

Sacred Heart School Thornlie



From the Heart - 10 February 2021

Principal's Message

Dear Parents

Welcome back to a new school year! Whilst our start has been far from normal, I hope both yourselves and your child/ren have had a restful break and are now ready for the new year ahead. It has been wonderful to see the children arriving in uniform looking so ready for their new classes and learning experiences to come.

Our new staff have settled in well and all staff have embraced the changes brought about by the latest restrictions. Everyone is excited for the year ahead. I know that if we work together in a strong partnership between school and home then we will get fantastic outcomes for the children at Sacred Heart.

Over the holiday period the school engaged in a lot of maintenance and building work. Exteriors of the school were re-painted where required. Our playgrounds were replenished with new grass in affected areas and our sandpits cleaned. We also had some of our trees attended to. I would like to thank the McNeill family for the work they undertook in upgrading the Kindergarten and Pre Primary bike path. The children are loving the new surface.

This term we focus on the school's core value of Respect. I like to think of respect as covering three areas; ourselves, others and our environment. If we are showing respect in these three ways we are generally following all school rules and also living according to Gospel values. I will be delivering this message to students and if you can also encourage children to show respect in this way at home that would be fantastic.

Next week we have our parent information sessions. These are important sessions as it is when the teachers outline the routines, expectations and structure of their classrooms and the school year. The evening takes place on **Tuesday 16 February** and follows the following format:

- Kindergarten – 5pm in the Hall
- PP – 1st session 6pm and 2nd session 7pm (in the Library)
- All other classes (1-6) – 1st session 6pm and 2nd session 7pm (in classrooms)

There is a limit of **one parent per session** and parents must book into sessions via the PTO program. A separate note will come home with details of how to access this booking site.

This week's parenting ideas article is about helping your child become the best student that they can be. I hope the tips can help you to set your child/ren up for a successful school year.

I look forward to working in partnership with you in 2021 at Sacred Heart to get the very best results for the precious child/ren that you have placed into our care.

God Bless

Steve Gibbs

Principal

Prayer for the Start of the School Year

Loving God, Our creator, our saviour, our companion,

Bless this journey of a new school year that we undertake today.

Refresh our souls and renew our spirits as we embrace the beautiful ministry you have called us to.

We welcome those who are new to this community and ask that you strengthen them to share the wonderful gifts you have given them.

Lord, make our hearts pure as we prepare for the return of students to this school, and may you guide them to return with open hearts and minds eager to learn.

We ask this in Your name,

Amen



Respect

This Term we are focusing as a school on our core value of Respect.

Respect is demonstrating regard for the feelings, wishes and rights of others.

“Respect comes in two unchangeable steps: giving it and receiving it.”—**Edmond Mbiaka**

“Respect is one of the most important things you can teach a child.”—**Catherine Pulsifer**

Parenting Ideas

Helping your child become the best student they can be

The new school year is full of excitement and possibility for students and parents. Regardless of how a child or young person has previously performed, this year offers a chance to set a new course.

While it's tempting as a parent to make the attainment of good academic results the main priority, this is a narrow view that may be incompatible with long-term success. It's wiser to broaden your view and focus on helping your child or young person become the best student they can be. Here's how.

Encourage learning

The rapidly changing world and workforce that your child will enter requires that they have a willingness to continually learn and adapt. The concept of a lifelong learner, previously lauded by educators with an eye to the future, has now become a reality. Learning and continual improvement should be embedded in each child's psyche so that school life is just a starting point to a lifetime of learning, growth and development. Help your child see themselves as successful learners who achieve results through hard work and application, and that nothing is beyond them if they apply themselves.

Promote leadership

Leadership is required in all walks of life including at school, at work, in families and in the wider community. Help your child see themselves as a leader by focusing on personal leadership capacities such as planning ahead, communicating clearly, being accountable for their behaviour, developing

emotional awareness and fostering good relationships with siblings and peers. Personal leadership development provides a strong foundation for the development of leadership skills in more public forums in later life.

