PRINCIPAL’S MESSAGE

This morning we celebrated our first Liturgy for the year as a whole school. Father made the connection to the reading of the day saying that we need to make each day the best day we can as we do not know what life has installed for us in the future. We can plan for the year but it usually takes different turns and ups and downs, which we have to cope with. Lets enjoy the here and now more and worry about the future less. The children showed that they can be very reverent and they participated well during the Mass. Thank you to all of our parents who were able to come along and share with us.

Next week I will be attending the Catholic Primary Principals Conference and I will be away from school until Friday. During my absence Mr Torrese and Mrs Sheehy will be on hand to take over. On Monday the Catholic Education Office hosted this semester’s Principals Forum, held at the Siena Centre in Double View. We were able to meet the 5 new Deputy Directors who have been appointed this year in the new leadership structure at the Office. The pleasing news is that two of them come from a Primary School background so the Primary voice will definitely be on the agenda more, which is good news for small schools. Don’t forget to lock in the date for the ‘Family Fun Night’ next Friday, it looks like being a different experience from the past and will be a lot of fun.

Chris Dunning

IMPORTANT SCHOOL DATES

Mar 3 PUBLIC HOLIDAY - SCHOOL CLOSED
5 Ash Wednesday - Whole of School Mass 9am
7 World Day of Prayer/Ecumenical Service SH Church
Winter Uniform Orders Due
School Fees Due
P&F Family Fun Night
9 Family Mass - Year 4
12 School Swimming Carnival - Bayswater Waves
17 St Patrick’s Day - Wear Green (gold coin donation)

SCHOOL NEWS

ASH WEDNESDAY - WHOLE OF SCHOOL Mass

Wednesday, 5th March 2014 – Sacred Heart Church Highgate 9.00am

Ash Wednesday falls on Wednesday the 5th of March. There will be a Whole School Mass on this day, at 9.00am, in the Sacred Heart Church. All members of the community are warmly invited to join us at this Mass.

Mrs Anna Sheehy (Assistant Principal)

SCHOOL FEES - Term 1 fees are due by Friday, 7th March 2014.

Families who pay by Direct Debit will need to complete a new form, available from the school office or school website. Families who have a current Health Care Card may apply for a Tuition Fee discount. Application forms are available from the school office and must be completed by Friday, 14th March 2013 to receive the 2014 discount.

Mrs Donna Geddes (School Finance Officer)

WINTER UNIFORMS - TERM 2

Students are expected to be in full winter uniform at the commencement of Term 2. The Winter Uniform Order Form for 2014 is attached to the newsletter this week and is available from the school office foyer or the school website. Winter orders will need to be placed by no later than Friday, 7th March 2014.

Winter Uniform Pick Up Day - Wednesday, 9th April 2014
School Hall 9.00-10.00am

The World’s Greatest Shave Cake Stall

Yesterday's Cake Stall was a huge success. We are so grateful for the amazing generosity of the Sacred Heart Community. The wonderful year 4, 5 and 6 families provided a beautiful, colourful and creative selection of delicious treats, enjoyed by the children and staff at both recess and lunch. A big thank you to you all for going to so much effort.

A huge thank you must also go to the Year Six Pastoral Care Council, the World’s Greatest Shave Cake Stall, and the other Year Six Students, who gave up their time at recess and lunch to set up beforehand, sell during, and clean up after our Cake Stall. The students carried out their duties with enthusiasm and a genuine desire to help the fundraising effort.

Overall, we raised $550, a fantastic effort all round. A special cheque will be presented to Mrs Goss and her daughters, on Friday, 14th March at our morning assembly, and they will pass it on to the Leukaemia Foundation.

A very memorable day, watching the school community coming together and bringing a fantastic idea to life.

Mrs Anna Sheehy (Assistant Principal)

Swimming Training - Years 3 to 6

After-school Swimming Training is progressing very well. A dedicated group of children and parents are meeting at Beatty Park on Monday and Friday afternoons between 3.30-4.30pm sharp.

Emphasis is on race diving, race touches and endurance. Any child in Years 3 to 6 is welcome to train. Even though this coming Monday is a public holiday, Sonia Koroll (Owen Yr 4), is eager to run a session. I have a family commitment on this day but I will be available on all the Monday afternoons until the Interschool Carnival (7th April). I hope to see you at the pool.

Mrs Stephanie Alderman (Physical Education Teacher)

School Swimming Carnival - Bayswater Waves

Wednesday, 12th March 2014

Parent help is needed for our Swimming Carnival on Wednesday, 12th March between 9.30am and 12.30pm at Bayswater Waves.

