As this is the year of our 50th Anniversary, we would like to showcase some images of the past for your enjoyment. These will be changed periodically.

21 October 2015

Anniversary Highlights

Term Four

Commemorative wine

Sacred Heart School
40 Ovens Rd, THORNLIE  6108
Phone:    9251 3000
Fax:        9251 3090
Email:     admin@shthorn.wa.edu.au

FROM ‘THE HEART’

World Teachers’ Day – 30 October – Empowering Teachers, Building Sustainable Societies

At the end of next week we celebrate World Teachers’ Day. The 2015 slogan is **Empowering Teachers, Building Sustainable Societies.** All around the world teachers are recognised for not only working towards achieving educational goals, they also strive to create communities based on knowledge, ethics and values. Teachers play a critical role in enabling students to achieve good learning outcomes. While their ability to positively shape a child’s learning experience depends on a myriad of factors, the first step towards good learning outcomes is to ensure that there are enough teachers in classrooms. In order to achieve universal primary education around the world, there is a shortage of 1.6 million teachers globally!

Did you know...

- In 2011, in 26 countries there were over 40 pupils per teacher in primary school classrooms
- In a third of countries who have collected data, less than three quarters of teachers are trained to national standards.
- Teachers in some developing countries don’t earn enough to lift their households above the poverty line.
- South Africa supplements paper based distance learning with text messaging.

At Sacred Heart we are fortunate to have a group of teachers who are committed to the overall wellbeing of all students in our school. This includes academically, physically, socially and emotionally, no matter where a child is in their class. Many of our teachers spend their weekends and holidays at school preparing the classroom and programmes for your children. They attend professional development in their own time to ensure they have up to date information about strategies and techniques that demonstrate best teaching practices. They strive to ensure each child is progressing from where they began the year — even if the steps taken are tiny. What a great opportunity it is on World Teachers’ Day to celebrate our teachers!!

P&F Bunnings Maddington Sausage Sizzle—WE NEED YOUR HELP!!!

Many thanks to the families who have kindly volunteered an hour or more of their time on **Saturday 31 October** for the P & F Bunnings Sausage Sizzle. Whilst I understand the busyness and importance of family time on the weekends it is disappointing to see that from approximately 314 families we only have a handful of families outside the P & F Committee members volunteering for this fundraiser to purchase more iPads as learning tools for our children. All we ask is 1 hour of your time. If you cannot help in the class allocated time or have misplaced your form or are unable to fill in the sign outside your classroom, please text Emma Seamen (P&F President) on 0402076518 with your preferred time. Starting time is 7am with hourly shifts until 4.00pm. We are hoping to have all timeslots filled by Friday so all volunteers can be advised. Please note as per Bunnings requirements children cannot be within the BBQ area.
**LifeLink Day**  
This week we received a letter from Bishop Don Sproxton, expressing his gratitude to the community of Sacred Heart in the outstanding effort we made to support the Archbishop’s ‘Link Up to LifeLink Day’ by making our 200m link of paper chains, as well as donating $1700 to LifeLink Day. He wrote:  
“Please pass on my personal thanks and congratulations to your teachers and wonderful students for their collective generosity and compassion.”

Vanessa Alaniz  
PLEASE Assistant Principal

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**JAPANESE NEWS**  
Welcome to our 10 Japanese students and their supervisor Miki.

We hope they enjoy their time here with us. If you see them around the school make sure you say G’day!

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**PLEASE CAN YOU HELP??**  
We have a little boy in KINDERGARTEN in group KB which is **Monday and Wednesday**. For medical reasons, his Mum is unable to drive for a few months and needs help with transport from school on those days. Dad can bring him to school but there is no-one to pick him up. The family live in CHELLS COURT, Thornlie so if you live anywhere near there and could help, would you please see Mrs Hall in the office or Mrs Gerhardy in Kindergarten. Reaching out to others in times of need would be appreciated.

**Spiritually Open?**  
Would you describe yourself as spiritually open, but perhaps not the most frequent Mass-attender? You may enjoy the short, live online course called “The Lowdown on the On-High for Parents” being offered by the Centre for Faith Enrichment. Over three sessions, the course will give you the opportunity to discuss topics such as faith, meditation and spirituality – or you can just listen! It’s soul food you can enjoy at home – with a glass of wine! Thursdays 5 - 19 November, 8pm-8.30pm. For more information about this and other online courses, visit [www.cfe.org.au](http://www.cfe.org.au), or call 9241 5221.

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**Protective Behaviours Parent Tips**  
Don’t use police as a threat to control your child’s behaviour.  
Teach them that the job of police is to keep them safe.
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)**

**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:**

<table>
<thead>
<tr>
<th></th>
<th>FIELD Events (Yr 4-6): Wednesday</th>
<th>TRACK Events (Yr 1-6): Friday</th>
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<tbody>
<tr>
<td></td>
<td>9.30am to 1.15pm (approx)</td>
<td>9.20am to 2pm (approx)</td>
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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.**

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

**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**

More volunteers are required for the P & F Bunnings Sausage Sizzle on Saturday 31 October. Each year group is responsible for providing 4 families to help your P & F. Come on Dads, this is your time to shine for your children. Please text Emma on 0402076518 with your preferred time. We are starting at 7am and working hourly shifts until 4.00pm. We are hoping to have all timeslots filled by Friday so all volunteers can be advised. Please note as per Bunnings requirements children cannot be within the BBQ area.

**The Woolworths Earn and Learn** promotion has finished and we are pleased to announce that our school community collected 31700 stickers! Well done! Mrs Fox had great pleasure choosing a variety of learning tools and games from Modern Teaching Aids – hopefully our parcels will arrive before the end of the school year.
We know that Friday 20 November is still a month away but we need you to save the date. It is the Annual School Disco night and we have a few changes up our sleeve! Keep an eye on the newsletter!

