

Sacred Heart School Thornlie



From the Heart - 21 July 2023



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. A big welcome back to Mrs Sandra Maguire who has returned to staff as our new Kindergarten teacher. I know you will make her feel welcome.

Our special NAIDOC celebrations take place next week. We will be having a liturgy on Wednesday and there are many activities planned for the week with Friday being the main day of celebration. The theme this year is 'For our Elders'

You would have received the final term planner for the term. 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 Riley Brissett and Rhys Heatley for accompanying Mrs Vinci, Mrs Gerhardy and I to the opening liturgy at St Mary's Cathedral. This year as well as our school choir, we will have our dance troupe performing in a different category to last year.

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 assisting children with their worries and anxiety. 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



Responsibility

'The price of greatness is responsibility' – Winston Churchill

'Every right implies a responsibility' – John D. Rockefeller

Happy Families

When Your Child is Worried – Dr Justin Coulson

My youngest daughter, now 9, has recently been watching a cartoon with a cyclops in it. This naturally energetic and confident child is now terrified every night at bedtime – the cyclops are coming!

Another of my children has always had an anxious disposition. She feels a little bit of anxiety about most things most of the time. It's typically low-level anxiety, but from time to time it can be paralysing.

Each of these anxiety situations is different. One is based on "state anxiety" or feeling anxiety just now about a specific situation. The other is based on "trait anxiety", or feeling anxiety as a general characteristic.

Anxiety situations can be founded on rational fears (like heights), or irrational fears (like the cyclops). But anxiety, whether state or trait, rational or irrational, requires kind and compassionate responses.

Consider it for a moment:

It doesn't matter whether you have a general predisposition to anxiety or not, we all have something that makes us feel anxious. It might be giving a speech in public, or driving in the city at peak hour, or starting a new job. In those moments, what would you want from the people around you? What would you want your partner, trusted friend, or even your own parents to say to you?

Dismissal?

"Nothing bad is going to happen, stop worrying. You'll be fine."

Denial?

"Driving at peak hour is the same as driving any other time. I don't know why you're worried about this."

Disapproval?

"Stop telling me how worried you are about this new job, you should just be grateful instead."

Doesn't feel good, does it?

Dismissing the problem with statements like "You'll be right. There's nothing to worry about." doesn't help. Instead, they leave our kids feeling misunderstood and wronged. It can leave them feeling like they're incompetent! Plus, they feel as though no one understands them in their worries, and that they're left alone to face them.

Denying the problem doesn't work either. We often think that reassuring our kids that "There's no such thing as cyclops" would surely help. Yet never in the history of people has anyone who is anxious and emotional responded to logic by saying, "Good point. I am being silly. Thanks for getting me back on track." When we deny their reasons for being anxious, we are in essence telling them that their feelings about the situation aren't valid. Again, we trample their sense of competency. And we hurt the relationship.

Lastly, when we show our disapproval of their anxiety by telling them "Stop worrying", "Stop being silly", or even "If you keep this up I'll give you something to really be worried about", we use our power to threaten and intimidate. This doesn't decrease anxiety, instead it makes them more anxious – about the cyclops, the exam, the dark, and about us!

Instead of dismissal, denial, and disapproval, what our kids need from us when they're feeling anxious is acceptance and affirmation. This doesn't mean we agree with them. And we don't need to take their worries away. What they need is our support and encouragement to give them the confidence to face their worries themselves.

What if we said these things instead?

"Something about this is making you worried. I believe you."

"I get worried sometimes too. Can you tell me more about what is making you worried?"

"This is hard for you. I'll be right here with you."

When we accept that our child is worried about something and let them know that whatever it is, we understand that it's a real worry for them, we give them the confidence to know that they have a trusted adult to support them. We aren't doubting them or telling them that their problem isn't real. Instead, we're telling them that they can count on us to listen to them without judgement.

When we affirm that we have experienced worries and anxiety too, we give them the courage to share openly with us what is causing their anxiety.

When we agree that whatever they're going through is hard, we show that we empathise with their emotions. We give them the assurance to know that they don't need to experience these feelings of anxiety alone.

Once our children feel heard, seen, and validated, they'll be better prepared to make an action plan to help them face their worries. Maybe they'll make a cyclops repellent spray, or maybe they'll ask for help to practice their speech. Whatever it is, allow them to formulate their own plan with your support, rather than swooping in and fixing their problems for them.

