

# Sacred Heart School Thornlie



**From the Heart - 27 October 2022**

## Principal's Message

Dear Parents

This week our Interschool Athletics Team has been involved in two days of competition. Mr Bouffler has been busy training the students and they have performed extremely well. The team took out third place overall. A full report on the event will come through in our next Newsletter.

A reminder that the school is looking for new members for the School Advisory Council (SAC) Attached are nomination forms and they are also available through the office. If you are interested, please complete them and return to the school by the 1 November. Our ACM will take place on Wednesday 23 November.

Whilst we haven't quite had the warm weather yet, it is coming. I would like to remind parents that the school has a policy that if a child does not have a hat they must remain in undercover areas during play times. All children must also have a water bottle at school that they can fill. This will become increasingly important as the weather warms up.

Our P&F ran a very successful Disco on Friday afternoon/evening. It was great to see the children having so much fun and the Foley Centre was decorated beautifully. A lot of hard work goes into planning and running these events and I thank our P&F for all their efforts.

This week is World Teacher's Day. Please remind your child to thank their teacher. They may even want to write them a letter of thanks or draw them a picture. I thank all our teaching staff for their wonderful efforts and care of the children.

Luna and Mrs Gerhardy led our first walk to school morning last week and it was a great success. We look forward to more children getting involved next time. Keep an eye out and read Luna's Corner for more information.

This week's Parenting Ideas article is about disarming anxiety before it becomes a disorder. All children experience anxiety to some level at some stage. Helping them learn to cope with these feelings can assist them greatly. I hope you enjoy the read.

God Bless

Steve Gibbs

Principal



"You may have to fight a battle more than once to win it." — Margaret Thatcher

"Rock bottom became the solid foundation in which I rebuilt my life." — J.K. Rowling

## Parenting Ideas

### **Disarming anxiety before it becomes a disorder**

In urban Australia it takes approximately eight years between onset of symptoms and a diagnosis of an anxiety disorder, and over twice that time in rural settings. That's a long time for a child or young person to live with the turmoil of anxiety without getting the help they need.

Kids with a diagnosis of an anxiety disorder include those experiencing social anxiety, separation anxiety, generalised anxiety, panic disorder, obsessive-compulsive disorder, and specific phobias or overwhelming fears. Beyond Blue statistics states 1 in 14 children experiences an anxiety disorder. Sadly, a great deal of childhood anxiety goes undetected.

### **Early detection is critical**

Anxiety can be overlooked for many reasons. Often day-to-day functioning of anxious kids isn't affected in obvious ways, and they can appear happy, but the signs of anxiety will be there if you know what to look for. Anxiety shows through behaviour and language, and is felt physically by a child. Avoidance and

over-planning are the two most common behaviours displayed by anxious kids. Long before they become a child's patterned response to anxiety-inducing events there are generally many subtle signs of anxiety including poor concentration, irritability, becoming upset over minor issues and constantly seeking reassurance. Anxious children and young people can feel nauseous, experience headaches, have difficulty sitting still and constantly feel on edge.

### **Anxiety is individual**

Just as children display symptoms of anxiety in unique ways, they also react differently to everyday events. One child's highly anticipated school camp maybe another child's anxiety-inducing nightmare. Knowing the events that trigger anxiety in a child or young person is key to early detection and management.

### **The tools anxious kids need**

Children and young people who experience anxiety need self-management tools to allow healthy functioning and prevent anxiety from deteriorating into a full-blown disorder. Knowledge of how and when to use management tools such as mindfulness, deep breathing, exercise and thought distancing are critical to good mental health, allowing kids to turn the dial down on their anxiety while they get on with the activities that make them happy.

### **Lifestyle factors that minimise anxiety**

Anxiety maybe commonplace but its origins are complex. Poor diet, lack of exercise, social media, sleep problems and an inability to relax all play a part in exacerbating a child's anxiety. And of course, the pandemic is a frightening time for children.

