Sacred Heart School Thornlie



From the Heart - 8 February 2023



Beginning of the School Year Prayer

Loving God, we entrust the students at our school in your care.

Bless them with joy when playing and learning with their friends.

Instil in them a love for learning. Watch over them as they grow.

Grant our staff the wisdom, patience, and joy in serving our students.

We ask this through Christ our Lord.

Principal's Message

Dear Parents

Welcome back to a new school year! I hope both yourselves and your child/ren have had a restful break and are now ready for the new year ahead. It has been wonderful to see the children arriving in uniform looking so ready for their new classes and learning experiences to come.

Our new staff have settled in well and everyone is excited for the year ahead. I know that if we work together in a strong partnership between school and home then we will get fantastic outcomes for the children at Sacred Heart.

It is wonderful to begin a year fresh and without the many restrictions and challenges that we have faced in the previous years. We began a school year with a whole school mass, something we have not been able to do for some time and it was a wonderful way to frame the beginning of our new year and the journey that lies ahead.

Next Wednesday we will be having our parent information evenings. These are a chance to hear from the school leadership team who will outline the broad direction of the school and some key information. All classes then run information sessions with information specific to their year level. I look forward to seeing as many parents as possible at this event.

At the commencement of the year it is a good time to refresh on key documents for parents. I encourage you all to follow the links below to have a good look at our Code of Conduct and our Parent Handbook. These documents outline a lot of very useful general information for parents.

http://shthorn.wa.edu.au/pdf/policies codeofconduct.pdf

http://shthorn.wa.edu.au/pdf/parenthandbook.pdf

Attached to this newsletter is our Term Planner. Please diarise all important events. On Friday we have our Evening on the Green. It is a great opportunity to meet new families and connect with people. Big thanks to our P&F for organising this event.

This term we focus on the school's core value of Respect. I like to think of respect as covering three areas; ourselves, others and our environment. If we are showing respect in these three ways we are generally following all school rules and also living according to Gospel values. I will be delivering this message to students and if you can also encourage children to show respect in this way at home that would be fantastic.

This week's Happy Families article is about helping your child settle back into the school year. It has some very practical ideas and solutions. I hope you enjoy it.

I look forward to working in partnership with you in 2023 at Sacred Heart to get the very best results for the precious child/ren that you have placed into our care.

God Bless

Steve Gibbs

Principal

Respect



'Be modest, be respectful of others, try to understand' ~ Lakhdar Brahimi

'We don't need to share the same opinions as others, but we need to be respectful' ~ Taylor Swift

Parenting Ideas

Starting the year right

If you're like most parents, you really wanted to start things off well, but it's been a little rocky. Getting back into a routine, being on time, sorting out school lunches... it's a bit tricky. Best laid plans haven't quite been as smooth as you might have liked. To dial in your morning and evening routines, I'm going to suggest a few principles to help.

1. Get clear on what 'getting it right' actually means.

You might know what you want the morning to look like. But is it clear to you? Can you write it down? Can you put it on the fridge? Can you explain it to your kids and help them to buy into why it matters? Clearly explaining what you want and why is going to be a critical first step.

2. Set up a system.

Author, James Clear, says that "you do not rise to the level of your goals. You fall to the level of your systems." So what does your system look like for making things happen? Can you create a system that will facilitate a smooth morning for *every* member of the family?

3. Workshop it.

Setting up a system when you're a parent is pretty easy. But bringing the family along can be trickier. By having a meeting and developing the system with input from your kids, you get to be clear, establish the system, and create buy-in. Ask your children to make suggestions and design the morning based on their

ideas. Fashion it with your expert knowledge. And watch the results improve because your children have been part of it. *Involvement* is a central success pillar when it comes to developing a system that works in any family.

4. Curate competence.

The real secret to successful routines is helping the kids become self-sufficient. It takes time, but teaching them to toast their bread or crumpets, fry or scramble some egg, or organise their cereal or yogurt, or even blend a smoothie means that there is less friction with your routine. They feel good about doing what needs to be done because they know how to do it. And while it's slow at first, it becomes wonderfully efficient over time.

