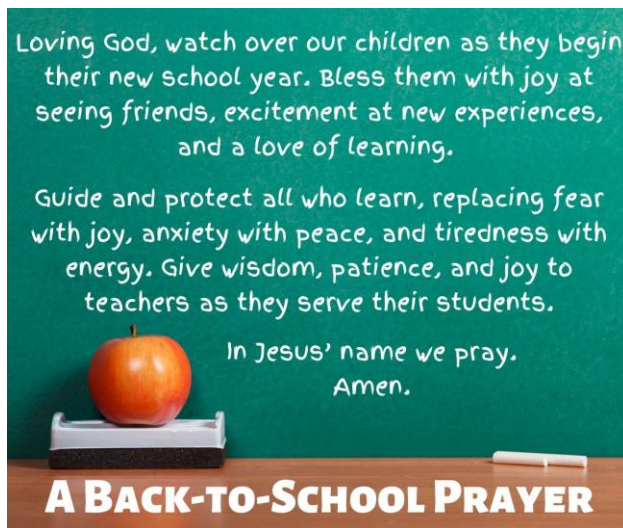


Sacred Heart School Thornlie



From the Heart Newsletter - 2 February 2024



Principal's Message

Dear Parents

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

Our new staff have settled in well and everyone is excited for the year ahead. I know that if we work together in a strong partnership between school and home then we will get fantastic outcomes for the children at Sacred Heart.

We started our school year with a whole school mass this morning, it is a wonderful way to frame the beginning of our new year and the journey that lies ahead.

On **Thursday 15 February 2024** we will be having our **parent information evenings**. These are a chance to hear from the school leadership team who will outline the broad direction of the school and some key information. All classes then run information sessions specific to their year level. I look forward to seeing as many parents as possible at this event.

At the commencement of the year it is a good time to refresh on key documents for parents. I encourage you all to follow the links below to have a good look at our Code of Conduct and our Parent Handbook. These documents outline a lot of very useful general information for parents.

http://shthorn.wa.edu.au/pdf/policies_codeofconduct.pdf

<http://shthorn.wa.edu.au/pdf/parenthandbook.pdf>

Attached to this newsletter is our Term Planner. Please diarise all important events. On **Friday 9 February 2024** we have our **Evening on the Green**. It is a great opportunity to meet new families and connect with new people. Big thanks to our P&F for organising this event.

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

This week's Happy Families article is about helping your child settle back into the school year. It has some very practical ideas and solutions. I hope you enjoy it.

I look forward to working in partnership with you in 2024 at Sacred Heart to get the very best results for the precious child/ren that you have placed into our care.

God Bless

Steve Gibbs

Principal

Respect

'One of the most sincere forms of respect is actually listening to what another has to say' ~ Bryan H. McGill

'We don't need to share the same opinions as others, but we need to be respectful' ~ Taylor Swift

Happy Families

Starting the year right

If you're like most parents, you really wanted to start things off well, but it's been a little rocky. Getting back into a routine, being on time, sorting out school lunches... it's a bit tricky. Best laid plans haven't quite been as smooth as you might have liked. To dial in your morning and evening routines, I'm going to suggest a few principles to help.

1. Get clear on what 'getting it right' actually means.

You might know what you want the morning to look like. But is it clear to you? Can you write it down? Can you put it on the fridge? Can you explain it to your kids and help them to buy into why it matters? Clearly explaining what you want and why is going to be a critical first step.

2. Set up a system.

Author, James Clear, says that "you do not rise to the level of your goals. You fall to the level of your systems." So what does your system look like for making things happen? Can you create a system that will facilitate a smooth morning for *every* member of the family?

3. Workshop it.

Setting up a system when you're a parent is pretty easy. But bringing the family along can be trickier. By having a meeting and developing the system with input from your kids, you get to be clear, establish the system, and create buy-in. Ask your children to make suggestions and design the morning based on their ideas. Fashion it with your expert knowledge. And watch the results improve because your children have been part of it. *Involvement* is a central success pillar when it comes to developing a system that works in any family.

