Terrorist events in Europe in recent days have reverberated around the world. Graphic images have been brought into our living rooms and onto our devices via the media over the last few weeks, and will continue to do so in the immediate future.

But what about the impact of the event and the subsequent media coverage on children and young people?

As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as terror attacks. In reality we can’t do this.

So what is a parent, teacher, or other caring adult to do when such events fill the airwaves and the consciousness of society?

Here are some ideas:

1. **Reassure children that they are safe.** The consistency of the images can be frightening for young children who don’t understand the notion of distance and have difficulty distinguishing between reality and fiction. Let them know that while this event is indeed happening it will not affect them directly.

2. **Explain what happened.** Sounds obvious, but it’s important not to simply assume that children and young people understand what’s happened. Be calm and stick to the facts, using a map to show older children where it happened.

3. **Be available.** Let kids know that it is okay to talk about the unpleasant events. Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support that they need. You do not need to explain more than they are ready to hear, but be willing to answer their questions.

4. **Help children process** what they see and hear, particularly through television. Children are good observers but can be poor interpreters of events that are out of their level of understanding.

5. **Support children’s concerns for others.** They may have genuine concerns for the suffering that will occur and they may need an outlet for those concerns. It is heartwarming to see this empathy in children for the concerns of others.

6. **Let them explore feelings beyond fear.** Many children may feel sad or even angry with these events so let them express the full range of emotions.

7. **Avoid keeping the television on** all the time. The visual nature of the media means that images are repeated over and over, which can be both distressing to some and desensitising to others.

8. **Be aware of your own actions.** Children will take their cues from you and if they see you focusing on it in an unhealthy way then they will focus on it too. Let them know that it is happening but it should not dominate their lives.
Children’s worlds can be affected in ways that we can’t even conceive of, so adults need to be both sensitive to children’s needs and mindful of what they say and how they act in front of children.

**Assembly – 20 November 2015**
This Friday we have a short assembly where we have the opportunity to hear our Sacred Heart choir perform. All parents and friends are welcome to attend at 8.30am in the Brennan Hall. Thank you to Mrs Donna Bathols for her talent and time in working with the choir. They truly sound amazing.

**Wright House Mass – 25 November**
Please join Wright House as they lead us in a Mass to celebrate and acknowledge Sister Cynthia Wright, a loving woman who has dedicated her life to spreading the good news of God to others through her work as a Loreto Sister and Principal. Sister Cynthia was Principal of Sacred Heart from 1987-1990 and was responsible for moving the school from Tonbridge Way to our present site here in Discovery Drive. During her time as Principal, Sister Cynthia endeavoured to create a faithful and loving environment at Sacred Heart School. Sadly, she passed away this year in Ballarat.

Vanessa Alaniz
Assistant Principal

**HEALTH CARE CARD AND SCHOOL FEES 2016**
If you have a valid HCC/Pensioner Concession Card, please bring in for copying and you will also need to complete a form for reduced fees in 2016.

**PRE-PRIMARY NEED:**
Inexpensive Picture Frames new or used (but with glass) of any size. We also need leftover material that could be cut into strips for threading. Please deliver to PPB if you can help. Thank you in advance.

**HOME MADE CHRISTMAS CARDS AND GIFT TAGS**
Available for purchase in the Front Office. Beautiful cards and tags—assorted prices. Please have a look if you are visiting. $1.00 from every sale to the P & F.

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

A VERY BIG thank you to the parents who have been very generous in donating underwear for the local women’s shelter. Our parents are always overwhelming in their generosity and for this we are very grateful.

AND…………………

**A MESSAGE FROM PHANG AND KIT LIU (Parents of Enya in Pre-Primary)**
Enya returned to school this week after her big operation and time away in the United States. The operation looks like it has been a success and Enya is moving much more freely.

