RESPONSIBILITY

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

From the Heart

19 August 2020

Dear Parents

What a busy place schools are! Recently I was able to see students and staff involved in a **STEM** challenge at lunch time, singing beautifully and in 3-part harmony during choir, finishing coding club in the afternoon and running in preparation for the athletics carnival. It is wonderful that we have staff who are so happy to share their gifts and talents to ensure our students have a rich and diverse curriculum. What I have listed above is just a snapshot of the activities that our hard-working staff design for our children. In this COVID-19 environment where so many activities are restricted it is wonderful to see our staff making sure that children still have access to these extra curricula activities.

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 reminder that this Friday is a professional development day for staff. We then have our Catholic Day on Monday. Therefore school will resume next Tuesday.

I have sent separate correspondence this week in light of the extension of Phase 4 restrictions for a further month. **Please read the emails carefully to ensure you are aware of cancelled events, particularly Father's Day Breakfast.**

Our Parenting Ideas article is about helping kids to learn how to entertain themselves. I'm sure you have heard the phrase, "I'm bored!" regularly as a parent and have been at times stuck as to what to suggest. I hope you find it useful.

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

God Bless

Steve Gibbs
Principal

Responsibility is accepting that you are the cause & the solution of the matter.

~ Anonymous

With great power there must also come ... great responsibility!

~ Stan Lee

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parenting ideas

Encourage kids to occupy themselves

A child's ability to fill in their own time and cope with moments of boredom are important independence skills to develop. Children have less practise at keeping themselves occupied than those of past generations. You have many jobs as a parent, but constantly entertaining your child, should not be one of them. These ideas will help:

Invite them to keep themselves busy

When your child tells you that he or she is bored they are bringing you a problem to solve. Boredom is your child's problem, not yours. If this happens, encourage your child to keep themselves busy by asking questions such as "How can you keep yourself amused?"

Make a list

If your child is stuck for ideas make a list of activities that they can refer to when they're bored. Include a variety of activities such as creative tasks, performance tasks, crafts, sports, indoor and outdoor games, music activities, reading and helping. Place the list in a convenient place with easy access and visibility.

Make a boredom buster jar

Cut up a list of boredom busting activities and place them in a jar. When your child is stuck for an idea to keep him or herself amused invite them to select an activity from the boredom buster jar. Ask your child to add enjoyable activities to the jar over time.

Encourage plenty of green-time

Today's children spend more time in front of screens, and less time outdoors than those of previous generations. Not only is time spent in natural environments refreshing, relaxing and rejuvenating, but It's also a wonderful way for kids to relieve boredom. Encourage your child to spend some of their free time outside in natural environments to promote good mental health and develop their confidence.

Help find their interests

If your child struggles to keep him or herself occupied, consider helping them identify a hobby or interest that they enjoy. Often finding that one activity a child loves or excels in makes a huge difference to their self-esteem and wellbeing, and can become the driver for future career choice.

Build in downtime

A trait common among healthy families is the propensity for everyone to enjoy spending downtime or unstructured time together. It's during downtime that parents and children share activities together, which promotes better relationships and helps children's informal learning.

Most children when given unstructured time will rise to the occasion (even after some complaining) and will find interesting things to do. By encouraging them to find something "to do", other than filling their time with screen-based activities, you are promoting a fabulous life-skill in your kids.

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.

KINDY ENROLMENTS YOU WOULDN'T WANT TO MISS OUT!!!

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

Every time you see this and click on the posted "link" you will see one of our teachers reading a story to the children.

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

If your child requires **RECESS** please order online quickcliq.com.au or with your child's lunch order in the class lunch box by **8.30am**. Thank you for your support. There is an updated Canteen menu with this newsletter.

LIBRARY NEWS Mrs Stilwell

Book Week - Week 7

This term we will be celebrating Book Week in week 7. The theme for book week this year is

'Curious creatures, wild minds'.

