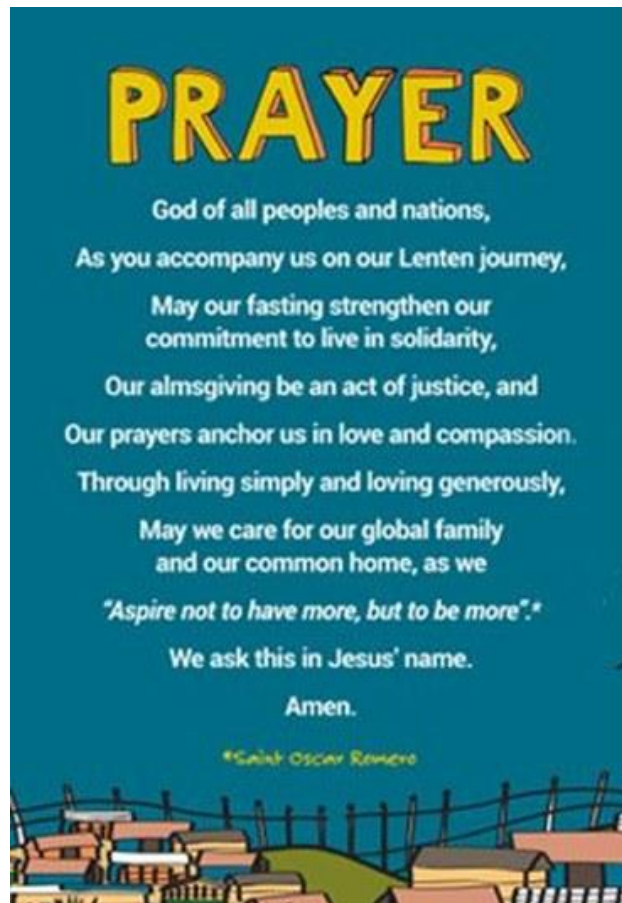


Sacred Heart School Thornlie



From the Heart - 22 February 2023



Principal's Message

Dear Parents

A big thankyou to all our families that attended our Parent Information sessions. If you were unable to attend the presentations from the evening will be available on our school website soon. Alternatively, you could contact your child's teacher for a copy.

Today is Ash Wednesday which marks the beginning of Lent. It was wonderful to gather as a parish and school community to have mass together for this occasion. Please discuss your child's Lenten promise with them so you can support them at home to prepare for the coming Easter season.

We have been having a lot of trouble in our carpark with people parking in no parking zones. This is causing some cars to then be blocked in and adding also to congestion. It is also dangerous as it limits access to fire hydrants and emergency services. I believe part of the problem is some families arriving too early to collect children.

Children in K and PP are released earlier than the rest of the school (2.30pm) as their caregivers must park and then collect from the door. If you have a child in Year 1 or above and you are arriving at school well before 2.45 pickup you are in effect limiting the available spaces for the parents of K and PP families. There are teachers on duty until 3.05 in the pick up zones and children from Years 1-6 can use the kiss and drop service.

Please also ensure you are encouraging your children to cross at the cross walk. Some parents call their children to them, thus encouraging them to walk, or worse, run through pickup traffic. All children are told to cross at the cross walk, please ensure you model this behaviour and encourage your children to do so.

If we all work together our car park flows smoothly. If we do not and we fail to consider others it leads to the many problems we are having. I have included in the following pages a map that shows the flow of the carpark and some photos that show the area of concern. Please read all information carefully and work together to ensure the smooth flow of traffic.

This week's Happy Families article is about how belonging starts at home. It outlines ways you can, as a parent or care giver, set your child up for success at school.

God Bless

Steve Gibbs

Principal

School Car Park reminders - From the Parent Handbook

There are approximately 460 children at Sacred Heart whose safety and well-being is the responsibility of ALL adults.

