Sacred Heart School Thornlie



From the Heart - 4 May 2023

May: The Month of Mary

During the month of May the month of Mary, we are going to be thinking about Mary and her love for all of us and her love for God. She was so unapologetic in Her Yes to God and we remind ourselves of this Yes that she so willingly said and knew that Gods plan for her was steadfast and true.



Principal's Message

Dear Parents

Welcome back to a new school term. It has been wonderful to see students smiling faces and their enthusiasm in returning to their friends, teachers and their learning. This term we look forward to many

exciting events that you can locate on our term planner. Please ensure you have it on your fridge or in a handy spot so you know what is coming up.

Uniforms

Over the next few weeks, we will be beginning the transition to winter uniform. At present the weather is still quite warm, which is part of the reason we have a grace period. It also provides an opportunity for busy parents to visit the Willetton store and access items. We ask that all students be in winter uniform from next week. Please ensure hair, shoes and jewellery items are in keeping with our school policy. http://shthorn.wa.edu.au/pdf/policies_uniform.pdf

I have attached a link to the brief survey that I would like every parent to complete to get some feedback in relation to our school uniform. Please complete it to provide some much-needed feedback if you haven't already.

https://forms.office.com/r/GkKXEdNQEx

Mother's Day

I would like to wish all our Mums, Grandmothers and Female role models in our families a very special Mother's Day. Our event will take place next week and will involve a special Mass and then a shared morning tea with your child afterwards. A coffee van will be on site for the morning tea and for mums to enjoy a hot drink.

Parenting Ideas

Our Happy Families article is about Mother's Day but is for the Dads and Father figures. It is a refresher as I shared it also last year. Please read it and help make Mother's Day a great success.

Kindergarten Enrolments

Kindergarten placement interviews for 2024 will commence later this month. Please ensure you have your application in as soon as possible. These can be located at <u>https://shthorn.wa.edu.au/enrolment-documentation/</u> or a copy can be obtained from the front office.

Reverence

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

God Bless

Steve Gibbs

Principal

Reverence

'Worship means reverence and humility. It means revering your true self and humbling delusions' ~ Phil Cousineau

Reverence is the sense that there is something larger than the self, larger even that the human, to which one accords respect and awe and assent.' ~ Albert Schweitzer

Parenting Ideas

A Mother's Day message for Dads

Mother's Day is a sensitive topic to write about. While it is a day of joy and delight for many families, it can also be a day of difficulty, and even pain, trauma, or sadness for many others. Many of us have farewelled a mother, experienced a relationship rupture with our mum, or experienced other challenges. And so many mums, this Mother's Day, will be grappling with co-parenting, separation or divorce, or an inability to be with their children in loving and meaningful ways.

There are two other challenges that Mother's Day brings:

First, even on the day when Mum should be feeling loved on by everyone, the overwhelming load of cooking, cleaning, and even thinking about what the kids should "surprise her with" still falls to too many mums. This is not how it ought to be. And second, one day of bliss (if it works out that way at all) is nice, but what about the other 364 days of the year?

So this is a Mother's Day Insights with a difference. This is for the dads, the co-parents, the partners, the ex's, and anyone else who wants to make sure that the Mum of the house gets the love and respect she deserves, not just on Mother's Day, but on all of the days.

Mum, pass this on to your partner and others who matter. This is not for you this time. It's for them to read, memorise, and live.

Help mum develop a sense of time affluence

Have you noticed how often Mum is flustered? How often it seems like there's not enough time? And what time there is floats through the day like confetti, with just a minute here or there... and then the never ending demand that she get back into the rat race?

Recent research tells us our happiness goes up as our rushing goes down. It's called "time affluence" and it means that we slow our lives down so that it literally feels like we have more time, even if we don't.

How can partners do this? Help Mum build a sense of time affluence (or abundance if you prefer) by going for a walk rather than driving - and not walking for exercise. Create it by having a "yoyo" night (You're On Your Own) where the kids sort themselves out with leftovers or cheese toasties. Create a system where Mum doesn't have to feel obliged to do everything for everyone every time. Step back. Slow down. Or at least, let Mum do that a little more.