Please put your name on the roster on the Library door.

Also a DRAFT of the carnival is posted on the Library door. If you feel as though your child’s events need editing, please do so asap.

Mrs Stephanie Alderman (Physical Education Teacher)
Dear Parents,
Thank you for all your support for the World’s Greatest Shave for the Leukaemia Foundation. My daughter Emily will be shaving her head on March 16th. My daughter Megan is having 30cm cut from her hair and donating that to be made into a wig and colouring her hair. Some people have asked if they could have the link to my daughters’ team, so they can make a donation. It is https://secure.leukaemiasfoundation.org.au/registrant/TeamFundraisingPage.aspx?Referer=direct%2fnone&TeamID=79447%26panel1-4.
The team is called The Smooth Gooses.
We’ve also had a wonderful donation of a $150 restaurant voucher for Peasant’s Table Restaurant in The Mezz, Mt Hawthorn. We will be raffling this over the next couple of weeks. Tickets will be $1 each. There will be a table outside the Library each afternoon. The raffle will be drawn at assembly on March 14th.
Thank you again for all your support. Mrs Sue Goss (Teacher-Librarian)

Enjo Bamboo Kitchen - T-Towel Fundraiser Drive
World’s Greatest Shave, ‘T-Towel Fundraiser’, to help the Leukaemia Foundation. Mrs Goss’s daughters, Megan and Emily, are aiming to raise $5000 for the foundation. $1.50 is donated from each T-towel sold. Order forms are available at school reception. Please place orders with correct money (cash only) in a clearly marked envelope ‘T-towel Fundraiser’ and return to the class teacher or school office by Friday, 28th February.

FAMILY MASSES 2014 - Last year’s Family Masses were a great success. The first Family Mass for 2014 will be facilitated by the Year 4 Class on Sunday, 9th March. Mass will begin at 9.00am, and will be followed by Morning Tea in the Undercover Area. You are all very welcome to join us for our Year 4 Family Mass. Mrs Anna Sheehy (Assistant Principal)

World Day Of Prayer
On Friday, 7th March, a special Eucumenical Service will be celebrated in honour of this year’s World Day Of Prayer. The Service will begin at 10.00am, in the Sacred Heart Church. Mrs Ammoscato and our beautiful school choir have been invited to contribute their singing talents, in order to enhance the Service, that has Egypt as its focus. All are warmly invited to attend. Mrs Anna Sheehy (Assistant Principal)

CANTEEN/SPECIAL REQUEST
I would like to train a parent to operate the canteen if at any time I am sick or away. If you are interested please come and see me or call the canteen number 9422-7945. PRICE CHANGE - Please note there is a new Summer Canteen Menu for 2014, this is available on the school website and spare copies are available at the office reception.

Week 4
Thursday 27th Feb Alana Carson
Friday 28th Feb Sonia Koroll

Week 5
Wednesday 5th Mar Anh Mott
Thursday 6th Mar Emanuela Groco
Friday 7th Mar Maria Devlin
Suzanne Biundo (Canteen Manager)

YMCA Sacred Heart OSHC is now taking enrolments for Before and After School Care. Care is provided between 7am-9am and 3pm-6pm. A nutritious breakfast and afternoon tea is provided. We would like to farewell Carol Severe and introduce a new Supervisor, Miranda Smith is a qualified teacher and is enjoying her new role at YMCA Sacred Heart. We are excited to announce we have a professional coach coming in to run Active After School Communities, teaching our children the skills of Soccer and Gymnastics. Enrolment forms are available from the service, the school office, YMCA website or via email. Sacredheartperth.oshc@ymca.org.au Mobile: 0458988083

School and Sport Timetable/Uniform Changes
Due to the changes in the Physical Education timetable, students will only be wearing their sports uniforms twice a week. All classes now have one hour PE session per week.
The PE and Sport timetable is as follows:

Mondays Years 4, 5, 6
Tuesdays Years 1, 2, 3
(White shirts to be worn)

Friday Sport - all students are to wear their coloured sport uniform.

A period of grace through Term 1 will allow parents to make any adjustments and become accustomed to the changes.
Mr Adrian Torrese (Assistant Principal)

Sacred Heart is now on Twitter – @SHPSHighgate - To join Twitter, log on for free and follow SHPSHighgate. The twitter link can be found on the school website home page at http://www.shps.wa.edu.au/index.html

P&F

P&F Meeting: The first P&F meeting of 2014 was held on Wednesday, 19th February 2014. This was a very productive meeting so there is a lot to report. The Executive Committee and Class Reps were appointed and a draft diary of events was prepared.