Be a courteous and safe driver and please observe the following car park instructions:

- Drive SLOWLY (no more than 5km/h)
- The Ovens Road gate is an EXIT gate. Do NOT drive in this gate against the flow of traffic
- Use the right lane to park in marked bays if picking up children from Kindy or Pre-Primary, or if you have an appointment with a teacher or in the office
- Use the left lane for 'drive through pick up' and remain in line until the vehicle ahead moves off
- Parents must remain with their cars in the 'drive through' at all times
- Cross to parked cars ONLY on the crosswalks
- Be especially careful and watch for children and toddlers when reversing in the car park
- Observe NO PARKING and NO STANDING spaces
- No parking on the footpaths or on the paved area around the church

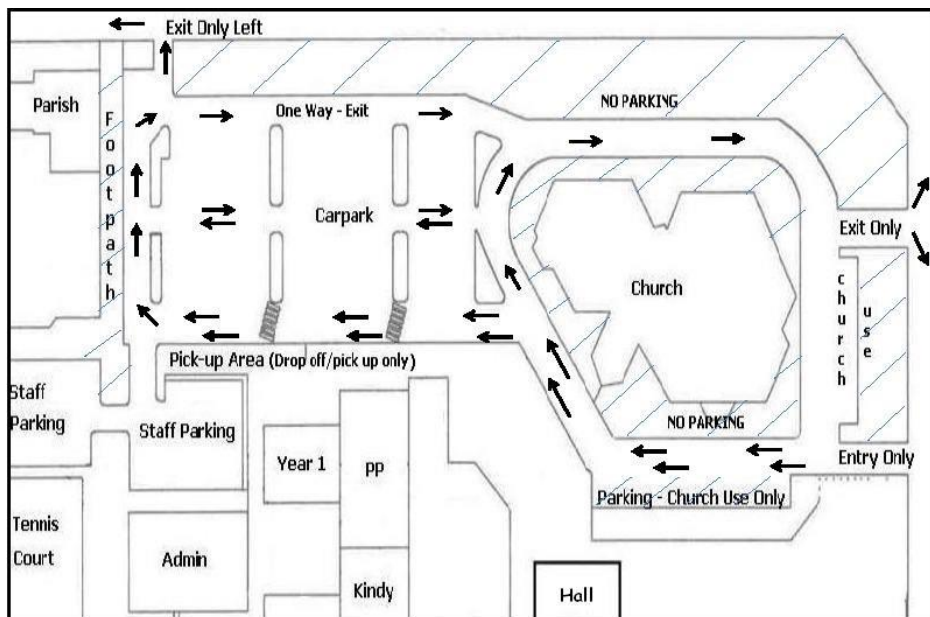
- No parking in the staff car park
- No parking in the disabled bays, unless you have a valid ACROD sticker
- Be aware of children crossing to the church especially on Wednesday mornings between 8.30am and 8.45am. The same applies on some Fridays after lunch and on other days when children are involved in Liturgical singing at the Church.

No Parking areas





Car Park Traffic Flow





“Respect yourself and others will respect you – **Confucius**

“Respect other people’s feelings. It might mean nothing to you, but it could mean everything to them’ -
Roy T Bennett

Parenting Ideas

School Belonging Starts at Home

Belonging is a hot topic right now. It’s on posters and internet memes, with some schools making it their number one priority. A sense of belonging at school has been linked to better grades, improved physical and mental health, and positive outcomes for future education or employment. But what does school belonging mean and what steps can you, as a parent, take to encourage it?

Most children first begin to form bonds of belonging with their family circle. As they grow up, their social connections expand beyond the household. Naturally, since kids spend a significant portion of their days at school, the school becomes a key environment to form connections and experience feelings of belonging.

Benefits of school belonging

School belonging is “the extent to which students feel personally accepted, respected, included, and supported by others in the school social environment.” Multiple supports (teachers, parents, peers, etc.) come together to encourage school belonging.

When kids feel like they belong at school, they enjoy greater overall wellbeing, improved academic achievements, better physical and mental health, and increased self-esteem. They behave better, are kinder, and participate more in classroom and extracurricular activities when they feel connected to their schools. School belonging can also have the potential to prevent negative outcomes such as school

dropout, low academic achievement, low self-esteem, behavioural issues, and feelings of anxiety and loneliness.

Sound good? How can we create a stronger feeling that our kids “belong” at school?

