

# Sacred Heart School Thornlie



**From the Heart - 2 July 2021**

## Principal's Message

Dear Parents, Children and Friends,

### **What a wonderful term it has been!**

I would like to congratulate our all students on their wonderful efforts this term. I have seen much growth in our students this term, coupled with an enthusiasm and a desire for learning. I also thank our staff for their continued dedication and ongoing hard work to providing for the students in their care. Due to this hard work, our students and staff are exhausted, especially after an 11-week term! The Lockdown might have dampened some holiday plans but it's moments like these when we really have to take stock of the beautiful place we live in, and how lucky we are in comparison to so many other places around Australia and the world. On behalf of all the staff, I would like to wish all of our families and community members a safe and relaxing break.

### **Reports**

The Semester One reports should now be available to view on SEQTA Engage. All the children have been working hard this term and should be proud of their efforts. Please take some time to read through your child/ren's report and have a discussion with them about the various aspects. Some of our IEP reports are in a different format this semester, and an explanation letter is provided at the beginning of each report. Thanks to all our staff for the time and effort in completing reports this semester.

### **Staffing Announcements**

Sadly, I need to make the following staffing announcement. Mr Andrew Milne will be taking LSL next term. After the conclusion of his leave, he will be retiring/resigning from his position at Sacred Heart. Andrew is and has been a much-loved member of the school community since 2005. Due to lockdown and restrictions, Andrew will be farewelled and acknowledged at a later date. Mrs Amy Edgar will be taking over from Andrew Milne in 3B for the remainder of the year. I wish Mr Milne all the best for the future and thank him for his dedicated service to the school community over the last 15 years.

### **NAIDOC Week 2021**

In Week One of Term Three we will be hosting a range of activities to celebrate NAIDOC week. The students will take part in a range of activities including a special Liturgy, a Smoking Ceremony, Kangaroo Sausage Sizzle and various cultural experiences. More information will be sent closer to the date, as parent participation and certain events are dependent on government restrictions at the time.

The Term Three calendar has been attached. Please view this as it has a lot of important dates for this term.

Finally, this week's Parenting Ideas looks at 'Anxiety in Kids' an interesting article by Dr Jodi Richardson to assist parents with reducing anxiety in their kids. I hope you will find the article helpful and please feel free to contact either myself or your class teacher for any assistance in this area.

"Education is our passport to the future, for tomorrow belongs to the people who prepare for it today"  
(MX)

God bless and enjoy the rest of the week.

Shane Landers

Assistant Principal



Reverence is defined as having a deep respect for someone or something.

*'Reverence is the most sublime attribute of the human soul'* - David O. McKay

*'If we have reverence for God, we will have respect for one another'* - Lailah Gifty Akita

## Parenting Ideas

***Anxious kids? Teach them to take off their anxiety goggles - by Dr Jodi Richardson***

### **Do you find it hard to focus on the present?**

There's always so much to do and plan for as parents. It's no wonder our minds wander so much. But to think that we spend nearly half of our lives thinking about things other than what we are doing means there's an awful lot we're missing out on.

When we're fully engaged with what's happening, there's so much to experience. Bringing our thoughts back to the present moment can be like landing them on a calm, quiet, relaxed island in the midst of stormy seas.

When our minds wander to troubling thoughts, we end up experiencing pain and suffering at times when we're often warm and dry, fed and watered, safe and secure. Like when we're in bed. Snug and

relaxed in our comfy beds, our doona keeping us warm (or a sheet to keep us cool), with a lovely soft place to lay our heads. Could we be more content in that moment? If only our minds would stay with us!

It's the same with our kids. It's often at the end of the day when they're no longer engaged in activities that they begin to think and worry.

Their minds are far away from the reality of being safe in their rooms with loving family close by but they are sick with worry about future events.

### **Sometimes thoughts are so 'sticky' it's hard to let go**

It's hard being a wandering mind back to the present when we're so swept up in our worries. It takes practice to notice a wandering mind, gently 'unhook' from the thought and return our attention to the present moment. That's the practice of mindfulness. Notice, unhook, return, repeat.

### **Put your head where your hands are**

A lovely woman at one of my retreats told me her grandma's favourite saying was "put your head where your hands are" meaning think about what it is you're doing while you're doing it. That's smart!

