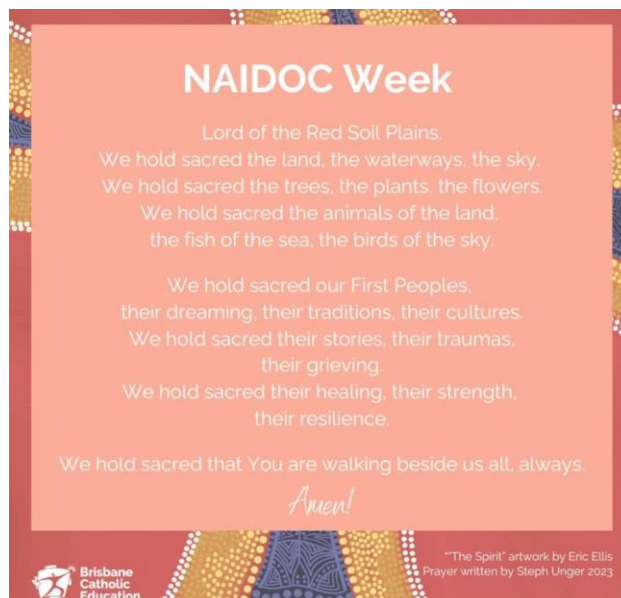
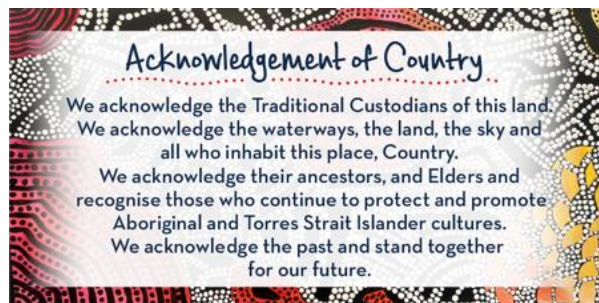


Sacred Heart School Thornlie



From the Heart Newsletter - 19 July 2024





1 - Enosh and Soma enjoying the NAIDOC Week display in PP.

Principal's Message

Dear Parents

Welcome back to a new term! We have had a great start to the term and the children have all settled back into school nicely. I hope that you were able to attend our Parent Teacher meetings and gained further insights into how your child is performing at Sacred Heart.

Our special NAIDOC celebrations take place next week. We will be having a smoking ceremony on Monday, learning rotations on Wednesday and a Liturgy and Assembly on Friday. The theme this year is 'Keep the Fire Burning'. I thank our school's Aboriginal Perspectives Team for planning our NAIDOC week events. Further information about the events is attached below.

You would have received the final term planner in our last Newsletter of Term Two. It is also attached below. Please diarise important events to ensure you don't miss out on any of the many activities taking place in what will be a very busy term.

Performing Arts season is upon us and I would like to thank Edward and Chelsea from Year 6 for accompanying Mrs Vinci and I to the opening Mass at St Mary's Cathedral. This year as well as our school choir, we will have two dance troupe performing in two different categories. We also have many of our tutored instrumental students entered into solo categories. I wish all of the students the best and hope they enjoy the performance opportunity.

This week children in Years Three and Five will receive their NAPLAN results. They will come home with the children in an envelope with an explanatory brochure. Remember the NAPLAN results are a snapshot of your child's learning and should be viewed alongside other information you have received from your child's teacher.

Our Happy Families article is about how to say no to your kids. Interesting topic and one all parents at times struggle with. I hope you find it helpful.

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

God Bless

Steve Gibbs

Principal



2 - Edward and Chelsea representing Sacred Heart at the Spirit of the Arts opening Mass.

Responsibility

“There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them.” ~ Denis Waitley

“Only you can control your future.” ~ Dr. Seuss

Happy Families

The Best Way To Say No!!! To Your Kids – Dr Justin Coulson

One of the most difficult parts of parenting is saying no.

Unfortunately, sometimes we have to. Sometimes plans change, or something might not be safe. At times, someone else's needs may matter more, or our child wants what they can't have.

And while they might not thank you for it, setting limits is one of the best things you can do for your child. Saying 'no' teaches our kids important lessons about life, independence, empathy, and getting along. Research shows that the best parenting style is one that combines setting limits with warmth. These parents are nurturing and responsive, but they set firm limits for their children. They listen to their child's point of view, but they don't always accept it. And it works! Their children tend to be friendly, self-reliant, cooperative, curious, and goal-oriented.

