# Sacred Heart School Thornlie



# From the Heart - 10 February 2022

# **Principal's Message**

#### **Dear Parents**

Welcome back to a new school year! Whilst our start has again been far from normal, I hope both yourselves and your child/ren have had a restful break and are now ready for the new year ahead. It has been wonderful to see the children arriving in uniform looking so ready for their new classes and learning experiences to come.

Our new staff have settled in well and all staff have embraced the changes brought about by the latest protocols. Everyone is excited for the year ahead. I know that if we work together in a strong partnership between school and home then we will get fantastic outcomes for the children at Sacred Heart.

I have had some great questions emailed to me regarding the current protocols and I encourage parents to email me at steve.gibbs@cewa.edu.au with any concerns. Below is some additional clarifying information:

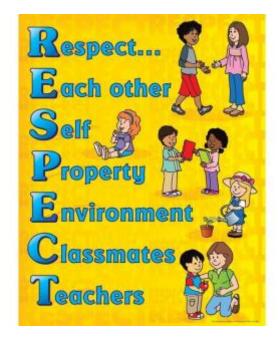
- Catholic Education Western Australia works closely with both the Department of Education and the Department of Health (WA Health) to ensure the safety of students across Western Australia (WA). The new protocols in place for schools came into effect on Tuesday 8 February 2022.
   These additional measures have been implemented with a view to keeping our doors open and continuing face-to-face learning for our students, where possible.
- In the new settings, parents and caregivers may no longer enter classrooms, including to volunteer. Volunteering in the canteen or at the uniform shop is still permitted, while following

the directions outlined by WA Health including the wearing of masks while indoors. For those volunteering at schools on a regular basis, vaccination is a compulsory requirement.

- You are allowed onto the school grounds for drop-off and pick-up in outdoor locations only, and
  are asked to physically distance and avoid gathering. Mask wearing for parents is expanded to
  outdoor areas where physical distancing cannot be maintained, in our context that is all
  locations on the school site. If dropping off or picking up at the front office during the course of
  the day, do so quickly and leave promptly.
- We are currently planning and implementing further ways to minimise the risk of COVID-19 entering or being transmitted at our school including:
- 1. Moving parent-teacher interviews to online or over the phone;
- 2. Changing indoor face-to-face school events;
- 3. Cancelling or postponing school camps;
- 4. Limiting the mingling of groups of students (choir, dance club, homework club, etc);
- 5. Conducting thorough risk assessments before continuing with any offsite excursion or activity.
- As a Catholic school our priority is for the health, safety and wellbeing of our students and all members of our broader community. We are working through these changes and you will receive further communications as the details are confirmed and planned events are suitably assessed. For more information on the high caseload protocols visit WA.gov.au<sup>1</sup>.

Thank you for your understanding as we take the necessary steps to keep our school community safe. Over the holiday period the school engaged in a lot of maintenance and building work. The most exciting addition is our new playground that the children are absolutely loving. Many thanks again to our P&F for their hard work in fundraising for this project. This term we focus on the school's core value of Respect. I like to think of respect as covering three areas; ourselves, others and our environment. If we are showing respect in these three ways we are generally following all school rules and also living according to Gospel values. I will be delivering this message to students and if you can also encourage children to show respect in this way at home that would be fantastic. Next week's parent information sessions have had to be cancelled due to the current protocols. Teachers will be making presentations that outline the routines, expectations and structure of their classrooms and the school year. The presentations will be shared along with a presentation from school leadership in the weeks to come. This week's Parenting Ideas article is about helping your child settle back into the school year. It has some very practical ideas and solutions. I hope you enjoy it. I look forward to working in partnership with you in 2022 at Sacred Heart to get the very best results for the precious child/ren that you have placed into our care. God Bless Steve Gibbs Principal

<sup>1</sup>https://www.wa.gov.au/government/announcements/high-caseload-measures-schools-and-childcare



This Term we are focusing as a school on our core value of **RESPECT**. Respect is demonstrating regard for each other, self, property, the environment, classmates and Teachers.

