Dear Parents,

The end of a very busy term. Thank you to all the parents who have made the time to come to parent interviews over the last week and a half. This is a vital part of the school-home relationship and gives us a chance to discuss the learning that has been happening in the classes and at home. A big thank you to the teachers who have made this time available in their busy schedules.

Our thoughts and prayers are with the Higgins family after the sad passing of their son Jarred recently. All of the Higgins children have been a part of the Sacred Heart Family and they were very active members in our school life when they attended.

On Friday morning we have our Stations of the Cross service. This is not a performance, rather a prayer service and we would love to have parents attend to share with us in the preparation for the Easter Season. Last thing on Friday we will be having our usual assembly followed by the Easter raffle draw.

On Thursday and Friday last week the teaching staff attended a Professional Development Course on the implementation of the 21st Century Fluencies. This is the next phase of our implementation of our 21st Century Learning environment here at Sacred Heart. All teachers have now been trained in the fluencies and will be implementing some projects next term using the Fluencies to plan the learning. Only if you want to know more please visit the iTunes store and search Lee Crockett and you can download the book ‘Literacy Is Not Enough’ which outlines the Fluencies and why our children need to learn how to use them.

In week three next term Mrs Donna Geddes will be leaving the staff. She has been appointed to the position of Financial Officer at St Anthony’s Wanneroo. Donna has done a fantastic job running the front office and also looking after all the financial operations of the school over the last year and a half. We wish her all the best in her new position. Have a safe and joyful Easter holiday.

Chris Dunning
Principal

IMPORTANT SCHOOL DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Apr 11</td>
<td>Holy Week Reflection - Whole of School - School Hall 9am</td>
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<td>School Assembly - 2.30pm</td>
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<td>28</td>
<td>TERM 2 COMMENCES</td>
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<td>30</td>
<td>School Board Meeting - 6.30pm Staffroom</td>
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<td>May 1</td>
<td>P&amp;P Meeting - 7.30pm Library</td>
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<td>2</td>
<td>Anzac Day Ceremony - 9am</td>
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<td>Term 2 School Fees due</td>
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Deepest Sympathy

We express our deepest and heartfelt sympathy to Jo, Paul, Carly and Jess Higgins, and all their family, on the sad loss of their beautiful son and brother Jarred. The Higgins Family were part of our school community for many years, with Jarred, Carly and Jess all attending Sacred Heart.

May God hold Jarred gently in the palm of His hand.

All our love, from the Sacred Heart Highgate School Community.

We express our deepest and heartfelt sympathy to the Dal Busco Family, on the sad loss of their beautiful Mother and Grandmother, Iolanda. May she rest in peace, and may God hold her gently in the palm of His hand. Love and prayers from all of us in the Sacred Heart School Community.

Parish Priest: Father Peter Bianchini

44 Mary Street, Highgate

Phone: (08) 9328 3433
Fax: (08) 9227 0137

E-mail: highgate@perthcatholic.org.au

Parish Mass Times

Saturday — 8:00am, Vigil Mass 6:00pm
Sunday — 9:00am, Italian Mass 10:15am
Monday to Friday — 7:00am (except public holidays)

SCHOOL NEWS

Interschool Swimming Carnival

Last Monday, 30 children competed in the Interschool Swimming Carnival at Challenge Stadium. Congratulations on achieving the goal of representing your school and ‘having a go.’ Because SHPS was able to compete in most of the events this year, we won the ‘Most Improved’ shield.

Special mention to our ribbon winners.

Molly Laffer (Yr 5) in 3 events,
Emily Davidson (Yr 6),
Isabella Troy (Yr 3),
Xander Quaid (Yr 4),
Patrick Jong (Yr 4)
Xander Quaid, Jordi Stewart, Patrick Jong & Owen Koroll in the Year 4 Freestyle relay.

Thank you to Sonia Koroll and Colleen Pratt for their effort in helping me train the swimmers at Beauty Park.

Also, thanks to Sonia for her assistance on the day with the organisation of the team.

Thanks to Anita Miocevich and Mark Koroll for helping with the scoring, Mr Torrese for his informative announcing throughout the carnival and Mr Dunning for time keeping.

It was great to see parents in the stand cheering for our swimmers.

Cross Country training will start in Week 2 (Monday May 5th).

