

Sacred Heart School Thornlie



From the Heart - 11 November 2022

Principal's Message

Dear Parents

This week we had our Music Concert. It was fantastic to see the progression of the students who have lessons at Sacred Heart and to also see the Choir perform. Special thanks must also go to Mrs Vinci and our music tutors Alex, Keenan and Bronwen for their hard work. Mrs Therkelsen and Mrs Cannell also assisted on the night backstage. If you are interested in your child receiving music tuition, please refer to further information attached from Lumen or see the ladies at the front office. Next year students in years three to six are eligible to have lessons.

Our ACM will take place on Wednesday 23 November in our school hall. The P&F will provide a light supper commencing at 6.30pm. We will start the ACM promptly at 7pm. Your attendance would be greatly appreciated.

This week our school took part in the Interschool Technology Challenge. Mr Landers and the school's Digital Technology Team organised it with assistance from teachers at the participating schools. The children engaged in a variety of technology challenges. There are photos and some more information on our Facebook page. It was an amazing day and as it is the second of its kind we look forward to this new tradition for our students.

Please have a look at your children's attire in relation to our uniform procedures. Many children are coming in incorrect shoes (black sneakers rather than the leather shoe) and many sports shoes are far from predominantly white. I will be instructing teachers to conduct a uniform check in the coming weeks and sending home reminder notes with students who are not adhering to the procedure.

This week's Parenting Ideas article is about growth mindset. What we say to our children and how we frame success and failures can be important in developing a child's mindset. I hope you find it useful.

God Bless

Steve Gibbs

Principal



A good half of the art of living is resilience - *Alain de Botton*

Grief and resilience live together - *Michelle Obama*

Parenting Ideas

Mind your language. How what you say creates your child's mindset.

One of the big ideas in education over the past 10 years has been Professor Carol Dweck's work on Growth Mindset. However, despite (or perhaps because of) the hype, much of Dweck's work has been misunderstood, or misapplied. Too often we've tried to teach about growth mindset, instead of teaching for a growth mindset. Importantly, the role parents play in helping develop a growth mindset in their child has been largely overlooked.

In this article I share a simple way you can help your child develop a more growth-oriented mindset.

About Mindsets

Your child's mindset is how they view their most basic abilities, like their talents and intelligence, and it has a profound impact on their learning.

A child with a fixed mindset believes they are fundamentally limited. Who they are today, is pretty much who they will be in the future. For them, school and learning is a way to discover those abilities. They'll ask if they are musical, or how smart they are. For these children, school becomes one long test to discover the answers to these questions.

A child with a growth mindset understands they have the capacity to develop their abilities. For them learning becomes a vehicle for creating and developing those abilities. You'll hear this child say things like "I want to become really good at maths, so I'm going to work hard to make that happen."

Why parents matter

Contrary to what social media might say, you can't just tell your child to have a growth mindset. Their mindset is rooted in a lifetime of experiences.

As parents we play an important role in creating the experiences that develop our child's mindset. What we repeatedly say, value, and reward all shape our child's mindset. And I should know because I got it wrong.

What I did wrong

When my daughter was young, I encouraged her to try lots of different activities. She tried music, art, gymnastics, singing, the Maths Olympics. You name it, we tried it. And that's fundamentally a good thing.

The problem wasn't what I was doing. It was the messages I attached to it. Sometimes when she wasn't keen to try a new activity, I'd say something like "Come on sweetheart, give it a go. You never know, you might be good at it!"

Can you hear the fixed message in there? "You might (already) be good at it."

I turned trying something new into a test to find out if she was good at it. I promised her the possibility of instant success. To make things worse, if she didn't have instant success, I'd often console her with something like "Well, don't worry. You can't be good at everything."

In other words, she'd failed that test. Now it was on to the next test to see if she was good at that instead. The unintended lesson: If you're not immediately good, give up.

Why did I do that?

If you just had an "ouch" moment, you're not alone. Parents say these types of things all the time. We say them out of love, and with the best of intentions.

