

Sacred Heart School Thornlie



From the Heart - 25 March 2022

Principal's Message

Dear Parents

This week our Year Six students will be taking part in their Leadership Camp. Whilst the camp has been condensed to two days and is limited to day activities, it will be a worthwhile and engaging experience for the students. The camp is designed for students to make new connections, test their abilities and build leadership qualities. I'm sure our students will enjoy the experiences offered to them over the next two days.

Mr Bouffler is finalising the arrangements for the upcoming Interschool Swimming Carnival. Arranging any out of school event in these times is a challenging and time consuming process. A lot of careful planning has gone into the day and we hope that it is able to go ahead next week without any issues. Unfortunately parents are unable to attend but we will keep our community updated on progress throughout the event. I wish our team all the best for next week.

The school dance concert is coming up and you should have received a note on SeeSaw explaining the event. This will be our first time streaming the concert and whilst it will not be the same as attending in person, it will give parents an opportunity to see the children's hard work in action. Mrs Vinci has been working hard to prepare the children and our school's digital technology team has ensured we found a way to share it with parents. I am sure you will appreciate the concert.

Our Parenting Ideas article this week is about how the experiences our child/ren face help to shape them as they grow. I hope you find it useful.

Stay safe and keep up with our COVID based correspondence to remain vigilant in keeping our community as safe as possible. Attached to this newsletter is some correspondence from our school system's Executive Director, Dr Debra Sayce.

God Bless

Steve Gibbs

Principal

Letter from Dr Debra Sayce, Executive Director



23 March 2022

Dear Parents and Caregivers

The COVID-19 situation in WA has been challenging in recent weeks, with rising numbers of positive cases in school communities, as well as rapid changes to isolation requirements, rules around close contacts and returning to school. Throughout this time, we have worked alongside WA Health as Western Australia has moved from High Caseload level 1, then level 2, and now to the Very High Caseload environment in a few short weeks.

I acknowledge that the changing circumstances for schools to operate have demanded a great deal from families and staff. At times, the bonds that hold our Catholic school communities together have been tested, and I commend all in our school communities for remaining steadfast in our shared response to COVID-19.

As prepared as our schools have been to respond to cases in their communities, it has taken exceptional and agile leadership to minimise disruption to teaching and learning while ensuring schools are compliant with complex and evolving health requirements.

From the onset of the pandemic, and especially as case numbers have escalated recently, Catholic schools have continued to align with WA Health and the State Government on COVID-19 measures.

CEWA acts as a channel to communicate guidance and updates to our schools. Our goal is to provide clear, concise information as quickly as is practicable, and at the same time ensure our schools are properly resourced to minimise disruption.

It has not always been simple, particularly as measures have changed quickly, sometimes with several iterations in the space of 24 hours. In addition, sometimes a difficult call has had to be made and we are all too aware of the disappointment and difficulties that have resulted. I wish to thank parents for their outstanding support in working with schools, and this note of thanks is wholeheartedly endorsed by the Catholic School Parents WA organisation.

As with every decision CEWA makes, children are at the centre. We take precautions to protect students and staff, and to give families confidence that our schools are determined to remain safe environments. At the same time, we try to limit disruption to our education programs.

CEWA acts as a channel to communicate guidance and updates to our schools.

Catholic schools have spent over \$8 million in COVID-19 related expenses since the pandemic began. Some of these costs have been to create a healthy and safe learning environment, including:

- Air purifiers and CO2 monitors;
- Ventilation audits and remediation works;
- COVID-19 cleaning and hygiene practices in every school
- The State Government has contributed masks and Rapid Antigen Tests

Other measures are related to transitioning our teaching environments, including a rapid scaling up of the digital ecosystem. This ensured our schools and teachers were prepared for remote learning, and that the transition was as seamless as possible.

In addition to this, significant fee relief measures have been put in place to minimise the financial burden facing some families at this time.

CEWA understands the ongoing mental strain that the pandemic has placed on students and the school community, which is why health and wellbeing initiatives are also a key part of our COVID-19 response.

The CEWA Psychology Team has been available to deliver virtual consults and webinars to build resilience, and every school was given access to the Visible Wellbeing e-program, delivering wellbeing practices and activities.

It has never been more important for our Catholic education community to support one another as we deal with the challenges that the pandemic presents.

CEWA will continue to focus on the partnerships with families that make our school communities strong, and I would encourage all families to remain active and engaged with their school to ensure we can continue to work together.

