

# Sacred Heart School Thornlie



## From the Heart - 26 November 2021

### Principal's Message

Dear Parents

Next Friday 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 items and learning the words to songs. More information about the evening will be forthcoming and I hope that you are able to attend.

Our AGM was held on Wednesday 24 November. At this event staffing for 2022 was announced. A copy of the AGM PowerPoint will be available soon on the school website.

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.

On Wednesday morning the school conducted the orientation process for next year's Kindergarten cohort. I would like to thank the Kindergarten staff of Mrs Jo Hodgson, Mrs Nicola Wladyka, Mrs Claudia Therkelson and Mrs Lisa Ripley (AP K-2) 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 with refreshments. This process will conclude next week when the second Kindergarten cohort attends their orientation.

This week's Parenting Ideas article is about looking after yourself as a parent. Parenting can be stressful and challenging and it is important that we look after our own wellbeing to be the best that we can be.

God Bless

Steve Gibbs

Principal



'A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles' *Christopher Reeve*

'Only those who dare to fail greatly, can ever achieve greatly' *Robert F. Kennedy*

## Parenting Ideas

### Parent self-care matters

Parents are known for putting their children's needs ahead of their own. With the mantra of 'be involved' in your child's life a dominant parenting message, it's now common for parents to neglect their own social and wellbeing to give their children the best possible start in life. This selfless approach is commendable, but questionable if it means you are constantly stretched, stressed and tired. Parenting is draining. Kids by their very nature take more than they give. Even the most loving, affectionate child will exhaust you at times so it's important to replenish, refresh and reinvigorate yourself.

Parenting author Maggie Dent says, "If we don't care for ourselves, not only do we run the risk of parenting less effectively and compassionately, but we are not modelling self-care for our children." Taking time for yourself seems obvious, however, the reality for many parents is that they are hard-wired to prioritise the wellbeing of others.

Start by giving yourself permission. Setting strict boundaries around key self-care activities help to make sure self-care happens. Turning occasional self-care into an ongoing habit is a great way to make sure you look after yourself. First, you need to give yourself permission to prioritise mental health and wellbeing, at least some of the time. So, what self-care activities should you be prioritising?

### Get physical

Exercise is great for both mind and body. It releases endorphins, the feel-good hormone that enhances mood and helps put you in a positive state of mind. Exercise releases cortisol, the stress hormone, which builds up gradually over time, leading to anxiety and depression if not managed. You don't need to go to the gym to get the benefits of exercise. A brisk daily walk is an excellent self-care strategy for busy parents. It's affordable, accessible and has the bonus of taking you outside, which has added wellbeing benefits.

### Stay social

Alfred Adler, the father of individual psychology, maintained that the people who lived the most content lives paid close attention to their social lives. When children come along, a parents' social life can easily play second fiddle to that of their children. Alternatively, social media becomes the main mode for staying in touch with friends, which is a poor replacement for face-to-face contact. One way of staying social is to schedule activities such as playing sport, joining a book club or sharing a coffee that keeps you connected to other adults.

### **Be mindful**

Staying in the present moment, even for just a minute or two, can help you better manage parenting stresses. Engaging your senses is a good way to relax and find some inner peace. Enjoying the present moment, or mindfulness, can be practised by taking a walk, listening to music, or a taking a five minute meditation. Breathing exercises help reduce stress, so incorporate deep breathing into your daily routine to help stay fresh and alert.

### **Seek out play**

If you think that play is just for kids, then think again. Everyone needs activities in their lives that sustain them and bring them joy. It's important to expand the definition of play to include hobbies and interests such as music, collecting things, making, tinkering and performing. Playful activities that contribute to parent self care are freely chosen, fun and create a state of flow so that you become lost in the activity. Playful activities boost your mood and help you manage the challenges and enjoy the pleasures of family life.

### **Decide to savour**

If you feel that you're always in rush, the chances are that you don't have the opportunity to savour anything. Whether it's the first cup of coffee in the morning, snuggling up to your child at bedtime or reading a favourite book before bed, commit to savouring something and make it a daily habit.