Be open to mum's influence

Have you noticed how Mum is always the one who steps back and let's everyone else decide? What would it be like if we were more inclined to look to Mum when decisions are being made and say, "Would you like to decide this one?"

It's true that sometimes Mum is tired of making decisions. Perhaps she doesn't want to. But studies show that even in our modern 2022, Mum is often voiceless. Everyone else gets what they want while Mum serves and does what she's told. If everyone could stop being a bossy boots and let Mum have a clearer, louder voice, not by yelling, but by seeking her counsel and inviting her opinions, it might make life nicer for all, especially Mum.

Ask how you can help

If everyone said, "Mum, how can I help?" or if partners said, "Honey, what do you need?" it might make Mum's day.

You know what's bigger? Help without asking. It shouldn't be up to Mum to have to tell everyone how to help and when to help and hassle them for not helping already. Do it without needing to be asked. This means remembering to empty the garbage or run the bins to the street, cleaning the kitchen, putting a load of washing on... you know, all that stuff that the cleaning fairy usually does.

Drop your agenda and help her with hers

It's easy to get caught up in our own agenda and forget that the woman we're brushing our teeth next to in the bathroom is a real person with hopes, dreams, and desires. Recognise her perspective and elevate her by treating her so well that your children will know how the most important person in your life ought to be treated. That way, when they're bigger (or even now), your kids have no doubt how they ought to treat their partner when they are old enough – and how they should expect to be treated.

The greatest compliment any dad could ever hear is "You always treated mum like she was the most wonderful woman in the world."

Bring that approach to every interaction. Make mum's day - every day.

(And a quick bonus tip: Do the leg work to make sure Mum actually has a nice Mother's Day and that she doesn't end up cooking, cleaning, or choosing her own gifts!)

Term Two Key Dates for your diary

- Monday 8 May Wednesday 10 May Scholastic Book Fair
- Friday 12 May Mother's Day Mass and Morning Tea
- Friday 26 May Year 6 Sacrament of Confirmation 6pm
- Wednesday 31 May and Thursday 1 June School photos
- Monday 5 June WA Day
- Tuesday 6 June Pupil Free Day

- Thursday 15 June House Cross Country
- Friday 16 June Sacred Heart Feast Day
- Friday 30 June Last day for term two

Term 2 calendar is attached and is posted on the school website. A hard copy of the Term two planner can be obtained from the school office.

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	24-Apr Catholic Day	25-Apr Anzac Day	26-Apr Staff Commence ANZAC Day ceremony 11:00am	27-Apr	28-Apr Farewell Father	29-Apr/30-Apr
Week 2	1- May	2- May	3- May	4- May Confirmation Retreat Day (Yr. 6) Confirmation Parent Meeting 6:00 pm	5- May Eagles Cup Liturgical Singing 1.30 - 2.10pm	6- May/7- May
Week 3	8- May P & F Meeting Kindy Incursion KB Bookfair	9- May Mother Day Stall Kindy Incursion KW	10- May	11- May Whole School Rosary & Virtual Assembly 9am	12- May Mother's Day Mass & Morning Tea Eagles Cup	13- May/14- May
Week 4	15- May	16- May Yr. 4 Excursion	17- May Parent Climate Survey Begins	18- May Whole School Rosary & Virtual Assembly 9am	19- May Eagles Cup Liturgical Singing 1.30 - 2.10pm	20- May/21- May
Week 5	22- May	23- May Reconciliation for Confirmation Candidates	24- May Whole school Mass – Solemnity of Our Lady Help of Christians	25- May Eagles Cup Whole School Rosary & Virtual Assembly 9am	26- May Sacrament of Confirmation 6pm National Sorry Day Liturgical Singing 1.30 - 2.10pm	27- May/28- May Anniversary of 1967 Referendum
Week 6 Reconciliation Week	29- May P & F Meeting	30- May	31- May Kindy Screen Parent Meeting 5pm School Photos	1- Jun	2- Jun Yr. 5 Assembly	3- Jun /4- Jun Mabo Day
Week 7	5- Jun WA Day	6- Jun Pupil Free Day	7- Jun LifeLink Launch	8- Jun Virtual Assembly 9am	9- Jun Eagles Cup Liturgical Singing 1.30 - 2.10pm	10- Jun/11- Jun
Week 8	12- Jun	13- Jun Staff Meeting	14- Jun Parent Climate Survey ends.	15- Jun Faction Cross Country	16- Jun Sacred Heart Feast Day	17- Jun/18- Jun
Week 9	19- Jun	20- Jun Parent Interviews	21- Jun	22- Jun Michael Mangan PP to Yr.6 Incursion	23- Jun Yr. 3 Assembly	24- Jun/25- Jun Sacrament of Reconciliation Commitment Mass 6pm Saturday TBC
Week 10	26- Jun	(3:00-6:30 pm Hall) 27- Jun	28- Jun	29- Jun <mark>Reports sent Home</mark>	30- Jun Last day for students	1- Jul /2- Jul Coming of the Light