Mrs Stephanie Alderman (Physical Education)

Year Two Family Mass

Last Sunday’s Year 2 Family Mass was a lovely occasion, and so well attended. Thank you to all the children who participated, along with their families. We must also thank Father Peter, Mrs Perlini, Mrs MacHardie, Mrs Ammoscato and Miss Clare Thomson for preparing the children and the Mass so beautifully. The morning tea afterwards was a great way for all the families to catch up, and also very well attended. We look forward to our next Family Mass in May.

Mrs Anna Sheehy (Assistant Principal)

ASSEMBLY – LAST DAY OF TERM 1 – 11TH APRIL

As the Holy Week Reflection will take place at 9.00am in the morning, Assembly has been moved to 2.30pm on the afternoon of the 11th. The children will come down at this time, and we will present the week’s merit awards. Then, we will have the traditional Easter Egg Raffle Draw, at the end of the day. All are welcome to join us. What a wonderful way to finish term one!

Mrs Anna Sheehy (Assistant Principal)
HOLY WEEK REFLECTION - There will be a special Holy Week Reflection on Friday, 11th April, at 9am. This will be presented by the Year Six Class, and will take place in the school hall. Everyone is welcome to attend. Mrs Anna Sheehy (Assistant Principal)

Library Book Returns - Could parents please make sure their children return all outstanding library books as we are doing a stock take over the holidays. Borrowing will resume the first week of Term 2. Thank you for your understanding. Mrs Sue Goss (Teacher Librarian)

School Fees - Term 2 Fees due Friday, 2nd May 2014 Term 2 Fee Reminder Statements will be sent home to families today. Mrs Donna Geddies (School Finance Officer)

SCHOOL AWARDS - to be presented at assembly on Friday 9422-7945
Pre Primary Prinicipal Award: Akira Crampton Teacher Award: Faith Baltov
Year 1 Principal Award: James Hogg Teacher Award: Patrick Troy
Year 2 Principal Award: Jessica Bruining Teacher Award: Hamish Elder
Year 3 Principal Award: Matthew Maine Teacher Award: Jaxon Merrin
Year 4 Principal Award: Mia Spanjich Teacher Award: Aerrylle Mae Alea
Year 5 Principal Award: Amy To Teacher Award: David But
Year 6 Principal Award: Emily Davidson Teacher Award: Alyssa Young

CANTEEN
9422-7945
Week 10 Thursday 10th April Volunteer Required
Friday 11th April Andrew Del Marco

IMPORTANT - When placing orders, please ensure payment is based on the current Canteen Menu prices. (Menu on the school website).

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.

The Parenting Idea for this week is:
Helping kids unwind.

The Term 2 Planner is now available on the school website at http://web.shpsh.wa.edu.au/calendar.pdf

MOUNT LAWLEY DENTAL THERAPY CENTRE
MT Lawley Dental Therapy will be closed for the school holidays from Monday April 14th until Thursday 24th April.

Emergency dental treatment is available at Hampton Park Dental Therapy Centre phone 92761648 when our clinic is closed. To access emergency dental treatment after hours please contact the local dental practitioner, or Oral Health Centre of W.A. Ph. 93464400. (eligibility criteria does apply). PLEASE NOTE WE ARE UNABLE TO LEAVE THESE EMERGENCY DETAILS ON OUR CLINIC PHONE DURING THE CLOSURE. EMERGENCY DETAILS ARE AVAILABLE ON THE DOOR OF THE DENTAL VAN LOCATED AT COOLBINIA SCHOOL.

Mt Lawley Dental Therapy will re-open on Monday 28th April.

Sacred Heart Parish Highgate Sacramental Program 2014
If your child is a candidate for a Sacrament this year, here are some important dates for your diaries:
Sacrament Information Evenings
Confirmation: Thursday, 8th May at 7.00pm.
Eucharist: Thursday, 15th May at 7.00pm.
Reconciliation: Thursday, 22nd May at 7.00pm.
Venue: School Hall