### **In closing**

Taking care of your physical, psychological and social needs helps you be the best parent you can be. Set aside time for self-care even when you feel like you don't have a single second to devote to yourself. Experiment with different self-care activities to figure out which strategies work best for you, your family and your lifestyle.



## Luna's Corner



Keep up to date on what Luna has been up to, by checking out her Instagram page **@lunalovesschool**

Luna loved her bath at school this week and was so thankful for all the friends who made sure she was spotlessly clean. She has had a busy week looking at some of the Christmas decorations that are starting to pop up in the school and she attended her very first ACM on Wednesday night.









## Homework Club



The last Homework Club for the year is next Wednesday 1 December 2021, there will be **NO Homework Club** in the last week of term.



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. Please bring the items into the **classroom** by **Friday 3 December**. Please **no chocolates** as they can’t be stored. Thank you so much to all of those families that have already sent in contributions.

Kindy	Christmas pudding, Christmas Cake, Fruit Mince Pies
Pre-Primary	Tinned Fruit, Jelly, Custard Powder
Year One	Tea, Coffee, Milo, 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, 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

## Family Picnic and Christmas Concert



**WHEN:** Friday 3 December 2021

**WHERE:** Sacred Heart School Oval

**TIME:** Arrive from 5:30pm for the picnic on the green. Concert commences at 7pm. The school bell will ring at 6:40pm to remind students to assemble in their classrooms ready to walk down to the oval.

### **Order of Performances**

- **Kindergarten:** The Angels Sing Christmas Song
- **Choir:** Silent Night and Last Christmas
- **Year Three:** The 12 Days of Christmas
- **Pre-Primary:** Rudolph the Red Nosed Reindeer
- **Year Four:** Jingle Bell Rock
- **Year 1B & 5B:** Aussie Jingle Bells
- **Year Two:** Six White Boomers
- **Year 1W & 5W:** Rockin Around the Christmas Tree
- **Year Six:** Santa Claus is coming to town
- **Community sing-along:** Away in a Manger
- Teachers Carol
- P&F Raffle
- Whole school song and dance: Feliz Navidad
- Conclusion, approximately 8.15pm

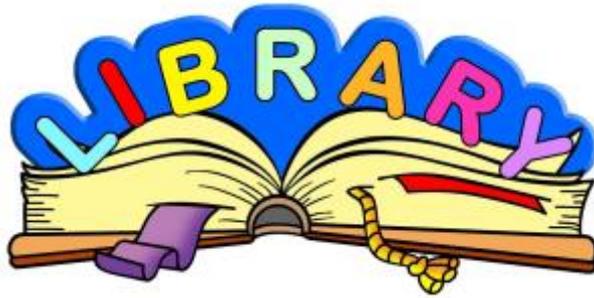
Costume requirements have already been sent home via SeeSaw.



Booklists for 2022 for children in Year 3,4,5 and 6 have been sent out via SEQTA and SeeSaw. Hard copies of the Booklists will **not** be handed out this year.

A reminder that children in Kindy to Year 2 won't receive a booklist as the children share their stationary items in these grades. Consistent with previous years the school purchases these items and charge parents a levy rather than provide a booklist or list of items to be purchased.

## Library News



### Borrowing books

As we come closer to the end of the year our library borrowing will finish at the end of week 6. All library books will need to be returned by the end of week 7 (by **Friday 26 November**). Reminders for outstanding items will be sent to classes and I will also send SeeSaw messages to parents if needs be. We do understand that books go missing in our very busy lives, however, all books that cannot be located will need to be paid for before then end of the year.

If you have any concerns regarding library books please contact me via email [laura.stilwell@cewa.edu.au](mailto:laura.stilwell@cewa.edu.au)

Thank you to all of our borrowers and parents for their continued support. It is very appreciated!

## ELC and Three Year Old Kindy Enrolments for 2022



Enrolments for 2022 are now open and are filling fast!

Please see Amanda in the ELC or email [elc@shthorn.wa.edu.au](mailto:elc@shthorn.wa.edu.au)<sup>2</sup> to collect an enrolment pack.

