Sacred Heart School Thornlie



From the Heart - 11 August 2022

Principal's Message

Dear Parents

What an amazing week we had last week with many events taking place. We celebrated Luna's 2nd birthday, our Interschool Cross Country team came in second place and our Christian Dance Troupe performed at the Catholic Performing Arts Festival. It is great to see children being involved in so many different activities and getting the opportunity to show their skills and talents. Thank you to the staff of Sacred Heart for providing these opportunities and parents and guardians for supporting your children in their dedication to practice, rehearse and commit to these pursuits. I have attached the adjudication sheet from the Christian Dance performance as it was a remarkable result.

Please keep our Year Four students and children from the Parish in your prayers as they prepare to receive the Sacrament of First Holy Communion. We look forward to celebrating with them later this term as they undertake this milestone in their spiritual journey.

A reminder that this coming **Monday 15 August** is a **pupil free day**. Our staff will be engaged in some important faith development taking place in conjunction with our parish. We will be sharing more about this venture in the future.

Our Parenting Ideas article is about how to manage the overwhelming emotions that can come with parenting. It is written by Turia Pitt. I hope you enjoy it.

Recently the school has been dealing with several issues that are resulting from iPad or IT use outside of school. Unfortunately, children then come to school with these issues, and they need to be unpacked and relationships restored which takes away from learning time. It is vital that adequate supervision is

provided to students when using devices at home and that children only have and use Apps that are age appropriate. You will find that a lot of Apps that your child may have asked to have on their devices are aged 13 years +. This is for a reason – primary school aged children lack the maturity to use these Apps appropriately. Privacy settings are also extremely important on these Apps as they limit who can contact your child. I have attached a link to the eSafety Commissioner website which has lots of helpful information for parents. I encourage you to audit your child's device and remove any Apps that are not age appropriate from your child's device. https://www.esafety.gov.au/

https://www.esafety.gov.au/key-issues/esafety-guide

This term we are focusing closely on our core school value of Responsibility. Please discuss this with your children at home when opportunities arise.

God Bless

Steve Gibbs

Principal

Performing Arts Festival Results



		2022 Adjudica Christian		t		
	Name:	Sacred Heart Liturgical Troupe			Section:	Ci
	School:	Sacred Heart Primary School, Thornlie			Year:	5-6
	Item/s;	Woman At The Well				
	Music Ac	companiment:	EXCELLENT	VERY GOOD	GOOD	TAIR
	RATING	Item/s:	1	1	1	1
		for age level & maturity of performers	~			
	Suitability	for didactic/liturgical use	1		П	Ħ
	Interpretati	ion		Ħ		
	Overall Im	spact	~			
	Variety and	d clarity of presentation			Ħ	
	Appropriat	te movement to music	0		Ħ	
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THANK YOU FOR PARTICIPATING IN THE PERFORMING ARTS FESTIVAL



The price of greatness is responsibility ~ Winston Churchill

Rank does not confer privilege or give power. It imposes responsibility ~ Peter Drucker

Parenting Ideas

What to do when life feels overwhelming

A friendly reminder: it's perfectly OK if you're finding things tough right now.

Being a parent is awesome. It's also exhilarating, frustrating, hilarious, exhausting, sun-drenched, rain-soaked, love-soaked, and overwhelming.

All the emotions. The full spectrum of them!

If you're having a hard time at the moment, I'm sending you a very large coffee and an uninterrupted night of sleep (preferably not at the same time).

I also have some tips for getting through a tough time in general.

I hope they help!

Firstly, try to accept it

Your experience in life right now might be better than someone else's ... or it might be worse. But, however you want to spin it, a tough time is a tough time. Accept it.

There's no need to temper it with an "at least"

Say to yourself "Yep, this sucks".

It's amazing what happens when we drop the facade that "Everything's OK".

Secondly, try to practice some mindfulness

About a year ago, my son Hakavai was gifted a secondhand box of Lego from a friend of a friend. And, he frothed on it. Every morning, for like a solid month (a decade in toddler time), he was playing with his Lego. Initially, I found it annoying.

Have you ever stepped, barefoot, on tiny little Lego pieces at 6 am, before coffee? Have you ever tried to vacuum around little Lego pieces?

