

Sacred Heart School Thornlie



From the Heart - 14 October 2022

Principal's Message

Dear Parents

Welcome back to the new term and the last for the year. I hope you managed to have some quality family time together and that your children are well rested for the busy term ahead. We are now in summer uniform and the children will have until the end of week two to have made the transition to the summer uniform.

A final Term Planner will go home with this newsletter. Please diarise any important dates as I'm sure the weeks will fly by heading towards Christmas. Please note the Graduation Mass on Wednesday 7 December at 6pm will be compulsory for Year 6 students and Year 5 students. 2022 student leaders will be announced at this Mass and badges will be presented. Choir students will likely be required to attend as well.

We recently conducted interviews for teaching staff and we welcome Fleur Coy to the Sacred Heart family for 2023. Fleur is a highly experienced teacher who is currently at St Jerome's Primary School. She will be teaching in our Inclusion Support Centre.

All staffing placements for 2023 will be announced at our ACM later this term.

Around this time each year decisions are made regarding student class placements for the following year. Factors which are taken into account when balancing classes include academic ability, gender, social and emotional needs and religious affiliation. In addition, children with behavioural and/or special learning needs are also accommodated.

Parental requests become an additional factor and I would like to make clear our policy on this issue. **Letters to, or lobbying of, class teachers will not be considered.** Because of the many other factors involved in balancing classes, parental requests can only be met in exceptional circumstances.

If you believe that such circumstances apply to your child, **a request must be made in writing to the Principal by Friday 28 October. No requests can be met after this date.** When writing your request, please indicate the reason for the request. This is your opportunity to explain in writing your exceptional circumstance. I will not be conducting interviews with parents regarding class placement, nor will I be replying to any letters of request. If I feel more information is required I will contact you to discuss the matter further. **Please note that a request for a particular teacher is not deemed exceptional unless there are exceptional circumstances surrounding the request.**

Finalised class lists will be posted on classroom windows after transition on Wednesday 7 December. Teachers and Leadership put a great deal of preparation and thought into the new class lists and I ask you to trust that the environment your child is going to next year is one in which they will thrive.

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

Our school ACM is coming up this term and now is the time that we call for nominations for the School Advisory Council (SAC) for 2023. This group is a great way to become involved and support your school. Attached is a nomination form. If you are interested please complete and return to the school by Tuesday 1 November. Our ACM will take place on Wednesday 23 November at 6pm.

Lastly, I would like to thank our wonderful P&F for organising the upcoming Disco. It had to be rescheduled at the last minute and we look forward to the event next week.

This week's Parenting Ideas article is about friendship issues and how as a parent you can help your child navigate these difficulties. It also has an invitation to a free webinar on the topic.

God Bless

Steve Gibbs



'Life doesn't get easier or more forgiving, we get stronger and more resilient' ~ Steve Maraboli

‘The human capacity for burden is like bamboo, far more flexible than you would ever believe at first glance’ ~ Jodi Picoult

Parenting Ideas

Tricky Friendship Days

Relatively small issues, like not being invited to a party, can arouse big, intense feelings in our kids. Because belonging is at stake, friendship challenges will always feel like a life-threatening experience – so be assured that most parents find themselves dealing with powerful tears and shattering disappointments after tricky friendship days.

It is easy for both parents and teachers to fall into the trap of trying to “dial down the drama” when our kids feel overwhelmed. However, minimising or dismissing strong feelings will only tend to ramp them up, because our tween’s brains seek to be heard and understood in the process of regulating. I’d also like to suggest that it denies our children the opportunity to master these big feelings. Our kids need to feel to practise the emotional regulation strategies they need to navigate life well.

I want to share three practical strategies that parents can do to support their tweens during these moments. Friendship challenges are an incredibly rich platform to help kids learn emotional regulation strategies, as well as social skills, and we want to capitalise on both as we coach them forward.