When we see our child upset or struggling, our natural reaction is to want to protect them from that discomfort. But what I did was to provide my daughter with an excuse for struggle by saying "you're not that type of person."

Perhaps you've provided your child with a similar excuse by saying something similar like "I was never good at that either." The underlying message being "we aren't the right type of person to be good at that—we don't have those abilities."

A nudge in the right direction

To help us be better parents and nurture a more growth-oriented mindset in our children, we need a little nudge. A reminder that helps us counter any unconscious bias and ensure we create more growth-oriented messages for our children.

I've created lots of these nudges, for all types of situations. The one relevant to this situation is to remember that "Learning is about creating, not discovering."

Learning is about creating, not discovering.

In the context of trying new things, this nudge reminds us that we're not trying to find out if my daughter has those abilities. We're trying to decide if she wants to develop those abilities. So, now I might say:

“Darling, getting good at something takes time and the right type of effort. You need to decide if this is something you're prepared to invest the time and effort into getting good at.”

The nudge helps us repeat this message over and over, slowly creating a more growth-oriented mindset. They become more empowered and see life as being in their control. They recognise they can become whoever they want, or need, to become.

It's like George Bernard Shaw said, “Life is not about finding yourself. Life is about creating yourself.”

Term 4 Key Dates for your diary

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 Draw Near Mass Yr.6	13-Oct	14-Oct Virtual Assembly	15-Oct/16-Oct
Week 2	17-Oct	18-Oct	19-Oct	20-Oct Creating Race Kinky	21-Oct Amazing Race Kinky P & F Soccer	22-Oct/23-Oct
Week 3	24-Oct Interschool Athletics	25-Oct Interschool 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 Saints Day Whole School Mass (Weekly)	2-Nov	3-Nov Yr.4 Excursion	4-Nov Yr. 5 Electoral Eds. Centre Visit Triathlon Yr.4/5/6	5-Nov/6-Nov
Week 5	7-Nov	8-Nov TIC Interschool Challenge	9-Nov SAC	10-Nov Music Concert 6:30pm	11-Nov Yr.5 Leadership Speeches & Voting SAC Dinner	12-Nov/13-Nov
Week 6	14-Nov	15-Nov Yr.5 Excursion	16-Nov 2022 Kinky Blue Orientation	17-Nov	18-Nov	19-Nov/20-Nov
Week 7	21-Nov P & F Meeting	22-Nov	23-Nov AGM 2022 Kinky White Orientation	24-Nov	25-Nov	26-Nov/27-Nov
Week 8	28-Nov	29-Nov	30-Nov Thanksgiving Mass 5:05pm 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 6:05pm Transition Day 09:45am	8-Dec Yr. 5 Graduation Lunch Reports sent home The Immaculate Conception of the Blessed Virgin Mary	9-Dec Last day for students Yr.6 Assembly Yr. 6 Olig 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 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 or you can obtain a hard copy from the office.

Early Learning Centre and OSHC Enrolments for 2023 - Now open!

If you require Child Care in the Early Learning Centre and/or OSHC for 2023 enrolments are now open. Please refer to the school website for further information:

Early Learning Centre - Fees, Forms and Further Information - Sacred Heart, Thornlie (shthorn.wa.edu.au)¹

OSHC - Outside School Hours Care (OSHC) - Sacred Heart, Thornlie (shthorn.wa.edu.au)²

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. Prompt payment on these overdue accounts would be appreciated.

Please contact me on accounts@shthorn.wa.edu.au³ if you have not received your statement or have any questions about your school fees.

Lindy Munnings

Finance Officer

Christmas Concert - Friday 2 December



WHEN: Friday 2 December 2022

WHERE: Sacred Heart School Oval

¹<http://shthorn.wa.edu.au/fees-forms-and-further-information/>

²<http://shthorn.wa.edu.au/outside-school-hours-care-oshc/>

³<mailto:accounts@shthorn.wa.edu.au>

TIME: Arrive anytime from 6.00pm for a picnic dinner on the school oval. Christmas concert commences at 7pm. The school bell will ring at 6:40pm to remind students to assemble in their classrooms to walk down to the oval.

