

Sacred Heart School Thornlie



From the Heart - 14 October 2021

Principal's Message

Dear Parents

Welcome back to the new term and the last for the year. I hope you managed to have some quality family time together and that your children are well rested for the busy term ahead. We are now in summer uniform and the children will have until the end of week three to have made the transition to the summer uniform.

A final Term Planner will go home with this newsletter. Please diarise any important dates as I'm sure the weeks will fly by heading towards Christmas. Please note the Graduation Mass Wednesday 8 December will be compulsory for Year 6 students and Year 5 students. 2022 student leaders will be announced at this Mass and badges will be presented. Choir students will likely be required to attend as well.

I would like to announce that Mrs Lucy O'Sullivan will be retiring from her position as Canteen Manager at Sacred Heart at the end of the year. Lucy has been in this role for over 20 years and will be greatly missed. Lucy will be farewelled later this term and the process to replace her will be undertaken before the end of the year. I wish Lucy all the very best for her future.

We recently conducted interviews for teaching staff and we welcome Sarah Raspa and Kate Poole to the Sacred Heart family for 2022. Both teachers were very impressive in their interviews and we look forward to working with them.

All staffing placements for 2022 will be announced at our Annual Community Meeting on Wednesday 24 November.

Around about this time each year decisions are made regarding student class placements for the following year. Factors which are taken into account when balancing classes include academic ability, gender, social and emotional needs and religious affiliation. In addition, children with behavioural and/or special learning needs are also accommodated.

Parental requests become an additional factor and I would like to make clear our policy on this issue. ***Letters to, or lobbying of, class teachers will not be considered.*** Because of the many other factors involved in balancing classes, parental requests can only be met in exceptional circumstances.

If you believe that such circumstances apply to your child, ***a request must be made in writing by Friday 29 October.*** No requests can be met after this date. When writing your request, please indicate the reason for the request. This is your opportunity to explain in writing your exceptional circumstance. I will not be conducting interviews with parents regarding class placement, nor will I be replying to any letters of request. If I feel more information is required I will contact you to discuss the matter further. ***Please note that a request for a particular teacher is not deemed exceptional unless there are exceptional circumstances surrounding the request.***

Finalised class lists will be posted on classroom windows after transition on Wednesday 8 December. Teachers and Leadership put a great deal of preparation and thought into the new class lists and I ask you to trust that the environment your child is going to next year is one in which they will thrive.

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

Lastly, I would like to thank our wonderful P&F for the amazing Colour Run day. Keep an eye out on our FB page for some photos of the day. Final figures are not yet available, but I understand the P&F raised considerable sums through this event that will help in the installation of our new playground.

This week's Parenting Ideas article is about everyday resilience lessons for kids. A timely article given our focus listed above.

God Bless

Steve Gibbs

Principal



“Resiliency is something you do, more than something you have. . You become highly resilient by continuously learning your best way of being yourself in your circumstance.” Al Siebert

“Resilience is knowing that you are the only one who has the power and the responsibility to pick yourself up.” Mary Holloway

Parenting Ideas

Everyday resilience lessons for kids

Muscles need to be exercised daily if they're to remain strong, flexible and do their jobs. Resilience is no different. If it's not exercised regularly our resilience will waste away.

Resilience is developed through regular daily use. Here are some simple ways you can encourage a child or young person of any age to flex their resilience muscles every day.

Wait until mealtime

Discourage them from random snacking when they are hungry. Encourage them to wait until mealtime. By tolerating minor discomforts such as hunger, thirst or even some worries, kids get the practise needed to help them manage bigger future hurdles that may come their way. You can build your child's tolerance of discomfort by encouraging them to delaying immediate gratification even just for a few moments.

Do more than expected

Great sportspeople routinely train more than others and push through mental and physical boundaries. Encourage your child to push through boundaries and do more than expected in small ways. Perhaps they don't just clean their bedroom but tidy the living room as well. They may aim to shoot 10 goals in a row at basketball practice but keep going until they reach fifteen. Going past the finish line is wonderful resilience practice. What else can you do that would encourage your child to do more than expected on a regular basis?

