PRINCIPAL’S MESSAGE

As you may have noticed recently we have been using an SMS system that is linked to our Student Attendance register. If your child has not been ticked off as in attendance by 9.15am in the classroom and you have not contacted the school by phone you will receive an SMS asking for clarification. To reply you need to phone the school and let us know the reason why your child is absent. Emails to admin@shpsh.wa.edu.au can also be sent to alert us to absences as well.

It is also very important that if you are late and come to school after 9am you must come through the office and alert the office staff who will record your child as being at school. If you do not do this the system will log your child as not present with no reason and the SMS will be sent. You may also use emails for recording absences or a hand written note to the teacher or office. The system is designed to allow us up to date information as well as give us in the office a clear indication if children are not at school for census purposes.

We still have some parents who are parking in the Pastoral Care Car park. Notices of warning have been put on some cars and the Pastoral centre will be getting the ranger in if it continues to issue infringement notices. Please follow the guidelines by parking either in the Pastoral Care Center or in the School car park.

IMPORTANT SCHOOL DATES

**June**

13 P&F Disco rsvp and money due.
16 Cross Country– Hyde Park, first event 1.15pm
18 School Board Meeting - 6.30pm Staffroom
20 P&F Disco water and juice box donations due.
26 Interschool Cross Country
27 Sacred Heart Feast Day - Whole of School Mass 9am

**July**

2 NO SCHOOL FOR STUDENTS

STAFF PROFESSIONAL DEVELOPMENT

4 Last day of term

CONFIRMATION 2014

Last Sunday's Confirmation Ceremony at Sacred Heart Highgate Church was very beautiful, and meaningful for all involved. 38 candidates from the Parish came together with their families and friends, to receive the Holy Spirit. There are many people to thank for their contribution to the success of the ceremony.

Firstly, a big thank you must go to Father Peter, our Parish Priest, for officiating at the Mass, and for his spiritual guidance, greatly valued by all. To the Teachers, Mrs Gabrielle Trinca, Ms. Fatima Fernandez, Mr Frank Miranda, Mrs Nadia Napoli and those from other schools. Thank you for your wonderful preparation of the children. The efforts of Mrs Frances Ammoscato and the school choir are greatly appreciated. A beautiful sound filled our church. Thank you also to Mr Ferlyn Geiles, Mr Adrian Torrese, and Charles, for accompanying the choir. Lastly, many thanks must go to the Sacred Heart School Staff, for the many roles that were fulfilled in the preparation of, and during the ceremony, ensuring a joyous, spirit filled celebration.

Mrs Anna Sheehy (Assistant Principal/Sacrament Coordinator)

CONFIRMATION 2014 - The Sacred Heart School Community congratulates the following Year 6 students, upon receiving the Sacrament of Confirmation on Sunday, 8th June.

Eliza Barby  Hugh Barrett  Luca Bongiovanni
Michael Chung  Indira Clifford  Emily Davidson
Raymond Gileno  Alana Lim  Jordon Lu
Matthew Manno  Tayla Marocchi  Harry McHardie
Gabriella Miocevich  Natasha Nunn  Emily Nguyen
Hannah Parker  Desiree Scott  Emma Stewart
Nadia Tricoli  Mercia Widderington-Oliver

We pray as a community that the Holy Spirit, bestowed upon you in Confirmation, will guide and inspire you always.

Mrs Anna Sheehy (Assistant Principal/Sacrament Coordinator)

CROSS COUNTY 2014 - Year 3 to 6

Training - Hyde Park at 7.45am SHARP (Friday-13th June)
No training on Carnival Day

CROSS COUNTRY CARNIVAL - MONDAY, 16TH JUNE 2014

HYDE PARK, first event 1.15pm

Parent help is required for our faction Cross Country Carnival next Monday, 16th June. The event starts at 1.15pm, so if you can assist, please meet me at 12.45pm for a pre race meeting and set up. Two shields will be awarded on the day.

Champion faction and Spirit Award.

This coming Friday is the last opportunity to gain points for the Spirit Trophy.

Progressive Scores are:

Taylor  83  Hewitt  100
Lee  102  Henley  41

Mrs Stephanie Alderman (Physical Education Teacher)
With only a little over two weeks until the adidas School Fun Run now is the time to increase the intensity of your fundraising efforts! We’re heading into the home straight! Remember to activate online fundraising to supercharge your sponsorship results.

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 should have received a letter and Sponsorship Form to help collect sponsorship on behalf of the school. There are some spare forms available at the school office if needed. 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!

Students wanting to track their progress, and use online fundraising, can do so by logging onto schoolfunrun.com.au/students and creating a Student Profile Page.

