

Sacred Heart School Thornlie



From the Heart - 21 September 2023



Prayer

Lord, we thank you for the students at our school.

Continue to guide and support them every day.

Help them to retain what they have learnt and adapt their knowledge to new situations.

Allow them to establish life-long friendships with their peers.

May they rest and rejuvenate this holiday and keep them safe in your care.

Amen.

Principal's Message

Dear Parents

What a busy term we have had with both Athletics and Performing Arts events taking place and our children being involved in so many exciting activities. It has been wonderful to see children develop, show their talents and excel in their areas of interest during this time. I'm sure the children are ready for a well-deserved break after such an exciting and action-packed term.

Recently the school received notifications from staff that they would be leaving at the end of the year. Mrs Catherine Brunt and Miss Marlee Snauuw will both be heading off to other Catholic schools in 2024 and we wish them all the very best. I have recently also received a resignation from Mrs Simone Bradford our Three Year Old teacher in Child Care. Simone will be moving to a teaching position with the government system next term. The process for replacing these teachers is underway and the successful candidates will be announced at the conclusion of the process.

I would like to thank our P&F for organising our Colour run. It was such a fun afternoon for the children and the funds raised will contribute greatly towards the new playgrounds, which we hope to have installed early next year. The next P&F events are the referendum sausage sizzle and cake stall and the upcoming Bogan Bingo parents' event. Please support the P&F in all the wonderful things they do for our school.

Our Happy Families article is about resilience. It highlights the message of R U Ok day and how we can extend that out into our daily lives.

This term we have been focusing closely on our core school value of Responsibility. Please discuss this with your children at home when opportunities arise.

I'd like to wish all families a safe and happy holiday and please keep safe if you are travelling. We look forward to seeing the smiling faces of the children when they return next term.

God Bless

Steve Gibbs

Principal

Responsibility

He who weighs his own responsibilities can bear them ~ Nepos

Every man and woman ought to feel their own responsibilities ~ Nepos

Happy Families

R U OK? By Dr Justin Coulson

I'm not really supposed to say this, but R U OK Day has always sat a little uncomfortably with me. I know we need to show we care – and I'm all for that. I know we need to be willing to have the tough conversations – and I'm all for that.

The trouble for me is twofold: first, asking “are you ok?” doesn't tend to feel authentic in most casual conversations. This, we can change, by having more meaningful conversations. But second – and importantly – in the unlikely event that someone says “No, I'm actually not doing so well” we tend to be a little unsure of how to respond. This is the case whether we're talking to a friend or one of our kids.

Our Insights articles are typically about parenting. This article can still apply to parenting, but really, this one's for everyone who has ever wondered how to ask if someone is ok, or who has felt unsure about how to respond when things aren't ok.

R U OK?

Think about how we typically ask someone how things are for them. Common questions might be:

How are you? (Common responses are “not bad”, “fine thanks”, or a sigh followed by “I'm ok”.)

How was your day? (Common responses are “meh”, “mmmm hmm”, or “fine”.)

What's wrong? (Common responses are “nothing” or a big gush of emotions.)

Let's consider a couple of important factors:

What have they already told you?

Perhaps their body language is slumped. Maybe they seem to have been crying or are jittery, upset, or even antagonistic.

How's your timing?

Asking a question about emotions when someone is emotional or tired can trigger responses that aren't helpful. Sometimes we might even become irritated when we get a one-word answer like “fine”. Timing matters.

Is there an audience?

If others are around, a person will want to “maintain face”. Face needs describe the way we try to look like we have it together so no one judges us. An audience reduces the likelihood that someone will be honest with us.

How have you asked?

We often ask if people are ok because we've seen that they're looking like they're struggling, but we ask at the wrong time or in front of a crowd... or perhaps we ask the wrong way. A quick “what's wrong?”, or “how are you” can sometimes give the impression that we're not interested in the answer.

How is your relationship?

A lesson I've learned the hard way is that if I don't share a strong enough relationship with someone, my questions about how they're doing won't go very far. (Face needs play a role here again.) A person has to know – deep in their bones – that you've got their back if they're going to open up.

How to ask the question

There are many ways to find out how someone is. Here are three suggestions:

First, when you see that someone isn't doing so well, you are away from others, the timing is right, and the relationship is strong, ask "Are you ok?" The question should be asked with eye contact (and a gentle touch – perhaps on the shoulder – if appropriate), compassion, and a clear desire to know more.

