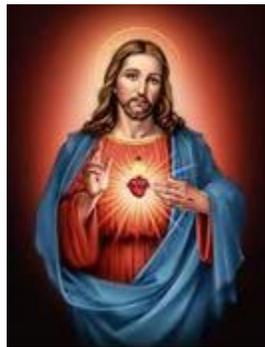


# Sacred Heart School Thornlie



**From the Heart - 16 June 2023**



*Dear God, you know and love us personally.*

*Your Son, our Lord Jesus Christ,*

*Gave us his Body and Blood in the Eucharist*

*As a sign of your love for us.*

*Through it may we come to experience your love,*

*And in turn love others.*

**Amen.**

## Principal's Message

Dear Parents

This week we celebrate Sacred Heart Day, in reverence to our founding Sisters and their devotion to the Sacred Heart of Jesus. This is a much loved day in our school year and is fun filled for the children whilst also drawing their attention to the meaning of our school name and the link to the Loreto Sisters traditions. The funds raised on Sacred Heart Day are used to support Lifelink and also to donate to Loreto school missions in the developing world.

Mr Bouffler did another amazing job in organising our Cross Country Carnival. A lot of careful planning went in to the day and there was some amazing running on display. The children were also very positive in cheering each other on to do their best. A list of placings will be on Facebook and in the next newsletter.

I would like to remind all families that the school is currently conducting Kindergarten enrolments, please make sure if you have a child entering Kindergarten in 2024 (born between 1 July 2019 to 30 June 2020) then you need to enrol as soon as possible. If you have friends or family with children please share this news with them to ensure they do not miss out on a place.

I would like to thank the Kindergarten team for the wonderful job they did in ordering new furniture for the room. The choices are inspired and suit the philosophy of the teaching perfectly. I would also like to thank Mr Jones and Mr Stilwell for their amazing work in assembling and installing the furnishings.

Next week you are invited to attend meetings with classroom teachers. It is very important that you are up to date with your child's learning and what you can do to assist in their learning as part of the school/home partnership. During enrolment interviews for Kindergarten I highlight to new families the importance of a positive, engaging and honest parent and school partnership. It is absolutely critical to a successful education. Thanks in advance to the teaching staff who will give up evenings to conduct the interviews.

Our Happy Families article this week is about deep listening. It provides some helpful suggestions on how to ensure you are listening really well to your child/ren. I hope you find it useful.

This term we have been focussing on the school virtue of Reverence. I was extremely impressed with the childrens' display of this at our recent Sacred Heart Day mass. A great example of our values in action.

God Bless

Steve Gibbs

Principal

## Happy Families

**Are you a good listener?**

Most of us have had the experience of talking to someone who is listening, but not *really* listening—listening, but not *deeply* listening.

Deep listening is a sense of presence, inner stillness, openness, and mindful attention to what the other communicates in their body, speech, and silence. In parenting, deep listening helps us identify and respond sensitively to children's needs.

Decades of evidence shows that attuned, sensitive, and emotionally available caregiving promotes children's healthy development, secure attachment, and mental health. The founders of the Circle of Security program convey the feeling of listening deeply to one's child in a simple phrase: **"I am here, and you are worth it."** This is a powerful reminder to us as parents that our presence and attention can be instrumental in cultivating our child's sense of self-worth and mental health. We have only to recall the last time that we felt truly listened to in order to conjure that same sense of worthiness—*Wow, my voice matters; I am someone worth listening to.*

Unfortunately, deep listening doesn't come naturally to all of us. It may even seem counter-intuitive in our culture of quick fixes and endless scrolling for fast advice.

### **Learning to Listen Deeply**

So how do we practice the art of deep listening? Just as weight training helps us build and strengthen the muscles of our body, practicing deep listening builds and strengthens our capacity to listen. Every day we are presented with opportunities to practice being truly present with our families and connecting to their experience in a more powerful way. Here are some tips for building your deep listening "muscle":

*1. Connect with yourself first.* One of the best ways to build our capacity to listen deeply to others is to practice slowing down, turning our attention inward, and being present with our own experience—with our own thoughts, emotions, and bodily sensations. In other words, by listening deeply to ourselves and connecting with our own experience, it becomes easier to do so for others.

