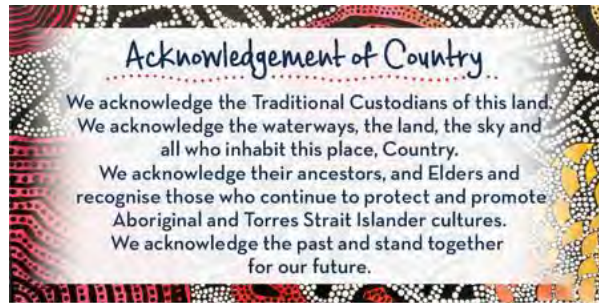


# Sacred Heart School Thornlie



## From the Heart Newsletter - 14 February 2025



*Every 25 years the Pope declares a year of Jubilee. This is a special year we are invited to restore our relationship with God, family members and friends. Throughout this year we are invited to be “pilgrims of hope” sharing forgiveness, kindness and love by our words and actions.*

### 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 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. Over the break Mrs Mary Coates joined us in a full-time capacity replacing Mrs Fleur Coy who is on a year's LWOP. Mrs Malissa Kelly accepted a one day a week role in Year 5W with Mrs Amy Edgar. We also welcome Miss Sabrina Bailey who accepted a position as our Year 1B teacher.

Today we started our school year with a whole school mass. It is always a wonderful way to frame the beginning of our new year and the journey that lies ahead. It was lovely to see parents attending mass. Staff and P&F and SAC members were also commissioned today.

On Tuesday 18 February 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.

It is an exciting year for Sacred Heart as we will be celebrating our 60th Anniversary and building and improving facilities within the school. Over the holidays the fire hydrants in the school were completely upgraded and our senior toilets redesigned and re built. I have spoken to the students about respecting and caring for our new toilets, can you please reinforce this at home.

Work now will commence on the new Inclusion Support Centre. The anticipated finish date is mid-August. I will communicate regularly with you all regarding the progress of the build.

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/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 21 February at 6pm 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 2025 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

'Seek respect mainly from thyself, for it mainly comes from within' ~ Stephen H. Coogler

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

## Happy Families

### **The Hidden Benefits of Your Child's Back-to-School Butterflies**

Has your usually chatty child become quieter than normal? Does your typically confident kid need extra hugs?

The start of a school year brings a unique mixture of emotions for both parents and children. Whether your little one is taking their first steps into kindergarten, starting a whole new school (or high school), or just moving up to a new year level with friends, that flutter of anxiety in their stomach (and yours) is completely normal. These transitions are crucial moments for emotional growth.

Recent research in childhood development shows that periods of change—whether it's starting school, changing classes, or moving to a new suburb—are remarkable opportunities for your child to develop resilience and emotional intelligence. When they tell you they are worried, these concerns aren't necessarily something to "fix". Rather, it's a sign of their developing emotional awareness.

Consider what's happening when your child says they're worried about school. They might be:

Processing complex social dynamics: A new friend group, new classmates, new teacher,

Anticipating academic challenges: “I don’t know how to do what they’re going to ask me to do”, or simply

Responding to a change in routine.

Each of these concerns represents their brain working to prepare them for new experiences.

**Some practical steps can help:**

**Slow things down.**

Rather than running full steam ahead and filling up their calendar, start slow. Ease into things. Reduce after-school activities if your child needs it. Keep plans simple on the weekend. Leave margin so you can be available.

**Time your conversations.**

The best time to talk isn’t necessarily as soon as you see them. While some kids are excited to tell you everything the minute they see you, most prefer to have some time to relax and decompress. You probably don’t like being interrogated when you arrive home. Nor do they. Give them time to process. Some children need quiet time; others might want physical activity to release the day’s tensions.

**Ask deep questions.**

When it’s time to talk, rather than saying, “How was school today?” ask them to tell you who they spent time talking with and how it felt. Invite them to tell you something they did that was challenging. Have them consider how they showed determination. Who did they help or show kindness to? Deep questions create connection.

**Listen to their specific concerns.**

Are they worried about how big the school is (or how big some of the kids are)? Making friends? Understanding new rules? Each worry gives you insight into what support they might need.

**Ask practical questions.**

Do they like their lunch? Are they feeling like the morning routine is working for them? What’s their favourite afternoon tea?

When they do share concerns, listen more than you solve. Rather than rushing to fix every worry, help them identify what they’re feeling and why. Say things like, “That sounds tricky”, and “Wow, how do we solve that one?” This builds their capability and confidence.

