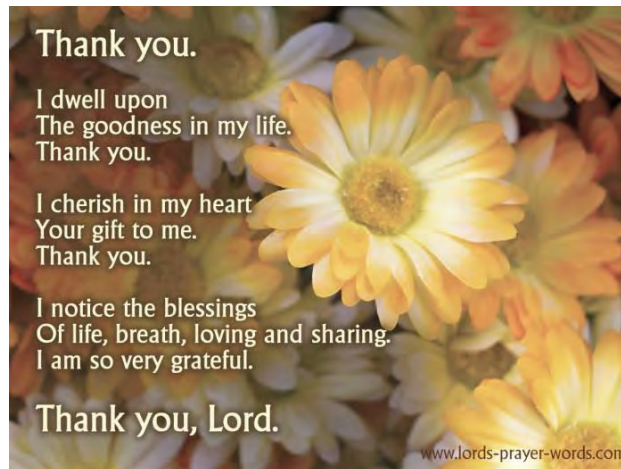


Sacred Heart School Thornlie



From the Heart - 18 August 2023



Principal's Message

Dear Parents

Next week we have children performing as part of the school choir in the Catholic Performing Arts Festiva and our Dance Troupe is also performing. It is fantastic that children get an opportunity to share their skills and talents in this format. Best of luck to all our children involved in the Performing Arts and a

big thankyou to Mrs Christina Vinci who coordinates our Arts program and the staff and parents that have been assisting her. I look forward to the performances.

Yesterday our Year Three students celebrated the Sacrament of Reconciliation. It was a special moment for them and an important part of their faith journey. Many thanks to Father George for organising so many visiting priests to assist and for Mrs Min, Mrs Poole and Ms Wiryadanita and Mrs Urquhart for preparing the children so well.

Please keep our Year Four students and children from the Parish in your prayers as they prepare to receive the Sacrament of First Holy Communion. We look forward to celebrating with them as they undertake this milestone in their spiritual development later this term.

Today was our Book Week celebration. We had a wonderful parade in the Hall for children and staff to show off their costumes. Keep an eye on our Facebook page for photos of the parade!

Enrichment classes for students in Years 3-6 will commence soon. Mrs D'Amato will be taking enrichment and Mrs Kerry Miller will be taking her class to allow this to occur. You will be notified if your child has been identified and selected for the enrichment program. The program will take place on Fridays.

Our Happy Families article is about the Parent Wellbeing. It outlines the importance of looking after your own wellbeing so you can be the best version of yourself for your children. I hope you find it useful.

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

'We all have a social responsibility and have to be mindful of what we do and say' – Aja Brown

'A human beings first responsibility is to shake hands with themselves" – Henry Winkler

Happy Families

We need to talk about Parent Wellbeing – Dr Justin Coulson

Mental Health is on everyone's lips. With 44% of Australian adults having experienced a mental disorder over the course of their lives, and 1 in 5 having experienced symptoms of a mental disorder over the last 12 months, it's no surprise that Google searches for mental health queries reached an all-time high in 2021.

Additionally, across Australia there are 102 days dedicated every year to raising awareness of important mental health and wellbeing related topics, including Neurodiversity Week in March, World Infant, Child

and Adolescent Mental Health Day in May, and R U OK? Day in September. A growing number of Australian states and territories are also promoting Mental Health Month in October.

With all the talk about mental health and wellbeing, it's valuable to understand that mental illness and mental health are actually different things. On the one hand, we have mental illness. Low mental illness means you aren't experiencing symptoms of mental illness (such as depression and anxiety), high mental illness means you are. And on the other hand, we have mental health. If you have high mental health, you have a generally positive mood and outlook on life and are functionally optimally. You are said to be 'flourishing'. If you have low mental health, you may feel hollow or empty, and have a generally low mood. You are said to be 'languishing'.

For most people experiencing mental illness, interventions such as therapy and medications are both valuable and necessary. However, to improve mental health and lead a flourishing life, there are simple changes that anyone can make even if they are struggling with mental illness.

Let me ask you a simple question.

What makes life most worth living for you?

The simplest way to experience improved mental health and wellbeing is to identify the answer to that question and then find a way to do a little more of those things each day. Let me outline a few things science points us to that can help:

Sleep

This might be the most boring thing I can put on the list of ideas to bolster wellbeing (for you and your kids). But it might also be the most valuable item on the list.

Have you noticed what a difference it makes when you feel well rested? Have you noticed how much better you behave (not to mention the kids) when you've had a full night's sleep? It's no surprise that sleep loss is associated with negative moods and impacts emotional regulation. Sleep makes you a better parent. It makes you a better partner, employee... it makes you a better person. Prioritising a solid 8 hours of sleep per night is just about the best thing you can do to be happier.