There will be activities and a competition with a book prize per class. We will also be having a dress up during this week on **Wednesday 2nd September.** Students are invited to dress as their favourite book character to show us at a brief Book Week parade on this day. Because of camp, Yr 6 will have the following week. (See note from your teachers)

We look forward to celebrating Book Week 2020 with you all!

SCHOOL PHOTOS **Thursday 27 August and Friday 28 August**

TIMETABLE

	THURSDAY 27 AUGUST		FRIDAY 28 AUGUST
8.00AM	**STAFF PHOTO**	**8.45am**	**KINDY WHITE**
8.30AM	**Graduation Photo**		**Year 2 Blue**
	Year 6B		**Year 2 White**
	Year 6W		**Year 3 Blue**
	KINDY BLUE		**Year 3 White**
	Pre-Primary Blue		**Year 4 Blue**
	Pre-Primary White		**Year 4 White**
	Year 1 Blue		**Year 5 Blue**
	Year 1 White		**Year 5 White**
	Sport Captains and School Leaders		
	Family photos (P.P and Kindy B children would have to be included on this day for family photos)		**Other family photos Years One to Six need to be in their full school uniform on photo day.**

SPORT NEWS …….

On Wednesday the 12th of August, 2 teams of Year 6 travelled down to Lark Hill Sporting Complex to compete in a Rugby League Tag Carnival. We had an A team and a B team which consisted of 6 boys and 4 girls in each team.

The day started off overcast with light showers during the day which didn't stop us from playing. The students were eager to win and have fun. Both teams represented the school incredibly well with their respect and sportsmanship.

Our A team finished the day in 3rd position and played off against Mater Christi in a semi final for a place in the grand final. Unfortunately, our A team was beaten by a better side, with Mater Christi going on to win the grand final against Star of the Sea.

Our B team also played in a semi final, having finished in 4th position. They played St Jerome's for a chance to play in the grand final. With the scores locked at 2-2 with only seconds remaining, a St Jerome's student broke

through our defence and scored a try which won them the game. St Jerome's went on to defeat St Bernadette's in the grand final.

Well done to all students who played on the day. It was so good to see you all improve your skills, have fun and represent your school with pride.

P & F NEWS

2020 Colour Fun Run

Its back!!! Are you ready? Make sure you have a white shirt and don't forget your sunglasses. This year the P&F will be providing all students from Pre-Primary to Year 6 the opportunity to join us and participate in the Colour Fun Run for free. We understand its been a tough year and we would like to spread joy and colour throughout the school on **Thursday 24th September 2020**. Further details are to come but please note that students cannot participate without glasses/sunglasses.

Entertainment book

Now is a great time to buy your membership!! Between 14th August – 12th September the school will receive an additional $10 for any Single City purchase or an additional $20 for any Multi or Multi Plus purchase.

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 kindy ask you to please support this competition for the benefit of our school.

Search for **Sacred Heart Thornlie P&F on Facebook**

Father's Day Stall

The Father's Day stall will take place on **Tuesday 1st September**. As per previous years the presents will range from $1.00 -$5.00 with 50 cent cards available. We are aware the year six students will be away on camp, we will be sending home order forms with each student so they can pre-order their present. Posters will be going up on classroom windows this week with all items available.

SCIENCE

Mrs Carroll

As part of our initiative to encourage Science, Technology, Engineering and Mathematics, Sacred Heart Catholic Primary School has held two STEM Challenges during the lunch times.

The first challenge was the 'Tower or Terror' with the three Year 2 teachers vs three Year 6 students. The objective of the challenge was to build the tallest tower in 2 minutes using LEGO. The tower built by our Year 6 students, Chad, Ryder and Drew looked amazing and sturdy but the winners taking the STEM trophy belonged to the Year 2 teachers.