Without being overzealous, watch for physical signs of anxiety: stomach aches, sleep changes, or increased clinginess might appear. These aren't just "attention-seeking" behaviours—they're often genuine expressions of emotional processing.

**Remember:** Your role isn't to eliminate their anxiety but to help them understand and work with it. (Think of Riley in Inside Out 2. When anxiety takes over, it's a problem. But it does play an important role.) When we support children through transitions while validating their feelings, we're helping them build emotional skills they'll use throughout their lives.

Every child moves through transitions differently. Some might be excited about new books, fresh pencils, and their new teacher, while others need more time to warm up to change. Neither approach is wrong—they're just different ways of processing the same big step.

Your child is learning to navigate complex feelings about school. The key is remembering that this anxiety isn't a problem to solve, but rather a normal part of growing up. By staying present with them through these feelings, you're teaching them that they can handle big emotions and new experiences – even when they feel overwhelming at first. Supporting a child through these transitions can be emotionally taxing for parents too, but this investment in understanding and patience pays off in building your child's emotional toolkit and their resilience.

## Term One Key Dates for your diary

To view Term Dates for 2025 and the Term one calendar refer to

<https://shthorn.wa.edu.au/calendar/>

A hard copy of the term one calendar can also be collected from the office.

### Key dates for your diaries:

- Tuesday 18 February - Parent Information Evening - 5pm for Kindy in the library and 6pm - 7.30 pm for PP to Year 6. Starting in the Hall at 6pm followed by sessions in classrooms at 6.30-7pm and 7-7.30pm
- Thursday 20 February - Swimming trials for Years 4 to 6
- Friday 21 February - P&F Evening on the Green 6pm on the oval
- Wednesday 26 February and Thursday 27 February - School Photos - order forms have been sent home
- Friday 21 March - Swimming Carnival for Years 4 to 6
- Tuesday 1 April - Open Day/School Tour for Sacred Heart Thornlie

- Wednesday 2 April - Dance concert B classes 1.30 to 2.30pm
- Friday 4 April - Dance concert W classes 1.30 to 2.30pm
- Friday 11 April - Stations of the Cross and last day of term one

## Parent Information Evening -Tuesday 18 February

Details for the meetings next Tuesday:

These sessions are for parents only, no students to attend.

Kindy - KW and KB parents are invited to attend the Kindy Parent Information Evening in the LIBRARY from 5.00pm to 5.45pm.

Kindy and Pre-Primary to Year 6 parents are then invited to attend a Parent Information address by the Principal and Assistant Principals in the Hall commencing at 6pm.

At 6.30pm parents will then make their way to one child's classroom for the first lot of meetings that run from 6.30pm to 7.00pm.

The next lot of meetings then run from 7.00pm to 7.30pm in the classroom. This session is the same session run at 6.30pm but allows for parents with multiple children to attend both sessions.

If you have more than two children, please ensure you contact the classroom teacher via SeeSaw to find out the important information discussed.

If you are unable to attend, please ensure that you send the classroom teacher a SeeSaw message to let them know you can't attend and to obtain the information discussed.

## Religious Education News!



## Whole School Masses and Liturgies Term 1

Parents and family members are welcome to join us for our whole school masses and liturgy this term:

### Friday 14 February 9am

Welcome Back Mass and Commissioning of Staff, P&F and SAC executive members and parish catechists.

### Wednesday 5 March 9am

Ash Wednesday Mass

### Wednesday 19 March 9am

Harmony Day Mass and Dress up

### Friday 11 April 2pm

Stations of the Cross Liturgy

## Sacramental Dates 2025



### Sacrament of Confirmation

- Sacrament of Confirmation Commitment Mass: Saturday 29th March, 6pm Mass
- Sacrament of Confirmation Retreat (daytime) Parent/Student Meeting (evening): Thursday 22nd May 6pm
- Sacrament of Confirmation Mass: Friday 13th June 6pm

### Sacrament of First Reconciliation

- Sacrament of First Reconciliation Commitment Mass: Saturday 21st June 6pm
- Sacrament of First Reconciliation Parent/Student Meeting 6pm Thursday 31st July
- Sacrament of First Reconciliation Retreat Day 7th August



- Sacrament of First Reconciliation 12th August 6pm

### **First Holy Communion**

- First Holy Communion Commitment Mass: Saturday 2 August 6pm Mass
- First Holy Communion Retreat Day & Parent/Student Meeting 6pm: 21 August
- First Holy Communion 31 August 12 pm

### **Baptism**

Thinking of having your child baptised? Baptism inquiry forms are available in our school office. Need support in understanding the process? Please contact Mrs Min for advice and support.