5. Support autonomy.

Kids love to have choices. They appreciate being able to make their own decisions. Support them in that while ensuring they know what the guidelines and boundaries are for making things happen well.

Here are the golden rules of a magic morning (from a dad of six who has talked with thousands of parents about getting this right):

- 1. Your morning begins the night before. Get the prep done for tomorrow at bedtime so uniforms are ready, bags are packed, and library books or sports gear is sorted.
- 2. Create margin by waking up a little early, and getting the kids up (gently) a little early too. Room to breathe makes everything work better.
- 3. Create the structure so everyone knows what needs to be done.
- 4. Keep the kids accountable in a supportive way.

In spite of your best efforts, things will go pear-shaped now and then. When this happens, stay calm (remember: emotions are contagious), don't sweat the small stuff, be flexible for the morning... but get it back on track the next day by having a calm conversation in the evening, reinforcing the system, and working together on making it work.

Whether it's magic mornings or excellent evenings, the process is the same. Work as a team, and watch the magic happen... at least sometimes.

Dr Justin Coulson

Term 4 Key Dates for your diary

9/2/23 - Swimming trials Year 4

10/2/23 - Swimming trials Year 5 and 6

10/2/23 - P&F Evening on the Green, 6-8.30pm, school oval

15/2/23 - Parent Information Evening - Kindy 5pm, all other years 6-8pm (further details below)

22/2/23 - Ash Wednesday Mass 9am ,Yrs 1 - 6

6/3/23 - Labour Day public holiday

7/3/23 - Pupil Free Day

16/3/23 - House Swimming Carnival Yrs 4-6

6/4/23 - Stations of the Cross, 1.30pm Church and last day for students and staff

Term 1 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-Jan	31-Jan	1-Feb First day for students	2-Feb	3-Feb Welcome Back Mass 9am	4-Feb/5-Feb
Week 2	6-Feb	7-Feb	8-Feb Choir Auditions (Lunch Time)	9-Feb	10-Feb P & F Evening Virtual Assembly	11-Feb/12-Feb
				Swimming Trials Yr4-6	-	
Week 3	13-Feb	14-Feb	15-Feb Parent Information Evening 6-8pm Kindy parent Info session 5pm Dance Troupe Auditions (Lunch Time)	16-Feb	17-Feb	18-Feb/19-Feb
Week 4	20-Feb P&F Meeting	21-Feb	22-Feb Ash Wednesday Whole School Mass	23-Feb	24-Feb Virtual Assembly	25-Feb/26-Feb
Week 5	27-Feb IEP Meetings	28-Feb	1- Mar Year 2 Excursion SAC Meeting	2- Mar	3- Mar Virtual Assembly Swimming Training	4-Mar/5-Mar
Week 6	6- Mar Labour Day	7- Mar Pupil Free Day	8 Mar	9- Mar	10- Mar Swimming Training Virtual Assembly	11-Mar/12-Mar Commissioning Mass for Staff, SAC & P&F 6pm
Week 7	13- Mar Year 6 Leaders Forum	14- Mar Swimming Training	15- Mar NAPLAN starts	16 Mar Faction Swimming Carnival Yr4-6	17- Mar Year 4 Assembly	18-Mar/29-Mar
Week 8	20-Mar	21- Mar Swimming Training Harmony Day	22- Mar Year 3 Excursion Year 6 Camp	23-Mar	24- Mar Harmony Day Mass Whole School Swimming Training	25-Mar/26-Mar
Week 9	27- Mar	28- Mar	29- Mar	30- Mar	31- Mar	1-Apr/2-Apr
	P&F Meeting	Swimming Training	Dance Concert B Classes	Interschool Swimming	Dance Concert W Classes	Sacrament of Confirmation Commitment Mass Spm
Week 10 Holy Week	3-Apr	4-Apr	5-Apr SAC Meeting	6-Apr Stations of the Cross 1.30 pm Last day for students	7-Apr Good Friday	8-Apr/9-Apr

