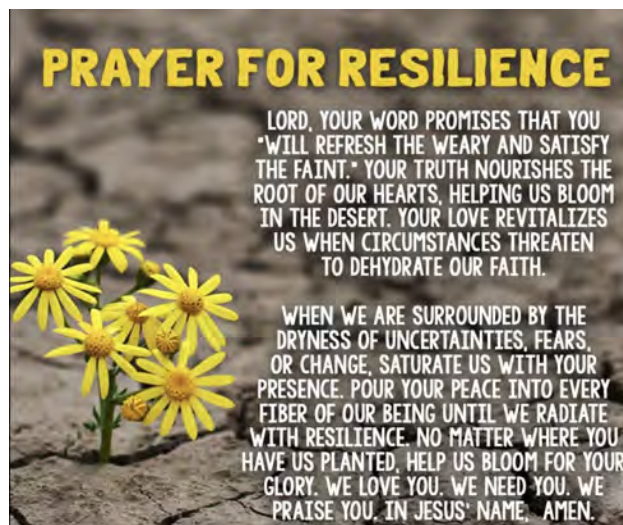
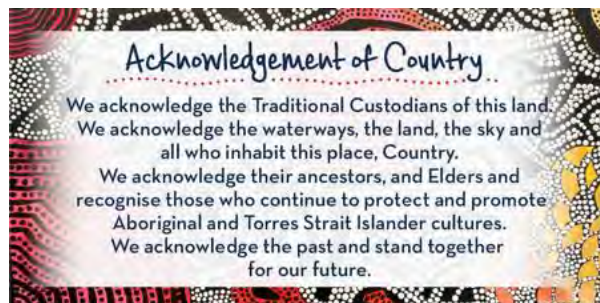


Sacred Heart School Thornlie



From the Heart Newsletter - 25 October 2024



Principal's Message

Dear Parents

This week our Interschool Athletics Team has been involved in two days of competition. Mr Bouffler has been busy training the students and they have performed extremely well. The team took out third place overall and was only a few points behind the winning school. Congratulations to the following students on their amazing achievements at Interschool Athletics:

- Year 5 Boy Champion - Michael
- Year 4 Boy Champion - Kulang
- Year 4 Girl Runner up Champion - Ella

Whilst we haven't quite had the warm weather yet, it is coming. I would like to remind parents that the school has a policy that if a child does not have a hat they must remain in undercover areas during play times. All children must also have a water bottle at school that they can fill. This will become increasingly important as the weather warms up.

This week is World Teacher's Day. Please remind your child to thank their teacher. They may even want to write them a letter of thanks or draw them a picture. I thank all our teaching staff for their wonderful efforts and care of the children. Our P&F is setting up something to spoil our staff as well. We were chosen by CEWA (Catholic Education Western Australia) to feature in their filmed promotion for World Teacher's Day – keep an eye out for it on our FaceBook page.

This term we would ordinarily have our school Music Concert to showcase the students involved in our instrumental program. Unfortunately, due to a number of factors we are unable to run the concert this term. We will be looking at the format and revising it to come up with a suitable option for 2025. Thank you for your understanding.

I am happy to announce that we have appointed a new staff member for 2025. Mr Maddison Allis will be joining us next year. Maddy has been doing a lot relief with us this year and will take on a fulltime position. Staffing will be announced at our school ACM later this term.

This week's Happy Families article is about Resilience and ways you can help develop this value with your children. I hope you enjoy the read.

God Bless

Steve Gibbs

Principal





Resilience

“Enthusiasm is common, endurance is rare.” — Angela Duckworth

“Do not judge me by my success, judge me by how many times I fell down and got back up again.” — Nelson Mandela

Happy Families

15 Ways to Raise Kids who Bounce Back by Dr Justin Coulson

Here are two propositions that matter when it comes to understanding resilience.

i. Life is hard. Full stop. End of story. Despite what Instagram promises, it rains when you need sunshine, the kids will be “too tired” when you’re running late...and the potty-training toddler, who’s been dry for a week, will save a truly epic nappy blowout for the moment you strap them into their car seat for a four-hour road trip. Oh, and don’t forget the inevitable chorus of “I’m hungry!” that erupts precisely three minutes after you’ve finally cleaned up the hurricane of a meal they just declared they “didn’t like.”

ii. People are resilient. It’s in our nature. We are designed that way. Unfortunately, we are fed a lie. We are told that challenges break us. And so we try to make life comfortable. We try to avoid the hardships

that are guaranteed to hit us. And we do the same with our kids, scooping them up out of harm's way so we can "protect" them.