Save pocket money

Did you know that when you encourage your child to save some of their pocket money rather than spend it immediately you are teaching them to delay gratification, an acknowledged resilience attribute? Asking a child to set aside some pocket money for saving, some for charity and some for spending will help develop a balanced use of pocket money. It helps if a child can develop their own savings goal, and parental suggestions can assist. The delay of an immediate reward to achieve a greater or later reward needs to be practiced if it's to become part a child's pattern of behaviour.

Make the bed

Resilience comes from doing things that we don't feel like doing and making a bed is one thing few people enjoy. The daily habit of making a bed (to the best of a child's or teen's ability) is a brilliant discipline to develop, which has the bonus of setting kids up well for a productive day at school. What other simple habits that fit into the "don't-like-to-do" basket that benefits either your child or others in the family?

Help when you don't feel like it

It's easy to help at home when they've had a good day at school or the weather is fine. It's much more difficult to step up and help set the table, put the rubbish out or hear a sibling read when they've had a bad day at school or the weather is stinking hot. The seemingly small act of sticking to commitments develops discipline and conscientiousness that contributes to a sense of resilience.

Smile when you don't feel happy

Feelings may be difficult to manage, but behaviour is a choice. Encourage kids to choose happy, or at least act happy by smiling rather than putting on a grumpy face. The brilliant thing about this strategy is that smiling changes their mood so that they begin to experience pleasant emotions.

It's the small, everyday behaviours we encourage in kids that have the greatest impact on their behaviour, wellbeing and resilience.

Key Dates - Reminder and Term 4 Calendar

Wednesday 24 November	Annual Community Meeting
Friday 3 December	Christmas Concert
Wednesday 8 December	Transition Day Graduation and Thanksgiving Mass
Friday 10 December	Term ends for students
Friday 17 December	School Closes

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 1	13-Oct Pupil Free Day	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct / 17-Oct
Week 2	18-Oct P & F Meeting First and Focus (Yr. 6, 4, 3)	19-Oct First and Focus (Yr. 2 & 5)	20-Oct First and Focus (Yr. 1)	21-Oct	22-Oct	23-Oct / 24-Oct
Week 3	25-Oct Interschool Athletics Field Events	26-Oct Interschool Athletics Track Events	27-Oct School Board Meeting	28-Oct Yr. 2 Excursion	29-Oct Yr. 5 Interschool Tea Ball	30-Oct / 31-Oct
Week 4	1-Nov	2-Nov All Saints and Remembrance Day	3-Nov	4-Nov Music Concert 6:00pm Yr. 5 Electrical Construction Unit	5-Nov Tribute	6-Nov / 7-Nov
Week 5	8-Nov	9-Nov	10-Nov	11-Nov Yr. 6 Girls Cricket Regional	12-Nov	13-Nov / 14-Nov
Week 6	15-Nov P & F Meeting	16-Nov	17-Nov School Board Meeting	18-Nov Year 4 Japanese Day	19-Nov	20-Nov / 21-Nov
Week 7	22-Nov	23-Nov Kindy Night 2022	24-Nov Annual Community Meeting Kindy Orientation 2022	25-Nov Year 5 Voting/Lookdown Day	26-Nov Year 4 Excursion	27-Nov / 28-Nov
Week 8	29-Nov	30-Nov	1-Dec	2-Dec 8:00-9:15 Incursion 9:30-11:30	3-Dec Christmas Concert	4-Dec / 5-Dec
Week 9	6-Dec	7-Dec	8-Dec Thanksgiving Mass Transition Day 10:40am Graduation Mass 8:00pm	9-Dec Yr. 6 Graduation Lunch Reports sent home	10-Dec Last day for students Yr 6 Assembly Yr 5 Big Day In	11-Dec / 12-Dec
Week 10	13-Dec Pupil Free Day	14-Dec Pupil Free Day	15-Dec Pupil Free Day	16-Dec Pupil Free Day	17-Dec Last day for staff	18-Dec / 19-Dec

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

News from the Finance Officer

***** 3rd and Final instalments for School Fees were due Friday 24th September *****

If you are paying your School Fees by 3 instalments, your last payment was due last term on **Friday 24th September**.