Parent Information Night Details

Our Parent Information Evening is on next **Wednesday 15 February 2023.** All parents are encouraged to attend. Details below:

Kindy Kindy Parents Library 5:00pm-6:00pm
Session One: Whole school Hall 6:00pm-6:30pm

Session Two: Year levels Classrooms 6:35pm-7:05pm

Session Three: Year levels Classrooms 7:10pm-7:45pm



Religious Education News

Last Friday we gathered as a community to pray for God's blessing at our first school mass of the year. Thank you to all our readers, choir members and servers for leading us during the mass. We also thank all parents and grandparents who joined us for this special celebration.



Religious Education Events coming up this term:

- 22 February Ash Wednesday Mass 9am
- 22 February Project Compassion launch



Congratulations to Fr Minh-Thuy!

Father Minh-Thuy Nguyen Appointed Episcopal Vicar for Clergy

Archbishop Timothy Costelloe has appointed Father Minh-Thuy Nguyen as the new Episcopal Vicar for Clergy after the retirement of Father Brian McKenna. Father Minh-Thuy will begin his role in a part time capacity from 1 February and until 30 April. He will continue the appointment full time from 2 May 2023.

Father Israel Quirit who is the Vocations Director will be joining our parish as an assistant priest on 26 February 2023. A new parish priest will be appointed in due course.

Father wishes to thank EVERYONE for their support and prayers over the past 5 years.

We will miss Father but congratulate him on his new appointment.

News from the Finance Officer

SCHOOL FEES

School Fees for 2023 will be emailed home next week.

Parents are asked to complete the payment options form on Page 2 and return it to the office by Friday 3 March. There are a number of options available including:

- payment in full by 24/3/2023 which attracts a 5% early payment discount on tuition fees
- payment in 3 instalments: due 24/3/2023, 30/6/2023 and 22/9/2023

Other payment arrangements ie; weekly/fortnightly/monthly by Direct Debit or BPAY must be approved by the school. Please contact Lindy Munnings on accounts@shthorn.wa.edu.au¹ for a confidential discussion regarding payment plans or if you are experiencing difficulties in meeting your school fee commitments.

HEALTHCARE CARDS

It is the responsibility of the parents to present their new card at the school office (so a copy can be taken) to ensure that discounts are not cancelled because the card has expired. If you have received an updated Health Care Card recently, please bring it in to complete the forms as soon as possible.

Lindy Munnings

Finance Officer

¹mailto:accounts@shthorn.wa.edu.au

Luna's Corner



Luna has had a very restful holiday and she has enjoyed having lots of walks at the park and around the river. She had Christmas with her friend Dolly and they played together with their toys. This term Mrs Gerhardy is teaching in Kindy and Mrs Kelly is very kindly helping to care for Luna at school during the day. Both Mrs Gerhardy and Luna are still available to all the children. Our "Walk to school with Luna" program is not running for the next few weeks due to the heat. We look forward to starting this program up again soon. Wishing everyone a great Term 1.



Sustainability

What a wonderful start to the year. It has been great to see children bringing in waste free lunchboxes and using the compost bins for fruit and vegetable scraps.

On canteen days (Monday, Thursday, and Friday) small bins are in the quads for canteen rubbish only and all other rubbish will be bought back home to help us meet our sustainability target to be a waste wise school. Keep up the great work!



Homework Club



Homework Club: For Years 2-6

Commencing: Week 3, Thursday 16 February until Week 9, Thursday 30 March 2023

Venue: Library

If you would like your child to attend Homework Club, where they can be assisted by teachers with their weekly homework, can you please complete the form below and return it to the Office or your Classroom Teacher. Children will only be allowed to attend if we have signed permission from you.

Thank you

Kind regards

Anita Urquhart

I	give permission to my son/daughter	to attend
Homew	ork Club on a Thursday afternoon. I understand that I need to pick my child up by 3.	25pm at the
latest at	t the front of the school and if they do not have homework, they cannot attend home	ework club.