So how can we say no while still letting our kids know that we empathise with them? How can we be firm and warm?

Give them their wish in fantasy.

It's important to remember that our kids have big feelings, and that's ok! We might need to limit behaviour, but big feelings are allowed. And while our kids don't always need us to say yes, they do need to feel heard. All humans are more willing to cooperate once their feelings have been acknowledged. Our kids are no different.

So when your child wants something that you can't (or won't) say yes to, you can still show him that you empathise. Give him his wish in fantasy.

Here is an example. Imagine you're in the supermarket with your child. You're at the checkout, and it's been a long, tiring day. You just want to get out of there and get home. Suddenly your child pipes up, 'I want a lolly!' You inwardly groan. It's just before dinner, and you need to say no! You can feel a tantrum brewing. The last thing you need is a public meltdown!

But it doesn't have to end in a meltdown. Here's what you do:

First, connect with your child. Touch him on the arm, get down to his level, and make eye contact. 90% of good parenting is connection.

Then, give him what he wants in fantasy. Say, 'I wish you could have a lolly! What kind would you get?' Hopefully, your child will start to calm down right away and think about the answer. 'Freddo Frog', he might say. 'Oh, that's a great choice. I would pick lolly, or maybe freckles.'

Depending on how big your child's feelings are, you might need to extend the fantasy. You might say, 'What if our car was made of lollies? We'd never have to go to the supermarket again!' Your child might say, 'The wheels could be cookies!' When you give your child what he wants in fantasy, it shows him that you understand his feelings and that you care. Once he hears this, it is much easier for him to transition from being overwhelmed by his big feelings to dealing with a situation that, from his perspective, is less than ideal.

When you engage your child in fantasy, you are speaking to him in his favourite language: play. This reinforces your connection. It also shows your child that even if the world sometimes feels unfair, it is basically safe. This is because he has felt heard and understood.

We might not always get a round of applause, but putting this principle into practice will help us through the tough “no” moments with our children. They may still want what they can’t have, but we’ll be able to playfully get them through it. And in the process, teach them.

Term Three Key Dates for your diary

The link to the Term 3 calendar is attached and is posted on the school website. A hard copy of the Term 3 planner can also be obtained from the school office.

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 1	15-Jul Pupil Free day – Parent Teacher Meetings	16-Jul St Vinnies Winter Appeal Begins	17-Jul	18-Jul	19-Jul	20-Jul/21-Jul
Week 2 NAIDOC Week	22-Jul Smoking Ceremony (8:45am)	23-Jul Year 3 Reconciliation Retreat	24-Jul NAIDOC Rotations (9:30am – 12:20pm)	25-Jul Interscholar Cross Country Yr 4-6	26-Jul NAIDOC Liturgy 8:45am NAIDOC Assembly 2pm	27-Jul/28-Jul First Holy Communion Commitment Mass from Saturday
Week 3	29-Jul PAF - Liturgical Dance Troupe at Mercy College Chapel 10.30-11.30am	30-Jul	31-Jul	1-Aug Reconciliation Parent session 6pm Luna's Birthday Basketball (selected Yr 6)	2-Aug Virtual Assembly 9am St Vinnies Winter Appeal Ends	3-Aug/4-Aug
Week 4	5-Aug P&F Meeting 6pm	6-Aug St Mary of the Cross Mass 9am	7-Aug	8-Aug	9-Aug Taste of Europe Morning Tea Year 2 Assembly 2pm	10-Aug/11-Aug
Week 5 Science Week	12-Aug	13-Aug Assumption of the Blessed Virgin Mary whole school mass 9am Sacrament of Reconciliation 6pm	14-Aug SAC Meeting IEP Meetings Commence	15-Aug IEP Meetings continue	16-Aug Virtual Assembly 9am IEP Meetings continue Multicultural Netball (Selected Yr 5/6)	17-Aug/18-Aug
Week 6	19-Aug IEP Meetings	20-Aug PAF - Choir - Vasto Club 11am	21-Aug	22-Aug Book Week Dress Up Day	23-Aug Year 1 Assembly 2pm Book Week Dress Up Day KW	24-Aug/25-Aug
Week 7	26-Aug	27-Aug	28-Aug Yr 4 Lumen Dance Excursion PAF - Dance Troupe rehearsal and performance at P&FCC	29-Aug First Holy Communion Retreat Day Year 4 Attend Mass 9am First Holy Communion Parent Information session 6pm	30-Aug Father's Day event 7.30 am Father's Day whole school mass 9am	31-Aug/1-Sep
Week 8 Carnival Week	2-Sep	3-Sep	4-Sep Athletics Field Day Yr 4-6	5-Sep	8-Sep Athletics: Track events PP to Yr 6	7-Sep/8-Sep First Holy Communion Sunday 12pm
Week 9	9-Sep P&F Meeting 6pm	10-Sep iPad Parent Meeting for Yr 3 parents (6pm)	11-Sep	12-Sep St Norbert's Community Cup (selected Year 4/5) RUOK? Day	13-Sep Virtual Assembly 9am Year 5 Bike Excursion	14-Sep/15-Sep
Week 10 National Deaf Week	16-Sep	17-Sep	18-Sep SAC Meeting Footy Colours Day KW	19-Sep Last day for students Footy Colours Day	20-Sep Pupil Free Day	21-Sep/22-Sep

