

Sacred Heart School Thornlie



From the Heart - 24 August 2022

Principal's Message

Dear Parents

This coming week we have children performing as part of the school choir in the Catholic Performing Arts Festival. It is fantastic that children get an opportunity to share their skills and talents in this format. Our Christian Dance Troupe recently received a certificate of Excellence and we hope they will be invited to perform as part of the Spirit of the Arts concert. Best of luck to all our children involved in the Performing Arts.

Last week our Year Three students celebrated the Sacrament of Reconciliation. It was a special moment for them and an important part of their faith journey. Many thanks to Father Minh-Thuy for organising so many visiting priests to assist and for Mrs Lisa Ripley, Ms Gevaux and Mrs Urquhart for preparing the children so well.

Please keep our Year Four students and children from the Parish in your prayers as they prepare to receive the Sacrament of First Holy Communion. We look forward to celebrating with them as they undertake this milestone in their spiritual development.

Our school is involved in an outreach partnership with the parish to support refugees and migrants in our local community. The Draw Near program involves us working together to make care packages for these people that will be delivered to them. The school will be collecting food items and the parish will collect hygiene items. Further information will be provided in the coming pages.

Our Parenting Ideas article is about the science of connection. It outlines how our brain chemistry influences our responses in situations and how we can better manage this. I hope you find it useful.

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



‘The right thing to do and the hard thing to do are usually the same’ – Steve Maraboli

‘The function of freedom is to free someone else’ – Toni Morrison

Parenting Ideas

The Science of Connection

Finding skillful ways to manage strong emotion that get triggered in everyday life can be one of the most challenging aspects of raising a family.

Kate arrived home late from work exhausted to the sound of her teenage sons arguing. Life for her family hadn’t returned to normal after the pandemic. Emotions ran wild and Kate and her partner often felt as if they were walking on eggshells around the boys.

Usually, she was able to hold on to an awareness that she needed to monitor how she reacted to their arguments. On this occasion, however, in the moment that anger overwhelmed her, Kate felt absolutely convinced that the boys were not even trying. In that moment memories of similar difficult times flooded into her mind and added to her sense of outrage. Before she was aware of what she was doing, Kate had stormed into their room, angrily yelling that she was fed up with both of them and was fed-up with being their mother.

There was no answering back from the boys this time. Kate felt shocked by the words that had tumbled out of her mouth. She apologised and left the room in tears.

Later that day, Kate was able to see that the incident with the boys had triggered within her an even more complex issue. One year ago, a disagreement with her sister had escalated into a heated argument and their relationship had not recovered. The precious friendship they had shared seemed lost,

transformed into a painfully difficult situation where family gatherings were tense, and Kate felt caught up in messy feelings of anger and sadness.

We're all familiar with situations like this, painful disconnections which can undermine the strength of relationships in an ongoing way. Can you recall a similar experience? Try and picture it in your mind and see if you can recall what it's like to be pulled into a compelling story line and be engulfed in strong feelings like anger, shame, or fear.

Ironically, managed well, situations like this can be powerful opportunities for growth. The secret lies not in getting better at arguing your perspective, but by understanding how our nervous system processes memory and emotion.

Deep beneath conscious awareness, in a primitive part of the brain called the limbic system, 3 discrete systems of emotion - threat, strive, and connect - are in constant flux. Each system is driven by nerve cell pathways which run throughout the body as well as specific hormones and neurotransmitters. Our most important memories tend to be encoded within only one of these systems.

When Kate heard the raised voices of conflict, her threat system fired up and her system was flooded with the stress hormone cortisol. The threat system powerfully disconnects us from parts of the brain that help provide clear thinking, creativity, and wisdom.

The parenting program Circle of Security calls this shark music.

But just like any muscle, each system of emotion can be strengthened. The threat system is by far the most powerful. The system that tends to come in as its antidote, is the strive system.

Running on the "feel good" hormone dopamine, the strive system encourages us to distract and disconnect from negative feelings. Although comfortable in the short term, if our response is only to turn away from what's difficult, then we don't learn how to repair ruptures in our relationships by using the skills available to us in the more fragile connect system. This explains why over time, patterns of shutting down and disconnecting tend only to get stronger.

The connection system uses the hormone oxytocin, which has been called the love hormone. When this system is active, the stress response is calmed and we are able to move closer toward what is hard and become curious about a bigger picture. We are better able to pick up on the feelings and perspective of others and not be so triggered by what they are doing or saying.

Patterns of disconnection in relationships usually begin in childhood and form the basis of what are called insecure patterns of attachment. This explains why for many people, handling anger skilfully can be very tricky. But research shows clearly that because the nervous system is capable of change, these underlying patterns can be transformed and lead to what is called an earned secure attachment.

Research has revealed many ways in which we can build strength in the system of connection.