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

Job Opportunities in OSHC

Due to an increase in occupancy, Sacred Heart OSHC are looking for educators to join their team. For further information please email Amanda McCorkill on amanda.mccorkill@cewa.edu.au²



New Roundabout - Potential traffic delays

I have been notified by the City of Gosnells regarding upgrades that are going to be undertaken to install a new roundabout at the **Ovens Rd and Murdoch Rd intersection**.

Between the months of February and April works will be undertaken to:

- Install the roundabout, islands and asphalt humps
- Modify footpaths and pram ramps
- Apply new asphalt at the intersection

²mailto:amanda.mccorkill@cewa.edu.au

• Install new line marking and signage

The construction will be over three months and will cause intermittent road closures in this area.

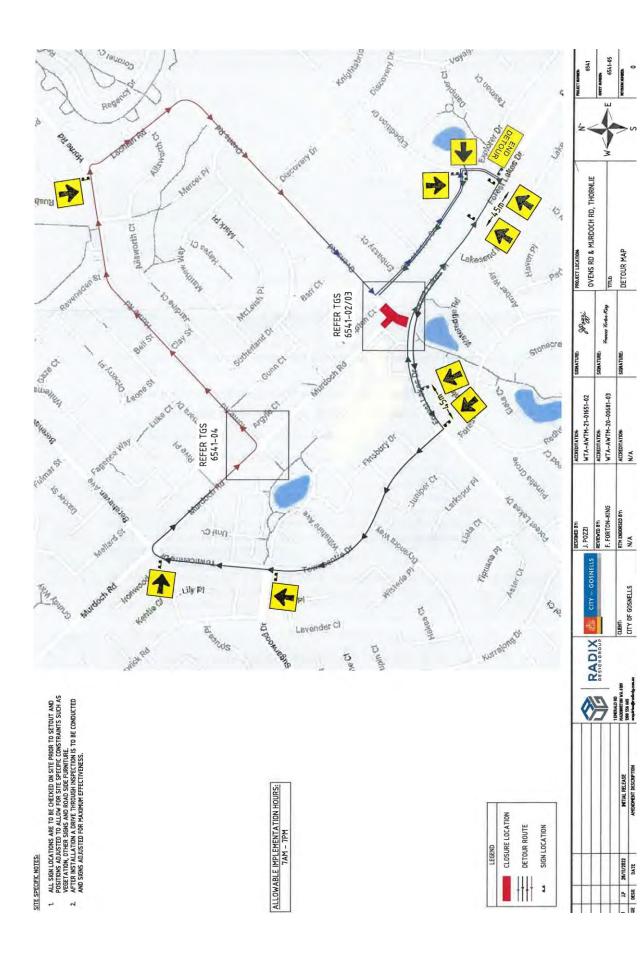
Between the 6 February and the 14 February there will be temporary lane closures and detours. If exiting the school on Ovens Rd in the afternoon you will be detoured down Chesterton Avenue. It is understood that this closure will not impact pedestrians or cyclists.

I have attached a copy of the City's detour plan for your consideration if the change will impact your route. The closure will be daily between the hours of 7am and 3pm so will impact our school.

I encourage families that are able, to consider walking or cycling to school.

All families will need to expect delays and exercise patience during this time.

Thank you for your understanding.