Religious Education News

Caritas Project Compassion

Thank you to all students and families who generously donated to project compassion. Altogether we raised just over \$600. This money has been sent to Caritas which will be used to support the needy in Australia and worldwide. Thank you for your generosity!

Term 2 and 3 Sacrament Dates - Mark them in your diary!

Confirmation

- Thursday 4 May Confirmation Retreat Day for all Year 6 students
- Thursday 4 May Confirmation Parent Meeting 6pm
- Friday 26 May Sacrament of Confirmation 6pm

Reconciliation

- Saturday 24 June 6pm Sacrament of Reconciliation Commitment Mass
- Thursday 3 August 6pm Sacrament of Reconciliation Parent Meeting
- Thursday 10 August Reconciliation Retreat Day for all Year 3 Students
- Thursday 17 August 6pm Sacrament of Reconciliation

First Holy Communion

- Saturday 29 July 6pm First Holy Communion Commitment Mass
- Thursday 31 August 6pm First Holy Communion Parent Meeting
- Thursday 31 August First Holy Communion Retreat Day for all Year 4 Students
- Sunday 10 September 12 pm Sacrament of First Holy Communion

Mother's Day



Thank you to all mothers who sent their RSVP for our Mother's Day event next Friday 12th May. We look forward to mothers and mother figures joining us in mass and then afterwards on the school oval (weather permitting) for a BYO picnic morning tea. A coffee van will be provided for the mums that attend. Please bring a picnic rug or chairs.

Important - School Climate Survey

We would like to offer all parents the opportunity to provide feedback about their experiences at Sacred Heart School by participating in the School Climate Survey.

The survey provides valuable feedback to the school. Parent responses remain anonymous. We encourage as many parents as possible to participate in the survey. Please Click on the link, Press Start questionnaire and enter the code provided to begin the Climate Survey www.NSIPartnerships.com.au¹ code - SHPSPACS



News from the Finance Officer

SCHOOL FEES

School Fees for 2023 were emailed home to all families in February.

Thank you to those parents who have completed the payment options form on Page 2 and returned this to school.

We have already had a number of families who have either paid the first instalment or the full account which is greatly appreciated by the school.

Reminders will be sent home to families that have not let us know how their children's school fee account will be settled.

Payment arrangements i.e., weekly/fortnightly/monthly by Direct Debit or BPAY must be approved by the school. Please contact Lindy Munnings on accounts@shthorn.wa.edu.au² for a confidential discussion regarding payment plans or if you are experiencing difficulties in meeting your school fee commitments.

HEALTHCARE CARDS

It is the responsibility of the parents to present their new card at the school office (so a copy can be taken) to ensure that discounts are not cancelled because the card has expired. If you have received an updated Health Care Card recently, please bring it in to complete the forms as soon as possible.

