Dear Parents,

On Friday we had visitors from Our Lady of the Cape Catholic Primary school in Dunsborough, and St Thomas More Primary School in Margaret River. The teachers visiting spent time in the Year 4/5/6 classrooms to observe the learning environment and what was being implemented with our ICT structures. It was also a good opportunity for our staff to share ideas that they have been implementing in their schools as well.

The Sacramental preparations are now in full swing with workshops (parent/child), information sessions (parent), commitment masses (parent/child) and Retreats (child) taking place. Thank you to all parents who have made the time to attend these important events in your child’s Faith journey. A special thank you to Fr Peter, Mrs Sheehy (Parish Coordinator) and teaching staff for organising and running the preparation.

Parents please be aware that parking in the car park between the school and the church is not permitted at all during school hours. This parking is reserved for the use of the Pastoral Centre and school staff parking. As construction has now finished at Fr Peter’s house the parish car park at the back of the church is available for use as well as on Mary St in front of the school. Parents walking with young children through the car park need also to be aware of traffic.

If your child is late to school (after the bell at 8.45am) you MUST come through the office and sign in as the teacher does the role in the classroom and they will make your child as absent. The system then sends an SMS to any child’s parent if they are listed as not in attendance. By signing in with the office staff this will not make your child as absent. The system then sends an SMS to any child’s parent if

Parents may come together to prepare for the Sacraments. It really is wonderful to see the parish candidates and their families experience for the children.

On Tuesday, the Year Six students enjoyed a fantastic Confirmation retreat, organised and facilitated by Mrs Gabrielle Trinca. A big thank you to Gabrielle for sharing her talents and providing a lovely experience for the children.

It really is wonderful to see the parish candidates and their families come together to prepare for the Sacraments. Mrs Anna Sheehy (Sacrament Coordinator/Assistant Principal)

IMPORTANT SCHOOL DATES

<table>
<thead>
<tr>
<th>May</th>
<th>School Board Meeting - 6.30pm Staffroom</th>
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<tbody>
<tr>
<td>21</td>
<td>P&amp;F Meeting - 7.30pm School Library</td>
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<tr>
<td>22</td>
<td>Reconciliation - Parent Information Evening 7-8pm Hall</td>
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<tr>
<td>23</td>
<td>Cake Stall to raise money for 2014 HBF Run for a Reason</td>
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<tr>
<td>24</td>
<td>Eucharist - Commitment Mass - 6pm Sacred Heart Church</td>
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<tr>
<td>26</td>
<td>Eucharist - Parent/Child Workshop - 6.30-8pm Hall</td>
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<tr>
<td>28</td>
<td>Reconciliation - Retreat</td>
</tr>
<tr>
<td>31</td>
<td>Reconciliation - Commitment Mass - 6pm Sacred Heart Church</td>
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| Jun | PUBLIC HOLIDAY - SCHOOL CLOSED          |
| 2   | CATHOLICITY DAY - SCHOOL CLOSED         |

SCHOOL NEWS

Cross Country 2014
Training - Hyde Park at 7.45am SHARP (Monday & Friday)

This year a shield will be presented to the winning faction. A Spirit award will also be presented to the faction who had the most participants at training.

Progressive Scores are:

<table>
<thead>
<tr>
<th>Taylor</th>
<th>Hewitt</th>
<th>43</th>
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<tr>
<td>Lee</td>
<td>Henley</td>
<td>15</td>
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Cross Country Event - Monday, 16th June
Hyde Park, 1pm Sharp

Mrs Stephanie Alderman (Physical Education Teacher)

RECONCILIATION

Parent Information Evening: Thursday, 22nd May 7.00-8.00pm Hall
Commitment Mass: Saturday, 21st May 6.00pm Sacred Heart Church

**Retreat: Wednesday, 28th May - Schoenstatt Shrine Armadale (a letter with details will be sent home to parents of candidates closer to the day)**

EUCARIST

Commitment Mass: Saturday, 24th May, 6.00pm Sacred Heart Church
Parent/Children Workshop: Monday, 26th May 6.30-8.00pm School Hall

CONFIRMATION

Confirmation Ceremony: Sunday, 8th June at 3.00pm Sacred Heart Church
Mrs Anna Sheehy (Sacrament Coordinator/Assistant Principal)

SACRAMENT NEWS

Our Sacred Heart Highgate Parish Sacramental Program is progressing very well. Last Thursday evening, the parent information evening for First Eucharist was held, and was very well attended. On Saturday, we had a Commitment Mass for the Confirmation candidates and their families. On Monday evening, a very successful Confirmation Workshop took place in the Pastoral Centre next door. The evening was facilitated by Carmel Suart, from the Faith Formation Team at C.E.O, who led us through a very informative, enjoyable experience. We are very fortunate to have facilitators of Carmel’s calibre to enhance our Sacramental journey.