Yours sincerely

Dr Debra Sayce

Executive Director

Parenting Ideas

Growing up is not straight-forward

The pandemic has delivered change and upheaval to families on an enormous scale. However upheaval is not new for some children, particularly those who've experienced illness, a loss of a loved one or who've moved home and changed schools. Each change requires acceptance, adjustment and an attitude realignment to help them fit the new circumstances. Every change is an opportunity for a child to grow and develop, if they are supported, and they're not overwhelmed by the experience.

The twists and turns of development

A child's pathway to adulthood, and the accompanying journey of their parents, is generally viewed as linear. Growing up is seen as a straightforward march from infancy, early childhood, childhood, adolescence, post-adolescence to adulthood. If COVID has taught us anything it's that a child's journey is full of twists and turns.

While your child has a developmental clock that keeps ticking over, it's their experiences that determine their maturity and their ability to reach fully-fledged adulthood with the resilience, grit and adaptability needed to thrive. These experiences that develop maturity and coping capacities fit into two broad areas – challenging experiences and positive experiences.

Challenging Experiences

The challenging experiences that a child encounters enable them to build their coping capacities and develop their emotional resources that contribute to their maturity. These challenges include:

Conflict

Disagreements, arguments and rivalry is part of growing up. Whether it's a dispute with siblings or a fallout with a friend, negotiating conflict is a developmental task.

Rejection

Rejection by a friend or group is hurtful and feels horrible, but it also builds a level of social smarts and judgement necessary for navigating relationships in later life.

Loss

This takes many forms including a friend moving away, the death of a pet or the passing of a family member. Loss is the cause of sadness, grief and heartbreak that can feel overwhelming. However, with time and support kids learn to cope and get on with their lives.

Disappointment

Losing a game, not being picked for a team, not receiving a gift they wanted are unpleasant but character-building experiences that help kids develop perhaps the most treasured resilience capability of them all – acceptance.

Failure

Mistakes are seen in three ways. They are activities to be avoided, signs of failure, or opportunities for further learning. Resilient learners know that mistakes, even initial failures, are part of every learning process so the risk of failure doesn't hold them back. Children and young people grow from these experiences as coping and recovery generally build character, confidence and resilience.

Positive experiences

Though children and young people will inevitably experience challenging experiences, positive experiences help to balance the experience ledger by building a child's identity, wellbeing and emotional collateral.

Love

Knowing that a child is loved and loveable is at the core of their self-worth. Self-esteem and identity built in adolescence needs a solid foundation of self-worth.

Friendship

Making and keeping friends is an essential life task linked to many aspects of happiness and wellbeing.

Contribution

The ability to belong to groups through contribution fulfils a basic need. It allows children to experience real gratitude and feel needed, which builds self-esteem.

Excitement

Fun, joy, excitement! Any activity that shifts a child's emotion from unpleasant, low energy to pleasant and high energy is a good thing.

Play

Involvement in enjoyable activities such as hobbies, interests, sports, music, games, creative and performance arts are central to healthy wellbeing. Activities that are fun, freely chosen and create flow (the ability to lose track of time) fit the criteria of play.

In closing

A child's age and related milestones is a recognised marker of their development. However, their life experiences, as much as the number of birthdays they've had, contribute to their maturity, resilience and readiness for the wider world.



'Being brilliant is no great feat if you respect nothing' ~ Johann Wolfgang von Goethe

