

# RESILIENCE

Learning from our mistakes or difficulties and bouncing back to carry on



11 November 2020

Dear Parents

On the weekend our Year Four students and children from the Sacred Heart Parish celebrated the Sacrament of First Holy Communion. It was wonderful to see the children dressed so beautifully and so excited to receive Communion for the first time. Mrs Lisa Ripley did an amazing job in coordinating the sacrament and Mrs Thomas, Miss Keefe and the Catechists, Jeannie Willock, Jennifer Farrugia, Amanda Pereira who all did a fantastic job in preparing the children. Special thanks must also go to Mrs Vinci, Mrs John and the school choir for leading the music and singing so well. Thank you to Fr Minh Thuy and Seminarian Nicholas for working so hard to ensure the children can receive the sacraments during COVID. This Friday, we celebrate the first of the Confirmation masses. Please keep the Year Six children and the parish children in your prayers.

Our **AGM** will take place on the 25 November. Unfortunately due to COVID we will not be serving any refreshments this year. We will start the AGM promptly at 6.30pm in the school hall. Your attendance would be greatly appreciated.

It is with much sadness that I announce the upcoming retirement of Mrs Jill Hall. Jill has been a staff member for 27 years and has worked in Catholic Education for 37 years. Although she finishes in December, Jill will be taking long service leave into February next year. We will farewell her early next year. Hopefully we will be under less restrictions and can make it a big party!!!

Mrs Frances Mercer will be leaving at the end of this year. Frances has other work commitments outside of Sacred Heart that make it difficult for her to increase her hours in 2021. In light of this the school is seeking a suitable replacement to enable our services to expand to assist more families. I wish Frances all the very best.

This week's Parenting Ideas article is specific to boys and details the process of helping boys be accountable for their actions. This one is by Maggie Dent. I hope you enjoy it.

God Bless

Steve Gibbs  
Principal

## Food for Thought

**"Enthusiasm is common. Endurance is rare."**

~ Angela Duckworth

**"The oak fought the wind and was broken, the willow bent when it must and survived."**

" — Robert Jordan

From the Heart

## SACRED HEART SCHOOL

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# parenting \* ideas

## **The power of sorry**

Our boys tend to get into trouble more than our girls. There are lots of cultural and biological reasons for this but much of it boils down to the fact that boys are still soft-wired to be 'mammoth hunters', ready to react to any threat.

Generally, boys have more muscle than girls and, with that, a physicality that gets them in strife. There's also brain research that shows that, while females tend to quickly shift emotions from the brain's limbic system to the word centres of the brain, males tend to shift them into their bodies.

This is more obvious as our boys become teens as they can be as big and strong as men, but their brains are under construction and their bodies are flooded with testosterone.

Author and counsellor Michael Gurian writes that boys tend to seek external measures of success to feel good about themselves. It is critical they maintain credibility and status in the eyes of the 'tribe'... that's their peers, not you.

Inevitably, all this means your son will probably make many mistakes; or hurt himself; hurt someone else; or make a very poor, thoughtless, seemingly stupid or cruel choice.

## **React with compassion not shame**

How you react as a parent can significantly impact how your son recovers from mucking up. Your first reactions may be anger, disappointment or the urge to discipline harshly. However, there are other ways of reacting that can strengthen your bond with your son and ensure he learns from the experience through growth rather than shame.

Listen to him, guide him to see the impact of his poor choice, help him make it right, forgive him and ask him what he might do next time he's in the same situation.

## **Break down the old male-code**

This code told us that men don't apologise as it's a sign of weakness. One of the most powerful things we can teach our boys is that when we make mistakes, we own up to them and we apologise if need be. Teach your boys that saying sorry when they really mean it is a sign of courage and strength, not the opposite. It is also about taking responsibility for your actions, which is important for boys to learn. They need to see the men in their lives – particularly dads – apologise.

## **Don't force an apology**

Forcing a boy to apologise can be problematic. A genuine apology is very different to a forced apology. A genuine apology has a real sense of remorse attached to it. Coach your son to see the situation through the other person's eyes. If someone has been impacted, he needs to apologise and make amends even if he didn't intend for the consequences of his poor choice to happen. It doesn't mean he's wrong. It just means his choice affected someone.

## **Embrace failure**

To help your son better learn about failure, have conversations about things you hear in the media where boys and men have experienced failure and recovered. Steve Smith, the former captain of the Australian cricket team who was involved in a ball-tampering scandal, is a great example. He owned his mistake, publicly apologised and he went on to have a very successful return to cricket.