In closing as we worked together, Kate learned how to use methods of mindfulness, imagery and body-based practices to shift out of a threat response. By deliberately bringing to mind memories of arguments and disconnections, she learned how to ride waves of anger. She practiced looking more closely at the storylines she was holding onto and as time went on, she found ways to use interactions with others as opportunities to tune in more carefully to what was often going on at a deeper level.

Term 3 Key Dates for your diary

Friday 26 August, P&F PJ Day, wear your PJ's to school, gold coin donation

Friday 2 September 7.30 to 10.00am - Fathers Day Breakfast and Mass

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 Hungry NAIDOC BBQ	21-Jul	22-Jul NAIDOC Celebrations Day	23-Jul/24-Jul
Week 2	25-Jul	26-Jul	27-Jul	28-Jul Interschool 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	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 Pupils 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 Conestment 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 Deaf Day	20-Sep Book Week Dress up day	21-Sep	22-Sep P & F End of Term Event	23-Sep Pupils Free Day	24-Sep/25-Sep

Father's Day Celebrations



**Father's
Day
Celebrations**

Sacred Heart Primary School invites all dads and important father figures to join us for a special morning of celebrations on Friday 2 September.

7:30am	8:00am	9:00am
Breakfast in the quad	P&F Raffle	Father's Day Mass

Please RSVP using the QR code.



In celebration of our Sacred Heart Thornlie Dads/Father figures we will be hosting a celebration next Friday 2 September 2022 from 7.30am to 10.00am.

Dads/Fathers figures and current Sacred Heart students are allowed to attend the event. Mums you can have a sleep in!

The celebration comprises Father's Day Breakfast from 7.30am. **Please order breakfast using the Try Booking link below.** Breakfast comprises a sausage sizzle and a drink (juice, tea/coffee). Orders close at 9am next Monday 29 August. No late orders will be accepted. <https://www.trybooking.com/CCAkn>

The P&F Father's Day raffle will be drawn at 8.00am.

A special Father's Day Mass will follow commencing at 9.00am in the Church. If any Dads/Father figures would like to do a reading at Mass can you please let us know as soon as possible via admin@shthorn.wa.edu.au¹

We look forward to celebrating our wonderful Dads/Father figures next Friday!

Draw Near Project

The school and parish have partnered with the Draw Near Project (WACMRO West Australian Catholic Migrant and Refugee Office) which provides support through food and hygiene care packages to people in our local community. Each class has been allocated a specific food item to be brought into classrooms **before Friday 16 September.**

Sacred Heart School community thank you in advance for helping with this important project.

www.wacmro.perthcatholic.org.au²

Kind regards,

Religious Education Team

Here are the allocated food items to be donated by each year level at Sacred Heart Primary School	
Early Learning Centre	Black tea
Kindy	Full Cream UHT milk
Pre-Primary	Sweet or Savoury biscuits
Year One	Basmati rice
Year Two	Rice based cereal or muesli bars
Year Three	Tinned fish, tomatoes or fruit
Year Four	Honey or Jam
Year Five	Dried red lentils and chickpeas
Year Six	Vegetable or olive oil
Staff	Instant coffee, Salt, pepper, cumin, coriander, turmeric, cardamon pods, cinnamon sticks, Unsalted nuts or dried fruit

¹<mailto:admin@shthorn.wa.edu.au>

²<http://www.wacmro.perthcatholic.org.au/>

Reconciliation

The Year 3 students and catechist students received the Sacrament of Reconciliation last week. Congratulations to Ms Dee Gevaux and Mrs Anita Urquhart for preparing the students so well. A big thank you to Fr Minh-Thuy for organising the visiting priests and Mrs Christina Vinci for organising the music. The students were reverent and respectful throughout the whole evening and the community support was great to see.

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



We have announced the winners of the Luna's collar competition and the children have been notified. Here is a snapshot of some of the winners and their amazing work.





Luna

the rainbow crystal collar is
 given the power to design and
 create anything she needs
 to help all the people around
 her



Luna's Superpowers

- God is LOVE**
Luna helps us be patient, kind
and show forgiveness.
- SAFETY**
Luna protects us and always
keeps us safe.
- CALM**
Luna takes our worries away so
we feel calm.
- HEART**
Luna helps us understand
different feelings in our hearts.



BIRTHDAY
 LUNA

LUNA



Luna the Spider dog

Luna has a spider collar
 with spider to help fight
 the bad guys



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



During the month of August, the EAL/D team has been focusing on the Indonesian language. This week we requested all students who speak or have family members that speak Indonesian at home to come for a photo. In the Library the notice board will be displaying the photo of these students with some **Indonesian** language displays. We are hoping that this display will encourage students to share their culture and be proud to share information with their friends. Please see the invitation below:

This month the EAL/D team has been focussing on the Indonesian language. We would like to invite all our Sacred Heart families that speak Indonesian to come along and share morning tea with your children. Feel free to bring along a plate of traditional food to share.