Strategy 1: Let's not fight the intensity

The more I learn about emotions the more I am in awe of our body’s way of coming up with solutions to discomfort, anguish and pain we experience. It doesn’t make any sense to judge that process but rather appreciate it. That’s why we want tweens to know there are no bad or good emotions. There are only healthy emotions, and each one of them is an acceptable and necessary part of being human. Ideally, we want tweens to feel safe to feel, without shame or guilt. This means accepting emotions within our home, in the same way we accept anything else about ourselves (or our experiences) that we cannot change - our age, our height, freckles or ears.

Strategy 2: Ask questions that empower

Although it’s tempting (and much quicker) to offer children prescription answers to friendship problems, it won’t help them in the long term. The problem with childhood conflict always being followed by adult intervention, is that kids can get into the habit of projecting their wishful thinking onto someone else who they perceive as being more powerful than they are.

If our children focus their energy on recruiting support rather than problem-solving, they miss vital learning opportunities. We are best to ask questions that express a sense of curiosity and empower them to take ownership.

Strategy 3: Find a positive expression

Whereas there are times that we suppress our painful emotions for our own survival, emotions are far better off moving through our kids rather than festering inside them.

One of my dearly loved local psychotherapists wisely tells me that children who have imaginations become their own play therapists. Play is a distraction that pulls kids out of their heads and into their bodies. Any type of play including immersing themselves in craft, participating in drama, dance, or sport, or building forts, slides and adventure courses are all helpful..

In closing

Home really is the hero in kids' lives. It is the emotional shield from all that hurts us, bothers us, and tires us. It's a place where love is tangible, and we are cared for in ways that make it easier for us to move back into the world with a soft heart. It's the Utopia that we all yearn for and strive towards. When they feel disappointed, lost, afraid or disoriented it will be the predictability of home that continues to welcome them with open arms and wise words. As you implement these strategies, know you are offering your tween the home they deserve.

Michelle Mitchell presents: Handling tricky friendship days

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Handling tricky friendship days' at no cost.

About

In this webinar, Michelle Mitchell offers a set of practical guiding principles to help empower children to handle tricky friendship days.

When

Wednesday 2 November 2022 8:00pm AEDT

To redeem

- Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-handling-tricky-friendship-days>
- Click 'Add to cart'
- Click 'View cart'
- Enter the coupon code FRIENDS and click 'Apply Coupon' Your discount of \$39 will be applied.
- Click 'Proceed to checkout'
- Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
- Click 'Place Order'

This offer is valid until 31 December 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

School Advisory Council (SAC) Nominations

Dear Parents,

Please be advised the Sacred Heart School Advisory Council (SAC) and P&F Annual Community Meeting (ACM) will be held on Wednesday 23 November 2022.

In anticipation of the SAC and P&F Annual General Meeting, we invite persons who are interested for nominating for a SAC position (or nominating on the behalf of someone else) and who possess the following criteria, to complete the nomination form attached and return it to the Principal by Wednesday 16 November.

There will be quite a few vacancies for the SAC for 2023. SAC members are elected for a two-year term.

Criteria for membership of the SAC shall be:

- Possession of special skills that will be an asset to the school
- A deep interest in the welfare of all students and staff
- A desire to give service to the Catholic School Community
- An enthusiasm to positively promote Catholic schooling and Sacred Heart School
- An ability to work co-operatively and constructively with all other members of the SAC.
- A sufficiency of time to devote to SAC duties, and
- An understanding of the need for strict confidentiality in all matters.

Thank you for your consideration of these roles.

Yours sincerely

Steve Gibbs

Principal

Student Advisory Council Nomination Form

Please see the school office if you would like a hard copy of this form

I have read the criteria for nomination to Sacred Heart School Advisory Council and wish to offer myself, or the person nominated, as a candidate for election to the SAC. The person whom I have elected is happy to be nominated and will accept the position if elected.

