

Sacred Heart School Thornlie



From the Heart - 28 July 2022

Principal's Message

Dear Parents

Welcome back to a new term! We have had a great start with our special NAIDOC celebrations that took place last week. Starting with a Welcome to Country smoking ceremony conducted by Uncle Barry, we had three days of food, fun, prayer, learning and activities. The Boorloo Cultural Experiences Dance Group led the school through some fantastic traditional dances incorporating story telling. Many thanks to the school's Aboriginal Perspectives Team for organising all of the amazing activities for the week and for Woolworths for donating our kangaroo sausages.

You would have received the final term planner for the term. Please diarise important events to ensure you don't miss out on any of the many activities taking place in what will be a very busy term.

Performing Arts season is upon us and I would like to thank Thomas Gibb and Claire Bowman for accompanying Mrs Vinci and I to the opening liturgy at St Mary's Cathedral. This year as well as our school choir, we have the first performance in the festival from our new dance troupe. I look forward to seeing the performances and the results of all the children's hard work. Many thanks to Mrs Vinci and Mrs Harn for preparing the students so well.

This will be a very busy term for sport. Not only will we be having our Athletics Carnival, but we will also be having our rescheduled Swimming Carnival that had to be cancelled earlier in the year. Mr B is already conducting running training in the morning in preparation for the big event!

The school is currently conducting enrolment interviews for Kindergarten next term. Whilst we endeavour to contact all existing families with younger siblings, we are not always aware of all the

children. Please ensure you complete an enrolment application if you have a child entering Kinder garten next year to avoid disappointment.

Our Parenting Ideas article is about parenting a child who is highly sensitive. I hope you find it helpful.

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



A hero is someone who understands the responsibility that comes with freedom ~ Bob Dylan

You can delegate authority, but you cannot delegate responsibility ~ Byron Dorgan

Parenting Ideas

Supporting a highly sensitive child

Does your child cry easily? Is she prone to becoming overwhelmed in loud or busy places? Does your child seem sensitive to the moods and emotions of others? Does he tend to “meltdown” or “shutdown” when there is a lot going on? Does your child startle easily? Do you consider your child to be highly sensitive?

Raising a highly sensitive child can come with a unique set of parenting challenges but it also gives you — the parent — more influence to positively shape your child’s development! Yes, that’s right. Parents have even more influence on the development and wellbeing of their highly sensitive child compared to less sensitive kids.

Research shows that highly sensitive children are more strongly affected by their environment, including parenting, than less sensitive children. Let me explain.

Just as we all differ on temperament traits such as extroversion, agreeableness, and conscientiousness, we also differ on another temperament trait: sensitivity. All of us fall somewhere on the sensitivity continuum from low sensitivity to high sensitivity.

Approximately 30% of us—and our kids—are highly sensitive. Highly sensitive kids tend to process information from the environment more deeply, are prone to overstimulation, have greater emotional reactivity (think more crying and more intense emotions) and higher empathy, and have a greater capacity for sensing subtleties in our environment. We can think of highly sensitive kids as living smoke detectors who are capable of detecting subtle changes in the environment that the majority of people may miss. It is thought that a finely tuned, highly reactive nervous system underpins high sensitivity.

Research shows that highly sensitive kids tend to do exceptionally well in nurturing and supportive environments but are at higher risk for developing a range of physical and mental health conditions in harsh and unsupportive environments compared to children who are less sensitive. In other words, highly sensitive children are more sensitive to their environment for better and for worse.

So how do we support our sensitive kids and provide them with the nurturing environment they need?

Understand and accept your child's sensitivity

Our temperament is biologically based, it is not something we can simply switch on and off or turn up and down. Learning more about our child's temperament will help us to understand them better.

By seeing our child's temperament as an important part of who they are, we can practice accepting their sensitivity rather than seeing it as something problematic that needs to be changed or 'fixed'. Your child doesn't need to be less sensitive. They need their sensitivity to be understood.

This can feel like a relief to parents who have been thinking that perhaps they had somehow caused their child to be sensitive. While nature and nurture do interact to shape our child's development, your child was born with their own unique temperament, including their sensitivity.