On Tuesday, the Year Six students enjoyed a fantastic Confirmation retreat, organised and facilitated by Mrs Gabrielle Trinca. A big thank you to Gabrielle for sharing her talents and providing a lovely experience for the children.

It really is wonderful to see the parish candidates and their families come together to prepare for the Sacraments.

Mrs Anna Sheehy (Sacrament Coordinator/Assistant Principal)

2015 KINDERGARTEN ENROLMENTS

First round offers for Kindy 2015 will be sent home to families this week. Please ensure a response is given to the office by the date requested in order not to miss out on a place.

Letters will also be sent out to families who have not provided all documents required. Please ensure documents are given to the office by the due date in order not to miss out on a place.

There have been numerous applications for enrolment for next year, of which the school can only offer 30 places. Offers have been made based on the Catholic Education Enrolment Policy. Interviews will commence in June.

Sibling families who have not provided an enrolment will need to do so immediately in order not to miss out.

Students for Kindergarten in 2015 must be born between 1/7/10 and 30/6/11.

Application forms are available at the school office or the website at http://www.shpsh.wa.edu.au/enrolment.html
Cake Stall
As many of you know Mia, Jeremy & Chloe Spanjich’s dad, Paul, passed away last year from cancer. In his memory they have created a team called ‘Spana’s Lil Army’ and they, and over 70 of their classmates, friends and family are participating in the 2014 HBF Run for a Reason, with all money they raise going to the Cancer Council WA.

To help with their fundraising they will be holding a Cupcake Stall on Friday, 23rd May at Recess in the Undercover Area. Cakes can be delivered to the staffroom on Friday morning.

Sacred Heart Primary School is a NUT FREE ZONE
They will also be selling ‘Spana’s Lil Army’ armbands for $3 each. Additionally, if you would like to make a donation you can do so at: https://hbfrun2014.everydayhero.com/au/natasha-2.

Thank you for your support.

Spanjich Family

SCHOOL AWARDS - to be presented at assembly on Friday

| Pre Primary | James Korroll | Molly Baker |
| Year 1      | Elise Perlini | Owen Brennan |
| Year 2      | Mackenzie Widdowson | Raphael Chavez |
| Year 3      | Christina Nguyen | Victoria Milic |
| Year 4      | Santo Farinola | Aimee Demarte |
| Year 5      | Emily Bilton | Gabriel Chavez |
| Year 6      | Emma Stewart | Michael Chung |

CANTEEN

Soup of the Week

| Week 4 | Thursday | 22nd May | Juliet Bruining |
| Friday | 23rd May | Volunteer Required |

| Week 5 | Wednesday | 28th May | Anh Mott |
| Thursday | 29th May | Volunteer Required |
| Friday | 30th May | Volunteer Required |

YMCA - YMCA Sacred Heart provides Before and Afterschool Care from 7am till 6pm, the program runs on site from the school hall. We provide a nutritious breakfast and afternoon tea, and have a range of exciting activities each day. Enrolments are open for all children, Kindy – Year 6. Over the next week YMCA will be reviewing the viability of Before School Care and Vacation Care as we are experiencing low numbers, if you require Before School Care now or will require care in the near future please pop in and visit our friendly staff and pick up an enrolment pack. YMCA is also reviewing whether the current Vacation Care program is run onsite or from a central YMCA Service. If you require Vacation Care please let our Supervisor Sharon know. We value any feedback that you may have, please pass this on to Sharon or contact Verity Norton, Middle Years Support Office on 9473-8400.

P&F

P&F Meeting – TONIGHT - 7.30 School Library
All welcome!

School Fete 2015 - The planning for the 2015 School Fete needs as many helpful hands and minds as possible to join the Fete Committee. We will be meeting in the first week of Term 3 on a day / time TBA. So contact the P&F to get the details of the Fete Coordinator and show your enthusiasm today!

School Disco – Save the date – 27th June 2014 – for this very popular event.

Entertainment Books 2014: Get your orders in asap as they quickly sell out!

Aussie Farmers: Use the R6013 reference number.

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.

