

RESPONSIBILITY

Recognising our duty to do our best and to treat others fairly



16 September 2020

Dear Parents

What fantastic weather we are having at the moment! It is perfect for the athletics season and we have had a fantastic first day with our next day coming up on Friday. Mr B has done a marvellous job organising and training the children for their big day and we look forward to seeing the children participating and showing off their skills. A reminder that under Phase 4 Covid restrictions parents must:

- Not attend if unwell
- Maintain a 1.5 metre social distance between family groups
- Stay in designated family areas
- Sanitise and/or wash hands regularly throughout the day.

Lets all work together and follow the above to ensure we have a great day together.

Big thanks must go to Annie Gerhardy and her wonderful Kindy Team for their fantastic sports mornings held recently. The kids were well drilled and knew their games inside out. The parent race was a highlight for me and it was great to see parents get through injury free!

We have limited available spaces for Kindergarten in 2021. **I am concerned that some siblings may not have made application yet and are in danger of missing out on a place.** Please ensure that you make application as soon as possible if you haven't already.

A Term 4 calendar will be issued with this newsletter. Please be advised that the first day back for Term 4 is now a Pupil Free day. Our OSHC service will be available on the day. There is also another Pupil Free Day scheduled for 13 November.

Lisa Ripley has recently sent home information regarding the Sacramental program. Please read it carefully and remember to abide by the guest limits to ensure we do not exceed the capacity of the Church under Phase 4 restrictions.

Our Parenting Ideas article is about managing your wellbeing as parents. It has been a challenging year and many parents have experienced upheaval in their lives. It is beneficial to stop and give some time and energy to personal wellbeing. I hope you find it useful.

This will be the last newsletter for the term. Wishing you and your children a safe and happy holiday period.

God Bless



Steve Gibbs
Principal

It is only when you take responsibility for your life that you discover how powerful you truly are. –

Allanah Hunt

Taking responsibility for oneself is by definition an act of kindness. – Sharon Salzberg

From the Heart

SACRED HEART SCHOOL

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parenting * ideas

Wellbeing strategies for parents

The coronavirus pandemic and its associated disruptions are beginning to take a toll on our mental health and wellbeing. You don't need to look far in your community or social networks to identify a worrying trend of people experiencing a range of challenging emotions including mood swings, despair, anger, sullenness and lack of motivation.

People who usually pride themselves on being able to manage most difficulties that come their way now find themselves suddenly unable to cope, leading to a profound sense of disappointment. A number of people have spoken about feeling guilty for being a less than perfect parent, partner, teacher, work colleague or friend during these times.

This inability to cope is understandable. Our capacity to adapt to acutely stressful situations such as natural disasters has been severely depleted by the long-term nature of the pandemic. It's common in situations of great uncertainty to feel exhausted and experience periods of burnout. Coupled with this is a sense of loss that many people feel – loss of connection to friends and family, loss of freedom and a loss of a way of life.

There is no handbook for functioning in a pandemic however it's apparent that we need to accept that our lives will be different for some time. It also helps to expect less of yourself, which is the opposite to how high-achievers and perfectionists ordinarily operate. Feeling comfortable with uncertainty takes some getting used to as most of us have an innate wish to feel in control.

Daily wellbeing treats

Self-care is a proven remedy to most wellbeing ailments, but it's ironic that for many of us our self-care activities have been restricted by the coronavirus. Coffee with friends, a massage or a visit to the gym and other such activities are out for many people. However, this doesn't mean that we should neglect our mental health and wellbeing. Instead we need to look closer to home for our regular wellbeing treats. Things that help include regular deep breathing to start the body's relaxation response, practising moments of mindfulness to shut down mental chatter, finding hidden exercise opportunities to promote mood-enhancing endorphins and spending time each day in calm-inducing green space.

Resilience bank account

During my conversations one person described living in this era as "always feeling a little off balance, like standing in a dinghy in a rough sea and not knowing when the storm will pass."

Our mental reserves are constantly being called upon, so it's necessary to build regular practices into our lives that build our resilience. Hopefully, most of us had bulging resilience bank accounts before the pandemic hit but it's never too late to start. Attending to areas such as sleep, good nutrition, regular exercise, relationship-building and self-care help keep our resilience buckets filled up.

Humans are adaptive and can get better at anything with practice, including living through a once in a century pandemic and all the changes it brings to our lives.

IMPORTANT!!!!

As infection is a priority concern at the moment, 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.

Last week our Kindy classes participated in the Amazing Race. It was wonderful to see the children demonstrating their skills with spikey ball, rob the nest, egg and spoon and hoop relay. The running races was a very popular part of the program especially with our families. Thank you to all the parents and families who supported our event and cooperated with our COVID-19 restrictions. A big thank you to our Year 6 sports leaders or their help on the day.



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PIC•COLLAGE

KINDY ENROLMENTS

YOU WOULDN'T WANT TO MISS OUT!!!



We are now **finalising** enrolments for **Kindy 2021**.

If your child was born between

1 July 2016 to 30 June 2017

they will start Kindergarten at the beginning of 2021.