The quickest way to reduce the impact of strong emotions is to share them. When we allow our kids to share their anxiety with us, and we accept, affirm, and agree with them, their worries will begin to dissipate. grow-up feeling secure in their relationship with us (knowing that we have their back), and, in turn, feeling secure in themselves and the world.

Be an emotion coach for your child

Highly sensitive children often have big emotions and lots of them! This means that your highly sensitive child will need your help to understand and manage their emotions. From as early as you can, label your child's emotions to help them develop their own emotional vocabulary so that they can express their emotions as they get older. You can say things such as, "you look sad" or "I can see you are angry". Once you've labelled your child's emotion, it's important to show your child that you accept their emotions—the good, the bad, and the ugly.

It's important that you validate your child's emotions and avoid dismissing their emotions, even when your adult brain might judge their emotion as an "over reaction". Instead of saying, "don't be so sensitive" or "it wasn't a big deal, she didn't mean to hurt your feelings", you can say things such as, "it's okay to feel angry, I get it" or "I know you feel sad, that hurt your feelings". By accepting and validating the full range of our child's emotion, we not only help to soothe them in the moment, we also teach them healthy ways of responding to their own emotions—this is a lesson they will carry with them throughout their lifetime.

Term Two Key Dates for your diary

- Monday 24 July - NAIDOC Week - Smoking ceremony, 8.45am in the Senior Quad, parents welcome to attend.
- Wednesday 26 July - NAIDOC Liturgy, 9.50am in the Senior Quad, parents welcome to attend. Kangaroo sausage sizzle for lunch.

- Friday 28 July - NAIDOC Day, free dress for a gold coin donation, come dressed in the colours of the Aboriginal and Torres Strait Islander flags. NADIOC and Welcome back to school assembly 2pm in the Hall. Parents welcome to attend.
- Friday 11 August - Year 2 Assembly 2pm in the Hall
- Friday 18 August - Book Week Dressup day
- Friday 25 August - Year 1 Assembly 2pm in the Hall
- Friday 1 September - Father's Day Breakfast 7.30am and Mass 9am
- Tuesday 5 September - Years 4 to 6 Athletics Field Events on the oval
- Friday 8 September - PP to Yr 6 September Athletics Carnival on the oval
- Tuesday 12 September - Year 3 parents BYOD iPads 2024 information meeting at 6pm
- Friday 15 September - P&F Colour Run
- Thursday 21 September - Last day of school and Footy Colours Day
- Friday 22 September - Pupil Free Day

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

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



Religious Education News

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: 27 July

- Year 3 RE Assessment: 3 August
- Year 5 Practice Assessment: 26 July
- Year 5 RE Assessment: 2 August

Term 3 Sacrament Dates

SACRAMENT OF RECONCILIATION

- Thursday 3 August 6pm Sacrament of Reconciliation Parent Meeting
- Thursday 10 August Reconciliation Retreat Day for all Year 3 Students
- Thursday 17 August 6pm Sacrament of Reconciliation

SACRAMENT OF EUCHARIST

- Saturday 29 July 6pm First Holy Communion Commitment Mass
- Thursday 31 August 6pm First Holy Communion Parent Meeting
- Thursday 31 August First Holy Communion Retreat Day for all Year 4 Students
- Sunday 10 September 12 pm Sacrament of First Holy Communion

Information Technology news!



Year 3 Parents Please Save the Date!

Parents of Year 3 students please **Save the Date: 12 September 6pm**. There will be a very important information meeting regarding the BYOD iPads for all Year 3 parents whose students will be in Year 4 2024. All year 3 parents are asked to attend this meeting in readiness for Year 4.

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.

The importance of 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.

Reports and SEQTA

Pre-Primary to Year 6 Semester 1 Reports

All semester reports are accessible to parents via our SEQTA Engage parent platform.

New Parents to Sacred Heart

New parents from Pre-primary to Year 6 would have received an email on Tuesday 13 June inviting you to join SEQTA engage. This is to enable you to access your child's school reports. The account has to be activated within a week of receiving this email. If you missed the email please email admin@shthorn.wa.edu.au¹ and we can resend the email.

Existing Parents at Sacred Heart

Existing parents who have forgotten their Seqta Engage login details can directly contact admin@shthorn.wa.edu.au² to reset their password. Note, a password reset must be actioned within 1 hour of receiving the email.

News from the Finance Officer

SCHOOL FEES – 2nd Instalment due 30th June

If you have chosen the 3 Instalment Option for School Fee Payments the 2nd instalment of School Fees was due by 30 June.

