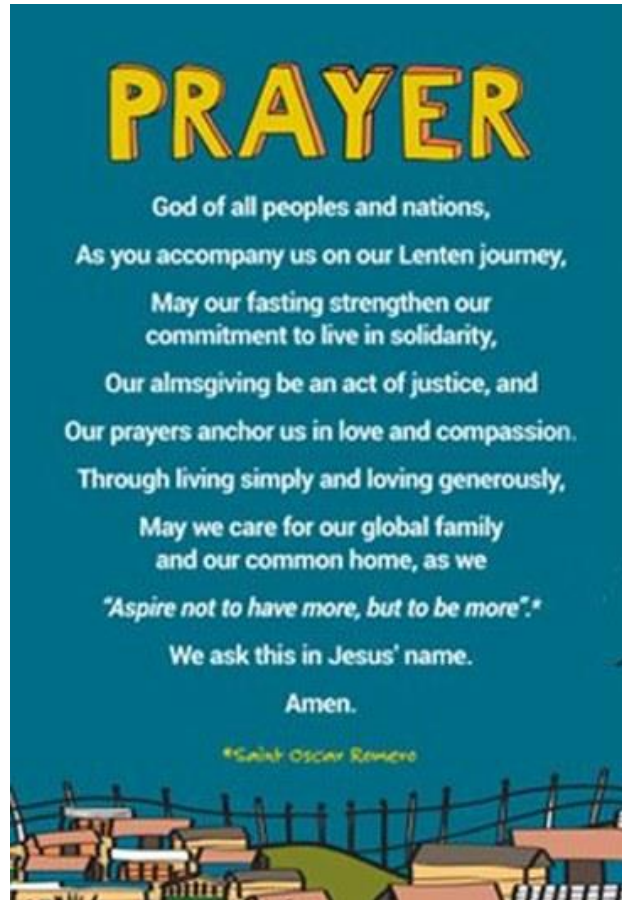


Sacred Heart School Thornlie



From the Heart Newsletter - 16 February 2024



Principal's Message

Dear Parents

A big thankyou to all our families that attended our Parent Information sessions last night. If you were unable to attend, the booklets and slides from the evening will be available on our school website very soon. Alternatively, you could contact your child's teacher for a copy.

This week the children experienced Ash Wednesday. This day marks the beginning of Lent. It was wonderful to gather as a parish and school community to have mass together for this occasion. Please discuss your child's Lenten promise with them so you can support them at home to prepare for the coming Easter season.

We have been having a lot of trouble in our carpark with people parking in no parking zones, including on the Church's paved surfaces. This is causing some cars to then be blocked in and adding to congestion.

It is also dangerous as it limits access to fire hydrants and emergency services. I believe part of the problem is some families arriving too early to collect children.

Children in K and PP are released earlier than the rest of the school as their caregivers must park and then collect from the door. If you have a child in Year 1 or above and you are arriving at school well before 2.45 pickup you are in effect limiting the available spaces for the parents of K and PP families. There are teachers on duty until 3.05 in the pick up zones and children from Years 1-6 can use the kiss and drop service.

Please also ensure you are encouraging your children to cross at the cross walk. Some parents call their children to them, thus encouraging them to walk, or worse, run through pickup traffic. All children are told to cross at the cross walk, please ensure you model this behaviour and encourage your children to do so.

If we all work together our car park flows smoothly. If we do not and we fail to consider others it leads to many problems. I have included below a map that shows the flow of the carpark. Please read all information carefully and let us all work together to ensure the smooth flow of traffic.

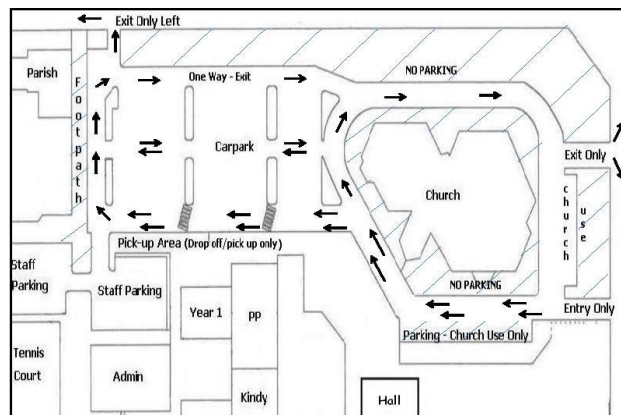
I am testing to see how many parents are in fact engaging with and reading the newsletter. The first parent to contact the office through the admin email, admin@shthorn.wa.edu.au¹ with the password “parking” will be issued a VIP parking spot for the next fortnight. I wonder how many responses I will get?

This week’s Happy Families article is about strategies in parenting that are low effort and high pay off. I hope you find it useful.

