Sacred Heart School Thornlie



From the Heart - 21 September 2022

Principal's Message

Dear Parent/Caregivers

Welcome to the last newsletter for Term 3 2022. Although we are wrapping up the term, we have certainly been keeping busy as a school community.

Draw Near Project

The school community has exhibited an exceptional amount of generosity over the past few weeks, which is evident in the amount of donations we have received for the Draw Near Project. This project is specifically targeted to assist migrants in our local area and the items collected were chosen to suit their particular needs. On behalf of the staff and parish, I would like to extend my deepest appreciation for the contributions provided.

First Holy Communion

From the whole Sacred Heart community, we send our best wishes to all the First Holy Communicants. The Sacramental celebration took place on Sunday 11 September and the children demonstrated a deep level of reverence and respect throughout the Mass. Thank you to our celebrant, Fr Minh -Thuy, and catechesis and classroom teachers Mrs May, Mrs Chew, Mrs Willock, Mrs Denholm, Mrs Brunt and Miss Crabtree for helping the children prepare for the day. Thank you also to Mrs Louis and the choir, for helping the school and parish community celebrate on the day.

Week 9

Athletics Carnival PP-Year 6

Congratulations to all of the students for participating in our recent Athletics Carnival. The sportsmanship shown throughout the two days was heart-warming. I especially loved seeing the children say congratulations to their peers at the end of the running races. They showed respect for each other and shared together in the celebration of finishing the race. Congratulations Welch for winning the house points competition!

Swimming Carnival

As well as two days of athletics, the Year 4-6 students also participated in the Faction Swimming Carnival. The students all participated with a great attitude and dedication to achievement.

A huge congratulations goes to Mr Bouffler for the hard work he put into preparing for these events. The days ran smoothly and this is a reflection of his organisational skills and impeccable planning.

Week 10

National Week of Deaf People

On Monday, we celebrated National Week of Deaf People with a special Assembly and morning tea. We had special guests at our celebration including Chris Tallentire (MLA), Beti Pupich and Isabele Freeman. The students demonstrated the learning that has taken place during the last two years of Auslan instruction as we shared in watching the winning Auslan competition entry. Seeing the children sign along to the National Anthem was amazing. Thank you to Mrs Louise Cushen for organising this special event for our school community.

Book Week

On Tuesday, we celebrated Book Week at Sacred Heart. A huge number of children participated in dressing up and the vast array of different costumes was fantastic to see. Thank you to Mrs Kerry Miller and Mrs Laura Stilwell for organising the event and parade, and to all staff for joining in and also dressing up. What a fantastic opportunity this day is for us all to share our favourite stories with each other.

EAL/D Morning tea

Today we shared a morning tea for all of our families that speak Mandarin. These morning teas, are great opportunities for families to meet and greet each other and we hope to see the participation continue through next term.

National Day of Mourning – Thursday 21 September

Finally, just another reminder that today will be the last day of term for all students. The staff will be returning to school on Friday for a Professional Development Day.

P&F Disco

Due to the Public Holiday the P&F Disco has been rescheduled to **Friday 21 October.** Please refer to the P&F section for further information.

Parenting Ideas

The article attached highlights the importance of play, not only for young children but throughout their development. Please take the time to read through the article to develop a better understanding of the positive impacts play can have for your child's overall wellbeing and development. With a change in the weather slowly happening, it is crucial we remember the importance of trading screen time with outdoor time. This is also a fantastic opportunity for us adults to step outside and take a minute to appreciate Gods creation in nature. I hope this article inspires you throughout the holidays to adopt some new approaches to living and playing as a family.

Lastly, to all our Sacred Heart Families and Community members, I wish you a safe and relaxing holiday break. I hope you find some time to enjoy an activity with your children and share a special moment as a family. I look forward to seeing you all return happy and ready to learn in Term Four.

God bless and take care

Mrs Lisa Ripley

Assistant Principal



Parenting Ideas

Is play time dead?

For anyone driving around their neighbourhoods after school or during the holidays, it might seem as though playtime has vanished from our children's lives. Many parents and grandparents nostalgically recall games of cricket on the street with all the neighbourhood kids or fighting for space on the monkey bars on the local playground. But now the playgrounds regularly stand mostly empty, the streets devoid of children. We have clearly moved past the golden age of outdoor play of the 1960s. But is play time dead?

