

Sacred Heart School Thornlie



From the Heart - 1 June 2022

Principal's Message

Dear Parents

This coming weekend is an extra long weekend, as the school's **Catholic Day** is on **Tuesday 7 June**. **Children will return to school on Wednesday 8 June**. Over the next two Fridays (3rd and 10th June) our Year 6 students will celebrate the Sacrament of Confirmation. The students have been preparing for some time and I wish the students all the best for this milestone in their faith life.

Every year, all schools in Australia participate in the **Nationally Consistent Collection of Data on School Students with Disability (NCCD)**. The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the Disability Standards for Education 2005, in line with the *NCCD guidelines (2019)*.

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools

- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the Australian Government’s Privacy Policy¹ (<https://www.dese.gov.au/about-us/resources/department-education-skills-and-employment-complete-privacy-policy-0>).

Further information about the NCCD can be found on the NCCD Portal² (<https://www.nccd.edu.au>³).

If you have any questions about the NCCD, please feel free to contact me.

Next **Thursday 9 June** we will be holding our school **Cross Country** event. More information will be forthcoming from Mr Bouffler. We look forward to this event and seeing the children give their all for their faction.

Our Parenting Ideas article is about the do’s and don’t’s of discipline. Discipline is such a polarising topic, with many families having diverse views on the subject. This article is a guide on what research currently shows us works best. It also contains a link to a free webinar on the topic with Justin Coulson. 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

¹<https://www.dese.gov.au/about-us/resources/department-education-skills-and-employment-complete-privacy-policy-0>

²<https://www.nccd.edu.au/>

³<https://www.nccd.edu.au/>

Reverence



We must guard against disrespectful, disparaging, and criticizing thoughts. We must try to practice reverence and devotion in our thinking at all times. ~Rudolf Steiner

Reverence does not die with mortals, nor does it perish whether they live or die. ~Sophocles

Parenting Ideas

Do's and Don't's of discipline

Season one of Parental Guidance, a reality TV program that aired in November 2021 on Channel Nine, brought several parenting controversies to the fore. One of these was a challenging conversation around discipline.

During the show some parents were aghast when a mum and dad from Newcastle, NSW, disclosed that their discipline included smacking. A couple from South Australia's Barossa Valley divulged the occasional washing of their boys' mouths with soap if they lied or swore. Meanwhile, our "attachment" parents from Melbourne were unwilling to countenance any form of punishment when their children had meltdowns or behaved in an oppositional way.

Discipline is one of the most confusing – and challenging – topics that parents grapple with. Unfortunately we have inherited centuries of unhelpful ideas, and they continue to interfere with what science is showing works best.

What is discipline?

The first definition of "discipline" in the dictionary is "punishment". But this is a relatively new way of understanding the word. Until a couple of hundred years ago, to be disciplined meant to be shown a way to follow. Discipline literally means to teach, guide, and instruct; or to show the right way.

Why traditional discipline doesn't work

Most parents think of traditional discipline as punishments to administer to their children when they misbehave. These punishments can take the form of smacking, time out, grounding, withdrawal of

privileges, and so on. In the lead up to these punishments, many parents try bribing, threatening, and yelling. Eventually they crack.

While there may be, from time to time, a need for these discipline approaches (that is, for punishment), the reality is that science has shown us there are better ways. When we punish, we teach our kids all the wrong lessons:

- Might is right. If you're big, you can make the little people do what you want
- Power gets you what you want
- Other people's reasons don't matter
- Mistakes are bad

Perhaps most important, punishing our kids makes them more selfish. They sit in their room and hate us and their siblings. They blame others rather than taking responsibility. Traditional discipline ruptures the relationship between parent and child.

Traditional discipline lacks compassion, empathy, understanding, and perspective. It leaves our kids feeling unworthy. The real reason for this is simple: punishment is about making someone pay a price; exacting retribution. Punishment is about hurting others.

The secret to perfect discipline

Real discipline is not about hurting. Real discipline is about helping. When we teach, guide, and instruct, we show a better way for a child who is struggling. The following ideas will help you get your discipline aligned with the best outcomes:

Children are people too

Sometimes we forget that children are people. They seem like impediments in our otherwise well-ordered life! But they have feelings, hopes, dreams, and challenges. Seeing them as people helps us to respond to them with kindness, even when they're being challenging.

Understand Development

We forget that our children are wearing "L" plates while they learn how to do life. They don't quite know how to behave yet. But if it takes 5 years before they can tie a shoelace, it will take even longer before they can regulate emotions and behaviours. Some adults still struggle. Be patient while they develop.

Don't confuse motivation with ability

We sometimes get mad at our children when they're not playing by the rules. But often it's not because they don't want to be good. It's because they don't know how. They're too tired, they're hungry, they're stressed. Or maybe they're all of the above. We discipline best when we recognise their capability in the context.