'Be modest, be respectful of others, try to understand' ~ Lakhdar Brahimi

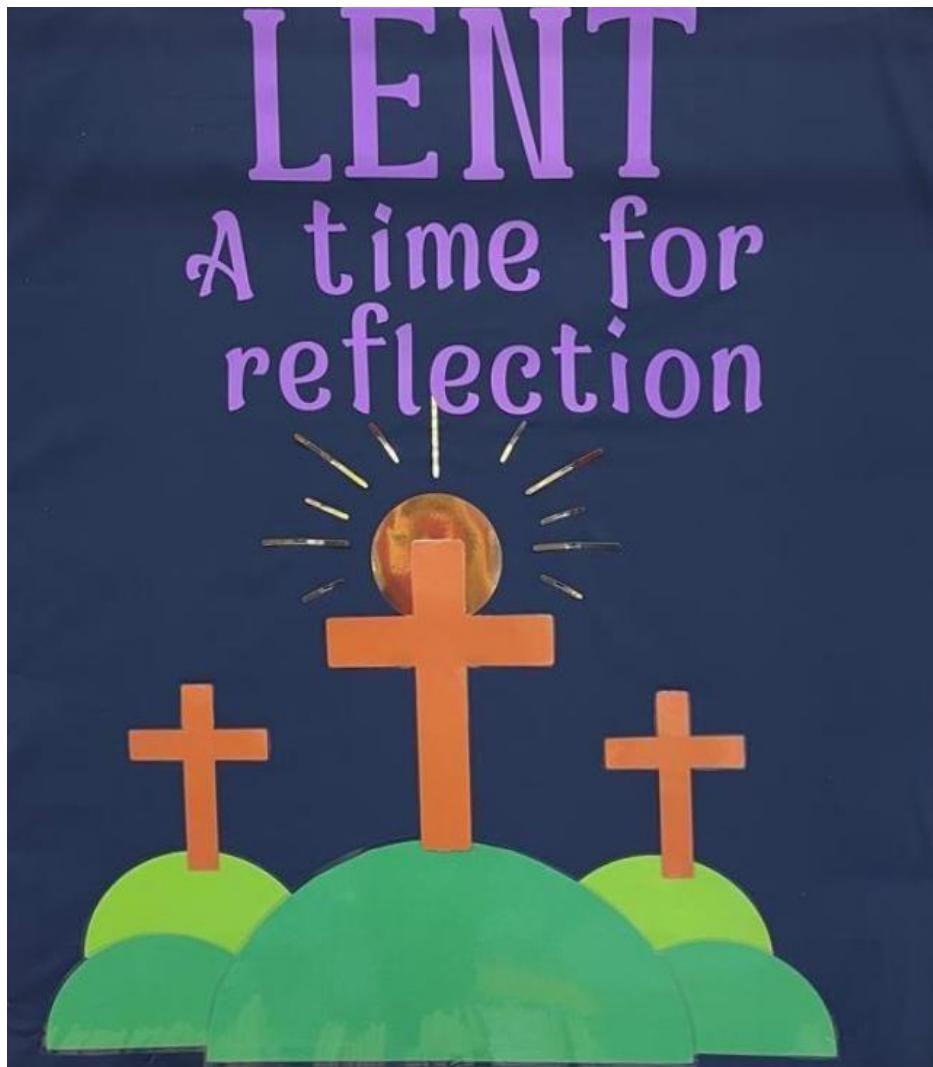
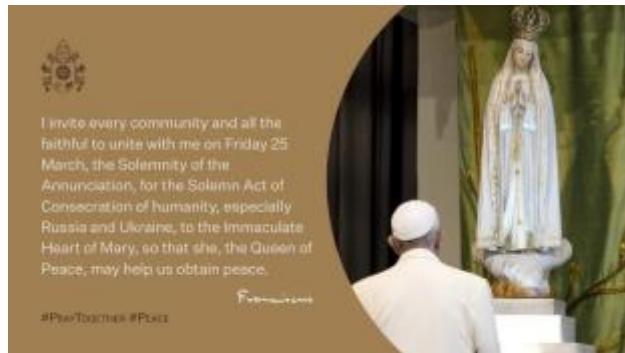
Key Dates for Term 1

Interschool Swimming Carnival	Thursday 31 March 2022
Term Ends for Students and Staff	Friday 8 April 2022
ANZAC Day Public Holiday	Monday 25 April 2022
Staff and Students commence for Term 2	Tuesday 26 April 2022

Please note, these dates are subject to change due to circumstances outside of our control. Link to website to view Term Dates for the year <https://shthorn.wa.edu.au/calendar/>

Religious Education





Thank you to Mrs Laura Stilwell for the beautiful display she has set up for the season of Lent in the Library. If you are looking for some inspiration for reflection then why not start following the Pope on Twitter: <https://twitter.com/Pontifex>.

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What happened in Nazareth?

The Annunciation:
Mary received news
which changed
the whole world.

The Angel Gabriel
came to Mary and said to her:
"God has especially chosen you.
He has a plan and needs you for it."
Mary became really scared.
The angel said: "Fear not, Mary,
you are the right one for this plan.
You will have a child, a very special child.
Give him the name Jesus!"

Mary said: "But I am not even
together with a man!"
The angel answered: "The child is from God.
The Holy Spirit will do this."
Mary said: "Count me in!"



i SMS from Heaven

Reflect with your child: You receive
an SMS with the news: "Arriving Friday,
24.12, around midnight. Can someone
come and pick me up? Thanks, Jesus."
What would you do?

i

Nazareth was a small, unimportant
village in the north of Galilee.
In the 19th century there were even
people who denied that Nazareth
existed. In the 20th century, though,
archeological excavations have proved

to the contrary. It is estimated today
that at the time of Jesus some 200 to
500 people lived there. Among other
things, they found a modest house
with two rooms and a cistern for the
residents' water supply.