## South Thornlie Dentist

South Thornlie DTC will be closed from Friday 17/12/21 to Friday 28/01/22, reopening Monday 31/01/22.

### Emergency Cover:

Bannister Creek Dental Clinic (20/12 to 22/12/21), Phone 9451 1761.

Mt Henry Dental Clinic (23/12/21 to 25/01/22), Phone 9313 0552

Excelsior Dental Clinic (27/01 to 28/01/22), Phone 9256 4170

Should an emergency arise after clinic hours or on a public holiday please contact the emergency service on 1800 098818 or your local practitioner.

## Be Kind - Dolly's Dream

On 15 October, Liam H from Year 6, his mum and the Gerhardy family went to Capel for the third year in a row to the Swan River Horse Trials weekend. They helped with fundraising and sharing the **BE KIND** message for Dolly's Dream. They raised an amazing **\$4,060** to support Dolly's Dream. Well done Liam H, we are very proud of you!



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<sup>2</sup><mailto:elc@shthorn.wa.edu.au>





On Thursday 11 November a group of nine, Year 6 girls participated in the cricket regional championships held at Yokine reserve. The girls were invited to regionals because they won our association cricket carnival back in Term 1. The girls were pumped for a full day of action-packed cricket games. We were placed in a pool with 3 other schools. Our first game ended in defeat and after an inspirational pep talk the girls fought back well and won their second game comfortably. Our last pool game was a close tussle, but our girls came out on top, finishing our pool games with 2 wins and 1 loss. We finished 2nd in our pool and played the 1st placed team from a different pool in a final. The girls played really well in the final but were not told who had won, all that was mentioned was that there was only 1 run in it. During the presentations we found out we were the winners of our final and in doing so had booked our tickets to the state championships the following week!

Fast forward a week and the girls arrived at the world famous WACA ground to compete in the state finals. Only eight girls' teams were invited. The day followed the same format as the previous week with the girls split into two pools. Our first game was a real eye opener. Playing Applecross, it was evident early that they were going to be very hard to beat. Our girls did their best but couldn't get the win. We went into our second game a bit deflated but after an in depth team talk the girls had a renewed confidence. They did everything they could to get the win but unfortunately they fell eight runs short. Going into the final pool game the girls had nothing to lose, we had a game plan and the girls stuck to it and did their best. It was another close game with only two runs separating the teams. We thought we had done enough but unfortunately the umpire gave the win to the other team. The girls were devastated but we still had one game to play so they had to dust themselves off and go again. We played in the 7th/8th place playoff. I let the girls sort out their batting order, fielding positions and pairs for the final game. The girls played Kensington who produced their best game of the day and ended up getting the win. This meant our girls finished 8th and are the 8th best team in the state! A massive achievement for a group of girls who don't play cricket. Well done girls!



On Friday 5 November, a small group of students attended the School Sports WA Interschool Triathlon competition. This was held at Champion Lakes Regatta Centre. We had 4 teams compete (three Students in each team). We had two boys team compete in the A division race and two girls teams compete in the female race. All four teams did really well, our boys' team's 13th and 23rd out of 29 teams and our girls finished 9th and 30th out of 35 teams. One of our Year 6's, Seight, competed in the aquathlon, which consisted of a 1km run, 200m swim and then another 1km run all by himself. Seight exceeded expectations and finished 3rd out of 57 boys! Amazing effort. All students represented the school really well.

A special thank you to Mr and Mrs Hardy for helping with the transportation of bikes to and from the event.

## City of Gosnells Bike Plan 2022 – 2032

The City of Gosnells has recently commenced drafting our future Bike Plan, and we would like to request the participation of your school community in the public consultation which will guide much of the Plan.

The Bike Plan will guide the City's investment in cycling infrastructure over the next ten years. This includes shared paths in and around our local schools. We acknowledge the importance of safe and efficient routes to school – not only for parents and children, but for staff as well.

We encourage the School to respond to our online survey, highlighting any areas where you think we are doing well, and providing information about areas that are in need of improvement. Please forward on to your Parents and Citizens Association if you believe they would be interested in responding.