Canteen - Term 1 Menu

	ME	NU ITEMS		MONDAY	THURSDAY Chicken Strip Wrap \$5,00	
RECESS Crunch & Sip (Salad sticks) Fruit cup (Seasonal fruit) Cocktail Spring Roll Dinobite Party Pie Hash brown Cheezie Vegemite cheezie Cheezie sub Warm Milo & Mini Muffin Choc Berry Yoghurt Cup	50c \$1.50 30c 60c \$1.30 \$1.00 \$1.00 \$1.50 \$2.00 \$2.00 \$2.00	Cheese \$2.50		Bento Box \$6.00 Mini muffin, fruit, cheese & crackers, chick wing & a cheese or ham or vegemite s/w \$Salad Box \$5.5.0 Cheese, cucumber, carrot, lettuce tomato & egg	lettuce, tomato & carrot) Add mayo 50c Hot dog & tomato sauce \$4.50 ad: extras options (add mustard 50c and/or cheese 50c) Nachos ((Corn chips, salsa & cheese) Bento Box Mini muffin, fruit, cheese & crackers, chick wing & a cheese or ham or vegemite s/w Salad Box Cheese, cucumber, carrot, lettuce tomato & egg ADD chickes, barn or huns \$1.00	
WATER \$1.60 99% JUICE BOX \$2.00 Apple or Tropical		LUNCHBAGS 10 FOR SO		ADD chicken, ham or tuna \$1.00		
Apple & Raspberry, Apple & Blackcurrant, Watermelon, A Cola FLAVOURED MILK \$2.80 Chocolate splash, Strawberr smash, Banana Milk	Apple	Lasagne Macaroni Cheese (V) Twista Pasta Bolognese	\$5.50 \$5.50 \$5.50	Sausage Roll Beef Pie	S6.00 nuggets + Juice Box) \$4.00 \$4.50 tomato sauce 50c	

Canteen Term 1, 2023 - Roster

Jan 30th Pupil Free Day Feb 6th J. GARVEY Feb 13th J. GARVEY J.PAYNE Feb 20th J. GARVEY	Feb 2nd J. ALBANESE Feb 9th A. FOSTER A. JENYNS Feb 16th P. ELDER L. FRISINA	
J. GARVEY Feb 13th J. GARVEY J.PAYNE Feb 20th	A. FOSTER A. JENYNS Feb 16th P. ELDER L. FRISINA	J. FARANDA M. BENEDICT Feb 17th B. XAVIER
J. GARVEY J.PAYNE Feb 20th	Feb 16th P. ELDER L. FRISINA	Feb 17th B. XAVIER
J. GARVEY J.PAYNE Feb 20th	ELDER L. FRISINA	B. XAVIER
J.PAYNE Feb 20th	L. FRISINA	
Feb 20th		L. GRIGGS
	Feb 22-4 1	
J. GARVEY	Feb 23rd J.	Feb 24 th
	PAYNE	M. JOUBERT
	L. VOGELS	L. BARNES
Feb 27th	March 2 nd	March 3rd
J. GARVEY	A. FOSTER	L. CUNNANE
J. PAYNE	K. COPE	N. ROWE
March 6th	March 9th	March 10 th
Labour Day	J. ALBANESE	J. FARANDA
	A. JENYNS	M. BENEDIC
March 13th	March 16th	March 17th
J. GARVEY	P. ELDER	M. JOUBERT
	J. PAYNE	L. BARNES
March 20th	March 23rd A.	March 24th
J. GARVEY	FOSTER	R. DEKENS
	R. CARROLL	B. XAVIER
March 27th	March 30th	March 31st
J. GARVEY	P. ELDER	J. FARANDA
	J. PAYNE	
April 3rd J.	April 6th	April 7th
GARVEY		Good Friday
	J. ALBANESE	
	J. GARVEY March 20th J. GARVEY March 27th J. GARVEY	March 13th J. GARVEY March 20th J. GARVEY March 23rd A. FOSTER R. CARROLL March 27th J. GARVEY March 30th P. ELDER J. PAYNE April 3rd J. April 6th



Parents and Friends (P&F)

Welcome Back

The P&F would like to say a huge welcome back to all our existing families and a massive welcome to all our new families. We are excited to kick the year off with our annual Evening on the Green Welcome Back Event. Please come along and join us this Friday 10 February on the school oval from 6pm-8:30pm. Bring your picnic dinner, picnic rug or chairs and enjoy a relaxed evening on the lawn listening to live music performed by Melvina Live while catching up with other families within the school. We also have two food trucks attending - The Potato Corner and Streets on the Run, for your convenience.

We have lots of new and exciting things coming this year, once our first meeting has been held we will provide a schedule of events for the year. Keep your eye on our Facebook page for the date of our first meeting as we'd love to see some new faces and hear some fresh ideas. Everyone is welcome.

