

# RESPONSIBILITY

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



2 September 2020

Dear Parents, Children and Friends

## **Year Six camp**

I have had the absolute pleasure of spending time with the Year Six classes on their camp at Woodman Point. The weather wasn't great and we didn't get much sleep, but we sure made the most of our experience! Over the course of the camp we completed challenging activities such as rafting, team building challenges, archery, flying fox, various vertical challenges and of course 'Landers Spotlight'.

Throughout my time on camp, I was so impressed by the support and encouragement that the students showed each other and the resilience, persistence and determination of each and every child as they each battled personal challenges, and at times, fear and anxiety (especially on the Flying Fox).

The students are to be congratulated on their maturity and behaviour while on camp at Woodman Point. The feedback from teachers and camp coordinators has been that the students have focused on the leadership qualities that, as young adults, they will require to act as capable citizens in both our school and the general community. The Year Six parents should be proud of their efforts.

On behalf of the Year Six students and their parents, I would like to thank the Year 6 teachers; Mrs D'Amato, Mrs Cushen and Mrs Win for their wonderful organisation of the entire camp. A special thank you also to Mr Bouffler, Miss Savill, Mrs O'Neill, Mrs Connolly and Mrs Johnstone who generously gave up their own time to attend and assist on camp: We were also fortunate to have Father Minh-Thuy lead us in a beautiful Mass on the last night.

## **Book Week**

On Wednesday 2 September, it seemed that many of the characters that we have grown to love and cherish had stepped out of their books and into our Senior Quad area. Students from Kindergarten to Year Five dressed up as their favourite story book character and paraded, class by class, across the quad to much applause and appreciation from the audience. It was exciting to watch as each class strut in their creative costumes.

A special thank you to Ms Henderson and Mrs Stilwell for helping facilitate our Book Week 2020 celebrations and also to the staff for immersing themselves in the enjoyment of books to come dressed as their favourite books characters too - we even had a surprise visit from Pikachu, our Japanese Pokémon. The children loved seeing their teachers all dressed up!

Our Parenting Ideas article is about Sleep tips for kids, an article I found as a father of two girls under the age of 6 very helpful. We all know how "Sleep is a critical component of enhancing a child's wellbeing, learning, development and overall performance". I hope you find it useful.

"The most memorable part of camp was going on the flying fox as I am afraid of heights and I conquered my fear." (Yr. 6 Student)

God Bless

Shane Landers  
Assistant Principal

From the Heart

## **SACRED HEART SCHOOL**

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# parenting \* ideas

Regularity and routine are the agents of sleep. It takes discipline to adhere to and commitment to making sleep a high priority. Helping kids understand how their body clock works, assisting them to work out their optimal bedtime and putting lifestyle habits in place can help them get the sleep they need to maximise their learning, wellbeing, development and overall performance. Here are some tips to help:

## Understand the body clock

Sleep is regulated by a 24-hour body clock that manages the secretion of melatonin to send us to sleep and cortisol to wake us up. This amazing body clock is reset every day when light first hits our retinas. Sleep in late and the clock goes out of synch. When your child works with the rhythms of their body's 24-hour clock they will give themselves the optimal chance for sleep success.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Melatonin, which makes them sleepy, is secreted as late as 11.00pm for some young people, which makes the time before bed-time a sleepless zone. Cortisol, the chemical that wakes them up is released at close to 8.00am for many teens. If this is the case, your young person's brain wants to be asleep when they need to be awake for school.

## Stick to sleep recommendations

The Raising Children's Network recommends between 11-13 hours sleep per night for young children, 10-11 hours for primary school children and 8-10 hours for secondary school-aged kids. As every child is different, you may notice that your child needs more or less sleep than is recommended.

## Develop good sleep hygiene habits

- Start a regular bedtime routine at least 45 minutes out from bedtime to help kids get ready for sleep.
- Eat and exercise at the right time. Sleep likes a relaxed body and a calm nervous system, so schedule exercise and active movement before mealtimes.
- Create a sleep sanctuary. Restrict bedrooms to sleep and relaxation quarters and find other places in the house for time out and reflection, school work and active play.
- Keep bedrooms cave-like. A child's bedroom should be cave-like – that is, dark, cool and free from electronic devices. Darkness encourages melatonin, which regulates sleep-wake patterns.
- Get up at a regular time. For optimal sleep, bed and wake up times need to be as regular as possible.