Candidate's Name _____

Address _____

Skills and /or interests that may contribute to SAC membership

Signature _____

Date _____

Term 4 Key Dates for your diary

Friday 21 October - P&F Disco

Friday 28 October - World Teachers Day

Thursday 10 November - Music Concert

Friday 2 December - Christmas Concert

Wednesday 7 December - Transition Day

Wednesday 7 December - Graduation Mass 6pm, Year 5 and 6 students to attend

Friday 9 December - Last day of school for 2022

Term 4 calendar attached and on the website. A hard copy of the Term planner can be obtained from the school office.

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 1	30-Oct Pupil Free Day	15-Oct	22-Oct Dress Near Mass Yr.6	13-Oct	14-Oct Virtual Assembly	20-Oct/18-Oct
Week 2	17-Oct	18-Oct	19-Oct	20-Oct Anzac Day Kindy	21-Oct Anzac Day Kindy P & F Disco	22-Oct/23-Oct
Week 3	24-Oct Interschol Athletics	25-Oct Interschol Athletics	26-Oct EAL/D Morning Tea	27-Oct Yr.5 Bike Safety Excursion	28-Oct World Teachers Day Virtual Assembly	29-Oct/30-Oct
Week 4	31-Oct	1-Nov All Saints Day Whole School Mass (Webcam)	2-Nov	3-Nov	4-Nov Yr. 5 Rhetorical Edu. Centre Visit Triathlon Yr.4/5/6	5-Nov/6-Nov
Week 5	7-Nov	8-Nov TIC Interschol Challenge	9-Nov SAC	10-Nov Music Concert 6-8:30pm	11-Nov Yr.6 Leadership Speeches & Voting SAC Dinner	12-Nov/13-Nov
Week 6	14-Nov	15-Nov Yr.1 Excursion	16-Nov 2023 Kindy Blue Orientation	17-Nov	18-Nov	19-Nov/20-Nov
Week 7	21-Nov P & F Meeting	22-Nov	23-Nov ADM 2023 Kindy White Orientation	24-Nov	25-Nov	26-Nov/27-Nov
Week 8	28-Nov	29-Nov	30-Nov Thanksgiving Mass 5:00pm EAL/D Morning Tea	1-Dec Pre-primary Incursion	2-Dec Christmas Concert	3-Dec/4-Dec
Week 9	5-Dec	6-Dec	7-Dec Graduation Mass 6:00pm Transition Day 30-40pm	8-Dec Yr. 6 Graduation Lunch Reports sent home The Immaculate Conception of the Blessed Virgin Mary	9-Dec Last day for students Yr. 6 Assembly Yr. 6 Big Day In	10-Dec/11-Dec
Week 10	12-Dec	13-Dec	14-Dec	15-Dec School Closed		

Not returning to Sacred Heart in 2023?

If your child/ren won't be returning to Sacred Heart Primary School in 2023, please ensure that you notify the school admin office by **Friday 28 October** as **at least one term's notice must be provided**. A withdrawal form needs to be completed, this can be found on our website http://shthorn.wa.edu.au/pdf/enrolment_withdrawal.pdf or you can obtain a hard copy from the office.

Term 4 - Summer Uniform

Term 4 marks the start of summer uniform.

There is a grace period of two weeks where students can still wear winter uniform. However, from **Week 3 of Term 4** all students must wear summer uniform. The summer uniform can be purchased from the Uniform Shop at Uniform Concepts in Willetton.

Or you can check out the second hand uniform page on Facebook - Sacred Heart Thornlie 2nd Hand Uniform Buy and Sell Page.

Further information about the school uniform and pricing can be found on the school website <http://shthorn.wa.edu.au/uniform/> and please refer to the attached document from Uniform Concepts.