Provide your highly sensitive child with the nurturing relationship they need to flourish

Highly sensitive children thrive in nurturing and supportive environments. We know that children don't benefit from harsh or punitive parenting, but this is especially true for our highly sensitive kids who need a more nurturing parenting approach. In healthy parent-child relationships, our kids use us as their "safe haven" to come back to for protection and nurturing when they are tired, sick, stressed, or experiencing big feelings.

Often parents of highly sensitive kids will report that their child is "clingy" and tends to stay close to their parent until they feel comfortable in a situation. This is rarely cause for concern. Clinging is a child's way of signalling that they need their parent to help them feel OK again. Sometimes they simply need our presence, other times they may need our affection and gentle words. We live in a society that has a history of discouraging children from being "too dependent" or "too clinging". Often this view comes from a place of not understanding child development and not understanding children's attachment needs. By trusting our child's needs and responding to those needs with attention and sensitivity, we can provide our kids with the support they need so that they can grow-up feeling secure in their relationship with us (knowing that we have their back), and, in turn, feeling secure in themselves and the world.

Be an emotion coach for your child

Highly sensitive children often have big emotions and lots of them! This means that your highly sensitive child will need your help to understand and manage their emotions. From as early as you can, label your child's emotions to help them develop their own emotional vocabulary so that they can express their emotions as they get older. You can say things such as, "you look sad" or "I can see you are angry". Once you've labelled your child's emotion, it's important to show your child that you accept their emotions — the good, the bad, and the ugly.

It's important that you validate your child's emotions and avoid dismissing their emotions, even when your adult brain might judge their emotion as an "over reaction". Instead of saying, "don't be so sensitive" or "it wasn't a big deal, she didn't mean to hurt your feelings", you can say things such as, "it's okay to feel angry, I get it" or "I know you feel sad, that hurt your feelings". By accepting and validating the full range of our child's emotion, we not only help to soothe them in the moment, we also teach them healthy ways of responding to their own emotions — this is a lesson they will carry with them throughout their lifetime.

Term 3 Key Dates for your diary

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 1 NAIDOC Week	18-Jul NAIDOC Smoking Ceremony	19-Jul	20-Jul NAIDOC Liturgy NAIDOC BBQ	21-Jul	22-Jul NAIDOC Celebrations Day	23-Jul/24-Jul
Week 2	25-Jul	26-Jul	27-Jul	28-Jul Interscholar Cross-Country Yr.3 Reconciliation Parent Night Yr.1 Excursion BRLA Yr.5 Practice Test	29-Jul Virtual Assembly BRLA Yr.3 Practice Test	30-Jul/31-Jul
Week 3	1-Aug	2-Aug	3-Aug	4-Aug BRLA Yr.5	5-Aug BRLA Yr.3 BRLA [Catch Up]	6-Aug/7-Aug
Week 4	8-Aug	9-Aug Whole School Mass- Murphy (St Mary of the Cross)	10-Aug Yr. 6B Attend Mass	11-Aug	12-Aug Yr. 5/6 Family Life Education course	13-Aug/14-Aug
Week 5	15-Aug Pupil Free Day	16-Aug	17-Aug	18-Aug Yr.3 Reconciliation Night 6:00pm	19-Aug Virtual Assembly 9:00am Yr.3 & Yr.6 Dental Screening	20-Aug/21-Aug
Week 6	22-Aug	23-Aug DigiTech Showcase Evening	24-Aug Yr. 5B Attend Mass	25-Aug	26-Aug Virtual Assembly Netball Carnival PI Day & Morning Tea	27-Aug/28-Aug Commitment Mass (Communion 8:00pm)
Week 7	29-Aug	30-Aug P & F Father's Day Stall	31-Aug Yr. 5W Attend Mass Yr. 4 Retreat	1-Sep Yr.4 Communion Parent Night Yr. 4 Excursion (Lumen Dance Showcase)	2-Sep Father's Day Breakfast Year 1 Assembly	3-Sep/4-Sep
Week 8	5-Sep	6-Sep	7-Sep SAC Meeting	8-Sep Athletics Carnival Yr.4-6	9-Sep Virtual Assembly Footy Colours Day	10-Sep/11-Sep First Holy Communion 12pm
Week 9	12-Sep	13-Sep Athletics Carnival PP-Yr.6	14-Sep	15-Sep	16-Sep Faction Swimming Carnival Yr.4-6 Dental Screening PP	17-Sep/18-Sep
Week 10	19-Sep National Deal Day	20-Sep	21-Sep	22-Sep P & F End of Term Event	23-Sep Pupil Free Day	24-Sep/25-Sep