This Friday 25 March is the Solemnity of The Annunciation of the Lord. This is a special time for Catholics, as we acknowledge the important role of Mary, Mother of God. Please see the information above from "YOUCAT for Kids" which explains the day in child friendly language. On Friday, saying the Hail Mary with your child at home is a special way to commemorate the day and provides a good opportunity for reflection and discussion.

Catholics are being encouraged to join their prayers with those of Pope Francis this Friday, when he consecrates Russia and Ukraine to the Immaculate Heart of Mary. The feast of the Annunciation, when the Church celebrates Mary's "yes" to the call of God, is a good day for the consecration, a day for the world to say "yes" to the call of peace.

News from the Finance Officer

School fees are due this Friday 25 March

To qualify for the early payment discount, please pay the FULL amount by this Friday 25 March.

Alternatively, you may chose to pay via three instalments. The first instalment is due this Friday 25 March. Please contact the school office to set up a payment arrangement if required.

A big thank you to all families who have returned payment advice forms and have already made a payment towards their children's school fees.

Kind regards

Mrs Lindy Munnings

Finance Officer

Luna's Corner



Luna went to see Karen her wonderful groomer this week. Check out Luna's before and after photos! Look how beautiful she is!





Aboriginal Perspectives

Kaya Sacred Heart Community,

Thank you to all our students, staff and community members for their support during Harmony week! It was a fantastic week and we hope to build on this event every year. If you have any ideas for next year, please don't hesitate to let one of us know on the Aboriginal Education Team.

You may have noticed in the last few weeks the white flowers of the Jarrah, Marri and Ghost Gums coming into bloom. Additionally, the female Zamia cones have emerged with their cones changing from green to red. All signs of the Noongar season Bunuru – second summer, the season of adolescence.

The recent cool nights and dewy mornings are an indication that Djeran is on its way. Djeran is the time of red flowers. As you drive around you will notice the red 'rust' and seed cones of the Sheoaks. The Banksias start to display their flowers, providing a nectar food source for many small mammals and birds. Djeran is known as ant season, many flying ants will be seen cruising around in the light winds.

We hope you can take a minute out of your busy schedule of work and school commitments to look around and notice the changes that are happening all around us. The Whadjuk boodja on which we stand is not only beautiful but amazingly dynamic. We just need to take the time to notice.

Upcoming Significant Dates:

26 May **National Sorry Day** – More details to follow closer to the date

27 May – 3 June **Reconciliation Week** – More details to follow closer to the date

We look forward to sharing more information with you soon.

Boorda,

The Aboriginal Education Team



Source of information: <http://www.bom.gov.au/iwk/calendars/nyoongar.shtml>

Sustainability



Over the last two weeks we have been very lucky to have Belinda Bloxome from Waste Sorted School come out and visit our school. The Year Four classes had the opportunity to conduct a "Waste Audit" of all the rubbish we accumulate over recess and lunch in one day (including the rubbish from the canteen).

The children were very surprised to see just how much rubbish was collected over this short period of time.

Throughout the incursion the children learnt important facts about waste and ways we can recycle and reuse different plastics and cans that we have here at school.

Both classes had the opportunity to participate in sorting the rubbish into the 12 sorting categories and brainstorm ideas for changes we could make to our school community. The incursion showed the children easy ways we can eliminate the amount of rubbish we have at school and by recycling cans and bottles we can make money as well.

The Sacred Heart Sustainability Team





Only 1 week to go before our Sacred Heart Team shave their heads!

Margaret Johnston and Louise Cushen will be shaving their heads to raise money for the world-famous Leukaemia Foundation in the World's Greatest Shave! **The count-down has begun...please show your support and click on their fundraising link below.**

<http://my.leukaemafoundation.org.au/sacredheartprimaryschool>





Office Display - 2W

In the office this week we keep having that feeling that someone or something is watching us! Check out our amazing 2W artists and their dragon eye creations.



