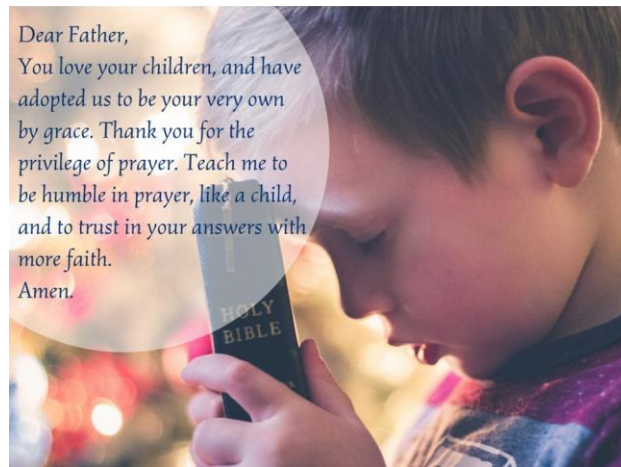


Sacred Heart School Thornlie



From the Heart Newsletter - 10 November 2023



Dear Father,
You love your children, and have adopted us to be your very own by grace. Thank you for the privilege of prayer. Teach me to be humble in prayer, like a child, and to trust in your answers with more faith.
Amen.

Principal's Message

Dear Parents

Last 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 Joel, Keenan and Bronwen for their hard work. Mrs Min and Mrs Cannell also assisted on the night backstage. If you are interested in your child receiving music tuition, please see the ladies at the front office for more information. Next year students in years three to six are eligible to have lessons.

Our ACM will take place on the 22 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 Year Five students began a project with Astley Care in Gosnells that will see the students visit their aged clients over the course of the year. The children and adults had a fantastic time learning about each other's lives and then finished the visit with some paper plane making and throwing. We look forward to seeing this project evolve next year when our students are in Year Six.

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 correct procedure.

This week I received news that Mrs Hodgson will be taking LSL and then some extended leave and will thus be away for all of 2024. I wish Jo all the best for her break. We will be interviewing on Monday for the last piece of the teaching puzzle for 2024. I also received a letter of resignation from Miss Cortni Cooper one of our ISC Education Assistants. We wish Miss Cooper the best for the future.

This week's Happy Families article is about children and play. Having seen the joy in both the children and adults playing with paper planes today I thought it would be good to highlight the importance of play. I hope you find it useful.

God Bless

Steve Gibbs

Principal

Resilience

"A good half of the art of living is resilience" ~ Alain de Botton

'Grief and resilience live together' ~ Michelle Obama

Happy Families

Letting Kid's Play by Dr Justin Coulson

Bob Ross had a career in the Air Force for 20 years and didn't start painting until he retired. At 41, he became everyone's favourite art teacher.

Colonel Sanders had a hard time holding down jobs, working as a fireman, insurance salesman, and even worked in law. It wasn't until his 40s that he started successfully selling fried chicken.

Martha Stewart worked as a stockbroker. It wasn't until she was 41 that she published her first cookbook.

Albert Einstein was expelled from his school, and his teachers thought that he was mentally handicapped. Yet he went on to win a Nobel Prize and is considered one of the most brilliant minds of all time.

Winston Churchill failed 6th grade. At 63, he became Prime Minister of England.

It's so easy to grow anxious, worried that our children are falling behind or missing out.

We worry that they won't develop their culinary skills if they don't start Mummy and Me cooking classes as toddlers.

We fear that they will never be talented artists if we don't enrol them in the pricey after school art class.

We are concerned that if we don't require them to practice piano daily, that they will never develop into talented musicians.

We worry that their low score on their maths test means that they will never go into a STEM course at university.

We anxiously watch on as they struggle to decide which subjects to pursue in high school, worried what careers they are precluding themselves from following.

What we often fail to remember in those moments of anxiety and fear, is that learning doesn't stop when they finish high school or their tertiary education. As adults we can go back at any time and learn to paint, learn to do complex algebra, learn to be good leaders. We can change career paths again and again, and quickly catch up on the things we missed or have forgotten.

What we can't do is get our childhoods back.

Childhood isn't a time to prepare to be an adult.

Childhood is a time to be a child.

Childhood is a special time where imaginative play feels richer, where friendships are formed over a shared love of digging for worms, and where building a tree house can feel like the most important thing in the world.

Yet we often cut into that time to get them to sit still, learn 'important things', and prepare for their futures. The problem is that the more time that they are engaged in adult-led, structured, future-oriented activities, the less time they have available to engage in the real work of childhood – play.