Executive Committee 2014:
President – Clairy Lance Treasurer – Linda Manno
Vice President – Sheryl Jonescu Board Rep. – Linda Manno
Secretary – Jasmine Johnson Newsletter – Colleen Pratt

Fete 2015: As many of you know, Sacred Heart held its first fete in many, many years, in 2012. This was a very successful event due to the enormous amount of hard work behind the scenes by a very dedicated committee. The P&F would like to hold another fete at the end of 2015. While that seems a long way away, it’s never too early to start planning. The P&F is inviting expressions of interest for the voluntary positions of fete co-ordinator (x2) and fete committee members (ideally 2 from each year group in addition to the co-ordinators.) Please contact the P&F if you are interested in accepting any of these roles.

Class Reps:
Kindy - Jasmine Johnson & Sheryl Jonescu
Pre Primary - Avril Thomson, Ruth Bott, Sonia Koroll
Year 1 - Kasey Lake, Marissa Bielawski, Liana Quinn, Sharee Hogg
Year 2 - Juliet Brunning
Year 3 - Deanne Brown, Avril Thomson, Colleen Pratt
Year 4 - Sonia Koroll
Year 5 - Colleen Pratt
Year 6 - Julie Massara (Term 1)

Thank you to all who have volunteered to be on the Executive Committee and to be class reps.
Ideally we would like 3 reps for each year group to minimise the effort required by each rep. As you will see some year groups only have one rep and/or that rep is covering 2 year groups. If you have the capacity to become a year rep please contact the rep noted above or the P&F directly. Being a year rep is a great opportunity to meet other parents (both in your year group and the broader school community) and to have a say in what happens at your child’s school !

Classroom helpers: Most of the teachers really appreciate some parent help in the classroom. This is usually first thing in the morning, Tuesdays to Thursdays. This is a great way to be involved in what is happening in the classroom, so speak to your child’s teacher or fill out the roster on some of the classroom doors!

Easter Raffle 2014: Each year the P&F holds an Easter Raffle with the prizes being kindly donated from the school and broader community. The P&F would greatly appreciate donations of chocolate Easter goodies, activity books, DVDs, plush toys, craft activity packs etc – anything that would make an appropriate Easter prize! Baskets will be put in the classrooms over the coming weeks into which your donations can be placed. Thank you in advance for your generosity.
### Kids and Today's Technology

**17th & 24th March**

- **6.30 to 9pm.**
- **$35 per person/ $50 per couple.**

This two week course is for parents of kids between ages 2 and 18 years. Technology is now being used by very young children and most teenagers are proficient users of many aspects of technology. Your knowledge of what's out there, how it's being used and how you manage it in your home will have a direct impact on your kids' learning and safety.

### Parent-Child Connection

**Commemcing 17th March x 4 weeks**

- **22 Southport Street, West Leederville.**
- **6.30-9pm. $50 per person/ $75 per couple.**

Raising children should be one of life's greatest experiences, but as any parent knows, it is not an easy task. People with children under ten are invited to this four-week course to learn new skills, feel better about their parenting and gain confidence.

### Maggie Dent

Maggie Dent is an author, educator, and parenting and resilience specialist with a particular interest in the early years and adolescence. Maggie is a passionate advocate for the healthy, common sense raising of children in order to strengthen families and communities. She has a broad perspective and range of experience that shapes her work, a slightly irreverent sense of humour and a depth of knowledge based on modern research and ancient wisdom that she shares passionately in a common sense way. A range of her books are available for parents to borrow from the school library. Please see the attached flyer or visit Mrs Goss in the library.

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### P&F continued

**Footy tipping**: Trevor Thomson (Aden Yr 3 and Dane PP) has kindly agreed to co-ordinate a footy tipping competition. Please see the attached information.

**Aussie Famers fundraising**: Trevor has also signed Sacred Heart up for fundraising with Aussie Famers. Again, please see the attached information.

**Family Fun Night**: Friday, 7th March, 5.00pm – 8.30 pm. This a great opportunity to meet other school families and have some fun. See the attached flyer for more details.

**School banking**: Every Tuesday morning in the Library. There are new rewards this year and the Commonwealth Bank contributes to the P&F for helping run the school banking program. If you would like to sign your child up please contact Linda Manno on 0408 935 702.

**Second hand uniforms**: The P&F runs a second hand uniform stall from the same room as Mrs Spence uses to sell the new uniforms – keys are available from the school office and the lovely Donna and Vanessa will also accept payment. These uniforms are all in good condition and your purchases help raise funds for the P&F. Additionally, if you have any uniforms you no longer need that in good condition – consider donating them to the second hand uniform stall.

