

# Sacred Heart School Thornlie



From the Heart Newsletter - 17 May 2024

## Confirmation Prayer



*Lord, You send out Your Spirit to touch the hearts of all people, so that they may believe in You and in Jesus whom You sent. Look kindly on all candidates for Confirmation as they listen to Your voice. Open their hearts to Your Spirit and bring to fulfillment the good work that You have begun in them. Make each of us an instrument of Your love. Deepen our faith in the Gospel and help us to pass it on by our example. We pray that You will continue to guide us and sustain us. Through Christ our Lord, Amen.*

## Principal's Message

Dear Parents

I trust Mother's Day was a success for our families and that you were able to spend some quality time together. It was wonderful to see so many Mums and female role models at our Mass and muffin morning last Friday. I would also like to thank the P&F for organising our Mother's Day stalls and raffle – I hope your child/ren chose you something special.

School photos took place this week and whilst most students were in correct uniform there were a significant number of students not up to standard in the way they were either wearing the uniform or the items they were wearing. As a result, I am asking my staff to send home uniform infringement notes over the coming weeks to highlight issues and improve the standard of appearance of our students. I have included a link to our uniform policy for all parents to revisit. This is not a disciplinary issue as parents are largely responsible for uniform so do not see it as such if you are sent a form. Wearing a uniform with pride is part of our school culture and a way we show respect for self. Uniform standards also contribute to an overall orderly environment which is a determinant of academic success. I look forward to your support in this matter.

[https://shthorn.wa.edu.au/pdf/policies\\_uniform.pdf](https://shthorn.wa.edu.au/pdf/policies_uniform.pdf)

Our Year 6 students and students from the parish will be celebrating the Sacrament of Confirmation this Friday evening. This important Sacrament of Initiation confirms the candidate as a member of the Catholic Church. We look forward to celebrating with the children and families. Please keep the children in your prayers.

I am proud to share that Cruz Aguirre will be playing in the National Little League Baseball Championships in New South Wales. He will be representing the Central Firebirds Baseball Charter. It is always amazing to hear of our students achievements both in and outside of school.

I am also extremely proud to share that our amazing P&F have been nominated for a Catholic School Parents WA (CSPWA) Award of Excellence in the Parent Group Category. Congratulations to our P&F who work tirelessly to fundraise and make our school a well resourced, united, active and alive community. The Awards of Excellence will be announced at the CSPWA 70th Anniversary Dinner on Friday 7 June.

Our Happy Families article this week is about family goal setting. I hope you find it useful.

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

God Bless

Steve Gibbs

Principal

## Reverence

“The moment I have realized God sitting in the temple of every human body, the moment I stand in reverence before every human being and see God in him – that moment I am free from bondage, everything that binds vanishes, and I am free.”

Swami Vivekananda

‘We must guard against disrespectful, disparaging, and criticizing thoughts. We must try to practice reverence and devotion in our thinking at all times’

Rudolf Steiner

## Happy Families

### Family Goal Setting by Dr Justin Coulson

When I look at people who achieve the most in life, they often have goals.

Why?

Goals energise. Goals create clarity and focus. Goals offer opportunity; things happen to enable success when you set a goal.

But there are some problems with goals.

The first problem is that they won’t necessarily make you happy. Chasing the wrong kinds of goals (extrinsic) versus the right kinds of goals (intrinsic) is a sure-fire way to decrease your happiness, even while achieving the amazing.

The second problem is that goals often feel controlling. Rigid. And when we fail, we feel incompetent, and the self-castigation commences.

The third problem is that many of our goals involve other people. If they’re not ‘buying’ the vision—if they’re not all-in on the goal—not only is the goal unachievable, but relationships rupture.

The fourth problem—and perhaps the most challenging—is that many goals don’t lend themselves to actually being goals. Having a happy family is hard to nail down into the SMART goal formula.

How do you get specific on what happy means?

How do you measure happiness in your family? And when?

Is happiness all the time even achievable? Realistic?

And what about the time element? Happiness today isn’t happiness forever.

There is no doubt that goals help us achieve. Evidence overwhelmingly supports this. But success with goal-setting, especially in family life, is more about a combination of knowing what you want and then building the system to underpin it.

Three things will sustain success in family goal setting and system building:

#### **1. Start from the bottom up**

Facilitate this through regular family meetings and asking questions like, “What’s going well? What needs improvement? What should be our focus?” By asking these questions, we empower children to contribute to family goal-setting.