Finally, we would like to welcome parents and family members to attend the adidas School Fun-Run event day at Forrest Park at 1:30pm on Friday 27th June to help cheer on the students.

Thank you, good luck and happy fundraising!

Sonia Ranelli & Trevor Thomson

SCHOOL AWARDS - to be presented at assembly on Friday

<table>
<thead>
<tr>
<th>Year</th>
<th>Principal Award</th>
<th>Teacher Award</th>
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</thead>
<tbody>
<tr>
<td>Pre Primary</td>
<td>Kassandra Avedikian</td>
<td>Jade Banh</td>
</tr>
<tr>
<td>Year 1</td>
<td>Mark Bontempo</td>
<td>Hudson Mott</td>
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<tr>
<td>Year 2</td>
<td>Lachlan Brown</td>
<td>Mia Martelli</td>
</tr>
<tr>
<td>Year 3</td>
<td>Anjelica Donnelly</td>
<td>Jaxon Merrin</td>
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<tr>
<td>Year 4</td>
<td>Jemma Chung</td>
<td>Patrick Jong</td>
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<tr>
<td>Year 5</td>
<td>Alana Nguyen</td>
<td>Jacquie Le</td>
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<tr>
<td>Year 6</td>
<td>Sandra Maria Sebastian</td>
<td>Desiree Scott</td>
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</tbody>
</table>

Bookclub Orders are due back to school Thursday 12th June 2014
Student’s name and Year must be on the order form and envelope. Please include the correct money…all change kindly donated to Charity Box. Thank you.

<table>
<thead>
<tr>
<th>CANTEEN</th>
<th>9422-7945</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 7</td>
<td>Soup of the Week - MINESTRONE</td>
</tr>
<tr>
<td></td>
<td>Thursday 12th June - Davina Farinola</td>
</tr>
<tr>
<td></td>
<td>Friday 13th June - Volunteer Required</td>
</tr>
<tr>
<td>Week 8</td>
<td>Soup of the Week - CHICKEN AND SWEETCORN</td>
</tr>
<tr>
<td></td>
<td>Wednesday 18th June - Volunteer Required</td>
</tr>
<tr>
<td></td>
<td>Thursday 19th June - Volunteer Required</td>
</tr>
<tr>
<td></td>
<td>Friday 20th June - Maria Devlin</td>
</tr>
</tbody>
</table>

adidas School Fun-Run
Just Over 2 Weeks To Go!!
1:30pm Friday 27th June – Forrest Park

P&F
P&F Meeting – Wednesday 18th June, 7.30pm School Library. All welcome!
School disco: Save the Date - 27th June 2014 (See attached form)
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!
Footy Tipping: Tipsters participating in our Footy Tipping are reminded to pay their competition entry fees - $10 per child or $40 per adult. Payment is to be made at the school office.
Wetbags: We have a limited number of large red and baby blue wetbags available for sale through the school reception. The bags are approximately the size of an A3 sheet of paper and cost $15 each. They are ideal for storing wet clothes/bathers etc.
School banking: Every Tuesday morning in the Library from 8.30 – 9.00am. If you would like to sign your child up please contact Linda Manno on 0408 935 702
Reminders:
Classroom helpers: Just a reminder - Most of the teachers really appreciate some parent help in the classroom. If you have some spare time why not check with your child’s teacher if they would like some assistance.
Entertainment Books 2014: The P&F is now taking orders for Entertainment Books. Get your orders in asap as they quickly sell out!
Aussie Farmers: Thanks to everybody who has signed up with Aussie Farmers Please note that our school uses the R6013 reference number.
Second hand uniforms: These uniforms are all in great condition and your purchases help raise funds for the P&F. Have a look for winter uniforms – the cold weather is upon us and its always good to have a spare ! There are plenty of red jumpers and track suit tops and bottoms in all sizes.
Clairly Lance (P&F Committee-pf@shpsh.wa.edu.au)

Community
COMMUNITY

ATTACHMENTS

- P&F Disco Reply Slip - ‘Frozen’
- P&F Disco Raffle
- Parenting Idea
- LifeCare Dental
THE PARENTS AND FRIENDS OF SACRED HEART PRIMARY SCHOOL INVITE YOU TO THE

FROZEN
“Bop Till You Drop”
DISCO
Friday 27th June 2014 - Sacred Heart School Hall

Tickets $10
Entry fee includes supper (pasta in a cup, juice and water), plus fairy floss and a gift.

Please return ticket form below with money in a marked envelope (name, class & amount) to the ticket box located in the school office by Friday 13th June.