Maybe not.

Data shows that many parents no longer feel comfortable letting their kids play outside unsupervised, but this doesn't mean that children aren't playing at all. It's just that play has undergone a shift.

Humans are naturally drawn to play. It's a vital part of our human experience. Play time begins at birth when babies play with their hands and feet and discover how their bodies work. From there they move

through solitary play at 2 years, and then begin playing with other children at around 4 years old. Much play in the early years is not about bonding. In fact, it often occurs with limited interaction —and it's known as parallel play. As children grow older, play may look less like a game of superheroes, and more like playing board games or video games. It may look like trying out new tricks on a skateboard, strumming a guitar, or experimenting with new painting techniques. Even as adults, we may say that we're "playing around with the data", or "toying with an idea". Play is simply defined as any activity that is intrinsically motivated and done for enjoyment. Many things fall under the umbrella of play.

So maybe play time isn't dead. But the kinds of play that we associate with childhood are in decline.

While it is hard to quantify how much play has declined over the last few decades, 85% of mothers agree with the statement that their children play outside less than they themselves did as children. And in the 15 years leading up to 1997, the time children spent playing decreased by 25%. While we don't know how much it has decreased since then, we do know that opportunities for play are shrinking.

Many kids go to school for 6 hours a day, then spend their afternoons and evenings bouncing around various highly structured (and often expensive) extra-curricular activities. While we may enrol our children in these activities with the best of intentions, they are being told what to do and how to do it for large parts of each and every day. They're missing out on engaging in intrinsically motivated activities that are done just for enjoyment. Even if they enjoy these activities, competition and excellence often supplant connection and mastery as the reason for the activity.

Why does this matter?

Over the same period that opportunities for free play have declined, we've seen a corresponding increase in childhood and adolescent psychopathology. Children today are more anxious, more depressed, and more narcissistic than they were 50 years ago.

While we can't say conclusively that decreased play has caused this increase in mental health challenges in our children, we do know that play time encourages children to develop their interests, practice making decisions and solving problems, learn to regulate their emotions, assess and respond to risk, develop socially, and most importantly, facilitates access to joy. All of which contribute to good mental health and wellbeing.

So how can we encourage our kids to play more? Here are three goals for what you can aim for:

1. Have one moment of roughhousing/physical play each day

Roughhousing not only helps kids to be physically active (and builds strength), it also encourages emotional intelligence, boosts confidence, and teaches boundaries. For pre-schoolers, you might play a game of airplane and fly them around the room. With your school-aged kids, you might engage them in a game of wrestling (make sure you lose spectacularly, your kids will think it's hilarious!). And with your teens you could challenge them to a game of touch rugby. The idea is to get the heart rate up and get them laughing.

2. Allow at least 45 minutes of uninterrupted free play each day

You might have noticed that when your kids enter a new space, they are often quietly exploring at the start, and then arguments start to break out. Ignore your instinct to intervene. If you allow them to

argue, just for a bit, you'll notice that they're trying to define the rules for play. Soon enough they'll be happily playing together and will have learnt about cooperation and compromise along the way. To enable these 45 minutes of free play, leave out some open-ended toys for your pre-schooler to find, rethink enrolling your school kid in an afternoon activity to give them more free time in the afternoon so they can ride to a friend's place or the skate park, and encourage your teen to have at least one homework free night a week so they can hang out with real people.

3. Spend two hours outside daily

While this may seem like a huge challenge, over 80% of teens and 60% of kids exceed the screen time recommendation of two hours per day. If we could replace that time (or at least some of it) with outdoor time, they will be reaping huge intellectual, social, physical, and emotional benefits. Nature is fuel for the soul, and it provides a platform for relationship building and physical activity.

In closing

While these goals may seem lofty and unattainable, remember that "If you're trying and failing, you're still getting one step closer to success than if you're doing nothing." (Jeanette Coron). Any play time is better than none at all.

Term 4 - Summer Uniform

Term 4 marks the start of summer uniform.