Your son is going to make poor decisions repeatedly until he has enough myelin in his brain to be more mindful of the choices he makes. That is just a fact of life. As parents, your job is to, day-by-day, help your son learn a culture of accountability without a need for severe punishment, shaming or ridicule.

## YEAR SIX NEWS

The Yearbook committee are still missing some kindergarten photos and photo's from events over the past few years. If you have any photos that you would like to contribute to the Yearbook, can you please send a copy to the Dropbox [yearbook2020@tpg.com.au](mailto:yearbook2020@tpg.com.au) as soon as possible. Thank you

### IMPORTANT!!!!

**As infection is a priority concern, PLEASE DO NOT SEND YOUR CHILD TO SCHOOL with any kind of a sniffle, cough, or sickness as they will be sent home. Thank you for your co-operation.**



We hope that all parents have joined the **SACRED HEART PRIMARY SCHOOL THORNLIE** Facebook page where we try to keep you informed on the latest "happenings" at Sacred Heart.

**FINANCE from.....**

**Lindy Munnings**

### SCHOOL FEES

Parents are asked to please finalise all payments on school fee accounts by the end of Term unless you have prior payment arrangements in place. If you are experiencing difficulties in meeting your school fee commitments, please contact Lindy Munnings on [accounts@shthorn.wa.edu.au](mailto:accounts@shthorn.wa.edu.au) for a confidential discussion about payment options available.

### HEALTH CARE 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 as soon as possible.

We fully understand that some families have been financially affected by the Corona virus, and we would like to say how much we appreciate the payment of school fees.

**CANTEEN NEWS .....**

**Lucy O'Sullivan**

Monday 16 Nov	Tuesday	Wednesday	Thursday 19 Nov	Friday 20 Nov
D Barker	<b>CLOSED</b>	<b>CLOSED</b>	P.Ong	J Garvey J. Albanese



Our new recycling bin outside the canteen just for recycling **Juice Bomb Cans** that are sold at the canteen. This will then be emptied into the P&F big recycling bin. Every little bit helps.



### **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 **Joanna Gibb** at [pandf@shthorn.wa.edu.au](mailto:pandf@shthorn.wa.edu.au)  
<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.

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.

### **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")



## '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](#)

## P&F Nominations



Are you looking for something new in 2021? Nominations for Secretary a Board Member and Committee Members are now open. We would love to see some new faces. Please email the P&F [pandf@shthorn.wa.edu.au](mailto:pandf@shthorn.wa.edu.au) and we'll send you a nomination form.

## Christmas Raffle

We have been very fortunate to have been donated a \$350 voucher to Jet Cycles from Local Member Chris Tallentire. As such we will be holding our annual Christmas raffle with

- 1<sup>st</sup> prize being the Jet Cycles voucher
- 2<sup>nd</sup> prize a \$100 voucher to Menu Masters Butcher, Forest lakes
- 3<sup>rd</sup> prize, 4 x 9-hole games of golf at Whaleback Golf Course, Parkwood.



**Tickets will be sent home on Wednesday 18 November and are due back no later than Wednesday 2 December. The raffle will be drawn at the Assembly on Friday 4 December. Tickets are 3 for \$5.00, Good luck everyone.**

LIBRARY NEWS

Mrs Stilwell

## **Scholastic Book Club**

Our final catalogue for 2020 has been sent home this week. Please be reminded **ONLINE ordering ONLY** via the LOOP app - **please do not send money or orders into school.** Details are at the back of the catalogue.

**Orders close 23rd NOVEMBER, 2020.**

If you have any library questions at all please feel free to contact me via email [laura.stilwell@cewa.edu.au](mailto:laura.stilwell@cewa.edu.au)  
Happy reading!





## 2021 ELC AND 3 YEAR OLD KINDY ENROLMENTS

Enrolments are now open for the ELC and 3 Year Old Kindy program in 2021.

Places for both programs are limited and are already filling up fast.

To obtain an expression of interest form or book a centre tour, please contact Amanda at [elc@shthorn.wa.edu.au](mailto:elc@shthorn.wa.edu.au).



## Gardening club

Our gardening club received a generous donation from Bunnings at Sacred Heart Catholic Primary School this week. Emily, the community involvement and activity organiser at the Maddington store heard about our new gardening initiative and offered our school a number of donations to help rejuvenate our school green spaces. Ms Connolly collected the donations and they were planted by our industrious gardening crew!



If you would like to donate any seedlings or plants, please send them to the Science room and our student gardeners will happily plant them around our school garden areas!