Noticing our thoughts are wandering and bringing our attention back to what we're actually doing is a skill, which gets easier with practice. It's a powerful skill to teach kids as it gives them perspective and importantly, the space they need for positive change.

### **Viewing the world through anxiety goggles**

When our kids feel anxious they look at what's happening around them through 'anxiety goggles'. It's like when you look through a pair of glasses with red lenses and everything looks red. Take them off and all is clear again. What if we could help our kids to take off their anxiety goggles and learn to look at their thoughts rather than from them? It would bring them such relief.

### **Creating a lovely space between our kids and what they're thinking**

We can help our kids do this by developing their metacognition (thought-noticing) skills. That way, when their minds wander to their worries and troubles they can notice they're actually 'lost in thought' and not really experiencing the events they are thinking about. It would help them to 'unhook' from their daydreaming and importantly, bring their minds back to the present moment.

### **Thought-noticing**

This is a wonderful skillset which helps our kids to manage their mental health. When kids tune into their thinking, they immediately distance themselves from it. Rather than being lost in the thoughts that are making them feel anxious, they can mentally step back and see the thought for what it is. Just another thought that comes and goes like all the ones before and all the ones to come.

### **Teaching thought-noticing to kids**

There are many ways to teach thought noticing to kids. Look at these ideas like a 'Choose your own adventure'. Start where you like and go in any direction that feels right for you and your family. If the idea you try isn't quite the right fit, choose another!

## Do you hear what I hear?

Lay down comfortably side by side and spend 2 minutes listening for any sounds you can hear, near or far. When you're finished, compare what you heard and open a discussion about how our minds often wander away with our thoughts. Kids will know this as 'daydreaming'. Share how your mind wandered and invite your child to do the same.

## Tell me more

Day-to-day conversations are great for thought noticing. It's about asking the right questions. Here are some examples to get the thought noticing conversation started: *"Can you tell me more about why you think that? Why do you think you got so upset when we had to go straight home? Why do you think you're putting off doing your homework? How will you know when your painting is complete?"*

## Name your mind

If we get our kids to give their minds a name, we open up opportunities to ask them different questions. For instance, if your child name's his/her mind Sam. You can ask your child what Sam is thinking. This encourages your child to step back and take a helicopter view of him or herself.

## Post-meltdown reflection

In the aftermath of a meltdown or outburst, when calm has returned and your child or teen has moved on, take some time to ask why he/she got so upset over what happened? Ask questions like "what did your mind say to make you feel upset?" for younger children or "can you tell me what you were thinking that made you feel so angry, frustrated, disappointed etc.?" for older kids.

Developing metacognition or 'thinking about thinking' skills fosters self-regulation<sup>1</sup> among children. As contributing to children's mental health and happiness, metacognition helps kids be more successful, more resilient and be able to problem-solve because they are less likely to get caught up in their worries.

And remember, your GP is a great place to start if you have any issues with your kids that you'd like reassurance or advice on. Make time for a chat.

*You'll find the complete toolkit to help kids self-manage anxiety in our Parenting Anxious Kids online course<sup>2</sup>.*

## Key Dates - Reminder

Last day for Term Two is today **Friday 2 July 2021**. **School returns for Term Three on Monday 19 July 2021**.

Last day for Term Three is Thursday 23 September, Friday 24 September is a Pupil Free day.

Link to website to **view or download the Term Three Calendar** and Term Dates for the year <https://shthorn.wa.edu.au/calendar/>

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<sup>1</sup><https://positivepsychology.com/self-determination-skills-activities/?msID=b26a04a4-f8d6-4a9d-ad1c-52c473edbf7>

<sup>2</sup><https://www.parentingideas.com.au/parent-resources/courses/parenting-anxious-kids-online-course>