Applaud independence

The school years are critical for the development of independence, which can easily be closed down by the roadblocks of impatience, overindulgence, fear and lack of time. Alternatively, independence is promoted when we show patience, provide opportunity, display confidence and teach students how.

Embed wellbeing

If there is one difference that modern schooling is making to the next generation it's in the leadership they have shown in recent years to the maintenance of mental health and wellbeing practises. Parents can support their child's long term wellbeing by embedding wellbeing habits including healthy eating, exercise, sleep, relaxation techniques, regular time in nature, gratitude and mindfulness.

Teach socialisation

If you want your child to be liked by others, it's essential to spend time and effort developing the skills and attitudes needed to succeed. Develop in them an awareness of how their behaviour impacts on others, instill manners and community-mindedness and develop a broad range of friendship skills that will assist them to relate well to others.

Foster resilience

2020 showed us life is unpredictable, full of ups and downs, straight balls and curve balls. It's the unpredictability, the downs and the curve balls that develop kids' resilience. How parents and teachers react to the hardships, frustrations and difficulties kids face either hamper or foster resilience. Spoil, overprotect or pamper and growth opportunities are wasted. Support, encourage and teach kids to cope and you'll be helping them develop a real sense of psychological hardiness and resilience that's essential for long term happiness and success.

Make this year a memorable one by helping your child grow and develop into the best student they can be. Keep the focus broad and do all you can to ensure that your child sees themselves as a confident and continuous learner.

Term 1 Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 0						
Week 1	3-Feb First day for students	2-Feb	3-Feb	4-Feb	5-Feb Welcome Back Assembly	6-Feb/7-Feb
Week 2	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb Swimming Trials Yr. 4-6	13-Feb/14-Feb
Week 3	15-Feb P & F Meeting	16-Feb Parent Information Evening 6:30pm (Classrooms) Kindy parent info session 5pm (Hall)	17-Feb Ash Wednesday Whole School Mass	18-Feb	19-Feb P&F Evening on the Greens 6-9:00pm Swimming Training Yr. 3 Excursion	20-Feb/21-Feb
Week 4	22-Feb	23-Feb Swimming Training	24-Feb	25-Feb	26-Feb Pupils Free Day	27-Feb/28-Feb
Week 5	1-Mar Public Holiday Labour Day	2-Mar Swimming Training	3-Mar	4-Mar	5-Mar Charity Walk Yr. 3-6 TBC Swimming Training Virtual Assembly (Certificate)	6-Mar/7-Mar
Week 6	8-Mar Yr. 6 Camp	9-Mar Swimming Training	10-Mar	11-Mar OT screening for PP	12-Mar Faction Swimming Carnival Yr. 4-6 OT screening for PP	13-Mar/14-Mar
Week 7	15-Mar P & F Meeting OT screening for PP	16-Mar Swimming Training	17-Mar	18-Mar	19-Mar	20-Mar/21-Mar
Week 8	22-Mar	23-Mar Swimming Carnival Intraschool	24-Mar	25-Mar NAPLAN Online Practice Test	26-Mar Intraschool Tennis Yr. 3/4 Virtual Assembly (Certificate)	27-Mar/28-Mar
Week 9 Holy Week	29-Mar Intraschool Cricket Yr. 6	30-Mar Staff meeting	31-Mar Dance Concert	1-Apr Last day for students P & F Easter Raffle	2-Apr Good Friday	3-Apr/4-Apr