Ms Michelle Connolly, Mrs Malissa Kelly and Mrs Kristy Carroll



Dear Parents/Board members

Please be advised the Sacred Heart School Board and P&F Annual General Meeting will be held on **Wednesday 25 November 2020.**

In anticipation of the School Board and P&F Annual General Meeting, we invite persons who are interested for nominating for a Board or P&F 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 6 November 2020.**

There will be vacancies for the School Board or P&F for 2021. Board members are elected for a two-year term. Criteria for membership of the Board or P&F shall be:

- Possession of special skills that will be an asset to the Board
- 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 Board or P&F
- A sufficiency of time to devote to Board or P&F duties, and
- An understanding of the need for strict confidentiality in all matters.

Thank you for your consideration of these roles.

Steve Gibbs  
Principal

## **Nomination Form**

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

Candidate's Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Skills and/or interests that may contribute to Catholic School Board or P&F membership

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

## IMPORTANT

It is very important that you advise the office if your family is intending to **leave** Sacred Heart at the end of this year, as we are receiving many requests for places for next year, 2021. Please either email the office

[admin@shthorn.wa.edu.au](mailto:admin@shthorn.wa.edu.au)

or telephone: 9251 3000

And we will give you the appropriate form.

## HELPING OUR COMMUNITY



We have been asked by the St Vincent De Paul Society of our parish to help them to make the Christmas of a lot of needy families a bit more special.

In our lives we have so many things to be grateful for, so the words of Christ "Whatever you do for the least of my brothers, you do for me" is especially pertinent at this time and we are asking if you could contribute to the Christmas Appeal in the following way by collecting what is suggested for each year level.

Kindy	Christmas pudding, Custard
Pre-Primary	Tinned Fruit, mince pies, Christmas cake
Year One	Tea, Coffee, Longlife Milk
Year Two	Tinned Ham, Tinned fish, Coles/Tinned fruit
Year Three	Soft Drinks, juice, cans
Year Four	Chips, lollies, candy canes, Nuts,
Year Five	Old fashioned Christmas stockings (with the netting) Decorations, bon-bons, festive paper plates, Napkins.
Year Six	Shortbread, savoury biscuits, chips

Please bring all food items to classrooms. Thank you.



This is Faith Xavier who entered a competition based on the COLES LITTLE TREEHOUSE BOOKS. She had to write her own book and from the 6000 entries received all over Australia, hers was chosen as one of the top 100.

Faith received a \$100.00 COLES MYER GIFT CARD and our school will receive a prize of 100 books.

Thanks to the interest in the competition, **COLES** have been able to donate over 10,000 books to the Indigenous Literacy Foundation. Great job Faith.



# UNIFORMCONCEPTS

NELL GRAY

## We would like to welcome you to our WILLETTON SUPER STORE

We have try-on samples of uniform in all sizes with plenty of fitting rooms to enable students to try on garments.

Online ordering is also available with Layby facilities to assist with spreading the cost of uniform purchases.

### TERM 4 FITTING APPOINTMENTS



Due to the COVID-19 situation and social distancing requirements, we strongly recommend that all families make an appointment for a fitting during Term 4 to avoid the long queues in January.

Appointments are available from Tues 29 Sept until Sat 19 Dec.

Scan the QR code or book here: [nellgray.com.au/appointments](http://nellgray.com.au/appointments)

Please note that the most popular times for appointments are weekdays after 3pm and Saturday mornings, therefore, book early to avoid disappointment.

**1000<sup>\$</sup>**  
**CASH PRIZE**  
*Term 4*  
**PROMOTION**

### BACK TO SCHOOL ORDER

EXCLUSIVE PROMOTION  
THREE DRAWS

Be in a draw to win \$1000 CASH PRIZE.  
1 Ticket for every \$50 spent.

Like our Facebook Page!

Spend more than \$50 for a chance to win!

Comment your Invoice / Order number on our post.

**LIMITED TIME ONLY. TERM 4 PROMOTION.**  
Visit [nellgray.com.au/promotion](http://nellgray.com.au/promotion) for Terms & Conditions of entry.

### OPENING TIMES

Mon, Tues, Wed, Fri: 9.00am – 5.00pm  
Thursday 9.00am – 6.00pm  
Saturday: 9.00am – 1.00pm

#### Closed on Sundays & Public Holidays

Closed for the festive season from:  
1pm Saturday 19 Dec 2020. Reopening 9am Mon 4 Jan 2021.

### STORE DETAILS

08 9270 4669

[willetton@uc.nellgray.com.au](mailto:willetton@uc.nellgray.com.au)

[nellgray.com.au/schools](http://nellgray.com.au/schools)

**30 Kembla Way, Willetton**  
(next door to Champion Book Supplies)

Google Maps: [XV5P+7X Willetton, Western Australia](https://www.google.com/maps/place/30+Kembla+Way,+Willetton,+Western+Australia)



## Final Standings;

St Joseph's	2495
St Emilie's	2440
Sacred Heart	2201
Xavier	1913
Salvado	1903
Notre Dame	1700
St Munchin's	1603
St Maria Goretti's	1269

In Week Three of this term, a selection of students participated in our Inter school Athletics carnival, held across two days.