*2. Make time.* Deep listening requires our time. It may be helpful to build regular, intentional time into your schedule to truly be present with your loved ones. For couples, this could be a once-a-week check-in in which you give each other space to discuss what is on your mind and in your heart, with an emphasis on connection over criticism. For parents, the walk or drive home from school and mealtimes may be good opportunities to check in with your child and simply be present for whatever comes up. Build a routine that works for you and your loved ones, whatever that looks like. The important thing is that we make time.

*3. Minimize distractions (and put down your phone!).* Many of us have become master multi-taskers, splitting our attention between multiple tasks and flicking between tabs on our screens. Deep listening can't be just another tab open; it requires our full mind and heart to show up. Even young children can tell when adults in their lives are distracted, and research shows that parents' increased distraction can take a toll on children's development. Therefore, it is important to minimize distractions during the time we devote to deep listening. This may mean putting down our phones, turning off the TV, and shutting down the computer; it may mean going someplace away from the hustle and bustle of the office or home. We don't have to sit in perfect stillness to listen deeply but limiting distractions can help create the conditions for our minds to settle and be fully present.

4. Notice the urge to move away (interrupt, fix, distract, move on) and choose to come back. Mindful listening is all about paying attention and noticing, and this includes noticing when tension, anxiety, or distraction arise. Often, these signal a desire to move away from being with the person and towards doing—for example, interrupting, changing the topic, or trying to “fix” the problem. When this tendency arises, simply notice it. Name it silently, “Ah! There’s me trying to fix this,” and gently return to listening.

Be gentle with yourself. Many people didn’t experience deep listening in their childhood and enter adulthood with a limited capacity for listening to and being with others’ emotions. We tend to fall back on the communication styles and habits that we experienced in our family of origin, even if these are unhelpful in our adult relationships. Notice when these old tendencies are present and appreciate that it takes time to learn to communicate differently. Thankfully, deep listening does not require perfection; it requires awareness—and a willingness to practice coming back to those we love again and again.

## Term Two Key Dates for your diary

- Friday 30 June - Last day for term two
- Tuesday 18 July - First day for term three

**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	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	27- Jun Parent Interviews (3:00-6:30 pm Hall)	28- Jun	29- Jun Reports sent Home	30- Jun Last day for students	1- Jul/2- Jul Coming of the Light



## Religious Education News

### Life Link Launch 2023

Our Faithful Faces student leaders Amelia, Isabella, Jack and Aidan represented our school at the 2023 Life Link Launch at Newman College. Our leaders joined hundreds of Catholic schools around Perth to learn about the many Catholic Agencies that Life Link support throughout Western Australia, helping so many Western Australians with their diverse needs. Our school will be proudly supporting Life Link on Friday with our Sacred Heart Stalls when all the money raised at the stalls will be donated to Life Link appeal. Our final fundraising total will be announced in our next newsletter.



## Parent Teacher Interviews for Years 1 to 6 in Week 9

A reminder to Years 1 to 6 parents to please book a time to meet with your child's class teacher during our Interview sessions either Tuesday 20th or Wednesday 21st June. Information for our online booking schedule was sent to parents via email last week.

All meetings will be held in the Brennan Hall. Please enter and exit the school through the main gates near the Year 1 and 2 classrooms. Make your way down to the Hall entering through the back entrance of the Hall. Please DO NOT try and enter or exit the Hall through the side oval gate or through the front

Hall gate. OSHC will be in session, and you cannot go through the front door of the Hall or via the oval. Thank you for your understanding with this.

These meetings are designed to be short, while still enabling parents to clarify concerns and ask questions. They also provide an opportunity for that all-important face-to-face contact with teachers. Please respect your time allocation to allow parents who have booked after you the opportunity to make their meeting. If you require more time, this can be made outside of these general sessions. We ask that children do not attend these meetings.

