

Sacred Heart School Thornlie



From the Heart - 20 May 2022

Principal's Message

Dear Parents

As I write this newsletter I am at home having completed a period of isolation due to the COVID virus. Our school is being impacted in a large way with both staff and students being infected and thus needing to stay away from school. Please be patient as we navigate through this challenging time and do your part by keeping your child home if they have symptoms. At this stage we have been able to weather the storm and cover all classes with relief staff, much to the credit of our hard working Assistant Principals. I look forward to returning to school next week, symptom free and ready to get back to work.

The school has a collection of RATs to distribute to students. The majority of these have now been distributed to families. If you have been unable to arrange collection of your RATs yet please contact the office to arrange another pick up time.

Last week the students in Years Three and Five sat the NAPLAN test. The students have been engaged and we know that they have done their very best to answer all the questions as well as they can. Please do not place too much emphasis on this test at home as it is just a point in time indication of how children and, more importantly, the school in general is tracking academically. The catch up window for the assessment has been extended in light of the number of children impacted by COVID so do not be too concerned if your child has been away this week.

This weekend our school is hosting voting for the Federal election. Our P&F has seized the opportunity to conduct a fundraiser in the form of a sausage sizzle and a cake stall. If you have some time to assist please contact the P&F to offer assistance.

A reminder to parents picking up children in Kindergarten and Pre Primary that other classes are still working during this time. I have had some concerns raised by parents about noise level outside the Year 1 classroom during this time. Please supervise your little ones to keep noise to a minimum, Thanks for your understanding.

Our Parenting Ideas article is about connecting with your kids. I hope you find it useful.

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

God Bless

Steve Gibbs

Principal

Reverence



Proper respect to others is the most prudent rule of directing the measure of reverence due to ourselves
~ Norman Macdonald

Worship means reverence and humility. It means revering your real self and humbling delusions.~
Bodhidharma

Parenting Ideas

Connecting with your kids

Most of us get a bit “judgey” when we see a parent staring at their screen rather than engaging with their kids at the park or the shops – or worse, in a restaurant. And if a parent publicly berates their child, it often sends shivers down our spine.

Even though we are almost all guilty of it from time to time, it’s like there’s some intrinsic mechanism inside us that loads up on guilt each time we see a parent do something that impacts or severs the

connection that they share with their child. We know it's a concern and we draw back from it – and then we remember we do it sometimes too, and the parent guilt sets in.

I think it's because connection is not a luxury item. It's an essential: for your relationship, for your child's wellbeing, and for their future.

What does a positive connection between parent and child look like?

Life Education Learning Manager, Lisa Woodward, says that positive connections are all about love, caring, nurturing, and safety. "In a positive parent-child relationship, family members feel safe and connected to one another."

"It's also about being in the moment with your child", adds Derek McCormack, Director of the Raising Children Network. "It's in a day-to-day setting, having quality time with your child whenever you can. Spotting the opportunities and making the time is really important."

And from my perspective? We run our economy on dollars, and we run our relationships on connection. If there's no dollars in the bank, we're financially kaput. If there's no connection in the relationship, we're relationally broke.

There are great benefits

The benefits of positive connections between parent and child are significant and wide ranging says Woodward.

"Children learn and thrive when they have strong, loving and positive relationships with their parents and carers, and it's the foundation for a child's development physically, emotionally, and socially."

Connection also helps develop important skills needed for a child's future. "Strong relationships set the child up for success in their lives, they are more confident and resilient, better able to regulate their emotions, make friends and connections with others, and do better at school."

Connections will change over time

As your child develops, your relationship with them will too. This is normal. "For example, your pre-teen might no longer want you around at the park with their friends, even though your child used to love playing there with you. This doesn't mean that the connection is not still healthy and positive," explains Woodward.

McCormack says one of the key principles of a positive connection is communication.

When your child is younger the opportunities for communication are really there any time you want but as a child grows you will need to look out for them more actively and make time for them.

"As your child becomes a teen, communication can be more of a one-way street and involve tuning into feelings and being a support for them," he explains.

How to achieve positive connections

"Positive connections are based on time together, being present, and building trust and respect", says Woodward. For example:

Make moments together matter

Booking in "quality time" doesn't guarantee positive, bonding time. We may have the best intentions but sometimes these special times will not work out the way we had intended. Often the best conversations happen in the car, at bedtime, or when doing things side by side, like washing up or walking the dog. These moments give you the chance to communicate positive messages with smiles, laughter, eye contact, hugs and gentle touches.