Offer academic support and encouragement

In a 2007 study of American middle school girls, Pauline Garcia-Reid found that parental support is directly related to school engagement. That’s important because school engagement (e.g., participation in class or extracurriculars) increases school belonging. The students in Garcia-Reid’s study who reported higher levels of supportive parental behaviours were more positively engaged in school.

So, let’s stop the psychobabble and focus on how we do this: The researchers said it’s by having regular conversations about school, classes your kid is taking, and plans for the future. These conversations can help nurture a desire to engage and achieve at school and inspire plans for higher education. Pretty simple, right?

Get involved

Research shows involvement is important – but not the controlling kind. Instead, we are going to help build belonging best when we are supportive.

What does this mean? Show up to school activities. Take opportunities to provide input in educational decisions. Other examples of at-home involvement include encouraging education conversations and being across schoolwork more generally.

A lot of parents check out of being involved as their children mature. This might not be so helpful. Research suggests that parental school involvement is just as important during the middle and later years of education as it is for younger years. Of course, that may be easier said than done. As teens gain more independence and busy schedules get in the way, it is typical for parents to step back from school involvement. But remember – school involvement comes in many forms. Small steps, like attending a parent evening or getting in touch with a teacher, can still go a long way for your kid’s engagement and performance in school.

Form close family relationships

Positive family relationships incorporate all the strategies we have explored so far. Supportive behaviour, encouraging communication, and active involvement in your kid’s life – at school and beyond – all contribute to a strong relationship.

Close family relationships may not seem especially relevant to education. However, research shows that family relationships directly affect school connectedness and academic performance.

At the end of the day, it’s about being there for your kids. When kids feel like they can come to you for support and advice in their everyday lives, that feeling will extend to support for school. A sense of belonging at home, in the community, and at school can do wonders for your kid’s academic engagement and achievement.

Most of us take the first steps to a healthy sense of belonging at home, closely followed by school. Although we continue to form our sense of belonging throughout our lives, school belonging plays a

crucial role in kids' development and motivation to belong moving forward. Teachers, educational policymakers, and parents all have a role to play in encouraging school belonging.

Dr Kelly-Ann Allen

Term 1 Key Dates for your diary

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
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	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 Whole School Harmony Day Mass	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 Year 4 Assembly Swimming Training	25-Mar/26-Mar
Week 9	27- Mar P&F Meeting	28- Mar Swimming Training	29- Mar Dance Concert B Classes	30- Mar Interschool Swimming	31- Mar Dance Concert W Classes	1-Apr/2-Apr Sacrament of Confirmation Commitment Mass 6pm
Week 10	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
Holy Week						



Religious Education News

Monday Morning Prayer

This week two of our Faith Faces Year 6 student leaders led the school in prayer. This is a new tradition that we are beginning at Sacred Heart where two of our Faithful Faces leaders will lead the whole school in Monday morning prayer and inform the students about any events for the week. Thanks to Tiana and Ben who were our first leaders to lead Monday morning prayer this week. They did a fantastic job.



Project Compassion

On Tuesday the Year Six Faithful Faces Leaders participated in the Project Compassion Launch. The students learnt all about the many ways Caritas Australia support communities and people around the world. The theme of Project Compassion this year is “All Future Generations”. The meaning behind the theme this year, is all about creating a sustainable future and looking after the earth.

The Faithful Faces are encouraging us all to donate generously to the Project Compassion appeal this year. Each class has a Project Compassion Box on their prayer table so that we can all make donations at any time and stay tuned for a fundraising event that the Faithful Faces will launch very soon.

Jacob in Year 6 says “The money we raise will support people around the world to earn a sustainable income but at the same time provide a valuable resource for their community”.

Please donate generous this year as part of our Lenten promise to help those in need.



News from the Finance Officer

SCHOOL FEES

School Fees for 2023 were **emailed** home two weeks ago.