(Don't kid me, you minx. You sucked 'em straight up into the vacuum, just like I did, didn't you?!).

But the Lego fascination seemed to be a lasting one, so one morning I sat down with him and tried to build something. But I couldn't, cos none of the sets were complete. And also, he didn't really want me to play with "his" Lego pieces either.

Which suited me fine, cos the next day I drove down to the shops and purchased a shiny new box of Lego. The police station set, not anything cool like the Star Wars ones (that stuff is expensive!!).

And that night, the very minute Hakavai fell asleep, I busted out my new Lego. A glass of wine at the ready, I relaxed into a world of tiny, intricate construction.

There was something soothing about following someone else's instructions and building the pieces block by block. I got to zone out, unwind, and temporarily forget my responsibilities.

That night, I slept not like a baby (they wake up a lot), but like a tiny, plastic policeman – flat on my back, in the same position I dropped down in.

Being mindful doesn't have to involve crystals and chanting and yoga pants. It's really about relaxing into the present moment. And when life is feeling all a bit too much, a little present moment time can feel really good.

Thirdly, ask yourself "What would make today feel just a little bit better?"

And whatever the answer is: making apple crumble, talking to a friend, putting on a comforting TV show, reading your favourite book, playing Monopoly with the kids ... go and do it. Make it happen.

Note: you're not asking "What do I have to get done today?". You're asking yourself "What would make my day feel just a little bit brighter?" (You'll be surprised how doing something hard makes you happy... like you've achieved something.)

This is something I started doing in my first year of being a Mum.

Those first few months were a blur and, with this tiny baby in my arms, my capacity for "doing things" was reduced. I had to drop my expectations for what I could realistically achieve in one day, especially in the first few months.

But on the days I prioritised doing something that made me feel good - even if it was just for 5 minutes - I felt clearer. More like myselfagain. Life felt like less of a blur.

So, this is your permission to drop the laundry, eat toast for dinner, and go and take a few minutes for yourself.

Heck, maybe you'll spend that time playing Lego!

I'll be with you, in spirit. At my own kitchen table, building a police station extension.

In closing

Lastly, my friend, please know that being human means experiencing a full spectrum of emotion. It's OK if you feel tired, overwhelmed, sad or angry.

Be kind to yourself and take a moment to appreciate all that you are and all that you do.

With love,

Turia x

Term 3 Key Dates for your diary

Monday 15 August 2022 - Pupil Free Day

Thursday 18 August 2022 - Year 3 Reconciliation Night, 6pm

Tuesday 23 August 2022 - Digitech Showcase Night, 5pm

Tuesday 20 September - Book Week dress up day!

Link to website to view Term Dates for the year http://shthorn.wa.edu.au/calendar/

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 1 NAIDOC Week	18-Jul NAIDOC Smoking Ceremony	19-Iul	NAIDOC Uturgy NAIDOC BBQ	21-ful	22-loi NAIDOC Celebrations Day	23-1ul /24-3ul
Week 2	29-lul	26-164	27-bil	28-ful Interschool Cross-Country Yr.3 Reconditation Parent Night Yr.5 Practice Test	29-Iul Virtual Assembly BRLA Vs.3 Practice Test	30-lul/31-lul
Week 3	1-Aug	2-Aug	3-Aug	4-Aug SRLA Yr.5	5-Aug BRLA Yr.3 BRLA (Catch Up)	6-Aug /7-Aug
Week 4	8-Aug	9-Aug	10-Aug Yr. 68 Attend Mass	11-Aug	12-Aug Yr. 5/6 Family life Education course	13-Aug/14-Aug
Week 5	15-Aug FlapEfree Day	16-Aug	17-Aug	18-Aug Tr.1 Reconciliation Night 6:30pm	19-Aug Virtual Assembly 9:00am Yr. S & Yr. d Dential Screening	20-Aug /21- Aug
Week 6	32-Aug	23-Aug Digitech Showcase Evening	24-Aug Yr. 58-Attend Mass	25-Aug	26-Aug Virtual Assembly Northall Cambral Pl Day & Morning Tea	27-Aug /28-Aug Commitment Mass (Communion 6:00pm)
Week 7	29-Aug	50-Aug P & F Father's Day Stall	31-Aug Yr, SW Attend Mass W, 4 Retrest	1- Sep Yr.4 Communion Parent Night Yr. 4 Excursion (Lumen-Conce Showcase)	2- Sep Father's Day Breakfast Year 1 Assembly	5-Sep /4-Sep
Week 8	5-5ep	6-Sep	7-Sep SAC Meeting	8-Sep Athletics Carnival Yr. 8-G	9-Sep Virtual Assembly Footy Colours Day	10- Sep / 11-Sep First Holy Communion 12pm
Week 9	12-Sep	13-Sep. Athletics Carrelval PP-Yr.6	14-Sep	15-Sep	16-Sep Faction Swimming Camival Yr.4-6 Dental Screening PP	17-Sep/18-Seg
Week 10	19-Sep National Deaf Day	20-Sep Book Week Dress up day	23-5ep	22-3ep P & F End of Term Event	23-Sep Pupil Pres Day	24-Sep/25-Sep