**Maggie Dent**: Maggie Dent is an author, educator, and parenting and resilience specialist with a particular interest in the early years and adolescence. Maggie is a passionate advocate for the healthy, common sense raising of children in order to strengthen families and communities. She has a broad perspective and range of experience that shapes her work, a slightly irreverent sense of humour and a depth of knowledge based on modern research and ancient wisdom that she shares passionately in a common sense way. A range of her books are available for parents to borrow from the school library. Please see the attached flyer or visit Mrs Goss in the library.

### COMMUNITY

**Kids and Today’s Technology**

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**Mums Raising Boys – up to the age of 12 years**

- **5th March at 1 Ord Street, Fremantle.**
- **10am - 12.30pm**
- **$25 per person**

However well-prepared mothers are logically, the emotional response to having a boy is often still, ‘Wow! This is unknown territory.’ It is true that for many mothers, the idea of raising a son carries its own set of worries. As the primary female role model in a boy’s life, mothers play an important role in the development of their son’s identity including their ability to be nurturing. This is turn affects how they relate to others, particularly to girls and women.

For further information please phone 9489 6322.

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### ATTACHMENTS

- School Winter Uniform Order Form 2014
- P&F Family Fun Night Bush Dance
- P&F AFL Footy Tipping
- P&F Aussie Famers Direct
- P&F Maggie Dent Books
WINTER UNIFORM ORDER FORM 2014

Please complete the form and place in an envelope marked 'Winter Uniform Order 2014' and include correct payment. Orders need to be returned to the school office by no later than Friday, 7th March 2014. Uniform PICKUP DAY will be Wednesday, 9th April 2014 from the School Hall between 9.00am and 10.00am.

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Total Enclosed with order $__________

SHOP OPEN DURING SCHOOL TERMS: Friday 8.00am to 9.00am
Payment options: Cash or Cheque
NOTE: cheques payable to Prefect Uniforms
Contact Mrs Vilma Spence on 9271 4479 for more information
Grab your partner by the hand and Doesy Doe on down to the

**Family Fun Night Bush Dance**

All families of the Sacred Heart Primary School are warmly invited to help ring in the new school year with an evening of music, dancing, fun, and friendship.

A special invitation is extended to the new students and their families who have joined us this year. We would love to welcome you to our school community and hope to see you there.

**When:** Friday, 7th March 2014  
**Time:** 5 to 8:30pm  
**Where:** School Oval  
**What:** Live Band  
Bush Dancing  
Icy Pole Van *  
**BYO** - Picnic, BBQ Dinner and Drinks (beer and wine welcome), whatever your taste buds desire.

We will have BBQ’s on site and ready for families to use

**Cost:** Entry is free

So dust off your picnic blanket, rustle up your favourite cowboy outfit and boot scoot on down to have yourself a cracking good time!

Please note this is a family event. Siblings, grandparents, extended family and friends are more than welcome. However, we ask that children be accompanied by their family and not dropped off to the event.

* Please ensure you have change for the Icy Pole Van
Hey kids! Think you know your footy? Does your Mum / Dad / Teacher / Footy Coach / Aunty / Uncle / Grandpa / Grandma / Big Brother / Little Brother fancy themselves as a footy tipping legend? Tell them to stop bragging about their prowess – and prove it! Challenge them to join the Sacred Heart Primary School Footy Tipping Competition for AFL Season 2014.

Entry fees for the competition are $40 for adults and $10 per child. Payment is to be made at the school office.

There will be prizes for 1st, 2nd, 3rd (and second last!) but the prestige and bragging rights are priceless! There will also be a weekly prize for the top tipper each round. The prize values will be announced when numbers are confirmed.

For ease of administration the competition will be run online and will require you to register and enter your tips at [www.footytips.com.au](http://www.footytips.com.au).

Use the following link to join the Sacred Heart Primary School tipping competition:


Get your entry in as soon as you can as the AFL season kicks off on Friday 14th March with last season’s Grand Finalist Freo taking on Collingwood at Etihad.

Note that an email address is required to register but that one email address can be used for multiple accounts (with different user names) so children will be able to register using their parents email addresses.

Note also that tipping odds are not displayed for users under 18 years of age.
**Exciting news!** Our school has teamed up with Aussie Farmers Direct to raise funds!

Aussie Farmers Direct provides a home delivery service of 100% Australian owned and grown produce – every time you shop with Aussie Farmers Direct, they will donate a portion of your spend to our school – it’s that easy!

No more running out of milk or bread in the morning! You can conveniently shop online from the comfort of your own home and wake up to an esky full of fresh produce!