Clairly Lance (P&F Committee-pf@shpsh.wa.edu.au)

COMMUNITY

COMING SOON! – adidas School Fun-Run

We will be holding an adidas School Fun-Run as a major fundraising event this year. The event will be held during June at Hyde Park.

The adidas School Fun-Run is a healthy, fun and active fundraiser that ensures we send the right message to our students about getting active, having fun and maintaining a healthy lifestyle. The main focus of this event is on participation. Family support is most appreciated as we encourage all students to get involved.

All students will receive a Sponsorship Form to help collect sponsorship on behalf of the school. The funds raised will be used to purchase refrigerated water coolers and classroom furniture.

We ask all parents to read the Sponsorship Form and sign the front page to grant permission for their child to fundraise and participate in this event. Students who raise just $10 or more will receive a reward for effort. In the Sponsorship Form you will also find many other benefits like the chance to win a family holiday to DisneyLand!

Further details will follow so keep an eye out for posters around the school and the Sponsorship Form that will come home with your children.

Thank you, good luck and happy fundraising!

Sonia Ranelli & Trevor Thomson

Parent Child Connection, Kids and Technology, Parent Teen Connection, Understanding Stepfamilies, Mums Raising Teenage Girls and The Rock and Water Programme are all being run by Relationships Australia in June at 22 Southport Street, West Leederville. For dates, cost and further information please contact 9489 6322.

ATTACHMENTS

• P&F Entertainment Book Order
• Parenting Idea
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.entropybook.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.entropybook.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)

Childs Name: ___________________________ Class Room: ___________________________

Customer Name: ______________________________________________________ Phone: ___________________________

Email Address: ___________________________________________________________

Address: _________________________________________________________________ State: ___________________________ Postcode: ____________

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

Card Number: ___________ / ___________ / ___________ / ___________ Exp Date: ___________ / ___________ CCY: ___________

Cardholder’s Name: _______________________________________________________ Signature: ____________________
Healthy ways for kids to manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

What training did you get from your parents in recognising or regulating your feelings — in other words, in managing your emotions? If you are like me, you didn’t get much really constructive help at all.

“Don’t worry! It will all turn out right” was about the extent of the emotional management in my house, and I suspect in most other houses at that time.

I guess that’s why many people automatically default to ineffective ways of dealing with their feelings — such as avoidance, denial and straight-up worrying — when difficult emotions emerge.

Those ineffective strategies are then passed on to our children. Little wonder that anxiety, anger and distress are commonplace among today’s children and young people, even though we live in affluent times.

Sometimes, despite what we were taught, it’s better to find ways to deal with negative feelings rather than avoiding them. Avoiding them can allow them to overwhelm us or cause us to act out. Here are seven healthy ways to manage your emotions that you can pass on to your children:

1. **Breathe deeply**
   - The technique is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight or stand up straight. Count to 3 quietly while breathing in through your nose, and count to 6 while breathing out. Breathe slowly and deeply. You may even feel a little heady, which indicates deep (and low) breathing.

2. **Find a favourite relaxation exercise**
   - There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can’t help but feel calmer. You can isolate parts of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3. **Use a positive reappraisal**
   - Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you’ll be better able to manage your emotional response. This is a challenge, not a problem! It’s a catch-all reappraisal. The more specific the reappraisal, the more effective it will be.

4. **Use positive, REALISTIC self-talk**
   - Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like: “I’ll never be able to do that” or “This will stress me out big time” or “I’m no good at ...”? I know I have.

Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like “I’ve done it in the past and I survived. So I should be able to do it again!” Repeat it a few times and your emotional state will shift to a better one.

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... healthy ways for kids to manage their emotions...

Deal with negative feelings

3 Exercise
Exercise releases endorphins, nature’s feel-good chemicals, which will move your mood to a better state. The paradox is that we often don’t feel like exercising when that’s exactly what we really need. Don’t let those feelings stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6 Distract yourself
A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It’s a highly recommended strategy for natural warriors. It’s amazing how much better a situation will seem after giving your mind a short break from it.

7 Have constructive habits and hobbies
One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that fuels you up. The same, of course, holds for kids. All work and no play makes … well, it’s hard to hold it together if you are feeling stressed all the time.

It’s important that as parents and teachers we practice good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that we’ll feel better, make better decisions and be more effective as parents and teachers as well.

This is an extract from “15 right ways to manage emotions”, a special report available at parentingideasclub.com.au

Michael Grose


care.care.com.au
parentingideas.com.au