Enrolment forms can be obtained from the school office or via our website and must be lodged with us as soon as possible. **Interviews have already commenced.**



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.....

Mrs de Goojier

SCHOOL FEES

Parents are asked to please note that the 2nd instalment of all school fees (unless prior arrangements have been made) should now have been paid (due 3 July 2020).

The 3rd instalment (final for 2020) is due to be paid by **Friday 25 September 2020** (end of this term).

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

A reminder that the Canteen is **NOT** open tomorrow (Sports Day) **Pre-Ordered** canteen lunches will be delivered to the Faction Bays for lunch.

SACRED HEART PRIMARY SCHOOL IS SEEKING A FULL TIME/GROUNDS/MAINTENANCE PERSON

Able to start on 12 October.

We would love to have someone who is supportive of the Catholic faith, who is enthusiastic and positive and is able to work collaboratively with others. Who is open to seeking advice and welcomes feedback from a variety of sources to improve practice. Understanding the need to adhere to Occupational Health and Safety practices and has some knowledge of safe work practices. A desire to be a part of team.

Previous experience in grounds, gardening or maintenance is desirable and you would need to have a working with children check. Please email applications to admin@shthorn.wa.edu.au addressed to the Principal. **Closes:** 2 October 2020

The Year Five classes went to the Art Gallery on **3 September**. They had a great time going through the sculptures of local West Australian artists and looked closely at the skills and techniques they used. The creative drawing workshop was really engaging and the students drew really interesting sketches which they have continued working on in the classroom.



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P & F NEWS

2020 Colour Fun Run

The P&F 2020 Colour Fun Run Event for the children will be on their last day of Term 3 – THURSDAY 24 September. Lots of organising has been happening behind the scenes and we cannot wait for the children to be splashed with colour to celebrate the End of Term.

This year it will be a **FREE** Event for all students who wish to participate. Children can wear Free Dress on the day (old light/white clothes work best) and **MUST BRING** a pair of sunglasses or goggles to participate. **NO GLASSES = NO PARTICIPATION**. Feel free to bring them to school now in a labelled bag and the teacher will hold onto them for you. Please note that due to Covid restrictions, unfortunately **parents are not permitted to attend this event**. An information sheet & checklist along with a form for a face mask has been sent out via Seesaw. Please log on and have a look so that you and your child are fully prepared for the event. If you have any questions please email the P&F

pandf@shthorn.wa.edu.au



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
<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 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**

BYOD 1:1 SHOWCASE NIGHT



"Come and see how the use of technology enhances teaching and learning at Sacred Heart."



PLEASE RSVP
BY SCANNING THE QR CODE



Term Four 2020- Sacred Heart Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 1	12-Oct Pupil Free Day	13-Oct First day for students	14-Oct	15-Oct	16-Oct Whole School Assembly	17-Oct /18-Oct
Week 2	19-Oct P&F Meeting	20-Oct	21-Oct School Board Meeting	22-Oct Year 5 Electoral Commission First Holy Communion Retreat & Family Night	23-Oct Whole School Assembly World Teachers Day Year 3 Excursion	24-Oct /25-Oct Enrolment Mass Confirmation
Week 3	26-Oct AFL Day	27-Oct Interscholar Athletics Carnival (Yr.4-6)	28-Oct	29-Oct Interscholar Athletics Carnival (Yr.1-6)	30-Oct	31-Oct /1-Nov
Week 4	2-Nov	3-Nov	4-Nov Confirmation Retreat & family Night	5-Nov Year 5 Visit Matt Keogh	6-Nov Whole School Assembly	7-Nov /8-Nov First Holy Communion 12pm
Week 5	9-Nov	10-Nov	11-Nov	12-Nov Yr. 6 Fun Day	13-Nov Pupil Free Day Confirmation 6PM (H8)	14-Nov /15-Nov
Week 6	16-Nov	17-Nov	18-Nov School Board Meeting	19-Nov Leadership Voting	20-Nov Whole School Assembly Confirmation 6PM (6W)	21-Nov /22-Nov
Week 7	23-Nov	24-Nov Kindy 2020 Parent Meeting	25-Nov Kindy 2020 Orientation Day Annual Community Meeting	26-Nov	27-Nov Whole School Assembly School Board Dinner	28-Nov /29-Nov
Week 8	30-Nov Year 2 Incursion	1-Dec	2-Dec	3-Dec	4-Dec Whole School Assembly	5-Dec /6-Dec Graduation Dinner
Week 9	7-Dec	8-Dec	9-Dec Thanksgiving Mass Day Whole School Transition Graduation Mass 6PM	10-Dec Kindy B Excursion	11-Dec Assembly Year 6 Last day for students Kindy B Excursion	12-Dec /13-Dec
Week 10	14-Dec	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec /20-Dec

PLEASE NOTE THAT THE CALENDAR IS BASED ON PHASE 4 COVID 19 ADVICE AND COULD POSSIBLY CHANGE IF WE ADVANCE TO PHASE 5

The Uniform Concepts (Willetton Superstore) will be closed on Saturday 26 September to take advantage of the long weekend? We will therefore close at 5pm on Friday 25 September, and reopen at 9am on Tuesday 29 September.