Play teaches our kids everything that they really need to learn. It fosters physical and motor development. Play requires socio-emotional skills. It strengthens the imagination and creativity. It builds STEM skills and deductive reasoning. Play can not be substituted with other activities and still achieve the same outcomes. Children need the opportunity to play.

To celebrate World Children's Day, let's elevate play to its true level of importance. Let's prioritise it above our own goals for our children. Let's allow our kids to have a day, at least just this one day, to choose their own activities, to play without direction, to engage in the work of childhood without limits.

And if you can, go even further. Start a 30 day play challenge, making sure your kids have at least 45 minutes every day to engage in activities of their own choice.

If it's been a while since they had the opportunity for free play, they might not know where to begin. To avoid those calls of "I'm bored", try setting the stage with these play prompts:

Pull out the bicycles

Visit a new playground

Set up a play dough or clay station

Get out the chalk

Turn the hose into a sprinkler

Go to the beach

Take a few different balls to a park

Dust off some board games

Go to the swimming pool

Get out the paints and paint brushes

Go out to a nature reserve

Visit some rock pools

Then get out of the way. True play is self-directed, intrinsically motivated, and creative.

This World Children's Day (and hopefully every day) let's safeguard childhood, value play, and let our kids be kids.

Term Four Key Dates for your diary

- Friday 17 November - Farewell Mass for Margaret O'Neill and Margaret Johnstone
- Wednesday 22 November - ACM, 6.30pm in the Hall
- Friday 1 December - Music Concert
- Tuesday 5 December - Graduation Mass for Year 6 students, Year 5 students also attend.
- 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/>

Religious Education



The theme of the Gospel this week is “humility”. Humility in the Catholic context is to give up one’s time or comforts to support others. It is also someone who recognise that they need to continual reflect on their outlook and attitude in order to avoid a lack of humility.

How can we show humility?

1. Spend time listening to others. ...
2. Practice mindfulness and focus on the present. ...
3. Be grateful for what you have. ...
4. Ask for help when you need it. ...
5. Seek feedback from others on a regular basis. ...
6. Review your actions against the language of pride (ignoring others, not respecting other’s opinions, having a domineering attitude).

Upcoming Masses:

- 17 November 9am - Farewell mass for Mrs Margaret O’Neil and Mrs Margaret Johnstone
- 29 November 9am – Thanksgiving mass – an opportunity to thank God for the blessings of the school year.
- 5 December 9am – Graduation Mass 6pm (compulsory for Year 5 and 6 students)



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. **Donations can start to be dropped off to classrooms from Monday 20 November. Last day for drop off is Friday 1 December 2023.** 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, Long life Custard
Year One	Tea, Coffee, Long life 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, Nut mix, Pretzels
Year Five	Decorations, Christmas Crackers, Christmas paper plates, Christmas napkins
Year Six	Shortbread, savoury/sweet biscuits
Staff	Re-usable Christmas bags from Coles/Woollies

Finance News

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 have been sent out to those families. Prompt payment on these overdue accounts would be appreciated.

Please contact me on accounts@shthorn.wa.edu.au¹ or call 9251 3000 and chose Option # 5 if you would like an updated statement or would like to have a confidential discussion about payment options.

Christmas Concert - Friday 1 November



WHEN: Friday 1 December 2023

WHERE: Sacred Heart School Oval

TIME: Arrive anytime **from 6.00pm** for the picnic on the green. Concert commences at 7pm.

Order of performances and costume requirements:

The school bell will ring at 6:40pm to remind students to assemble in their classrooms ready to walk down to the oval. **A reminder that this is an alcohol and smoke free (including vaping) family event.**

After the class dances there will be:

- Teachers Dance
- P&F Raffle
- AUSLAN – We Wish You a Merry Christmas
- Whole School and community Song & Dance (Feliz Navidad)
- Conclusion: approximately 8:15pm