But what if I told you that resilience is a muscle built through experiences and relationships? What if I told you that you can't be resilient unless you face those hardships?

If you want kids who face life's curveballs with their heads held high, here's the blueprint:

1. **Forge Unbreakable Bonds:** Kids need to know they've got a corner in this crazy world where they're safe, loved, and unconditionally accepted. That's the foundation for everything else. The best research tells us that this is numero uno. They need to know you're there for them no matter what. (But that doesn't mean you'll do everything for them!)
2. **Give 'Em the Reins (Sometimes):** Let them make choices, even small ones, so they learn to trust their gut.
3. **Feelings Aren't the Enemy:** Teach them that it's okay to feel ALL the feels. But also give them the tools to navigate those emotions without getting swept away. Emotions come and go, just like waves on the beach. Help them learn to recognise and ride those waves... the good ones and the not so good ones.
4. **Celebrate the Climb, Not Just the Summit:** My eldest daughter and I hiked a huge hill in the Rocky Mountains. It was exhausting. After an hour of climbing I stopped and stared at the summit. She started to tell me it was too far. I spun her around and asked her what she could see. "We've come a long way huh? That view is amazing." She turned to face the mountain and kept walking up it.
5. **Self-Care Isn't Selfish:** A well-rested, nourished kid is better equipped to handle stress. Teach them healthy habits, and model them yourself. And remember, no health habit supports resilience better than getting enough sleep.
6. **Asking for Help is a Superpower:** Create an environment where they feel safe expressing their needs. Make it clear that asking for help isn't a weakness, it's a smart move.
7. **Set the Bar... But Keep It Reachable:** Break down big goals into bite-sized chunks. Celebrate progress, and help them see that even small steps matter.
8. **Be Their Resilience Role Model:** Share your own stories of overcoming challenges. Let them see that setbacks are part of life, and bouncing back is possible. The dinner table is the best place for these chats. Or the car. Or walking the dog. Or on the trampoline. Or anywhere! Just have the conversations.
9. **Laughter is the Best Medicine:** Inject some fun and silliness into everyday life. Teach them to find the humour in situations, even tough ones.
10. **Let Them Explore Their Passions:** Encourage curiosity and support their interests, even if they seem quirky or unusual. It's about finding their spark.
11. **Roll with the Punches:** Life throws curveballs. Help them see change as an opportunity, not a threat.
12. **Find Their "Why":** Help them discover what matters to them, what lights their fire. A sense of purpose fuels resilience. This will be most helpful for older kids.

13. Turn Problems into Puzzles: Teach them to approach challenges with curiosity and creativity. Brainstorm solutions together and let them take the lead when possible.

14. Build Them Up, Brick by Brick: Focus on their strengths, their unique qualities. Remind them of their wins, big and small. A strong self-image is a powerful shield.

15. Routine Creates a Safety Net: Predictability provides a sense of control, especially during turbulent times. Establish healthy routines but allow for flexibility when needed.

Remember, building resilience is an ongoing process. It's about nurturing a mindset, not checking off a list. Be patient, be present, and most importantly, be the safe harbour your child needs to navigate life's choppy waters.