“We would like to express our utmost gratitude for the unconditional support that everyone at Sacred Heart School has shown to our family but especially to Enya. All support, whether it has been financially, morally, spiritually or physically, has been most appreciated and important to us. The beginning of Enya’s journey towards achieving her aspirations would not be possible without you believing in us and we will hold this moment dearly in our hearts forever. Thank you ”

Enya, Phang & Kit.
MORE TIPS FOR RAISING RESILIENT CHILDREN

Caring Relationships
- Foster self-esteem by recognising and praising achievements and helping children to develop their talents and abilities.
- Provide ample time for communication with your child about the day's events, feeling and thoughts. Help children develop a vocabulary for talking about feelings by encouraging them to label their emotions.
- Demonstrate forgiveness and reconcile after disciplining children.

High Expectations
- Help children to develop their problem-solving skills by assisting them to solve their own problems rather than stepping in with your own solutions.
- Provide clear, consistent discipline.
- Offer plenty of encouragement to help your child persist when confronted by obstacles or difficulties.

Opportunities for Participation
- Expect children to carry out age-appropriate chores and tasks that contribute to the welfare of the family.
- Encourage children to give their time to worthy causes or to helping others. This might range from helping to prepare food for a sick relative to volunteering for a local community tree-planting day.
- Hold family meetings in which children are encouraged to voice their feelings and thoughts to resolve conflicts and other issues.

Caritas Year 5 Leadership Day
On Tuesday 17 November a number of Year Five students from Sacred Heart and Santa Maria attended a Caritas Leader's Day titled, 'Just Leadership'. They enjoyed working together to learn qualities which will help them as leaders of the school. Below are a few things they learnt during the day.

- *We got to learn how to work together and we learnt the importance of thinking about others, not just ourselves. It was great fun to work with the other school.* Jayce

- *We learnt about how there are so many people in the world who don’t have enough and we learnt how when we work together we can make big differences. We learnt that everyone is equal and that we all should have a fair share.* Leanne

- *We got to play a game called stepping stones which required us to work together to get to the end. We discovered that 75% of the world is in poverty and if you have a bed, wardrobe and roof over your head, you are one of the richest people.* Shanelle

- *It was fun working with the other school and we learnt lots of new facts about the world and leadership. I enjoyed learning teamwork skills and how to care for other people.* Conor

LIBRARY – The last Book Club for the year will be going home today.
All orders are to be returned to school by Wednesday 25 November.
Online orders will be closed on Wed evening 25 November.
Cash and cheque orders to be placed in the Book Club box in the office clearly marked with your Child’s name and class.

BEHAVIOUR TONICS
Refrain from making your child kiss or hug someone they don’t want to. There are ways to show respectful affection such as shaking hands, giving a high five, or kissing a hand. If your child has objected to showing affection to someone in particular, check with your child later and find out why.
P & F NEWS

It’s DISCO WEEK – yes on Friday 20 November we are holding our annual P & F Disco and Pizza night. A big thank you to the families who have already handed in their disco forms. We do ask, however, that all disco forms be returned by Thursday afternoon at the latest as we need to order pizza and drinks and we would hate to think that a child may miss out because a form wasn’t returned and they were not accounted for. We are very excited to be holding this disco – so we can’t wait to see everyone dancing and enjoying themselves!

Thank you to the wonderful parents in Pre-primary – Year 3 we have been inundated with volunteers and do not require any more. However, **we are in desperate need of volunteers for the Yr 4 – 6 disco**. If you are able to help please comment on the disco reply slip or text Emma Seaman on 0402076518. We can give you a job where your child won’t see you! Thanking you in advance. Another disco form has been attached to this newsletter.