4. Curate competence.

The real secret to successful routines is helping the kids become self-sufficient. It takes time, but teaching them to toast their bread or crumpets, fry or scramble some egg, or organise their cereal or yogurt, or even blend a smoothie means that there is less friction with your routine. They feel good about doing what needs to be done because they know how to do it. And while it's slow at first, it becomes wonderfully efficient over time.

5. Support autonomy.

Kids love to have choices. They appreciate being able to make their own decisions. Support them in that while ensuring they know what the guidelines and boundaries are for making things happen well.

Here are the golden rules of a magic morning (from a dad of six who has talked with thousands of parents about getting this right):

1. Your morning begins the night before. Get the prep done for tomorrow at bedtime so uniforms are ready, bags are packed, and library books or sports gear is sorted.
2. Create margin by waking up a little early, and getting the kids up (gently) a little early too. Room to breathe makes everything work better.

3. Create the structure so everyone knows what needs to be done.
4. Keep the kids accountable in a supportive way.

In spite of your best efforts, things will go pear-shaped now and then. When this happens, stay calm (remember: emotions are contagious), don't sweat the small stuff, be flexible for the morning... but get it back on track the next day by having a calm conversation in the evening, reinforcing the system, and working together on making it work.

Whether it's magic mornings or excellent evenings, the process is the same. Work as a team, and watch the magic happen... at least sometimes.

Dr Justin Coulson

Term One Key Dates for your diary

The link to the Term 1 calendar is attached and is posted on the school website. A hard copy of the Term 1 planner can also be obtained from the school office.

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

Key Dates:

- Friday 9 March - P&F Evening on the Green 6pm school oval
- Thursday 15 February - swimming trials Years 4-6
- Thursday 15 February - Kindy Parent Information Evening - 5pm
- Thursday 15 February - PP to Year 6 Parent Information Evening - 6-8pm
- Thursday 7 March - House Swimming Carnival Years 4-6
- NAPLAN - 13 to 25 March
- Friday 15 March - Year 4 Assembly
- Tuesday 19 March - Harmony Day
- Wednesday 20 March - Dance Concert B Classes
- Friday 22 March - Dance Concert W Classes
- Thursday 28 March - Stations of the Cross 1.30pm and last day of Term 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 1	29-Jan Staff commence Parent Free Day	30-Jan Parent Free Day	31-Jan First day for students Welcome Back Assembly 10.00 am	1-Feb	2-Feb Welcome Back Mass 9am	3-Feb/4-Feb
Week 2	5-Feb	6-Feb	7-Feb Choir Auditions (Lunch Time)	8-Feb Choir Auditions (Lunch Time)	9-Feb Walk to School with Luna 8am P & F Evening on the Green 6pm	10-Feb/11-Feb
Week 3	12-Feb P&F Meeting 6.30pm	13-Feb	14-Feb Ash Wednesday Dance Troupe Auditions (Lunch Time) Homework Club Yr 2-6	15-Feb Swimming Trials (Years 4-6) Dance Troupe Auditions (Lunch Time) Kindy parent info session 5pm Parent Information Evening 6-8pm	16-Feb Walk to School with Luna 8am Virtual Assembly 1.30 pm	17-Feb/18-Feb
Week 4	19-Feb	20-Feb Year 6 to Attend Parish Mass	21-Feb Homework Club Yr 2-6 SAC Meeting 6pm	22-Feb Year 4 Reconciliation	23-Feb Walk to School with Luna 8am Virtual Assembly 1.30 pm	24-Feb/25-Feb
Week 5	26-Feb	27-Feb Year 4 to Attend Parish Mass	28-Feb Homework Club Yr 2-6	29-Feb Year 5 Reconciliation PPOT Screening	1-Mar Walk to School with Luna 8am Swimming Training	2-Mar/3-Mar
Week 6	4-Mar Labour Day	5-Mar IEP Meetings Year 5 to Attend Parish Mass	6-Mar IEP Meetings Homework Club Yr 2-6	7-Mar IEP Meetings Faction Swimming Carnival Yr4-6	8-Mar Walk to school with Luna 8am IEP Meetings Swimming Training Virtual Assembly 1.30 pm	9-Mar/10-Mar 9 March Commissioning Mass for Staff, SAC & P&F 6pm
Week 7	11-Mar NAPLAN 13-25 March	12-Mar Swimming Training	13-Mar NAPLAN Begins Homework Club Yr 2-6	14-Mar Year 6 Reconciliation	15-Mar Walk to school with Luna 8am Swimming Training Year 4 Assembly Year 2 Excursion	16-Mar/17-Mar Sacrament of Confirmation Commitment Mass 6pm (16 Mar)
Week 8	18-Mar NAPLAN Catch UP	19-Mar Swimming Training Harmony Day Mass/Dress up	20-Mar Dance Concert (B Classes) Homework Club Yr 2-6 SAC Meeting 6pm	21-Mar Interschool Swimming Carnival	22-Mar Walk to School with Luna 8am Dance Concert (W Classes)	23-Mar/24- Mar
Week 9 HOLY WEEK	25-Mar NAPLAN ends		27-Mar P&F Easter Egg Raffle	28-Mar Stations of the Cross in Church 1.30 Last day for students and staff	29-Mar Good Friday	30-Mar/31 Mar

