1 February 2017

Dear Parents, Children and Friends,

Welcome back to the 2017 School year. I trust you all enjoyed a lovely Christmas break with your families, and your children are well rested and enthusiastic about returning to school.

I would like to extend a warm welcome to our families who are new to the school in 2017. I hope you will find your time at Sacred Heart to be a richly rewarding and fulfilling experience.

It has been an incredibly exciting week for me as I begin my role as Principal for the 2017 school year. I would like to extend a heartfelt thank you to the staff, parents and children for welcoming me so warmly into the community. As has been my practice in my previous schools, you will see me most mornings and afternoons greeting parents and students. I look forward to meeting as many parents as possible in the next few weeks.

We have had a number of new staff join us this year. We welcome:

- Ms Sheena Schroff to the Early Learning Centre
- Miss Lani Edwards to Year One Blue
- Miss Emily Newman to Year Five Blue

I know each of these staff members will bring their own unique special gifts and talents to our learning and teaching program.

Make this year your child’s best ever at school

As our children come back to school, it is important to get them back into routines and begin to form good school habits again. Below is a fabulous article by Michael Grose that gives parents seven ways to help children make the most of the fresh start and make this year your child’s best year ever at school. He offers the following tips:

1. **Commit to your child going to school every day on time.** One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. **Help kids start each day well.** A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time to get up, eat and get ready for the day.

3. **Establish work and study habits.** The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s school and help them establish a work routine that matches.

4. **Make sure your child gets enough sleep.** Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night’s sleep consolidates learning, as well as assisting future learning. **Children need between 10-12 hours of sleep each day,** while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.
5. **Insist kids exercise.** The old saying about ‘a healthy body and a healthy mind’ is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a **minimum of 60 minutes of exercise per day** for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. **Focus on being friendly.** Schools are very social places requiring kids to negotiate many different social situations each day. Yet we often only focus on academic learning. There are strong links between social success, and academic success and wellbeing. Encourage kids to be **open and tolerant;** to be **friendly;** to be **sensitive** to others; to be **involved in** plenty of activities and to be social **risk-takers.** These are all characteristics of socially successful kids. At the same time discourage anti-social behaviours such as over-competitiveness, self-centredness and lack of sharing.

7. **Develop self-help skills.** Successful students are often well organised, self-directed and self-motivated. Personal organisation seems to come more naturally to girls than boys, however both genders benefit from coaching in this important area. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

**P&F Secretary**

The P&F are seeking a secretary to join the P&F Executive for 2017. The P&F plays an integral role in our school and is at the heart of our community. I encourage our families to consider the role, and should you be interested, please contact the office for further details.

**Holiday Work**

Over the holidays we have had the whole school painted externally and I’m sure you will agree that it looks amazing. We have also replaced a number of interactive white boards with LCD touch screens. These have been installed in both Year One classrooms, 2W and 3W.

**Welcome Back to School – Evening on the Green—Friday 10 February 2017**

I look forward to joining the school community at the Evening on the Green for our ‘welcome back to school’ function organised by the P & F. Please mark this date in your diary.

You will find further information in the P & F News, but I do encourage you to come and join in the fun and take the opportunity to meet other families and ‘cement’ our school community.

**Pre Primary –Year Six Parent Information Evening**

This year the Parent Information Evening will be held from **6.00 - 8.30pm** on **Thursday 9 February** as follows:

- **6.00 - 6.30 pm** ALL parents to meet in the Brennan Hall  
  (Information presented concerning whole school events and initiatives)
- **6.40 – 7.15pm** Year Level Classroom Meetings
- **7.25 – 8.00pm** Year Level Classroom Meetings (repeated to allow for parents with children in different year levels)

As this meeting sets out the expectations of the 2017 school year we ask that one parent from each family attend and request that you inform classroom teachers if you are unable to do so.  

**Please note that this is an adult only evening.**

**The Kindergarten Meeting will be held on 13 February at 6.00pm.**

**Uniforms**

Finally, I would like to thank each parent for sending their children to school looking incredibly neat and tidy. I believe high standards begin within; if we have pride in our appearance and wear our uniform correctly and with pride, this will translate to higher standards in the classroom. I encourage all parents to be vigilant in maintaining this high standard all year.

2017 Term Dates (Attached to this newsletter)
2017 Term Calendar (On the website)
2017 Parent Handbook (On the school website)
Printed copies are available for new families to the school and by request from the School Office.

May God bless our school and those within it.