"Knowledge will give you power, but character respect." - Bruce Lee

"I speak to everyone in the same way, whether he is the garbage man or the president of the university." - **Albert Einstein** 

# **Parenting Ideas**

## Helping kids settle back into school

The start of the new school year brings a variety of challenges - from teacher and class changes, through to the transition from holiday mode back into the routine of school. This can make settling back into school difficult for some children and young people, especially after the extended summer break.

Naturally, as a parent you want to help your child settle back into school as seamlessly as possible, but it can often be hard to know where to start. So, we've asked the experts- primary and secondary school teachers - for their top tips.

# Get kids involved in the organisation process

Being organised for school isn't a parent-only activity. Involve your kids as fully as practical in the process. By doing this, you will be encouraging them to take responsibility for and ownership of their schooling, not to mention reducing your workload.

### Specific tasks include:

- preparing their uniform for each day
- packing their school bag

- helping organise their lunch
- ensuring they have the correct school resources for each day

#### Use positive language

It's critical to use positive language when discussing school because children who hear their parents discuss education in a negative way typically model that behaviour. This is especially important in the first few weeks back. Sharing your own positive school memories is an authentic and relatable way to do this.

#### Add a personal touch

If your child is struggling being away from you, consider giving them a bit of you to take with them can help the transition. Whether it's a personal item of yours that they carry with them, or even a positive note that you leave in their lunchbox, a personal touch is a helpful way for your child to stay connected with you throughout the school day. It's a great reminder that it will be okay.

#### Trust and communicate with your child's teacher

Trust your child's teachers as they have their best interest at heart and know children well! Couple this trust with regular communication, which is particularly helpful at the start of the year when back to school worries are identified and addressed. Continue this communication throughout the years, especially if any issues or concerns arise.

#### Talk about how they are feeling

It is important to discuss with your child how they are feeling about being back at school. So be prepared to listen and be guided by your child's responses.

Avoid shutting them down if they are feeling unsettled, nervous or scared and validate their emoti ons and work through them. This is especially important with the added complexity of the pandemic. Ensure you offer problem solving advice about what they can control, such as washing their hands regularly, or wearing a mask if this is a school requirement. Provide some time after school for your kids to talk with you about their day. This also provides an opportunity for them to decompress.

#### Maintain a consistent routine at home

Moving from holiday mode into a more structured school mode is one of the biggest struggles for many kids. One way to reduce the impact of this transition is the maintenance of consistent routines at home over the weekends, especially in the first term.

Some specific ways include:

- Regular reading
- Limiting screen time
- Keeping mealtimes and bedtimes consistent

Using a visual 'back to school' schedule board or weekly planner can also assist in reminding kids what is coming up each week.

#### Limit after school activities in Term 1

As kids readjust to being back at school, they will probably be tired. So, limiting after school activities such as sport and music, at least in the first term, helps them maintain a sense of balance.

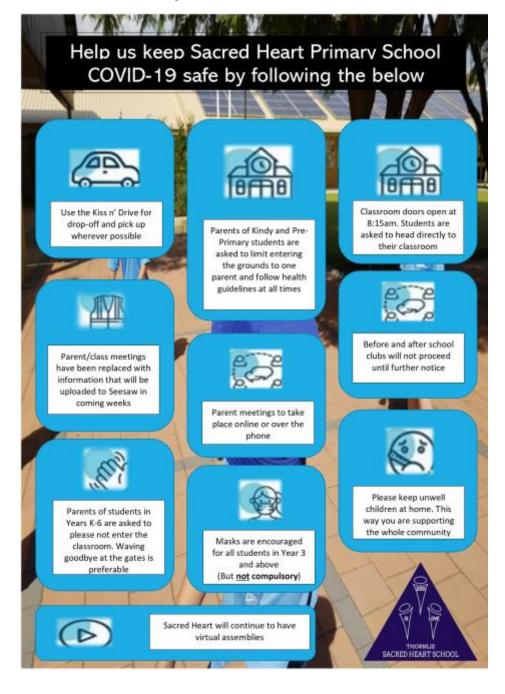
Avoid overloading the weekends with activities so they can really use that time to relax and prepare for the week ahead.

## In closing

It is normal for every child to settle back into school differently. Some kids will be excited, and some may feel unmotivated or even anxious.