## Lifestyle habits that promote sleep

- Teach your child or young person to put away digital devices at least ninety minutes before bed-time
- Minimise weekend sleep-ins and limit them to an hour more than usual, to keep the sleep clock operating on a regular basis
- Encourage your child to go outside every day – take a walk, meet a mate (subject to COVID restrictions) or do an errand
- Keep homework out of bedrooms, or at least out of beds. The brain associates activity with location, so if kids work while on their beds, it will be hard for them to mentally switch off from their schoolwork when the light finally goes out.
- Confine caffeine to mornings. Consuming caffeine in any form close to bedtime is like throwing a wrecking ball through regular sleep patterns. The brain needs to calm down rather than be artificially stimulated if sleep is to occur.

Sleep is a critical component of enhancing a child's wellbeing, learning, development and overall performance. Helping your child to get enough quality sleep will ensure that their brain and body are being used at full capacity.

## IMPORTANT!!!!

As infection is a priority concern at the moment, **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.

## 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 2<sup>nd</sup> instalment of all school fees (unless prior arrangements have been made) should now have been paid (due 3 July 2020).

The 3<sup>rd</sup> 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](http://quickcliq.com.au) or with your child's lunch order in the class lunch box by **8.30am**. Thank you for your support.

## LIBRARY NEWS

## PARADE WINNERS

Mrs Stilwell

PPB Thomas Brouwer & Chloe Daniels	PPW - Blake Ford & Sinead Cushen
1B Sadia Prashar & Hayden Han	1W – Jasmine Cope & Lucas Verges
2B – Madelyn Catoi & Jordan Albuquerque	2W – Faith Xavier & William La Roche
3B - Tiana Bott & Bryce Marzsal	3W – Zoe Cooney & Aidan Goh
4B – Oscar Millar & Kornelia Okraj	4W – Camden Mahoney & Shanice Thilak
5B – Zoey Dekens & Liam Hardy	5W – Mahkye Suryaning & Briannah Peisley

**Issue 6 Catalogues** were sent home last 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 8 September 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)

**YEAR THREE NEWS**

Ms Gevaux

After our excursion to Schoenstatt Shrine, the Smileybears have been busy writing persuasive leaflets. Hopefully you will be tempted to visit the Shrine soon!

**SHOENSTATT SHRINE A PLACE TO BE LOVED**

DO YOU WANT TO PRAY IN A BEAUTIFUL CALM PLACE?

DO YOU WANT TO BOND WITH THE HOLY FAMILY?

THEN WHY NOT HEAD STRAIGHT TO THE SHOENSTATT SHRINE AND EXPLORE THE MARVELLOUS CREATION!



OPEN 7AM TILL 8:15PM

SHOENSTATT IS 5 MINUTES FROM THE ARMADALE SHOPPING COMPLEX

ALL ARE WELCOME TO VISIT THE SHOENSTATT SHRINE OF OUR LADY OF SHOENSTATT

By Ruby

PIC COLLAGE

**THE SHOENSTATT SHRINE A PLACE OF GRACE**

Do you need a pretty place to pray?

Why not head straight to SchoenStatt Shrine where everyone is welcome to visit our Lady of SchoenStatt.

It is open every day for private prayer.

There is a special designed crucifix above the tabernacle, expressing the unity between Jesus and Mary. Most importantly St. Joseph, whose statue is on the left side of the Shrine, is the protector and guardian of the ShoenStatt family. There are also beautiful symbols in the Shrine and the symbols are important.

Open from 7am till 8:15pm. Only five minutes from the Armadale shopping complex.



At ShoenStatt Shrine you will feel really loved and cared and it is a fabulous place to pray

PIC COLLAGE

**Schoenstatt Shrine , A Home of Mary**

Do you have enough Jesus in your life?

Why not head straight to Schoenstatt Shrine and pray next to the wonderful statue of Jesus

The Shrine is filled with symbols. You will be mesmerised by the crucifix

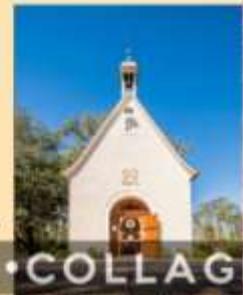
The wooden tabernacle doors with wheat and grapes carved in relief. They are beautiful!

There is also a specially designed crucifix above the tabernacle, expressing the unity between Jesus and Mary

Open Everyday 7AM - 8:15PM

Only five minutes from Armadale Shopping Complex

It is a awesome place lots of people want to see. It hope to see you there!