Miranda Swann  
Principal

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**CHAPLAIN’S CORNER**

Hi everyone and welcome back. I am very excited to again be your School Chaplain this year all day on a Wednesday and Thursday and every alternate Friday morning until 1pm.

My role at Sacred Heart has an educative component to positively promote and encourage social, emotional and spiritual well-being throughout our school community. As an experienced teacher, counsellor and therapist, I will be supporting a safe and caring learning environment for your children, staff, parents and caregivers.

I am very interested in mindfulness based relaxation and coping strategies to help calm and regulate emotions and behaviour, increase focused awareness and encourage better choices. I will be visiting your children’s classrooms regularly to pass on some great techniques so your children can more positively focus on their education.

I am based in the Multi-Purpose building, between the Inclusion support and the Art / Science room, so children, teachers and/or parents are very welcome to have a confidential chat or catch up. I will also be out in the playground at recess and lunch times or running relaxation lunch time sessions so that I am more accessible to the children.

**Parental consent** is necessary if your child would like individual counselling. Please fill out and sign the Consent Form below. This Form will be kept on file throughout the time your child attends Sacred Heart and can be revoked at any time. (With this newsletter)

**PARENT YOGA SESSIONS**

As I am also a yoga teacher, I will again be running yoga and relaxation sessions for parents and caregivers every Thursday morning 8.30 - 9.30 followed by morning tea and a chat. You will be exposed to some great techniques to not only keep yourself spiritually, mentally and emotionally more balanced but you will be able to reinforce what your children will be learning as well, so pass the word around. I will tell you more in next week’s newsletter, so watch this space.

Please feel free to call in or ring 9251 3000 if you have any questions or comments. It’s great to be back.

Frances Mercer

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**SCHOOL FEES AND HEALTH CARE CARD**

School fees will be generated next week. If you are in possession of a **HEALTH CARE CARD** (in the name of the parent) you may be eligible for tuition discount. It is necessary to bring the card to the office for photocopying ASAP so that the discount can be applied.

Mrs Steen

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**SCHOOL BANKING**

Banking commences again next week and is through the Commonwealth Bank.

Students hand their books in at the office on Monday. They are processed on Tuesday and returned via the class teacher during the week.

Mrs Therkelsen
Welcome Back to School – Evening on the Green

FRIDAY 10 FEBRUARY, 5.30pm to 9.00pm on school oval.

We are looking forward to a wonderful evening to celebrate the new school year. Please bring your chairs and your picnic or there will be food available for purchase:

- Two Queens – Paella ($6-$10), Wood Fired Pizza ($12-$14) and Nachos ($10).
- Ice Cream and Coffee
- Lolly Bags

This year Wesley Goodlet Jamboree Scouts will provide the music. This band plays regular gigs at Lakers Tavern on a Sunday afternoon.

We also have free face painting.

P&F Nominations for 2017

We are seeking a new P&F Secretary whose role is to:
(a) co-ordinate the correspondence of the Association;
(b) keep full and correct minutes of the proceedings of the Committee and Association;
(c) have custody of all books, documents, records and registers of the Association.

If you can see yourself in this very important role, please fill in the P&F Committee Nomination form which is available at the Office.

Greeting Cards
A variety of handmade greeting cards are available for purchase at the Office. Especially included, until 14 February, are Valentine’s Day Cards. $1 from every card sold is donated to the P&F.

My School Rules Competition
We definitely need more of these vouchers though and we kindly ask for your continued support of this competition by remembering to place any of the shopping dockets from Forest Lakes Forum in the Sacred Heart School box located outside Woolworths at Forest Lakes Forum. Alternatively, you may place your shopping dockets in the P&F Box located in the Office, which will be collected and placed in the Sacred Heart School box at Forest Lakes Forum.

IMPORTANT DATES TO NOTE FOR SPORT from Mr Leach

Swimming Trials
- Monday 6 February - Year 4 & 6 (week 2)
- Monday 13 February - Year 5 (week 3)

Swimming Training
- Monday and Tuesday in weeks 4-8 (except for public holiday and pupil free day)

House Swimming Carnival
Thursday 2 March (week 5)

Interschool Swimming Carnival
Thursday 23 March (week 8)
25th Anniversary of Sacred Heart Church in Thornlie - On 19 February 2017 our parish will celebrate the 25th Anniversary of our church in its current location. The occasion will be marked with a special Thanksgiving Mass at 10:00am. Emeritus Archbishop Hickey will be the main celebrant.