Date: **Thursday 1 September 2022**

Time: 10.00am

Location: School Library

Tea, coffee and biscuits will be provided

Kind regards EAL/D Team



The next Scholastic catalogue will be coming home this week.

Orders close on 7 September, 2022. Please note, **orders are ONLINE 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 at laura.stilwell@cewa.edu.au³

Thank you for your patience and continued support.

Kind regards,

Laura Stilwell



Don't forget we have Book Week coming up in week 10. Book Week will be celebrated with a dress up as your favourite book character.

KB will celebrate on **Monday 19 September**

KW to Year 6 will celebrate on **Tuesday 20 September**

The theme this year is 'Dreaming with eyes open'. Will you dress as Dorothy who dreams her story through the land of Oz or even Alice in Wonderland? Perhaps The Ninja kid, Wolf Girl, Geronimo Stilton, or any of the Bad Guys? Or will you come in your pyjamas to support the years theme? The possibilities are endless!

If you have any questions regarding Book Week, please email me at laura.stilwell@cewa.edu.au

We can't wait to see all of your fabulous creations as we celebrate all our favourite book characters!

³<mailto:laura.stilwell@cewa.edu.au>

Office Display - 1B Memories



Year 6 Confirmation Photos for order

Dear Parents,

Following Confirmation in June, the photography on the evening by Kapture, can now be viewed and ordered.

When visiting <https://www.kapture.com.au/event.asp>⁴ you will need to enter our school code under the Sports & Event tab to access the gallery: **YGJ5JF**

Kind regards

Kapture Photography

⁴<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|TWfpgZsb3d8eyJWI|joiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ik1hYWwiLCJXVCI6Mn0%3D|3000||&sdata=loISH0%2BEImqbwTQncd1IfPh96Ks0MyaOmjySalndtVw%3D&reserved=0>

Sustainability

Dear Parents and Carers.

This year, we are asking parents from Years Three to Six to work together with our school to decrease the amount of waste we are bringing into our school each day.

At Sacred Heart we are committed to reducing our environmental footprint by adopting sustainable practices in our everyday lives. We have several successful programs running at the school and are an Accredited Waste Sorted School.

Over the last few years, the Sustainability team has introduced 'Waste free Wednesdays' where the children were encouraged to bring food in reusable lunchboxes and containers and take their rubbish home with them. It has been very pleasing to see such a great response and cooperation by all families to make our zero-rubbish days a success.

This initiative of introducing waste free lunches permanently was successfully implemented in the Early years in Semester Two 2021. Through this program many of the children have become aware that by working together, we can make a difference to our environment and with just a little planning, packing waste free lunches is easy and important to our environment.

In Semester Two 2022, Sacred Heart will be encouraging all students from Year Three to Six to bring food in reusable lunch box containers. From 22 August, we will be removing all large food wheely bins from the eating areas, all packages such as: plastic wrap, foil, zip lock bags will be sent home in the children's lunch boxes.

The Sustainability Team will be providing small compost bins where all veggie and fruit scraps can be placed. These are regularly emptied by the Green Teams. On canteen days, a bin will be provided for the children to place their morning tea and lunch rubbish in.

We all have a responsibility to do the right thing and adopt smarter ways to manage our waste at home, at work and at school. With your support, together, we can make a difference.

Thank you for your support.

The Sacred Heart Sustainability Team

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.au⁵ or via the class lunch order box

⁵<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 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.

Parents and Friends (P&F)

P&F Pyjama Day

Friday 26 August is the P&F Pyjama Day. Wear your favourite PJs to school for a gold coin donation. We look forward to seeing the canteen's yummy pancakes for morning tea.

Father's Day Stall and Raffle

The Father's Day Stall will be held on **Tuesday 30 August for KW to Yr 6 (Monday 29 August for KB)**. Each class will visit the stall during the school day. Gifts will range from \$1 to \$5 with cards for 50 cents. Please note it is one gift per student, the maximum amount needed is \$5.50. Father's Day Raffle tickets will go home this week and are due to be returned by Wednesday 31 August to the classroom. The raffle will be drawn at the Father's Day Breakfast and last minute ticket sales will be available at the breakfast. Tickets are 3 for \$5. If you have a business or know of a business that would like to donate any items to the raffle, please get in touch via our Facebook page or email pandf@shthorn.wa.edu.au⁶

Sports Carnival

We have arranged for a coffee van to attend the day of the sports carnival – **Tuesday 13 September**. They will also have a selection of food available for purchase.