As parents, there are a variety of ways you can support your child as they transition back into the school routine. A critical first step is to work with your child and their teachers as a team and to keep those lines of communication open. This will also be beneficial throughout the school year as well, especially if any issues arise.

# **COVID-19 information for parents**



# **Key Dates for Term 1**

Swimming Trials – Years 4 to 6	Thursday 17 February 2022	
First Virtual Assembly for 2022	Friday 18 February 2022	
Ash Wednesday	Wednesday 2 March 2022	
Public Holiday - Labour Day	Monday 7 March 2022	
Pupil Free Day	Tuesday 8 March 2022	
House Swimming Carnival	Tuesday 15 March 2022	
Harmony Day	Monday 21 March 2022	
National Ride 2 School Day	Friday 25 March 2022	
Interschool Swimming Carnival	Thursday 31 March 2022	
Last day of Term One for students and staff	Friday 8 April 2022	

Please note, these dates are subject to change due to circumstances outside of our control. Link to website to view Term Dates for the year  $\frac{\text{https://shthorn.wa.edu.au/calendar/}}{\text{https://shthorn.wa.edu.au/calendar/}}$ 

# **Religious Education**



#### PRAYER FOR A NEW SCHOOL YEAR

Loving God, our Creator, our Saviour, our Companion, bless this journey of a new school year.

Refresh our souls and renew our spirits as we embrace this wonderful ministry to which you have called us.

We welcome those who are new to this community, and ask that you strengthen them to share the gifts they have been given.

Engage our hearts as we prepare for the return of our students

and may you help them to return with open hearts and minds eager to learn.

We ask this in the name of your Son Jesus.

Amen

# Sacrament Dates for 2022

#### Confirmation

Mass: Friday 3 June at 6pm

#### **First Reconciliation**

Mass: Thursday 4 August at 6pm

#### **First Holy Communion**

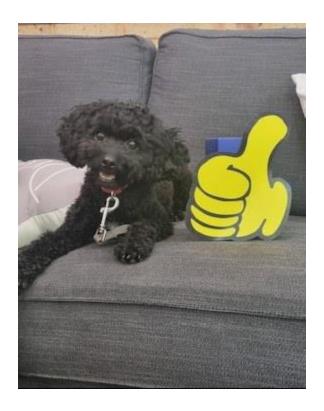
Mass: Sunday 11 September at 12pm Please note, these dates may be subject to change due to circumstances outside of our control.

This year at Sacred Heart we will be introducing **Making Jesus Real (MJR)**. The Faithful Faces and Year 5 students will become our MJR leaders for 2022. MJR is an opportunity for students and staff to stop and reflect where was Jesus in our lives today? It also creates opportunities for shared experiences between the students. MJR aligns closely with the CEWA Religious Education Units of work and links to numerous values education programs.

The MJR team, have decided that the first initiative to start implementing MJR throughout the Sacred Heart School community, will be to focus on a weekly theme "Thumb Up, Thursday!" Students and Staff can greet each other in the morning with a "Thumbs Up" and this will also become part of reflection time within the classrooms, where students can share when they witnessed another student having a positive moment during play and offer a "Thumbs Up" as a sign of respect and praise.

Our MJR focus will be displayed on the notice board outside the Library. We look forward and encourage all community members to give each other a Thumb Up this Thursday, and use it as an opportunity to reflect, 'How am I living like Jesus today?'





# **News from the Finance Officer**

School Fees for 2022 will be emailed home next week.

#### **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 for a confidential discussion about payment options available.

## **HEALTHCARE 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 to complete the forms as soon as possible.

# **Luna's Corner**



Luna is very excited to be returning to school in 2022 and has loved seeing all the children again, she missed them in the holidays. She was very lucky to get a special blessing from Fr Minh-Thuy. There will be lots of opportunities this year for the children to work more closely with Luna so watch this space for some exciting announcements.







# **Sustainability**



Welcome back to a busy and challenging Term One. The Sacred Heart Sustainability team are excited to have started a few Waste Free projects to help make our school cleaner and more sustainable.