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.au¹

Luna's Corner



Keep up to date on what Luna has been up to, by checking out her Instagram page **@lunalovesschool**

Luna has had a very busy holiday learning some new skills with Mrs Gerhardy and Kim her trainer. She was very scared to go through the tunnel but after lots of encouragement and being very brave she was soon happily running back and forth through the long blue tunnel. She went to the dog park and met some other dogs and played ball with Mrs Gerhardy. She missed everyone a lot and is very happy to be back at school with everyone.

¹<mailto:accounts@shthorn.wa.edu.au>



Term 4 - Summer Uniform

Term 4 marks the start of summer uniform.

There is a grace period of two weeks where students can still wear winter uniform. However, from **Week 3 of Term 4** all students must wear summer uniform. The summer uniform can be purchased from the Uniform Shop at Uniform Concepts in Willetton. Appointments do not have to be made during the holidays.

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 new website <http://shthorn.wa.edu.au/uniform/>

Summer Uniform

Boys

- Button up blue school shirt short-sleeved
- Grey shorts
- Grey school socks with blue and white stripes
- Black leather lace-up shoes or brown sandals

Girls

- Blue checked school dress

- Short blue school socks
- Black leather lace-up shoes or brown sandals

Sports Uniform

House

- House coloured t-shirt (blue, gold, green or red)
- Dark blue school t-shirt
- Navy school sport shorts (unisex)
- Blue school sports jacket
- White socks
- Predominately white sport trainers
- Blue school hat

Not returning to Sacred Heart in 2022?

If your child/ren won't be returning to Sacred Heart Primary School in 2022, please ensure that you notify the school admin office as soon as possible 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

Waste Free Wednesday's

At Sacred Heart, we are committed to reducing our environmental footprint by adopting sustainable practices in our everyday lives.

The average student generates a total of 3kg of waste per school year. In an effort to reduce this waste, Sacred Heart will be introducing 'Waste Free Wednesdays' in term 4.

What this means

Students will be encouraged to bring food in reusable lunchboxes and containers. Food packaged in plastic wrap and pre-packaged snacks will be encouraged to be kept to a minimum with the intention of eventually limiting them all together.

Thank you for your support.

The Sustainability Team

Yes please

- ✓ Food in reusable containers
- ✓ Drinks in refillable containers
- ✓ Reusable utensils where required
- ✓ A reusable lunchbox or bag

No thanks

- ✗ Food packed in plastic wrap, single-use plastic bags, foil or wax paper
- ✗ Single-use drink boxes, cans, pouches, cartons and bottles
- ✗ Single-use plastic forks and spoons
- ✗ Pre-packaged single-serve snack items



Did you know?

The average student's lunch generates around 3 kg of waste per school year.

Spend less. Waste less. Eat well.



Wipe out Waste



Pack waste free food!

Did you know that up to 50% of items in school/preschool bins come from food and drink packaging is brought from home?



Pack

- Snacks in reusable containers
- Drinks in a reusable bottle
- Reusable utensils when needed
- A reusable lunchbox or backpack



Avoid

- Lunches packed in plastic bags, cling film or foil
- Disposable drink boxes, cans, cartons and bottles
- Disposable forks and spoons
- Pre-packaged lunches or single serve items



Wanted - Pre-loved Footy Boots



We are collecting donations of pre loved football boots to donate to students in a remote aboriginal community near Wyndham.

Please drop any boots to the front office by Friday 29 October.

Mosaic Art - Donations of Materials

This term the Year Fours will be creating mosaic art and we would appreciate donations of any of the following recycled materials:

- Old china plates
- Colourful or patterned Teacups
- Ceramic pieces and figures
- Household tiles, used and stripped from walls or floors
- Scrap coloured glass
- Broken mirror
- Coloured glass and ceramic souvenirs

Please also keep an eye out at any thrift shops for bright and colourful items that may be repurposed into beautiful artwork. Please hand any donations to 4W.