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 i.e., 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

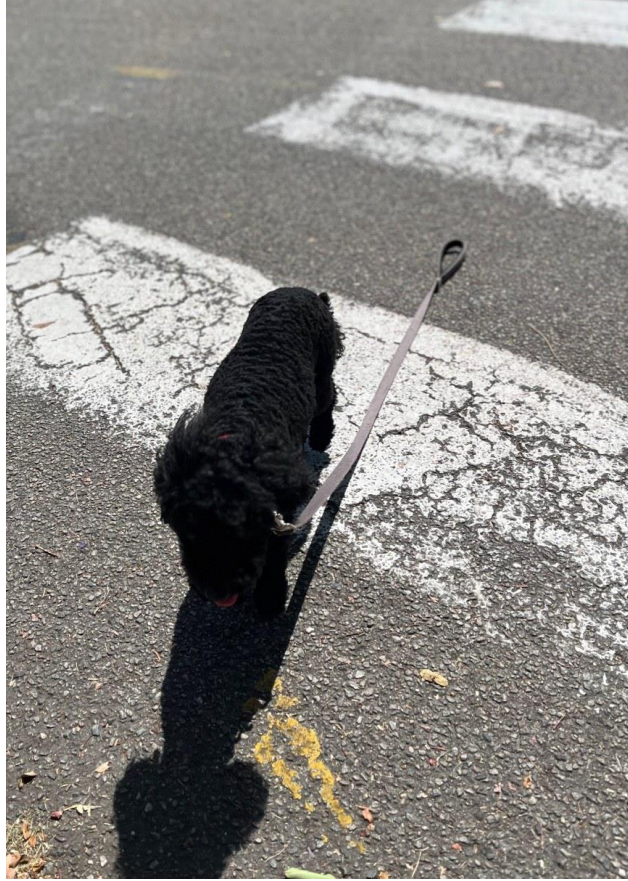
Finance Officer

¹<mailto:accounts@shthorn.wa.edu.au>

Luna's Corner



Luna wants to remind the school community to ALL use the crosswalk in the car park to keep us all safe. Be like LUNA and cross safely at the crossing.



Student Absentee

A reminder if your child is absent from school, please either complete an online absentee via the school website <http://shthorn.wa.edu.au/online-absentee/> or phone the school by 8.30am on **9251 3000 and press#1** to be put through to the absentee line and leave a message.

Library

Library borrowing has now commenced for 2023 and we would love to see all students borrowing. Please ensure your child has a library bag so they can borrow. No plastic bags or document wallets please as these tend to rip and do not protect books adequately. Students **MUST** have a library bag in order to borrow.

Borrowing days are as follows:

- Monday - Year 3, Year 4, Year 6 and KB
- Tuesday - Pre Primary, Year 2, Year 5 and KW
- Wednesday - Year 1

As usual, students will not be permitted to borrow new items until the previous loans are returned. Reminders for overdue items will be sent to classes fortnightly with reminders to parents via SeeSaw monthly.

We look forward to seeing all of our happy library borrowers next week!

Kind regards,

Laura Stilwell

Homework Club



Homework Club: For Years 2-6

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 Homework Club on a Thursday afternoon. I understand that I need to pick my child up **by 3.25pm at the latest** at the front of the school and if they do not have homework, they cannot attend homework club.

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

Enrolments now open for kindergarten 2024



If your child was born between **1 July 2019 to 30 June 2020** they will start 4 Year Old Kindergarten at the beginning of 2024. 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. Enrolment interviews will take place soon.

Sacred Heart School Garden

Sacred Heart School Garden!

It is with great pleasure that I introduce to you Sacred Heart's very own School Garden! At the end of last year, Mrs Gillespie and Mrs Cushen prepared the bed, planted some little seedlings and said a few prayers. It was a long hot summer, but with lots of care and attention these seedlings have grown and are now producing delicious healthy food for all of us to share!

The students have already had a great time today at our first Gardening Club! Mrs Gillespie has been brilliant with sharing all her knowledge about pollination, insects, and care of plants.

We will be 'selling' our produce at the front of the school on Wednesdays for a coin donation. First in best fed!