¹<mailto:accounts@shthorn.wa.edu.au>

Class	Song	Girls	Boys
Kindergarten	I'M THE HAPPIEST CHRISTMAS TREE	Concert t-shirt will be made in class. black shorts or black skirts, or black leggings. Enclosed shoes/no thongs. Something Christmassy in their hair.	Concert t-shirt will be made in class. Black shorts. Enclosed shoes/no thongs. Something Christmassy in their hair.
Choir (throughout the night)	FROSTY THE SNOWMAN AWAY IN A MANGER SILENT NIGHT	No costumes as they will be dressed in their class costume.	No costumes as they will be dressed in their class costume.
Year Two	THE FIRST NOEL	Plain white t-shirt, white shorts or white skirt or white leggings/jeans. White school sneakers, white school socks, silver, or gold tinsel in girls' hair.	Plain white t-shirt, white shorts, or white jeans. White school sneakers, white school socks.
Pre-Primary	SANTA WEAR YOUR SHORTS	Plain bright coloured t-shirt, coloured shorts, school white sneakers and white socks and something chrismassy in their hair.	Plain bright coloured t-shirt, board shorts, white school sneakers and white socks.
Year One	ROCKIN AROUND THE CHRISTMAS TREE	Colourful t-shirt, colourful leggings, colourful tutu skirt, any coloured socks and sneakers. Hair tied up in a side ponytail.	Plain black t-shirt, black jeans or black shorts, black socks, school sneakers, coloured head scarf to tie around their head.
Year Four	HARK THE HERALD ANGELS SING	Plain red t-shirt, black shorts or leggings, angel wings, white socks, white school sneakers.	Plain white t-shirt, black shorts or jeans and a colourful glitter tie.
Year Five	SANTA TELL ME	Christmas Pyjamas or any summer pyjamas. White socks, white school sneakers. Girls can wear their hair in two braids or two plaits.	Christmas Pyjamas or any summer pyjamas. White socks, white school sneakers.
Year Three	THE 12 DAYS OF CHRISTMAS	Costumes for individual groups will be assigned in class. Notes will be given out soon by the Teacher.	Costumes for individual groups will be assigned in class. Notes will be given out soon by the Teacher.
Year Six	IT'S A HIP HOP CHRISTMAS	Red or green plain t-shirt, black shorts/leggings/bike shorts & white socks and sneakers with a cap or bucket hat.	Red or green plain t-shirt, black shorts/leggings/bike shorts & white socks and sneakers with a cap or bucket hat.

Cybersafety

Should you check your child's browser history?

By keeping an eye on your child's browsing history, you can ensure they are not exposed to harmful or inappropriate content. It also allows you to understand their interests better, facilitating meaningful conversations about what they're learning and discovering online. For more information about how to check your child's browser history, click the link below.

<https://kidslox.com/how-to/view-browser-history/#:~:text=By%20keeping%20an%20eye%20on,re%20learning%20and%20discovering%20online>².

Congratulations to our Ex-students

Well done to our Sacred Heart ex-students who now attend St Norbert College and have achieved awards and accolades for their hard work and achievement. We sincerely thank St Norbert College for informing the school about our ex-student's achievements.

Year 8

- Chiara D'Urso – Drama
- Jake Falconer – App Development
- Poleen Infante – Mathematics
- Timothy Ladyman – Materials, design & technology – wood
- Skyla O'Brien – Physical Education

Year 9

- Catherine Gabriel – Food Science & Technology

Year 10

- Jessica Aim – Sports Science
- Raphael Mahony – Specialised Football Program
- Jacob Seaman – Physical Education

Year 11

- Katie Seroney – General Religion & Life, Accounting & Finance, ATAR Economics, Human Biology
- Oscar Seroney – ATAR Mathematics Application

Year 12

²[https://kidslox.com/how-to/view-browser-history/#:~:text=By keeping an eye on,re learning and discovering online](https://kidslox.com/how-to/view-browser-history/#:~:text=By%20keeping%20an%20eye%20on,re%20learning%20and%20discovering%20online)

- Indiana Agostino – Certificate III in Health Services Assistance
- Mary Carter – ATAR Religion & Life, ATAR Literature
- Levi Chance – General English
- Zara D’Cruz – ATAR Mathematics Applications
- Darcy Eyre – General Career & Enterprise, General English

Enrolments open for Kindergarten 2025



If your child was born between **1 July 2020 to 30 June 2021** they will start 4 Year Old Kindergarten at the beginning of **2025**.

Enrolment forms can be obtained from the school office or via our website

<https://shthorn.wa.edu.au/enrolment-process/>

Term 4 Canteen Menu

The Canteen is open 8.30am to 1pm Monday, Thursday & Friday. Abi can be contacted on 92513007.