Term 3 Sacramental Dates

SACRAMENT OF PENCE

- Thursday 1 August 6pm in Brennan Hall Sacrament of Penance Parent/Candidate Meeting
- Thursday 8 August Sacrament Retreat Day for Year 3 Students
- Thursday 13 August 6pm Sacrament of Penance

**** Please note there has been a change of date for the Sacrament of Penance Retreat Day for Year 3 Students. Confirmation of new details will be forwarded to Year 3 parents as soon as possible.**

SACRAMENT OF EUCHARIST

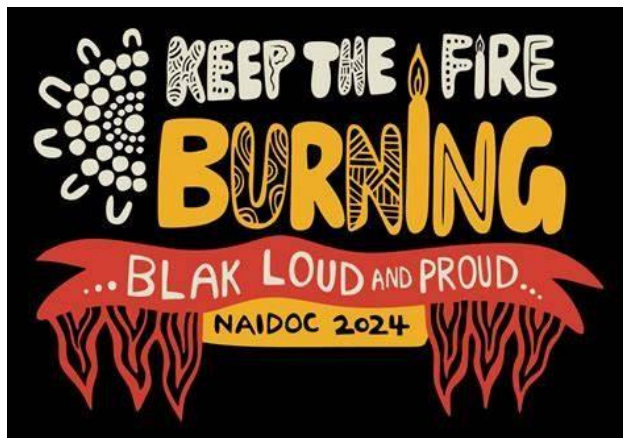
- Saturday 27 July 6pm First Holy Communion Commitment Mass
- Thursday 29 August 6pm First Holy Communion Candidate/Parent Meeting
- Thursday 29 August First Holy Communion Retreat Day for all Year 4 Students
- Sunday 8 September 12 pm Sacrament of First Holy Communion

We look forward to supporting students who will receive their First Communion this year. Parents are reminded to attend the **Commitment Mass next Saturday 27 July at 6pm**. Please remember to bring the blue Certificate of Presentation form which will be distributed to all families on Monday 22 July.

Year 3 and Year 5 Religious Education Assessment

Students in Year 3 and 5 will participate in the Religious Education Assessment which was formally known as the Bishop's Religious Literacy Assessment. These assessments will occur on the following dates:

- Year 3 Practice Assessment: 24 July Practice Test
- Year 3 RE Assessment: 31 July Actual Assessment
- Year 5 Practice Assessment: 24 July Practice
- Year 5 RE Assessment: 1 August Actual Assessment



Kaya Sacred Heart Community!

Next week we are celebrating NAIDOC Week at school.

- On **Monday 22 July** Uncle Barry will perform a **Welcome to Country and Smoking Ceremony**. Parents are more than welcome to attend; it will begin at 8:45am in the senior quad.
- **Friday 26 July** will be a **free dress day** with a gold coin donation, all proceeds will go to the Indigenous Literacy Foundation. *Students are encouraged to wear the colours of the Aboriginal and Torres Strait Islander flags.*

- A **NAIDOC Week Liturgy** will be held on **Friday 26 July at 8.45am** in the **Hall**. Parents are welcome to attend.
- **NADIOC Week** will wrap up with an **assembly at 2pm** in the **Hall**. During this assembly we will welcome back the students, announce our NADIOC Week 'colouring in' competition winners and present a short montage showcasing the week that has been. Parents are more than welcome to attend.

