

# Sacred Heart School Thornlie



**From the Heart Newsletter - 22 November 2023**

## **Principal's Message**

Dear Parents

Next Friday 1 December evening we will be having our school Christmas Concert. This is a wonderful opportunity to gather together and get into the Christmas spirit. The children have been busily preparing their dances and learning the moves to all of the songs. A reminder gates open from 5.30pm to allow families time to purchase dinner from the food trucks. Children are under parent supervision until the bell rings at 6.40pm when students must make their way up to their classrooms. The concert starts at 7pm. This event is an alcohol and smoking (including vaping) free zone. More details about the concert can be found further down in the newsletter.

Our ACM will be held tonight in the Brennan Hall. The P&F are putting on drinks and nibbles from 6.30pm and the ACM commences at 7pm. At this event staffing for 2024 will be announced. A copy of the ACM PowerPoint will be available soon on the school website. Families are welcome to attend.

Our school is entering one of the busiest periods of the year for staff. Teachers and support staff are working on school reports, class lists, student leadership, preparing for handover and finalising assessments among many other things. It is during these times that my admiration for the dedication and professionalism of the staff is so acutely realised. Please bear in mind how busy this time of year is for the staff and keep them in your prayers. Positivity is like fuel - it is so nice to receive positive feedback.

If you have been happy with something someone has done for your child at school recently – let them know. It means a lot to staff to hear this.

On Wednesday morning over the last two weeks, the school conducted the orientation process for next year's Kindergarten cohort. I would like to thank the Kindergarten staff of Mrs Sandra Maguire, Mrs Nicola Wladyka, Mrs Lena Williams, Mrs Emma Pereira and Mrs Darlene Min (Assistant Principal) for ensuring the success of the event. I would also like to thank members of the P&F for all being available and generous with their time and assisting.

I am very pleased to announce that the school is maintaining fees for 2024. In light of the financial circumstances and the cost of living pressures families are under, the school in partnership with CEWA has agreed to keep fees at the same price. I hope that this will assist our families in better managing and navigating the current financial conditions.

This week's Happy Families article is about Managing Big Emotions – perfect for this busy time of the year.

God Bless

Steve Gibbs

Principal

## Resilience

'Persistence and resilience only come from having been given the chance to work through difficult problems' ~ Gavin Tulley

'Everyone needs resilience. It's a virtue essential to growth and essential to happiness' ~ Eric Greitens

## Happy Families

### Managing Big Emotions

It doesn't matter if you have just one child or six, there is one thing that you're guaranteed to have to handle: big emotions in your child.

It doesn't matter how good of a parent you are, you can even be a parenting expert, and your children will STILL have big emotions. It's just a fact of life when you're parenting a 1-year-old or a 12 year old. Teens have their big emotions, and if we're honest, so do parents! Everyone feels sad, cranky, scared, or stressed from time to time.

Big emotions are simply unavoidable in family life. And so we all need effective strategies for dealing with them.

First, however, we need to know what triggers them. If we can focus on prevention, we can spend less time on the cure.

### Where do big emotions come from

Big emotions arise for many reasons. I like the acronym HALTS to help me consider why my child might be emotionally triggered:

H is for Hungry. A is for Angry. L is for Lonely. T is for Tired. And S is for Stressed.

Sometimes our child is one of these. Sometimes our child is all of them. Perhaps they've eaten, but their meal was lacking in nutritional value. Maybe they're angry about something that we think is silly but it matters to them. Perhaps they're in a room full of people but they feel disconnected and lonely. It could be that last night's TV show went late, their mind was buzzing, and they haven't slept. Or maybe school, family life, our explosive moods, or a friendship drama is creating stress in their life.

Spending time reducing the likelihood of these triggers means we experience fewer big emotions at home. But try as you might, you can't (and shouldn't) eliminate all stress for your kids. After all, stress creates opportunities for growth.

### **Regulating big emotions**

When those big emotions strike, we must remember that high emotions = low intelligence. Our kids act a bit crazy when emotions are high. And because emotions are contagious, we often catch our children's crazy, cranky, and chaos and become less intelligent as well. Two or three emotional and unintelligent people in a power struggle never works out well.

Since big emotions happen, here are some simple ways that we can respond to our children when they're feeling sad, cranky, scared, or stressed.

#### **1. Be Intentional**

If you think back to the HALTS acronym, there are a handful of simple and intentional things we can do to reduce the likelihood of emotional blow-ups.

For example, you could:

- Bring a snack for your child to eat while you do the shopping
- Don't demand that chores be done alone, or right before bed
- Take five minutes for cuddles and connection before moving into the bedtime routine or once they're in bed
- Consider your timing when you make simple requests of them.

#### **2. Remember that emotions are contagious**

When our children are feeling chaotic, there's two ways we can go. We can catch their cranky and join them in an escalating cycle of chaos. Or we can stay calm. Easier said than done, but realistically we can't parent anybody if we can't parent ourselves first. Do your best to hold it together.