The City would also appreciate the school sharing information about the Bike Plan consultation with parents, staff and other community members.

**The online consultation is open from 29 November to 20 December 2021 via [www.yoursay.gosnells.wa.gov.au](http://www.yoursay.gosnells.wa.gov.au)<sup>3</sup>**

Alternatively, community members can attend one of the following consultation sessions:

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<sup>3</sup>[https://emails.engagementhq.com/ls/click?upn=BtL6lsHYvyMss-2FLES88SXRCGQ25e9wvfuiHm05-2BOI4TxqjJMRYa2lVfkFaiMYDsihWxJzqbe4KKNEv6voRSaVpjiexng5bYcm5F1e5ZwUd2sJYXIIUvQA00Y68lq73TOMlfj7HyBTOme7GMj7kjqxA-3D-3DeSKI\\_NH-2BebKT6ACv3NZe-2F8GZVjZCG1-2Fyl9JiMSpicysyndpoPiKPXgMjF-2BQ97wxBewvzjuQeSE-2B38Nsbnanlv-2F3kWupyTSO71Z-2FgHfGawvj3wzGS-2Bcl0tYlmgbprAz-2B-2BPhz2Lks-2FuOZp7Dyf-2BUhWSBfBdXF8dqCT9D0KFmncxR-2Ffn86-2FwLyli3FFHhRLYUWqklcwZKwNMfo-2FEdYglNoXWiRJ5o-2FTpnUqiD-2Briqz3bxE8hEVM-3D](https://emails.engagementhq.com/ls/click?upn=BtL6lsHYvyMss-2FLES88SXRCGQ25e9wvfuiHm05-2BOI4TxqjJMRYa2lVfkFaiMYDsihWxJzqbe4KKNEv6voRSaVpjiexng5bYcm5F1e5ZwUd2sJYXIIUvQA00Y68lq73TOMlfj7HyBTOme7GMj7kjqxA-3D-3DeSKI_NH-2BebKT6ACv3NZe-2F8GZVjZCG1-2Fyl9JiMSpicysyndpoPiKPXgMjF-2BQ97wxBewvzjuQeSE-2B38Nsbnanlv-2F3kWupyTSO71Z-2FgHfGawvj3wzGS-2Bcl0tYlmgbprAz-2B-2BPhz2Lks-2FuOZp7Dyf-2BUhWSBfBdXF8dqCT9D0KFmncxR-2Ffn86-2FwLyli3FFHhRLYUWqklcwZKwNMfo-2FEdYglNoXWiRJ5o-2FTpnUqiD-2Briqz3bxE8hEVM-3D)

## Bike Plan Community Drop-in Session

Date: Wednesday 8 December

Time: 3pm – 5pm

Location: Mills Park Centre, Brixton Street, Beckenham

## Bike Plan Public Workshop Session

Date: Wednesday 8 December

Time: 6.30pm – 8pm

Location: Lyl Richardson Hall, The Agonis, 2232 Albany Highway, Gosnells

Register: Email [yoursay@gosnells.wa.gov.au](mailto:yoursay@gosnells.wa.gov.au)<sup>4</sup> or call 9397 3000

If you would like any further information please contact the City’s Project Consultation Advisor, Jen Woollard on 9397 3065 or via email on [jwoollard@gosnells.wa.gov.au](mailto:jwoollard@gosnells.wa.gov.au)<sup>5</sup>.