Religious Education



Ash Wednesday Mass

Soon we will commence the beginning of lent starting with **Ash Wednesday Mass** at **9am** on **14 February**. Lent will begin on Ash Wednesday and end on Easter Sunday.

Sacramental Dates for 2024:

Sacrament of Confirmation

- Sacrament of Confirmation Commitment Mass: Saturday 16 March, 6pm Mass
- Sacrament of Confirmation Retreat (daytime) for all year 6 students: Thursday 2nd May
- Parent/Candidate Meeting (evening): Thursday 2nd May 6pm
- Sacrament of Confirmation Mass: Friday 17 May 6pm

Sacrament of First Reconciliation

- Sacrament of First Reconciliation Commitment Mass: Saturday 15 June 6pm
- Sacrament of First Reconciliation Parent/Student Meeting 6pm Thursday 1 August
- Sacrament of First Reconciliation Retreat Day (all year 3 students) 8 August
- Sacrament of First Reconciliation 13 August 6pm

First Holy Communion

- First Holy Communion Commitment Mass: Saturday 27 July 6pm Mass
- First Holy Communion Retreat Day (all year 4 students) 29 August
- Parent/Student Meeting 6pm: 29 August
- First Holy Communion 8 September 12 pm

Finance News - 2024 School Fees

SCHOOL FEES

School Fees for 2024 will be **emailed** home to all families on **Thursday 15 February**.

Parents are asked to complete the payment options form on Page 2 and return it to the office by **Friday 1 March**. There are a number of options available including:

- payment in full by 22/3/2024 which attracts a 5% early payment discount on tuition fees
- payment in 3 instalments: due 22/3/2024, 28/6/2024 and 20/9/2024

Other payment arrangements ie; weekly/fortnightly/monthly by Direct Debit or BPAY must be approved by the school. Please contact Lindy Munnings on accounts@shthorn.wa.edu.au¹ 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.

¹<mailto:accounts@shthorn.wa.edu.au>

Lindy Munnings

Finance Officer

School Uniform

Thank you to all parents and guardians who have made sure that their child/children are wearing the correct school uniform. We appreciate the effort you have taken to ensure our uniform policy is followed. We acknowledge the respect you have shown by doing so.

This term Mrs Vinci will be taking the students for Dance. Therefore, on their music day the students must wear their royal blue school polo, sports shorts and white trainers.

Please check with the classroom teacher if you are unsure what day's the students have to wear what uniform.

Walk to school with Luna!