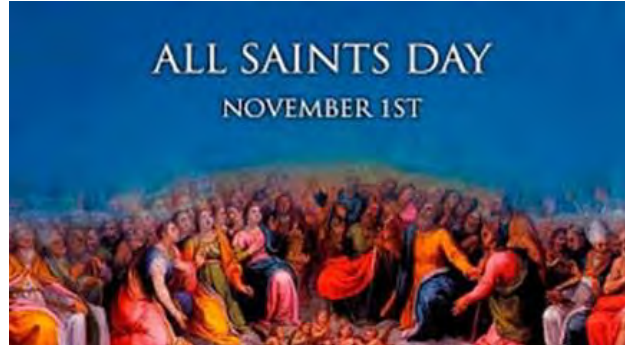
Term Four Key Dates for your diary

The link to the Term 4 calendar is attached and is posted on the school website. A hard copy of the Term 4 planner can also be obtained from the school office.

Link to website to view Term Dates for the year - <https://shthorn.wa.edu.au/calendar/>

| | Monday | Tuesday | Wednesday | Thursday | Friday | Sat/Sun |
|--------|---|------------------------------------|--|--|---|--|
| Week 1 | 7 Oct Night Five Day | 8 Oct | 9 Oct | 10 Oct | 11 Oct Grandparent's Day Mass/Morning Tea | 12 Oct/13 Oct School 3 Stage – House/Teams |
| Week 2 | 14 Oct | 15 Oct School Year Open Morning | 16 Oct | 17 Oct Virtual Assembly 2W Excursion | 18 Oct Calm Fun Day Spelling Bee - at Aquinas | 19 Oct/20 Oct |
| Week 3 | 21 Oct IBF Meeting Interschol Athletics | 22 Oct Interschol Athletics | 23 Oct | 24 Oct Taste of Europe Cultural Morning 2B Excursion PP Excursion | 25 Oct Crazy Hat/Socktober | 26 Oct/27 Oct |
| Week 4 | 28 Oct | 29 Oct | 30 Oct SAC Yr 3 Excursion | 31 Oct | 1 Nov Feast Day All Saints Day Mass 9am | 2 Nov/3 Nov |
| Week 5 | 4 Nov | 5 Nov | 6 Nov T- Ball | 7 Nov | 8 Nov Virtual Assembly Yr 3 Excursion | 9 Nov/10 Nov |
| Week 6 | 11 Nov Remembrance Day Service 10.45 am | 12 Nov Year 1 Excursion | 13 Nov Koolby Blue 2025 Orientation Yr 5 Student Leadership Speeches & Voting | 14 Nov PP Park Excursion | 15 Nov PP Assembly 2pm | 16 Nov/17 Nov |
| Week 7 | 18 Nov P&P Meeting | 19 Nov | 20 Nov Koolby White 2025 Orientation | 21 Nov | 22 Nov Virtual Assembly | 23 Nov/24 Nov |
| Week 8 | 25 Nov | 26 Nov | 27 Nov Thanksgiving Mass 9am ACM | 28 Nov Tennis | 29 Nov Virtual Assembly Christmas Concert 6pm | 30 Nov/1 Dec |
| Week 9 | 2 Dec KB Excursion | 3 Dec KW Excursion | 4 Dec Christmas t-shirt day Graduation Mass 10:00pm Foundation Day Holiday | 5 Dec Yr. 8 Graduation Luncheon Reports sent home | 6 Dec Last day for students Yr 6 Assembly Yr. 6 Big Day In | 7 Dec/8 Dec |

Religious Education News!



All Saints Day

Next Friday 1 November is All Saints Day and our school will join with the Sacred Heart Parish community to celebrate mass at 9am.

All Saints Day is a Holy Day of Obligation which means the church encourages all baptised people to celebrate mass that day. It is a day we commemorate all Holy People who have gone before us and devoted their lives to living like Jesus. Saints are those who are recognised by the church as persons in heaven (officially canonized or not), who lived heroically virtuous lives, offered their life for others, or were martyred for their faith, and who are worthy of imitation.

Please join us for mass on this Holy Day of Obligation.

Would you like to become an Altar Server?

Have you received the Sacrament of First Holy Communion and would like to become an Altar Server? Our Parish is offering Altar server training on Saturday 9 November after the 9.00am Mass (approximately at 9.30am). Mr Terry Ryan will be facilitating this training. We would love to have more altar servers for our parish and school masses!