## Canteen Menu - Term 4

<p>⊙ RECESS ⊙</p> <p>Crunch &amp; sip cup .50c      Fruit cup \$1.50 (celery &amp; carrot sticks)      (seasonal fruit)</p> <p>Pirintha Sreps \$1.80</p> <p>Dinobite .60c</p> <p>Hash brown \$1.00</p> <p>Cheezie \$1.00</p> <p>Vegimite cheezie \$1.20</p> <p>Cheezie sub \$1.50</p> <p>Pizza cheezie sub \$2.00</p> <p>⊙ LUNCH COUNTER SALES ⊙</p> <p>Assorted icy poles &amp; icecreams \$1.00 - \$2.50</p> <p>⊙ DRINKS ⊙</p> <p><b>WATER \$1.60</b></p> <p><b>99% JUICE BOX \$2.00</b> Apple      Tropical</p> <p><b>JUICE BOMBS \$2.60</b> Apple &amp; Raspberry, Orange Pessio Watermelon</p> <p><b>MILK \$2.60</b> Chocolate splash      Strawberry smash</p> <p><b>PLAIN MILK \$1.60</b></p> 	<p>⊙ SANDWICHES &amp; WRAPS ⊙</p> <p><b>Wholegrain or wholemeal</b></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 &amp; tomato)</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><b>LUNCHBAGS 10 FOR 50c</b></p>  <p><b>MONDAY &amp; THURSDAY</b></p> <p><b>BENTO BOX \$6.00</b> A mini muffin, fruit cup, cheese &amp; crackers, wing ding &amp; a cheese or ham or vegemite sandwich</p> <p><b>SALAD BOX \$5.50</b> Cheese, cucumber, carrot, lettuce, tomato &amp; egg <b>ADD chicken, ham or tuna \$1.00</b></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</p> <p>Lasagne \$5.00</p> <p>Macaroni Cheese (V) \$5.00</p> <p>Twista pasta bolognese \$5.00</p> <p>Cheese burger \$4.50</p> <p>⊙ THURSDAY ⊙</p> <p>Pizza rounda \$3.50</p> <p>Hot dog &amp; tomato sauce \$4.50 (+ mustard or cheese 50c)</p> <p>Lasagne \$5.00</p> <p>Macaroni cheese (V) \$5.00</p> <p>Spaghetti Bolognese \$5.00</p> <p>Chicken tender wrap \$4.50 (cheese, tomato, lettuce)</p> <p>Sweet chilli tender wrap \$4.50 (cheese, tomato, lettuce)</p> <p>⊙ FRIDAY ⊙</p> <p>Sausage roll \$3.50</p> <p>Crisper beef pie \$4.00</p> <p>Pizza &amp; Juice box \$5.00 (margarita or ham &amp; cheese)</p> <p>Lasagne \$5.00</p> <p>Macaroni cheese (V) \$5.00</p> <p>Spaghetti Bolognese \$5.00</p> 
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### Canteen Opening Hours:

8.30-1pm Monday, Thursday and Friday only.

Phone: 92513007

RECESS & LUNCH orders available online via [www.quickcliq.com.au](http://www.quickcliq.com.au)<sup>6</sup> or via the class lunch box.

<sup>4</sup><mailto:yoursay@gosnells.wa.gov.au>

<sup>5</sup><mailto:jwoollard@gosnells.wa.gov.au>

<sup>6</sup><http://www.quickcliq.com.au/>

## Canteen Roster - Term 4

DATE	MONDAY	THURSDAY	FRIDAY
MON 11 OCT FRI 15 OCT	PUPIL FREE DAY	A.LADYMAN	J.GARVEY S.CHESTER
MON 18 OCT FRI 22 OCT	S.WEALE* V.CHOLLANGI*	P.ONG L.THOMAS A.FOSTER	J.ALBANESE L.GRIGGS
MON 25 OCT FRI 29 OCT	C.HARDY V.CHOLLANGI*	A.LADYMAN	J.GARVEY S.CHESTER
MON 1 NOV FRI 5 NOV	J.GARVEY V.CHOLLANGI*	P.ONG L.THOMAS	J.GARVEY J.GIBBS L.CUNNANE
MON 8 NOV FRI 12 NOV	S.WEALE* V.CHOLLANGI*	A.LADYMAN A.FOSTER	J.GARVEY S.CHESTER
MON 15 NOV FRI 19 NOV	C.HARDY V.CHOLLANGI*	P.ONG L.THOMAS	J.GARVEY J.ALBANESE
MON 22 NOV FRI 26 NOV	J.GARVEY V.CHOLLANGI*	A.LADYMAN	J.GARVEY S.CHESTER
MON 29 NOV FRI 3 DEC	S.WEALE* V.CHOLLANGI*	P.ONG L.THOMAS	J.GARVEY J.ALBANESE L.GRIGGS
MON 6 DEC FRI 10 DEC	C.HARDY V.CHOLLANGI*	A.LADYMAN A.FOSTER	J.GARVEY S.CHESTER
MON 13 DEC FRI 17 DEC	PUPIL FREE DAY	PUPIL FREE DAY	PUPIL FREE DAY