PIC COLLAGE



PIC • COLLAGE



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## PRE-PRIMARY EXCURSION

The Pre-Primary children were excited to catch a bus and visit **KALAMUNDA HISTORICAL VILLAGE**. We were able to go back in time and see how past generations lived in homes with no electricity or television. We sat in an old classroom which was very different to OUR classrooms

We got to see an old bus, tractor and fire-truck and we even got to ring the bell. It was an exciting day and we were all very tired on the bus ride home.

They also saw a penny-farthing bike, and an old style apple sorting machine that sorts the apples into different sizes and also separates the bad ones.



### 2020 Colour Fun Run

22 More sleeps to go!! This year the P&F will be organising a Colour Run Event for the children on their last day of Term 3 – Friday 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. Unfortunately, if any students do not have any protective eyewear, they will not be able to participate. Feel free to bring them to school now in a labelled bag and the teacher will look after them for you.

Look out for information and a permission slip coming home shortly.



### ENTERTAINMENT BOOK

For a limited time, our school community is giving back to you with a **FREE** Entertainment membership for 6 weeks! You should have received advice about this amazing offer, but if you haven't the details are below.

**If you already have a membership share this with a friend or family member!**

- No payment details required
- It's easy to register, simply go to [www.entbook.com.au/83356f](http://www.entbook.com.au/83356f)
- Download the Entertainment App from the App Store or Google Play and start using
- 6 week trial only available between 24<sup>th</sup> August- 13<sup>th</sup> September

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>

### '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**

### Father's Day Stall

What a great day at the stall. We loved seeing the excitement on the children's faces when trying to decide what the perfect present for Dad would be. We hope all the Dads, grandads and Father figures have a wonderful day and wish you a Happy Father's Day. There are some leftover gifts that will be available for purchase outside the library tomorrow (Friday)

### 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 docket 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.



# BOOKWEEK



# 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



# 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](mailto: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.

## CODING FINISHES WEEK 10

**Code Creators**

CODING ROBOTICS PROBLEM SOLVING  
RESILIENCE COLLABORATION THINKING

“MAKE CODING YOUR SUPER POWER!  
IT'S THE LANGUAGE OF THE FUTURE!”

**WHAT** INDIVIDUAL/GROUP CHALLENGES TO UP  
SKILL YOUR CREATIVITY AND CODING!

**WHEN** MONDAY'S 2:45-3:30pm

**WHERE** SCIENCE ROOM

**BRING** YOUR IPAD

**INTERESTED** SEE MRS THOMAS OR MRS CARROLL

## CANTEEN ROSTER FROM 7 Sept

Monday 7 Sept	Tuesday	Wednesday	Thursday 10 Sept	Friday 11 Sept
S.Weale	<b>CLOSED</b>	<b>CLOSED</b>	P.Ong A Foster	J Albanese J Garvey



**Year 7 2021  
Music Scholarships  
now available**

Applications are now open for our 2021 Music Scholarships for students commencing Year 7 in 2021.

Applications close Friday, 11 September. Visit [lumen.wa.edu.au](http://lumen.wa.edu.au) for more information.



**LUMEN CHRISTI COLLEGE**

T 08 9376 2100



**2021 RUGBY ACADEMY SCHOLARSHIP TRIALS**

**WHEN:** Wednesday 2<sup>nd</sup> September 2020

**TIME:** 8.15am Registration

**TRIALS COMMENCE:** 8.30am – 10.30am

**WHERE:** Thornlie Senior High School Gymnasium  
2 Ovens Road Thornlie WA 6108



To register your interest in the upcoming trials please contact Carly Smith on 9376-2100 during office hours before the 21<sup>st</sup> August 2020

Thornlie Senior High School Rugby Academy 2021 Brochure and Application forms can be found at [http://www.thornlie.swa.edu.au/courses/specialist\\_programs\\_selection/metal/](http://www.thornlie.swa.edu.au/courses/specialist_programs_selection/metal/)

**PERTH SCORCHERS**



**Play Cricket Day**

**South East Metro Junior Cricket Association  
Playcricket Hub**

**Date:** Saturday 05 September 2020 : 1:00pm – 3:00pm  
**Venue:** Harmony Fields, Alcock St Maddington  
**Cost:** FREE!

**Come & Try Cricket Blast, Meet some of our Players,  
Food vans and Coffee available to purchase!**

To register & to be in the draw to win a signed BBLOB playing shirt, go to:  
<https://www.perthscorchers.com.au/play>

**FOR MORE INFORMATION CONTACT**  
**Corey O'Brien**  
[corey.obrien@waca.com.au](mailto:corey.obrien@waca.com.au)  
0419 938 669



**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**






yubo

Yubo is a location-based social networking app previously known as 'Yellow'. It has been dubbed 'Tinder for teens' due to its similarities with the adult dating app, in which users swipe to find matches. Yubo allows users to livestream themselves to anyone watching, and rate other users.