For these interviews we are utilising the internet-based booking system called Parent Teacher On-Line (PTO). Using this system, you will be able to book the interview times that suit you best. Please access the system by using the following link <https://bookings.parentteacheronline.com.au?school=tcpus>

## Reports and SEQTA

### Pre-Primary to Year 6 Semester 1 Reports

All semester reports will be accessible to parents in Week 10 via our SEQTA Engage parent platform.

### New Parents to Sacred Heart

New parents from Pre-primary to Year 6 would have received an email on Tuesday 13 June inviting you to join SEQTA engage. This is to enable you to access your child's school reports. Please activate this account within a week of receiving this email as the activation period lasts for one week.

### Existing Parents at Sacred Heart

Existing parents who have forgotten their Seqta Engage login details can directly contact Mrs Min via email [Darlene.min@cewa.edu.au](mailto:Darlene.min@cewa.edu.au)<sup>1</sup> to reset their password.

## News from the Finance Officer

### SCHOOL FEES – 2nd Instalment due 30th June

Please pay the 2nd Instalment by 30th June if you have chosen the 3 Instalment Option for School Fee Payments.

Reminders will be sent home to families next week.

Please contact Lindy Munnings on [accounts@shthorn.wa.edu.au](mailto:accounts@shthorn.wa.edu.au)<sup>2</sup> for a confidential discussion regarding payment plans or if you are experiencing difficulties in meeting your school fee commitments.

### HEALTHCARE CARDS

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<sup>1</sup><mailto:Darlene.min@cewa.edu.au>

<sup>2</sup><mailto:accounts@shthorn.wa.edu.au>

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

## 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 <https://shthorn.wa.edu.au/enrolment-process/> and should be lodged with us as soon as possible. Enrolment interviews have commenced for new families and will take place in Term 3 for sibling interviews.

## Parents and Friends (P&F)

### Canteen - Term Two Menu

#### **New Playground**

The school has asked the P&F to fund two new playgrounds. The junior playground will be upgraded and the existing fitness equipment around the oval will be replaced with a new contemporary Ninja Warrior course. To make this happen for the students we need our school community's help and support while we fundraise very hard this year. If we can raise enough money in time, we anticipate the Ninja Warrior Course to be installed before the end of the year. The playground that was installed in 2021 has been a huge hit with the kids and we can't wait to have all playgrounds upgraded for them to use for years to come.

**SAVE THE DATE - ADULTS ONLY FUNDRAISER,**

It's been a while but it's coming back, **BOGAN BINGO!!** Please save the date, **Saturday 28 October 2023.** This will be a major fundraiser and one of the best social events you attend this year. Details to come early Term 3 but for now please put this date in your diary and let all your family and friends know.

### Term 3 End of School Event

On the last day of Term 3 the P&F will host a Colour Run. This will be run through The Australian Fundraising Company again. All forms and details will be sent home closer to the date.

### '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 31 July 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.