Lindy Munnings

Finance Officer

¹<u>https://www.NSIPartnerships.com.au</u>

²mailto:accounts@shthorn.wa.edu.au

Winter Uniform - Term 2 and 3

Term 2 marks the start of winter uniform.

There is a grace period of two weeks where students can still wear summer uniform. However, from next Monday 8 May all students must wear winter uniform. The winter uniform can be purchased from the Uniform Shop at Uniform Concepts in Willetton.

Appointments do not have to be made.

Or you can check out the second-hand uniform page on Facebook - Sacred Heart Thornlie 2nd Hand Uniform Buy and Sell Page.

Further information about the school uniform and pricing can be found on our website http://shthorn.wa.edu.au/uniform/

or on the Uniform Concepts website <u>https://www.nellgray.com.au/Schools/Sacred-Heart-School-</u> <u>Thornlie</u>

Winter Uniform Comprises:

Boys:

- Button up blue school shirt short sleeved
- Grey school trousers or grey shorts
- Blue woollen school pullover jumper
- Grey school socks with blue and white stripes
- Black leather lace-up shoes

Girls:

- Blue button up school blouse
- Navy winter skort
- Blue woollen school pullover jumper
- Short blue school socks or navy tights
- Black leather lace-up shoes

Sports Uniform:

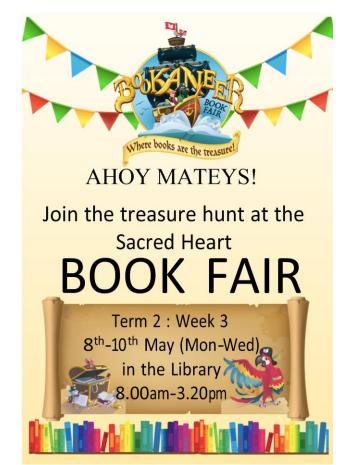
- Sports jacket
- Track pants
- House coloured polo or class (royal blue) polo
- White socks

- White trainers
- School Hat

Book Fair - next week

Our Book Fair begins next Monday and concludes on Wednesday! We will have a huge selection of books for purchase as well as stationery items and posters with the sale of every single item earning book rewards for our Library.

The library will be open before school from 8am and also open after school. Students will also visit the fair during their Health/Library lesson. We look forward to welcoming all of our families to the Book Fair next week!



Sacred Heart Excellent Work in Talk 4 Writing Program

On Tuesday 2 May Sacred Heart School had a special visit from the UK. Marie Richards who is the Talk 4 Writing Director came all the way from the UK to speak to our lead teachers and to observe and support the staff and students with our Talk 4 Writing Program. Sacred Heart received amazing commendations from Ms Richardson who was very impressed with the Talk for Writing teaching that is occurring in every

classroom at our school as well as the amazing writing and book work that the students presented. We are so pleased that Ms Richardson has affirmed the good work that is occurring in our classrooms.



Reminder - Allergies

A friendly reminder that Sacred Heart is a "Nut Aware School"

ALL parents are asked to consider the health risks to others when packing lunch boxes and avoid sending any nuts or nut products e.g. Peanut Paste, Nutella, Muesli Bars containing nuts

If other life-threatening food allergies exist, parents in specific year levels will be informed.

Michael Mangan - Celebrate! Let's Celebrate



As a part of the Religious Education program and to celebrate our Catholic identity in song we are excited to announce that Catholic singer/songwriter MICHAEL MANGAN will be coming to Sacred Heart School for his live "Celebrate! Let's Celebrate" tour. The children from PP - Year 6 will have the opportunity to sing, move and celebrate our faith with the actual composer of our favourite and well-known liturgical songs. Details below:

- Thursday 22 June 2023
- All B classes (9:00am 10:15 am)
- All W classes (10:40am 11:55am)

Mrs Christina Vinci

Performing Arts/ Music Teacher.

Enrolments now open for Kindergarten 2024



If your child was born between **1 July 2019 to 30 June 2020** they will start 4 Year Old Kindergarten at the beginning of 2024. Enrolment forms can be obtained from the school office or via our website <u>https://shthorn.wa.edu.au/enrolment-process/</u> and should be lodged with us as soon as possible. Enrolment interviews will commence later this month.