Adults can also relax and enjoy the disco with ‘byo’ nibbles and beverages in the designated PARENT ZONE inside the hall.

Tickets to the Frozen Disco Raffle will be available to purchase on the night. Grand Prize is a “Bop Till You Drop” party valued at $350!

Events
4:00 - 5:30 Pre-Kindy to Year 2 Disco
5:30 - 5:45 Supper – Juniors
5:45 - 6:00 Supper – Seniors
6:00 - 8:00 Year 3 to Year 6 Disco

Please Note
1) ALL Junior Primary Children (Pre-Kindy - Yr 2) must be accompanied by an adult.
2) Children must remain inside the hall during the disco & not wander around the school grounds.
3) All Junior students need to be supervised by an adult/parent when going to the toilet.
4) All children sit in the hall to eat supper with food and drinks handed to each child.
5) Enter the school through Harold Street gates only. Mary Street Gates will be closed.

Donations
If your family could donate bottled water or juice boxes it would be greatly appreciated. Please leave in computer room by 20th June.

‘Frozen’ School Disco Reply Slip - RSVP Friday 13th June 2014

<table>
<thead>
<tr>
<th>Family Name:</th>
<th>Number of children attending:</th>
<th>Amount enclosed:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent/Guardian Name:</td>
<td>Contact number:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Child’s Name</th>
<th>Year Level</th>
<th>Dietary Requirements/Allergies (details)</th>
</tr>
</thead>
</table>
Our Frozen Disco Raffle has heaps of AWESOME prizes!! Be in it to win it and to also help raise funds for Lower School outdoor seating...

- Please buy and/or sell the 5 raffle tickets (total $10.00) that are printed on the right.
- Additional tickets are available from the school office foyer and also for sale on the night of the Frozen Disco.
- Your raffle ticket butt(s) (please cut along the dotted line) and money should be placed in an envelope and given to the Classroom Teacher or the school office by 25 June 2014.

The raffle will be drawn on the last day of term 2 at Assembly on Friday 4th July 2014.

PRIZES!!

1st Prize – “Bop Til You Drop” Disco Party of your own
2nd Prize – “Aussie Farmers Direct” food hamper

Other prizes include...
- Tickets to Mighty Jungle Morley
- Xtreme Ice Arena “Do You Want to Build a Snowman?” event
Helping kids who struggle at school

The way we praise our children, even from a very early age, can have a lasting impact. When done effectively, it can really promote resilience.

More and more in my work, I hear about young children struggling with anxiety, serious behavioural concerns, mental health issues and aggression.

At the same time, I am staggered to see the “push down” of formalised learning onto children under six in this country. This is contrary to best practice in early years education and despite a lack of evidence validating any positive influence of early formalised education on young children’s lives.

In Issue 9 of Parenting Ideas Magazine, I wrote about why play is critical for brain development and social, emotional and cognitive development in young children.

The removal of play in kindergarten and preschool in favour of sightwords and worksheets, homework and blackline masters can be damaging to our children’s ability to function as social beings – which is still our key biological driver.

Much of the push seems to be happening to improve school data – misinformed principals seeking good NAPLAN results and top rankings on the My School website. However, lots of educators tell me that they also get pressure from parents who do not understand how critical non-formal learning is early on.

The rise in aggressive behaviour being exhibited by many younger children, mainly boys, is a sign they are unable to cope in environments with no opportunity to play, no fun, little movement and developmentally inappropriate tasks. We then penalise these children by suspending or expelling them.

The latest COAG Reform Council report on education, released in October 2013, shows that despite some improvements in overall outcomes, the gap for Indigenous children and disadvantaged children is growing wider.

When you think that around 10% of children struggle with school anyway, how can parents better support their kids if they are struggling?

Tips for struggling kids

The first thing to consider is whether there are any developmental delays.

Children mature at different rates and in all sorts of ways depending on environment and unique genetic templates.

Any kid can have developmental delays around phonemic awareness, and these can be helped by being read to a lot, learning nursery rhymes and songs and engaging in lots of conversation.

From birth, children need to be saturated in sound from humans as they are unable to learn sounds from television, DVDs or screen-based devices like iPads.

If the delays are in self-regulation – the ability to manage one’s energy, to be able to concentrate for up to 15 minutes, to sit quietly when asked – you need to identify and reduce the stressors in the affected child’s life.

Things that improve self-regulation include music, sport, real play, time spent in nature and being in safe environments. Things that hinder it are too much television or other screen time, being too passive, poor food, lack of sleep, too much pressure and weak human connectedness.

If a child is faced with a task they are unable to do developmentally, this can cause enormous distress. Take handwriting for four- to five-year-olds: it’s a complex task that many children are unable to do until closer to six.