#### **2. Build a plan together**

Two steps here. First, if you know you want more kindness (or better/more regular holidays), ask “how” and make the plan as simple as you can.

Next, track progress. This must be non-punitive. It’s not a reward system. Rewards feel controlling. Instead, make the accountability easy and fun with regular check-ins. In our family, we have a weekly 15-minute family meeting to discuss progress, reassess plans, and stay aligned.

### **3. Focus on being together**

To a child, LOVE is spelled T-I-M-E. Systems will be followed and goals achieved when children feel involved, connected, and engaged with you as you follow the plan or system. If the goal is to climb a mountain, training together will be more effective than training alone. If the goal is more fun as a family, time on bikes or playing board games will be more effective than time spent in bedrooms.

When children actively participate in goal setting and experience autonomy, involvement with you, and moments of success and achievement, motivation is high, systems succeed, and your family is more likely to achieve.

## **Term Two Key Dates for your diary**

***The link to the Term 2 calendar is attached and is posted on the school website. A hard copy of the Term 2 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:**

- Wednesday 22 May - Year 3 excursion
- Friday 31 May - Year 5 Assembly 2pm in the Hall
- Monday 3 June - Public Holiday - WA Day
- Friday 14 June - Year 3 Assembly 2pm in the Hall
- Friday 28 June - last day of Term Two

## Congratulations Lucy & Hudson



Congratulations to Lucy & Hudson who recently became Catholics. With the help of Father George James our Parish priest, Lucy and Hudson received their sacraments of Reconciliation and Hudson also received his First Holy Communion. Congratulations Lucy & Hudson and welcome to the Catholic Family.

If you wish to know more about becoming a Catholic, you can make an appointment with Fr George James our Parish priest 9459 4459 or if you just want to ask someone more about the steps to becoming a Catholic you can speak to Mrs Min.

## School Photos and Special Group Photos

Our school photos were taken this week. The **expiry date for online ordering is next Wednesday 22 May 2024**. Any orders received after this date will incur a \$30.00 archive fee.

### Special Group Photos

On the day of the school photos, the following special group images were captured and are now available for purchase:

- Alumni
- Choir
- Year 6 House Captains
- Year 6 Student Councillors
- The Hearts Dance Team
- The Hearts Dance Team Back of Shirts

Photos can be viewed and purchased online via the provided link below at the **discounted price of \$25.00 per Image until the provided ordering Cut-off Date**.

Photos will only be available for purchase over the phone after Cut-Off Date at a cost of \$40.00 per image (postage included). It is essential to note that **this website is different from the platform used for ordering portraits and class photos online**. Order closed after Cut-Off date and are delivered to the school.

**To place your order online, please follow the steps below:**

1. Click the following link to access your Gallery: **2024 - Sacred Heart PS Special Groups Photos (shootproof.com)**<sup>1</sup> / <https://mspphotography.shootproof.com/gallery/24558305/><sup>2</sup>
2. Enter the password: **SHPSTSG**

Online orders will remain open until midnight on: **Sunday 2 of June 2024**.

Please use and include your child's Full Name (not your name) for identification purposes.

**Please note:** *The Final Printed product image will be professionally cropped to fit a 10x8 print.*

Should you have any queries or require further assistance, please feel free to contact MSP Photography at (09) 9240 8000 or via email at [ordering.perth@msp.com.au](mailto:ordering.perth@msp.com.au)<sup>3</sup>

If for any reason you need to contact MSP regarding your child's photos you will be asked to provide your child's Shootkey.

MSP PhotographyWA, 9240 8000 [admin.perth@msp.com.au](mailto:admin.perth@msp.com.au)

## Confirmation 2024!

Congratulations to our Confirmation Candidates for receiving the Sacrament of Confirmation tonight. You have worked very hard to prepare for this special day. We continue to pray for you and hope that you show Christian witness throughout your lives. Thank you to Miss Tassone, Mrs Edgar and our parish catechists for preparing our candidates this year.

