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.

4 November 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’

MUSIC ASSEMBLY

This Friday we have children from Year 1 to Year 6 performing at our Music Assembly. Some of the children have just begun learning how to play their chosen instrument and others have been playing for years! This assembly is a wonderful opportunity for them to share their talents with us. All parents and friends are invited to attend. Thank you to the instrumental tutors for their efforts in preparing the children and parents for their encouragement at home.

Benefits of Learning an Instrument

A boost to their brain power — music stimulates parts of the brain that are related to reading, maths and emotional development.

It will improve their memory — music stimulates different patterns of brain development.

It helps them socially — children learn important life skills such as how to relate to others, how to work as a team and appreciate the rewards that come from this team work, and the development of leadership skills and discipline.

It’s a confidence builder — they can develop a skill by themselves and continue getting better at it.

It teaches patience — rather than instant gratification, you have to wait your turn to play, otherwise it sounds terrible! This teaches patience!

It can help them connect — they learn to unwind in a calm and safe way while connecting with others.

Its constant learning — its inexhaustible — there’s always more to learn.

It’s a great form of expression — it gives pleasure and allows people to express their emotions creatively.

It teaches discipline — you not only have to be good at it, you have to practice, practice, practice and this takes discipline.

It fosters creativity — creativity is good for the mind, body and soul.

Sacred Heart presently offers tuition on a number of musical instruments. In addition to these instruments, for 2016 we are exploring the demand for adding tuition on traditional Concert Band instruments such as; flute, clarinet, trumpet, trombone and saxophone.

If you would like to express an interest in your child learning one of these instruments at school, please email Tim Forster (Lumen Christi College Music Coordinator) on forster.tim@lumen.wa.edu.au

CARPARK & SECURITY

PLEASE DO NOT PARK IN THE RED CRISS-CROSSED AREA NEAR THE FOOTPATH LEADING UP TO THE VINNIES BIN. Cars often cannot get around you to exit the carpark. Thank you.
Cars in our carpark appear to be being targeted during school hours (with another break in yesterday) and we cannot stress enough the need to be careful with your possessions. **DO NOT LEAVE HANDBAGS OR MOBILES or COMPUTERS IN THE CAR** even if you are going to be gone for just a minute. A minute is all it takes. Either take them with you or lock them in the boot.

**SPORT NEWS**

**GOLF LESSONS**

For the last 3 weeks the Year 5 and 6 students have been involved in a golf clinic during Physical Education. The Year 4 students had a one off lesson on Monday. If any students are keen to continue with the sport there are details below on who to contact and the club at which the lessons are held. Hopefully we have a future Jason Day on our hands!

**Gosnells Golf Club**  
Michael Bratovich  
9455 1917  
0408 998 886  
golfshop@gosnellsfc.com.au

**Whaleback Golf Course**  
Scott McLean  
0421 829 457

**INTERSCHOOL SPORT RESULTS**

On Wednesday and Friday of last week selected students were given the honour of representing the school in the Interschool Athletics Carnival. Congratulations to all the students that represented the school over the two days of the Interschool Athletics. It was great to see the sportsmanship shown by all schools with congratulations and hand shakes following events. Many of the students trained extremely hard in the lead up to the carnival and those who did reaped the rewards in their results.

On Wednesday the year 4-6 students competed in their field events and the 400m. I was extremely proud of all the students efforts with numerous students coming up to me explaining that they had thrown or jumped a personal best. At the conclusion of the day Sacred Heart was in 3rd place behind St Emilies and St Joseph's.

On Friday year 1-6 students went to compete in the 100m, 200m and the team games. The students all competed with great spirit and determination but unfortunately were unable to close the gap from Wednesday and the school ended up finishing 3rd. The final scores are listed below. Special congratulations go to the students listed below who received a medal for their efforts.

Thank you very much to all the parents who volunteered their time over the two days, it was greatly appreciated.

**Results 2015**

<table>
<thead>
<tr>
<th>School</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>St Josephs</td>
<td>1870</td>
</tr>
<tr>
<td>St Emilies</td>
<td>1808</td>
</tr>
<tr>
<td>Sacred Heart</td>
<td>1623</td>
</tr>
<tr>
<td>Notre Dame</td>
<td>1426</td>
</tr>
<tr>
<td>St Munchins</td>
<td>1411</td>
</tr>
</tbody>
</table>

**Individual Champions 2015**

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Runner up Champion Girl</td>
<td>Bella Harper</td>
</tr>
<tr>
<td>4 Runner up Champion Boy</td>
<td>Kalisto Ubu</td>
</tr>
<tr>
<td>5 Runner up Champion Girl</td>
<td>Holly Giles</td>
</tr>
</tbody>
</table>

**CAN YOU HELP??**

A local **WOMEN’S SHELTER** is in **URGENT** need of **NEW** Children’s **UNDERWEAR** sizes 2-12 and Adult Ladies **UNDERWEAR** various sizes. Often when a family has to make use of these shelters, they are only in the clothes that they are standing in and if we can help with these very essential and personal items, it would be appreciated. Please leave any donations in the office. Thank you.
Mental Health Matters – Why Talking is Important

Talking and listening to children does lots of important things - it improves your bond with them and encourages them to listen to you. It helps them to form relationships and to build self-esteem.