End of Term 3 Event

Thursday 22 September. This year the P&F will be hosting a Dance Party at the school in the Foley Centre. The DJ is booked, and preparations are underway to make this an unforgettable night for the kids. The Dance Party will run from 4:30pm – 6:00pm for Years PP – 3 and from 6:30pm – 8:00pm for

⁶<mailto:pandf@shthorn.wa.edu.au>

Years 4-6. Get your outfits and dance shoes ready. Tickets and goodie bags will be available for purchase; a link will be sent out soon to purchase tickets and pre-order the tickets and goodie bags.

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 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

Have you been collecting your cans? You only have two more opportunities to be in our Containers for Change Raffle to win the awesome prize of a Jumbuck Smoker kindly donated by Bunnings in Maddington. Unfortunately, there has been minimal support for this fundraiser. We would love to see more families get on board and support the P&F. It also means that you have a great chance of winning the prize as the odds are looking pretty good. Bring your containers on the following dates, it will only take a few minutes out of your day but will make a big impact with all funds raised going to additional items for the kids.

- Friday 26 August
- Friday 10 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. We are located in the drive though pick up/drop area.

P&F Meeting

Our next meeting will be on **Monday 29 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.



Items we accept



Excluded containers





Catholic School Parents Australia Survey- we need to hear from you

Dear Sacred Heart Primary School (Thornlie),

As you may have seen in our recent newsletter, and on our Facebook page, Catholic School Parents Australia (CSPA) is conducting a survey to capture parent perspectives on issues of concern that impact their children's health, wellbeing and learning, to help inform future federal government policy and the Catholic education community. Has your child's wellbeing or learning been impacted by the pandemic, your home-school partnership or simply by where you live? I urge you to take the time to complete the survey, especially if you feel that the past couple of years have been difficult for your family. If we keep silent on these things it is likely the presumption will be that we are all okay.

The survey can be accessed via: <https://www.surveymonkey.com/r/2022CSPAParentSurvey7> and closes at the end of August. Your feedback will remain anonymous, but will assist CSPA in reporting to the Federal Government and Catholic education.

Regards, Siobhan Allen

Executive Director

The Council for Catholic Women Perth - Post Plenary Perceptions

The Council for Catholic Women Perth is hosting the following event.

THURSDAY 8 September 5.30-8.30pm - Post Plenary Perceptions

The Council for Catholic Women Perth warmly invites you to hear Perth's women members share their experience of the second assembly of the Plenary Council.

There will be an opportunity for questions and discussion. All welcome.

Venue: James Nestor Hall, Catholic Education Office 50 Ruislip St West Leederville

When: Thursday 8 September, 5.30pm - 8.30pm (Light refreshments served 5.30pm - 6pm)

⁷https://aus01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fcspwa.schoolzineplus.com%2F_r%2F68vV7%2F62fdf20ad7757&data=05|01|8740svc_admin%40cewa.edu.au|d831b85806ca4ffa783008da80f0028e|c5852f2336334f29b38651da53e35e23|0|0|637964065578558743|Unknown|TWfPbGZsb3d8eyJWljoimc4wLjAwMDAiLCJQljoiv2luMzliLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D|3000||&sdata=bAW%2B9eebKzAbHCUQA2QVhIwv9C0YRM%2BUWQjX8POLcf0%3D&reserved=0

RSVP by Tuesday 6 September to kerrymacfarlane2@gmail.com⁸ or mob 0400 886 835

Spring Sport Registrations



Spring Registrations

Now Open on PlayHQ!
OCT 11 - DEC 13, 2022

Welcoming new and returning players for our spring netball season. Come and join us down at Southern Districts in Langford. Mums & Mixed teams welcomed too!

Registrations close September 7th 2022

 @heartsnetballclub  @heartsnetballclub  hearts@heartsnc.com

Primary school



⁸<mailto:kerrymacfarlane2@gmail.com>

Enrolments are now open for VacSwim swimming lessons during the summer school holidays. VacSwim offers fun lessons at beach or pool locations. They are a great school holiday activity and they teach valuable safety skills to help keep your child safe in the water. Enrol at education.wa.edu.au/vacswim⁹

Thornlie Cricket Club has been around for 63 years and our home is at Walter Padbury Park Berehaven Oval, Thornlie.

We are looking at trying to get juniors back playing cricket, both female and male. Registrations are open for this year's cricket season.

Thornlie Junior Cricket club is open from ages 5 to 17, with Junior Blaster for PP & 1 and Master Blasters for Y2 & Y3. From Year 4 onwards they will play cricket games against other clubs in the area.

Useful Links

Uniform Shop¹⁰ Sacred Heart Thornlie Parish¹¹

⁹<https://www.education.wa.edu.au/vacswim>

¹⁰<https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store>

¹¹<http://www.thornlie.perthcatholic.org.au/>