Second, you might follow the suggestion above but instead ask "How are you feeling?". This question opens a dialogue that can also be productive.

Third, say what you see. (This is my preferred option, although it may not always be right.) In this instance, you might say, "It looks like you're having a really rough time at the moment." Or you could say, "I might be reading this wrong, but lately I feel like it's been a struggle for you." This leads to a more natural "are you ok?"

When they say they're fine

People often hide how they're really feeling. They don't want to look weak or incompetent. Or perhaps they don't want to be honest – with you or themselves.

A friend recently shared the following with me:

I was on a walk with a few mates. We walk regularly together – at least twice a week. After a walk, Shane came up to me and said, "No one cares about what I'm going through. But I'm falling apart. I just don't think I can keep doing this. And no one is checking in."

My friend had checked in with Shane that day (and every other day they met) with a standard "how are things, mate?" and Shane had met that question with a smile, a nod, a handshake, and a "yeah, great mate. You?" Now and then, it's good to pause and say something like, "Ok, that's the standard answer. But how are things... really? Are you ok?"

Often it's the second question that makes the difference.

Where to from here?

When someone gives you an indication that they're struggling – that they're not really "ok" – you might sometimes get stuck. What do you say?

Clumsy statements like "you'll be ok" often spill from our lips. We mean well. But this rarely helps. Well-intentioned advice might be our natural response. It's rare that someone who is not ok actually wants our advice though. This is better saved for later.

Instead, try the following:

Say thanks. "I really appreciate you letting me know."

Validate. "Things can be really rough sometimes."

Listen. "I'm here and I'm listening."

Offer support. "If there were anything at all that I could do, what would it be?" or better yet, "I think I can help. Are you open to...? (and make an offer of support like a meal or a regular catch up)".

And if someone is in real danger, call Lifeline on 13 11 14.

Term Three and Four Key Dates for your diary

- Thursday 21 September - Last day of school and Footy Colours Day
- Friday 22 September - Pupil Free Day

Term Four

- Monday 9 October - Pupil Free Day
- Tuesday 10 October - First day of Term 4 for students
- Friday 8 December - Last day of school for students for 2023

The link to the Term 4 calendar is attached and is posted on the school website. A hard copy of the Term 4 planner can be obtained from the school office.

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

Pupil Free Day - 22 September 2023 and Monday 9 October 2023

We continue to remind families that Friday 22 September and Monday 9 October are Pupil Free days while the staff of Sacred Heart engage in a professional development days.

Reminders

- Choir returns Week 1 of Term 4.
- Homework Club returns Week 2 of Term 4.
- Please keep students out of the garden beds particularly the garden beds at the pickup area outside Year 1. Lots of students run through the area at pick up time and are killing the beautiful plants that Mr Barry and Mrs Gillespie have planted.

Music lessons at Sacred Heart

Please contact Lumen Christi College if you would like your child (from Years 3 to 6) to have music lessons. We have music tutors come out once a week for keyboard, guitar and drums. All of the music

tutoring is managed via the Music Department at Lumen. <https://www.lumen.wa.edu.au/opportunities/arts/music/primary-instrumental-program>

Please contact the Lumen Music Administration on 9394 9300 or by email via lumenmusic@cewa.edu.au¹ to confirm availability for Term 4, 2023 or 2024.

Farewell Mrs McCorkill, Mrs Brunt and Mrs Bradford

Mrs McCorkill

It is with much gratitude that we thank and farewell Mrs Amanda McCorkill our Director of OSHC and ELC over the past 10 years. Her outstanding work over the years has had a very positive outcome for our community. Amanda's contribution to the Sacred Heart Community has been greatly appreciated and we wish her all the very best in her new role.

Mrs Brunt

We warmly wish Mrs Brunt a fabulous long service leave next term and wish her all the best in her new role as Dean of Year 3-6 at St Brigid's School. Mrs Brunt has completed 7 years of service at Sacred Heart and she has made a wonderful contribution to our community. Thank you, Mrs Brunt and all the best, for your future!

Mrs Bradford

We warmly wish Mrs Bradford our 3 year old Kindy teacher all the best as she moves on to work at a new school. Mrs Bradford has worked in our Early Learning Centre for the past 3 years and took on the role as our 3 year old Kindy teacher this year. We thank her for her contribution to our Sacred Heart and congratulate her on her new position.