Archbishop Costelloe will unfortunately be in Sydney at that time on church business relating to the Royal Commission. Fortunately Emeritus Archbishop Hickey is available and it was he who blessed and officially opened our church 25 years ago and he is very happy to celebrate the 25th Anniversary Mass with us.

The Mass will highlight the diverse multi-culturalism of our parish and we encourage people to wear their national costume. This will be followed by entertainment in the school quadrangle and a shared meal in the school hall.

We would also like to encourage parishioners to invite former parishioners, especially those who were active at the time of the construction of the Church and also long-term parishioners who have moved away from the parish in recent years. We’d love to see you there.

AFTER SCHOOL CATECHIST CLASSES - ENROLMENT DAY is on Wednesday, 15 February at 4:00pm in the Foley Centre and CLASSES COMMENCE on Wednesday 22 February at 4:00pm to 5:00pm. Parents who have children attending the government school, or any children enrolled in Sacred Heart School in a sacramental year who have been attending a government school and not exposed to Sacramental learning are encouraged to enrol their children. “A little encouragement can go a long way…” Thank you!

CANTEEN
For the benefit of new parents, a reminder that Canteen orders can be placed ON-LINE (the preferred method with instructions below). All over the counter sales for recess and lunch cannot be ordered on-line for Kindy and Pre-Primary student. Any Crunch n Sip orders must be done through the class teacher.

PLEASE NOTE: The Canteen will now only operate for FOUR days a week and WILL NOT BE OPEN ON TUESDAY’S.
What do School Chaplains Do?

School Chaplains are active in promoting student wellbeing, particularly through the provision of pastoral care. This includes: providing guidance to students on issues concerning relationships, assisting staff in the provision of student welfare services, providing support in cases of bereavement, family breakdown or other crisis and loss situations; and being readily available to provide continuity and on-going support for individual students. In addition, they have an educative role in a number of areas, including values, morals, ethics and beliefs.

Purpose of Consent Form

The purpose of this consent form is for parents/carers or guardians to give consent for their child to receive counselling services from the School Chaplain.

Consent

Your permission is requested for your child, ____________________________________ to participate in counselling at Sacred Heart School Thornlie with the School Chaplain.

As counselling is based on a trusting relationship between School Chaplain and client, the School Chaplain will keep information shared by the client confidential except in certain situations in which an ethical responsibility limits confidentiality. You will be notified under the following circumstances:

1. The student reveals information about hurting himself/herself or another person.
2. The student or another person may be in physical danger.

By signing this form, I give my informed consent for my child to participate in counselling. I understand that anything that my child shares will be kept confidential except in the above-mentioned cases.

Parent/Guardian ____________________________ Date _______________

This consent will be on file throughout the time that your child attends Sacred Heart School Thornlie. You may revoke this consent at any time. Please feel free to call Frances if you have questions or comments, 9251 3000.

Frances Mercer (Wed, Thurs and every second Fri)
School Chaplain
Sacred Heart School Thornlie
SACRED HEART CANTEEN
SUMMER MENU TERM 1 2017

**COUNTER SALES**
Assorted items (changes daily) 50c - $2.50
- Crunch n Sip .50c
- Dino Bite .40c
- Cheesie $1.00
- Pizza sub $1.50
- Slinky Apple .50c
  (if you bring from home) .20c
- Frozen Mango Yoghurt Cup $1.80
- Popcorn cup .50c
- Koala Poptop $1.30

**DRINKS**
- FLAVOURED MILK $2.00
  - Chocolate, Strawberry, Choc mint
- PLAIN MILK $1.60

**NUDIE 100% JUICE** $1.60
- Apple, Orange, Tropical

**PLAIN WATER** $1.50

**CRUNCH & SIP MUST BE ORDERED THROUGH THE CLASSROOM.**

**RECESS & LUNCH COUNTER SALES ONLY AVAILABLE FOR YEAR ONE TO SIX**

**SANDWICHES/ROLLS/WRAPS**
Wholegrain or wholemeal

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Roll</th>
<th>Wrap</th>
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<tbody>
<tr>
<td>Tuna</td>
<td>$2.80</td>
<td>$3.00</td>
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<tr>
<td>Tuna/salad</td>
<td>$4.30</td>
<td>$4.50</td>
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<tr>
<td>Chicken</td>
<td>$2.80</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chick/salad</td>
<td>$4.30</td>
<td>$4.50</td>
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<tr>
<td>Ham</td>
<td>$2.80</td>
<td>$3.00</td>
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<tr>
<td>Ham/salad</td>
<td>$4.30</td>
<td>$4.50</td>
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<tr>
<td>Cheese</td>
<td>$2.50</td>
<td>$2.70</td>
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<tr>
<td>Salad</td>
<td>$2.50</td>
<td>$2.70</td>
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<tr>
<td>Egg</td>
<td>$2.50</td>
<td>$2.70</td>
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<tr>
<td>Curried</td>
<td>$3.00</td>
<td>$3.20</td>
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<tr>
<td>Vegemite</td>
<td>$2.00</td>
<td>$2.20</td>
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</tbody>
</table>