News from the Finance Officer

Unfortunately, there are a number of families who are not up to date with their school fee payments. Statements to those families will be sent out by email this week. The payment of your child's school fees goes towards the ongoing operation of our school and prompt payment on these accounts is appreciated. If you are experiencing difficulties in meeting your school fee commitments, please contact our Finance Officer, Lindy Munnings on 9251 3000 (Option 5) for a confidential discussion.

Kind regards

Mrs Lindy Munnings

Finance Officer

Luna's Corner





LUNA'S 2nd BIRTHDAY COMPETITION

Please Note:

- All entries close ~~on~~ Thursday 20th August
- Submissions to be placed in entry box in the office
- This is an out of class activity



LUNA'S 2nd BIRTHDAY COMPETITION KINDY – YR 2

 **Design and draw a high-tech collar for Luna.**

 **What special powers would Luna have when she wears the collar?**



LUNA'S 2nd BIRTHDAY COMPETITION YR 3 - 6

Get ready to spark your imagination and be a co-author of **LUNA'S AMAZING ADVENTURES** book.

Write a short story about the adventures of Luna and win a place in the **Luna's Amazing Adventures** book which will published and available in the school library.



Homework Club is back for Children from Years 2 to 6!! Commencing Week 4 - Thursday 11 August 2022

If you would like your child from Year 2 to Year 6 to attend Homework Club on a Thursday afternoon in the Library, from 2.50pm-3.20pm, can you please complete the form below and return it to me or your classroom teacher. **Children will only be allowed to attend if we have signed permission from you.** The form can be emailed back to admin@shthorn.wa.edu.au¹. A hard copy of the form can also be obtained from the office.

Thank you

Kind regards

Anita Urquhart

Homework Club - Permission Note:

I _____ give permission to my son/daughter _____

to attend Homework Club on a Thursday afternoon. I understand that I need to pick my child up **by 3.25pm at the latest** at the front of the school and if they do not have home work, they cannot attend homework club.

Note: Please notify OSHC if your child usually attends on a Thursday afternoon.

Office Display - 6W

The Kraken , innovating a model text. Students from 6W thanks for sharing your amazing drawings and stories with us.

¹<mailto:admin@shthorn.wa.edu.au>



Year 6 House Captains and Student Council Photos for order

Dear Parents,

Following our recent school photography by Kapture, you can now view and order any special photos taken this year.

When visiting <https://www.kapture.com.au/event.asp>² you will need to enter our school code under the Sports & Event tab to access the gallery: **YGJ5JF**

Kind regards

Kapture Photography

English as an Additional Language or Dialect (EAL/D)

During the month of July and in conjunction with NAIDOC week, the EAL/D team has been focussing on the Noongar language. Last week during our NAIDOC celebrations, we requested all students from Aboriginal/Torres Strait Islander background to come for a photo. In the Library the notice board will be displaying the photo of these students with some Noongar language displays. We are hoping that this display will encourage students to share their culture and be proud to share information with their friends. We had fantastic attendance at last month's Filipino/Tagalog morning tea and hope that the involvement continues as we change our focus language.

²<https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.kapture.com.au%2Fevent.asp&data=05|01|Chloe.OLeary%40cewa.edu.au|7763e4e4d5b44bd5dced08da6ec18047|c5852f2336334f29b38651da53e35e23|0|0|637944074610016369|Unknown|TWfPbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ik1hYWwiLCJXVCi6Mn0%3D|3000||&sdata=loISH0%2BEImqbwTQncd1IfPh96Ks0MyaOmjySalndtVw%3D&reserved=0>





Thank you to everyone that donated earlier this year to the World's Greatest Shave for Mrs Cushen and Mrs J.

They raised an amazing amount of **\$4,010!** Well done ladies on this awesome result.