News from the Finance Officer

School Fees—Health Care Card

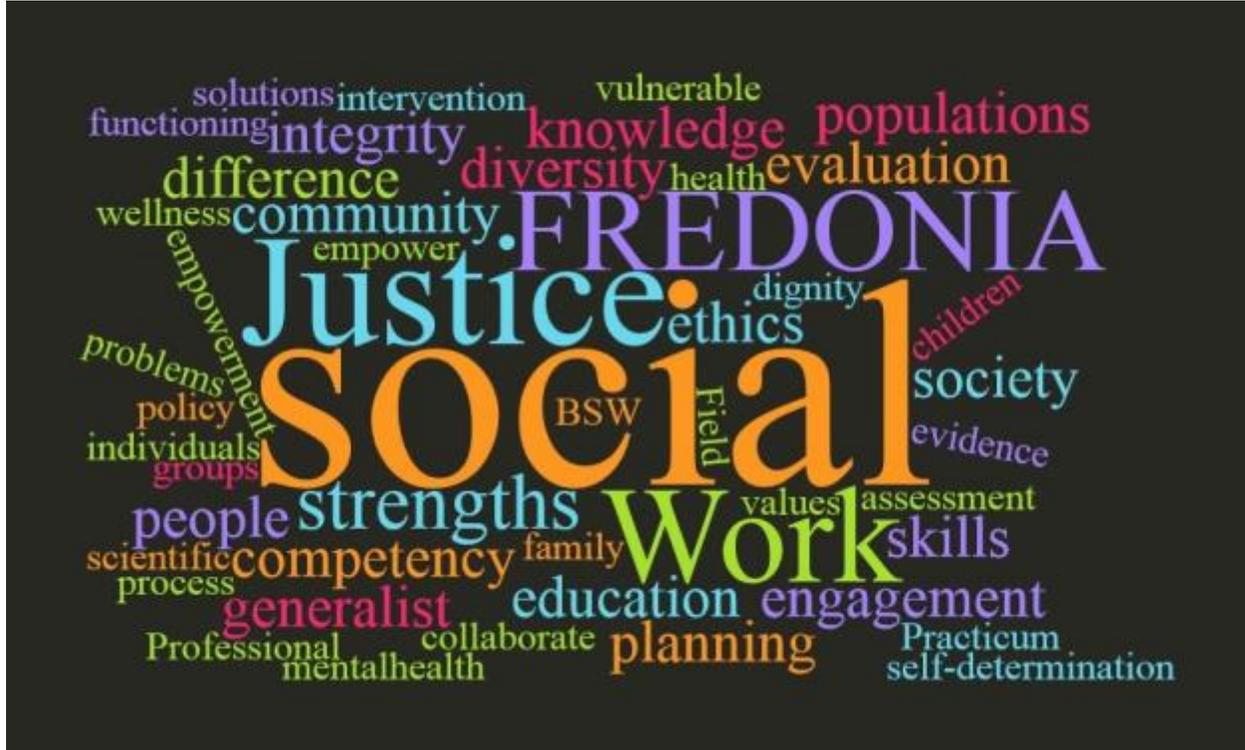
2021 School fee accounts will be issued shortly via email. Families who hold a current Health Care or Pension Concession Card are reminded that they need to present the card at the office and complete the appropriate form in order to receive a discount on school fees.

*Due to COVID-19 restrictions, a clear photo of the FRONT and BACK of the card may be emailed through to accounts@shthorn.wa.edu.au¹

Please note: Details must be received by Friday 26th March to obtain the discount.

Please contact the Finance Officer, Mrs Lindy Munnings on 9251 3002 if you have any questions.

¹<mailto:accounts@shthorn.wa.edu.au>



School Social Worker - Mrs Sharlene Epis

My name is Sharlene and I am the new School Social Worker at Sacred Heart. I am available **Monday to Thursday** between **8.50 am – 2.30 pm**.

With the wellbeing of students as my focus, I provide support to all members of the school community, including students and their families so I can best meet the social and emotional needs of students. I provide guidance to students on issues concerning building resiliency and self-esteem, coping skills, friendship concerns, family/separation/divorce, grief and loss, and social skills. For new students I will require a signed consent form for your child to participate in counselling. In addition, I am available to support parents/caregivers with enhancing their children's growth and development.

Best wishes, Sharlene Epis

Social Worker



News from the Library

Borrowing:

Borrowing will commence next week so please ensure your child has a suitable library bag, no plastic bags please as these tend to rip.