RECESS & LUNCH orders available online via www.quickcliq.com.au or via the class lunch order box

MENU ITEMS		MONDAY	THURSDAY		
RECESS Crunch & Sip (Salad sticks) 50c Fruit cup (seasonal fruit) 50c Custard Crowns \$1.50 Dinobite 50c Party Pie 60c 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 Berry Yoghurt Drink \$2.00	SANDWICHES & WRAPS White or wholemeal 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) EXTRAS Beetroot 50c Onion 30c Cheese 50c Mustard mild 50c Mayo 50c Sauce sachet 50c Wrap 50c Toasted 50c LUNCHBAGS 10 FOR 50c PASTA Lasagne \$5.50 Macaroni Cheese (V) \$5.50 Twista Pasta Bolognese \$5.50	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 Nugget Box \$6.00 (Hashbrowns, Chicken Nuggets + juice box) 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	Hot dog & tomato sauce \$4.50 add extras options mustard 50c, cheese 50c Nachos \$4.00 (Corn chips, salsa & cheese) TOASTED POCKETS (Chicken or Ham or Veggie [carrot & spinach] with cheese) \$4.50 Add Salsa 50c, Mayo 50c 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		
		DRINKS 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		FRIDAY Pizza & Juice Box Combo \$5.00 (Margarita or Ham & Cheese) add pineapple 50c Sausage Roll \$4.00 Beef Pie \$4.50 Add squeeze on tomato sauce 50c	

Term 4 Canteen Volunteer Roster

WEEK	MONDAY	THURSDAY	FRIDAY
WEEK 1	Oct 9th Pupil Free Day	Oct 12th J. ALBANESE	Oct 13th J. GARVEY
WEEK 2	Oct 16th J. GARVEY	Oct 19th A. FOSTER R. CARROLL	Oct 20th (Crazy hair day) C. ELLIS J. FARANDA
WEEK 3	Oct 23rd (Interschool) J. GARVEY J. PAYNE	Oct 26th (2B & Yr1 Excursion) A. FOSTER	Oct 27th M. BENEDICT
WEEK 4	Oct 30th J. GARVEY	Nov 2nd P. ELDER	Nov 3rd C. ELLIS L. GRIGGS
WEEK 5	Nov 6th J. GARVEY J. PAYNE	Nov 9th (2W Excursion) J. ALBANESE	Nov 10th N. ROWE J. FARANDA
WEEK 6	Nov 13th J. GARVEY	Nov 16th P. ELDER	Nov 17th M. JOUBERT L. BARNES
WEEK 7	Nov 20th J. GARVEY	Nov 23rd R. CARROLL	Nov 24th C. ELLIS J. FARANDA
WEEK 8	Nov 27th J. GARVEY	Nov 30th A. FOSTER	Dec 1st M. BENEDICT T. DICHIERA
WEEK 9	Dec 4th J. GARVEY	Dec 7th (Yr 6 Grad Lunch) P. ELDER	Dec 8th (Yr 6 Big Day In) J. ALBANESE
WEEK 10	Dec 11th Pupil Free Day	Dec 14th Pupil Free Day	Dec 15th Pupil Free Day

Parents and Friends (P&F)

BOGAN BINGO FUNDRAISER

What a ripper night that was fellow Bogans! The P&F would like to thank everyone that came along and supported us, we hope you enjoyed it as much as we did. We would also like to say a massive thank you

to Louise and Nathan Frisina from LJ Hooker Thornlie/Canning Vale for running the bar and their generous donations and thank you to New Era Concrete for your donations. We raised just under \$3,000.

Christmas Concert Raffle

We will be running the annual Christmas Raffle and are currently seeking donations for the prizes. Please get in touch via Facebook messenger if you can assist. It's the generosity of our community that makes us so successful and we appreciate each and every one of you.

P&F Nominations

With the new year fast approaching the P&F Executive Committee Member nomination are now open. Please see the office for a nomination form.

World Teachers Day

Thank you to all the parents that donated baked goods for World Teachers Day. They were all greatly appreciated by the staff. We all know how hard they work and the impact they have on our children so it is nice to be able show them our appreciation.

Luna Walk 17th November

The P&F will be giving out Zooper Doopers to all students participating in the Luna walk on the 17th November. How amazing would it be to see all students walking to school with Luna that day.

Ninja Warrior Course and Football Goals

We are please to advise that due to the generosity of our community and all the hard work by the P&F we have arranged for removable football goals to be installed on the oval. This will be put in over the holidays ready for the kids to use when they return in 2024. It is anticipated that the Ninja Warrior course will be installed in term one of 2024.

'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.

P&F Meeting

Our next meeting will be held on **Monday 20 November 2023** at 6:30pm in the staff room. Entry is through the school office. We would love to see some new faces and encourage anyone wanting to know more about the P&F to come along.



WA Young Salesian - Summer Camp 8-12 January 2024

Are you between 11½-15 yrs or starting Year 7 in 2024? Come and join us for this 5 day fun filled camp at Nanga Bush Camp, Dwellingup. From only \$270 (\$54 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 17 November.

Register now at: www.wayoungsalesians.com³

Useful Links

Uniform Shop⁴ Sacred Heart Thornlie Parish⁵

³<http://www.wayoungsalesians.com/>

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

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