There is a grace period of two weeks where students can still wear winter uniform. However, from **Week 3 of Term 4** all students must wear summer uniform. The summer uniform can be purchased from the Uniform Shop at Uniform Concepts in Willetton.

Or you can check out the second hand uniform page on Facebook - Sacred Heart Thornlie 2nd Hand Uniform Buy and Sell Page.

Further information about the school uniform and pricing can be found on the school website http://shthorn.wa.edu.au/uniform/ and please refer to the attached document from Uniform Concepts.

Summer Uniform

Boys

- Button up blue school shirt short-sleeved
- Grey shorts
- Grey school socks with blue and white stripes
- Black leather lace-up shoes or brown sandals

Girls

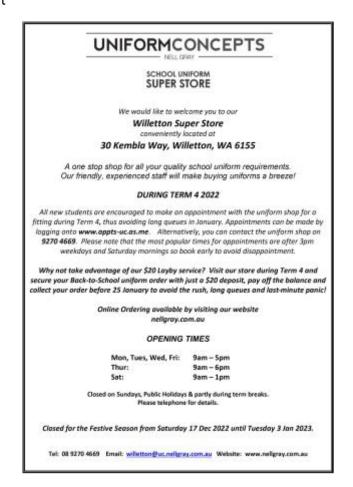
- Blue checked school dress
- Short blue school socks

• Black leather lace-up shoes or brown sandals

Sports Uniform

House

- House coloured t-shirt (blue, gold, green or red)
- Dark blue school t-shirt
- Navy school sport shorts (unisex)
- Blue school sports jacket
- White socks
- Predominately white sport trainers
- Blue school hat



Not returning to Sacred Heart in 2023?

If your child/ren won't be returning to Sacred Heart Primary School in 2023, please ensure that you notify the school admin office as soon as possible as **at least one term's notice must be provided**. A

withdrawal form needs to be completed, this can be found on our website http://shthorn.wa.edu.au/pdf/enrolment_withdrawal.pdf

Term 4 Key Dates for your diary

Wednesday 21 September - Last day of Term 3

Friday 23 September - Pupil Free Day - no school for students

Monday 10 October - Pupil Free Day - no school for students

Tuesday 11 October - Students commence Term 4

Friday 9 December - Last day of school for 2022

Term 4 calendar will be sent out in the first week of Term 4.

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

News from the Finance Officer

The third instalment of school fees is due for payment by this Friday 23 September 2022.

Please contact me on accounts@shthorn.wa.edu.au¹ if you have not received your statement or have any questions about your school fees.

A big thank you to families who have already fully paid, it is greatly appreciated by the school.

Kind regards

Lindy Munnings

Finance Officer

¹mailto:accounts@shthorn.wa.edu.au

Luna's Corner



Luna and the Luna Legends have been running a **UNO tournament** during Term 3, we were excited to have 245 entries. Today we can announce our year group winners. These year group winners will have the chance to play a UNO CHALLENGE round with one of the Leadership Team at the beginning of Term 4 and the chance to be crowned the **Sacred Heart, Luna Legends 2022 UNO Champion.**

Year 1/2 Winner - Trinity T (Yr 2)

Year 3/4 Winner - Charlotte (Yr 4)

Year 5/6 Winner - Lauren (Yr 6)

Luna's Birthday Adventure Story Competition

There were some amazing entries for this competition and it has taken a lot of time to review and decide on the thirteen winning stories that will now be made into a book called Luna's Amazing Adventures for our school library. Congratulations to the following students;

Year 3 - Jessica, Hayden, Jasmine, Zoe, Toby and Emelia-Jo

Year 4 - Joshua

Year 5 - Layla, Emilia V, Komalpreet, Grace and Charlotte

Year 6 - Geonhee

A big thank you to the **Powe family at Concise Engineering** for the donation of our beautiful Luna Legend vests. We look forward to seeing our Luna Legends wearing them at drop off and on our walk to school mornings next term. Keep any eye out in the newsletter next term for more information regarding our walk to school group with Luna.

Wishing you all a wonderful holiday with your family and friends. Remember it doesn't take much to **PAWSITIVELY HELP OTHERS** and be kind to each other. Luna is looking forward to a break and some doggy down time.