Tune in to your child

Tuning in to your child and thinking about what's going on for them shows them that you care about the things that matter to them, which is the basis for a strong relationship. This could be noticing what your child is doing and commenting or encouraging them. For example, with younger children it might be talking about the Lego creation they are building, or the picture they are drawing.

Nurture trust and respect in your relationships

Be available when your child needs support, care, or help. For example: giving them a hug when they fall over. Stick to your promises. If you've agreed to help them with a school assignment, make sure you follow through.

Value your child and their opinions. This could be showing interest in the things that interest them. Or listening without judgement when they express an opinion different to yours.

Label emotions and listen

Let's say you notice your child seems upset, instead of saying – "Are you ok?", try something like "I notice you seem a bit down – do you want to talk? Or maybe we could just hang out for a while and watch a show together."

In closing

To a child, love is spelled t-i-m-e. That connection helps on a personal level but also by teaching key skills such as communication and resilience.

It's important to remember that the connection will change and evolve as children do. But at the heart of it all is communication and that your child feels safe, secure and respected.

Term 2 Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 1	25-Apr Ascension Day	30-Apr ANZAC Day ceremony 11:00am	27-Apr	28-Apr	29-Apr	30-Apr/1-May
Week 2	3-May Kindy Speech Screening PP Parent Information	3-May	4-May Kindy Speech Screening	5-May Whole School/Parish	6-May Virtual Assembly Kindy Speech Screening Eagles Cup	7-May/8-May Mother's Day
Week 3	8-May PP Parent Information	10-May NANJAN Meeting	11-May NANJAN Reading NANJAN Conversations	12-May NANJAN Movement Whole School/Parish % of Faculties	13-May Eagles Cup	14-May/15-May
Week 4	20-May SAC Meeting	17-May	18-May SAC Meeting School Photos	19-May Whole School/Parish	18-May Virtual Assembly National Week & Ride Safety in School Day Eagles Cup	21-May/22-May
Week 5	24-May	24-May Y1 Excursion Whole School Mass- Maguire (Our Lady of Help Christmas)	25-May	19-May National Berry Day Confirmation Retreat Day Confirmation Parent Night	20-May Virtual Assembly Eagles Cup	26-May/29-May Confirmation Mass (Confirmation 6:00pm)
Week 6	30-May	31-May	1-Jun	2-Jun Reconciliation Vigil (5:30am)	3-Jun Confirmation 6:00pm (K)	4-Jun/5-Jun
Week 7	6-Jun Public Holiday - BBQ Day	7-Jun Prayer Week Day	8-Jun	9-Jun House Cross Counting	14-Jun Virtual Assembly % of Pilgrims Day Eagles Cup Confirmation 6:00pm (K)	11-Jun/12-Jun
Week 8	13-Jun	14-Jun	15-Jun SAC Meeting	16-Jun	17-Jun Eagles Cup	18-Jun/19-Jun Confirmation Mass (Reconciliation)
Week 9	20-Jun	21-Jun Y1-6 Parent Information	22-Jun	23-Jun Y1-3 Retreat	28-Jun Sacred Heart Day Whole School Mass- Sacred Heart Day	25-Jun/28-Jun
Week 10	27-Jun	28-Jun	29-Jun Whole School Parish Mass (7:30-8)	30-Jun Reports and Home	1-Jul Last day for students and staff P&P Camp Mass Day	2-Jul/3-Jul

Link to website to view Term Dates for the year <https://shthorn.wa.edu.au/calendar/>

A copy of the Term Planner will also be posted on SeeSaw. Please see the office if you require a printed copy.

Religious Education



The Sacrament of Confirmation

Our Year Six students have been preparing for the upcoming Sacrament of Confirmation. All students in Year Six have taken part in the Unit of study and as part of this Unit have completed a poster of their chosen Saint. The students selected a Saint that had special meaning to their lives and it is wonderful to see the wide range of Saints that our students have chosen, reflecting a thoughtful process of selection. Please keep all of our Year Six students in your prayers as they continue to prepare for the sacrament. Below are the details of the upcoming events:

- Thursday 26 May Confirmation Retreat Day and Family Information Evening
- Saturday 28 May Confirmation Commitment Mass
- Thursday 2 and Wednesday 8 June Reconciliation for the Confirmation candidates
- Friday 3 and 10 June Sacrament of Confirmation Mass

First Aid Information

With the changing of the seasons there are two common ailments that you need to be aware of.