News from the Finance Officer

Unfortunately, there are a number of families who are not up to date with their school fee payments. Statements to those families will be sent out by email this week. The payment of your child's school fees goes towards the ongoing operation of our school and prompt payment on these accounts is appreciated. If you are experiencing difficulties in meeting your school fee commitments, please contact our Finance Officer, Lindy Munnings on 9251 3000 (Option 5) for a confidential discussion.

Kind regards

Mrs Lindy Munnings

Finance Officer

Luna's Corner



A special thank you to everyone for helping to make Luna's birthday such a special day for her. We are so impressed with all the entries for her "Design a Collar" and "Write a Luna Adventure" story. There were so many entries received we are still going through them, keep an eye on the newsletter for more details.



Digital Technology Showcase Night



If you would like to attend the Digital Technology Showcase Night on **Tuesday 23 August at 5pm** please RSVP using the link below. All are welcome to attend!

https://forms.office.com/Pages/ResponsePage.aspx?id=Iy-FxTM2KU-zhIHaU-NeIyouXUo2FV9NqoOVoXKMPPIUMig1QVFONU5QVE9HRjdCNkdCOFNMRjhBTy4u



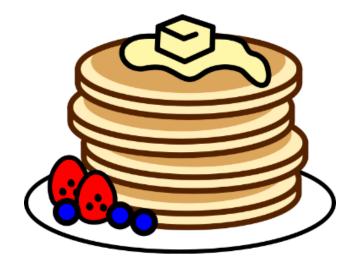
Homework Club is back for Children from Years 2 to 6!! Commencing Week 4 - Thursday 11 August 2022

If you would like your child from Year 2 to Year 6 to attend Homework Club on a Thursday afternoon in the Library, from 2.50pm-3.20pm, can you please complete the form below and return it to me or your classroom teacher. **Children will only be allowed to attend if we have signed permission from you.** The form can be emailed back to admin@shthorn.wa.edu.au¹. A hard copy of the form can also be obtained from the office.

Thank you
Kind regards
Anita Urquhart
Homework Club - Permission Note:
Igive permission to my son/daughter
to attend Homework Club on a Thursday afternoon. I understand that I need to pick my child up by 3.25pm at the latest at the front of the school and if they do not have homework, they cannot attend homework club.
Note: Please notify OSHC if your child usually attends on a Thursday afternoon.

¹mailto:admin@shthorn.wa.edu.au

Pyjama Day 26 August - Special Recess Canteen Order



Pikelets

3 Pikelets, (Banana, Mixed Berry and plain) for \$2.40

Brownes 300ml Flavoured Milk also available \$2.60

Chocolate Splash – Strawberry Smash – Banana Blast

Order online via QuickCliQ (under recess items) or the class lunch boxes by Friday 19 August

NO LATE ORDERS ACCEPTED as milk needs to be pre-ordered, NO ORDERS TAKEN ON THE DAY

KB - Thursday 25 August, paper orders only

Book Week 2022



Get your costumes ready! Mark it in your dairy!

Book week is this term, will be celebrated on **Tuesday 20 September**. The theme this year is **'Dreaming with eyes open'**. We will have activities for classes during their Health/Library lesson based on the nominated Children's Book Council's books for this year.