Get curious, not furious

When a child is being challenging it's tempting to explode. It's better to explore. It's tempting to reprimand. It's better to understand. It's tempting to be furious. Instead, get curious. When we take the time to understand their perspective, problem solving gets easier.

As we focus on teaching and guiding our children, the data points to better outcomes in behaviour, both now and in the long term. Kids with parents who practice childrearing in this way are more likely to do well in school, with peers, and make better choices. It's a hard way to parent, but when we invest for the long-term, the results are worth it.

Dr Justin Coulson presents: Encouraging good behaviour

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Encouraging good behaviour' at no cost.

About: In this webinar, Dr Justin Coulson explores the concept of discipline and how parents can encourage good behaviour in children.

When: Wednesday 8 June 2022 8:00pm AEST,

To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-encouraging-good-behaviour>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the coupon code ENCOURAGE and click 'Apply Coupon' Your discount of \$39 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'

This offer is valid until 8 September 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

Term 2 Planner

Reminder - Public Holiday - Monday 6 June - WA Day and Pupil Free Day - Tuesday 7 June

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

Absentees

A reminder if your child is absent from school as they are unwell or have an appointment please ensure that you complete an online absentee form. This ensures that admin and classroom teacher are aware of the absentee. <http://shthorn.wa.edu.au/online-absentee/>

If your child is going to be absent for a longer period of time as you are going away on holiday a "Leave of Absence" form is required to be completed. A copy of this can be found on the school website. http://shthorn.wa.edu.au/pdf/form_leaveofabsence.pdf

News from the Finance Officer

School fees have now been sent out to all families. The **second instalment** is due for payment by **Friday 1 July 2022**.

Please contact me on accounts@shthorn.wa.edu.au⁴ 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

Mrs Lindy Munnings

Finance Officer

⁴<mailto:accounts@shthorn.wa.edu.au>

Luna's Corner



Luna has graduated to helping out on crosswalk duty on Thursday afternoons. She is enjoying saying goodbye to everyone at the end of the day. On Tuesday mornings she is out greeting everyone in the mornings and is loving her early morning cuddles with the students. A visit to Kindy this week was exciting and Luna enjoyed the children showing her their Talk for Writing story.

Sometimes a little hug with Luna can help to make it a great day.



PIC-COLLAGE

School Photos - Catch up Session Changed to Thursday 30 June

School photos are now finished. If your child was absent for their class or sibling photo there will be a catch up session now on **Thursday 30 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 contact the office if you would like a hard copy of the expression of interest document.

Kind regards

Anita Urquhart

Teacher



Scholastic Book Club

The next Scholastic catalogue was sent home last week.

Orders will close on Friday 3 June, 2022. Please note, orders are on line ONLY, details for ordering are on the catalogue.

As we are still navigating postal delays, we will do our best to have items to you within 2 weeks of orders closing. If you have any questions regarding Book Club, please email laura.stilwell@cewa.edu.au⁵ for me to follow up.

Thank you for your patience and continued support.

Office Display - 1W



Year 1
Experimenting with line

- *Respond to visual artworks and consider where and why people make visual artworks, starting with visual artworks from Australia, including visual artworks of Aboriginal and Torres Strait Islander Peoples ACAVAR109*
- *Identifying how design elements, such as line, shape, colour or texture, are used in their artworks and in the artwork of others*

HAIR

The Year 1 students looked at different lines and explained how each line made them feel.
The students then drew a face and added different lines to form the hair.
The students were asked to experiment with different types of lines (zigzag, wavy, straight curly, dotted).

⁵<mailto:laura.stilwell@cewa.edu.au>



Thank you participating in the Ovens Road Challenge for the second year running. Although the weather and COVID played a part in smaller student participation numbers than last year, the percentages were still good across the three schools. The cycling and walking numbers were combined for this event to calculate placings.

Gold

Thornlie SHS 40% Active travel = Rode (5%) + Walked (35%)

Silver

Sacred Heart PS 30.3% Active travel = Rode(10.3%) + Walked (20%)

Bronze

South Thornlie PS 30.1% Active travel = Rode(11.7%) + Walked (18.4%)

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 Sausage Sizzle

We can't thank everyone who helped out with this event enough !! To everyone that donated items and cash, THANK YOU !! To everyone who donated to the cake stall, THANK YOU !! The cake stall was a huge success and sold out very early. To all our volunteers on the day THANK YOU !! We could not have done it without our wonderful community. We will, post the final profit on our Facebook page shortly.

Crazy Hair Day

Just a reminder Crazy Hair Day will be the last day of term – **Friday 1 July**.

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

Our first meeting for the year will be on **Monday 13 June at 6:30pm** in the staff room. 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.

Useful Links

Uniform Shop⁶ Sacred Heart Thornlie Parish⁷

⁶<https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store>

⁷<http://www.thornlie.perthcatholic.org.au/>