MENU ITEMS		MONDAY	THURSDAY
<b>RECESS</b>	50c	<b>Beef Burger</b> \$5.00 (Beef patty, cheese & tom sauce)	<b>Hot dog &amp; tomato sauce</b> \$4.50 add extras options mustard 50c, cheese 50c
Crunch & Sip (Salad sticks)	\$1.50	<b>Chicken Burger</b> \$5.00 (Crumbed chicken, cheese & tom sauce) add extras options e.g lettuce 50c, tomato 50c, onion 30c, mayo 50c mustard 50c, pineapple 50c	<b>Meatball Sub</b> \$5.00 (Meatballs, Cheese & Sauce)
Fruit cup (seasonal fruit)	30c	<b>Nugget Box</b> \$6.00 (Hashbrowns, Chicken Nuggets + juice box)	<b>Nachos</b> \$4.00 (Corn chips, salsa & cheese)
Cocktail Spring Roll	60c	<b>Bento Box</b> \$6.00 Mini muffin, fruit, cheese & crackers, chick wing & a cheese or ham or vegemite s/w	<b>TOASTED POCKETS</b> (Chicken or Ham or Veggie [carrot & spinach] with cheese) \$4.50 Add Salsa 50c, Mayo 50c
Dinobite	\$1.30	<b>Salad Box</b> \$5.50 Cheese, cucumber, carrot, lettuce, tomato & egg ADD chicken, ham or tuna \$1.00	<b>Bento Box</b> \$6.00 Mini muffin, fruit, cheese & crackers, chick wing & a cheese or ham or vegemite s/w
Party Pie	\$1.00		<b>Salad Box</b> \$5.50 Cheese, cucumber, carrot, lettuce, tomato & egg ADD chicken, ham or tuna \$1.00
Hash brown	\$1.00		
Cheezie	\$1.20		
Vegemite cheezie	\$1.50		
Cheezie sub	\$2.00		
Pizza cheezie sub	\$2.00		
Warm Milo & Mini Muffin			
<b>DRINKS</b>			
<b>WATER</b>	\$1.60		
<b>99% JUICE BOX</b>	\$2.00		
Apple or Tropical			
<b>JUICE BOMBS</b>	\$2.80		
Apple & Raspberry, Apple			
Blackcurrant, Watermelon, Apple			
Cola			
<b>FLAVOURED MILK</b>	\$2.80		
Chocolate splash, Strawberry smash, Banana Milk			
<b>SANDWICHES &amp; WRAPS</b>			
<b>White or wholemeal</b>			
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)			
<b>EXTRAS</b>			
Beetroot 50c	Onion 30c		
Cheese 50c	Mustard mild 50c		
Mayo 50c	Sauce sachet 50c		
<b>Wrap 50c</b>	<b>Toasted 50c</b>		
<b>LUNCHBAGS 10 FOR 50c</b>			
<b>PASTA</b>			
Lasagne \$5.50			
Macaroni Cheese (V) \$5.50			
Twista Pasta Bolognese \$5.50			
		<b>FRIDAY</b>	
		<b>Pizza &amp; Juice Box Combo</b> \$5.00 (Margarita or Ham & Cheese) add pineapple 50c	
		<b>Sausage Roll</b> \$4.00	
		<b>Beef Pie</b> \$4.50 Add squeeze on tomato sauce 50c	

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

RECESS & LUNCH orders available online via [www.quickcliq.com.au](http://www.quickcliq.com.au) or via the class lunch order box

## Canteen Roster - Term Two and Sign up for Term Three

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

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

If you are able to assist in the Canteen in Term Three please complete the attached form  
<https://forms.office.com/r/xsqQvYeZZ2>

A colorful advertisement for Junior Engineers' School Holiday Coding and Robotics Camps. The background is a vibrant blue space theme with planets and stars. The text includes:

- Junior Engineers** logo at the top.
- SCHOOL HOLIDAY CODING AND ROBOTICS CAMPS** in large white letters.
- A quote: "My child was engaged and enthusiastic and excited to go each day" with five stars.
- Attention all future space explorers!**
- Text: "Are you ready to blast off into the universe this School Holidays?"
- A QR code and contact information: "Scan to Book online", "Contact our friendly team", "0800 083 343", "enquiries@juniorengineers.com".
- 2 DAY SCHOOL HOLIDAY CAMPS** section with "Beginner Courses:" and four icons representing different activities: "ROBOTICS", "CODING", "SPACE STATIONS", and "PLANETARIUM". Below these icons are age ranges: "Ages 7-12 years", "Ages 7-12 years", "Ages 5-10 years", and "Ages 5-8 years".
- Various Locations** in North and South Perth, WA.
- A list of features:
  - Exciting projects like building your own rockets and space stations
  - Coding challenges that will leave your brain buzzing
  - All classes are open to the public
  - Online available: Private 1:1 Tutoring and Group Classes
- Images of children in orange shirts participating in activities.

## Useful Links

Uniform Shop<sup>3</sup> Sacred Heart Thornlie Parish<sup>4</sup>

<sup>3</sup><https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store>

<sup>4</sup><http://www.thornlie.perthcatholic.org.au/>