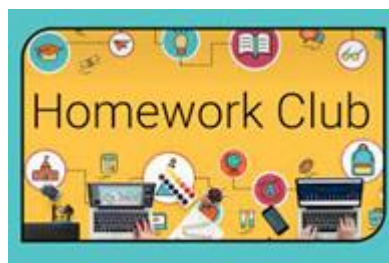
Walk to school with Luna will recommence **next Friday 9 February for the rest of the term.**

Students meet Mrs Gerhardy, Luna and staff at **8am sharp** at the **Castle on Discovery Drive**. They then walk as a group along Discovery Drive to school. Students in Kindy and PP require a parent to walk with them, Year 1 to 6 students can be dropped off at the Castle.

Please ensure your child has a hat, water bottle and is wearing sunscreen.

It is a lovely way to start the day.

Walk to school with Luna will happen every Friday of Term 1. An SMS will be sent if it isn't going ahead.



- Homework Club: for Years 2 to 6 students only
- Commencing: Week 3, Wednesday 14 February until Week 8, Wednesday the 20 March.
- Terms 2,3,4 commences Wednesday Week 2 until Week 9.
- Venue: School Library

- Time: 2.50pm – 3.20pm

If you would like your child to attend Homework Club, where they will be assisted by teachers with their weekly homework, please complete the form below and return it to the Office or your Classroom Teacher. Children will only be allowed to attend if we have signed permission from you.

Kind regards

Anita Urquhart & Klara Wiryadinata

I _____ give permission for my son/daughter _____

to attend Homework Club on a Wednesday afternoon. I understand that I need to pick my child up by **3.25pm at the latest** at the front of the school and if they do not have homework, they cannot attend homework club.

Note: Please notify OSHC if your child usually attends on a Wednesday afternoon.

Enrolments open for Kindergarten 2025



If your child was born between **1 July 2020 to 30 June 2021** they will start 4 Year Old Kindergarten at the beginning of **2025**.

Enrolment forms can be obtained from the school office or via our website

<https://shthorn.wa.edu.au/enrolment-process/> Enrolment interviews will commence in May/June 2024.

Term 1 Canteen Menu

The Canteen is open 8.30am to 1pm Monday, Thursday & Friday. Abi can be contacted on 92513007.

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

Don't forget to update your child's class in Quick Cliq for 2024 to ensure their lunch gets to the correct classroom.

EVERYDAY MENU ITEMS		MONDAY	THURSDAY
RECESS Crunch & Sip (Salad sticks) 50c Fruit cup (seasonal fruit) \$1.50 Custard Crowns 50c Dinobite 50c Party Pie 60c Hash brown \$1.30 Cheezie \$1.00 Vegemite cheezie \$1.00 Cheezie sub \$1.20 Pizza cheezie sub \$1.50 Warm Milo & Mini Muffin \$2.00 Berry Yoghurt Drink \$2.50	SANDWICHES & WRAPS White or wholemeal Vegemite \$2.50 Ham \$3.00 Cheese \$2.50 Ham/salad \$4.30 Tuna \$3.50 Salad \$3.30 Tuna/salad \$4.80 Egg \$3.00 Chicken \$3.50 Curried Egg \$3.50 Chick/salad \$4.80 (Salad : carrot, cucumber, lettuce & tomato)	Beef Burger \$5.00 (Beef patty, cheese & tom sauce) Chicken Burger \$5.00 (Crumbed chicken, cheese & tom sauce) add extras options e.g lettuce 50c, onion 30c, mustard 50c, pineapple 50c Pizza & Juice Box Combo \$5.00 (Margarita or Ham & Cheese) add pineapple 50c Bento Box \$6.00 Mini muffin, fruit, cheese & crackers, chick wing & a cheese or ham or vegemite s/w Salad Box \$5.50 Cheese, cucumber, carrot, lettuce, tomato & egg ADD ham \$1, chicken or tuna \$1.50	Chicken Strip Wrap \$5.50 (Chicken tender with cheese, lettuce, carrot, cucumber & tomato) Add mayo 50c Hot dog & tomato sauce \$4.50 add extras options (add mustard 50c and/or cheese 50c) Nachos \$4.00 (Corn chips, salsa & cheese) Bento Box \$6.00 Mini muffin, fruit, cheese & crackers, chick wing & a cheese or ham or vegemite s/w Salad Box \$5.50 Cheese, cucumber, carrot, lettuce, tomato & egg ADD ham \$1, chicken or tuna \$1.50
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 Blast	EXTRAS Tomato 50c Lettuce 50c Carrot 50c Cucumber 50c Beetroot 50c Onion 30c Cheese 50c Mustard mild 50c Mayo 50c Sauce sachet 50c Add Salad \$1.30 Wrap 50c Toasted 50c PASTA Lasagne .50 Macaroni Cheese (V) .50 Twista Pasta Bolognese .50	FRIDAY <input type="checkbox"/> Treasure Chest (Hashbrowns, Fish nuggets + Juice Box) \$6.00 Sausage Roll \$4.00 Beef Pie \$4.50 Toasted Pocket Tuna & Cheese \$5 Chicken & Cheese \$5 Ham & Cheese \$4.50 Add Salsa 50c, Mayo 50c, BBQ sauce 50c	