Year 6 2023 - Yearbook

There is a lot happening behind the scenes to get the Year 6 2023 Yearbook together.

If you have any photos from over the years that you would like to share can you please send them to shpsyearbook2023@gmail.com³ Please include the date and event that these photos relate to.

We also have a Facebook page - we welcome Year 6 parents to join this Facebook group for up to date communication about the yearbook. The FB page is called **Sacred Heart School Year 6 Mums and Dads.**

Many thanks

Year 6 Yearbook Committee

Parents and Friends (P&F)

Easter Raffle

Congratulations to all the winners of the Easter Raffle last term. It is always so much fun watching the excitement on the children's faces when the winners are drawn. We hope everyone had a lovely break.

³mailto:shpsyearbook2023@gmail.com

Mother's Day Stall & Raffle

Mother's Day Stall Tuesday 9th May 2023 Please note this year there has been a price increase on presents. Items will range from \$2.00 - \$7.00 with cards being \$1.00. Students can purchase two presents at this year's stall. For all the new parents, the P&F run a stall each year as a community service where the students come along during class time and buy a present for their Mum/caregiver. Please don't send your child to school with any more than \$15.00. For the students in Kindy (KW) the stall will be available to them on Wednesday 10th May. If there is any left over stock a table will be set up outside the Library on Friday 12th May during the lunch break for students to come along and purchase additional items.

Raffle Tickets have now been sent home and are due back on Tuesday 9th May. The raffle will be drawn at the Mother's Day Morning Tea.

If you have a business or know of one that would like to support our raffle, please contact us at pandf@shthorn.wa.edu.au⁴. If all donations could be dropped off at the office by Wednesday 10th May.

'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

The P&F has been running the Containers for Change program for a few years now. This has proven to be a profitable scheme for the school, and we would like to encourage our existing and new families to please donate your eligible containers. The bins are located next to the clothing donation bins near the double gate exit from the car park on Ovens Road.

P&F Meeting

Our next meeting will be held on Monday 8th May at 6:30pm in the staff room. Entry is through the school office. We would love to see some new faces and encourage anyone wanting to know more about the P&F to come along.

⁴mailto:pandf@shthorn.wa.edu.au

Canteen - Term Two Menu

MENU ITEMS				MONDAY	THURSDAY	
RECESS Soc Crunch & Sip (Salad sticks) \$1.50 Fruit cup (seasonal fruit) 30c Cocktail Spring Roll 60c Dinobite \$1.30 Party Pie \$1.00 Hash brown \$1.20 Cheezie \$1.50 Cheezie sub \$2.00 Piza cheezie sub \$2.00 Warm Milo & Mini Muffin \$100		SANDWICHES & WRAPS White or wholemeal Vegemite \$2.50 Ham \$3.00 Cheese \$2.50 Ham/salad \$4.30 Tuna \$3.00 Salad \$3.30 Tuna/salad \$4.30 Egg \$3.00 Chicken \$3.00 Curried Egg \$3.50 Chick/salad \$4.30 (Salad : carrot, cucumber, lettuce & tomato) EXTRAS Beetroot 50c Onion 30c Cheese 50c Mustard mild 50c		Bento Box \$6.00	add extras options mustard 50c, cheese 50c Meatball Sub \$5.00 (Meatballs, Cheese & Sauce) Nachos (Corn chips, salsa & cheese) TOASTED POCKETS (Chicken or Ham or Vegeie (carrot & spinach) with cheese) \$4.50 Add Salsa 50c, Mayo 50c Bento Box \$6.00 Mini muffin, fruit, cheese & crackers, chick wing & a cheese or ham or	
DRINKS WATER \$1.60 99% JUICE BOX \$2.00 Apple or Tropical		Mayo 50c Sauce sachet 50c Wrap 50c Toasted 50c LUNCHBAGS 10 FOR 50c				
JUICE BOMBS \$2.80 Apple & Raspberry, Apple Blackcurrant, Watermelon, Apple Cola FLAVOURED MILK \$2.80 Chocolate splash, Strawberry smash, Banana Milk		PASTA Lasagne \$5.50 Macaroni Cheese (V) \$5.50 Twista Pasta Bolognese \$5.50		Pizza & Juice Box Co (Margarita o add pir Sausage Roll Beef Pie	FRIDAY ox Combo \$5.00 rita or Ham & Cheese) dd pineapple 50c \$4.00 \$4.50 ze on tomato sauce 50c	