Borrowing days are :

- **Monday** : Yr 6, Yr 4 and Yr 3, Kindy B
- **Tuesday** : Pre Primary, Yr 5 and Yr 2, Kindy W
- **Wednesday** : Yr 1

As per usual, a new library book will not be able to be borrowed until the previous one has been returned. Also, please let me know if any items are damaged (a note on the book would be perfect please) and I will do my best to repair with book tapes etc, however any items that are unable to be repaired will need to be paid for.

Scholastic Book Club:

Scholastic Book Club catalogues were sent home this week. The closing date for orders is **19 February**, please note - **ONLINE ORDERS ONLY**. Orders are made through the LOOP app.

If you have any library questions, please feel free to email me laura.stilwell@cewa.edu.au²

Thank you for your continued support and we look forward to seeing our lovely students when we return.

Happy reading!

Mrs Laura Stilwell

Library

Canteen- Term 1 Menu and Roster

<p>⊙ RECESS ⊙</p> <p>Crunch & sip cup 50c Fruit cup \$1.50 Popcorn \$1.00 Piranha Snaps \$1.80 Dinobite 60c (max 4) Cheezie \$1.00 Vegimite cheezie \$1.20 Cheezie sub \$1.50 Pizza cheezie sub \$2.00 Chocolate yogo \$2.00</p> <p>⊙ LUNCH COUNTER SALES ⊙</p> <p>Assorted icy poles & icecreams \$1.00 - \$2.50</p> <p>⊙ DRINKS ⊙</p> <p>WATER \$1.60 POPPA 99% JUICE BOX \$2.00 Apple Tropical JUICE BOMBS \$2.60 Apple & Raspberry Orange Passio Watermelon MILK \$2.60 Chocolate splash Strawberry smash Banana burst PLAIN MILK \$1.60</p> 	<p>⊙ SANDWICHES & WRAPS ⊙</p> <p>Wholegrain or wholemeal</p> <table border="0"> <tr> <td>Vegemite \$2.50</td> <td>Ham \$3.00</td> </tr> <tr> <td>Cheese \$2.50</td> <td>Ham/salad \$4.30</td> </tr> <tr> <td>Tuna \$3.00</td> <td>Salad \$3.30</td> </tr> <tr> <td>Tuna/salad \$4.30</td> <td>Egg \$3.00</td> </tr> <tr> <td>Chicken \$3.00</td> <td>Curried \$3.50</td> </tr> <tr> <td>Chick/salad \$4.30</td> <td></td> </tr> </table> <p>(Salad : carrot, cucumber, lettuce & tomato)</p> <p>☺</p> <p>EXTRAS</p> <table border="0"> <tr> <td>Beetroot 50c</td> <td>Onion 30c</td> </tr> <tr> <td>Cheese 50c</td> <td>Mustard mild 40c</td> </tr> <tr> <td>Mayo 40c</td> <td>Sauce sachet 50c</td> </tr> <tr> <td>Wrap 50c</td> <td>Toasted 50c</td> </tr> </table> <p>LUNCHBAGS 10 FOR 50c</p>  <p>MONDAY & THURSDAY</p> <p>BENTO BOX \$6.00 A mini muffin, fruit cup, cheese & crackers, wing ding & a cheese or ham or vegemite sandwich</p> <p>SALAD BOX \$5.50 Cheese, lettuce, tomato, cucumber, carrot & egg + chicken or ham \$1.00</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 \$3.50	Chick/salad \$4.30		Beetroot 50c	Onion 30c	Cheese 50c	Mustard mild 40c	Mayo 40c	Sauce sachet 50c	Wrap 50c	Toasted 50c	<p>⊙ MONDAY ⊙</p> <p>Sausage roll \$3.50 Cruiser beef pie \$4.00 Macaroni Cheese (Veg) \$4.80 Spaghetti Twirls (Veg) \$4.80 Taco boat \$5.00 beef mince, cheese, lettuce & tomato</p> <p>⊙ THURSDAY ⊙</p> <p>Pizza rounds \$3.50 Hot dog & tomato sauce \$4.50 (+ mustard or cheese 50c) Macaroni cheese (Veg) \$4.80 Spaghetti Twirls (Veg) \$4.80 Chicken pop wrap \$5.00 (popcorn chicken, salad & mayo wrap) + cheese 50c</p> <p>⊙ FRIDAY ⊙</p> <p>Sausage roll \$3.50 Cruiser beef pie \$4.00 Lasagna \$4.80 Macaroni cheese (Veg) \$4.80 Spaghetti Twirls (Veg) \$4.80 Treasure Chest Combo \$6.00 5 fish nuggets, potato gems & poppa juice</p> 
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Wrap 50c	Toasted 50c																					