The basics

Like so many other things, talking and listening can be done badly, just OK, or really well. And like any other skill, you get better with practice.

Good communication with children is about:
- encouraging them to talk to you – and listening so they can tell you how they feel
- being able to really listen and responding in a sensitive way to all kinds of things – not just nice things or good news, but also anger, embarrassment, sadness or fear
- focusing on body language and actions as well as words, and interpreting nonverbal forms of communication.

Top tips for talking and listening

- Set aside time for talking and listening to each other.
- Listen to your children when they want to talk, have strong feelings or have a problem.
- Be open to talking about all kinds of feelings, including anger, joy, frustration, fear and anxiety.
- When talking to your child, try to remember how it was when you were a child and how you were generally attracted to those people who really listened to you.
- Let your child finish talking and then respond.
- Use language that your children will understand.
- Watch your child’s facial expression and body language. Listening isn’t just about hearing words, but also trying to understand what’s behind those words.
- To let your child know you’re listening, and make sure you’ve really understood, repeat back what your child has said and make lots of eye contact.
- Show your interest by saying such things as, ‘Tell me more about …’, ‘Really?!’ and ‘Go on …’. Ask children what they feel about the things they’re telling you about.
- Avoid criticism and blame. If you’re angry about something your child has done, try and explain why you want them not to do it again. Appeal to their sense of empathy.
- Work together to solve problems and conflicts.
- Be honest with each other.

For more ideas visit www.raisingchildren.net.au

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).

PLEASE CUT AND RETURN TO OFFICE.

Encourage your child to be a safe risk taker... and model the system for this:

Safety = Choice + Control + Time Limit
KINDY REQUIREMENTS: Kindy are collecting shoes boxes so if you can help please send them to the Kindergarten.

P & F NEWS

On behalf of the P & F I would like to express my heartfelt gratitude to the parents, grandparents and brothers who came down and assisted at the P & F Bunnings Sausage Sizzle. On top of that thank you to your wonderful P & F members who were also able to assist on the day. We are grateful to the Bunnings Community and the spattering of families who made it down to Bunnings to purchase their sausage sizzle lunch. We are very proud to announce that we made $1690 on the day to go towards purchasing more iPads for our children to utilise.

Dont forget to put Friday 20 November into your diaries – its school disco time! More details to follow next week.

PASTA FUNDRAISER

As these items 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.

YEAR SIX GRADUATION RAFFLE

Year 6 students will be selling raffle tickets every Tuesday and Thursday at lunchtime outside the Library. Tickets are 3 for $1.00 and prizes are displayed in the Library.

Schoenstatt Spring Fair


9 Talus Drive, Mt. Richon, 9399 2349 Sunday 8 November

10am to 2pm Jumping Castle, Bring Friends & Family

Come and see the wonderful contributions of many schools celebrating 100 years of Schoenstatt.
SUSTAINABILITY NEWS

The compost bins are working well, with students composting their fruit and veg scraps rather than throwing them away! Year 6 has learnt how to collect, sort and compost the scraps.

Remember, Wednesdays are Waste-Free, so send a healthy, waste-free lunch to school!

Competition Time!

Did you know...you can recycle your household batteries? Household batteries contain metals and chemicals that can contaminate landfill if thrown out with general waste.

Starting Monday 9 November, we will be having a class battery recycling completion, with the class that collects the most spent batteries winning a special prize! The competition will run for two weeks, and the winning class will be announced at assembly on Friday 20 November. Batteries can be handed in to your classroom where they’ll be collected and counted by the Year Sixes.

The following batteries can be recycled at school:

- AA, AAA (single use or rechargeable)
- C, D batteries
- Button batteries
- 9V and 6V batteries

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.
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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</thead>
<tbody>
<tr>
<td>2 February - 2 April</td>
<td>21 April - 3 July</td>
<td>21 July - 23 September</td>
<td>12 October - 11 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.

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>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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<tr>
<td>Tuesday</td>
<td>Closed</td>
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<tr>
<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>2.30-4.00pm</td>
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RECYCLE YOUR USED BATTERIES INTO THE BATTERY RECYCLING BIN IN THE SCHOOL OFFICE MONDAY—FRIDAY

St Brigid’s College Lesmurdie Community Weekend

St Brigid’s College has 2 wonderful events coming up to which we’d like to extend an invitation to all families.

Friday November 13th 7pm – Official Opening of the Art Exhibition and Sale. Tickets $20 Enjoy works from over 100 of Was most prominent artists, fine wines and canapés. Bookings essential on 9290 4245.

Sunday November 15th – SBC Community Fair on the Grounds of the Junior Oval. Over 50 stalls and amusements for all ages. 10am -3pm, all welcome.

All enquiries to Annamaria Cream 9290 4205.

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 9—13 NOVEMBER '15

<table>
<thead>
<tr>
<th>Monday</th>
<th>D. BARKER</th>
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<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. DAVID</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