The second challenge was "Wow! DNA" and this time it was the three Year 1 teachers vs three Year 5 students. The objective of this challenge was to build the longest DNA chain in 2 minutes. Students from Year 5 Nate, Lievan and Liam created a very long chain of DNA strand. Students were given a 15 seconds head start but the teachers won again this round with an incredibly long chain of DNA.

Congratulations to those who participated the **STEM** Challenge it is fantastic to see so much enthusiasm and curiosity for Science in the challenges. The students have also been so incredibly supportive cheering both students and teachers on during these lunchtime challenges.

The next **STEM** challenge will be held during Science week in Week 8. Good luck to the competitors and I wish you all the best.

Ms Kristy Carroll

TECHNOLOGY TIPS ……

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

FaceApp, as the name suggests, is an app by Wireless Lab which uses uploaded images of someone's face and allows them to add a variety of interesting filters making themselves look older, younger, appear with different hair colour and so on. The app uses either the camera on your phone to take a selfie, or lets you use a picture from somewhere like Facebook or Instagram to apply these filters. While this all sounds like innocent fun, there have been some valid concerns raised about the terms and conditions, and what the company is doing with all these selfies and pictures.

AGE RESTRICTION 13+

If under 18, supervision of a parent or legal guardian required

What parents need to know about FACEAPP

WHY IS IT SO POPULAR?

The app went viral in the middle of July 2019 with the #faceappchallenge, where users download Faceapp, take a picture of their face adding the old age filter, and then share the image of themselves online with friends. It can be fun to see what you might look like when you're more well travelled, and the results are pretty convincing (much to the amusement of older family members!).

HOW DOES IT WORK?

The app scans the uploaded face, and uses a neural network (basically a huge database of sample faces) to show what it thinks you'll look like when you're old; adding wrinkles, grey hairs, yellowed teeth etc. Anybody can upload an image they have access to, even those of children, without any kind of consent being needed. As explained in the lengthy terms and conditions of the app, these images are saved by Wireless Lab and can be used however they see fit, at any time in the future.

IS IT SAFE?

This is the contentious question. Wireless Lab, the Russian company behind the FaceApp app, are particularly vague with their descriptions of what they can potentially do with a person's details, to the point where a lot of people are worried about their images being used for nefarious purposes like cyber crime or political campaigns. In reality, the app is no more or less safe than any other, but that doesn't mean you shouldn't be vigilant of what you or your child is agreeing to online.

LEVEL OF ACCESS?

Buried in the legal jargon and technical mumbo jumbo, FaceApp has a worryingly large amount of access to your or your child's device. As well as storing any pictures you upload to the app, it also has access to your internet history, and basic information like your name and location. Naturally this sounds scary because it has been highlighted as publicity, but this is the normal kind of access and information apps take from us nowadays. If you are at all concerned it's worth leafing through these lengthy Terms Of Service before making a decision on if you're happy for your child to use an app.

SHOULD I BE WORRIED?

While your details COULD be used in the wrong way, the company has publicly stated they have no desire to do so and a number of independent probes into the app seem to suggest everything is being stored correctly and safely. That's not to say it will always be this way, so it's worth bearing in mind that this could change further down the line.

FACIAL RECOGNITION SOFTWARE

An app that takes an image of a face and uses it to commit online crimes or say things pretending to be somebody else might sound like the plot of a hollywood thriller, but with today's technology it can be a very real fear. Facial recognition software is now so advanced, a fake picture or video of a face can be produced without your knowledge or permission, potentially by a company you thought was safe. Now it must be stressed that this is extremely unlikely to happen, especially as this advanced technology is still being worked out, so you shouldn't be too worried about it - but always be aware of the permissions you're giving to unknown parties.

National Online Safety

#WakeUpWednesday

Safety Tips For Parents

CHECK DOWNLOADS

It may seem obvious to keep an eye on what is downloaded on a device, but it can be very easy to miss out on new fads and viral hits. Most app stores let you see what's currently trending, alongside descriptions of what an app is. Talking to your child about what current trends they're enjoying will help you keep an eye on what's popular. You also get to see what you might look like in the future, which could be a blessing or a curse!