COSTUMES: Specific costume information will be sent home soon.

Further details about the evening will be sent home closer to the event.

Order of Performances:

- **Kindergarten:** Baby Jesus, We Love You!
- **Choir:** Have a Holly Jolly Christmas
- **Pre-Primary:** Away in a Manger
- **Year 3:** O Come all Ye Faithful
- **Year 4:** Hark the Herald Angels Sing
- **Year 1:** Mary's Boy Child
- **Year 2:** Deck the Halls
- **Year 5:** Here Comes Santa Claus
- **Year 6:** Christmas Trap Remix
- Community sing-along: We Wish You a Merry Christmas (AUSLAN)
- Teachers Dance
- P&F Raffle
- Whole school song and dance: Feliz Navidad
- Conclusion, approximately 8.15pm



We have been asked by the St Vincent De Paul Society of our Parish to help them make the Christmas of a lot of needy families in our community a bit more special.

In our lives we have so many things to be grateful for, so the words of Christ “Whatever you do for the least of my brothers, you do for me” is especially pertinent at this time and we are asking if families could please contribute to the Vinnies Christmas Appeal by collecting what is suggested for each year level. Please bring the items into the **classroom** by **Friday 2 December**. Please no chocolates as they can’t be stored. Thank you so much for your contributions.

Kindy - Christmas pudding, Christmas Cake, Fruit Mince Pies

Pre-Primary - Tinned Fruit, Jelly, Custard Powder

Year One - Tea, Coffee, Milo, Longlife Milk

Year Two - Tinned Ham, Tinned Vegetables, Selection of condiments e.g. tomato sauce, mustard, cranberry sauce

Year Three - Soft Drinks, Fruit Juice

Year Four - Chips, Candy Canes, Pretzels

Year Five - Christmas Crackers, Christmas paper plates, Christmas napkins

Year Six - Shortbread, savoury/sweet biscuits

Staff - Re-usable Christmas bags from Coles/Woollies, Christmas Decorations

Luna's Corner



On Wednesday we had **58** children walk to school with Luna, what a wonderful way to start our school day together. Thank you to all the families and teachers helping to support this initiative. Let's see if we can get **65** next Wednesday!



Library



It is sadly the time of the year when library borrowing will soon come to an end for the year to allow us time to get all of our books back and sorted. The last day for students to borrow will be **Thursday 17 November (Week 6)**. If you have any school library books that need to be returned, please send them in anytime and return into the white bucket as normal.

During the Christmas break I would encourage all of our bookworms to visit your local libraries. They have some great items on offer including audiobooks, magazines, puzzles and DVDs as well as books. Check out their website

<https://www.gosnells.wa.gov.au/Lifestyle/Libraries> for all of their amazing services.

We thank you all for your continued support and look forward to 2023 in the library!

Sustainability



It has been great to see the super response we have had this year introducing Waste Free Lunches to our school and eliminating the amount of rubbish we bring into our school each day. It has been a real team effort with the Year 5 and Year 1 Green children working hard, sorting all the rubbish into the correct bins. The children ensure that all the drink containers have been emptied and washed and placed into our containers for cash bins and make sure our fruit composting and canteen bins are emptied and cleaned and ready to go each week. We have a few projects planned in 2023 which we are excited about. Remember with your support, together we can make a difference.

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 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-program⁴

Office Display - PPB

Students from PPB have taken us Under the Sea this week to see what amazing and interesting creatures we may find. Thank you, Pre-Primary Blue students, for brightening the office up with your creative paintings.

⁴<https://www.lumen.wa.edu.au/opportunities/arts/music/primary-instrumental-program>



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.

Reminder - Holy Communion and Confirmation Photos

Dear Parents,

We have been advised by Kapture Photography that all sports and/or special team photos taken this year including **Holy Communion & Confirmation** photos are still available for purchase. These images will be removed from their website at the end of this term in readiness for next year's photography.