Canteen - Term 1 Menu

MENU ITEMS		MONDAY	THURSDAY	
<p>RECESS</p> <p>Crunch & Sip (Salad sticks) 50c Fruit cup (seasonal fruit) \$1.50 Cocktail Spring Roll 30c Dinobite 60c Party Pie 1.30 Hash brown \$1.30 Cheezie \$1.00 Vegemite cheezie \$1.00 Cheezie sub \$1.20 Pizza cheezie sub \$1.50 Warm Milo & Mini Muffin \$2.00 Choc Berry Yoghurt Cup \$2.00</p> <p>DRINKS</p> <p>WATER \$1.60 99% JUICE BOX \$2.00 Apple or Tropical JUICE BOMBS \$2.80 Apple & Raspberry, Apple Blackcurrant, Watermelon, Apple Cola FLAVOURED MILK \$2.80 Chocolate splash, Strawberry smash, Banana Milk</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 Egg \$3.50 Chick/salad \$4.30 (Salad : carrot, cucumber, lettuce & tomato)</p> <p>EXTRAS</p> <p>Beetroot 50c Onion 30c Cheese 50c Mustard mild 50c Mayo 50c Sauce sachet 50c Wrap 50c Toasted 50c</p> <p>LUNCHBAGS 10 FOR 50c</p> <p>PASTA</p> <p>Lasagne \$5.50 Macaroni Cheese (V) \$5.50 Twista Pasta Bolognese \$5.50</p>	<p>Beef Burger \$5.00 (Beef patty, cheese & tom sauce) Chicken Burger \$5.00 (Crumbed chicken, cheese & tom sauce) add extras options e.g lettuce 50c, tomato 50c, onion 30c, mayo 50c, mustard 50c, pineapple 50c Pizza & Juice Box Combo \$5.00 (Margarita or Ham & Cheese) Bento Box \$6.00 Mini muffin, fruit, cheese & crackers, chick wing & a cheese or ham or vegemite s/w Salad Box \$5.50 Cheese, cucumber, carrot, lettuce, tomato & egg ADD chicken, ham or tuna \$1.00</p>	<p>Chicken Strip Wrap \$5.00 (Classic or Sweet Chilli tender, cheese, lettuce, tomato & carrot) Add mayo 50c Hot dog & tomato sauce \$4.50 add extras options (add mustard 50c and/or cheese 50c) Nachos \$4.00 (Corn chips, salsa & cheese) Bento Box \$6.00 Mini muffin, fruit, cheese & crackers, chick wing & a cheese or ham or vegemite s/w Salad Box \$5.50 Cheese, cucumber, carrot, lettuce, tomato & egg ADD chicken, ham or tuna \$1.00</p>
		<p>FRIDAY</p> <p>Treasure Chest \$6.00 (Hashbrowns, Fish nuggets + Juice Box) Sausage Roll \$4.00 Beef Pie \$4.50 Add squeeze on tomato sauce 50c</p>		

Canteen Term 1, 2023 - Roster

WEEK	MONDAY	THURSDAY	FRIDAY
WEEK 1	Jan 30th Pupil Free Day	Feb 2nd J. ALBANESE	Feb 3rd J. GARVEY
WEEK 2	Feb 6th J. GARVEY	Feb 9th A. FOSTER A. JENYNS	Feb 10th J. FARANDA M. BENEDICT
WEEK 3	Feb 13th J. GARVEY J. PAYNE	Feb 16th P. ELDER L. FRISINA	Feb 17th B. XAVIER L. GRIGGS
WEEK 4	Feb 20th J. GARVEY	Feb 23rd J. PAYNE L. VOGELS	Feb 24 th M. JOUBERT L. BARNES
WEEK 5	Feb 27th J. GARVEY J. PAYNE	March 2 nd A. FOSTER K. COPE	March 3rd L. CUNNANE N. ROWE
WEEK 6	March 6 th Labour Day	March 9th J. ALBANESE A. JENYNS	March 10 th J. FARANDA M. BENEDICT
WEEK 7	March 13th J. GARVEY	March 16th P. ELDER J. PAYNE	March 17th M. JOUBERT L. BARNES
WEEK 8	March 20th J. GARVEY	March 23rd A. FOSTER R. CARROLL	March 24th R. DEKENS B. XAVIER
WEEK 9	March 27th J. GARVEY	March 30th P. ELDER J. PAYNE	March 31st J. FARANDA
WEEK 10	April 3rd J. GARVEY	April 6th A. JENYNS J. ALBANESE	April 7th Good Friday



Parents and Friends (P&F)

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

Alternatively, you may place your shopping docketts 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 docketts 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 kindly ask you to please support this competition for the benefit of our school.