We would love to see some spectacular costumes based on our favourite book characters - will you come as Little Ash from the new Ash Barty books, or the Gangsta Granny from David Walliams' book, or even any one of the famous Roald Dahl characters? Or perhaps Pig the Pug, Macca the Alpaca, Kevin the cat, or even Hairy Maclary? Or you could even come in your favourite pair of pyjamas to fit this years theme!

We can't wait to see all of your fabulous creations!

Office Display - Library

We have some expertly reviewed books by the Year 4 classes. Feel free to pop into the office to have a look at some of the book reviews.



Year 6 House Captains and Student Council Photos for order

Dear Parents,

Following our recent school photography by Kapture, you can now view and order any special photos taken this year.

When visiting https://www.kapture.com.au/event.asp² you will need to enter our school code under the Sports & Event tab to access the gallery: **YGJ5JF**

Kind regards

Kapture Photography

 $^{^2} https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.kapture.com.au%2Fevent.asp&data=05|01|Chloe.OLeary%40cewa.edu.au|7763e4e4d5b44bd5dced08da6ec18047|c5852f2336334f29b38651da53e35e23|0|0|637944074610016369|Unknown|TWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6lk1hawWillCJXVCI6Mn0%3D|3000||&sdata=loISH0%2BEImgbwtQncd1lfPh96Ks0MyaOmjySaIndtVw%3D&reserved=0$

Canteen Menu for Term 3

Canteen is open Monday, Thursday & Friday 8.30am to 1pm.

Phone 92513007

RECESS & LUNCH orders available online via www.quickclig.com.au³ or via the class lunch order box



Canteen Roster for Term 3

NEW VOLUNTEERS ALWAYS WELCOME!

If you are unable to come in on your rostered day, please contact Abi 92513007 (8AM-1PM)

A/H 0421 831 343

³https://www.quickcliq.com.au

WEEK	MONDAY	THURSDAY	FRIDAY
	July 18th	July 21st	July 22nd
WEEK 1	J. GARVEY	J. ALBANESE	P. ELDER
	July 25th	July 28th	July 29th
WEEK 2	J. GARVEY	A. FOSTER	R. DEKENS
		K. COPE	S. SMITH
	August 1st	August 4th	August 5th
WEEK 3	J. GARVEY	L. FRISINA	M. JOUBERT
		L. BARNES	J. FARANDA
	August 8th	August 11th	August 12th
WEEK 4	J. GARVEY	J. ALBANESE	J. JACOB
		K. COPE	S. SMITH
	August 15th	August 18 th	August 19th
WEEK 5	Pupil Free Day	A. FOSTER	P. ELDER
		L. VOGELS	
	August 22nd	August 25th	August 26th
WEEK 6	J. GARVEY	K. COPE	R. DEKENS
			J. FARANDA
	August 29	Sept 1st	Sept 2nd
WEEK 7	J. GARVEY	J. ALBANESE	M. JOUBERT
		L. BARNES	
	Sept 5th	Sept 8th	Sept 9th
WEEK 8	J. GARVEY	A. FOSTER	J. JACOB
		K. COPE	S.SMITH
	Sept 12th	Sept 15th	Sept 16th
WEEK 9	J. GARVEY	J. KOENIG	P. ELDER
			J. FARANDA
	Sept 19th	Sept 22nd	Sept 23rd
WEEK 10	J. GARVEY	J. ALBANESE	Pupil Free Da
		K. COPE	3228
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Kindergarten Enrolments for 2023



If your child was born between **1 July 2018 to 30 June 2019** they will start 4 Year Old Kindergarten at the beginning of 2023. Enrolment forms can be obtained from the school office or via our website https://shthorn.wa.edu.au/enrolment-process/ and should be lodged with us as soon as possible.

Formal interviews are almost finished.

Parents and Friends (P&F)

P&F Pyjama Day

Friday 26 August is P&F Pyjama Day. Wear your favourite PJs to school for a gold coin donation. The Canteen will be putting on a special morning tea. Please keep your eye out for the update coming soon as to what will be on offer.