Attempts to help children minimise anxiety need to include healthy eating that ensures good gut health, frequent exercise that releases adrenalin and the stress hormone cortisol, plenty of endorphin-inducing free play in natural environments and developing good sleep habits that will last a lifetime.

### **In closing**

No child or young person should suffer needlessly from anxiety. Life can feel very grey when anxiety is a constant companion. As a parent you help your child by being on the lookout for early signs of anxiety, recognising the events that cause your child stress and teaching them the tools they need to push anxiety into the background while they get on with enjoying life. Anxiety is not something to be feared, but a condition to be understood and managed before it spirals into a disorder needing professional intervention.

## **School Advisory Council (SAC) Nominations**

Dear Parents,

Please be advised the Sacred Heart School Advisory Council (SAC) and P&F Annual Community Meeting (ACM) will be held on Wednesday 23 November 2022.

In anticipation of the SAC and P&F Annual General Meeting, we invite persons who are interested for nominating for a SAC position (or nominating on the behalf of someone else) and who possess the

following criteria, to complete the nomination form attached and return it to the Principal by Wednesday 16 November.

There will be quite a few vacancies for the SAC for 2023. SAC members are elected for a two-year term.

Criteria for membership of the SAC shall be:

- Possession of special skills that will be an asset to the school
- A deep interest in the welfare of all students and staff
- A desire to give service to the Catholic School Community
- An enthusiasm to positively promote Catholic schooling and Sacred Heart School
- An ability to work co-operatively and constructively with all other members of the SAC.
- A sufficiency of time to devote to SAC duties, and
- An understanding of the need for strict confidentiality in all matters.

Thank you for your consideration of these roles.

Yours sincerely

Steve Gibbs

Principal

**Student Advisory Council Nomination Form**

***Please see the school office if you would like a hard copy of this form***

I have read the criteria for nomination to Sacred Heart School Advisory Council and wish to offer myself, or the person nominated, as a candidate for election to the SAC. The person whom I have elected is happy to be nominated and will accept the position if elected.

Candidate's Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Skills and / or interests that may contribute to SAC membership

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

## Term 4 Key Dates for your diary

**Friday 28 October** - World Teachers Day

**Thursday 10 November** - Music Concert

**Friday 2 December** - Christmas Concert

**Wednesday 7 December** - Transition Day

**Wednesday 7 December** - Graduation Mass 6pm, Year 5 and 6 students to attend

**Friday 9 December** - Last day of school for 2022

**Term 4 calendar attached and on the website. A hard copy of the Term planner can be obtained from the school office.**

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	30-Oct Pupil Free Day	15-Oct	12-Oct Dress Near Mass Yr.6	13-Oct	14-Oct Virtual Assembly	15-Oct/16-Oct
Week 2	17-Oct	18-Oct	19-Oct	20-Oct Amazing Race Kinley	21-Oct Amazing Race Kinley F & F Disco	22-Oct/23-Oct
Week 3	24-Oct Interschol Athletics	25-Oct Interschol Athletics	26-Oct EAL/D Morning Tea	27-Oct Yr.5 Bike Safety Excursion	28-Oct World Teachers Day Virtual Assembly	29-Oct/30-Oct
Week 4	31-Oct	1-Nov All Schools Day Whole School Mass (Ww6)	2-Nov	3-Nov Yr.4 Excursion	4-Nov Yr.5 Electoral Coll. Centre Visit Triathlon Yr.4/5/6	5-Nov/6-Nov
Week 5	7-Nov	8-Nov TIC Interschol Challenge	9-Nov SAC	10-Nov Music Consent & Bday	11-Nov Yr.6 Leadership Speeches & Voting SAC Dinner	12-Nov/13-Nov
Week 6	14-Nov	15-Nov Yr.1 Excursion	16-Nov 2023 Kinley Wine Orientation	17-Nov	18-Nov	19-Nov/20-Nov
Week 7	21-Nov P & P Meeting	22-Nov	23-Nov SAC 2023 Kinley Wine Orientation	24-Nov	25-Nov	26-Nov/27-Nov
Week 8	28-Nov	29-Nov	30-Nov Thanksgiving Mass 5:00pm EAL/D Morning Tea	1-Dec Pre-primary Incursion	2-Dec Christmas Concert	3-Dec/4-Dec
Week 9	5-Dec	6-Dec	7-Dec Graduation Mass 6:00pm Transition Day 29-40pm	8-Dec Yr. 6 Graduation Lunch Reports sent home The Immaculate Conception of the Blessed Virgin Mary	9-Dec Last day for students Yr. 6 Assembly Yr. 6 Q&A Day in	10-Dec/11-Dec
Week 10	12-Dec	13-Dec	14-Dec	15-Dec School Closed		