Sacrament Workshops for Candidates and their parents.
Reconciliation: Monday, 5th May at 6.30-8.00pm.
Confirmation: Monday, 19th May at 6.30-8.00pm.
Eucharist: Monday, 26th May at 6.30-8.00pm.
Venue: School Hall
Commitment Masses
Confirmation: Saturday, 17th May at 6.00pm.
Eucharist: Saturday, 24th May at 6.00pm.
Reconciliation: Saturday, 31st May at 6.00pm.
All Masses will take place at 6.00pm at the Sacred Heart Church.
Sacrament of Confirmation - Sunday, 8th June 2014 3.00pm
Sacred Heart Church, Highgate

Mrs Anna Sheehy (Assistant Principal)

COMMUNITY

LA SALLE COLLEGE, MIDDLE SWAN MEMORABILIA FOR 60TH ANNIVERSARY
La Salle College’s 60th Anniversary Community Mass and Open Day will be held on Sunday 22 June from 10am to 3pm. As part of this event the College would like to display significant items of memorabilia from over the years (photographs, publications, anniversary items, uniforms of De La Salle College). If you are able to assist with the use of these items, please call the Community Relations Department on 9449 0635 or email communityrelations@lasalle.wa.edu.au

1st Holy Communion Dresses
Unique, original designed dresses for girls making their 1st Holy Communion. Made with quality fabrics and quality finishes. Dresses, jackets and hair pieces. Mostly off-the-rack.
Different sizing available.
Contact Kylie Curedale 0412 299 147.

P&F

Easter Raffle: The P&F are eagerly looking forward to Friday when the Easter Raffle will be drawn. If you haven’t bought your tickets already it’s not too late! Thank you to all families who donated to the raffle.

Mother's Day Stall: The Year 2 parents will be holding a Mother's Day Stall throughout the morning on Friday, 9th May 2014, after the Mother's Day Breakfast. All items at the stall will be $5, so please ensure that your child brings $5 into school that day if he or she would like to purchase a gift. The stall aims to sell all that have been donated by the School Community. All donations of new or old items (in good condition) that a Mum might like, are most welcome. Please drop your donations into the School Office by Monday, 5th May 2014. Thank you.

Classroom helpers: Just a reminder - Most of the teachers really appreciate some parent help in the classroom. This is usually first thing in the morning Tuesdays to Thursdays.

Fete 2015: 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.

Entertainment Books 2014: The P&F will be raising funds by selling Entertainment Books.
Get your orders in!

Aussie Farmers: Thanks to everybody who has signed up with Aussie Farmers or linked their existing account to Sacred Heart. Unfortunately, there has been some confusion with the different Sacred Heart Primary Schools listed. Aussie Farmers are aware of this but it has proven difficult to rectify for some reason. Hopefully, the system will list Sacred Heart Primary School HIGHGATE eventually but in the meantime please note that our school uses the R6013 reference number.

Footy Tipping: Please get your entry fees into the office as soon as you can. Good luck!

School banking: Every Tuesday morning in the Library. If you would like to sign your child up please contact Linda Manno on 0408 935 702

Second hand uniforms: These uniforms are all in great condition and your purchases help raise funds for the P&F. Please have a look for winter uniforms – the cold weather will be upon us before we know and it’s always good to have a spare! There are plenty of track suit tops and bottoms in all sizes...

Clairy Lane (P&F Committee) pf@shpsh.wa.edu.au

ATTACHMENTS
- Parenting Idea
- P&F Mother’s Day Stall
- P&F Entertainment Book Order Form
Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind.

Modern kids are busy kids. Regardless of age, their days are filled with activities. Under fives do a range of adult-initiated learning activities designed to give them the best start to their learning lives.

School-aged kids have a huge range of leisure and after-school activities to choose from. It is not uncommon for kids to have four and five extra-curricular activities a week.

Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind. Relaxation is a key to good mental health and well-being. It is an important life skill for kids to learn.

Balance busyness with boredom

One way to ensure busy kids unwind is to make sure kids get bored every so often. There is a temptation to fill kids’ days with activities so that no time is wasted. “I’m bored!” is the last thing most parents want to hear their kids say. Many parents feel compelled to do something to alleviate a child’s boredom.

There is nothing wrong with a little boredom now and then. Boredom can be good for kids’ mental health and well-being, giving them the chance to muck around and take it easy for a time.

Here are 5 ideas to help you unwind your kids:

1. Let your kids regularly stare into the ‘fire.
Ever sat around a camp-fire and stared at the flames? If so, you will know how calming it is. No exertion! No need to think! No need to talk to anyone! Just a chance to chill-out and relax. The TV is the modern version of the camp-fire. Yep, TV used in this way is good for kids’ mental health.