This term the students in 2W have been using the story Kasim and the Greedy Dragon in our Talk for Write unit. As part of art this term we have taken inspiration from this story to create a dragon eye using various art elements. The students learnt about curved and straight lines and how these can be used to create scales and the eye for the dragon. They also learnt about hot and cold colours and explored using these colours to enhance their art. The finished product blew many of the students away with what they had created. We hope you enjoy our art pieces! ☺

Kindergarten Enrolments for 2023



If your child was born between **1 July 2018 to 30 June 2019** they will start 4 Year Old Kindergarten at the beginning of 2023. 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.

Formal interviews will commence May/June 2022.

Canteen Menu - Term 1

③ RECESS ③		③ SANDWICHES & WRAPS ③		③ MONDAY ③	
Crunch & sip cup \$0c (cucumber & carrot sticks)		Vegemite \$2.50 Cheese \$2.50 Tuna \$3.00 Tuna/salad \$4.30 Chicken \$3.00 Chick/salad \$4.30 (Salad: carrot, cucumber, lettuce & tomato)	Ham \$3.00 Ham/salad \$4.30 Salad \$3.30 Egg \$3.00 Curried \$3.50 EXTRAS	Sausage roll \$3.50 Cruizer beef pie \$4.00 Lasagne \$5.00 Macaroni Cheese (V) \$5.00 Twista pasta Bolognese \$5.00 Cheesburger \$4.50 (Patty, cheese & tomato sauce)	
Fruit cup \$1.50 (Seasonal fruit)					③ THURSDAY ③
Dino bite 60c				Pizza rounda \$3.50 Hot dog & tomato sauce \$4.50 (add mustard 50c or cheese 50c)	
Hash brown \$1.00				Lasagne \$5.00 Macaroni cheese (V) \$5.00 Spaghetti Bolognese \$5.00 Chicken tender wrap \$4.50 (cheese, tomato, lettuce)	
Cheezie \$1.00				Sweet chilli tender wrap \$4.50 (cheese, tomato, lettuce)	③ FRIDAY ③
Vegemite cheezie \$1.20					Sausage roll \$3.50 Cruizer beef pie \$4.00 Treasure Chest \$6.00 (Hashbrowns, 5 Fish nuggets + Juice Box)
Cheezie sub \$1.50					Lasagne \$5.00 Macaroni cheese (V) \$5.00 Spaghetti Bolognese \$5.00
Pizza cheezie sub \$2.00					
③ LUNCH COUNTER SALES ③		MONDAY & THURSDAY		LUNCHBAGS 10 FOR 50c	
Assorted icy poles & ice creams \$1.00 - \$2.50		BENTO BOX \$6.00		A mini muffin, fruit cup, cheese & crackers, wingding & a cheese or ham or vegemite sandwich	
③ DRINKS ③		SALAD BOX \$5.50		Cheese, cucumber, carrot, lettuce, tomato & egg ADD chicken, ham, or tuna \$1.00	
WATER \$1.60					
99% JUICE BOX \$2.00					
Apple Tropical					
JUICE BOMBS \$2.60					
Apple & Raspberry, Orange Passio					
Watermelon					
FLAVOURED MILK \$2.60					
Chocolate splash Strawberry smash					
PLAIN MILK \$1.60					

Canteen Opening Hours:

8.30-1pm Monday, Thursday and Friday only.

Phone: 92513007

RECESS & LUNCH orders available online via www.quickcliq.com.au¹ or via the class lunch box.

Term 2 Canteen Volunteers Needed

We are needing volunteers for Term 2. If you are able to help can you please complete the link below by Friday 1 April.

<https://forms.office.com/Pages/ResponsePage.aspx?id=ly-FxTM2KU-zhIHaUNeI9MMz4o0VNhLtNhwgG8eihdUMzFaNzNUNkFEQkpXVUZCMIZWQzhBVUk2Si4u>

¹<http://www.quickcliq.com.au/>

Canteen Roster - Term 1

DATE	MONDAY	THURSDAY	FRIDAY
MON 31 JAN FRI 4 FEB		J. ALBANESE	J.GARVEY
MON 7 FEB FRI 11 FEB	W. HAMILTON	A. FOSTER	N. ROWE
MON 14 FEB FRI 18 FEB		P. ELDER	J.GARVEY
MON 21 FEB FRI 25 FEB	J. GARVEY	J. ALBANESE	R. DEKENS
MON 28 FEB FRI 4 MAR	W. HAMILTON	A. FOSTER	L. CUNNANE
MON 7 MAR FRI 11 MAR	LABOUR DAY (PUBLIC HOLIDAY)	L. VOGELS	J. GARVEY
MON 14 MAR FRI 18 MAR	J. GARVEY	J. ALBANESE	N. ROWE
MON 21 MAR FRI 25 MAR	J. GARVEY	A. FOSTER	R. DEKENS
MON 28 MAR FRI 1 APR		P. ELDER	J. GARVEY
MON 4 APR FRI 8 APR	W. HAMILTON	J. ALBANESE	J. GARVEY