Build Connection

Relationships are at the core of our wellbeing. Find ways that you and your children can connect with one another and with others regularly and in healthy, positive ways. Simple ways to build connection are smiling at each other (even fake smiles can amplify and initiate feelings of happiness), spending quality time together, and telling the people around you that you love them.

Get Active

A recent study from the University of South Australia found that exercise is 1.5 times more effective than counselling or the leading medications at improving symptoms of depression, anxiety, and distress. Physical activity also keeps our brains healthy, increases positive mood and increases self-esteem, as well as reducing the risk of heart disease, cancer, and increasing bone health. The World Health Organisation recommends that children and adults aim for about 60 minutes of moderate to vigorous aerobic activity daily, but if you're just starting out, replacing sedentary time with physical activity of any intensity will offer health benefits.

Slow Down and Smell the Roses

Nature is fuel for the soul. Spending time interacting with nature has a long list of benefits (including improved academic and task performance, stress reduction, reduced violence, increased inspiration, and improved mood), which can be achieved in as little as 120 minutes a week. You can boost your nature time by shifting the route of your walk to go through your nearest green space, taking your lunch break outside, or planning a weekly family trip to the forest, beach, or botanic gardens.

Have Fun

It might seem like a simple thing, but having a once-a-week family adventure can build connection, encourage physical activity, and get us out into nature, plus it is fun! Having fun can be free, take the soccer ball to the park, do a scavenger hunt, or take a bucket and spade to the beach.

On the road to flourishing

Work, school, homework, cleaning the house, finances... these are all important things, but they're not the things that make life worth living. If we want to get on the road to flourishing, we may need to re-prioritise our time, making sure that we build in opportunities for sleep, connection, movement, nature, and fun. Simple swaps are all it takes to bring greater positivity into your life.

Term Two Key Dates for your diary

- Friday 25 August - Year 1 Assembly 2pm in the Brennan 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 one - one 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/>

Pupil Free Day - 22 September 2023

We continue to remind families that Friday 22 September will be a Pupil Free day while the staff of Sacred Heart engage in a professional development day.



Religious Education News

Congratulations to Caelin from Year 5W. Caelin recently was Baptised at Sacred Heart Parish and has become a member of the Catholic Church. We wish you all the best in your faith journey Caelin.



Sacrament of Reconciliation

Congratulations to all our students who received the Sacrament of Reconciliation yesterday on Thursday 17 August. This very important Sacrament places value on forgiveness, restoring relationships and creating internal peace for all those who receive it. We wish you God's peace in your hearts.

SACRAMENT OF EUCHARIST

- 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

Review of Year 4 one-one iPads

Our school is currently reviewing and revising our IT plan for 2024 and beyond. We have done a lot of work in the background over the past few months to ensure we are making the best possible plans for our students and families. The Year 5 and 6 classes of 2024 will continue the current iPad plan however we are investigating changes we may make for our 2024 Year 4 students. We look forward to finalising and sharing our IT plan for 2024 with the 2023 Year 3 parents at our iPad Parent information evening on **Tuesday 12 September at 6pm** in the **library**. We ask that all Year 3 parents attend as there will be changes to our IT plans that we will explain at this meeting.

Cybersafety tips for parents

Parents are you aware that there are ways to set parental controls on some of your child's most popular apps such as Roblox, Tik Tok and Kids messenger?

Click this link for information on how to access parent controls on Social Media, apps and games.¹



Next week our School Choir and School Dance Troupe will participate in the Catholic Performing arts Festival. Our students have worked very hard since the beginning of the year preparing for this important event. We sincere thank Mrs Christina Vinci, Mrs Hannah Harn who have worked tirelessly with the dance troupe and Ms Bronwen Herholdt who is our accompanying pianist supporting our choir. We wish them all the best as they perform on the following dates:

School Choir – Monday 21st August

Dance Troupe – Thursday 24th August

¹[https://www.esafety.gov.au/sites/default/files/2021-04/Parental controls in social media%2C games%2C and apps.pdf](https://www.esafety.gov.au/sites/default/files/2021-04/Parental%20controls%20in%20social%20media%20games%20and%20apps.pdf)

Father's Day Breakfast



Father's Day Celebration at Sacred Heart Thornlie

In celebration of our Sacred Heart Thornlie Dads/Grandads/Father figures we will be hosting a celebration on Friday 1 September 2023.

Dads/Grandads/Fathers figures and current Sacred Heart students are allowed to attend the event. Mums you can have a sleep in!