## Term 3, 2021 Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 1 NAIDOC Week	19-Jul NAIDOC Smoking Ceremony	20-Jul	21-Jul NAIDOC Liturgy NAIDOC BBQ	22-Jul	23-Jul NAIDOC Assembly & Rotations	30-Jul/4-Jul
Week 2	26-Jul P&F Meeting	27-Jul	28-Jul Year 5 Online Practice BRLA Test Bannister Creek Visit T4W	29-Jul Interscholar Cross Country	30-Jul Year 3 Online Practice BRLA test Virtual Assembly Lisa B's Birthday P & F Crazy Hair & Sock Day	31-Jul/1-Aug Enrolment Mass Holy Communion 6pm
Week 3	2-Aug School Board Meeting	3-Aug	4-Aug Year 5 Online BRLA Test	5-Aug Year 3 2021 BYOD Information Night Year 3 Online BRLA Test	6-Aug Virtual Assembly Welch- Whole School Mass (Mary Mackillop)	7-Aug/8-Aug
Week 4	9-Aug	10-Aug	11-Aug	12-Aug League Tag Carnival Yr5/Yr6 Holy Communion Retreat Day Holy Communion Parent Night 5:00pm	13-Aug P & F Casino Bus Trip Murphy-Whole School Mass (The Assumption) Year 5 Assembly	14-Aug/15-Aug
Week 5	16-Aug P&F Meeting	17-Aug Staff Meeting	18-Aug Book Week Dress up & Parade	19-Aug	20-Aug Virtual Assembly	21-Aug/22-Aug Holy Communion
Week 6	23-Aug	24-Aug	25-Aug School Board Meeting	26-Aug	27-Aug Year 1 Assembly	28-Aug/29-Aug
Week 7	30-Aug P & F Father's Day Stall	31-Aug	1-Sep	2-Sep	3-Sep P & F Father's Day Raffle & Breakfast Father's Day Mass	4-Sep/5-Sep Father's Day
Week 8 Carnival Week	6-Sep Athletics Carnival Field Events	7-Sep Athletics' Carnival Final Day	8-Sep	9-Sep	10-Sep Virtual Assembly	11-Sep/12-Sep
Week 9	13-Sep P&F Meeting	14-Sep	15-Sep	16-Sep Cyber Safety Workshop 6:00pm	17-Sep Year 3 Assembly	18-Sep/19-Sep
Week 10 National Deaf Week	20-Sep National Deaf Day	21-Sep	22-Sep School Board Meeting Footy Free Dress Day	23-Sep Last day for students P & F Colour/Sludge Fun Run	24-Sep RUPP FREE DAY	25-Sep/26-Sep

## News from the Finance Officer

**\*\*\*\*\* Thank you to all families who are up to date with their fee payments \*\*\*\*\***

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.au](mailto:accounts@shthorn.wa.edu.au)<sup>3</sup> if you have any questions about your account or need a copy of your statement.

<sup>3</sup><mailto:accounts@shthorn.wa.edu.au>

## NAIDOC Week



The Aboriginal Education Team at Sacred Heart Primary School would like to invite you to save the date for our upcoming events.

- Sun 4 July** **Aboriginal and Torres Strait Islander Sunday Mass**  
10am Parish mass followed by morning tea  
(Families welcome pending COVID restrictions)
- 4-11 July** **NAIDOC Week**  
Please see the [City of Gosnell's website](#) for local free activities to celebrate
- Mon 19 July** **Sacred Heart Primary School**  
Welcome to Country Smoking Ceremony  
0845 Senior Quad  
(Parents welcome pending COVID restrictions)
- Wed 21 July** **Sacred Heart Primary School NAIDOC Liturgy**  
0830 Senior Quad  
(Parents welcome pending COVID restrictions)  
  
Kangaroo Sausage Sizzle (STUDENTS ONLY)  
RSVP now CLOSED
- Fri 23 July** **Sacred Heart NAIDOC Activity Rotations (STUDENTS ONLY)**  
This is a free-dress day where students can wear NAIDOC shirts or Aboriginal and Torres Strait Islander coloured clothing and accessories.

There will be a stall selling hair and bag accessories ranging in price from \$1-53 throughout the week. The funds raised will be used to purchase resources for the school.

We look forward to celebrating Aboriginal and Torres Strait Islander Culture with you and your children through these events

Kind regards, The Aboriginal Education Team



## Sacramental Programme - First Holy Communion

*Please be advised that due to the uncertainty around restrictions, these dates may be subject to change.*