#### **3. Don't try to fix things in the moment**

Have you ever been angry, had someone say, "Just calm down!", and responded "Good point, I needed that logic, I will just calm down."? Of course not! When emotions are big, don't try to fix things. Instead...

#### **4. Focus on connection or space**

Some kids want a hug when they're feeling mad. Other kids want space. Most of the time, they want space first, then connection. If it's possible, move your child to a private area. Say to them, "I can see you're having a tough time. Do you want a hug or do you want me to give you some space?" They'll probably tell you to go away. Give them some space, but let them know that you'll be just around the corner ready to give them a hug when they're ready. Then once they're regulated again you can move onto problem solving.

#### **5. Problem solve collaboratively**

When things are calm – whether it takes ten minutes or ten hours – sit with your child and ask if you can discuss what happened, and problem-solve so that things go better next time. Then listen. Remember, too, that sometimes these conversations work best when your child is drinking a milkshake or enjoying another treat you picked up for them.

Big emotions in our children aren't an indication that we're lousy parents. Every single child and teen on the planet cries, stomps their feet, and pushes their parents away. We need to normalise this as part of being human!

Fortunately for us, our children also have the best laughs, give the biggest snuggles, and say the funniest things. So next time you're in the midst of a child's emotional meltdown, take a big breath and remind yourself that on the other side of this big moment is the sweetest thing you can experience with your child – the opportunity for growth.

### **Term Four Key Dates for your diary**

- Wednesday 22 November - ACM, 6.30pm in the Hall
- Friday 1 December - Christmas 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

- **First day of Term 1, 2024 Wednesday 31 January 2024**

## Religious Education



### Upcoming Masses:

- 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.au](mailto:accounts@shthorn.wa.edu.au)<sup>1</sup> 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

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<sup>1</sup><mailto:accounts@shthorn.wa.edu.au>

**TIME:** Arrive anytime **from 5.30pm** for the picnic on the green. Concert commences at 7pm. Parents must supervise their children during this time until 6.40pm. 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.**

Order of performances and costume requirements:

**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

<b>Class</b>	<b>Song</b>	<b>Girls</b>	<b>Boys</b>
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.



## Booklists Year 3-6, 2024

Booklists for students in Year 3 to 6 were sent out to families earlier this week via SeeSaw. Booklists can also be found on the school website Important Documents - Sacred Heart, Thornlie (shthorn.wa.edu.au)<sup>2</sup>. Orders must be completed online by Friday 15 December 2023.

When ordering online, to find the school you must type "**Sacred Heart Primary School Thornlie**". If you only type "Sacred" it will not bring up the school.

Students in Kindy to Year 2 do not have a booklist. Instead, a stationery levy is added onto your fees. As all items are shared in the classroom.

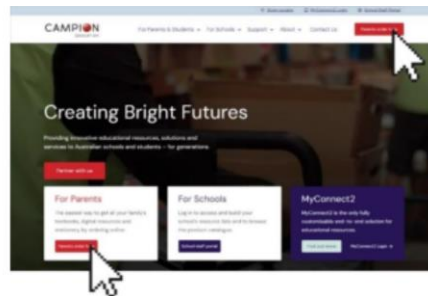
### Order online by your school's due date to save time, hassle and cost.

Orders placed by your school's due date get the first choice of availability, most favourable Postage and Packing costs and are delivered before the start of school.

**If you miss your school's due date, you can still order!** We can't always guarantee stock availability for orders placed after the due date, and P&P costs may be higher.

### You can also visit your local **Campion** retail service centre!

- 1 Head to [www.campion.com.au](http://www.campion.com.au)  
Click 'Parents order here'.
- 2 To get started, enter your email or mobile and we'll send you a verification code – no more passwords! When you get the 6-digit code, enter it and you're in!
- 3 Tap on '**Order Now**' when you're ready to place an order. Then match your student using either their school email address or school name.
- 4 If you don't have your student's school email address, that's OK! You can search for the school by name and then use your student's name to bring up their list.
- 5 Now follow the prompts to select the year level for your student
- 6 Select the resources you need by expanding subjects and adding items.
- 7 Select your delivery method.
- 8 Complete your details, check the summary, and submit your payment.  
**And you're done!**



Your local retail service centre:

