



Lastly I would like to thank our wonderful P&F for the amazing Colour Run day. Hopefully you have viewed the video on Fb that shows how much fun the children had. The P&F also have a new initiative – **Containers for Change**. Please ensure you read about it the coming pages and support the program.

God bless,



Steve Gibbs



### **Food for Thought**

“Life doesn’t get easier or more forgiving, we get stronger and more resilient.”

~ Steve Maraboli

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

~ Robert Jordan

# parenting \* ideas

## **A TOPIC YOU CANNOT IGNORE**

Respectful relationships is currently a topic of conversation in schools across Australia and New Zealand. Encouraging children and young people to develop relationships with each other based on mutual respect and equality is at the heart of gender quality.

In a recent wide-ranging interview I asked prominent Australian psychologist Collett Smart to identify the impediments parents face when teaching kids about respectful relationships. Collett identified pornography as the biggest challenge parents had to overcome when developing respectful attitudes to gender and sexuality.

Smart says, “Children as young as nine have been exposed to pornography, even when they did not intend to access it. It’s safe to assume that most kids already know what it is. The flood of porn, so easily available online, has become our children’s primary source of sexual education.”

Talking to children and young people about sexuality is often challenging particularly when they don’t wish to engage in such conversations. But Smarts warns, “If pornography is not specifically addressed, it is likely to erode young people’s healthy development.”

Smart points out that many parents discover that their upper primary school or secondary school aged child has accessed porn, so the topic can’t be ignored. She provides this advice for parents who discover their child or young person has accessed porn:

### **Be ready**

Be armed with knowledge. Take your time, but don’t avoid talking about it.

### **Expect denials**

Most kids are very embarrassed or fear adverse parental reaction so don’t be surprised if they deny accessing porn.

### **Reassure**

Let your child or young person know that you are not angry. Explain calmly what you found and tell them that you are there for them and you will now work through this together.

### **Check the tech**

Check that you’ve set up blocking software and parental controls on children and teens’ devices. Although difficult, keep internet connected devices out of bedrooms.

### **Create a plan**

Sit with your child or young person and draw up a plan for what they can do when future exposure occurs. Smart believes that no matter how well prepared parents may be, they never feel ready when they realise that porn infiltrates their own family. She advises, "It's okay to feel confronted by the fact that this 'statistic' is now a reality in your house. Take a little time before responding. Don't jump straight in and blurt out your fears. Go for a walk if necessary, to think about what you might say next. If you messed up, clammed up or even yelled – apologise and start again!"

Smart is correct. Your kids won't remember that you fumbled the parenting ball. They will remember the overarching atmosphere of your relationship – that you cared and that you were prepared to talk to them about anything, including the hard stuff!

### **Related webinar recording**

Our school has a membership with Parenting Ideas. As part of this membership, you can access the below webinar recording 'Teaching young people about healthy relationships' at no cost.

In this webinar Collett Smart gives parents the tools to build a strong relationship with their child where no topic is off-limits and they can come to them with any questions.

### **To redeem please follow the below steps**

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-teaching-young-people-about-healthy-relationships>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code HEALTHY and click 'Apply Coupon' Your discount of \$37 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'

This offer is valid until **9 December 2020**.

The webinar recording will then be available in your Parenting Ideas dashboard so you can refer to it at any time. To view the recording visit the website [www.parentingideas.com.au](http://www.parentingideas.com.au) and login using your email and password. You will be directed to a blue welcome page where you select 'my webinars' and all of your webinars will be displayed.

## **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 snuffle, cough, or sickness as they will be sent home.**

**Thank you for your co-operation.**

## AFL DAY – MONDAY 26 OCTOBER - FREE DRESS



Usually we have had our FOOTBALL GRAND FINAL at the end of September, but this being the year of nothing normal, we will be celebrating the football year on Monday 26 October. The students may wear free dress on that day, whether it be their football colours, or Rugby, soccer or cricket. Whatever sporting code they might support.

### Order forms

**Order forms for a special AFL lunch went home yesterday. They must be returned by MONDAY (19 Oct)**



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**

### INTRODUCTION

A big "HELLO" from Lindy, I am pleased to join the staff at Sacred Heart School as the new Finance Officer. I have previously worked at St Paul's Primary in Mt Lawley and St Norbert College in Queens Park. I look forward to meeting the parent community over the coming months. Please do not hesitate to contact me if you have a question regarding school fees!

### SCHOOL FEES

Parents are asked to please note that the 3<sup>rd</sup> instalment of school fees (unless prior arrangements have been made) should now have been paid (due 25 September 2020).

### HEALTH CARE CARDS

We have noticed that a number of Health Care Cards have expired in recent weeks. 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.

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**

New menu for Term Four with this newsletter.

Monday 19 Oct	Tuesday	Wednesday	Thursday 22 Oct	Friday 23 Oct
S.Weale	<b>CLOSED</b>	<b>CLOSED</b>	P.Ong A Foster	J Garvey J Albanese

### **2020 Colour Fun Run**

Wow! What a way to end Term 3! Thank you very much to the P&F volunteers, all the wonderful staff and teachers who helped out immensely on the day and of course Mr Vince! We are not sure who had more fun – the students or the teachers!?! We certainly could not have done it without you. A great time was had by all! It was certainly a great way to celebrate the end of a very busy term given the current environment.



A big Thank you to Mr Landers for all his assistance with the Colour Run and to Mrs O'Neill for being our First Aid Officer.

Thank you to the Gosnells Bush Fire Brigade for coming along to spray the kids with plenty of water, which was needed given the beautiful warm day we had!



### **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**

**LIBRARY NEWS .....**

Mrs Stilwell

## **Scholastic Book Club**

Issue 7 catalogues will come home this week. Please be reminded we have **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 **28th October, 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!