### **Enrolment Mass**

Date: Saturday 31 July

Time: 6pm

Location: Sacred Heart Church

### **Retreat Day**

Date: Thursday 12 August

Time: All day

Location: School Hall

## **Family Meeting (Parents and children required)**

Date: Thursday 12 August

Time : 5:00pm – 6:00 pm

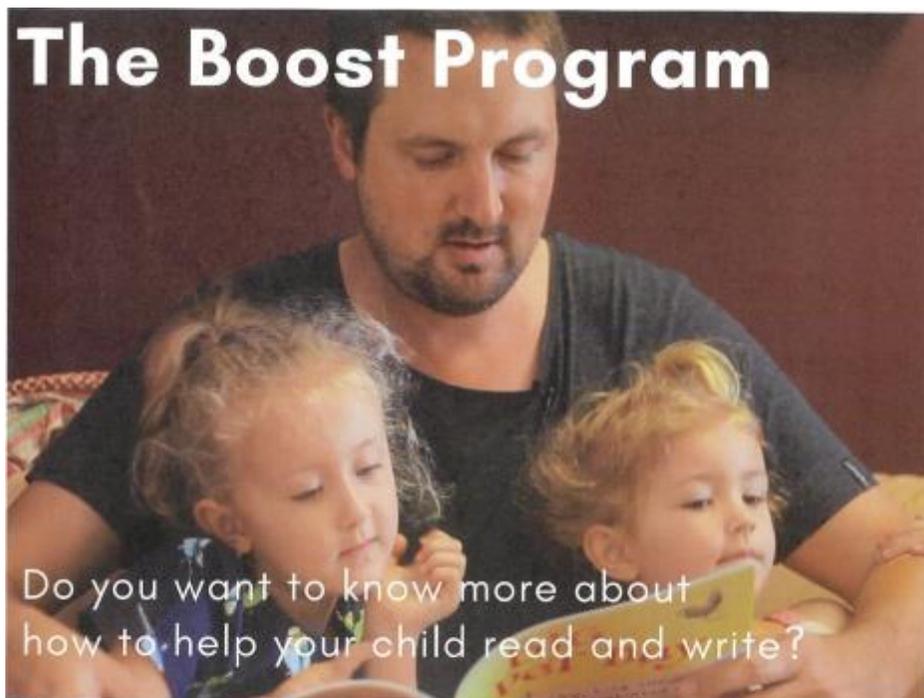
Location: School Hall

## **First Holy Communion**

Date: Sunday 22 August

Time: 12.00pm

Location: Sacred Heart Church



# The Boost Program

Do you want to know more about  
how to help your child read and write?

Boost provides information to parents of children in Kindergarten to Year 1 about how literacy skills develop.

It looks at:

- the sounds in words
- putting sounds and letters together
- how to be a good reader and speller
- building vocabulary and reading comprehension skills

A free two-part workshop will be held at Sacred Heart PS



**\*\*\*Attention Kindy and Pre-Primary Parents\*\*\***

This is a fantastic opportunity to attend a **FREE two part parent workshop** run by the Dyslexia-SPELD Foundation (DSF) at **Sacred Heart Primary School**. The workshop will provide parents with practical information and resources designed to help develop the important pre-literacy skills that are the building blocks for reading and writing. Places are limited to 30 participants so it will be a case of registrations open until we reach that number. Please see the attached flyer for more information, including dates and times, and click on the link below to register.

<https://forms.office.com/pages/responsepage.aspx?id=ly-FxTM2KU-zhIHaU-Nel1g1Rd-wwJJGvUAOYuev4wxUQ0lUQUoxOVVFQjNZR08zQUo3TVNXNEVDTi4u>

The workshops run on **Tuesday 10 August** and **Tuesday 17 August** from **9am to 12pm** and **morning tea will be provided**.

All parents participating in the sessions will receive a '**Literacy Pack**' containing an information booklet, DVD, games, reading captions and other resources (over \$95 in value!) to support what is covered in the workshop.

## Book Fair Results 2021

What an amazing Book Fair we had!

Over the three days we sold **\$6,861** worth of items and from this, we have earned just over **\$2,100** in books for our library.

We cannot thank you enough for all of your support! Every single purchase helped us receive the highest rewards offered by Scholastic, which would not have been achievable without you.

Happy reading during the holidays!

Mrs Stilwell

## House Cross Country Carnival 2021

On Thursday 10 June, our students from Years 1 to 6 competed in the annual House Cross Country Carnival. On a day better suited to ducks, Mr B kept a close eye on the rain, radar and clouds and managed to race all year groups before the end of the day. The Year 1's were up first before a little break due to rain, with the Year 2's and 3's completing their races before recess. The Year 4 and 5's completed their races between recess and lunch with the Year 6's completing their races after lunch. Presentations took place before the end of the day to crown our House champions as well as acknowledge our top 4 racers in all races. At the end of the day there could be only one winner, they led from the start of the day until the very end. Congratulations MAGUIRE on winning the 2021 House Cross Country Carnival.