On Tuesday, some Years 4 – 6 students competed in a 400 metre race, long jump, turbo javelin and shot put. We had numerous students place in the top 4 of their event/s and secured a ribbon for themselves.

On Thursday we had students from Year One right through to Year Six compete in sprints, team games and relays. Once again, we had numerous students finish in the top 4 of their race/s and receive ribbons. Our team games were one of our strongest areas with all teams doing an amazing job and earning us a lot of points.

At the end of the carnival when the champion school was crowned, we found out we finished 3<sup>rd</sup> out of 8 schools, which is a fantastic result for the students, showing that all our training had paid off.

Special mentions need to be made for Asialeigh (Year 4) for finishing 3<sup>rd</sup> champion girl, Hannah (Yeah 4) for finishing runner up champion girl, Matilda (Year 5) for finishing 3<sup>rd</sup> champion girl and Anthony (Year 6) for finishing as champion boy in his final year of primary school.





## TRIALATHON

Last Friday the 6<sup>th</sup> of November a small group of Year 5/6 students travelled to Champion Lakes to participate in the School Sports WA Interschool carnival. Two teams of 3 students participated in the A division race which consisted of a 200 metre swim, 6 kilometre bike ride and then a 2 kilometre run. For both teams this was a first, having never participate in a triathlon event before. All students finished their leg of the triathlon with one team finishing 20<sup>th</sup> and the other team finishing 34<sup>th</sup>.

Later in the day Chad Giles participated in the Aquathlon which consisted of a 1 kilometre run followed by a 200 metre swim before another 1 kilometre run. Chad started strongly, sitting middle of the pack for most of the event and finishing 53<sup>rd</sup> in the boy's division.

All students thoroughly enjoyed the day and their races, and a massive thank you, needs to go out to Mrs Hardy for helping with the organisation of the day and helping out at the event.





As we head towards summer a lot of families are starting to get back into the water or planning holidays by the beach, rivers or swimming pools. It is important we help them support their child to stay safe and confident in the water.

VacSwim provides children aged five to 17 years with the opportunity to develop and progress their swimming and water safety skills during the school holidays at many locations across the State. There are programs for beginner, intermediate and advanced swimmers.

Enrolments are now open for VacSwim swimming lessons during the summer school holidays.

VacSwim in January offers fun lessons at beach or pool locations during the long break. Not only are they a great school holiday activity, they teach valuable safety skills to help keep your child safe in the water.

Your children can start as young as five years old.

Don't wait! Enrol your children in VacSwim now at [education.wa.edu.au/vacswim](http://education.wa.edu.au/vacswim)

### KAPTURE PHOTOGRAPHY – Sport Captains – Councillors – Graduation

Dear Parents

Following our recent school photography by Kapture, you can now view and order any special photos 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: **CODE: CXJLSV**

**Please note** we have uploaded a copy of the graduation group photo which parents are able to view and purchase. On occasion, parents like to purchase a copy (separate to the complimentary graduation packages received by the school) for other family members or purposes. Please alert me if you wish for this to be removed from the gallery for any reason.



## Kuk Sool Won™

Traditional Korean Martial Art

Dec & Jan \$99 includes FREE uniform

2 LESSONS FREE TRIAL

**TINY DRAGONS (4-6 years)**

- Fun & discipline
- Motor skills
- Coordination
- Listening skills
- Interacting with others

**CHILDREN (7-12 years)**

- Self-discipline
- Self-respect
- Respecting others
- Don't let bullies rule their life
- Healthy body = healthy mind

**ADULTS (13 years +)**

- Fitness
- Self-confidence
- Weight management
- Sense of achievements & purpose
- All abilities & fitness levels welcome

**Class times**

Wednesdays	Tiny Dragons	5:30 - 6:00pm	Saturdays	Tiny Dragons	9:00 - 9:30am
	Children	6:00 - 6:45pm		Beginner Children	9:30 - 10:15am
	Adults	6:45 - 7:30pm		Advanced Children	10:15 - 11:00pm
				Adults	11:00 - 11:45am

**Berry Durston Indoor Sports Centre, Centre Road, Camillo 6111**

Call Lee on 0424 549 377 | email: [info@kuksoolwon-nse.com.au](mailto:info@kuksoolwon-nse.com.au) | web: [kuksoolwon-nse.com.au](http://kuksoolwon-nse.com.au)