Canteen Menu for Term 3

Canteen is open Monday, Thursday & Friday 8.30am to 1pm.

Phone 92513007

RECESS & LUNCH orders available online via www.quickcliq.com.au³ or via the class lunch order box

³<https://www.quickcliq.com.au>

<p>RECESS</p> <p>Crunch & sip cup 50c (cucumber & carrot sticks) Fruit cup \$1.50 (seasonal fruit) Spring Roll 30c Dinobite 60c Hash brown \$1.00 Cheezie \$1.00 Vegimite cheezie \$1.20 Cheezie sub \$1.50 Pizza cheezie sub \$2.00</p> <p>LUNCH COUNTER SALES</p> <p>Assorted icy poles & ice creams \$1.00 - \$2.00</p> <p>DRINKS</p> <p>WATER \$1.60 99% JUICE BOX \$2.00 Apple Tropical JUICE BOMBS \$2.60 Apple & Raspberry, Apple Blackcurrant, Watermelon, Apple Cola FLAVOURED MILK \$2.60 Chocolate splash Strawberry smash Warm Milo & Mini Muffin \$2.00</p>	<p>SANDWICHES & WRAPS</p> <p>Wholegrain or wholemeal</p> <p>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 : carrot, cucumber, lettuce & tomato)</p> <p>EXTRAS</p> <p>Beetroot 50c Onion 30c Cheese 50c Mustard mild 40c Mayo 40c Sauce sachet 50c Wrap 50c Toasted 50c</p> <p>LUNCHBAGS 10 FOR 50c</p> <p>MONDAY & THURSDAY</p> <p>BENTO BOX \$6.00 A mini muffin, fruit cup, cheese & crackers, wingding & a cheese or ham or vegemite sandwich</p> <p>SALAD BOX \$5.50 Cheese, cucumber, carrot, lettuce, tomato & egg ADD chicken, ham or tuna \$1.00</p>	<p>PASTA</p> <p>Lasagne \$5.00 Macaroni Cheese (V) \$5.00 Twista Pasta Bolognese \$5.00</p> <p>DAILY SPECIALS</p> <p>MONDAY</p> <p>Sausage roll \$3.50 Cruizer beef pie \$4.00 Cheese burger \$4.50 (Patty, cheese & tomato sauce) Nugget Box \$6.00 (Hashbrowns, Chicken Nuggets + juice box)</p> <p>THURSDAY</p> <p>Pizza Rounda \$3.50 Hot dog & tomato sauce \$4.50 (add mustard 50c and/or cheese 50c) Nachos \$4.00</p> <p>FRIDAY</p> <p>Sausage roll \$3.50 Cruizer beef pie \$4.00 Pizza & Juice Box Combo \$5.00 (Margarita or Ham & Cheese)</p>
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Canteen Roster for Term 3

NEW VOLUNTEERS ALWAYS WELCOME!

If you are unable to come in on your rostered day, please contact Abi 92513007 (8AM-1PM)

A/H 0421 831 343

WEEK	MONDAY	THURSDAY	FRIDAY
WEEK 1	July 18th J. GARVEY	July 21st J. ALBANESE	July 22nd P. ELDER
WEEK 2	July 25th J. GARVEY	July 28th A. FOSTER K. COPE	July 29th R. DEKENS S. SMITH
WEEK 3	August 1st J. GARVEY	August 4th L. FRISINA L. BARNES	August 5th M. JOUBERT J. FARANDA
WEEK 4	August 8th J. GARVEY	August 11th J. ALBANESE K. COPE	August 12th J. JACOB S. SMITH
WEEK 5	August 15th Pupil Free Day	August 18 th A. FOSTER L. VOGELS	August 19th P. ELDER
WEEK 6	August 22nd J. GARVEY	August 25th K. COPE	August 26th R. DEKENS J. FARANDA
WEEK 7	August 29 J. GARVEY	Sept 1st J. ALBANESE L. BARNES	Sept 2nd M. JOUBERT
WEEK 8	Sept 5th J. GARVEY	Sept 8th A. FOSTER K. COPE	Sept 9th J. JACOB S. SMITH
WEEK 9	Sept 12th J. GARVEY	Sept 15th J. KOENIG	Sept 16th P. ELDER J. FARANDA
WEEK 10	Sept 19th J. GARVEY	Sept 22nd J. ALBANESE K. COPE	Sept 23rd Pupil Free Day



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 are well underway.