**25 B Baile Road,  
Canning Vale WA**

<sup>2</sup><https://shthorn.wa.edu.au/important-documents/>

## 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](http://www.quickcliq.com.au) or via the class lunch order box

MENU ITEMS		MONDAY	THURSDAY
<b>RECESS</b>		<b>Beef Burger</b> \$5.00 (Beef patty, cheese & tom sauce)	<b>Hot dog &amp; tomato sauce</b> \$4.50 add extras options mustard 50c, cheese 50c
Crunch & Sip (Salad sticks)		<b>Chicken Burger</b> \$5.00 (Crumbed chicken, cheese & tom sauce) add extras options e.g lettuce 50c, tomato 50c, onion 30c, mayo 50c mustard 50c, pineapple 50c	<b>Nachos</b> \$4.00 (Corn chips, salsa & cheese)
Fruit cup (seasonal fruit) 50c		<b>Nugget Box</b> \$6.00 (Hashbrowns, Chicken Nuggets + juice box)	<b>TOASTED POCKETS</b> (Chicken or Ham or Veggie [carrot & spinach] with cheese) \$4.50 Add Salsa 50c, Mayo 50c
Custard Crowns \$1.50	<b>SANDWICHES &amp; WRAPS</b>	<b>Bento Box</b> \$6.00 Mini muffin, fruit, cheese & crackers, chick wing & a cheese or ham or vegemite s/w	<b>Bento Box</b> \$6.00 Mini muffin, fruit, cheese & crackers, chick wing & a cheese or ham or vegemite s/w
Dinobite 50c	<b>White or wholemeal</b>	<b>Salad Box</b> \$5.50 Cheese, cucumber, carrot, lettuce, tomato & egg ADD chicken, ham or tuna \$1.00	<b>Salad Box</b> \$5.50 Cheese, cucumber, carrot, lettuce, tomato & egg ADD chicken, ham or tuna \$1.00
Party Pie 60c	Vegemite \$2.50 Ham \$3.00		
Hash brown \$1.30	Cheese \$2.50 Ham/salad \$4.30		
Cheezie \$1.00	Tuna \$3.00 Salad \$3.30		
Vegemite cheezie \$1.00	Tuna/salad \$4.30 Egg \$3.00		
Cheezie sub \$1.20	Chicken \$3.00 Curried Egg \$3.50		
Pizza cheezie sub \$1.50	Chick/salad \$4.30		
Warm Milo & Mini Muffin \$2.00	(Salad : carrot, cucumber, lettuce & tomato)		
Berry Yoghurt Drink \$2.50	<b>EXTRAS</b>		
	Beetroot 50c Onion 30c		
	Cheese 50c Mustard mild 50c		
	Mayo 50c Sauce sachet 50c		
	Wrap 50c Toasted 50c		
	<b>LUNCHBAGS 10 FOR 50c</b>		
<b>DRINKS</b>	<b>PASTA</b>		
WATER \$1.60	Lasagne \$5.50		
99% JUICE BOX \$2.00	Macaroni Cheese (V) \$5.50		
Apple or Tropical	Twista Pasta Bolognese \$5.50		
<b>JUICE BOMBS</b> \$2.80			
Apple & Raspberry, Apple			
Blackcurrant, Watermelon, Apple			
Cola			
<b>FLAVOURED MILK</b> \$2.80			
Chocolate splash, Strawberry smash,			
Banana Milk			
		<b>FRIDAY</b>	
		<b>Pizza &amp; Juice Box Combo</b> \$5.00 (Margarita or Ham & Cheese) add pineapple 50c	
		<b>Sausage Roll</b> \$4.00	
		<b>Beef Pie</b> \$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)

### Christmas Concert & Raffle

This year the P&F have arranged food trucks to be at the concert. Big Slice Pizza, Sweets on the Run and Better Beans Coffee. Gates open at 5:30 to allow you time to order dinner. Our annual Christmas Raffle is going digital, it will be live from Friday 24th November and a QR code will be available on the night. The link will be sent out via text from the school. Sorry no cash sales for tickets this year. We will however be selling the Sacred Heart battery operated candles and stubby holders for a gold coin donation.

We would like to say a big thank you to all the businesses and families that have donated to the raffle. Without your generosity and support the raffle would not be possible.

- LJ Hooker Thornlie/Canning Vale
- New Era Concrete
- Core Cider House
- Thornlie Bowling Club
- The Gibb family
- Local MP Matt Keogh

- Local MP Chris Tallentire
- Pretty Little Handmade Creations

A very special mention to Jett McNeill in year six. While fundraising for the Colour Run, Jett set himself a goal to raise enough money to secure a Samsung Galaxy Tablet with the intention to donate it to the P&F for a major prize in the Christmas raffle. We are very pleased that Jett was successful in achieving his goal and presented the P&F with the tablet at the last committee meeting. Thank you Jett!

### **Ninja Warrior Course, Football Goals and Shade Sail**

We are pleased 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. These will be erected over the holidays ready for the kids to use when they return in 2024. It is anticipated that the Ninja Warrior course and shade sails will be installed in term one of 2024. The new shade sail over the existing playground behind the year four classes will be replaced this week.

### **'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**

## **Useful Links**

Uniform Shop<sup>3</sup> Sacred Heart Thornlie Parish<sup>4</sup>

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<sup>3</sup><https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store>

<sup>4</sup><http://www.thornlie.perthcatholic.org.au/>