We are always looking for local business who are willing to support our school. If you have a business or know of one that is interested in supporting our events, please get in touch pandf@shthorn.wa.edu.au

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 your shopping dockets from Forest Lakes Forum in the Sacred Heart School box located outside Centre Management in the shopping centre.

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. 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

The P&F has been running the Containers for Change program for a few years now. This has proven to be a profitable scheme for the school, and we would like to encourage our existing and new families to please donate your eligible containers. The bins are located next to the clothing donation bins near the double gate exit from the car park on Ovens Road.



CSPWA Parent Induction Evening Invitation

The Catholic School Parents WA P&F Induction evening will take place on **Thursday 2 March from 6pm**, at St Peter's Primary School in Inglewood (103 Wood St).

The Induction evening will cover the new P&F Terms of Reference, updated Office Bearer role descriptions, including new duties for the P&F Treasurer, and information on how to access our P&F resources and online induction. An induction webinar will be available after the event for regional and remote schools.

The event is free but please register via this link for catering purposes https://events.humanitix.com/parent-induction-night³.

³https://aus01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fcspwa.schoolzineplus.com%2F_r%2FKrDYl% 2F63db4d10be0fc&data=05|01|8740svc_admin%40cewa.edu.au|1e1b6731f11648b9b18808db04e02e33|c5852f2 336334f29b38651da53e35e23|0|0|638109133122117033|Unknown|TWFpbGZsb3d8eyJWljoiMC4wLjAwMDAiLCJ QljoiV2luMzliLCJBTil6lk1haWwiLCJXVCl6Mn0%3D|3000|||&sdata=PvW6XuQ0RhppyQSGoFKddbRODq8Klohc9leS7 6letiQ%3D&reserved=0

P&F Induction Night 2023⁴

Regards,

Siobhan Allen

Executive Director

Sacred Heart Parish After School Catechist Classes Recommence for 2023

Please pass this information onto any family and friends that may be interested.

Enrolment Day Wed. 15 February 2023, 4-5 p.m. Foley Centre

Classes Commence Wed. 22 February 2023, 4-5 p.m. Foley Centre

Please direct any queries to the Parish on 9459 4459

⁴https://aus01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fcspwa.schoolzineplus.com%2F_r%2FL9EYp %2F63db4d10be0fc&data=05|01|8740svc_admin%40cewa.edu.au|1e1b6731f11648b9b18808db04e02e33|c5852 f2336334f29b38651da53e35e23|0|0|638109133122117033|Unknown|TWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiL CJQIjoiV2luMzIiLCJBTII6Ik1haWwiLCJXVCI6Mn0%3D|3000|||&sdata=40L9b0m9iKySl2BfpbNn3I5JQyl%2BW5f8zFN 0%2BoZj8RE%3D&reserved=0



St Norbert College

St Norbert College - OPEN DAY, Friday 3 March 2023

St Norbert College warmly invites prospective students and their parents to tour our beautiful College, its contemporary facilities and extensive grounds. Tours will be conducted at 9.00am and 1.00pm.

Bookings can be made at https://www.trybooking.com/CDSJV⁵.

Enrolments for Year 7 in 2025

We have commenced our enrolments for 2025. Application forms may be obtained by phoning the Enrolment Officer,

Mrs Hughes on 9350 5433.

⁵https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.trybooking.com%2FCDSJV&data=05 01|8740svc_admin%40cewa.edu.au|b4abb1f7f5f34ed9ca4408db05b5b5e1|c5852f2336334f29b38651da53e35e2 3|0|0|638110050245576058|Unknown|TWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6lk1haWwiLCJXVCl6Mn0%3D|3000|||&sdata=ALogtjIUZ51V1gjRvYSFb7S5LvpwcWjN8OiT5%2BjFArs%3D&reserved=0



Hearts Netball Winter Registrations



Useful Links

Uniform Shop⁶ Sacred Heart Thornlie Parish⁷

⁶https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store

⁷http://www.thornlie.perthcatholic.org.au/