## 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 by **Friday 28 October** 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](http://shthorn.wa.edu.au/pdf/enrolment_withdrawal.pdf) or you can obtain a hard copy from the office.

## News from the Finance Officer

**School Fee Reminder**

Thank you to all families who have fully paid their school fee accounts, however we still have some families who are not up to date with payments. Reminder emails will be sent out to those families by the end of this week. Prompt payment on these overdue accounts would be appreciated.

Please contact me on [accounts@shthorn.wa.edu.au](mailto:accounts@shthorn.wa.edu.au)<sup>1</sup> if you have not received your statement or have any questions about your school fees.

## Socktober 2022



Join us at our Socktober Event Day on **Monday 31 October 2022 (KB to Year 6) and Tuesday 1 November for KW**, as we raise funds to support children facing malnutrition and food insecurity in Ethiopia. Wear your sports uniform and your favourite coloured socks! We also encourage all students to make a gold coin donation on the day to help support Catholic mission.



## Primary Instrumental Program



Each year, the College reviews our Primary School Instrumental Program this year. Based on feedback received and considering the numbers participating in the program from different year groups, the

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<sup>1</sup><mailto:accounts@shthorn.wa.edu.au>

decision has been made to offer the program to students in Years 3-6, from 2023. Instrumental students currently in Year 1 are encouraged to re-enrol in the Primary Instrumental Program in 2024.

As children develop at different rates we believe the ages between Year 3 to 6 will gain the biggest benefit from instrumental lessons.

Learning an instrument can have a positive impact on many areas of a child's life. It can boost their confidence, help their understanding of maths, support their cognitive development, help their concentration, as well as giving them a skill they have for life.

For further information refer to [www.lumen.wa.edu.au/opportunities/arts/music/primary-instrumental-program](http://www.lumen.wa.edu.au/opportunities/arts/music/primary-instrumental-program)<sup>2</sup>

## Luna's Corner



Thanks to all those who participated in the UNO competition last term. Our 2022 Sacred Heart UNO Champion is Lauren from Year 6, it was a hard fought final and all players demonstrated great sportsmanship.

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<sup>2</sup><https://www.lumen.wa.edu.au/opportunities/arts/music/primary-instrumental-program>

Luna had a visit to the vet on Monday afternoon for her yearly checkup and she passed with flying colours. The vet was very impressed with how fit and healthy she was and especially how lovely she was to handle. Luna had to have a vaccination and was the perfect doggy patient.

Last Wednesday we commenced the weekly Luna Walk to School initiative. We were excited to have **24** children participate last week and this week we had **39** children walking! Luna has set the challenge... Can we get 50 Sacred Heart children walking to school with Luna next Wednesday?







## Chess Tournament



Over the past couple of weeks our Year Five and Six students have taken part in an in-school chess knockout competition to find our top four players to represent Sacred Heart in an online CEWA chess tournament. Congratulations to Aiden T, Joshua M, Charlotte and Natalie. These students will be representing our school over the upcoming weeks in three rounds of the tournament. We wish them all the best in implementing their chess knowledge and strategies.