11am start# 11am finish*

If you are unable to come in on your rostered day, please contact Abi 92513007 (8AM-1PM) or A/H 0421 831 343



Parents and Friends (P&F)

Easter Raffle

Raffle tickets have now been sent home. If your child did not bring a sheet home, please see our fabulous office ladies for a copy. As there will be a first, second and third prize for each class, every student will have their own sheet of tickets. If you have more than one child, please remember to keep the tickets separate. There is a P&F pencil case in the classrooms for tickets to be placed in. Tickets are due back on Tuesday 5 April – please note that NO LATE ORDERS WILL BE ACCEPTED. This is due to the money being counted off site this year due to COVID.

STEM Classroom Cash

It's back, The West Australian is giving away a prize pool of \$25,000. All you need to do is cut out the coupons in The West Australian on March 19th, 26th and April 2nd. Please hand them into the classroom. Don't forget to ask your family and friends to save their coupons for you. Every coupon is an entry into the draw.

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.

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

The P&F would like to thank all of our families who donate their containers to the school. It is very much appreciated.



Sacred Heart Parish News

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

Masses

Stations of the Cross every Friday at 7pm

Weekend Masses (5 in total):

- Saturday's 4pm and 6pm
- Sunday's 8am, 9am and 10am
- Please note the capacity limits of 150 people attending each Mass.

- The Parish strongly encourage parishioners to attend the 4pm and 9am Masses to ensure they abide by the capacity restrictions.
- Weekday Masses will continue as normal at 9am.

Online Masses

Daily Mass Livestream's are available online and the links can be found on the Parish website
<http://www.thornlie.perthcatholic.org.au/>

Mass for You at Home (Channel 10 -- aired 6am each Sunday) is also available.

Archdioceses of Perth COVID Statements and Resources <http://perthcatholic.org.au/COVID19.htm>

Here are the links on our website:

Masses Online and on Demand

- Mass on Demand – CathNews²
- Mass on Demand – Archdiocese of Brisbane³
- Daily Mass -- Archdiocese of Melbourne⁴
- Daily Mass -- Archdiocese of Canberra and Goulburn⁵

Mass Readings and Liturgical Resources

- Readings of the Day⁶
- Prayers for Time of Pandemic⁷

Useful Links

Uniform Shop⁸ Sacred Heart Thornlie Parish⁹

²https://www.youtube.com/channel/UCYRq7AjVimr-hcHFJD_HVaQ

³<https://brisbanecatholic.org.au/multimedia/web-cast/>

⁴<https://melbournecatholic.org/connect/mass-online>

⁵<https://www.catholicvoice.org.au/mass-online/>

⁶<https://www.universalis.com/mass.htm>

⁷https://www.catholic.org.au/images/synod/Prayers_for_Time_of_Pandemic.pdf

⁸<https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store>

⁹<http://www.thornlie.perthcatholic.org.au/>



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COLLEGE

IT'S TIME TO PLAY BALL

**THORNLIE HAWKS
MENS SOFTBALL CLUB**

**WE ARE SEEKING PLAYERS FOR THE UPCOMING
2022 SEASON AT DALE DISTRICTS - LANGFORD.**

U13 MIXED SUB-JUNIORS

(PLAYERS BORN IN OR AFTER 2010)

U16 BOYS

(PLAYERS BORN BETWEEN 2007 - 2009)

FOR MORE INFORMATION EMAIL

THORNLIEHAWKSMENSSTOBALL@GMAIL.COM

OR REGISTER AT

[https://www.leaguelineup.com/formpreview.asp?
url=thornliehawksmens&formID=180411](https://www.leaguelineup.com/formpreview.asp?url=thornliehawksmens&formID=180411)



We are mighty, we are
strong...

WINTER NETBALL REGISTRATIONS NOW OPEN!

Play for fun, fitness or
friendship

Beginners & boys*
welcome!

Teams for year's 2
up to adults

Play Saturday mornings & train weekday/evenings at
Southern Districts Netball Association, Langford.

More info here:

<https://www.playhq.com/netball-australia/register/b09af6>
netballhearts@gmail.com

<https://www.heartsnc.com/>

*boys up to age 11