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<sup>1</sup><https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmspphotography.shootproof.com%2Fgallery%2F24558305%2F&data=05|02|Chloe.OLeary%40cewa.edu.au|b023fd199d164ea6ae1808dc757e5354|c5852f2336334f29b38651da53e35e23|0|0|638514432649774682|Unknown|TWfPbGZsb3d8eyJWljoimc4wLjAwMDAiLCJQljoiv2luMzliLCJBTil6lk1haWwiLCJXVCI6Mn0%3D|0||&sdata=bKMyI1AIXGChvYYLlnS826%2FTySJe2U%2BguXVppJlVBM%3D&reserved=0>

<sup>2</sup><https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmspphotography.shootproof.com%2Fgallery%2F24558305%2F&data=05|02|Chloe.OLeary%40cewa.edu.au|b023fd199d164ea6ae1808dc757e5354|c5852f2336334f29b38651da53e35e23|0|0|638514432649784553|Unknown|TWfPbGZsb3d8eyJWljoimc4wLjAwMDAiLCJQljoiv2luMzliLCJBTil6lk1haWwiLCJXVCI6Mn0%3D|0||&sdata=4NgnVcNJrc2tmdKxdSSmInRU2e%2FLe0r%2F3aNHlB%2F9Vs%3D&reserved=0>

<sup>3</sup><mailto:ordering.perth@msp.com.au>



## Sacramental Dates for 2024

### 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

Thank you to those parents who have already paid their fee account in full or are up to date with their instalments.

Reminders will be sent home to families that have not let us know how their children's school fee account will be settled or made a payment towards their account.

Please contact Lindy Munnings on [accounts@shthorn.wa.edu.au](mailto:accounts@shthorn.wa.edu.au)<sup>4</sup> 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

## 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 have commenced.

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/>

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<sup>4</sup><mailto:accounts@shthorn.wa.edu.au>



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/>

## **Sacred Heart P&F**

### **Mother's Day Pop Up Shop, Raffle**

Congratulations to all the winners, we hope you enjoyed your prizes. Thank you to everyone that supported the raffle and pop-up shop. It was lovely to see all the students so excited to be able to choose a gift. The raffle raised approximately \$1700 with the final figure to be confirmed.

### **'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.

### **P&F Meeting**

Our next meeting will be held on Monday 27 May 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 2 Canteen Volunteer Roster

WEEK	MONDAY	THURSDAY	FRIDAY
WEEK 1	Apr 15th J. GARVEY	Apr 18th (Eagles Cup) J. ALBANESE	Apr 19th J. PAYNE
WEEK 2	Apr 22nd J. GARVEY	Apr 25th Public Holiday ANZAC Day	Apr 26th Pupil Free Day
WEEK 3	Apr 29th J. GARVEY	May 2nd A. FOSTER	May 3rd (Eagles Cup AWAY) C. ELLIS R. DEKENS
WEEK 4	May 6th J. GARVEY	May 9th J. PAYNE	May 10 <sup>th</sup> (Mother's Day Mass) (Eagles Cup HOME) N. ROWE
WEEK 5	May 13th Pupil Free Day	May 16th (Eagles Cup AWAY) L. BARNES	May 17th M. BENEDICT
WEEK 6	May 20th J. GARVEY	May 23rd A. FOSTER R. CARROLL	May 24th (Eagles Cup HOME) N. ROWE J. ALBANESE
WEEK 7	May 27th J. GARVEY	May 30th K. COPE	May 31st J. FARANDA C. ELLIS
WEEK 8	June 3rd WA Day	June 6th J. PAYNE	June 7th (Sacred Heart Day) M. BENEDICT T. DICHIERA
WEEK 9	June 10th J. GARVEY	June 13th A. FOSTER	June 14th C. ELLIS
WEEK 10	June 17th J. GARVEY	June 20th (Cross Country) L. BARNES	June 21st J. FARANDA
WEEK 11	June 24th J. GARVEY	June 27th J. ALBANESE	June 28th D. MYAPE