11am start# 11am finish\*

If you are unable to come in on your rostered day, please contact Lucy 92513007 (8AM-1PM)

A/H 0417836159

## Parents and Friends (P&F)

Christmas Raffle

Raffle tickets have gone home, tickets are 3 for \$5. You won't want to miss this one !! Prizes include a \$350 voucher to Jett Cycles, we have three fully paid booklists for 2022, a wine pack, Cupcakes and a cookie pack.

**We'd like to say a huge thank you to Local MP Chris Tallentire, Ziggies School supplies, Boston Brewery, and a special big thanks to families within our school, Caroline's Custom Cakes, Dolce Luna Cookies and Cake & Crumb for your generous donations.**

### **Save the Date**

Our annual Evening on the Green is back for 2022. It will be held on Friday 18 February 2022. Dominos Pizza will be available to order and the ice cream truck will also be there. Further details will be released closer to the date.

### **No Nasties Icy Poles**

The P&F have organised for all students to be given a No Nasties Icy Pole on Transition Day – Wednesday 8 December 2021. We hope all the children enjoy them on this very exciting day.

### **Billy G's Gourmet Cookie Dough Fundraiser**

Thank you to all the students who put in a huge effort to sell tubs of cookie dough. We will advise the final number of tubs sold and the amount raised within the next few days.

### **Executive Committee Member Nominations**

Are you looking for a way to be more involved in the school next year? We are looking for nominations. If you are interested in learning more, please email the P&F for a nomination form. [pandf@shthorn.wa.edu.au](mailto:pandf@shthorn.wa.edu.au)<sup>7</sup>

### **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 **Rebecca Blackman** at [pandf@shthorn.wa.edu.au](mailto:pandf@shthorn.wa.edu.au)<sup>8</sup>

<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 docketts from Forest Lakes Forum in the Sacred Heart School box located outside Red Dot at Forest Lakes Forum.**

Alternatively, you may place your shopping docketts 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 docketts 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.

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<sup>7</sup> <mailto:pandf@shthorn.wa.edu.au>

<sup>8</sup> <mailto:pandf@shthorn.wa.edu.au>

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- REMINDER**

We have received a reminder letter from Scouts Recycling advising they can only process ELIGIBLE containers and to ensure there is no rubbish placed in the bins. The main culprits being:

- Wine Bottles
- Spirit Bottles
- Cordial Bottles
- Plain milk of any variety
- Other Recyclable items cardboard and rubbish of any kind
- Food Scraps If these items continue to be placed in the bins, they will start deducting the cost of removal from our refunds. They have also kindly requested that lids be removed from bottles. The P&F would like to thank all of our families who donate their containers to the school. It is very much appreciated. All refunds received are going towards the cost of the new playground.