Catholic Performing Arts - Congratulations to our Dance Troupe

Another huge congratulations to our Dance Troupe, Mrs Vinci and Mrs Harn for **winning the Liturgical/Christian Dance Troupe section** and being awarded the Catholic Education Commission Shield Award. The Shield was awarded on Monday 12 September and Claire from Year 6 accepted the award on behalf of the Dance Troupe.

Well done to our amazing Dance Troupe!





What a fantastic Book Week! Your costumes were so creative and amazing! A huge thank you to all of our parents for embracing the day and a huge congratulations to all of our Book Week winners! We hope you all enjoyed the celebration as much as we did.

Happy reading over the holidays! Mrs Miller and Mrs Stillwell



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



During the month of September, the EAL/D team has been focusing on the **Mandarin language**. We celebrated this today with a shared Morning Tea in the library.



House Athletics Carnivals

On Thursday 8 September our Year 4, 5 and 6 students participated in our field day carnival held at Langford Sporting Complex. The students started off the day with their 400m races then moved into rotations which included turbo javelin, shot put and long jump. Once students had finished the rotations we held our last event of the day, the 200m races.

This event was followed up with our track day carnival, which was held on Wednesday 14 September, a day later than planned due to the weather. Our track day was held at school on the oval and included all year groups from Pre-Primary to Year 6. All students participated in a sprint race and multiple team games with selected students competing in the baton relay and grand relay.

I would just like to say a massive thank you to our Sacred Heart community, including our staff, families, and students for attending, helping and making both days great!

I have included a table with the results from the day:

Year 4 Girls	Year 5 Girls	Year 6 Girls
Runner up Champion	Runner up Champion	Runner up Champion
Chelsea - 194 points	Jacinta - 204 points	Hannah - 198 points
Champion	Champion	Champion
Pshiajara - 199 points	Riley - 205 points	Claire - 201 points
Year 4 Boys	Year 5 Boys	Year 6 Boys
Runner up Champion	Runner up Champion	Runner up Champion
Leo - 200	Bernard - 187 points	Keal - 198 points
Champion	Champion	Champion
Angus - 201	Felix - 214 points	Chase - 210 points
	Overall Points	
1**	Welch	6384
2 nd	Maguire	6109
3"	Wright	5849
4 th	Murphy	5397

House Swimming Carnival

On Friday 16 September we held our swimming carnival at Aqualife Centre in Victoria Park. This was the third carnival for the Years 4-6 students in a week and a half so to see all the students attend was fantastic! We started the day with our 25m races as well as the novelty events. Once they had finished, we moved onto the open butterfly events followed by the 50m events. Lunch followed before our final two races took place, the 100m open freestyle event and the grand relay. Well done to the students for doing their best in the pool.

A big thank you to all the students who attended the carnival, staff members for helping on the day in various ways and to the spectators who came down to support on the day, it was a great day!

Our award winners were as follows:

50m open Butterfly Girls	50m open Butterfly Boys	
Runner up	Runner up	
Claire Yr 6	Jackson Yr 6	
Champion	Champion	
Leyla Yr 5	Oscar Yr 6	
100m open Freestyle Girls	100m open Freestyle Boys	
Runner up	Runner up	
Madelyn Yr 4	Oscar Yr 6	
Champion	Champion	
Leyla Yr 5	Jackson Yr 6	
Year 4 Girls	Year 4 Boys	
Runner up	Runner up	
Madelyn - 94 points	Zac M - 64 points	
Champion	Champion	
India - 95 points	Angus - 96 points	
Year 5 Girls	Year 5 Boys	
Runner up	Runner up	
Olivia - 91 points	Max - 92 points	
Champions	Champion	
Leyla - 94 points	Bryce - 95 points	
Leah - 94 points	13 10	
Year 6 Girls	Year 6 boys	
Runner up	Runner up	
Kornelia - 91 points	Jackson - 92 points	
Champion	Champion	
Claire - 96 points	Joshua M - 93 points	

Overall Points			
1 st	Maguire	1504	
2 nd	Wright	1291	
3 rd	Welch	1236	
4 th	Murphy	1212	

Auslan News

This term in Auslan the year 4, 5 and 6 students had the option of participating in a video competition. The students chose a song they liked and then began the arduous task of translating from English to Auslan. The top three videos represented each of the year groups involved, but in the end the Year six students took out the main prize. Milla, Kornelia and Hannah chose "We are Australian" by the Seekers and produced a video that sets a high standard for next year. Well done girls!