Thereafter, we are open normal trading hours throughout the September holidays, for families to get a head start of their term 4 and 2021 uniform purchases.

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

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

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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 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

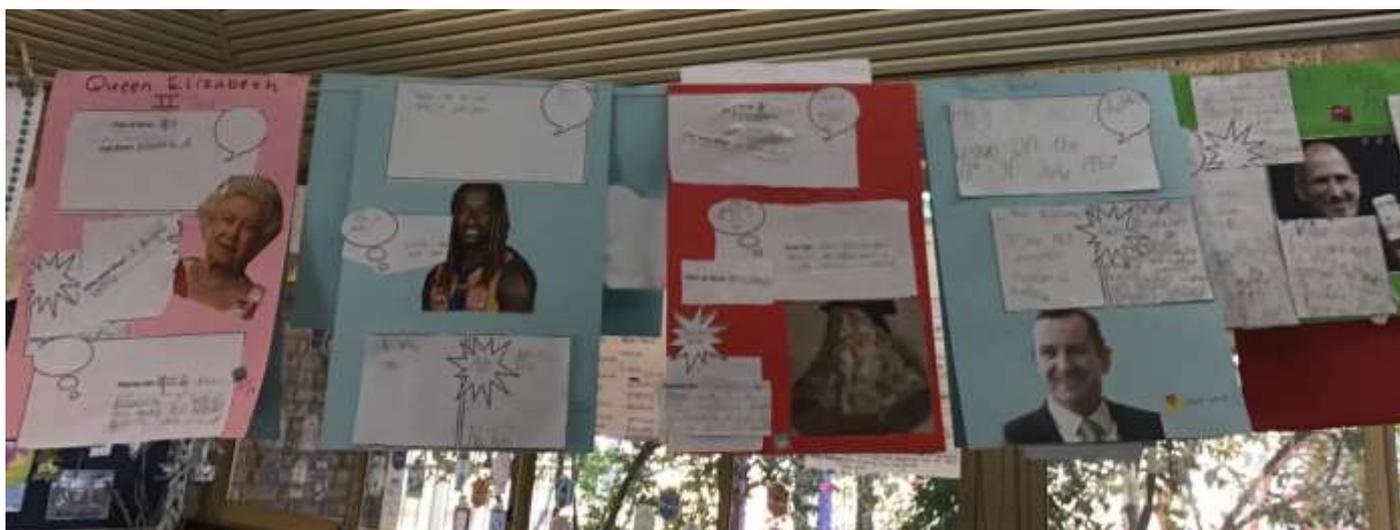
nellgray.com.au/schools

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

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

CANTEEN ROSTER FROM 21 Sept

Monday 21 Sept	Tuesday	Wednesday	Thursday 24 Sept	Friday 25 Sept
S.Weale	CLOSED	CLOSED	P.Ong	No School



**BUSY LITTLE BEAVERS
IN**

YEAR TWO B

**Picture One – People of
significance**

**Picture Two – SPRING
IS HERE**

SCIENCE

Science Week

Sacred Heart students from Years 1-6 celebrated their Science week with an incursion and learnt lots during their visit from Earth Science Western Australia (ESWA).

Students in Years 1-3 focused on fossils. They made their own fossils using 65 million year old ammonites and found out facts about other amazing fossils!

Students in Years 4-6 explored ancient rocks of WA and how farmers can use rocks to replace some to the vital minerals in their soil. They performed a chemical test on some mystery rocks to investigate which contained the mineral lime.



Sacred Heart would like to thank WASP, an initiative supported by Woodside and ESWA, for another exciting incursion and memorable Science Week 2020.



There were also competitions available for students to enter in conjunction with this year's Science week and the winners will be announced the last week of Term 3.

Students have truly enjoyed their Science week and we look forward to many more Science adventures at Sacred Heart.

Ms Carroll



SCIENCE WEEK COMPETITIONS



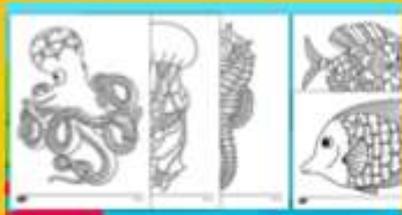
PASSIONATE ABOUT
SCIENCE?
SHARE IT WITH THE
WORLD!

For Science Week of our Deep blue theme, students are encouraged to 'flex' your Science mind by getting involved with various competitions. If you are passionate and want to be a part of Science week, join in and get involved!

Year 1 - 2

Colouring Competition

- All entries will be collected on **Friday, 11th September 2020.**



Year 3 - 6

Video Competition

- Make a 3-minute video of any Science Experiment of your choice.
- Submit via Seesaw to [Science Competition Activity](#).
- Winning video will be shown at the assembly
- Final submissions must be submitted by **Friday, 11th September.**

Judging and rules

- Video must include title, materials, method, and conclusion.
- Video must not exceed 3 minutes.
- Videos are judged by clarity and creativity.
- Only 1 person per video.