God Bless

Steve Gibbs

Principal



¹<mailto:admin@shthorn.wa.edu.au>

Respect

“Respect is a two way street – if you want to get it, you’ve got to give it” – **R.G. Risch**

“I speak to everyone the same way, whether he is the garbage man or the president of the university” -
Albert Einstein

Happy Families

Low Effort, High Pay Off Parenting

Parents of today parent more intensively than any other generation of parents. Here’s what I mean by that:

A thousand years ago, the question parents were asking wasn’t “Will my kids enjoy these homemade protein balls?” Instead, it was, “How do I find food to feed my family?” (Although with the current cost of living crisis, maybe we’re asking that a little more again today).

A couple of hundred years ago, the question wasn’t “Will my 9-year-old like their book week costume?” It was, “Should I send my 9-year-old to work in the local coal mine?” Now today’s parents ask, more than ever before, “How can I be a ‘good’ parent?”

Parenting entered the dictionary as a word in 1918. It’s only been a touch over 100 years. But even then, the idea of parenting being something that we “do” only began to be emphasised from around the late 1970s. Before that, you were a parent (noun), but you weren’t particularly focused on how you parented (verb).

Now, there are literally hundreds of parenting books on the shelves. Parenting is intense. Fetishised. Even competitive.

Research is telling us that many parents feel overwhelmed or even burnt out.

The good news is that we can scale back our efforts without it being detrimental to our kids. We can also make tiny adjustments that can have a big impact.

The Pareto Principle (better known as the 80/20 rule) is how this works... although I think after this we should start calling it the Parento Principle! This principle, first observed by the economist Vilfredo Pareto, states that 80% of the outcomes stem from only 20% of the effort. In other words, by focusing on a handful of low effort, high pay-off factors, we can prioritise our efforts and focus on what matters most.

Here are a few simple swaps you can make

These require little to no extra time or planning, and that can maximise the impact we have as parents.

1. Swap out the vague and uninspiring question “How was your day?”

You know that they only ever grunt back “fine” anyway. Instead, swap in questions that invite them to really talk about their day. You can ask them to tell you two good things and one bad thing that happened that day. Or play a guessing game where you try to guess what each other’s favourite moment of the day was.

2. Swap out the guilt you have for not spending time with your kids

Swap out the guilt you have for not spending time with your kids while you are at work or attending to other responsibilities. Guilt without action doesn't help anyone. Instead, swap in 10 minutes of being completely present each day. Turn off your phone, put down the to-do list, and spend just 10 minutes completely engaged with your child.

3. Swap out trying to enforce dozens of rules

No one enjoys being micromanaged. Instead, swap in having a family meeting to determine a handful of general rules that address safety, respect, and other important values. Simple rules such as, "we don't hurt people or property" and "we choose to spend time together" can capture most situations, and determining how the rules apply supports your child's developing autonomy and competence.

4. Swap out pressuring your child to do homework or study for a test

They'll do much better educationally if their motivation for completing these tasks comes from within. Instead, swap in reading together in the evenings. Being exposed to lots of books is one of the most impactful things we can do as parents to support our children's learning.

5. Swap out listening to music or sitting together in silence on your drives together

While singing along to Taylor Swift together can be bonding, there's something even better you can do on occasion. Instead, swap in having discussions about crucial topics. The car can often feel like a non-confrontational place to have discussions about what it means to be kind, how to approach bullying, and what consent means.

We don't need to parent harder. We need to parent smarter. By balancing efficiency and effectiveness, we can be the best parents we can be, without burning ourselves out in the process

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:

- 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 Pull Free Day	30-Jan Pull 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 PP OT 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 Confirmation 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	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

Monday Morning Prayer

Each Monday morning our Faith Faces Year 6 student leaders will lead the school in prayer. Our students will lead Monday morning prayer and inform the students about any events for the week. Prayer will start at 8.35 am and the students will announce this on the PA. During this time our school office may not be accessible for a few minutes while prayer is taking place. We thank you for your patience during this time.

Project Compassion

On Tuesday the Year Six Faithful Faces Leaders participated in the Project Compassion Launch. The students learnt all about the many ways Caritas Australia support communities and people around the world. The theme of Project Compassion this year is "All Future Generations". The meaning behind the theme this year, is all about providing a better future for people in other countries who struggle with accessing education and work.

The Faithful Faces are encouraging us all to donate generously to the Project Compassion appeal this year. Each class has a Project Compassion Box on their prayer table so that we can all make donations at any time.

Please donate generously this year as part of our Lenten promise to help those in need.

Upcoming Masses and Sacramental Dates:

- Saturday 9 March 2024 6pm Commissioning Mass for all P&F, SAC executive members, staff and catechists.
- Saturday 16 March 2024 6pm Confirmation Commitment Mass (Year 6 students and their parents who will be receiving the Sacrament of Confirmation this year).