Interschool Spelling Bee

Congratulations to the following students who represented Sacred Heart at the recent Interschool Spelling Bee last Friday. A special congratulations to Jasmine in Year 5 who won 2nd place in the Spelling Bee. We are proud of all our representatives and thank them for their hard work.



Out of School Hours Care (OSHC) - Vacancies

Our OSHC Vacancies has vacancies in both before and after school care. OSHC for PP to Year 6 students open from 6.30am and close at 6pm. OSHC also run a Vacation Program during school holidays.

If you are interested in enrolling or require before or after school care or Vacation Care for your children, please contact our OSHC Director Claire Siaus on 9251 3015 or oshc@shthorn.wa.edu.au¹

¹<mailto:oshc@shthorn.wa.edu.au>

Finance News

Please ensure all school fees for 2024 are paid.

School fees contribute to the ongoing operation of the school and we thank all families whose accounts are up to date.

If you have any questions regarding your school fees, please contact the Administration Office on 9251 3000, chose Option # 5 to speak to our Finance Officer Lindy Munnings or email accounts@shthorn.wa.edu.au²

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

²<mailto:accounts@shthorn.wa.edu.au>

Uniform Shop

UNIFORMCONCEPTS

NELL GRAY

We would like to welcome you to our

Willetton Super Store

conveniently located at

30 Kembla Way, Willetton, WA 6155

*A one stop shop for all your quality school uniform requirements.
Our friendly, experienced staff will make buying uniforms a breeze!*

DURING TERM 4 2024

*All new students are encouraged to make an appointment with the uniform shop for a fitting during Term 4, thus avoiding long queues in January. Appointments can be made by scanning the **QR code below** or alternatively, you can contact the uniform shop on **9270 4669**. Please note that the most popular times for appointments are after 3pm weekdays and Saturday mornings so book early to avoid disappointment.*



Why not take advantage of our \$20 Layby service?

Visit our store during Term 4 and secure your Back-to-School uniform order with just a \$20 deposit, pay off the balance and collect your order before 25 January to avoid the rush, long queues, and last-minute panic!

Online Ordering available by visiting our website:

nellgray.com.au

OPENING TIMES

Mon, Tues, Wed, Fri: 9am – 5pm

Thursday: 9am – 6pm

Saturday: 9am – 1pm

Closed on Sundays, Public Holidays & partly during term breaks.

Please telephone for details.

Closed for the Festive Season from Thursday 19 Dec 2024 until Monday 6 Jan 2025.

Tel: 08 9270 4669 Email: willetton@uc.nellgray.com.au Website: nellgray.com.au

Not returning to Sacred Heart in 2025?

If your child/ren won't be returning to Sacred Heart Primary School in 2025, please ensure that you notify the school admin office by today **Friday 25 October** as **at least one term's notice must be provided**. A withdrawal form needs to be completed, this can be found on our website http://shthorn.wa.edu.au/pdf/enrolment_withdrawal.pdf or you can obtain a hard copy from the office.

St Norberts - Sibling Discount

St Norbert College would like to offer a Family Sibling Discount to Sacred Heart Primary School families for the Academic Year of 2025.

If a family has students attending St Norbert College and Sacred Heart concurrently, then the Sibling Discount corresponding to discounts of 20%, 40% and 100% will apply to the family members at Sacred Heart Primary School.

Parents/Guardians will be required to complete a Sibling Discount Application form and submit to Sacred Heart Primary School

for validation before the end of Term 1.

Does Your Child have a Technology Addiction?



by Melbourne Child Psychology & School Psychology Services³

What are the signs of a technology addiction, in children in particular?

Lack of interest in other activities.

Have they stopped enjoying or seeking out the other things they used to enjoy?

Would they always choose screen time over any other leisure activity?

Constant distraction by technology.

³https://melbournechildpsychology.com.au/blog/author/mcp_staff/

Are you unable to communicate with them or get their attention when they're using digital devices?

Are they always anxiously waiting until they can next get online?

Problematic behaviour when unable to access digital devices.

Are there excessive tantrums or bad behaviour when they're not able to access their phones or tablets?