Head Lice now is a good time to check your children's hair for head lice. They are extremely contagious and need to be treated immediately. Schools have a responsibility to ensure head lice is not spread throughout the school. **If the school suspects a child has head lice, it may exclude the child from attending school until treatment has commenced.** Your child may return to school when all live head lice have been removed

Gastro also loves a change of season. If your child shows any signs of vomiting or diarrhoea please **DO NOT** send them to school. Gastro is highly contagious and spreads very quickly through classes. Children need to be free from symptoms for **48 hours** before returning to school. Remember to keep your child hydrated as Gastro causes dehydration very quickly.

Please remember if your child/children are showing any signs of being unwell please do not send them to school until they are feeling better.

News from the Finance Officer

School fees have now been sent out to all families with the first instalment or payment in full now overdue.

Please contact me on accounts@shthorn.wa.edu.au¹ if you have not received your statement or would like to discuss an alternative payment arrangement.

A big thank you to families who have already made payments, returned payment advice forms or checked and updated existing payment plans.

Kind regards

¹<mailto:accounts@shthorn.wa.edu.au>

Mrs Lindy Munnings

Finance Officer

Luna's Corner



Luna would like to say a special thank you to Mrs Johnson for sewing her beautiful new uniforms. Keep an eye out for Luna wearing her new outfits.

Thank you also to the special helpers from Years 4-6 that have been part of helping train Luna on the oval in the mornings. She loves her morning exercise program.

More details about our "Luna Legends" program coming soon.



School Photos - Catch up Session Friday 10 June

School photos are now finished. If your child was absent for their class or sibling photo there will be a catch up session on **Friday 10 June**. We will be in contact with families closer to the catch up session date with further details.



Dear Parents/Carers

Re: Rainbows Program

I will be facilitating the Rainbows Program this year with the help of, two other teachers. We have all been fully trained and have the necessary qualifications to run this program.

Rainbows will run on a Wednesday afternoon between 2-2.45pm. We will be communicating with the Classroom teachers to ensure that the children do not miss out on any essential learning.

Please contact me if you would like any further information. Please refer below to the online expression of interest link and information explaining what Rainbows is. **Alternatively there is a hard copy of the form available from the office.**

<https://forms.office.com/pages/designpagev2.aspx?lang=en-GB&origin=OfficeDotCom&route=Start&subpage=design&id=ly-FxTM2KU-zhIHau-Nel1g1Rd-wwJJGvUAOYuev4wxUOVMyR0tCTzczSkcyWE9PRUEwNTJYOEhPRS4u>

Kind regards

Anita Urquhart

Teacher

Office Display

6B - African Inspired Masks



5W - Neurographic Art



The art of positive change, inspired by Pavel Piskarev.

Walk or Ride Safely to School Day - Friday 20 May



SAVE THE DATE

FRIDAY 20 MAY 2022

National Walk Safely to School Day

This year we combined the **National Walk or Ride Safely to School day**. It was wonderful to see so many students walking or riding to school with their parents, enjoying the fresh air and getting some exercise before school especially with the drizzly weather in the morning! We will update you soon how we went in the Ovens Road Challenge.



On Wednesday the Sacred Heart staff celebrated "**The Biggest Morning Tea**" to support cancer research. Thank you to all the staff for your support and for Ms Hodgson in organising it.





Kindergarten Enrolments for 2023



If your child was born between **1 July 2018 to 30 June 2019** they will start 4 Year Old Kindergarten at the beginning of 2023. Enrolment forms can be obtained from the school office or via our website <https://shthorn.wa.edu.au/enrolment-process/> and should be lodged with us as soon as possible.

Formal interviews will commence in June 2022.