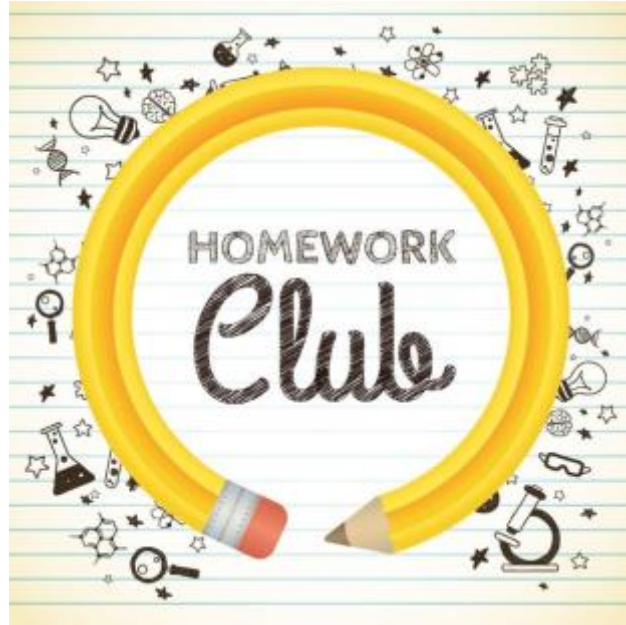
Thank you,

Mrs Denholm





Homework Club



Homework Club will return in Week 2 of Term 4. This term we have introduced a permission slip that must be completed in order for your child/ren to attend Homework club. The permission slips can be obtained from the office. Please complete the form and it is to be handed back to Mrs Urquhart at Homework Club next week. Children can no longer attend unless they have a signed permission slip.

Early Learning Centre Job Opportunities

Due to an increase in occupancy, the Sacred Heart ELC require qualified childcare educators to join the team!



**FULL TIME, PART TIME AND CASUAL OPPORTUNITIES AVAILABLE WITH
SHIFTS BETWEEN 7AM AND 6PM.**

If you are ready to take the next step and have a Diploma in Early Childhood Education and Care or equivalent, please contact Amanda McCorkill on the details below.

CALL

9251 3014

EMAIL

amanda.mccorkill@cewa.edu.au

Office Bulletin Board Display - 5W





Well done Lauren!

On Thursday 23 September Lauren from Year 6 competed in the Gymnastics State Level Championships and worked hard to receive a 3rd Place Medal and a 1st Place Team Certificate. Well done to Lauren on this wonderful achievement!