Do they become aggressive or act out of character?

Constant talking about 'screen time'.

On occasions when they're not using screens, are they frequently referring to them, in one way or another? (Such as discussing things they have seen or done online.)

Withdrawal symptoms.

Do they seem anxious, distressed or upset when they can't access their devices?

And then calmer once they can?

If your child is exhibiting any or most of these symptoms, an Internet intervention may be in order!

Just like any other addiction, these things are best and most successfully dealt with ASAP, and there's no better time for that when they're still kids — and you're still the boss.

By setting up healthy habits for screen time while they're young, your kids will be much more likely to transfer these habits into their adulthood and navigate the digital world in a more mindful and productive way.

So, in trying to wean your child off their online obsession, consider the following factors:

- **Don't get them to go cold turkey!** This will make the transition seem much more difficult and more like a punishment, rather than working towards their best interests. Work on slowly reducing their screen time, rather than eliminating it.
- **If there were no boundaries before — set some.** Such as a daily screen-time limit and 'no screen-time zones' (like during family time or before bed).
- **Make a hierarchy of priorities.** Set guidelines for what must be done before they can have screen time, such as homework, cleaning, preparing for school, and family time.
- **Make a hierarchy of screen time.** Allow communal, interactive screen time before individual screen time, and educational content before simple games.
- **Start by changing the content, rather than usage.** Replace pure entertainment or mindless games with apps or programs with some educational grounding.
- **Replace screen time with other enjoyable activities.** Drawing, reading, playing games, outdoor activities, or even some extra dessert.

Slowly implementing some of these ideas will reduce your child's screen time without them even noticing.

Did you know we have a 3-Year-Old Kindy? Enrolments are now open for 4 Year old Kindergarten for 2025 and 2026



We are now accepting enrolments for kindy for 2025 and 2026. Make sure you get enrolment forms in as soon as possible as positions are limited and interviews for the 2025 intake have commenced.

If your child was born between **1 July 2020 to 30 June 2021** they will start 4 Year Old Kindergarten at the beginning of **2025**. If your child was born between **1 July 2021 to 30 June 2022** they will start 4 Year Old Kindergarten in **2026**.

Enrolment forms can be obtained from the school office or via our website <https://shthorn.wa.edu.au/enrolment-process/>

Did you know we have a **3 Year Old Kindy** at Sacred Heart? It is run through our Early Learning Centre which means you are able to claim the childcare benefit. It is a great starting point in preparation for your child attending 4 year old kindy at Sacred Heart. Your child can attend once they turn 3 years old. For further information please contact Megan in our ELC on 9251 3014 or refer to our website <https://shthorn.wa.edu.au/three-year-old-programme/>

Sacred Heart P&F

Colour Explosion Festival Fundraiser

We would like to say a huge thank you to those students who took the time to fundraise, what a spectacular effort. You raised **\$7,150!** We'd also like to thank the parents for coming along and watching, it certainly created a great atmosphere for the event. We hope all the students had as much fun as we did.

The **highest fundraising class was 1B who raised a massive \$1215**, congratulations! Your class will receive **pizza** for lunch on Thursday 7th November. The **second highest fundraising class with \$823 raised, was 5W. Congratulations**, your class will receive **ice creams** on Thursday 7th November. Coming in at **third place is 2W**, congratulations, **you raised \$770** and will receive **Zooper Doopers** on Thursday 7th November.

There were two individual prizes donated by the P&F for those students who raised over \$10. Congratulations to **Audrey 1B** who won a **gift voucher** and to **Trinity B 4W** who won wireless **ear buds**.

The P&F was gifted a few small prizes from Go Raise It. Winners of these prizes were drawn at random. Congratulations to;

- Om PPB
- Kayley 1B
- Hunter L 2B
- Jillian 2B
- Vicky 2W
- Angus 3B
- Ariel 5W
- Olivia C 5W
- Angus M 6B
- Heath 6W

Crazy Sock & Hair Day

Don't forget, the P&F will be handing out Zooper Doopers to all students in the afternoon.