2. Let kids exercise without rules.
Kids are the kings and queens of play. Always have been. Until lately that is, when their lives have become highly organised and scheduled. Free, child-initiated play is the ultimate in relaxation. Fun games, games with few rules and games that kids control help them to unwind.

3. Let kids experience flow.
Flow is a state we get into when we are so engrossed in an activity that time disappears. It is the ultimate unwind. We get flow when we pursue our passions so encourage teens to find activities that they truly love and get lost in. Free play generally takes young children to flow very quickly so opportunities for unstructured play are essential.

4. Help kids calm down around bedtime.
Have a bedtime routine that calms kids down rather than winds them up. You can become part of this routine by reading books, telling nursery rhymes, providing soothing back rubs and other ways.

5. Unwind with your kids.
When I was young the best times I had with my dad were spent in the backyard playing cricket. Sounds like a cliché I know. It was fun because it was never a chore for him. He loved it as it was a chance for him to unwind after work. Find ways you can unwind and rejuvenate with your kids.

We want our kids to be busy and involved rather than inactive and apathetic. However, activity needs to be balanced with unscheduled time so that perspective as well as everyone’s sanity is maintained.
Sacred Heart Primary School

Mother’s Day STALL
Friday 9 May 2014

We are seeking donations of gifts IN GOOD CONDITION suitable for sale at our Stall.

ITEMS MAY BE
• hand-made
• second-hand
• from your present stash
• re-gifted or brand new
• of any value

SUGGESTIONS
perfume, soap, skin products, bath products, pampering products, hair accessories, chocolates, jewellery, potted plants, china, candles, glassware such as vases, ornaments, paper goods and stationery, books, fancy shopping bags, tea towels, nice fridge magnets, gourmet tea and coffee and travel mugs

Please hand donations into the School Office by Monday, 5 May 2014. Thank you.

WHEN: Friday, 9 May 2014
WHERE: In the School Hall
COST: $5
WHY?: Because kids love to spoil their Mum!

On Friday, 9 May 2014, children will be asked to bring in $5 to purchase a gift for their Mum.
During the morning, classes will be taken to the stall and given the opportunity to select gifts for their Mums.
Introducing the 2014 | 2015 Entertainment™ Book and the new Entertainment Digital Membership!

You now have a choice!
Choose from the traditional Entertainment™ Book Membership that comes with the Gold Card and vouchers, or the new Entertainment™ Digital Membership that puts the value of the Entertainment™ Book into your iPhone or Android smartphone!

Whichever Membership you choose, $13 of your $65 purchase will go towards our school’s fundraising and you receive over $20,000 worth of valuable offers valid through to 1 June 2015! Both the Book and the digital membership will be launched at the beginning of May. Please note digital memberships can only be purchased online at: www.entertainmentbook.com.au/orderbooks/855v50

EARLY BIRD PRE ORDER FORM
Pre order your Entertainment™ Membership online at:
Order before 30th April and you can choose up to 6 bonus offers that you can use straight away!

Sacred Heart Primary School - Highgate
Contact: Sheryl Jonescu | Phone: 0411 336 674 | Email: sheryljonescu@gmail.com

If you don’t have internet access, please fill in the details below and return to the front office. This option is for Book memberships only – digital memberships can only be ordered online at: www.entertainmentbook.com.au/orderbooks/855v60 and the membership will be sent to your smartphone after the 1st May.

☐ I would like to order ______ Perth Entertainment™ Book(s) at $65 each (including GST) TOTAL AMOUNT: $_________

☐ I will collect the Book(s) from the front office after 1st May 2014 OR

☐ Please send the Book(s) home with my nominated child after 1st May (Please nominate your child below)

Child’s Name: ___________________________ Class Room: ___________________________

Customer Name: ___________________________ Phone: _____________________________

Email Address: ___________________________ State: ___________________________ Postcode: __________

Address: __________________________________________________________

Method of Payment: ☐ Cash ☐ Visa ☐ MasterCard (please fill in credit card details below)

Card Number: ___________________________________________ Exp Date: __/____ CCV: __________

Cardholder’s Name: ___________________________________________ Signature: ________________________