Meet our Sacred Heart WABL Champions!!

Did you know we have two fantastic WABL players in our midst? WABL is WA's elite junior basketball competition where you must go through several trials in order to be selected for a team.

Our very own Hannah from Year 6 and Jacinta from Year 5 have been playing in this competition this year and after 20 weeks, their seasons culminated with them both having the extraordinary opportunity to play in their grand finals last weekend.

Hannah plays for Willetton Tigers and came away with a Grand Final win in U12 Division 1 against the Joondalup Wolves 56-30.

Jacinta plays for Perth Redbacks and also came away with a win in U12 Division 2 against the Perry Lakes Hawks 42-31.

Jacinta also won the Grand Final MVP, which is one player chosen out of the 20 players in both teams, after an exciting individual performance!

What a fantastic achievement for the girls and a huge testament to all the commitment and training they do each week! Well done!





Office Display - 3B Spring has Sprung!

3B brought some Spring colour into the office this week with their amazing drawings of Australian Wildflowers which included their Noongar names.





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)

Sports Carnival & Containers for Change Raffles

Congratulations to all our winners. The P&F would like to thank everyone that supported both of these raffles, it is very much appreciated.

End of Term 3 Event RESCHEDULED

The event has been rescheduled to **Friday 21 October** due to the Public Holiday. If you have already purchased your tickets they will roll over to the new date. If you have purchased tickets and cannot make the new date, please get in touch pandf@shthorn.wa.edu.au². This year the P&F is 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 - 2

²mailto:pandf@shthorn.wa.edu.au

and from 6:30pm — 8:00pm for Years 3-6. Get your outfits and dance shoes ready. Tickets and goodie bags are now available for purchase, **ticket sales close on Friday 14 October 2022** so get in quick https://www.trybooking.com/events/landing/948683 A FLYER HAS BEEN SENT HOME WITH FULL DETAILS.

Normal school rules apply to this event.

ABSOLUTLEY NO MOBILE PHONES OR ELECTRONIC DEVICES ALLOWED. Any child caught with a device will have it confiscated.

Water will be available for free on the night, please send your child with their water bottle. Prepurchased flashing glow products will be given out on entry and Party Bags distributed on the way out.

Please note that your child will not be released to anyone other than a parent or the person you nominate on your Dance Party Ticket through Try Booking.

Tickets are now available for purchase and will close on Friday, 14 October so don't miss out.

https://www.trybooking.com/events/landing/948683

Please ensure your child is collected promptly at the end of their session.

Apologies in advance, but no parents or younger siblings are allowed to enter the Dance Party.

Term 4 Fundraiser

Billy G's Cookie Dough Fundraiser is back – How delicious and easy were those cookies last year? The good news is we are running the fundraiser again next term. A flyer will go home after the holidays with all the details.

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.

'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

The raffle may have been drawn, however please continue to drop your containers in the bins located near the donation bins at the Ovens Road gate.

P&F Meeting

Our next meeting will be on **Monday 24 October 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.







CSPWA End of term 3 newsletter

Welcome to the latest edition of our Schoolzine eNewsletter!

Visit the link below to view your newsletter:

https://cspwa.schoolzineplus.com/news?nid=423

Regards,

Siobhan Allen

Executive Director

Useful Links

Uniform Shop⁴ Sacred Heart Thornlie Parish⁵

 $[\]label{lem:substance} $$ \frac{3 \text{https://aus01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fcspwa.schoolzineplus.com%2F_r%2FADY5O}{$$ 2F6322ae5a0feef&data=05|01|8740svc_admin%40cewa.edu.au|c3d6f51c1cb94207bb3e08da96d56ab2|c5852f_2336334f29b38651da53e35e23|0|0|637988140643447064|Unknown|TWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2IuMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D|3000|||&sdata=elrpa%2F4kjtRXNXkMonR7o2D86Nr3dF61sT_7%2FB295H9c%3D&reserved=0 $$$

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

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