## Office Display - 5B

Students from 5B have created some amazing iconic still life sketches for us to enjoy in the office.













## COVID19

A reminder if your child tests positive to COVID 19:

- Students should remain at home until symptoms resolve.
- Advise the school via the school online absentee form Online Absentee - Sacred Heart, Thornlie (shthorn.wa.edu.au)<sup>3</sup>
- Register a positive RAT result via the WA Health RAT Register<sup>4</sup>.
- Register via the school's COVID-19 Self-Reporting Portal <https://cewa-collections.powerappsportals.com/COVID-19-Self-Reporting-Form/>
- A close contact is a person from within the same household of a COVID19 positive person. Close contacts are encouraged to test daily for 5 days and only attend school following a negative result. Close contacts may choose to wear a mask. Close contacts should register their status as a close contact via the CEWA self-reporting portal.

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<sup>3</sup><http://shthorn.wa.edu.au/online-absentee/>

<sup>4</sup><https://datalibrary-rc.health.wa.gov.au/surveys/index.php?s=WDLNTW4RDX8AWPH>

## Kindergarten Enrolments for 2023 - Final Call!



If you have a friend or 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 as classes have been allocated.

## Canteen - Term 4 Menu

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



## Canteen Term 4 - Roster

WEEK	MONDAY	THURSDAY	FRIDAY
WEEK 1	Oct 10th Pupil Free Day	Oct 13th K. COPE	Oct 14th J. JACOB
WEEK 2	Oct 17 <sup>th</sup> J. GARVEY	Oct 20th A. FOSTER J. ALBANESE	Oct 21st W. HAMILTON J. FARANDA
WEEK 3	Oct 24th J. GARVEY JESSICA	Oct 27th L. BARNES A. JENYNS	Oct 28 <sup>th</sup> M. JOUBERT P. ELDER
WEEK 4	Oct 31st J. GARVEY	Nov 3rd J. ALBANESE J. LEONARD	Nov 4th R. DEKENS
WEEK 5	Nov 7th J. GARVEY	Nov 10th A. FOSTER K. COPE	Nov 11th W. HAMILTON J. FARANDA
WEEK 6	Nov 14th J. GARVEY JESSICA	Nov 17th L. FRISINA A. JENYNS	Nov 18th P. ELDER
WEEK 7	Nov 21st J. GARVEY	Nov 24th K. COPE L. BARNES	Nov 25th M. JOUBERT J. FARANDA
WEEK 8	Nov 28th J. GARVEY	Dec 1st A. FOSTER P. ELDER	Dec 2nd J. JACOB R. DEKENS
WEEK 9	Dec 5th J. GARVEY JESSICA	Dec 8th J. ALBANESE A. JENYNS	Dec 9th J. FARANDA

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)

### **P&F Dance Party**

What a fantastic night! Thank you to all the parents and students who supported this fundraiser. Thank you to all the P&F members and staff that helped on the night, it wouldn't have been a success without you. It was so wonderful watching all the students dancing and having fun with each other. We hope they all enjoyed themselves.

### **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 this term. You should have received the brochure and letter with all the information required. Be quick, orders are only open for a limited time. If you did not receive your forms, please see the lovely office ladies.

### **'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 and nominations**

Our next meeting will be on Monday 14 November 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.

Moving into 2023 all P&F Positions are vacant and available. If you would like to make a difference within the school, we strongly encourage you to fill out the attached nomination form for one of the Executive Committee positions and return the form to the office.

## P&F Nominations

Dear Parents,

Please be advised the Sacred Heart School Advisory Council (SAC) and P&F Annual Community Meeting (ACM) will be held on Wednesday 23 November 2022.

In anticipation of the SAC and P&F Annual General Meeting, we invite persons who are interested in nominating for a P&F position (or nominating on the behalf of someone else) and who possess the following criteria, to complete the nomination form attached and return it to the Principal by Wednesday 16 November.