The brain integration required is developmentally complex.

When a child cannot do a task like handwriting, or can’t manage to remember sounds or colours within the lines, they often see themselves as dumb or stupid.

more on page 2


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parentingideas.com.au
...helping kids who struggle at school...

Building parent-school partnerships

Here are realistic expectations of your children and talk to their teachers or school leaders. If you feel they are expecting too much, (there are lots of articles on my website you can use as evidence in these conversations.)

If it is identified that your child has some delay issues, early intervention is essential, particularly if they are identified as having an autism spectrum disorder (ASD), auditory processing concerns or sight issues.

Not all kids are going to do well at school. According to Howard Gardner’s Multiple Intelligence Theory we have at least nine different ways of being smart. Google this to show your children and help them work out which ‘smarts’ are you.

If your child is struggling academically it is important to help the root cause to be really competent at something! Self-mastery builds confidence – even if it’s tree climbing, stargazing, frog hunting, growing veggies or helping to fix things in the shed. This helps them build a healthy sense of self, even if they struggle with maths or learning to read.

For older children, investing in tutors and maybe purchasing some technology-based support is well worth the cost.

Practice makes perfect and brain plasticity allows for kids to always improve with increased effort. Remember that it must be engaging, learning and fun or it will simply make things worse.

Finally, if your child is displaying really significant anxiety and distress and you have done your best to work with the school to improve things, then the environment may need to change.

We can’t leave kids struggling and just say ‘toughen up’ — otherwise we are just putting the metaphorical hypodermic needle for life, when childhood should be filled with joy and delight.

Maggie Dent is an author educator and speaker dedicated to quietly changing lives through commonsense wisdom. She has four adult sons and is author of five books and numerous resources including a new video seminar on raising boys: Boys, Boys, Boys. Check out her blogs, newsletter and other resources at www.maggiedent.com.

Maggie Dent


parentingideas.com.au
Healthy tips to keep your children smiling all year round

Facts:
- Data from AIHW states that the introduction of fluoridated tap water triggered a drastic decrease in childhood tooth decays between 1977-1996.
- Since 1996 CTD has been steadily rising due to less tap water intake and increased consumption of high sugar and energy dense foods and beverages.
- 35% of dental plaque is found between teeth and can only be removed by flossing. Daily flossing can also increase your life expectancy up to six years.
- The most common reason for Australian pre-schoolers to be admitted to hospital is tooth decay with more than half suffering from decay by age 6.
- The ADA estimates that poor oral health accounts for 600,000 lost school days per annum.
- People who drink three or more sugary drinks a day increase their chance of fillings, tooth loss and dental caries by 62%.

*Australian Institute of Health and Welfare * Australia Dental Association

Prevention: Decay can occur as soon as teeth start appearing in a child's mouth. Therefore it is recommended children should see a dentist as early as their first birthday.
- Brushing teeth twice a day can decrease decay up to 25%. Children should be supervised by a parent up until the age of 8.
- Use a toothbrush that has soft round ended bristles of different heights so that teeth and gums are cleaned effectively without damage.
- You should begin flossing your child’s teeth by age 4. Children should be able to take over by themselves around age 8.
- By age 6 children can begin using a pea sized amount of regular adult fluoride toothpaste when brushing. This will assist in building healthy and strong teeth.
- Keep toothbrushes clean and never share. Decay causing bacteria is contagious; toothbrushes should be kept separately and always rinsed after use.

Diet: A child’s diet plays a significant role in the health of their teeth. Developing healthy childhood eating habits can help reduce oral health issues in the future.
- Avoid snacking - sipping and chewing on food over long periods increases the chance of acid developing and damaging tooth enamel.
- Limit starchy and sugary foods and encourage foods rich in calcium e.g. cheese and yoghurt. These will help protect teeth by neutralising bad acids.
- Avoid carbonated and sugary beverages. If unavoidable, using a straw can minimise acid exposure to teeth.
- Instead of drinking beverages such as juice and soft drink encourage children to drink fluoridated tap water if they are thirsty.
- Make sure children don’t eat or drink anything but water after night time brushing.

Safeguard their Smile

PROTECT YOUR CHILDREN’S TEETH WITH A CUSTOM MOUTHGUARD FROM $85*
Take advantage of our Kids’ Mouth Guard Offer and book your children in for their customised mouthguards.
Suitable for all medium contact sports.
Better fit, better protection!
Simply contact us today on 9492 4558 to make a booking.

For further information on oral health, visit http://www.lifecaredental.com.au/ or call (08) 9221 2777