(Salad: lettuce, cucumber, carrot and tomato)

**EXTRAS**
- Beetroot 50c
- Onion 30c
- Cheese 50c
- Mustard mild 40c
- Mayo 40c
- Sauce sachet 50c
- Pickles 40c
- Teaspoon/fork .5c
- Toasted 40c

**LUNCHBAGS** 10 FOR 50c

**SALAD BOX** $5.00
Lettuce, tomato, cucumber, carrot, cheese, egg & mayo
Add chicken, ham or tuna $1.00

Sacred Heart Canteen 92513007
8.30am – 1.00pm MON, WED, THUR, FRI.
Lucy O’Sullivan Monday & Wednesday
Claudia Therkelsen Thursday & Friday

**MONDAY**
- Sausage roll $2.50
- Mrs Mac beef pie $3.00
- Lasagna, Mac cheese, Spag Twista $3.80
- Hot dog & tomato sauce $4.00
- Chicken strip wrap $4.00
  (sweet chilli or plain tender, mayo & lettuce)

**TUESDAY**
CLOSED

**WEDNESDAY**
- Mini beef slider & sauce $2.50
- Cheeseburger, tomato & lettuce $4.50
- Chicken burger, mayo & lettuce $4.50

**THURSDAY**
- Sushi (5 piece combo pack) $5.00
- Cheese & ham pizza $3.00
- Yummy Drum (2) & corn cob $4.00
- Lasagna, Mac cheese, Spag twista $3.80

**FRIDAY**
- Sausage roll $2.50
- Mrs Mac beef pie (200gm) $3.00
- Li’l Fishies & wedges $4.00
- Chicken strip pitta $4.00
  (sweet chilli or plain tender, mayo & lettuce)

We are always looking for helping hands in the Canteen, so if you can spare some time on a regular basis, please see Lucy or Claudia
<table>
<thead>
<tr>
<th>TERM ONE</th>
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<tbody>
<tr>
<td>Staff Commence:</td>
<td>Monday 30 January</td>
</tr>
<tr>
<td>Students Commence:</td>
<td>Wednesday 1 February</td>
</tr>
<tr>
<td>Term Ends for Staff and Students:</td>
<td>Friday 7 April</td>
</tr>
<tr>
<td><strong>School Closed:</strong></td>
<td></td>
</tr>
<tr>
<td>Tuesday 21 February</td>
<td>Pupil Free Day</td>
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<tr>
<td>Monday 6 March</td>
<td>Labour Day Public Holiday</td>
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<tr>
<th>TERM TWO</th>
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<tr>
<td>Staff Commence:</td>
<td>Wednesday 26 April</td>
</tr>
<tr>
<td>Students Commence:</td>
<td>Wednesday 26 April</td>
</tr>
<tr>
<td>Term Ends for Students:</td>
<td>Thursday 29 June</td>
</tr>
<tr>
<td>Term Ends for Staff:</td>
<td>Friday 30 June</td>
</tr>
<tr>
<td><strong>School Closed:</strong></td>
<td></td>
</tr>
<tr>
<td>Monday 24 April</td>
<td>Pupil Free Day</td>
</tr>
<tr>
<td>Tuesday 25 April</td>
<td>ANZAC Day Public Holiday</td>
</tr>
<tr>
<td>Monday 5 June</td>
<td>Western Australia Day Public Holiday</td>
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<tr>
<td>Friday 30 June</td>
<td>Pupil Free Day</td>
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<tr>
<th>TERM THREE</th>
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<tbody>
<tr>
<td>Staff Commence:</td>
<td>Monday 17 July</td>
</tr>
<tr>
<td>Students Commence:</td>
<td>Tuesday 18 July</td>
</tr>
<tr>
<td>Term Ends for Students:</td>
<td>Thursday 21 September</td>
</tr>
<tr>
<td>Term Ends for Staff:</td>
<td>Friday 22 September</td>
</tr>
<tr>
<td><strong>School Closed:</strong></td>
<td></td>
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<tr>
<td>Monday 17 July</td>
<td>Pupil Free Day</td>
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<tr>
<td>Friday 22 September</td>
<td>Pupil Free Day</td>
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<th>TERM FOUR</th>
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<tbody>
<tr>
<td>Staff Commence:</td>
<td>Monday 9 October</td>
</tr>
<tr>
<td>Students Commence:</td>
<td>Monday 9 October</td>
</tr>
<tr>
<td>Term Ends for Students:</td>
<td>Friday 8 December</td>
</tr>
<tr>
<td>Term Ends for Staff:</td>
<td>Friday 15 December</td>
</tr>
<tr>
<td><strong>School Closed:</strong></td>
<td></td>
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<tr>
<td>Nil Days</td>
<td></td>
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TERM DATES 2017—STUDENTS