Summer Uniform

Boys

- Button up blue school shirt short-sleeved
- Grey shorts
- Grey school socks with blue and white stripes
- Black leather lace-up shoes or brown sandals

Girls

- Blue checked school dress
- Short blue school socks
- Black leather lace-up shoes or brown sandals

Sports Uniform

House

- House coloured t-shirt (blue, gold, green or red)
- Dark blue school t-shirt
- Navy school sport shorts (unisex)
- Blue school sports jacket

- White socks
- Predominately white sport trainers
- Blue school hat

UNIFORMCONCEPTS
NELL GRAY

**SCHOOL UNIFORM
SUPER STORE**

We would like to welcome you to our
Willetton Super Store
conveniently located at
30 Kembla Way, Willetton, WA 6155

*A one stop shop for all your quality school uniform requirements.
Our friendly, experienced staff will make buying uniforms a breeze!*

DURING TERM 4 2022

All new students are encouraged to make an appointment with the uniform shop for a fitting during Term 4, thus avoiding long queues in January. Appointments can be made by logging onto www.oppts-uc.as.me. Alternatively, you can contact the uniform shop on 9270 4669. Please note that the most popular times for appointments are after 3pm weekdays and Saturday mornings so book early to avoid disappointment.

Why not take advantage of our \$20 Layby service? Visit our store during Term 4 and secure your Back-to-School uniform order with just a \$20 deposit, pay off the balance and collect your order before 25 January to avoid the rush, long queues and last-minute panic!

Online Ordering available by visiting our website
nellgray.com.au

OPENING TIMES

Mon, Tues, Wed, Fri:	9am – 5pm
Thur:	9am – 6pm
Sat:	9am – 1pm

Closed on Sundays, Public Holidays & partly during term breaks.
Please telephone for details.

Closed for the Festive Season from Saturday 17 Dec 2022 until Tuesday 3 Jan 2023.

Tel: 08 9270 4669 Email: willetton@uc.nellgray.com.au Website: www.nellgray.com.au

News from the Finance Officer

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 will be sent out to those families by the end of this week. Prompt payment on these overdue accounts would be appreciated.

Please contact me on accounts@shthorn.wa.edu.au¹ if you have not received your statement or have any questions about your school fees.

¹<mailto:accounts@shthorn.wa.edu.au>

Luna's Corner



Luna Walk to School Program

The Luna walk to school program will commence next **Wednesday 19 October**. We will depart from **The Castle Youth Space** at 21 Discovery Drive, Thornlie at 8.00am sharp. This program is for Year 1-6 students, PP and Kindy students are welcome to join us, but they must be accompanied by an adult. The program will run every Wednesday until the end of term.

WA Catholic Migrant & Refugee Office - Thank you!

Thankyou from the WA Catholic Migrant and Refugee Office (WACMRO) and Rev Deacon Greg for all of your wonderful contributions of food to support international students and persons seeking asylum and those in need in our local neighbourhood.







Scholastic Book Club

The second last catalogue for the year will be coming home this week. Please be reminded ONLINE ordering ONLY - please do not send money or orders into school. Details for ordering are on the back of the catalogue.

Orders close 28 October 2022.

If you have any library questions at all please feel free to contact me via email laura.stilwell@cewa.edu.au

Happy reading!

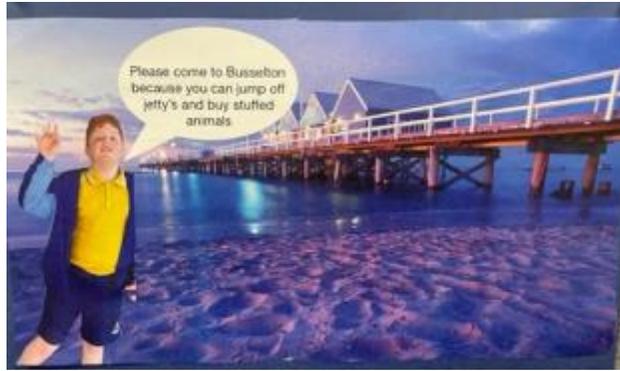
Laura Stilwell

Library

Office Display - 4B

Year 4's review their school holiday activities. Check out some of their amazing and interesting activities.