'Sacred Heart Thornlie P&F' Facebook Page

To keep up to date on all the exciting events that are happening at the school, 'Like' our Facebook Page. This is a great way to keep up to date on the latest events, when forms are due back and to ask any questions the P&F may be able to assist you with.

Search for **Sacred Heart Thornlie P&F**

Containers for Change

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.



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/CDSJV>².

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.

²https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.trybooking.com%2FCDSJV&data=05|01|8740svc_admin%40cewa.edu.au|b4abb1f7f5f34ed9ca4408db05b5b5e1|c5852f2336334f29b38651da53e35e23|0|0|638110050245576058|Unknown|TWFpbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTil6lk1haWwiLCJXVCi6Mn0%3D|3000||&sdata=ALogtjUZ51V1gjRvYSFb7S5LvpwcWjN8OiT5%2BjFars%3D&reserved=0



Mercedes College is hosting its **Open Day on Tuesday 14 March.**

This will be an immersive experience which will include a student-led tour of the College visiting specialised learning areas where prospective families will have the opportunity to meeting the various Heads of Learning.

Two sessions are available: 8.30am and 11am, and registrations are required in order for places to be secured:

<https://www.mercedes.wa.edu.au/enrolments/open-morning/>³

Further Information about the College is available at <https://www.mercedes.wa.edu.au/>⁴

Hearts Netball Winter Registrations



The poster features a blue background with white and light blue text. At the top left, a netball player is shown in mid-air. At the top right, the 'Hearts Netball Club' logo is displayed. The main title 'WINTER REGISTRATIONS 2023' is centered. Below this, a 'REGISTRATION DETAILS' section lists the season dates and key matches. A 'NETSETGO LINK' and 'JUNIORS/SENIORS LINK' are provided with their respective URLs. The location is listed as Southern Districts Netball Association, 81 Langford Avenue, Langford, WA, 6147. Social media icons for email, Facebook, and Instagram are at the bottom.

WINTER REGISTRATIONS 2023

REGISTRATION DETAILS

Season Commences: April 29th 2023
Season Concludes: August 26th 2023

Semi-Final: September 2nd 2023
Preliminary Final: September 9th 2023
Grand Final: September 16th 2023

EARLY BIRD DISCOUNT OF \$15 AVAILABLE UNTIL 13TH FEBRUARY 2023
REGISTRATIONS CLOSE 14TH MARCH 2023
ALL PLAYERS, OFFICIALS & VOLUNTEERS TO REGISTER BY 12TH MARCH 2023

NETSETGO LINK

<https://www.playhq.com/netball-australia/register/f075e8>

JUNIORS/SENIORS LINK

<https://www.playhq.com/netball-australia/register/d79cf1>

Location: Southern Districts Netball Association, 81 Langford Avenue, Langford, WA, 6147

hearts@heartsnrc.com | @heartsnrcnetballclub

Useful Links

Uniform Shop⁵ Sacred Heart Thornlie Parish⁶

³https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mercedes.wa.edu.au%2Fenrolments%2Fopen-morning%2F&data=05|01|8740svc_admin%40cewa.edu.au|5b1ec3222b834a7eb83108db0fe814c7|c5852f2336334f29b38651da53e35e23|0|0|638121261743993307|Unknown|TWFpbGZsb3d8eyJWljoimC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6I6k1haWwiLCJXVCi6Mn0%3D|3000||&sdata=5%2Bfb9kgoQKgzvi1OH%2BavFSIGf3hZRWEXeJFSGd7hn1E%3D&reserved=0

⁴https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mercedes.wa.edu.au%2F&data=05|01|8740svc_admin%40cewa.edu.au|5b1ec3222b834a7eb83108db0fe814c7|c5852f2336334f29b38651da53e35e23|0|0|638121261743993307|Unknown|TWFpbGZsb3d8eyJWljoimC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6I6k1haWwiLCJXVCi6Mn0%3D|3000||&sdata=5dv6%2Ff8IG4d%2FMO6kWeccqaeesjzqa7CAuV89ewuHUn30%3D&reserved=0

⁵<https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store>

⁶<http://www.thornlie.perthcatholic.org.au/>