BE REALISTIC ABOUT YOUR DATA

When it comes to online security, the phrase 'bethar the devil you know' is particularly apt. While companies like Facebook and Google are by no means virtuous in their collection of our data, we do at least know (for the most part) a lot about how it's being handled. Luckily, we know Wireless Lab are treating our information correctly for now, but apps you don't know or trust, may not. It's always worth reading up on an app and making sure it's the real deal before downloading it.

BE AWARE OF COPYCAT APPS

When something like FaceApp goes viral, many copycat apps can pop up on the store piggybacking off the success of the original. These apps can contain viruses that are often far more malicious and dangerous to you and your child than the terms in the 'safe' version of the app. Make sure you're aware of which is the original before making any downloads.

KNOW IF YOU CAN SPEND MONEY ON AN APP

Like most things these days, there is a way to spend money on FaceApp. You can purchase a 'pro' version which unlocks additional filters either through your phone's app store, or on the app itself. This subscription ranges from 1 month for £3.99, 12 months for £19.99 or lifetime access for £38.49. It's very easy to make this purchase without too much thought so do make sure you know about any additional costs of an app your child is using.

ALWAYS READ THE TERMS AND CONDITIONS

Many of us don't have the time or energy to read through pages and pages of legal speak, and that's normal, but leafing through the fineprint can unearth a lot of grizzly permissions you didn't know you were giving. Often, at times they are unavoidable, but knowing what you're signing up for and if there's anything you can do about it could help you make more informed decisions on the types of content you expose your child to.

Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.07.2019

October VacSwim

Enrolments open Wednesday 22 July 2020.

Armadale Fitness and Aquatic Centre is pleased to be a host Centre for VacSwim this October school holidays. The program is run by the Department of Education.

VacSwim offers affordable swimming lessons across the state, giving children the opportunity to learn to swim in a safe and enjoyable environment.

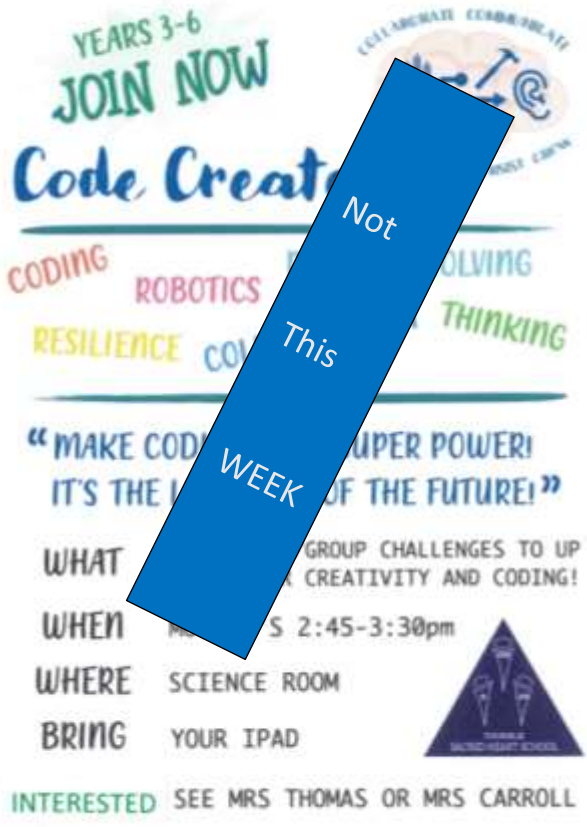
Program Dates: 29 September to 9 October 2020

For more information or to enrol please visit https://www.education.wa.edu.au/enrolling-in-vacswim, telephone 9402 6412 or email vacswim@education.wa.edu.au

CODING INFORMATION

This is an after-school group that will provide a further opportunity for students to develop their knowledge and experiences in computational thinking, computer sciences and coding.