Kindergarten Enrolments for 2023



If you have a friend or if your child was born between **1 July 2018 to 30 June 2019** they will start 4 Year Old Kindergarten at the beginning of 2023. Enrolment forms can be obtained from the school office or via our website <https://shthorn.wa.edu.au/enrolment-process/> and should be lodged with us as soon as possible.

Canteen - Term 4 Menu

<p>RECESS</p> <p>Crunch & sip cup 50c (cucumber & carrot sticks) Fruit cup (seasonal fruit) \$1.50 Spring Roll 30c Dinobite 60c Hash brown \$1.00 Cheezle \$1.00 Vegemite cheeze \$1.20 Cheezle sub \$1.50 Pizza cheeze sub \$2.00 Choc Berry Yoghurt Cup \$2.00</p>	<p>SANDWICHES & WRAPS</p> <p>White or wholemeal</p> <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</p> <p>(Salad : carrot, cucumber, lettuce & tomato)</p> <p>EXTRAS</p> <p>Beetroot 50c Onion 30c Cheese 50c Mustard mild 50c Mayo 40c Sauce sachet 50c Wrap 50c Toasted 50c</p> <p>LUNCHBAGS (PAPER) 10 FOR 50c</p>	<p>PASTA</p> <p>Lasagne \$5.00 Macaroni Cheese (V) \$5.00 Twista Pasta Bolognese \$5.00</p>
<p>LUNCH COUNTER SALES</p> <p>Assorted icy poles & ice creams \$1.00 - \$2.00</p>	<p>MONDAY & THURSDAY</p> <p>BENTO BOX \$6.00</p> <p>A mini muffin, fruit cup, cheese & crackers, wingding & a cheese or ham or vegemite sandwich</p>	<p>DAILY SPECIALS</p> <p>MONDAY</p> <p>Sausage roll \$3.50 Beef pie \$4.00 Cheese burger \$4.50 (Patty, cheese & tomato sauce) Nugget box \$6.00 (Hashbrowns, Chicken Nuggets + juice box)</p>
<p>DRINKS</p> <p>WATER \$1.60 99% JUICE BOX \$2.00 Apple Tropical JUICE BOMBS \$2.60 Apple & Raspberry, Apple Blackcurrant, Watermelon, Apple Cola FLAVOURED MILK \$2.60 Chocolate splash Strawberry smash Banana Blast Milk</p> <p>Warm Milk & Mini Muffin \$2.00</p>	<p>SALAD BOX \$5.50</p> <p>Cheese, cucumber, carrot, lettuce, tomato & egg ADD chicken, ham or tuna \$1.00</p>	<p>THURSDAY</p> <p>Chicken Strip Wrap \$5.00 (Classic or Sweet Chili tender, cheese, lettuce, tomato & carrot) Hot dog & tomato sauce \$4.50 (add mustard 50c and/or cheese 50c) Nachos \$4.00</p> <p>FRIDAY</p> <p>Sausage roll \$3.50 Beef pie \$4.00 Pizza & Juice Box Combo \$5.00 (Margherita or Ham & Cheese)</p>