¹<mailto:admin@shthorn.wa.edu.au>

²<mailto:admin@shthorn.wa.edu.au>

Reminders have been sent home to families.

Please contact Lindy Munnings on accounts@shthorn.wa.edu.au³ for a confidential discussion regarding payment plans or if you are experiencing difficulties in meeting your school fee commitments.

HEALTHCARE CARDS

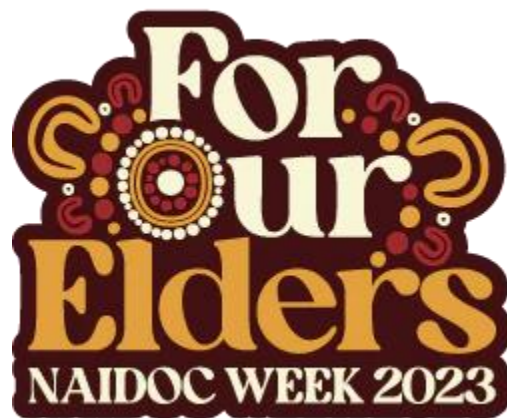
It is the responsibility of the parents to present their new card at the school office (so a copy can be taken) to ensure that discounts are not cancelled because the card has expired. If you have received an updated Health Care Card recently, please bring it in to complete the forms as soon as possible.

Lindy Munnings

Finance Officer

NAIDOC Week 2023

Kaya Sacred Heart Community!



Next week we are celebrating NAIDOC Week.

- On Monday 24 July Uncle Barry will perform a Welcome to Country and Smoking Ceremony. Parents are welcome to attend, it will begin at 8:45am in the Senior Quad.
- On Wednesday 26 July we will hold a NAIDOC Week Liturgy at 9.50am in the senior quad and once again parents are welcome to attend. We will also be offering the students a chance to have a kangaroo sausage sizzle for lunch, a form link will be sent out to inform us if your child does **NOT** want one.
- On Friday 28 July we encourage students to come dressed in the colours of the Aboriginal and Torres Strait Islander flag for a gold coin donation. This donation will go to the Indigenous Literacy Foundation <https://www.indigenousliteracyfoundation.org.au/> . We will end the week

³<mailto:accounts@shthorn.wa.edu.au>

with an assembly at 2pm in the hall. During this assembly we will welcome back the students, announce our colouring in competition winners and show a short video showcasing the week that has been. Parents are welcome to attend.

Looking forward to an exciting week!

The Aboriginal Perspectives Team

GUESS WHO IS TURNING 3?



This year to celebrate Luna's 3rd birthday we will be having a **DESIGN AN OUTFIT FOR LUNA** competition.

Entries close: Tuesday 1 August (Wk 3 Term 3)

Competition Rules: *This is a challenge focusing on sustainability and reducing landfill and waste.*

Design an outfit for Luna to wear.

All items used must be from recycled clothing or fabrics, nothing can be new.

There are two categories: family entry or individual entry.

Luna's Measurements:

- **Neck to Tail - 40cm**
- **Waist - 47cm**
- **Neck - 32cm**
- **Belly to Ground - 23cm**

Follow Luna on **Instagram** @lunalovesschool

Special Group Photos - Choir, Dance Troupe, Student Councilors and House Captains

Dear Families

On the day of the school photos, special group images were captured (Choir, Dance Troupe, Student Councilors and House Captains). These exclusive photos can be viewed and purchased on a unique website specifically designated for this purpose. It is essential to note that this website differs from the platform used for ordering portraits and class photos online.

To place your order online, please follow these steps:

1. Visit <https://msspphotography.shootproof.com/>⁴
2. Locate your school's name and select the album titled: **Sacred Heart PS Thornlie Specialist Groups - 2023**
3. Enter the password to access and purchase the album. The password is: **SHPS-T23**
4. During the checkout process, kindly use your child's name for identification purposes.
5. The images displayed are in their uncropped format but will be appropriately cropped to fit a 10x8 print, as demonstrated by the first image in the gallery.

Key points to remember:

- Online orders will remain open until **midnight on Tuesday the 1st August 2023, to take advantage of the Bulk Pricing Offer.**
- **The Bulk Pricing Offer allows each print to be priced at \$25.00, and they will be delivered to the school by Class Group.**
- After the expiration of the \$25.00 pricing, photos will only be available for purchase over the phone at a cost of \$40.00 per image, with delivery to a preferred address.