The next P & F meeting date was listed incorrectly in the last newsletter. It is now on **MONDAY 23 NOVEMBER** at 7.00pm in the staff room. As indicated by Mrs Fox in the last couple of weeks the P & F are requesting interested families to join the P & F. As all executive positions are now vacant we are looking for nominations. Please understand that there is no hard and fast commitment to “doing something” on the P & F. The P & F is full of people who give great ideas, others who volunteer their time to purchase items for events, people who organise behind the scenes and people who come to the meeting to listen, vote on agenda items and enjoy the company of others. Each type of person has a special place on the P & F; even if you can’t attend every meeting we would still love for you to be involved. Meetings occur once a month in the school term – which generally equates to 3 x 2 hour meetings per term. We love new ideas and always enjoy a coffee and sometimes cake at meetings. We are a community driven committee working for the benefit of our children’s education.

The following roles available on the Committee next year:

- **Committee member**: attends meetings, shares ideas/opinions, may be willing to organise activities, active listeners
- **Treasurer**: banks money and pays invoices, reconciles bank transactions, presents a report at each meeting and at the Annual Community Meeting and prepares monies as required
- **Secretary**: records and prepares minutes, receives and sends mail as required
- **Vice President**: Assists President as required
- **President**: Chairs monthly meetings, spokesperson for the P & F

During the year we have subcommittees who plan our annual and new events, such as the disco, Sacred Heart Day, Easter Egg Raffle, newsletter writing, ACM organisation, fundraisers and other events.

If you think you could do one of these jobs but want more information please do not hesitate to contact one of your wonderful P & F Committee members who are: Emma Seaman, Kiri Harwood, Ninetta Romeo, Karin Rochford, Jo Gibb, Rachel Volpi, Kimberly Brosztli, Yvette D’Cruz, Caoimhe Hardy, Claudia Therkelson, Belle De Marchi plus others who have popped into meetings during the year.

UNIFORM SHOP NEWS

Dawn will open the uniform shop on **WEDNESDAY 25 NOVEMBER** from 8.30am to 12 noon for parents currently in Pre-Primary who may be looking for Year One uniform and then again on Friday from 2.30—4.00pm.

**FOR SALE**

3 kindy/pre-primary size 6 pink jumpers for sale. Never been worn. $40 for all three or $15 each.

Please contact Marie on 0432 873 464.

3 kindy/pre-primary size 6 pink jumpers for sale. Never been worn. $40 for all three or $15 each.

Please contact Marie on 0432 873 464.

AUSTRALIAN MATHS COMPETITION AND MATHS OLYMPIAD

Certificates will be presented at this weeks Assembly to all students who participated. This involves interested children from Yrs 3—6.
CITY OF GOSNELLS 2015 FESTIVE LIGHTS PROJECTION
For the first time, as part of the Christmas festive season, the City will be holding a Festive Light’s Projection where budding artists are encouraged to design an artwork that captures their interpretation of what the festive season means to them, such as a picnic, a family holiday, Christmas Day, New Year celebrations or even just enjoying summer at the beach.

- All submitted artworks will be projected onto the KNOWLEDGE CENTRE WALL on Friday 11 December and Friday 18 December from 7.15pm to 9.30pm.
- Students will be able to take photos with their artwork whilst it is being projected on the wall.
- Only templates available from the school office can be used to present the artwork.
- ENTRIES CLOSE FRIDAY 27 NOVEMBER. No late entries will be accepted.

GRADUATION FUND RAISING RAFFLES
Raffle tickets are available on Tuesday and Thursday afternoons from 2.30-3.00pm outside the Kiss and Drop Area (in front of the school) and at assembly for parents to purchase. Students can purchase tickets at lunch time on Thursday outside the library. Some prizes are listed below.

<table>
<thead>
<tr>
<th>Mugs</th>
<th>Kitty Ear Phones</th>
<th>Colour Care Pack</th>
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<tbody>
<tr>
<td>Photo Album</td>
<td>Candle</td>
<td>Sugar pot &amp; milk jug</td>
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<td>Note Pads</td>
<td>Mistral Ice Cream Maker</td>
<td>Dunlop Adjustable table tennis</td>
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<td>Typo Stationary items</td>
<td>Tea Towels</td>
<td>Coffee Mugs</td>
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<tr>
<td>Headphones</td>
<td>Photo frames</td>
<td>Muffin Maker</td>
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<tr>
<td>Hand towels</td>
<td>Knife set of 3</td>
<td>Garden Cherub</td>
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LUMEN CHRISTI MUSIC LESSONS
We are now taking Music enrolments for Semester 1 2016. Students interested in enrolling in Violin or Guitar please obtain a brochure from Reception or call Lumen Christi on 9394 9300. For students in Year 4-6 we are still taking enrolments for Concert Band Instruments, Trumpet, Trombone, Clarinet, Saxophone and Flute.