With Nude Lunchboxes becoming a regular occurrence on Wednesdays, it is a timely reminder that the P & F through the canteen are selling Sticky Beak lunch bags. They come in 2 sizes and a multitude of coloured edges. It is also a timely reminder that these bags must be cleaned regularly. The canteen will not be able to pack lunches in grubby lunch bags. Your assistance in this matter is appreciated.

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

SUSTAINABILITY MATTERS!
This week, compost bins are up and running. Each year group has their own bin where compostable scraps, such as apple cores, fruit peels, lunch order bags and veggie scraps can be thrown. This is then taken to the compost bins behind OSHC where the Year 6 Sustainability Ministry sort the scraps, chop it all up so it all breaks down. Even the staff are composting by filling up a bin in the staff room.
Don’t forget – WASTE FREE WEDNESDAYS at Sacred Heart! Make sure your lunchbox is waste free by bringing healthy food to school in reusable containers. Waste free is best!

And while we are talking about waste...it may shock you to know that some students are throwing away WHOLE, UNOPENED food. In fact, 6% of the waste found in our bins is whole, unopened packaged food and 11% is whole, uneaten fruit! Here is a photo of food that was dug out of the bin on Monday.

Students are encouraged to bring home any food they don’t want to eat, rather than throwing it away.

UNIFORM SHOP UPDATE—PLEASE NOTE
DAWN—our fantastic volunteer in the uniform shop will be away from Monday 2 November to 13 November.
Therefore she will open the shop on Thursday 29 October from 7.30am to 11.30am to try and cater for everyone’s needs before she goes away.

PLEASE MAKE USE OF THIS SPECIAL TIME FOR YOUR UNIFORM REQUIREMENTS TO AVOID PANIC WHEN SHE IS AWAY.
Mental Health Matters – Connecting With Your Child

How work affects your time at home

To thrive, children need warm, loving attention. This attention is built on the amount of time parents and children spend together, and the quality of that time. **Quality time is when you’re physically and emotionally present with your child.**

At times work can have a way of contaminating the amount of time and the quality of time you spend with your children. If you’re stressed about work, or tired, worried and frustrated, you might be at home but your mind can really still be at work.

Children, even young children, notice when you’re not really paying attention to them. This is bound to happen sometimes. But when it happens a lot, *children’s feelings about themselves can be affected.*

**What children need**

It’s usually ‘full-on’ in a household at the end of a work day and your children might not give you time and space you’d like to switch from work to home mode. As soon as they see you, they want to tell you all the news of the day:

‘Can you help me with my homework?’

‘What are we having for dinner? I’m starving.’

‘I scored the winning goal at soccer.’

‘Jules said I’m not his friend any more.’

And children can have bad days too. It helps if you know when this happens so you’re ready for the fall-out.

**Be realistic**

It would be great if you could always leave your concerns behind and be the ‘perfect’ parent. It would also be great if children were always cheerful and concerned more about your wellbeing than their own. Unfortunately, life’s not usually like that.

There will be times when the balance between work and family demands is upset. For example, your child might be sick, you might be working night shifts, you might need to travel for work, or a project might need longer hours. **Good strong family relationships can help you all get through trying times.**

There’s no universal formula for work-family balance. You, your situation and your relationship with your child are unique. You need to take into account your energy level, personality and parenting style, as well as your child’s needs. With realistic expectations, you’re likely to find ways to create a good balance that works in the long term for you and for your child.

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

**Year 6 Pasta Graduation Fundraiser**

The Year 6 Students will be having a pasta fundraiser to help with their graduation dinner. Golden Ravioli will be kindly supporting and providing pasta meals that are ready to heat and serve or fresh 1.0kg pasta. As Term 4 is a busy term leading up to Christmas, the Year 6 students have made it easy for you to stock up your freezers with heat and serve meals for a family of four or a family of six.

Please ensure that order forms are returned no later than **Friday 30 October 2015**, with correct money enclosed in an envelope marked Year 6 Pasta Fundraiser.

As these item are fresh produce, they must be collected from the Brennan Hall on Wednesday 11 November 2015 between 2.00pm -3.00pm. Thank you for supporting your Year 6 Leavers.

**PLEASE CUT AND RETURN TO OFFICE.**

**2016 SCHOOL YEAR**

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

**FAMILY NAME: _____________________________Child’sClass: _____________________________**
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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<tr>
<td>2 February  -</td>
<td>21 April -</td>
<td>21 July -</td>
<td>12 October -</td>
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<td>2 April</td>
<td>3 July</td>
<td>23 September</td>
<td>11 December</td>
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ABSENTEE/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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<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>8.00-9.00 am</td>
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<td>Tuesday</td>
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<td>Wednesday</td>
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<td>Thursday</td>
<td>8.00—9.00 am</td>
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<td>Friday</td>
<td>2.30-4.00pm</td>
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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 Parish or School Mass

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

CANTEEN ROSTER
26-30 October’15

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<td>MAGUIRE</td>
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<tr>
<td>WELCH</td>
<td>98</td>
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<tr>
<td>WRIGHT</td>
<td>94</td>
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COMMBANK
SCHOOL BANKING EVERY MONDAY.
ALL BANK BOOKS MUST BE IN MONDAY MORNING

GOING HOME THIS WEEK
LORITZ CIRCUS FLYER
EVERY CHILD K—6
YR 6 GOLDEN PASTA/RAVIOLI
ELDEST CHILD K-6