Parents and Friends (P&F)

P&F Pyjama Day

Friday 26 August is P&F Pyjama Day. Wear your favourite PJs to school for a gold coin donation. The Canteen will be putting on a special morning tea. Please keep your eye out for the update coming soon as to what will be on offer.

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 Raffle

This term we are running a Containers for Change Raffle with the prize being a Jumbuck Smoker kindly donated by Bunnings in Maddington.

All you need to do is bring your 10c containers on the following dates.

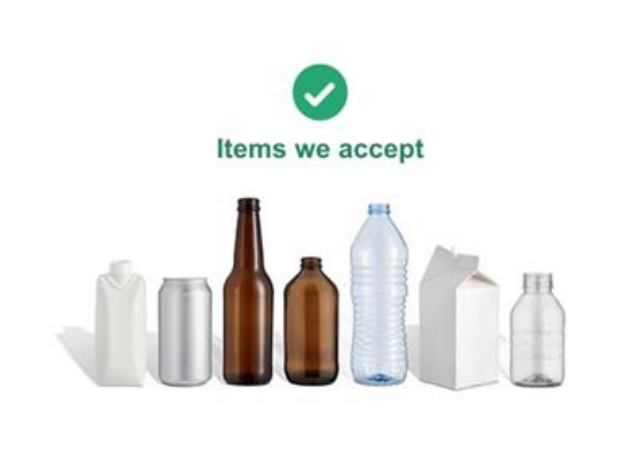
- Friday 29th July
- Friday 12th August
- Friday 26th August
- Friday 10th September

For every ten containers you donate you will receive one raffle ticket into the draw. Times are between 8am – 8:30am and 2:15pm -3:00pm on each of the dates.

P&F Meeting

Our next meeting will be on Monday 1 August 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.





Committee for the Council for Catholic Women Perth

The Committee for the Council for Catholic Women Perth warmly invites you to 3 talks by Dr Cristina Lledo Gomez at the James Nestor Hall at the Catholic Education Office 60 Ruislip St in West Leederville.

Cristina is the Presentation Sisters Lecturer at BBI-The Australian Institute of Theological Education where she promotes women's spiritualities, feminist theologies, and eco-theologies.

Married with 2 children Cristina is proud of her Filipina heritage.

- Friday 5 August: 5.30pm - 8.30pm (Light refreshments served 5.30pm - 6pm) - *Colonisation, Church and the Migrant Australian*.
- Saturday 6 August: 10am -12pm -*Integral Ecology and Our Shared Existence* (light lunch provided)
- Saturday 6 August: 1pm-3pm - *Reclaiming Mary: Empowered versus Patriarchal Motherhood*.

RSVP Wednesday 3 August by email kerrymacfarlane2@gmail.com⁴ or mobile 0400 886 835.

All welcome. Please feel free to attend any of the talks.

Useful Links

Uniform Shop⁵ Sacred Heart Thornlie Parish⁶

OPEN DAY | DISCOVER MERCEDES COLLEGE

Founded by the Sisters of Mercy in 1846, Mercedes College offers young women from Year 7 to 12 an outstanding Catholic education based on the Mercy values. Located in the heart of Perth's beautiful heritage precinct, the College is the oldest all girls' school in Australia, still on the original site of foundation. Its mix of heritage and modern facilities offers students a unique learning environment in a dynamic city setting.

On Tuesday 6 September our gates will open to the prospective families for our Open Day Tour, which presents the opportunity to speak with members of the Senior Leadership Team, Heads of Department, and key Teachers. Enjoy a tour of College facilities led by some of our students, with two sessions available, 8.30am and 11am. To experience first-hand why learning in the city will benefit your daughter's education, please book into a session of your choice at www.mercedes.wa.edu.au/open-morning/⁷



⁴<mailto:kerrymacfarlane2@gmail.com>

⁵<https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store>

⁶<http://www.thornlie.perthcatholic.org.au/>

⁷<http://www.mercedes.wa.edu.au/open-morning/>