Opening hours: 8.30am -1.00pm Monday, Thursday and Friday.

With COVID restrictions, only online RECESS & LUNCH orders will be accepted. Order online via www.quickcliq.com.au³

²<mailto:laura.stilwell@cewa.edu.au>

³<http://www.quickcliq.com.au/>

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MON 1 FEB FRI 5 FEB	C.HARDY	C L O S E D		A.LADYMAN	J.GARVEY
MON 8 FEB FRI 12 FEB	S.WEALE			P.ONG A.FOSTER	J.GARVEY J.ALBANESE
MON 15 FEB FRI 19 FEB	C.HARDY			A.LADYMAN C.PAPENDORF	J.GARVEY C.CORNWALL*
MON 22 FEB FRI 26 FEB	S.WEALE			P.ONG	PUPIL FREE DAY
MON 1 MAR FRI 5 MAR	LABOUR DAY			A.LADYMAN A.FOSTER	J.GARVEY L.FRISINA
MON 8 MAR FRI 12 MAR	S.WEALE			P.ONG C.PAPENDORF	J.GARVEY L.CUNNANE J.GIBB
MON 15 MAR FRI 19 MAR	C.HARDY			A.LADYMAN	J.GARVEY J.ALBANESE
MON 22 MAR FRI 26 MAR	S.WEALE			P.ONG A.FOSTER	J.GARVEY J.FRISINA C.CORNWALL*
MON 29 MAR FRI 2 APR	C.HARDY			A.LADYMAN C.PAPENDORF	GOOD FRIDAY



1 - *11AM FINISH # 11AM START

If you are unable to come in on your rostered day, please contact Lucy ASAP (Monday, Thursday & Friday) on 9251 3007 or after hours 0417 836 159

Parents and Friends (P&F)

- Welcome Back – Evening on the green** Welcome back everyone. Save the date, **Friday 19 February 2021, 5:30pm – 8:00pm**. Anderson WA will be our entertainment again and a Dominos Pizza delivery has been arranged rather than a food truck. A pre-order form will be sent home Wednesday with all large pizzas \$10 each. The Ice-cream van is also locked in. This is always a great evening to sit and relax on the oval listening to fantastic music while socialising (distant

socialising ☺) with new and current families. We hope to see you all there. *Please note this event is pending the current restrictions being lifted.*

- **Entertainment book** Buy an Entertainment Membership to support our fundraising! You'll receive 12 months of valuable savings, and 20% of all digital book purchases get donated back to the school. If you have any questions, please do not hesitate to contact **Joanna Gibb** at pandf@shthorn.wa.edu.au⁴<https://www.entertainmentbook.com.au/orderbooks/83356f>
- **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 the shopping dockets from Forest Lakes Forum in the Sacred Heart School box located outside Red Dot at Forest Lakes Forum.** Alternatively, you may place your shopping dockets 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 dockets 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 and so 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** We are excited to be involved in the 'Containers for Change' scheme, offering opportunities to raise funds for the P&F, showing our commitment to the environment and encouraging better recycling behaviours in the community. The Containers for Change bin is located in the car park near the other donation points.



⁴<mailto:pandf@shthorn.wa.edu.au>



Useful Links

Uniform Shop⁵ Sacred Heart Thornlie Parish⁶

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

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