Term 1 Canteen Volunteer Roster

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	Jan 29th Pupil Free Day	Feb 1st J. PAYNE	Feb 2nd J. ALBANESE
WEEK 2	Feb 5th J. GARVEY	Feb 8th A. FOSTER	Feb 9th N. ROWE
WEEK 3	Feb 12th J. GARVEY J. PAYNE	Feb 15th J. ALBANESE	Feb 16th M. BENEDICT C. ELLIS
WEEK 4	Feb 19th J. GARVEY	Feb 22nd L. BARNES K. COPE	Feb 23rd R. DEKENS T. DICHIERA
WEEK 5	Feb 26th J. GARVEY J. PAYNE	Feb 29th A. FOSTER	Mar 1st C. ELLIS J. FARANDA
WEEK 6	Mar 4th Public Holiday Labour Day	Mar 7th (Swim Carnival) L. BARNES	Mar 8th M. BENEDICT T. DICHIERA
WEEK 7	Mar 11th J. GARVEY	Mar 14th J. ALBANESE	Mar 15th C. ELLIS
WEEK 8	Mar 18th J. GARVEY J. PAYNE	Mar 21st (Interschool Swim) A. FOSTER R. CARROLL	Mar 22nd R. DEKENS J. FARANDA
WEEK 9	Mar 25th J. GARVEY	Mar 28th J. ALBANESE	Mar 29th Public Holiday Good Friday

Parents and Friends (P&F)

Welcome Back

Happy New year and welcome back to all our families. We would like to offer an extra warm welcome to all the new families that have joined us this year.

The Parents & Friends Committee (P&F) currently consist of eleven mums of children within the school. Each year we run several events, some are for fundraising purposes and others are just for fun and a way to give back to the students.

In recent years the P&F have funded the upgrade of the school library, the new playground and shade sail cover located behind the year four classrooms and in December of 2023 had the football goals installed on the oval. We have also recently purchased a new Ninja Warrior course that will be installed in the coming weeks. There are many incidental things we also assist with.

This year we will start off the term by hosting our annual Welcome Back Event – An Evening on the Green next **Friday 9 February** on the school oval. This is a great opportunity for new families to meet and existing families to catch up. The gates will open at 6pm, there will be live entertainment, a face glitter painter, a photobooth, outdoor games and an ice cream van. Please bring along your picnic dinner, chairs & rugs. Everyone is welcome. Please note that the P&F are providing the entertainment, outdoor games, face painter and photobooth, therefore there will be no cost to families for these on the night.

Please keep your eye on our Facebook page, the newsletter, term calendar and text messages sent by the school for information on upcoming events.

We are always looking for new members, you can help as much or as little as you like, everyone is welcome. It is also a great way to make new friends within the school community. Our first meeting is on the **Monday 12 February** at **6:30pm** in the Staff Room, we would love to see you there.

'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**

Useful Links

Uniform Shop² Sacred Heart Thornlie Parish³

²<https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store>

³<http://www.thornlie.perthcatholic.org.au/>