Canteen is open 8.30am -1pm Monday, Thursday & Friday 92513007

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

Canteen Roster - Term Two

WEEK	MONDAY	THURSDAY	FRIDAY
	April 24th	April 27th	April 28th
WEEK 1	Pupil Free Day	R. CARROLL	J. ALBANESE
	May 1st	May 4th	May 5th
WEEK 2	J. GARVEY	A. FOSTER	M. JOUBERT
	TAHRA	A. JENYNS	P. ELDER
	May 8th	May 11th	May 12 th
WEEK 3	J. GARVEY	P. ELDER	J. FARANDA
	G. SHRESTHA	J. PAYNE	C. ELLIS
	May 15th	May 18th	May 19th
WEEK 4	J. GARVEY	K. COPE	L. BARNES
	S. SCOTT	J. PAYNE	L. GRIGGS
	May 22nd	May 25th	May 26th
WEEK 5	J. GARVEY	A. FOSTER	L. CUNNANE
	J. PAYNE	R. CARROLL	N. ROWE
	May 29th	June 1st	June 2nd
WEEK 6	J. GARVEY	P. ELDER	R. DEKENS
	TAHRA	J. PAYNE	J. FARANDA
	June 5th	June 8th	June 9th
WEEK 7	WA Day	MIMA	C. ELLIS
		A. JENYNS	J. ALBANESE
	June 12th	June 15th	June 16th
WEEK 8	J. GARVEY	A. FOSTER	M. JOUBERT
	G. SHRESTHA	J. PAYNE	L. BARNES
	June 19th	June 22nd	June 23rd
WEEK 9	J. GARVEY	R. CARROLL	J. FARANDA
	J. PAYNE	L. VOGELS	C. ELLIS
	June 26th J.	June 29th J.	June 30th
WEEK 10	GARVEY	PAYNE	R. DEKENS

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



Families Week 2023 - Gostalks-Claire Orange

CITY OF GOSNELLS

milies

Claire Orange

Child and family mental health author, advocate and speaker

Claire Orange is committed to helping children and their families to thrive and flourish.

Claire has co-authored 16 books

with her co-director of BEST Programs 4 Kids, Helen Davidson, and draws on over 27 years of working with children and their families, as well as her own experiences of raising four boys.

15 – 21 MAY



Claire Orange: School Challenges and Childhood Wellbeing

Thursday 18 May

5.30pm – 8pm Don Russell Performing Arts Centre Murdoch Road, Thornlie

Refreshments, speaker presentation followed by Q&A opportunities



Includes light refreshments

Scan for more details and to book:





gosnells.wa.gov.au | 9397 3000 | f /CityofGosnellsChildrenandFamilies

South Thornlie Dental Therapy Centre

South Thornlie Dental Therapy Centre will be closed for renovations during the April School holidays and extending into Term 2 for two to three weeks.

In case of an emergency please take note of the clinics open during these dates

- Emergency Cover: 12/04/23 to 14/04/23 EXCELSIOR DTC : 9256 4170
- Emergency Cover: 17/04/23 to 21/04/23 BANNISTER CREEK DTC :9451 1761
- Emergency Cover: 26/04/23 until to be advised EXCELSIOR DTC : 9256 4170

Families will be notified once South Thornlie Dental re-opens.

Useful Links

Uniform Shop⁵ Sacred Heart Thornlie Parish⁶

⁵<u>https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store</u> 6<u>http://www.thornlie.perthcatholic.org.au/</u>