We are all looking forward to an exciting week!

The Aboriginal Perspectives Team

Information Technology news!



Year 3 Parents Please Save the Date! - iPads 2025

Parents of Year 3 students please **Save the Date: 10 September 6pm**. There will be a very important information meeting regarding iPads for 2025. All Year 3 parents whose children will be in Year 4 in 2025 are asked to attend.

Cybersafety tips for Parents from the Telethon Institute by Professor Donna Cross

Tip #1 Keep digital devices in communal areas.

- Allow digital devices only in areas of your home that can be supervised. Check in regularly with your child to see what they're viewing.
- Remember laptops, mobile phones, tablets, gaming consoles and other forms of technology can be connected anywhere in your home if you have wireless access, even bedrooms and bathrooms.
- Keep technology out of bedrooms. This is particularly important for privacy and for sleep. Sleep is essential for growing bodies. Help your child to establish a good sleep routine uninterrupted by devices.
- Have your children agree to only use webcams in shared family locations, not in bedrooms. Keep them covered when not in use.

Finance News

SCHOOL FEES – Reminder to keep payment plans up to date

Thank you to all families who have either paid their school fees in full or are up to date with current payment plans and instalments.

Reminders will be sent home to families next week who have not been in contact or are not up to date with payment plans. Meetings to discuss overdue school fees may need to be scheduled.

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>



Small steps lead to big changes!

The challenge is now open to students and staff.

Being active is critical for both short and long-term health and wellbeing and has a direct impact on a student's performance at school.

The mission is for primary school students to run, walk or wheel for 20 minutes per week.

Students are encouraged to sign up to the challenge!

Mr B

PE Teacher

The importance of a Bedtime Story with your children



Please view this very short YouTube video <https://youtu.be/EPYD3Y0c9Mc>

created by Oxford University which identifies the benefits of reading a bedtime story with your child. Apart from the opportunity to spend quality time with your children the literacy benefits are extraordinary. This video is a must watch for all parents.



At Sacred Heart we have two students living with type 1 diabetes. To understand more about diabetes and how it affects people, on Tuesday the Kindy White class acknowledged National Diabetes Week. The theme was 'Go Blue for Diabetes' and the children immersed themselves in blue craft, paint and playdoh. What an amazing learning opportunity for our kindy students.

Further Information about Type 1 Diabetes:

Type 1 diabetes is an auto immune condition affecting the pancreas – the part of the body that produces an essential hormone called insulin. Without insulin, the body cannot regulate blood glucose levels the glucose builds up in the blood (hyperglycaemia). Our cells all rely on this glucose for energy, and insulin acts like a key to open the cell and let the glucose in.

People with type 1 diabetes rely on insulin injections or pumps to maintain their blood glucose levels. It usually develops in children and young adults, although it can happen at any age. It is diagnosed through blood tests in hospital, or at the GP if symptoms are identified early enough.

There is no prevention for type 1 diabetes but it can be managed by:

- Injecting insulin
- Measuring blood glucose levels
- Diabetes self-management support from your diabetes team





Did you know we have a 3-Year-Old Kindy? Enrolments are now open for 4 Year old Kindergarten for 2025 and 2026



We are now accepting enrolments for kindy for 2025 and 2026. Make sure you get enrolment forms in as soon as possible as positions are limited and interviews for the 2025 intake have commenced.

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**. If your child was born between **1 July 2021 to 30 June 2022** they will start 4 Year Old Kindergarten in **2026**.

Enrolment forms can be obtained from the school office or via our website <https://shthorn.wa.edu.au/enrolment-process/>

Did you know we have a **3 Year Old Kindy** at Sacred Heart? It is run through our Early Learning Centre which means you are able to claim the childcare benefit. It is a great starting point in preparation for your child attending 4 year old kindy at Sacred Heart. Your child can attend once they turn 3 years old. For further information please contact Megan in our ELC on 9251 3014 or refer to our website <https://shthorn.wa.edu.au/three-year-old-programme/>

Homework Club

Homework club for Years 2 to 6 will resume in week 2 of term 3, Wednesday 24 July.