1 <sup>st</sup>	Maguire	1141
2 <sup>nd</sup>	Wright	1010
3 <sup>rd</sup>	Murphy	930
4 <sup>th</sup>	Welch	905

## Eagles Cup - Years 5 and 6

After our round 6 match on Friday 18 June, our Eagles Cup journey came to an end for this year. We played football, soccer and netball against St. Joseph's, St. Emilie's, St. Munchin's, Xavier, Notre Dame and St. Maria Goretti. We had students from Year 6 as well as Year 5 compete and represent our school. All teams showed determination, sportsmanship and tried their best each week to perform as well as they could.

Our soccer team performed extremely well, only losing 1 game against St. Munchin's. A few comfortable wins and a couple of nail biters throughout the tournament capped off with a 14-0 win against Notre Dame as the highlight of all their games. Well done to the team who trained most lunch times and were put through their paces by Mr Landers.

Our football (AFL) team had a mixture of different results, winning 3 games and losing 3 games. Ranging from a come behind win in the last minute against Norte Dame, to a big defeat by the hands of St. Maria Goretti. The group enjoyed the experience and showed great sportsmanship throughout each game.

The Netball A team performed well across the 6 rounds, only losing 2 games, and winning the other 4. Having only lost to St. Emilie's by 1 point the girls bounced back strongly, only losing again to Notre Dame. They did themselves proud. A big thank you must be said to Mr Smith, for helping the girls with training and coaching.

Our Netball B team did amazing, winning all their games and remaining undefeated! They had a few comfortable wins and a couple of close games that could have gone either way but fortunately the girls prevailed. A massive thank you needs to go out to Mrs Bowman and Miss Patterson for helping coach, train and umpire the girls.

As there is still a round to be played, stay tuned for the final standings when they become available.

## Canteen Helpers - Term 3

Our Canteen is only able to operate successfully each day with the assistance of volunteers. Thank you to those already on the roster. If you can help on a regular basis or in an emergency please fill out the form below by Friday 2 July. If you have any question please call Lucy on 9251 3007.

Please note, ALL volunteers need to complete the AHA Hospitality & Tourism COVID-19 Tier One course BEFORE they can help out in the canteen.

<https://hospitalityhygiene.com/>

Many thanks for supporting our School Community!



## Kindergarten Enrolments for 2022

Final Reminder - If your child was born between **1 July 2017 to 30 June 2018** they will start 4 Year Old Kindergarten at the beginning of 2022. Enrolment forms can be obtained from the school office or via our new website <https://shthorn.wa.edu.au/enrolment-process/> and should be lodged with us as soon as possible.

Formal interviews are now almost complete.

**SACRED HEART PRIMARY SCHOOL (THORNLIE)** was one of the first 100 schools to register for the STEM Classroom Cash competition, and has won a \$50 book voucher from Fremantle Press.

## Uniform Shop

Due to the recent lockdown situation the Willetton Uniform Superstore will be closed with immediate effect. All being well, the store will reopen during the second week of the school holidays on Monday 12 July.

Uniform Shop<sup>4</sup>

## School Dentist

South Thornlie Dental Therapy Centre will be opened the first week of the school holidays Monday 5 to Thursday 8 July.

From Friday 9 July to Friday 16 July in case of an emergency please contact **WILLETTON DTC 9457 4624** between the hours of 8 – 4 pm for assistance

For after hours EMERGENCIES please call 1800098818 for advice only.

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<sup>4</sup><https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store>

## **Website - Parent Handbook**

Refer to the website for a copy of our Parent Handbook. This is a useful guide for parents to use as a reference tool for the day to day operations of the school.

<http://shthorn.wa.edu.au/pdf/parenthandbook.pdf>

## **Winter Clothing Donations**

St Vincent de Paul stores in Western Australia are facing a shortage of winter clothing for the neediest in our community. Please see details attached about donating clothing this winter.



## DONATE WINTER WOOLIES

Help Vinnies keep families safe and warm this season by donating Winter clothing at your closest Vinnies shop.

Our Vinnies shops raise funds for the most vulnerable in our communities.