Canteen Menu - Term 4

<p>RECESS</p> <p>Crunch & sip cup .50c Fruit cup \$1.50 (celery & carrot sticks) (seasonal fruit)</p> <p>Piranha Snaps \$1.80</p> <p>Dinobite .60c</p> <p>Hash brown \$1.00</p> <p>Cheeze \$1.00</p> <p>Vegimite cheeze \$1.20</p> <p>Cheeze sub \$1.50</p> <p>Pizza cheeze sub \$2.00</p>	<p>SANDWICHES & WRAPS</p> <p>Wholegrain or wholemeal</p> <p>Vegemite \$2.50 Ham \$3.00</p> <p>Cheese \$2.50 Ham/salad \$4.30</p> <p>Tuna \$3.00 Salad \$3.30</p> <p>Tuna/salad \$4.30 Egg \$3.00</p> <p>Chicken \$3.00 Curried \$3.50</p> <p>Chick/salad \$4.30</p> <p>(Salad : carrot, cucumber, lettuce & tomato)</p>	<p>MONDAY</p> <p>Sausage roll \$3.50</p> <p>Lasagne \$5.00</p> <p>Macaroni Cheese (V) \$5.00</p> <p>Twista pasta bolognese \$5.00</p> <p>Cheese burger \$4.50</p>
<p>LUNCH COUNTER SALES</p> <p>Assorted icy poles & icecreams \$1.00 - \$2.50</p>	<p>EXTRAS</p> <p>Beetroot 50c Onion 30c</p> <p>Cheese 50c Mustard mild 40c</p> <p>Mayo 40c Sauce sachet 50c</p> <p>Wrap 50c Toasted 50c</p> <p>LUNCHBAGS 10 FOR 50c</p>	<p>THURSDAY</p> <p>Pizza rounds \$3.50</p> <p>Hot dog & tomato sauce \$4.50</p> <p>(+ mustard or cheese 50c)</p> <p>Lasagne \$5.00</p> <p>Macaroni cheese (V) \$5.00</p> <p>Spaghetti Bolognese \$5.00</p> <p>Chicken tender wrap \$4.50</p> <p>(cheese, tomato, lettuce)</p> <p>Sweet chilli tender wrap \$4.50</p> <p>(cheese, tomato, lettuce)</p>
<p>DRINKS</p> <p>WATER \$1.60</p> <p>99% JUICE BOX \$2.00</p> <p>Apple Tropical</p> <p>JUICE BOMBS \$2.60</p> <p>Apple & Raspberry, Orange Passio</p> <p>Watermelon</p> <p>MILK \$2.60</p> <p>Chocolate splash Strawberry smash</p> <p>PLAIN MILK \$1.60</p> 	 <p>MONDAY & THURSDAY</p> <p>BENTO BOX \$6.00</p> <p>A mini muffin, fruit cup, cheese & crackers, wing ding & a cheese or ham or vegemite sandwich</p> <p>SALAD BOX \$5.50</p> <p>Cheese, cucumber, carrot, lettuce, tomato & egg</p> <p>ADD chicken, ham or tuna \$1.00</p>	<p>FRIDAY</p> <p>Sausage roll \$3.50</p> <p>Cruiser beef pie \$4.00</p> <p>Pizza & Juice box \$5.00</p> <p>(margarita or ham & cheese)</p> <p>Lasagne \$5.00</p> <p>Macaroni cheese (V) \$5.00</p> <p>Spaghetti Bolognese \$5.00</p> 

Canteen Opening Hours:

8.30-1pm Monday, Thursday and Friday only.

Phone: 92513007

RECESS & LUNCH orders available online via www.quickcliq.com.au² or via the class lunch box.



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

²<http://www.quickcliq.com.au/>

our new website <https://shthorn.wa.edu.au/enrolment-process/> and should be lodged with us as soon as possible.

Formal interviews are now complete.

Parents and Friends (P&F)

COLOUR/SLIME RUN FUNDRAISER

WOW !! What an amazing event this was. Thank you to each and every student who took the time and made the effort to raise money for our biggest fundraiser EVER ! The prizes have been ordered and will arrive this term. We are currently finalising all donations and will let you know the final amount that was raised as soon as we can, but we can assure you it is going to be VERY impressive ☺

If you raised \$1.00 or \$100.00 every donation is equally important and will all contribute to the new playground. Each student should be very proud of themselves and we hope that they enjoy playing on the new equipment that little bit more, knowing that their hard work helped the P&F to donate the playground to the school.

Whilst we advised that we would not be promoting a leader board throughout the fundraising period, now that it is finished we thought it is only fair to let everyone know that the top three students raised a whopping \$868.00, \$790.00 and \$600.00. The top three classes were 2W with \$2,575.00, 2B with \$2,340.00 and PPB with \$2,163.00. Thank you again to all the students and families.

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.au³

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

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

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

³<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- REMINDER

We have received a reminder letter from Scouts Recycling advising they can only process ELIGIBLE containers and to ensure there is no rubbish placed in the bins. The main culprits being:

- Wine Bottles
- Spirit Bottles
- Cordial Bottles
- Plain milk of any variety
- Other Recyclable items cardboard and rubbish of any kind
- Food Scraps If these items continue to be placed in the bins, they will start deducting the cost of removal from our refunds. They have also kindly requested that lids be removed from bottles. The P&F would like to thank all of our families who donate their containers to the school. It is very much appreciated. All refunds received are going towards the cost of the new playground.

Next P&F Meeting Our next meeting will be held on **Monday 18 October 2021** in the Staff room at **6:30pm**. Come along and join us, we would love to see you there.



Adult Faith Education Programme - Thornlie Parish



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 Shop⁴ Sacred Heart Thornlie Parish⁵

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

⁵<http://www.thornlie.perthcatholic.org.au/>