Reminders about homework club:

- Homework Club: for Years 2 to 6 students only
- Terms 2,3,4 commences Wednesday Week 2 until Week 9.
- Venue: School Library
- Time: 2.50pm – 3.20pm

If you would like your child to attend Homework Club, where they will be assisted by teachers with their weekly homework, 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.

Kind regards

Anita Urquhart & Klara Wiryadinata

I _____ give permission for my son/daughter _____

to attend Homework Club on a Wednesday 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: Please notify OSHC if your child usually attends on a Wednesday afternoon.

Sacred Heart P&F

The P&F would like to welcome everyone back to school and we hope everyone had a restful break.

Father's Day

We are seeking donations for the annual Father's Day Raffle. All donations can be handed into the office, we are grateful for all large and small donations. The **raffle** link will go live on **Friday 23 August** and will be drawn at the **Father's Day event on Friday 30 August**. Our Father's Day Pop Up Shop will be run on **Tuesday 27 August**. We are asking families if they have any paper shopping bags they no longer require, to donate them for student use at the Father's day Pop Up Shop. This allows safe keeping of the goodies the students purchase.

Sports Carnival VIP tent

How does your very own VIP gazebo complete with lunch, beverages, chairs and a prime position sound on sports carnival day? The only thing you will need to do is purchase a ticket (or several) to go into the draw to win the VIP experience. Imagine the only thing you'll need to take to the carnival is yourself, no lugging chairs, umbrellas, food or picnic rugs. The winner will be supplied with lunch, beverages, your very own car space and chairs for four people and of course bragging rights! The VIP gazebo will be roped off, so it is all yours to share with whom you like or keep it for yourself. Tickets will be on sale **Thursday 25 July**, the link will be posted to our Facebook page and sent out via the usual platforms. Don't delay ticket sales will close Thursday 1 August.

'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.

P&F Meeting

Our next meeting will be held on **Monday 5 August at 6:00pm** 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.

School Student Broadband Initiative (SSBI)

The Australian Government has launched the School Student Broadband Initiative to provide free home internet for one year for up to 30,000 unconnected Australian families with school- aged students.

The program is available to all students who lack an active nbn connection at home. Families can register until **Dec 2024**.

To be eligible, families must:

- Have a child living at home that is enrolled in an Australian school.
- Not have an active National Broadband Network (nbn®) Internet service at home. Having a mobile internet service does not affect eligibility.
- Live in a home that can access the National Broadband Network via a standard connection – this will be checked for you.

Families can be directed to the following to register:

- Visit www.infrastructure.gov.au/media-communications-arts/internet/national-broadband-network/school-student-broadband-initiative-ssbi²
- Call 1800 954 610 (10am – 6pm AEDT Monday to Friday)

²<http://www.infrastructure.gov.au/media-communications-arts/internet/national-broadband-network/school-student-broadband-initiative-ssbi>

³<http://www.infrastructure.gov.au/media-communications-arts/internet/national-broadband-network/school-student-broadband-initiative-ssbi>

