDY REQUIREMENTS: Kindy are collecting shoes boxes so if you can help, please send them to the Kindergarten.

Protective Behaviours Parent Tips

It's OK to break the normal rules in an emergency situation to keep yourself safe. You may need to interrupt an adult while they are speaking; you may feel safer to use the disabled toilet than the regular one; you may need to tell a secret that someone has shared with you; you may need to say ‘NO!’ in a situation where you would normally comply.
WALK SAFELY TO SCHOOL DAY – 21 October 2015

Well it’s that time of year again when our school seriously starts talking about walking! Not only is walking a wonderful way to get you where you want to be, but it also gets your health – and your child’s health on the right track too. So that’s why this year our school is participating in National Walk Safely to School Day on Wednesday 21 October 2015.

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn’t realistic for many of us, it’s quite easy to figure out how you can build a walk into your family’s daily routine.

You can teach your child the healthy habit of walking more by:
- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

Remember, Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey!

NEW ALTAR SERVERS - Any Children who have made their first Holy Communion and would like to become altar servers are invited to come along to a training session at the church after 8:45am Mass on Saturday 24 October. There is a form in the CHURCH foyer for those interested to place their names.

P & F NEWS

On behalf of the P & F welcome back to Term 4.

This term we hit the ground running. We are organising a Sausage Sizzle at the ever popular Bunning Maddington and we are looking for volunteers to assist the P & F on the day. It is a great opportunity for Dads to get involved (we know how much they love cooking BBQs) or for the Mums and grandparents who want to help the P & F but can’t do so during school hours. Each class has been allocated a timeslot, so find a friend or two and put your name down. We are only asking for ONE HOUR of your Saturday to help the P & F raise funds for our children’s education. We are sending a flyer home for you to complete and return to your classroom teacher or you can indicate your willingness to help on the sign outside your child’s classroom. Your requested timeslot will be confirmed with you by Friday 23 October.

WHEN: Saturday 31 October 2015
WHERE: Bunnings Maddington

TIME SLOTS:

If you are unable to attend when your class time has been allocated please do not hesitate to indicate this on the flyer with the best suitable time to assist. Alternatively please text Emma on 0402076518 to indicate your availability.

Thank you in advance for your willingness to help your P & F.

NOTE: P & F MEETING

Please note that the next P & F Meeting will be this coming MONDAY 19 OCTOBER at 7.00pm

<table>
<thead>
<tr>
<th>Year Group</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 6</td>
<td>7.00am – 8.00am</td>
</tr>
<tr>
<td>Year 5</td>
<td>8.00am – 9.00am</td>
</tr>
<tr>
<td>Year 4</td>
<td>9.00am – 10.00am</td>
</tr>
<tr>
<td>Year 3</td>
<td>10.00am – 11.00am</td>
</tr>
<tr>
<td>Year 2</td>
<td>11.00 – 12.00pm</td>
</tr>
<tr>
<td>Year 1</td>
<td>12.00pm – 1.00pm</td>
</tr>
<tr>
<td>Pre Primary</td>
<td>1.00pm – 2.00pm</td>
</tr>
<tr>
<td>Kindy</td>
<td>2.00pm – 3.00pm</td>
</tr>
<tr>
<td>Extra volunteers required</td>
<td>3.00pm – 4.00pm</td>
</tr>
</tbody>
</table>
Sustainability News:
On Tuesday afternoon, we received a delivery of goodies from Bunnings for the first stage of our "Waste Wise" grant. We are excited to begin composting on our school grounds! Students in all classes have participated in activities to learn how to pack a waste-free lunch, what can and can't be composted, how to recycle correctly and what happens inside a compost bin! Classes will now be in charge of composting their food waste each day, sending less to landfill and making some awesome compost for our school gardens.

**Waste-Free Wednesday**
In order to develop sustainable practices within the school and reduce our waste output, students are encouraged to bring a waste free lunch on Wednesday **every** week. A waste-free lunch is one that sends zero waste to land fill.

---

**A Waste-Free Lunch**
- sandwiches and other main dishes, fresh fruit, fresh vegetables, and treats in a reusable lunch container
- cloth napkins
- stainless-steel forks and spoons
- reusable drink containers
- reusable lunchboxes

*With this type of lunch, lunch food items can be bought in larger quantities. The packaging can be left at home for reuse or recycling. Waste-free lunches are not only a wise environmental choice, but they are less expensive as well.*

---

**SCHOOL BANKING**
School banking day has changed to Monday. **PLEASE ENSURE THAT ALL BANK BOOKS ARE SENT IN TO THE OFFICE FOR MONDAY MORNINGS**

**CONTACT WITH TEACHING STAFF**
If you need to communicate with your child’s teacher, it can often be easier to do it by email. Please note that **ALL** email addresses are the same e.g **smith.john@cathednet.wa.edu.au**
That is: teachers surname first, followed by Christian name and then the address.