Canteen Term 4 - Roster

WEEK	MONDAY	THURSDAY	FRIDAY
WEEK 1	Oct 10th Pupil Free Day	Oct 13th K. COPE	Oct 14th J. JACOB
WEEK 2	Oct 17 th J. GARVEY	Oct 20th A. FOSTER J. ALBANESE	Oct 21st W. HAMILTON J. FARANDA
WEEK 3	Oct 24th J. GARVEY JESSICA	Oct 27th L. BARNES A. JENYNS	Oct 28 th M. JOUBERT P. ELDER
WEEK 4	Oct 31st J. GARVEY	Nov 3rd J. ALBANESE J. LEONARD	Nov 4th R. DEKENS
WEEK 5	Nov 7th J. GARVEY	Nov 10th A. FOSTER K. COPE	Nov 11th W. HAMILTON J. FARANDA
WEEK 6	Nov 14th J. GARVEY JESSICA	Nov 17th L. FRISINA A. JENYNS	Nov 18th P. ELDER
WEEK 7	Nov 21st J. GARVEY	Nov 24th K. COPE L. BARNES	Nov 25th M. JOUBERT J. FARANDA
WEEK 8	Nov 28th J. GARVEY	Dec 1st A. FOSTER P. ELDER	Dec 2nd J. JACOB R. DEKENS
WEEK 9	Dec 5th J. GARVEY JESSICA	Dec 8th J. ALBANESE A. JENYNS	Dec 9th J. FARANDA

New volunteers always welcome!

If you are unable to come in on your rostered day, please contact Abi 92513007 (8AM-1PM) or A/H 0421 831 343



Parents and Friends (P&F)

P&F Dance Party

The Event has been rescheduled to **Friday 21 October**. Don't forget ticket sales close THIS FRIDAY 14 OCTOBER. If you have already purchased your tickets they will roll over to the new date. If you have purchased tickets and cannot make the new date, please get in touch pandf@shthorn.wa.edu.au². This year the P&F is hosting a Dance Party at the school in the Foley Centre. The DJ is booked, and preparations are underway to make this an unforgettable night for the kids. The Dance Party will run from 4:30pm – 6:00pm for Years PP – 2 and from 6:30pm – 8:00pm for Years 3-6. Get your outfits and dance shoes ready. Tickets and goodie bags are now available for purchase, <https://www.trybooking.com/events/landing/948683> NO ELECTRONIC DEVICES ALLOWED, NORMAL SCHOOL RULES APPLY.

Term 4 Fundraiser

Billy G's Cookie Dough Fundraiser is back – How delicious and easy were those cookies last year? The good news is we are running the fundraiser again this term. The fundraiser will start on Monday 24 October, a brochure and letter will be sent home on this day with all information. Delivery date for the dough is approximately Monday 28 November.

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.

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**

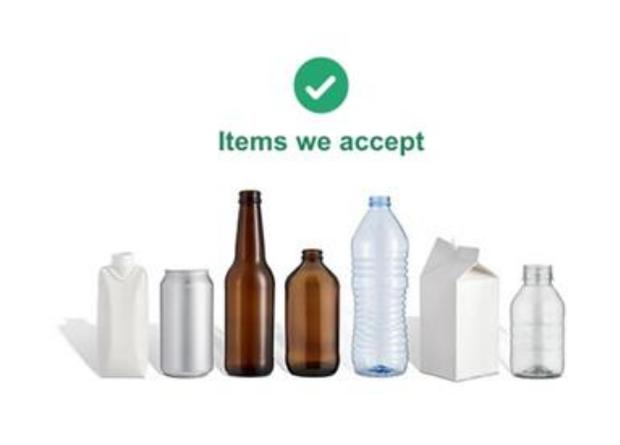
Containers for Change Raffle

²<mailto:pandf@shthorn.wa.edu.au>

The raffle may have been drawn, however please continue to drop your containers in the bins located near the donation bins at the Ovens Road gate.

P&F Meeting

Our next meeting will be on Monday 24 October at 6:30pm in the staff room. If you would like to come along and see what the P&F is about, we'd love to see lots of new faces. Everyone is welcome.



WA Young Salesian - Summer Camp 9-13 January 2023



Are you between 11.5 to 15 years or starting Year 7 in 2023? Come and join us for this 5 day fun filled camp at Nanga Bush Camp, Dwellingup. From only \$260 (\$52 a day) Contact your Parish Priest, visit the website or contact Graham Maher on 0418 979 600 for more info or to pick up a form. Early Bird Pricing closes Friday 18 November.

Register now at: www.wayoungsalesians.com³



³<http://www.wayoungsalesians.com/>



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/>