CONGRATULATIONS
To the Davis family (Jack, Ryan and Lauren) and Auker family (Hudson and Archer) whose children are all going to be baptised into the community of the Sacred Heart this Sunday.

By asking to have their children baptised, they are taking upon themselves the responsibility of teaching the faith to their children. Their responsibility as Christian/Catholic parents is to help their children to know the way of Jesus Christ, to love the Lord and to know the teachings of the Catholic Church. They are not alone in their responsibility. Their childrens faith is nurtured by their families and the communal parish family. By bringing their children to pray with the community each weekend, they are being supported in their duty.
**TERM DATES 2015—STUDENTS**

<table>
<thead>
<tr>
<th>Term One</th>
<th>Term Two</th>
<th>Term Three</th>
<th>Term Four</th>
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<tbody>
<tr>
<td>2 February</td>
<td>21 April</td>
<td>21 July</td>
<td>12 October</td>
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<tr>
<td>2 April</td>
<td>3 July</td>
<td>23 September</td>
<td>11 December</td>
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**ABSENTEEES/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.

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<tr>
<th>Day</th>
<th>Time</th>
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<tr>
<td>Monday</td>
<td>8.00—9.00 am</td>
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<tr>
<td>Tuesday</td>
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<td>Wednesday</td>
<td>Closed</td>
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<tr>
<td>Thursday</td>
<td>8.00—9.00 am</td>
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<tr>
<td>Friday</td>
<td>2.30—4.00 pm</td>
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**RECYCLE YOUR USED BATTERIES INTO THE BATTERY RECYCLING BIN IN THE SCHOOL OFFICE MONDAY—FRIDAY**

**WA Young Salesian - Summer Camp**
4-8 January 2016
Are you between 12-15 yrs or starting Year 7 in 2016? Come and join us for this 5 day fun filled camp at Nanga Bush, Dwellingup. Only $200 ($40 a day)
Contact your Parish Priest, visit the website or contact Graham Maher on 9251 3000 for more info or to pick up a form.

www.wayoungsalesians.com

**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**
23-27 NOVEMBER ’15

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<thead>
<tr>
<th>Day</th>
<th>Name</th>
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<tbody>
<tr>
<td>Monday</td>
<td>D. BARKER</td>
</tr>
<tr>
<td>Tuesday</td>
<td>M. TREMEER*</td>
</tr>
<tr>
<td>Wednesday</td>
<td>S. WEALE</td>
</tr>
<tr>
<td>Thursday</td>
<td>C. THERKELSEN</td>
</tr>
<tr>
<td></td>
<td>Y. MIYOMOTO*</td>
</tr>
<tr>
<td>Friday</td>
<td>S. CHESTER</td>
</tr>
<tr>
<td></td>
<td>Y.D’CRUZ</td>
</tr>
<tr>
<td></td>
<td>R. CARROLL#</td>
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**COMMBANK**
**SCHOOL BANKING EVERY MONDAY.**
**ALL BANK BOOKS MUST BE IN MONDAY MORNING**

**GOING HOME THIS WEEK**

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<thead>
<tr>
<th>Class</th>
<th>Description</th>
<th>Notes</th>
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<tr>
<td></td>
<td><strong>NICK CORRIGAN SOCCER CLINIC</strong></td>
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<tr>
<td></td>
<td><strong>SALESIAN SUMMER CAMP FORM</strong></td>
<td>Yr 6 only</td>
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