All P&F positions are vacant and available.

Criteria for membership of the P&F shall be:

- Possession of special skills that will be an asset to the school
- A deep interest in the welfare of all students and staff
- A desire to give service to the Catholic School Community
- An enthusiasm to positively promote Catholic schooling and Sacred Heart School
- An ability to work co-operatively and constructively with all other members of the P&F.
- A sufficiency of time to devote to P&F events and activities,

Thank you for your consideration of supporting our school.

Yours sincerely

Steve Gibbs

Principal

**P&F Nomination Form**

***Please see the school office if you would like a hard copy of this form***

I have read the criteria for nomination to Sacred Heart School P&F and wish to offer myself, or the person nominated, as a candidate for election to the P&F. The person whom I have elected is happy to be nominated and will accept the position if elected.

Candidate's Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Skills and / or interests that may contribute to P&F membership

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_



Items we accept



Excluded containers



## CSPWA Welcome to Term 4 Newsletter

Welcome to the latest edition of our Schoolzine eNewsletter!

Visit the link below to view your newsletter: <https://cspwa.schoolzineplus.com/news?nid=43><sup>5</sup>

Regards,

Siobhan Allen, Executive Director

## WA Young Salesian - Summer Camp 9-13 January 2023



Are you between 11.5 to 15 years or starting Year 7 in 2023? Come and join us for this 5 day fun filled camp at Nanga Bush Camp, Dwellingup. From only \$260 (\$52 a day) Contact your Parish Priest, visit the website or contact Graham Maher on 0418 979 600 for more info or to pick up a form. Early Bird Pricing closes Friday 18 November.

Register now at: [www.wayoungsalesians.com](http://www.wayoungsalesians.com)<sup>6</sup>

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<sup>5</sup>[https://aus01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fcspwa.schoolzineplus.com%2F\\_r%2F9rz0z%2F63520fd8deac5&data=05|01|8740svc\\_admin%40cewa.edu.au|135ac3e7d5e34b10b60c08dab3132480|c5852f2336334f29b38651da53e35e23|0|0|638019192051793324|Unknown|TWfPbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D|3000||&sdata=oluvp1Fttvu2z6QBmkFVK5YGA4LngkoFtT8yvCIM4%3D&reserved=0](https://aus01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fcspwa.schoolzineplus.com%2F_r%2F9rz0z%2F63520fd8deac5&data=05|01|8740svc_admin%40cewa.edu.au|135ac3e7d5e34b10b60c08dab3132480|c5852f2336334f29b38651da53e35e23|0|0|638019192051793324|Unknown|TWfPbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D|3000||&sdata=oluvp1Fttvu2z6QBmkFVK5YGA4LngkoFtT8yvCIM4%3D&reserved=0)

<sup>6</sup><http://www.wayoungsalesians.com/>



WA Young Salesians  
**SUMMER**  
 Camp  
 9-13 January 2023

Registrations NOW OPEN!!!  
 Visit: [www.wayoungsalesians.com](http://www.wayoungsalesians.com)



**St Munchin's P&F**  
**CAR BOOT SALE**  
 Saturday 22nd October 2022

8:00am - 12:00pm  
 School Oval, 1 Isdell Place Gosnells

Pre Paid Car Bay - \$10  
 Pay On The Day Car Bay - \$15

Coffee Van  
 Home Made Items  
 Bric a Brac  
 Bacon & Egg Rolls  
 Trash & Treasure  
 Secondhand Furniture  
 Crafts

Vendors to be on site by 7:30am  
 Email- [admin@stmunchins.wa.edu.au](mailto:admin@stmunchins.wa.edu.au)  
 by Monday 17th October

## Useful Links

Uniform Shop<sup>7</sup> Sacred Heart Thornlie Parish<sup>8</sup>

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<sup>7</sup><https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store>

<sup>8</sup><http://www.thornlie.perthcatholic.org.au/>