The Father's Day Breakfast celebration is from 7.30am to 8.15am in the Senior Quad. **Please order breakfast using the Try Booking link below.** Breakfast comprises a sausage sizzle and a drink (juice, tea/coffee). For catering purposes orders close at 9am Tuesday 29 August. No late orders will be accepted. The breakfast will finish promptly at 8.15am with Classrooms opening at this time. <https://www.trybooking.com/CKUQU>

The P&F Father's Day raffle will be announced at 8.00am.

A special Father's Day Mass will follow commencing at 9.00am in the Church.

We look forward to celebrating our wonderful Dads/Grandads/Father figures next Friday!

News from the Finance Officer

SCHOOL FEES

Thank you to all of those families who have paid in full and are up to date with instalment and payment arrangements.

Reminders for overdue accounts are sent out by email, please contact Lindy Munnings on accounts@shthorn.wa.edu.au² 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

Carpark Reminders

There are approximately 450 children at Sacred Heart whose safety and well-being is the responsibility of ALL adults.

Please observe the following car park instructions:

1. **Drive SLOWLY (no more than 5km/h)**
2. **The Ovens Road gate is an EXIT gate. Do NOT drive in this gate against the flow of traffic**
3. Use the right lane to park in marked bays if picking up children from Kindy or Pre-Primary, or if you have an appointment with a teacher or in the office
4. **Use the left lane for 'drive through pick up' and remain in line until the vehicle ahead moves off. NO parking in the drive through lane at any time.**
5. Parents must remain with their cars in the 'drive through' at all times
6. **Cross to parked cars only on the crosswalks**
7. Be especially careful and watch for children and toddlers when reversing in the car park
8. Observe NO PARKING and NO STANDING spaces
9. No parking on the footpaths or on the paved area around the church
10. No parking in the staff car park
11. **No parking in the disabled bays, unless you have a valid ACROD sticker. Especially down at the Hall near OSHC. Please ensure that you obey the rules for parking in disabled bays at ALL times.**
12. Be aware of children crossing to the church especially on Wednesday mornings between 8.30am and 8.45am. The same applies on some Fridays after lunch and on other days when children are involved in Liturgical singing at the Church.

²<mailto:accounts@shthorn.wa.edu.au>

Enrolments 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 are well underway.

Parents and Friends (P&F)

Term 3 Colour Run End of School Event FRIDAY 15 SEPTEMBER

The countdown is on, get your white t-shirts ready there is only 4 weeks until the COLOUR RUN !! Today the students should have received a parent Info letter and their fundraising booklets containing all the information you need to know. The link to set up your fundraising profile is www.australianfundraising.com.au³ We need your support with this fundraiser as we are working very hard to be able to fund a new ninja warrior course and junior playground upgrade. We are still looking for donations of pool noodles and plastic light weight ball pit balls, if you have any lying around or would like to purchase some to donate, we would be very grateful. These will go towards making the obstacle courses for the day.

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.

Father's Day Raffle and Stall

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.au⁴. All donations big or small are needed. We are moving to electronic tickets this year, a link will be sent home via text message and our Facebook page next week. Please note that this means there will be no ticket sales during the Father's Day Breakfast.

³<http://www.australianfundraising.com.au/>

⁴<mailto:pandf@shthorn.wa.edu.au>

The Father's Day stall will be held on Tuesday 29 August and is run the same as the Mother's Day Stall. Please note this year there has been a price increase on presents. Items will range from \$2.00 - \$8.00 and cards 60 cents. Students will also be able to purchase two presents at this year's stall. For all the new parents, the P&F run a stall each year as a community service where the students come along during class time and buy a present for their Dad/caregiver. Please don't send your child to school with any more than \$16.60.

'Sacred Heart Thornlie P&F' Facebook Page

To keep up to date on all the exciting events that are happening at the school, 'Like' our Facebook Page. This is a great way to keep up to date on the latest events, when forms are due back and to ask any questions the P&F may be able to assist you with.

Search for **Sacred Heart Thornlie P&F**

Containers for Change

The P&F has been running the Containers for Change program for a few years now. This has proven to be a profitable scheme for the school, and we would like to encourage our existing and new families to please donate your eligible containers. 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 28 August 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		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	\$1.20		
Cheezie	\$1.50		
Vegemite cheezie	\$2.00		
Cheezie sub	\$2.00		
Pizza cheezie sub			
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





\$234.50
for 3 days!
Offer ends August
20!



THREE DAY SCHOOL HOLIDAY SPORTS CAMPS!

Improve your sporting skills with friends this Spring!
AFL, Basketball, Soccer, Hockey and Cricket on offer!

Program includes

- ✓ 9am to 3pm each day
- ✓ Delivered by experienced coaches
- ✓ Suitable for all ages and skill levels
- ✓ Guest appearances at selected programs

Locations

 Bull Creek | South Perth
Kardinya



Contact Us 1300 914 368 admin@australiansportscamps.com.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/>