This group will be open to students from Years 3-6. This will require a minimum commitment for five weeks. Sessions will be held at 2.45pm starting 27 July in the Science Room and students will need to be promptly picked up at 3.30pm from the carpark. Students must bring their iPads, but anyone from Yr 3 will be able to utilize school owned devices.



CANTEEN ROSTER FROM 24 August

Monday 24 Aug	Tuesday	Wednesday 26 Aug	Thursday 27 Aug	Friday 28 Aug
	CLOSED	J Garvey L Frisina	P.Ong	N Rowe

EMMANUEL CENTRE IS A SELF HELP CENTRE FOR PEOPLE WITH DIFFERENT ABILITIES.
WE RECYCLE NEWSPAPERS.
IT'S GOOD FOR THE ENVIRONMENT AND THE MONEY RAISED HELPS KEEP OUR DOORS OPEN.
PLEASE DROP THEM OFF TO US.
WHERE? VERANDAH OF 25 WINDSOR STREET, PERTH (NEAR EAST PERTH TRAIN STATION)
WHEN? ANYTIME 24/7

SACRED HEART CANTEEN
8.30-1pm Monday Thursday Friday
92513007
RECESS & LUNCH orders available online via www.quickcliq.com.au

☺ RECESS ☺

Crunch n Sip	.50c
Dinobite	.60c (max 4)
Cheezie	$1.00
Vegimite cheezie	$1.20
Pizza cheezie	$1.50
Hash brown	$1.00. (max 2)
BB cheezie	$2.00
Popcorn	$1.30
Piranha Snaps	$1.80

☺ LUNCH ☺

Icy Pole	$1.00
Ice cream bucket	$2.00

☺ DRINKS ☺

PLAIN WATER	**$1.50**
JUICE BOX	**$1.60**
Apple	
Tropical juice box	
JUICE BOMBS	**$2.50**
Apple & Raspberry	
Orange Passio	
Watermelon	

☺

BENTO BOX $6.00
MONDAY & THURSDAY
2 mini muffins, fruit cup, cheese & crackers, wing ding & a cheese or ham or vegemite sandwich

☺ SANDWICHES ☺

Wholegrain or wholemeal

Vegemite	$2.50	Ham	$3.00
Cheese	$2.50	Ham/salad	$4.30
Tuna	$3.00	Salad	$3.30
Tuna/salad	$4.30	Egg	$3.00
Chicken	$3.00	Curried	$3.50
Chick/salad	$4.30		

(Salad : lettuce, cucumber, carrot and tomato)

☺

EXTRAS

Beetroot	50c	Onion	30c
Cheese	50c	Mustard mild	40c
Mayo	40c	Sauce sachet	50c
Pickles	40c	Teaspoon/fork	5c
Toasted	**50c**		

LUNCHBAGS 10 FOR 50c

☺ MONDAY ☺

Sausage roll	$3.50
Cruizer beef pie	$4.00
Mini pies (2)	$2.00
Drummies & Wedges	$5.50
(2 yummy drums & oven baked wedges)	
Beef Burger Combo	**$6.50**
(beef patty, tomato sauce, cheese & juice bomb)	
Lasagne	$4.70
Macaroni Cheese (Veg)	$4.70
Spaghetti Twirls (Veg)	$4.70

☺ THURSDAY ☺

Hot chicken & mayo roll	$4.50
(+ cheese 50c)	
Hot dog & tomato sauce	$4.50
(+ mustard or cheese 50c)	
Nachos	$4.50
(+ sour cream 50c)	
Lasagna	$4.70
Macaroni cheese (Veg)	$4.70
Spaghetti Twirls (Veg)	$4.70

☺ FRIDAY ☺

Sausage roll	$3.50
Cruizer beef pie	$4.00
Meatball Sub	$4.50
(meatballs, cheese & homemade sauce)	
Lasagna	$4.70
Macaroni cheese (Veg)	$4.70
Spaghetti Twirls (Veg)	$4.70