¹<mailto:lumenmusic@cewa.edu.au>



Finance News

******* 3rd and Final instalments for School Fees are due tomorrow Friday 22 September *******

If you are paying your School Fees by 3 instalments, your last payment is due **Friday 22nd September**.

School fees contribute to the ongoing operation of the school and we thank all families whose accounts are up to date.

If you have any questions regarding your school fees, please contact the Administration Office on 9251 3000, chose Option # 5 to speak to our Finance Officer Lindy Munnings or email accounts@shthorn.wa.edu.au²

Term 4 Summer Uniform

Term 4 marks the start of summer uniform.

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

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

Further information about the school uniform and pricing can be found on the school website <http://shthorn.wa.edu.au/uniform/>

Summer Uniform

Boys

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

Girls

- Blue checked school dress
- Short blue school socks
- Black leather lace-up shoes or brown sandals

Sports Uniform

House

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

²<mailto:accounts@shthorn.wa.edu.au>

- Predominately white sport trainers
- Blue school hat

Not returning to Sacred Heart in 2024?

If your child/ren won't be returning to Sacred Heart Primary School in 2024, please ensure that you notify the school admin office by **Friday 27 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 or you can obtain a hard copy from the office.

Kindy Amazing Race

This week the Kindy classes participated in the Amazing Race. The children took part in a variety of team games including circle ball, bean bag relay, hoop relay and an egg and spoon race. They finished with individual running races, and all did an amazing job. Thank you to Mr B. For setting up the finish line and to all the parents who came down to support the event.

The Kindy Team

Kindy running





Walk to School with Luna - Term 4



WALK TO SCHOOL WITH LUNA - commencing in Term 4 every Friday will be walk to school with Luna. We will leave from The Castle, Discovery Drive, Thornlie at 8.00am every FRIDAY. Please note that the Interschool Athletics team will be able to join us in Week 3 after the morning training is completed.

LUNA'S LUNCHTIME UNO COMPETITION - will commence in Week 3, more details to come.

Enrolments 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/> should be lodged with us as soon as possible. Enrolment interviews have almost finished.

Parents and Friends (P&F)

Term 3 Wrap Up

WOW !! What a term that was. Thank you so much to our community and all the families that continually support the P&F. We are well on our way to achieving the goal of funding the Ninja Warrior course and Junior playground.

How good was the Colour Run? Thank you to all the students who fundraised, you should be very proud of yourselves. The total raised was a whopping \$15,210.38. Congratulations to 4W you were the highest fundraising class raising \$1,788 second was 4B with \$1,481 and third was 2B with \$1,385. Our highest fundraising students were Jett McNeill, Anahera Thorby and Ariel Phillips. What a huge achievement by all.

We'd like to do a special shout out to The Wedding Spinner & DJ Scooby for providing the awesome beats during the Colour Run. You guys were fantastic, and it created a great atmosphere. 🎵🎶

To get us to our goal we have a few more upcoming events.

- Saturday 14th October, we will be hosting the Referendum Sausage Sizzle, Bacon & Egg Burger and Cake Stall. The Polling Booths are at our school again this year so please come along and grab yourself some breakfast while you vote. There will also be a Coffee Van on site. We will be calling for volunteers in week 1 of term 4 and are looking for donations for the Cake Stall, soft drinks, cash donations or Coles or Woolworths vouchers to purchase all items.
- Friday 20th October, Crazy Sock & Hair Day
- Saturday 28th October, get your babysitters ready and prepare your inner bogan for Bogan Bingo! **This is an adults only event.** Details and tickets will be released week 1 in Term 4. Please

don't delay in purchasing tickets, this is a sought-after event with limited tickets available and WE WILL SELL OUT.

'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**

VacSwim Enrolments

Enrolments are now open for VacSwim swimming lessons during the summer school holidays. VacSwim offers fun lessons at beach or pool locations. They are a great school holiday activity and they teach valuable safety skills to help keep your child safe in the water.

Enrol at education.wa.edu.au/vacswim³



Useful Links

Uniform Shop⁴ Sacred Heart Thornlie Parish⁵

³<https://www.education.wa.edu.au/vacswim>

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

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