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

AFTER SCHOOL PARISH RELIGIOUS EDUCATION CLASSES

- Enrolments opened on Wednesday 14th February 2024 4-5 pm Foley Centre
- Classes commence on Wednesday 21st February 2024 4-5 pm Foley Centre

Please contact the Parish Catechist Team for further information.

<https://thornlie.perthcatholic.org.au/contactus/>



Finance News - 2024 School Fees

SCHOOL FEES

School Fees for 2024 have been **emailed** home to all families this week.

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.au² for a confidential discussion regarding payment plans or if you are experiencing difficulties in meeting your school fee commitments.

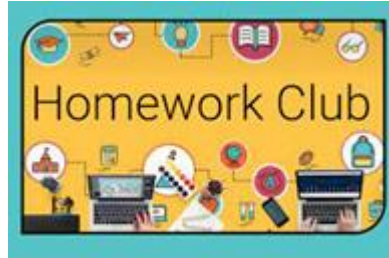
HEALTHCARE CARDS

²<mailto:accounts@shthorn.wa.edu.au>

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



- Homework Club: for Years 2 to 6 students only
- Commenced in Week 3, Wednesday 14 February and goes 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.

Did you know we have a 3-Year-Old Kindy? Enrolments are now open for 4 Year old Kindergarten for 2025 and 2026



We are now accepting enrolments for kindy for 2025 and 2026. Make sure you get enrolment forms in as soon as possible as positions are limited and interviews for the 2025 intake will commence in May 2024.

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**. If your child was born between **1 July 2021 to 30 June 2022** they will start 4 Year Old Kindergarten in **2026**.

Enrolment forms can be obtained from the school office or via our website <https://shthorn.wa.edu.au/enrolment-process/>

Did you know we have a **3 Year Old Kindy** at Sacred Heart? It is run through our Early Learning Centre which means you are able to claim the childcare benefit. It is a great starting point in preparation for your child attending 4 year old kindy at Sacred Heart. Your child can attend once they turn 3 years old. For further information please contact Megan in our ELC on 9251 3014 or refer to our website <https://shthorn.wa.edu.au/three-year-old-programme/>

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 60c Party Pie \$1.30 Hash brown \$1.00 Cheezie \$1.00 Vegemite cheezie \$1.20 Cheezie sub \$1.50 Pizza cheezie sub \$2.00 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)

The P&F would like to thank the new families and our exiting families for attending our annual welcome back event The Evening On The Green last Friday evening. We are grateful that the evening cooled down and we had plenty of shade for everyone. We enjoyed a relaxing and casual evening on our picnic rugs chatting with our school community whilst the music played in the back ground. The students enjoyed games of connect four whilst eating icecream to keep cool and visiting our sparkle bar for some face painting. This years event saw the students have a kick of the football using the recently installed removable football goals. Then as the sunset we saw lots of different glow stick creations being made.

At our first meeting for 2024 on Monday night we discussed events and fundraisers for the year ahead and have set several fundraising goals of having our basketball courts resurfaced with new basketball backboards and new tennis nets. Other projects we would like to achieve is new reading resources for the students and we are also currently working on custom costume garment bags for students to use for performing arts.

Our containers for change bins are now back and located in the carpark near the exit to Ovens Road please support the P&F by donating your containers.

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

The **Easter Raffle tickets** will go on sale online on **Wednesday 20 March and will be drawn on Wednesday 27 March.**

The Sacred Heart P&F meetings offer the opportunity to be a part of discussing ideas for our community events & fundraising. It is a safe space for everyone's voice to be heard and your valuable input can be made to help us achieve our goals for our school community. Attending a meeting also provides you with the opportunity to meet other Sacred Heart families. As a valued member of the P&F we are grateful for as much time as you have to offer, as many people working together towards the common goal makes the work easier. Our second meeting for this term has been cancelled and we will meet again in Term two, date is TBC.

'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**



Welcome to the latest edition of our CSPWA eNewsletter!

Visit the link below to view your newsletter:

<https://cspwa.schoolzineplus.com/news?nid=50>³

Regards, Siobhan Allen, **Executive Director**

Useful Links

Uniform Shop⁴ Sacred Heart Thornlie Parish⁵

³https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcspwa.schoolzineplus.com%2F_r%2Fk5Z6v%2F65c4693930347&data=05|02|8740svc_admin%40cewa.edu.au|2841ccc9409d46aac1b608dc28686ed2|c5852f2336334f29b38651da53e35e23|0|0|638429676680000841|Unknown|TWfPbGZsb3d8eyJWljojMC4wLjAwMDAiLjQljojV2luMzliLjBTiil6lk1haWwiLCjXVCI6Mn0%3D|40000||&sdata=Gvc3zNVjjPCb%2FfUsXLhyD0nb7XwVDjFF9kd7Mj4mXEo%3D&reserved=0

⁴<https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store>

⁵<http://www.thornlie.perthcatholic.org.au/>