Father's Day Stall and Raffle

The Father's Day Stall will be held on Tuesday 30th August. Each class will visit the stall during the school day. Gifts will range from \$1 to \$5 with cards for 50 cents. Please note it is one gift per student, the maximum amount needed is \$5.50. We will be running a Father's Day Raffle which will be drawn at the Father's Day Breakfast. Tickets will be sent home with the students on the 18th of August. Tickets will be 3 for \$5. If you have a business or know of a business that would like to donate any items to the raffle, please get in touch via our Facebook page or email pandf@shthorn.wa.edu.au⁴

Sports Carnival

We have arranged for a coffee van to attend the day of the sports carnival – 13th September. They will have a selection of food available for purchase.

End of Term 3 Event

Save the Date – Thursday 22 September. This year the P&F will be hosting a Dance Party at the school. The DJ is booked, and preparations are underway to make this an unforgettable night for the kids. The Dance Party will run from 4:30pm - 6:00pm for Years PP - 3 and from 6:30pm - 8:00pm for Years 4-6.

⁴mailto:pandf@shthorn.wa.edu.au

Get your outfits and dance shoes ready. Tickets and goodie bags will be available for purchase, a link will be sent out soon in order to purchase both the tickets and goodie bags online.

My School Rules Competition

Our school is one of eight schools participating in The My School Rules Competition. **We ask you to** please remember to place any of the shopping dockets from Forest Lakes Forum in the Sacred Heart School box located outside Red Dot at Forest Lakes Forum.

Alternatively, you may place your shopping dockets in the P&F Box located in the Office, which will be collected and placed in the Sacred Heart School box at Forest Lakes Forum.

The totals of the shopping dockets are tallied during the school term and following school holidays. The school with the biggest improvement in points per enrolled student at the conclusion of the competition period compared to the same period the previous year wins the top prize of \$1,000 in shopping vouchers plus all schools win other minor prizes.

We really do value these shopping vouchers as they pay for many of the items we require during the year to carry out fundraising for our school and so we kindy ask you to please support this competition for the benefit of our school.

'Sacred Heart Thornlie P&F' Facebook Page

To keep up to date on all the exciting events that are happening at the school, 'Like' our Facebook Page. This is a great way to keep up to date on the latest events, when forms are due back and to ask any questions the P&F may be able to assist you with.

Search for Sacred Heart Thornlie P&F

Containers for Change Raffle

Don't forget we are running a Containers for Change Raffle with the prize being a Jumbuck Smoker kindly donated by Bunnings in Maddington.

All you need to do is bring your 10c containers on the following dates.

- Friday 12th August
- Friday 26th August
- Friday 10th September

For every ten containers you donate you will receive one raffle ticket into the draw. Times are between 8am – 8:30am and 2:15pm -3:00pm on each of the dates. We are located in the drive though pick up/drop area.

P&F Meeting

Our next meeting will be on **Monday 29 August** at **6:30pm** in the staff room. If you would like to come along and see what the P&F is about, we'd love to see lots of new faces. Everyone is welcome.









Welcome to Term 3 2022 Newsletter

Welcome to the latest edition of our Schoolzine eNewsletter!

Visit the link below to view your newsletter: https://cspwa.schoolzineplus.com/news?nid=415

Regards,

Siobhan Allen

Executive Director

Useful Links

Uniform Shop⁶ Sacred Heart Thornlie Parish⁷

OPEN DAY | DISCOVER MERCEDES COLLEGE

Founded by the Sisters of Mercy in 1846, Mercedes College offers young women from Year 7 to 12 an outstanding Catholic education based on the Mercy values. Located in the heart of Perth's beautiful heritage precinct, the College is the oldest all girls' school in Australia, still on the original site of foundation. Its mix of heritage and modern facilities offers students a unique learning environment in a dynamic city setting.

On Tuesday 6 September our gates will open to the prospective families for our Open Day Tour, which presents the opportunity to speak with members of the Senior Leadership Team, Heads of Department, and key Teachers. Enjoy a tour of College facilities led by some of our students, with two sessions available, 8.30am and 11am. To experience first-hand why learning in the city will benefit your daughter's education, please book into a session of your choice at www.mercedes.wa.edu.au/open-morning/8

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⁶https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store

⁷http://www.thornlie.perthcatholic.org.au/

⁸http://www.mercedes.wa.edu.au/open-morning/