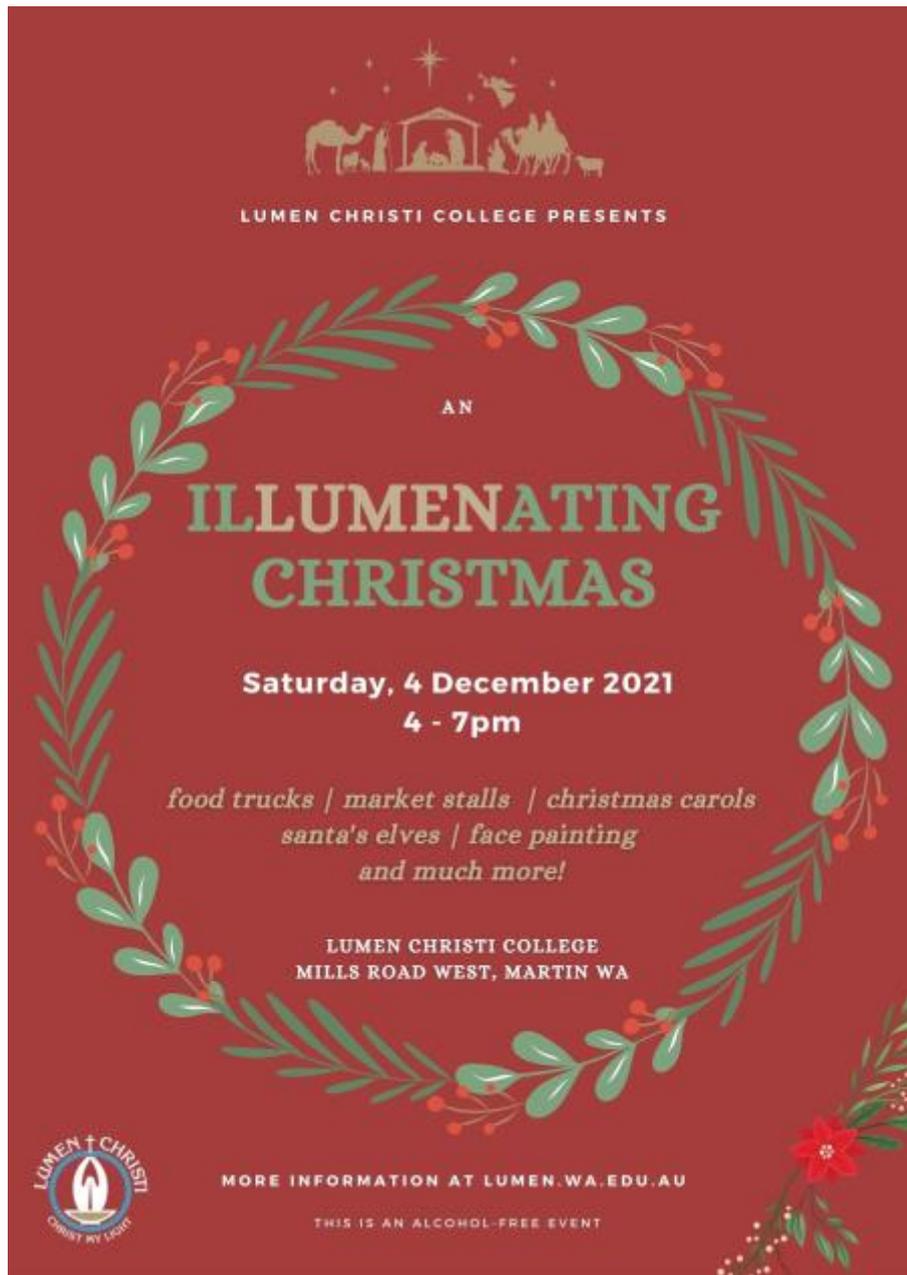
### **CSPWA Parent Group Induction Invitation**

Please find attached an invitation to the CSPWA Parent Group Induction Evening on 17 February 2022. Can you please provide this information to your P&F group, Principal and wider school community as all are welcome.

Induction\_Evening\_Invite\_2022.pdf<sup>9</sup>

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<sup>9</sup><http://cspwa.schoolzineplus.com/r/DkQJ5/619f205a62d14>



Lumen Christi College invites you to attend our inaugural Christmas event, An Illuminating Christmas on Saturday, 4 December. From 4-7pm we will have various food trucks and market stalls as well as Christmas-themed entertainment including Christmas carols, Santa's elves, face painting, a blow up obstacle course and more! This is sure to be a wonderful family-friendly community event not to be missed. Funds raised from this event will go to the Vinnies Christmas Appeal. More information can be found on our Facebook page or at [lumen.wa.edu.au](http://www.lumen.wa.edu.au/)<sup>10</sup>.

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<sup>10</sup><http://www.lumen.wa.edu.au/>

## Useful Links

Uniform Shop<sup>11</sup> Sacred Heart Thornlie Parish<sup>12</sup>

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<sup>11</sup><https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store>

<sup>12</sup><http://www.thornlie.perthcatholic.org.au/>