1 - 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



## Term Two Canteen Menu

MENU ITEMS		MONDAY	THURSDAY
<b>RECESS</b>		<b>Beef Burger</b> \$5.50 (Beef patty, cheese, lettuce & tom sauce)	<b>Hot dog &amp; tomato sauce</b> \$4.50 add extras options mustard 50c, cheese 50c
Crunch & Sip (Salad sticks)		<b>Chicken Burger</b> \$5.50 (Crumbed chicken, cheese, lettuce & tom sauce) add extras options e.g tomato 50c, onion 30c, mayo 50c mustard 50c, pineapple 50c	<b>Nachos</b> \$4.00 (Corn chips, salsa & cheese)
Fruit cup (seasonal fruit) 50c		<b>Nugget Box</b> \$6.50 (Hashbrowns, Chicken Nuggets, Salad sticks + juice box)	<b>Toasted Pocket</b>
Custard Crowns \$1.50	<b>SANDWICHES &amp; WRAPS</b>	<b>Bento Box</b> \$6.00 Mini muffin, fruit, cheese & crackers, chick wing & a cheese or vegemite s/w	Tuna/Cheese \$5.00
Dinobite 50c	<b>White or wholemeal</b>	<b>Salad Box</b> \$5.50 Cheese, cucumber, carrot, lettuce, tomato & egg ADD chicken or tuna \$1.50	Chicken/Cheese \$4.50
Party Pie 60c	Vegemite \$2.50		Ham/Cheese \$4.50 Add Salsa 50c, Mayo 50c, BBQ sauce 50c
Hash brown \$1.30	Tuna \$3.50		<b>Bento Box</b> \$6.00 Mini muffin, fruit, cheese & crackers, chick wing & a cheese or ham or vegemite s/w
Cheezie \$1.00	Tuna/salad \$4.80		<b>Salad Box</b> \$5.50 Cheese, cucumber, carrot, lettuce, tomato & egg
Vegemite cheezie \$1.00	Chicken \$3.50		ADD ham \$1, chicken or tuna \$1.50
Cheezie sub \$1.20	Chick/salad \$4.80		
Pizza cheezie sub \$1.50	Ham (Thurs & Fri Only) \$3.00		
(Thurs & Fri Only)	Ham/salad (Thurs & Fri only) \$4.30		
Warm Milo & Mini Muffin \$2.00	(Salad : carrot, cucumber, lettuce & tomato)		
	<b>EXTRAS</b>		
<b>DRINKS</b>	Beetroot 50c		
<b>WATER</b> \$1.60	Onion 30c		
<b>99% JUICE BOX</b> \$2.00	Cheese 50c		
Apple or Tropical	Mustard mild 50c		
<b>JUICE BOMBS</b> \$2.80	Mayo 50c		
Apple Raspberry, Watermelon,	BBQ Sauce 50c		
Apple Blackcurrant, Apple Cola	Squeeze on Tomato Sauce 50c		
<b>FLAVOURED MILK</b> \$2.80	<b>Wrap 50c</b>		
Chocolate splash, Strawberry	<b>Toasted 50c</b>		
smash, Banana Milk, Spearmint	<b>LUNCHBAGS 10 FOR 50c</b>		
Shake&Shake	<b>PASTA</b>		
	Lasagne \$5.50		
	Macaroni Cheese (V) \$5.50		
	Twista Pasta Bolognese \$5.50		
		<b>FRIDAY</b>	
		<b>Pizza &amp; Juice Box Combo</b> \$5.00 (Margarita or Ham & Cheese) add pineapple 50c	
		<b>Sausage Roll</b> \$4.00	
		<b>Beef Pie</b> \$4.50	
		<b>Chicken Strip Wrap</b> \$5.50 (Chicken tender with cheese, lettuce, carrot, cucumber & tomato)	

2 - 8.30-1pm Monday, Thursday & Friday 92513007

RECESS & LUNCH orders available online via [www.quickcliq.com.au](http://www.quickcliq.com.au) or via the class lunch order box

For children aged, 5 - 13 years

Each participant will receive a free t-shirt and gift!

## JULY HOLIDAY CLINIC

9th, 10th, 11th of July 2024

Our 3 day program held at Southern Districts Netball Association is fun and active way to develop netball skills in an enjoyable and friendly environment.

- Accredited coaches
- Age specific games and skills
- Wet weather activities
- Competitions and prizes
- Sausgae sizzle on the last day

Time: 9:30 - 12pm (9th & 10th July)  
9:30 - 1pm (11th July)

**Cost: \$150.00**  
+ 2.03% transaction fees

To register please see our website [www.southerndistrictsnetball.com.au](http://www.southerndistrictsnetball.com.au)

Registrations close 5th of July.

## Useful Links

Uniform Shop<sup>5</sup> Sacred Heart Thornlie Parish<sup>6</sup>

<sup>5</sup><https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store>

<sup>6</sup><http://www.thornlie.perthcatholic.org.au/>