AGE RESTRICTION  
**13+**

What parents need to know about

# YUBO

(Formerly 'Yellow')



### WHO IS USING YUBO?

Although its official guidelines suggest the app is for people aged 18+, those aged between 13 and 17 can create a profile with parental permission. Furthermore, the app does not verify ages or identities upon sign-up, leading to fears that it could be exploited by those seeking to target children. Adults can set up fake profiles for sexual reasons, while children younger than 13, with access to the internet, could pretend to be older than they are.

### LIVE-STREAM FOOTAGE

Yubo states that it uses a combination of technical tools and human moderators to check the content created by Yubo, but since users can comment on footage in real-time this could mean that children could be exposed to derogatory or unpleasant language. Media reports indicate that teens are being pressured into undressing live on camera for strangers, sending nude photos, and are even lured into face-to-face meetings on Yubo. Any users can take screenshots or copies of live streams, alter them and share them with others.

### SNAPCHAT

While the Yubo app doesn't directly link to Snapchat anymore – users still tend to share their Snapchat usernames on their profiles, making them very easy to add on Snapchat without ever speaking to the individual. On Snapchat, if your child's location feature is switched on, there is a high chance that strangers can find your child's exact location.

LOLA  
@Lola\_McKee



### BULLYING & MENTAL HEALTH

The way Yubo works is that users 'swipe' to accept or decline to talk to someone. Whether users accept or decline is all based on their profile picture, meaning there is the potential that children could be left with low self-esteem if declined. Receiving comments about their appearance can have a negative impact on a child's emotional wellbeing, leaving them feeling less confident about how they look or how interesting they are. Bullying includes actions such as making threats or spreading rumours about people. As users have the ability to screenshot copies of live streams and private messages etc., they can use these screengrabs as forms of blackmail, making the person feel victimised, embarrassed and unsafe.



## Top Tips for Parents



### HAVE A CHAT

Start a conversation with your teenager so that they know how to stay safe online. Don't be embarrassed to talk about inappropriate online content with your children and look out for sensitive or reserved behaviour when it comes to their internet devices.

### DISCUSS YUBO GUIDELINES

Take time to go through Yubo's Community Guidelines, which all users receive a link to, when they sign up to the app. Anyone who does not follow the guidelines may have their content removed or account suspended. Guidelines include advice on not posting any fake pictures or pretending to be anyone else.

### YUBO GUIDELINES FOR PARENTS

Yubo offers a guide (<https://parents-guide.yubo.live>) to reassure parents about their child's usage. It explains how the app works, how children can stay safe and outlines its 'five-step approach to safety' including Sign-up, Profile Settings, Community Guidelines, Moderation and Reporting.

### REMOVE LOCATION FEATURE

In their 'Profile' settings, children can hide their city and choose to connect with people who are only located within a certain radius of their location.

### PROOF OF AGE

Yubo recently updated its security settings so that users who attempt to change their date of birth after signing up now have to send proof of ID to the app in order to verify the change.

### ENCOURAGE RESPECT

Remind your teenager to always consider anything they are about to share online and to think about whether they would do that in the real world, or whether they are posting something they may regret at a later date. Encourage your child to think about the language they use online and to think carefully before making a comment on content posted by someone else.

### AVOIDING UNEXPECTED IMAGES

Yubo suggests that teenagers ask the person they are talking with to show a picture of themselves with a spoon on their head to prove they are really who they say they are in their picture. Another tip is to avoid profiles with only one photo as these are often 'catfish' – someone who pretends to be somebody else by creating fake identities.

### AVOIDING UNEXPECTED IMAGES

Report any suspicious activity. You can report any concerns by clicking on the 'flag' icon within the app or by visiting 'Yubo's Safety Centre' at <http://safety.yubo.co>. This includes pornographic, sexually explicit content, bullying, grooming and fake accounts.

### PREPARE FOR 'GOING LIVE'

Yubo users can 'Go Live' during a chat with friends or choose to live stream 'Anyone' on Yubo. To help your child avoid sharing too much, help them to consider whether they really want the world seeing what they are doing. If they are going to watch streams they should also know how to report anything that makes them feel upset, uncomfortable.



National Online Safety

A whole school community approach to online safety  
[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Email us at [hello@nationalonlinesafety.com](mailto:hello@nationalonlinesafety.com) or call us on 0800 368 8061