## **Finance News**

### **SCHOOL FEES**

School Fees for 2025 will be **emailed** home to all families in the week commencing **17 February**.

Parents are asked to complete the payment options form on Page 2 and return it to the office by **Friday 28 February**. There are a number of options available including:

- payment in full by 21/3/2025 which attracts a 5% early payment discount on tuition fees
- payment in 3 instalments: due 21/3/2025, 27/6/2025 and 19/9/2025

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.au](mailto:accounts@shthorn.wa.edu.au)<sup>1</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

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<sup>1</sup><mailto:accounts@shthorn.wa.edu.au>

## Did you know we have a 3-Year-Old Kindy? Enrolments are still open for 4 Year old Kindergarten for 2025 and are now open for 2026 and 2027



We are now accepting enrolments for Kindy for 2026 and 2027. Make sure you get enrolment forms in as soon as possible as positions are limited. Enrolment interviews for 2026 will commence in May.

If your child was born between **1 July 2021 to 30 June 2022** they will start 4 Year Old Kindergarten at the beginning of **2026**. If your child was born between **1 July 2022 to 30 June 2023** they will start 4 Year Old Kindergarten in **2027**.

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/>

## School Photos - Wednesday 26 and Thursday 27 February 2025



Our school photos will be taken on: **Wednesday 26th and Thursday 27th of February 2025**

Class Photos/Portraits: Every Student will have their photo taken, whether they are purchasing photos or not.

The school has chosen to use the on line ordering system [www.msp.com.au](http://www.msp.com.au)<sup>2</sup>

The timetable for photos will be emailed home next week.

Your child has already been given an online ordering instruction slip and a unique student shootkey. Log onto [www.msp.com.au](http://www.msp.com.au)<sup>3</sup>

and follow the prompts to place your order. If you lose your shootkey the school reception will have a copy to quote back to you.

The expiry date for on line ordering is **Thursday 13th of March 2025** Any orders received after this date will incur a \$30.00 archive fee.

**Specialty Group Photos:** After photo day, a link will be sent to the school for distribution to parents whose child/children is/are in the specialty group photos.

**Family Photos:** Envelopes (orange) can be obtained from Administration. Family photos are taken each morning before school. Please ensure that your family envelope and payment are handed to the Photographers on photo day. If you do not have the correct money we will provide any change needed when photos are delivered to school. Family photos cannot be ordered on line.

Once school has received photos, family photos will remain at reception for parents to collect.

Please Note: Late orders can be placed via our website [www.lateorclers.com.au](http://www.lateorclers.com.au) Individual and Family Photos are not available to view on line for Students' Security. If for any reason you need to contact MSP regarding your child's photos you will be asked to provide your child's Shootkey.

## Sacred Heart 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 P&F (Parents & Friends Committee) currently consists of 14 parents of children within the school. We run events throughout the year for fundraising and just for fun as a way of giving

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<sup>2</sup><https://www.msp.com.au>

<sup>3</sup><https://www.msp.com.au>

back to the students. In Recent years some of the things we have funded are a new playground, a shade sail, football goals and most recently the Ninja Warrior course.

### **Evening on the Green Friday 21st February at 6pm**

To Kick off this year, we will be hosting our annual Welcome Back event –

### **An Evening on the Green Friday 21st February at 6pm** 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 DJ entertainment, Face painting, a magician and an ice cream van will be available for families to purchase ice creams from. So come along, bring your chairs, a picnic rug, picnic dinner or pre order a dominos pizza. It is always a lovely night and everyone is welcome.

### **‘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 - Monday 17th February, 6pm**

Our first meeting for the year, will be held on Monday 17th February at 6:00pm 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.

## **Canteen**

To order online visit [www.quickcliq.com.au](http://www.quickcliq.com.au)

Refer to the website for the canteen menu and volunteer roster

<https://shthorn.wa.edu.au/canteen/>

We are looking for lots of volunteers for the canteen. If you are able to assist, please email [admin@shthorn.wa.edu.au](mailto:admin@shthorn.wa.edu.au)<sup>4</sup> or contact Abi on 9251 3007.

## Parish News



### Weekend Mass times:

#### Saturday

Reconciliation 5.00 -5.30 pm

Mass 6pm

#### Sunday

Mass 8am and 10am

(Children's Liturgy available for students 5-8 years at 6pm mass and 10 am mass)

**SACRED HEART  
YOUTH MINISTRY**

13-25 YEARS  
LARGE GROUP!

...WELCOMES YOU!!!