- Attached is a special introductory offer from Aussie Farmers Direct – start shopping with the confidence that you are supporting our school, Aussie farmers and your local milko!

- Are you already a customer? You can link your Aussie Farmers Direct account to the school by visiting Aussiefarmers.com.au/LinkMyAccount

Just have your Customer Number ready and be sure to note that your school is Sacred Heart Primary School HIGHGATE. Encourage other family members or friends to link their accounts to Sacred Heart too.

In order for the school to receive donations your account needs to be linked to Sacred Heart Primary School Highgate. So if you have any difficulty with this process, please send your details through to Trevor Thomson (thommo73@iinet.net.au) and we’ll link your account direct with Aussie Farmers.

- For further information visit Aussiefarmers.com.au or call 1300 654 562
**Saving Our Adolescents**  By Maggie Dent
Are you worried, concerned or confused about an adolescent you care for? Are you looking for ideas, and practical strategies to better support adolescents on the bumpy ride to adulthood? Do you really want to make a difference in the lives of today's adolescents? This book answers so many questions about why adolescents get confused, grumpy, moody, forgetful, angry, defiant, horny, and excitabile and a high risk to themselves and others. With more healthy support they can still thrive and become people who can make our world a better place.

**Real Kids in an Unreal World**  By Maggie Dent
Real children need real experiences with real people to grow up healthy - just as they have since mankind began. This book explores the 10 essential building blocks that help children build resilience and authentic self esteem in our chaotic, modern world. It's a commonsense, holistic approach that encourages connectedness, character and compassion. We can't change the world, however we can change the choices we make for our children. And we can start now.

**Saving Our Children From Our Chaotic World**  By Maggie Dent
'Silence and stillness does have a magic to it! It doesn’t matter where you find it – in your home, your workplace or your classroom, when it occurs something magical happens. Low self esteem is an epidemic amongst our children. Unfortunately it is not the only unhealthy and frightening epidemic that is sweeping the children of the world.' - Maggie Dent.

**Teen Talk**  By Sharon Witt
Becoming a teenager can be pretty tough going at times. This book, written in language Teens understand, covers topics ranging from positive choices, goals setting, bullies, friendships and failures. Packed with quotes and cartoons, this is the book teens will read again and again.

**Girl Talk**  By Sharon Witt
Being an adolescent girl comes with its own set of issues. In this book you'll discover everything you want and need to know about puberty, boys and growing up in today’s world. This book provides real stories, shared by girls during their teen years. You'll find many of your questions addressed in this easy to read book.

**Guy Talk**  By Sharon Witt
What is going on with my body!? Why do girls act in such strange ways? Why do I feel this way? In Teen Talk- Guy Talk, you'll find the answers to many of your questions concerning your changing body and of course, girls! This book provides up to date information on many issues relating to puberty and growing up, in an entertaining and informative way.
Secret Boys’ Business  By Fay Angelo, Heather Pritchard and Rose Stewart
This book is to help boys understand the changes they go through at puberty, and assists them to understand the changes that occur in their bodies, and dispels all myths and fears.
Ages 10+

Secret Girls’ Business  By Fay Angelo, Heather Pritchard and Rose Stewart
A very accessible and well-illustrated book to help young girls understand the changes they go through when reaching puberty. Provides easy-to-understand information about growing up and the changes that happen to their bodies such as the advent of period.

Just For Kidz  By Maggie Dent
This 2 pack CD has been created in response to the increasing numbers of children experiencing problems of anxiety and sleeplessness. Research has shown that early unresolved problems can become patterns for life that can lead to mental illness, low resilience and poor life management. Prevention and early intervention for older children is essential.

Disk 1
Safe n Sound
Endless Journey
Sleepytime

Disk 2
Calming the Angry Ant
Misery Guts Fixer
Boredom Buster
The Magic Yellow Cloud
I am a Good Friend

Just a Little Time Out  By Maggie Dent
Short visualisations for individuals or groups ages 5-100. Creative visualisation is important in the development of imagination, giving the brain time to rest and renew and settle group energy.

School Mastery  By Maggie Dent
This is cutting edge attitude and concept changing for primary students who want to improve school performance. Accepting Myself is a powerful Esteem Building track great for all ages!

Real Kids in an Unreal World- DVD/CD Seminar in a Box  By Maggie Dent
Maggie’s popular seminar based on her bestselling book Real Kids in an Unreal World is now a seminar in a box! The one and a half hour DVD is ideal for parents, child care educators and primary teachers. In her unique entertaining manner, Maggie explores modern parenting and how to build resilience in children from birth to 12 using her 10 resilience building block model. For time poor individuals there is an audio CD to use in the car.