Canteen Roster Term 2

WEEK	MONDAY	THURSDAY	FRIDAY
WEEK 1	April 25 th ANZAC DAY (Public Holiday)	April 28 th J. ALBANESE	April 29 th P. ELDER
WEEK 2	May 2 nd J. GARVEY	May 5 th A. FOSTER S. SMITH	May 6 th J. GARVEY
WEEK 3	May 9 th J. GARVEY	May 12 th L. FRISINA L. VOGELS	May 13 th P. ELDER
WEEK 4	May 16 th J. GARVEY	May 19 th J. ALBANESE XIAOYU	May 20 th S. SMITH J. KOENIG
WEEK 5	May 23 th J. GARVEY	May 26 th A. FOSTER L. BARNES	May 27 th L. CUNNANE
WEEK 6	May 30 th J. GARVEY	June 2 nd S. SMITH J. KOENIG	June 3 rd R. DEKENS
WEEK 7	June 6 th WA DAY (Public Holiday)	June 9 th J. ALBANESE L. FRISINA XIAOYU	June 10 th P. ELDER
WEEK 8	June 13 th J. GARVEY	June 16 th A. FOSTER S. SMITH	June 17 th R. DEKENS
WEEK 9	June 20 th J. GARVEY	June 23 rd P. ELDER L. BARNES	June 24 th SACRED HEART DAY
WEEK 10	June 27 th J. GARVEY	June 30 th J. ALBANESE S. SMITH	July 1 st J. GARVEY

NEW VOLUNTEERS ALWAYS WELCOME!

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)

Federal Election 21 May 2022

We would like to say a massive thank you to all the parents that have donated items and pledged to donate to the cake stall. And of course, a huge thanks to everyone that has volunteered their time to help on the day. Events like this aren't possible without the help of the school community. Please don't forget to drop all cake stall donations to the office this Friday or to the stall before 8am on Saturday. We hope to see you all there on the day with an appetite for a sausage sizzle, bacon & egg roll or a delicious cake.

Mother's Day

We hope everyone enjoyed Mother's Day and the gifts the children purchased from the stall. Once again, the highlight was watching the kids pick the perfect present for their mum. They all put so much thought into what they are going to pick. Congratulations to all our raffle winners and thank you to everyone for supporting the raffle.

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.

'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

The P&F would like to thank all of our families who donate their containers to the school. It is very much appreciated.

P&F Meetings have resumed

With the new restrictions we are now able to commence our monthly meetings. If you would like to come along and see what the P&F is about, we'd love to see lots of new faces. Everyone is welcome.



Welcome to Term 2 2022

Welcome to the latest edition of our Schoolzine eNewsletter!

Visit the link below to view your newsletter:

<https://cspwa.schoolzineplus.com/news?nid=38>²

²https://aus01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fcspwa.schoolzineplus.com%2F_r%2FjRlI%2F6274db6d8b473&data=05|01|8740svc_admin%40cewa.edu.au|cfbe1ca719374c49664d08da2f39fa3c|c5852f2336334f29b38651da53e35e23|0|0|637874223471470322|Unknown|TWFpbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjojV2luMzliLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D|3000||&sdata=HipihFNUaimkFWCaV5UP0aLNEvvhNMVzOZiji8UBYfs%3D&reserved=0

The Council for Catholic Women Perth

Promoting the Participation of Women in the Catholic Church

Understanding John's Gospel

The Council for Catholic Women Perth warmly invite you to hear Dr Mary Coloe PVBM at two free events in Perth.

Mary is a Presentation sister and a professor of New Testament Studies at Yarra Theological Union. Her primary focus in teaching and writing is the Gospel of John. An inspiring and informative speaker, Mary explores John's positive message that affirms life and speaks to the heart of human desire. RSVP by Thursday 9 June to Kerry at kerrymacfarlane2@gmail.com³ / 0400 886 835. All welcome

- ***The Passion Gospel of John*** - Friday 10 June 6-8.30pm at James Nestor Hall Catholic Education Office 50 Ruislip St West Leederville, WA. Gather at 5.30pm for light refreshments.
- ***Understanding The Woman at the Well Story*** - Saturday 11 June 9.30am -12 noon at Treacey Hall, Iona Presentation College Junior School Campus. Enter from 43 Victoria Street, Mosman Park (Next to Playing Courts and opposite Cafe).

Useful Links

Uniform Shop⁴ Sacred Heart Thornlie Parish⁵

³<mailto:kerrymacfarlane2@gmail.com>

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

⁵<http://www.thornlie.perthcatholic.org.au/>