This term in the Early Years (kindy to Year Two) we have introduced a zero free rubbish zone. This means only packing items in your lunch box that can be composted or recycled and that won't end up in the rubbish bin. It was very pleasing to see such a great response and cooperation by all families to make this project a success so far this term. Thank you to the Early Years families!

In **Years Three to Six** we will be continuing with **'Waste Free Wednesdays'** and encourage parents to work together with our school to decrease the amount of waste we are bringing into our school each day.

We have a few projects planned in the upcoming months which we are excited about and remember with your support, together, we can make a difference.

Thank you for your continued support of our school.



Library borrowing commenced this week.

## Borrowing days are:

Monday's: Year 6, Year 4, Year 3 and Kindy Blue

Tuesday's: Pre Primary, Year 5, Year 2 and Kindy White

Wednesday's: Year 1

Please ensure your child has a suitable library bag, no plastic bags please as these tend to rip.

As per usual, a new library book will not be able to be borrowed until the previous one has been returned. Also, please let me know if any items are damaged (a note on the book would be perfect please) and I will do my best to repair with book tapes etc, however any items that damaged beyond repair will need to be paid for. Please DO NOT attempt to repair books at home as we have specific tapes and glues for this job.

Scholastic Book Club catalogues were sent home last week. The closing date for orders is 18th Feb, 2022. Please note, orders are online ONLY.

If you have any library or book club questions please feel free to email me at laura.stilwell@cewa.edu.au

Happy reading!

Laura Stilwell

Library

## Canteen Menu - Term 1



## **Canteen Opening Hours:**

8.30-1pm Monday, Thursday and Friday only.

Phone: 92513007

RECESS & LUNCH orders available online via www.quickcliq.com.au<sup>2</sup> or via the class lunch box.

<sup>&</sup>lt;sup>2</sup>http://www.quickclig.com.au/

# **Canteen Roster - Term 1**

DATE	MONDAY	THURSDAY	FRIDAY
MON 31 JAN FRI 4 FEB		J. ALBANESE	J.GARVEY
MON 7 FEB FRI 11 FEB	W. HAMILTON	A. FOSTER	N. ROWE
MON 14 FEB FRI 18 FEB		P. ELDER	J.GARVEY
MON 21 FEB FRI 25 FEB	J. GARVEY	J. ALBANESE	R. DEKENS
MON 28 FEB FRI 4 MAR	W. HAMILTON	A. FOSTER	L. CUNNANE
MON 7 MAR FRI 11 MAR	LABOUR DAY (PUBLIC HOLIDAY)	L. VOGELS	J. GARVEY
MON 14 MAR FRI 18 MAR	J. GARVEY	J. ALBANESE	N. ROWE
MON 21 MAR FRI 25 MAR	J. GARVEY	A. FOSTER	R. DEKENS
MON 28 MAR FRI 1 APR		P. ELDER	J. GARVEY
MON 4 APR FRI 8 APR	W. HAMILTON	J. ALBANESE	J. GARVEY

11am start# 11am finish\*

If you are unable to come in on your rostered day, please contact Abi 92513007 (8AM-1PM) or A/H 0421 831 343



# Parents and Friends (P&F)

#### Welcome back

We hope everyone had a wonderful Christmas and New Year and enjoyed the holidays.

We'd like to offer a big welcome to all our new families and hope the kids are settling in nicely and of course, welcome back to all our existing families.

For anyone who isn't aware, last year we were able to donate \$89,200.00 to the school in order to purchase the new playground that was designed by last year's Year 6 class. We are very excited to see the installation was completed over the holidays.

While this year is going to look a little different (again (again

We would also love to hear from any families within the school or local community that have a business and would be willing to assist the P&F.

# **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.

<sup>&</sup>lt;sup>3</sup>mailto:pandf@shthorn.wa.edu.au

## '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

## **Containers for Change-REMINDER**

We have received a reminder letter from Scouts Recycling advising they can only process ELIGIBLE containers and to ensure there is no rubbish placed in the bins. The main culprits being:

- Wine Bottles
- Spirit Bottles
- Cordial Bottles
- Plain milk of any variety
- Other Recyclable items cardboard and rubbish of any kind
- Food Scraps If these items continue to be placed in the bins, they will start deducting the cost of
  removal from our refunds. They have also kindly requested that lids be removed from
  bottles. The P&F would like to thank all of our families who donate their containers to the
  school. It is very much appreciated. All refunds received are going towards the cost of the new
  playground.