JOIN US FOR AN EVENING  
GET-TOGETHER OF FAITH,  
FELLOWSHIP, FOOD, FRIENDS &  
FUN . ALL YOUTH BETWEEN 13-25  
YEARS OF AGE ARE INVITED WITH  
THEIR FAMILIES.  
BRING A PLATE TO SHARE.

**FREE ENTRANCE**

**FAITH!!  
FELLOWSHIP!!  
FOOD!!  
FRIENDSHIP  
FUN!!**

**WHEN**  
Saturday, February 15th, 2025  
7pm (after 6pm mass)

**WHERE**  
Parish Foley Centre  
50 Oveers Road, Thornlie, WA 6108

**CONTACT**  
Fr. George - 08 9459 4459  
Dominic Soans - 0407 992 913

"FOR I KNOW THE PLANS I HAVE  
FOR YOU, SAYS THE LORD;  
PLANS TO PROSPER YOU AND  
NOT TO HARM YOU, PLANS TO  
GIVE YOU A HOPE AND A  
FUTURE." JER 29:11

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

TERM 1 2025  
Adult Faith Education Programme  
Thornlie Parish - 50 Ovens Road, Thornlie  
Scan the QR code for more courses and events



### Radically Transformed: Saint Paul's Life and Message

**ON:** Tuesdays, 4 - 25 March  
**FROM:** 7:30pm - 8:30pm (4 sessions)  
**WITH:** Dr Peter Christofides  
**COST:** Suggested donation, \$20

This course focuses on the life of Saint Paul, his writings and those of the 'Pauline school' and his message on the salvific power of the death and resurrection of Christ. It will present Saul of Tarsus's journey from promising Rabbi, to persecuted disciple of Jesus of Nazareth, and finally Apostle to the Gentiles. It also offers a vision of Paul's announcement of salvation, highlighting his understanding of the human condition before Christ, and how the power of Jesus' cross and resurrection can radically transform our existence.

For further info or to register, please contact Centre for Faith Enrichment or Thornlie Parish:

**Centre for Faith Enrichment**  
www.cfe.org.au  
9278 0261  
cfe@perthcatholic.org.au

**Sacred Heart Parish - Thornlie**  
thornlie.perthcatholic.org.au  
9459 4459  
thornlie@perthcatholic.org.au



  
CORPUS CHRISTI  
COLLEGE

WE INVITE YOU TO ATTEND OUR COLLEGE

# TOUR DAYS

11 MARCH 2025 - 9.30AM | 10 JUNE 2025 - 9.30AM  
OPEN DAY 1 NOVEMBER 2025 - 9.30AM

REGISTRATIONS ESSENTIAL  
[www.corpus.wa.edu.au/opendays](http://www.corpus.wa.edu.au/opendays)



### **St Norbert College OPEN DAY - Friday 28 February 2025**

St Norbert College warmly invites prospective students and their parents to tour our beautiful College, its contemporary facilities and extensive grounds. Tours will be conducted at 9.00am and 1.00pm. Bookings can be made at <https://www.trybooking.com/CYQHS>

### **Enrolments for Year 7 in 2027**

We will commence our enrolments for 2027 in the next few weeks. Application forms may be obtained by visiting our website [www.norbert.wa.edu](http://www.norbert.wa.edu)<sup>5</sup> to apply online or by phoning the Enrolment Officer, Mrs Roberts on 9350 5433 to receive an Enrolment Package.

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<sup>5</sup><http://www.norbert.wa.edu/>



Interested in trying out a new sport? Or keen to give it a go again after (many) years away?  
Come join us at the Cougar's Den home of Canning Districts Hockey Club.

Canning Cougars are searching for new players for the  
upcoming 2025 winter season

We are looking for:  
Cougar cubs : ages 3-8  
Juniors : aged 9 up

Players over 13 are welcome to come along and play in our senior teams.

We have equipment you can use, just wear sports clothes and sports shoes  
(no studs or footy boots). Please bring a water bottle.  
Training will start Wednesday night  
5th March 2025  
Cubs @5- 5:30  
Juniors @5:30-6:30  
Seniors @6:30

Looking forward to meeting you then.

For any further information contact Elaine Foote on 0417 954 414 or  
email Tracey at secretary.canning@gmail.com



## Useful Links

Uniform Shop<sup>6</sup> Sacred Heart Thornlie Parish<sup>7</sup>

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<sup>6</sup><https://www.nellgray.com.au/Uniform-Concepts/Willetton-Super-Store>

<sup>7</sup><http://www.thornlie.perthcatholic.org.au/>