⁴<https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmsspphotography.shootproof.com%2F&data=05|01|Chloe.OLeary%40cewa.edu.au|a9ef80bfb49341249e6f08db72d5e71c|c5852f2336334f29b38651da53e35e23|0|0|638230035248065839|Unknown|TWFpbGZsb3d8eyJWljoicMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ikk1hWwiLCJXVCi6Mn0%3D|3000||&sdata=8r3Nc0S2kEhxTXPbqhoyuqMSpiH3YeViS4cKMq22HII%3D&reserved=0>

Should you have any queries or require further assistance, please feel free to contact MSP Photography at 9240 8000 or via email at ordering.perth@msp.com.au⁵

Enrolments now open for Kindergarten 2024



If your child was born between **1 July 2019 to 30 June 2020** they will start 4 Year Old Kindergarten at the beginning of 2024. Enrolment forms can be obtained from the school office or via our website <https://shthorn.wa.edu.au/enrolment-process/> should be lodged with us as soon as possible. Enrolment interviews have almost finished for new families and sibling interviews have now commenced.

Parents and Friends (P&F)

SAVE THE DATE - ADULTS ONLY FUNDRAISER,

It's been a while but it's coming back, BOGAN BINGO!! Please save the date, **Saturday 28 October 2023**. This will be a major fundraiser and one of the best social events you attend this year. Details to come early term 3 but for now please put this date in your diary and let all your family and friends know. Don't forget this will help fund the new Ninja Warrior course and replace the current junior playground.

Term 3 Colour Run End of School Event

As previously advised the students voted for another Colour Run this year. Due the last day of the term being a PD Day for teachers, the event will be held on **Friday 15 September**. We are busy working behind the scenes as to the best way to make this event a profitable fundraiser for the new ninja warrior course and junior playground upgrade. Details to come early in term 3.

Father's Day Raffle

Would you like to donate to the Father's Day Raffle? Please get in touch via our Face Book page or email pandf@shthorn.wa.edu.au⁶. All donation big or small are needed.

'Sacred Heart Thornlie P&F' Facebook Page

⁵<mailto:ordering.perth@msp.com.au>

⁶<mailto:pandf@shthorn.wa.edu.au>

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. The bins are located next to the clothing donation bins near the double gate exit from the car park on Ovens Road.

P&F Meeting

Our next meeting will be held on **Monday 31 July at 6:30pm** 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.

Term 3 Canteen Menu and Roster

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

8.30-1pm Monday, Thursday & Friday 92513007

RECESS & LUNCH orders available online via www.quickcliq.com.au or via the class lunch order box

New volunteers always welcome. If you are unable to come in on your rostered day, please contact Abi 92513007 (8AM-1PM)

A/H 0421 831 343

WEEK	MONDAY	THURSDAY	FRIDAY
WEEK 1	July 17th J. GARVEY	July 20th J. PAYNE	July 21st C. ELLIS
WEEK 2	July 24th J. GARVEY	July 27th (Interschool C.C) A. FOSTER J. ALBANESE	July 28th M. BENEDICT S. VELUSWAMY
WEEK 3	July 31st J. GARVEY	August 3rd J. PAYNE P. ELDER	August 4th C. ELLIS J. FARANDA
WEEK 4	August 7th J. GARVEY	August 10th K. COPE S. SMITH	August 11th M. JOUBERT L. BARNES
WEEK 5	August 14th J. GARVEY J. PAYNE	August 17th A. FOSTER P.ELDER	August 18th J. FARANDA N. ROWE
WEEK 6	August 21st (Choir P.A) J. GARVEY T. DICHIERA	August 24th R. CARROLL J. PAYNE	August 25th P. ELDER L. GRIGGS
WEEK 7	August 28th J. GARVEY	August 31st J. ALBANESE	Sept 1st C. ELLIS J. FARANDA
WEEK 8	Sept 4th J. GARVEY	Sept 7th (PP Excursion) A. FOSTER P. ELDER	Sept 8th (Sports Carnival)
WEEK 9	Sept 11th J. GARVEY	Sept 14th L. VOGELS J. PAYNE	Sept 15th (Colour Run) M. BENEDICT
WEEK 10	Sept 18th J. GARVEY	Sept 21st (AFL Day) R. CARROLL J. ALBANESE	Sept 22nd Pupil Free Day



Useful Links

Uniform Shop⁷ Sacred Heart Thornlie Parish⁸

⁷<https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store>

⁸<http://www.thornlie.perthcatholic.org.au/>