# **Celebrations**



Mr Steve Gibbs Principal Sacred Heart School 40 Ovens Road THORNLIE WA 6108

Dear Steve

It is my pleasure to advise you that Filippo Vinci successfully graduated from Mazenod College last year and was recently acknowledged by the College to celebrate his achievement of an Australian Tertiary Admission Rank greater than 90, placing him in the top 10% of the 2021 Year 12 population.

The partnership between home, the first place of education and school, the formal place of education, is a significant one. As Filippo Vinci attended your school, I am sure you would be proud of his achievement and the part played by Sacred Heart School in his formation,

I take this opportunity to thank you for the role that Sacred Heart School played in his academic and personal development; too often the emphasis is placed only on the role of the secondary institution. Mazenod College acknowledges the role that primary schools play in the student's educational journey and it is wonderful to jointly share in celebrating Filippo Vinci's achievement.

We look forward to our ongoing relationship with Sacred Heart School.

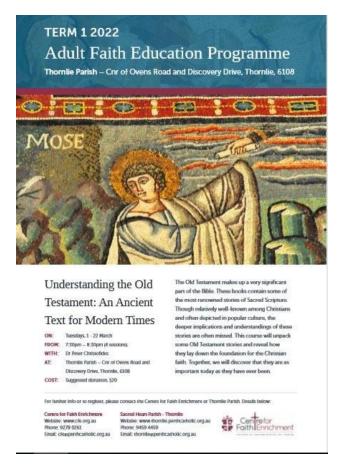
Yours sincerely

Andrew Watson Principal

Shraton

4 February 2022

# **Centre for Faith Enrichment**



The Old Testament makes up a very significant part of the Bible. These books contain some of the most renowned stories of Sacred Scripture. Though relatively well-known among Christians and often depicted in popular culture, the deeper implications and understandings of these stories are often missed. This course will unpack some Old Testament stories and reveal how they lay down the foundation for the Christian faith. Together, we will discover that they are as important today as they have ever been. To enrol please refer to <a href="https://cfe.org.au/courses-events/">https://cfe.org.au/courses-events/</a>

# **After School Catechist Classes 2022**

After school catechist classes will recommence very soon for 2022. Please pass this information onto any family and friends that may be interested. Enrolment Day: Wednesday 16 February 2022 Classes commence: Wednesday 23 February 2022 Where: Foley Centre, Sacred Heart Parish Thornlie When: 4.00pm to 5.00 pm Please direct any queries to the Parish on 9459 4459

# **Useful Links**

Uniform Shop<sup>4</sup> Sacred Heart Thornlie Parish<sup>5</sup>



#### Mercedes College Open Day Tuesday 15 March

Located in the heart of Perth's beautiful heritage precinct, Mercedes College are proud to be opening its gates for prospective families. The tour provides an opportunity for parents to hear from the Senior Leadership Team and enjoy a tour of College grounds and facilities led by some of our Student Representative Leaders.

There are two sessions on offer: 8:30am-10.30am or 11am-1pm. Both sessions conclude with some light refreshments and the opportunity to speak with some of our Teachers. Please register via the College website. Limited places available; www.mercedes.wa.edu.au/open-morning/6

#### **Enrolment Interviews for Year 7 2025**

Interviews for enrolments for Year 7 2025 students are being conducted this Semester for sisters of current and past Mercedes students. If you have not enrolled your daughter, please contact our Enrolments Officer, Nicole Kirk, on 9323 1340 or enrol online via the College website at www.mercedes.wa.edu.au<sup>7</sup> as soon as possible.

<sup>4</sup>https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store

<sup>&</sup>lt;sup>5</sup>http://www.thornlie.perthcatholic.org.au/

<sup>&</sup>lt;sup>6</sup>http://www.mercedes.wa.edu.au/open-morning/

<sup>&</sup>lt;sup>7</sup>http://www.mercedes.wa.edu.au/