Visit our website to find your local Vinnies shop [vinnieswa.org.au](http://vinnieswa.org.au).

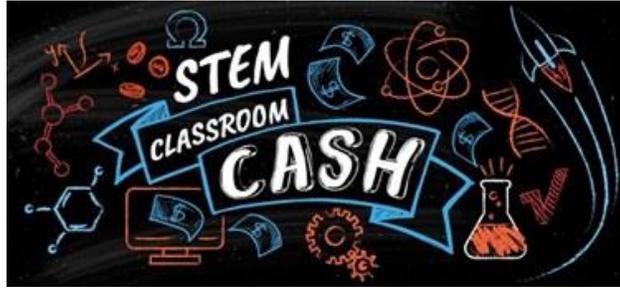
For a dedicated clothing drive in your Perth Metro school please contact us on [schools@sudpwa.org.au](mailto:schools@sudpwa.org.au).

## Kapture Photos - Sports Captains and Student Councilor's

Attention: Year 6 Parents,

Following our recent school photography by Kapture, you can now view and order any special photos eg. Student Councilor's and Sports Captains taken this year.

When visiting <https://www.kapture.com.au/event.asp> you will need to enter our school code under the Sports & Event tab to access the gallery: **A9EV4A**



Thank you to every one for contributing to the 'STEM Classroom Cash' as part of the West Australian Newspaper. We were one of the first 100 schools to register for the STEM Classroom Cash competition, and have consequently won a \$50 book voucher from Fremantle Press. This will be used to purchase a STEM book for Science.

## Parents and Friends (P&F)

### Crazy Sock & Hair Day

Unfortunately, Crazy Sock & Hair day will not go ahead on Friday as planned due to the lockdown. Keep an eye out for a rescheduled date. We hope you all enjoy the school holidays and get to spend some quality time with each other. Stay safe and take care.

### Entertainment book

Buy an Entertainment Membership to support our fundraising! You'll receive 12 months of valuable savings, and 20% of all digital book purchases get donated back to the school. If you have any questions, please do not hesitate to contact **Rebecca Blackman** at [pandf@shthorn.wa.edu.au](mailto:pandf@shthorn.wa.edu.au)<sup>5</sup>

<https://www.entertainmentbook.com.au/orderbooks/83356f>

### 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 docketts from Forest Lakes Forum in the Sacred Heart School box located outside Red Dot at Forest Lakes Forum.**

Alternatively, you may place your shopping docketts 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 docketts 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.

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<sup>5</sup><mailto:pandf@shthorn.wa.edu.au>

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 kindly 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**

We are excited to be involved in the 'Containers for Change' scheme, offering opportunities to raise funds for the P&F, showing our commitment to the environment and encouraging better recycling behaviours in the community. The Containers for Change bin is located in the car park near the other donation points and we encourage you to donate your eligible containers to help the school. Most aluminium, glass, plastic, steel and liquid paperboard drink containers between 150ml and 3L are eligible for a refund.

Eligible containers must: Be included on the scheme's list of products. Use our eligibility checker below to ensure your containers are eligible. Display the refund mark (e.g. "10c refund at collection depots/points in participating State/Territory of purchase")





## CSPWA 2021 Conference Edition

### Term 2 Newsletter: Conference Edition

Dear Sacred Heart Primary School (Thornlie),

Welcome to the latest edition of our Schoolzine eNewsletter!

Visit the link below to view your newsletter: <https://cspwa.schoolzineplus.com/news?nid=30><sup>6</sup>

Regards,

Siobhan Allen, **Executive Director**

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<sup>6</sup>[http://cspwa.schoolzineplus.com/\\_r/2nJW/60cac316eadf3](http://cspwa.schoolzineplus.com/_r/2nJW/60cac316eadf3)



## Adult Faith Education Programme - Thornlie Parish

**Term 3 - Discovering Catholic Values: An Introduction to the Basics of our Faith** (4 sessions, Mr Joe Tedesco, dates TBC, Cost \$20)

**Term 4 - Created in the Image of God: An Introduction to Christian Anthropology** (4 sessions, Ms Natalie Thomas, dates TBC, Cost \$20)

For further information or to register please contact the Centre for Faith Enrichment or Thornlie Parish:

<https://cfe.org.au/>

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

## Useful Links

Uniform Shop<sup>7</sup> Sacred Heart Thornlie Parish<sup>8</sup>

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

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