**VAC SWIM 2015-2016 (Swimming lessons)**
Enrolments for December/January programs are now open. It is important for every child to learn to swim and develop essential water safety skills. VacSwim’s school holiday swimming programs are conducted by qualified instructors who teach children the skills to be confident swimmers and safe in the water. This year, there has been a small price increase from $10.00 per enrolment to $12.50 per enrolment. Family enrolment for 3 or more children is now $34.50. For online enrolment visit [education.wa.edu.au/swimming](http://education.wa.edu.au/swimming)
Mental Health Matters – Connecting With Your Child

Now that school, teachers and friends are a big part of your child’s world, it can be hard to find time to enjoy being together but activities and special times help build family relationships which are still the biggest influence on your child’s development.

Enjoying special time together is important

When you and your child enjoy special time together you can learn to see the world from your child’s point of view. It’s a chance to find out more about your child’s likes and dislikes, their worries and frustrations. Spending time together is also a way of giving your child your full attention, sending the message that they are the most important thing to you. It helps you stay close and up to date with what’s happening in your child’s life and shows that you enjoy and value their company.

Walks or other activities with you are great opportunities to guide your child in the ways of the world - to talk, to listen and to enjoy being together.

Playing games and having fun with you can help your child feel happier, be more relaxed and build resilience for the teenage years. Sharing special time can be great for you too – it’s your chance to be a kid again and just have fun.

Daily activities

Sometimes you can make special time and have fun as part of your everyday family life:

- Cook your favourite dinner or make a special after-school snack together
- Go shopping together and let your child help to make decisions, pay for things and have conversations with shop assistants

Play and games

Here are ideas for more structured fun activities:

- Play word games and make up jokes and riddles together. You can start with jokes like ‘Knock knock’ or ‘Why did the chicken, frog, cow (whatever makes you laugh) cross the road?’ Then get your child to make up his own
- Play board games like ‘snakes and ladders’, dominoes and simple card games. These will help your child to learn to play fair

Outdoor activities

Here are ideas for getting outside with your child:

- **Play outdoors together.** It’s not only fun and good exercise, it can also help your child practise skills and get better at things like climbing and catching
- Lie on the grass and look for shapes or animals in the clouds
- On a dark, clear night, go outside and look at the stars

When it comes to play and your school-age child, let your child take the lead – you’ll soon find out what sparks their imagination.

For more ideas visit [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

PLEASE CUT AND RETURN TO OFFICE.

2016 SCHOOL YEAR

My child/children WILL NOT be returning to Sacred Heart in 2016.

FAMILY NAME: ___________________________________________Child’s Class: ___________________________________________
TERM DATES 2015—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>2 February -</td>
<td>21 April -</td>
<td>21 July -</td>
<td>12 October -</td>
</tr>
<tr>
<td>2 April</td>
<td>3 July</td>
<td>23 September</td>
<td>11 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
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.

<table>
<thead>
<tr>
<th>Monday</th>
<th>8.00-9.00 am</th>
</tr>
</thead>
<tbody>
<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>2.30-4.00pm</td>
</tr>
</tbody>
</table>

RECYCLE YOUR USED BATTERIES INTO THE BATTERY RECYCLING BIN IN THE SCHOOL OFFICE MONDAY—FRIDAY

SACRAMENTAL PHOTOS
The proofs of the Confirmation and Communion photos are now available for ordering ONLINE. Please make a note of the following:

The Confirmation password is shcf1415
The Communion password is scm13
And the website is www.prophotobooth.com.au

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

CANTEEN ROSTER
19—23 October’15

<table>
<thead>
<tr>
<th>Monday</th>
<th>D. BARKER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>M. TREMEER*</td>
</tr>
<tr>
<td>Wednesday</td>
<td>K. AGOSTINO</td>
</tr>
<tr>
<td>Thursday</td>
<td>C. THERKELSEN</td>
</tr>
<tr>
<td>Friday</td>
<td>M. BANKS</td>
</tr>
<tr>
<td></td>
<td>B. TRIBBECK*</td>
</tr>
</tbody>
</table>

COMMABANK
SCHOOL BANKING EVERY MONDAY.
ALL BANK BOOKS MUST BE IN MONDAY MORNING

GOING HOME THIS WEEK
P & F BUNNINGS SAUSAGE
SIZZLE FLYERS
EVERY CHILD K—6