## PARISH NEWS

Nicholas Diedler who has been studying to be a priest in the Seminary in Guildford for the last 6 years, is staying with Fr Minh-Thuy at the moment on what is called Pastoral Placement. This enables Nicholas to experience what it is like to work in a parish and decide if he likes parish life. Our students were lucky enough to have Nicholas visit them last term and tell them about his early and seminary life.

Our Archbishop Timothy Costelloe celebrated Mass here last Sunday, when in front of Nicholas's family, fellow seminarians and parishioners of Thornlie, the Archbishop granted him candidacy. Candidacy is a rite which takes place during **Roman Catholic** seminary formation, by which the Church recognizes the seminarian as worthy of being ordained (hence, they become a "candidate" for ordination to the priesthood) Congratulations Nicholas.

### MASQUERADE DANCE

Hurry and get your tickets for the Masquerade Dance on Saturday 24 October before you miss out. It will be a really fun evening with Sandy Louis and her band "Hold the Line" playing for us. Dress is smart/casual and a mask (optional) but we hope most will wear one. BYO drinks and snacks. Tickets \$10.00 each. Please contact Cynthia on 0402 787 513

The Council for Catholic Women Perth invites you to share how your story of faith and experience of Church have been enriched or challenged by Covid -19. How can we build new communities of faith and develop new forms of evangelisation in a post-Covid world. Please join us at James Nestor Hall, Catholic Education Office 50 Ruislip St West Leederville on **Thursday 22 October 5.30-8.30pm**. Gather for light refreshments at 5.30-6pm. RSVP by October 20 to [kerrymacfarlane2@gmail.com](mailto:kerrymacfarlane2@gmail.com) / 9397 5988 / 0400 886 835



剛柔空手学校  
国際

**kanga**  
**karate**

10 October 2020 10am - 2pm  
Unit 2/9 Haydock St Forrestdale

**Grand Opening**

| Demo's | Displays | Activities |  
| Give Karate a try station's! |  
| Special grand opening offers |  
| Challenge the dojo champion | Games |

Senpai Sonya - 0410 813 495

### 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.

Please advise by NO LATER THAN **30 OCTOBER**

Instead of buying your children  
all the things you never had,  
You should **TEACH** them all the  
things

You were never taught.

Material wears out but

**KNOWLEDGE** stays.

# Term Four 2020- Sacred Heart Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 1	13-Oct Staff PD Whole School Planning	13-Oct First day for students PLC (Talk4 Writing) PAT testing Yr. 3-6 <b>Bright path/Cold Task week</b>	14-Oct Prayer - Antu M	15-Oct	16-Oct	17-Oct /18-Oct
Week 2	19-Oct PSF Meeting	20-Oct Cluster (Talk4 Writing)	21-Oct Prayer – Kristy School Board Meeting	22-Oct Year 5 Electoral Commission First Holy Communion Retreat & Family Night Susie Hillard visit Talk4 Writing Extended Leadership Team Yr. 1 Excursion	23-Oct Whole School Assembly World Teachers Day Yr. 3 Excursion	24-Oct /25-Oct Enrolment Mass Confirmation
Week 3	26-Oct Extended Leadership Team AFL Day	27-Oct Inter-school Athletics Carnival (Yr.4-6) Staff Meeting	28-Oct Prayer - Christina	29-Oct Inter-school Athletics Carnival (Yr. 1-6) Whole School	30-Oct Whole School Assembly Farewell for Vince	31-Oct /1-Nov
Week 4	2-Nov Extended Leadership Team	3-Nov PLC (Aboriginal Perspectives)	4-Nov Prayer – Nola	5-Nov Yr. 5 Visit Matt Keogh	6-Nov Whole School Assembly PM Benchmark uploaded+data wall Letters & Sounds Data Uploaded	7-Nov /8-Nov First Holy Communion 12pm
Week 5	9-Nov Extended Leadership Team	10-Nov PLC (Talk4 Writing)	11-Nov Prayer – Reita	12-Nov Yr. 6 Fun Day	13-Nov Staff PD - Aboriginal Policy Confirmation 6PM (A)	14-Nov /15-Nov
Week 6	16-Nov Extended Leadership Team	17-Nov Cluster (Talk4 Writing)	18-Nov Prayer – Thea School Board Meeting	19-Nov Leadership Voting	20-Nov Leaders Thanksgiving mass Whole School Assembly Confirmation 6PM (B)	21-Nov /22-Nov
Week 7	23-Nov Extended Leadership Team IP1 testing commences	24-Nov Staff Meeting Kindy 2020 Parent Meeting	25-Nov Prayer - Cenna Kindy 2020 Orientation Day Annual Community Meeting	26-Nov	27-Nov Whole School Assembly Board Dinner Yr. 2 Excursion	28-Nov /29-Nov
Week 8	30-Nov Extended Leadership Team Yr. 2 Incursion	1-Dec Cluster (Talk4 Writing)	2-Dec Prayer - Sarah	3-Dec Yr. 1 Excursion Yr. 4 Incursion	4-Dec Whole School Assembly IP1 Uploaded	5-Dec /6-Dec Graduation Dinner
Week 9	7-Dec	8-Dec	9-Dec Prayer - Megan Thanksgiving Mass Day Whole School Transition Graduation Mass 6PM	10-Dec PM Benchmark uploaded data wall Letters & Sounds Data Uploaded Kindy B Excursion	11-Dec Assembly Yr. 6 Last day for students Kindy W Excursion	12-Dec /13-Dec
Week 10	14-Dec	15-Dec	16-Dec Prayer – Malissa	17-Dec	18-Dec Last day for staff	19-Dec /20-Dec