<table>
<thead>
<tr>
<th>Term One</th>
<th>Term Two</th>
<th>Term Three</th>
<th>Term Four</th>
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<tbody>
<tr>
<td>1 FEBRUARY</td>
<td>26 APRIL</td>
<td>18 JULY</td>
<td>9 OCTOBER</td>
</tr>
<tr>
<td>7 APRIL</td>
<td>29 JUNE</td>
<td>21 SEPTEMBER</td>
<td>8 DECEMBER</td>
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ABSENTEE/SICKNESS
In order for the school to reconcile attendance it is a requirement that a message is left on the Absentee Line 9251 3005 as emails to teachers are often not opened at the start of the day. Your co-operation in this regard is appreciated.

UNIFORM SHOP OPENING HOURS
TERM TIME ONLY

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>8.00-9.00 am</td>
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<tr>
<td>Tuesday</td>
<td>Closed</td>
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<tr>
<td>Wednesday</td>
<td>Closed</td>
</tr>
<tr>
<td>Thursday</td>
<td>8.00—9.00 am</td>
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<tr>
<td>Friday</td>
<td>2.30-3.30pm</td>
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</table>

If you are unable to come at these times please complete a uniform order form available from the Office, pay for it and your orders will be filled and delivered to your child’s class.

RECYCLE YOUR USED BATTERIES INTO THE BATTERY RECYCLING BIN IN THE OFFICE MONDAY—FRIDAY

Liddelow Scout Group
Scouting offers a variety of fun, challenging, adventurous activities for youth from 6 to 26 years of age. Youth participate in weekly meetings as well as weekend activities and camps.

Liddelow Scout Group has Joeys, Cubs and Scouts with links to the older Venturers and Rovers. We offer a 6 week free trial.

Meetings are held weekly at Hume Road Hall, Hume Road, Thornlie. Meeting times during school terms are:

- Joeys 6 to 8 yrs: Monday 5.30 – 6.30pm
- Cubs 7.5 to 11 yrs: Tuesday 7.00 – 8.30pm
- Scouts 10.5 to 15 yrs: Monday 7.00 – 9.00pm

Kidsport funding is available through the local council for eligible members and offers up to $200 towards fees. Leader and adult helpers have just as much fun as the youth so if you are looking to get involved in something, we’d love to hear from you!

For more information, contact the Group Leader.
Michelle Rainsforth - Dolphin

School Hours: Mon - Fri 8.30am to 2.45pm
Office Hours: Mon - Fri 8.00am to 4.00pm

APPOINTMENTS
Parents are reminded to contact the office in order to set up an appointment with staff members.

Principal: By appointment only.

Loreto Child Care Centre: 9251 3014
Outside School Hours Care: 9251 3015
0417 091 296

PARISH TIMETABLE

WEEKEND MASS TIMES
Saturday Vigil 6.00pm
Sunday 8.00am and 10.00am

WEEKDAY MASS TIMES:
Tuesday, Thursday & Friday 8.45am
Wednesday 8.45am Parish or School Mass
Saturday — 8.45am

RECONCILIATION
Sat 5.00-5.30pm before Mass or anytime by Appointment.
PH: 9459 4459
Website: www.thornlie.perthcatholic.org.au

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For more information, contact the Group Leader.
Michelle Rainsforth - Dolphin

GOING HOME THIS WEEK
01/02/2017

SWIMMING NOTES
YRS 4-6

SOCCER FLYERS
YRS K—6

COMMBANK SCHOOL BANKING EVERY MONDAY.