This is your last chance to view and purchase these photographs. Please visit www.kapture.com.au⁵ using our school code; **YGJ5JF**

⁵https://aus01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.kapture.com.au%2F&data=05%201%2F8740svc_admin%40cewa.edu.au%2Ff868e4716e9949ed413808dabd3e2c98%2Fc5852f2336334f29b38651da53e35e23%2010

This code can also be used to purchase class or individual photographs should you have missed out earlier in the year.

Year Four Excursion to Honeyeater Hollow

On Thursday 3 November the Year Four students went on a Geography excursion to Honeyeater Hollow at Ellis Brook Valley. We were blessed with beautiful weather for our day trip and enjoyed completing a variety of walking trails at this wonderful local wetland.

Students were on the lookout for any native wildlife, including insects, kangaroos, eagles, cockat oos, and echidnas. One group were lucky enough to sight a baby brown snake! We couldn't believe how large the honey ants in the area were. All the better for the hungry echidnas.

We were also able to see a large variety of beautiful wildflowers as we trekked up the Eagle View Trail, which was over one hundred steps up the hill. The views of the city and the valley were spectacular from this height.

Thank you to all the parents who came along to share this fantastic day with the children. Big thanks also to Miss McAuliffe for coming along to help make this a day to remember.

Mrs Denholm (4W) and Mrs Brunt (4B)













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)⁶
- Register a positive RAT result via the WA Health RAT Register⁷.
- 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.

⁶<http://shthorn.wa.edu.au/online-absentee/>

⁷<https://datalibrary-rc.health.wa.gov.au/surveys/index.php?s=WDLNTW4RDX8AWPH>

Canteen - Term 4 Menu

<p>RECESS</p> <p>Crunch & sip cup 50c (cucumber & carrot sticks) Fruit cup (seasonal fruit) \$1.50 Spring Roll 30c Dinobite 60c Hash brown \$1.00 Cheezle \$1.00 Vegemite cheeze \$1.20 Cheezle sub \$1.50 Pizza cheeze sub \$2.00 Choc Berry Yoghurt Cup \$2.00</p>	<p>SANDWICHES & WRAPS</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 & tomato)</p> <p>EXTRAS</p> <p>Beetroot 50c Onion 30c Cheese 50c Mustard mild 50c Mayo 40c Sauce sachet 50c Wrap 50c Toasted 50c</p> <p>LUNCHBAGS (PAPER) 10 FOR 50c</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 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>Chicken Strip Wrap \$5.00 (Classic or Sweet Chili tender, cheese, lettuce, tomato & carrot) 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 Beef pie \$4.00 Pizza & Juice Box Combo \$5.00 (Margherita or Ham & Cheese)</p>
<p>LUNCH COUNTER SALES</p> <p>Assorted icy poles & ice creams \$1.00 - \$2.00</p>	<p>MONDAY & THURSDAY</p> <p>BENTO BOX \$6.00</p> <p>A mini muffin, fruit cup, cheese & crackers, wingding & a cheese or ham or vegemite sandwich</p> <p>SALAD BOX \$5.50</p> <p>Cheese, cucumber, carrot, lettuce, tomato & egg ADD chicken, ham or tuna \$1.00</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 Banana Blast Milk</p> <p>Warm Milk & Mini Muffin \$2.00</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 th 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 th 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)

Term 4 Fundraiser

Thank you to everyone who has supported the P&F again with the Billy G's Cookie Dough fundraiser. It has been another huge success. **We have an updated delivery date of Friday 2 December.** We will provide more information on collection once we get confirmation from the fundraising company.

Christmas Raffle

We will be running our annual Christmas Raffle with tickets to be sent home towards the end of this month. Tickets will also be available for purchase at the Christmas Concert and will be drawn during the concert. Last year we had some very generous families within the school who run business's that kindly donated to our raffle. If you have a business and would like to donate this year, it would be greatly appreciated. Please get in contact via our Facebook page or email pandf@shthorn.wa.edu.au⁸

'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 with 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

⁸<mailto:pandf@shthorn.wa.edu.au>

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



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.com⁹



Useful Links

Uniform Shop¹⁰ Sacred Heart Thornlie Parish¹¹

⁹<http://www.wayoungsalesians.com/>

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

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