Christmas Concert Raffle

We will be running the annual Christmas raffle drawn at Christmas Concert on Friday November 29th. We are seeking donations, large and small from families and businesses within the community. If you would like to donate, we ask that they be handed in to the office by the 8th November please. A link to the raffle will be posted closer to the date and a QR code will be available on the night of the concert for ticket purchases.

'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.

P&F Meeting

Our last meeting for the year, will be held on **Monday 18th November** at **6:00pm** 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.

SAC and P&F ACM Nomination Form

Dear Parents

Please be advised the Sacred Heart School Advisory Council (SAC) and P&F Annual Community Meeting (ACM) will be held on **Wednesday 27 November 2024**.

In anticipation of the SAC and P&F Annual Community Meeting, we invite persons who are interested in nominating for a SAC position (or nominating on the behalf of someone else) and who possess the following criteria, to complete the nomination form attached and return it to the Principal by Friday 1 November.

SAC members are elected for a two-year term.

Criteria for membership of the SAC shall be:

- Possession of special skills that will be an asset to the school
- A deep interest in the welfare of all students and staff
- A desire to give service to the Catholic School Community
- An enthusiasm to positively promote Catholic schooling and Sacred Heart School
- An ability to work co-operatively and constructively with all other members of the SAC.
- A sufficiency of time to devote to SAC duties, and
- An understanding of the need for strict confidentiality in all matters.

Thank you for your consideration of these roles.

Yours sincerely

Steve Gibbs

Principal

Student Advisory Council (SAC) or P&F Nomination Form

Please see the school office if you would like a hard copy of this form.

I have read the criteria for nomination to Sacred Heart School Advisory Council or P&F and wish to offer myself, or the person nominated, as a candidate for election to the SAC or P&F. The person whom I have elected is happy to be nominated and will accept the position if elected.

Candidate's Name _____

Address & Phone Number _____

SAC or P&F Nomination _____

Skills and / or interests that may contribute to SAC or P&F membership:

Signature _____

Date _____

South Thornlie Dental Clinic

The Dental Clinic at South Thornlie PS will be closed on Fridays from Friday 1st November for the remainder of term 4.

In case of Emergency please contact Excelsior Dental Therapy on 92564170 between the hours of 8-4 for assistance.

WA Young Salesian - Summer Camp



6-10 January 2025

Are you between 11½-15 yrs or starting Year 7 in 2025?

Come and join us for this five day fun filled camp at Nanga Bush Camp, Dwellingup.

From only \$270 (\$54 a day).

Contact your Parish Priest, visit the website or contact Graham Maher on 0418 979 600 for more info or to pick up a form.

Early Bird Pricing closes Friday 15 November.

Register now at: www.wayoungsalesians.com⁴

School Student Broadband Initiative (SSBI)

The Australian Government has launched the School Student Broadband Initiative to provide free home internet for one year for up to 30,000 unconnected Australian families with school- aged students.

The program is available to all students who lack an active nbn connection at home. Families can register until **Dec 2024**.

To be eligible, families must:

- Have a child living at home that is enrolled in an Australian school.
- Not have an active National Broadband Network (nbn[®]) Internet service at home. Having a mobile internet service does not affect eligibility.
- Live in a home that can access the National Broadband Network via a standard connection – this will be checked for you.

Families can be directed to the following to register:

- Visit www.infrastructure.gov.au/media-communications-arts/internet/national-broadband-network/school-student-broadband-initiative-ssbi⁵
- Call 1800 954 610 (10am – 6pm AEDT Monday to Friday)

Useful Links

Uniform Shop⁷ Sacred Heart Thornlie Parish⁸

⁴<http://www.wayoungsalesians.com/>

⁵<http://www.infrastructure.gov.au/media-communications-arts/internet/national-broadband-network/school-student-broadband-initiative-ssbi>

⁶<http://www.infrastructure.gov.au/media-communications-arts/internet/national-broadband-network/school-student-broadband-initiative-ssbi>

⁷<https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store>

⁸<http://www.thornlie.perthcatholic.org.au/>