Term 3 Canteen Menu and Volunteer Roster

MENU ITEMS		MONDAY	THURSDAY
RECESS		Beef Burger \$5.50 (Beef patty, cheese, lettuce & tomato sauce)	Hot dog & tomato sauce \$4.50 add extras options mustard 50c, cheese 50c
SANDWICHES & WRAPS		Chicken Burger \$5.50 (Crumbed chicken, cheese, lettuce & tomato sauce) add extras options e.g tomato 50c, onion 30c, mayo 50c, mustard 50c, pineapple 50c	Noodle Cup & Juice Box \$5.50 Beef or Chicken Noodle Cup with vegetables + juice box
White or wholemeal		Nugget Box \$6.50 (Hashbrowns, Chicken Nuggets, Salad sticks + juice box)	Toasted Pocket Tuna/Cheese \$5.00 Chicken/Cheese \$5.00 Ham/Cheese \$4.50 Add Salsa 50c, Mayo 50c, BBQ sauce 50c
EXTRAS		Bento Box \$6.00 Mini muffin, fruit, cheese & crackers, chick wing & a cheese or vegemite s/w	Bento Box \$6.00 Mini muffin, fruit, cheese & crackers, chick wing & a cheese or ham or vegemite s/w
DRINKS		Salad Box \$5.50 Cheese, cucumber, carrot, lettuce, tomato & egg ADD chicken or tuna \$1.50	Salad Box \$5.50 Cheese, cucumber, carrot, lettuce, tomato & egg ADD ham \$1, chicken or tuna \$1.50
WATER \$1.60		FRIDAY	
99% JUICE BOX \$2.00		Pizza & Juice Box Combo \$5.00 (Margarita or Ham & Cheese) add pineapple 50c	
Apple or Tropical		Roll \$4.00	
JUICE BOMBS \$2.80		Beef Pie \$4.50	
Apple Raspberry, Watermelon,		Fish or Chicken Strip Wrap \$5.50 (Fish Goujon or Chicken tender with cheese, lettuce, carrot, cuc & tom)	
Apple Blackcurrant, Apple Cola			
FLAVOURED MILK \$2.80			
Chocolate splash, Strawberry smash, Banana Milk, Spearmint Shake&Shake			

WEEK	MONDAY	THURSDAY	FRIDAY
WEEK 1	July 15th Pupil Free Day	July 18th J. PAYNE	July 19th J. ALBANESE
WEEK 2	July 22nd J. GARVEY	July 25th (Interschool C.C) A. FOSTER R. DEKENS	July 26th (NAIDOC Day) N. ROWE J. FARANDA
WEEK 3	July 29th (Lit Dance P.A) J. ALBANESE J. GARVEY	Aug 1st (Yr 6 Bball) J. PAYNE	Aug 2nd (Luna's Bday) C. ELLIS L. PHILLIPS
WEEK 4	Aug 5th J. GARVEY R. MINJOOT	Aug 8th R. CARROLL R. LAZZARI	Aug 9th (Yr 2 Assembly) T. DICHIERA
WEEK 5	Aug 12th J. GARVEY	Aug 15th A. FOSTER A. PURVIS	Aug 16th (Netball Yr 5/6) M. BENEDICT J. FARANDA
WEEK 6	Aug 19th J. GARVEY	Aug 22nd (Book Week Dress Up) L. BARNES	Aug 23rd (Yr 1 Assembly) D. MYAPE L. PHILLIPS
WEEK 7	Aug 26th J. GARVEY	Aug 29th (1st Comm Retreat) K. COPE A. PURVIS	Aug 30th (Fathers Day Mass) C. ELLIS
WEEK 8	Sept 2nd J. GARVEY R. MINJOOT	Sept 5th A. FOSTER R. LAZZARI	Sept 6th (Sports Carnival)
WEEK 9	Sept 9th J. GARVEY	Sept 12th (SNC Com Cup Yr4/5) R. CARROLL R. DEKENS	Sept 13th (Colour Run) C. ELLIS M. BENEDICT
WEEK 10	Sept 16th J. GARVEY	Sept 19th (Footy Colours Day) A. FOSTER J. ALBANESE	Sept 20th Pupil Free Day

Canteen runs Monday, Thursday and Friday. Recess and lunch orders are available online via www.quickcliq.com.au or via the class lunch order box.

Forest Lakes Ball Club-
Tee-Ball & Little League



TEEBALL

Have a go day

Unsure about teeball?
Then pop down to our
meet & greet
'have a go day'

The 1st 40 "new" players to register between u7 - u9 will receive a playing glove absolutely FREE

*Club membership
1. One glove only
2. Gift for new player only
3. Must be collected on Rego day

- 28th July, 2024
- Between 1 - 3pm
- Sutherlands Park Demountable

Secure Your Spot!
registr@fbc.net.au




FOREST LAKES - BALL CLUB
Tee-Ball & Little League
2024 - 2025 SEASON

REGISTRATION DAY!

Sutherlands Park
Demountable
Gay st Huntingdale
28th July 2024
1 - 3 pm

Birth Certificates Required for all new Registration

We accept Kidsport and Afterpay

Contact Brooke- Club Registrar for info on registr@fbc.net.au

1st player \$150
2nd player \$140
3rd player \$130




Pre-Registration here

Useful Links

Uniform Shop⁴ Sacred Heart Thornlie Parish⁵

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

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