**FAITH TRUTH LOYALTY**
Ad Majorem Dei Gloriam

“For the Greater Glory of God”

**NEWSLETTER:** 30th July 2014

**PRINCIPAL’S MESSAGE**

Dear Parents,

I would like to pass on what Miss Delle Donne’s parents wrote in their card of thanks which we received. “Thank you to everyone at Sacred Heart school for being there for our beloved daughter Vanessa. Thank you also to Father Peter. You all played a special part in her life and especially through her illness, caring for her when she needed all of you the most. Your love and support says so much about the unique Sacred Heart Family. We have been humbled by the love shown through cards, Leukaemia Foundation Donations, phone calls, visits and attendance at Vanessa’s funeral service, joining us celebrating her life and eternal Life. May God bless you and keep you all safe in the palm of His hand.” Joe, Sarina and Family.

If parents are arriving at school after 8.45am please do not just send your child to class, you need to call past the office and let the office staff know that your child has been late. With our new attendance system we have to send out SMS messages if a student is not entered as present by the teacher. If you just send your child to class after this has been done by the teacher the student is not entered as present by the teacher. If you just send your child to class, you need to call past the office and let the office staff know. Your help with this would be most appreciated.

Thank you to everyone who was able to attend the ‘Excellent Gusto’ dinner on Thursday night. The children had a great time making Gnocchi and the parents enjoyed a lovely meal.

Chris Dunning – Principal

**IMPORTANT:** Parents please note that any messages regarding your child’s absence from school MUST be forwarded to the school ADMINISTRATION EMAIL and NOT individual administration staff.

admin@shpsh.wa.edu.au

**IMPORTANT SCHOOL DATES**

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<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Jul</td>
<td>30</td>
<td>adidas School Fun - Sponsorship money due</td>
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<td></td>
<td>31</td>
<td>School Fete 2015 Meeting - Library 7pm</td>
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<td>Cake-less Cake Stall plates and money due</td>
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<td>Cake-less Cake Stall plates on display 3-3.30pm</td>
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<td>Circle of Security - St Columbus 6.30-8.30pm</td>
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<td>Aug</td>
<td>1</td>
<td>Meeting with Hilary Campos - Library 2pm</td>
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<td>3</td>
<td>Family Mass 9am - Year 5</td>
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<td></td>
<td>4</td>
<td>Athletics Training - 8-8.30am commences</td>
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<td>6</td>
<td>Year 6 Parent Workshop</td>
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**ATHLETICS TRAINING**

Thank you to everyone for making me feel so welcome as I begin this term with you. We have a busy few months ahead of us with the Faction Carnival taking place on Wednesday, 10th September at Birdwood Square and the Interschool Athletics Carnival taking place on Monday, 22nd September at Challenge Stadium.

**SAUSAGE SIZZLE DAY & CAKE-LESS CAKE STALL**

A huge thank you to all of the children and teachers who purchased a sausage sizzle on Tuesday. The lunch was a huge success and we all returned to class with full tummies. A special thank you must go to the three parents who came in to assist; Kathryn Godwin, Tracie Clark and Alvin Lim, and to Vic for helping cook the sausages. Also, thank you to Mel and Josie Tricoli who donated the yummy bread rolls. We could not have done the sausage sizzle without assistance from you all!!

A reminder that your cake-less cakes are due in by Thursday. Please bring them with a donation for the real ingredients of making the cake. The cake-less cakes that have already been made are AMAZING and look good enough to eat! The ‘Year Six Cake Stall’ will be open this week on Thursday and Friday afternoon from 3-3.30pm. All children and families are welcome to come to the Year Six classroom and buy a cake-less cake for a gold coin donation. We look forward to seeing many of you there.

So far, through the sausage sizzle and the cake-less cake stall, the Year Six students have raised $1159.10 towards purchasing a 3D Up Mini Printer. Thank you for your support.

**Parents/Caregivers**

You are invited to meet with Hilary Campos on Friday, 1st August at 2pm in the Library.

This will provide an opportunity to find out the role of Social Worker within our school. Hilary will also be able to share with you some of the varied ways she works with students, families, parents/caregivers and staff. The Circle of Security and Protective Behaviours philosophy will be promoted and explained, with forthcoming workshops available this year.

Ms Hilary Campos (Social Worker)
Local store ‘Montage Collective Pop Up’ of which school mum Davina Farinola is a member of - are collecting and making beanies and scarves to give to our neighbours at the Salvation Army Northbridge to distribute to the needy. Its a great opportunity to teach you kids how to knit/crochet! 

You can help by:

- Knitting or crocheting a scarf or beanie (simple beanie patterns available on the Montage website www.montagecollective.blogspot.com.au)
- Donating yarn in store at Montage so we can knit and crochet winter goods ourselves.
- Donate second hand beanies and scarves.
- All donations can be brought in store to Montage at 454 William St, Northbridge by the end of August.

Help Make Our Reading Tree Grow
Mrs Sheehy and Mrs Worner have organised a Reading Tree in the Library.
To have our tree grow and blossom each child needs to read as many books as possible.
When you have read your book please tell Mrs Sheehy or Mrs Worner and we will attach a leaf, flower or insect to our tree.
The more books you read the more chances you have to win some great prizes at the end of term.
Staff members are also eligible to read some books and attach some leaves.
Go to it! Read! Read! Read! Mrs Barbara Worner (Librarian)

CANTEEN 9422-7945
Week 2 Soup of the Week CHICKEN & SWEETCORN
Thursday 31st July Volunteer Required
Friday 1st Aug Volunteer Required
Week 3 Soup of the Week MINESTRONE
Wednesday 6th Aug Anh Mott
Thursday 7th Aug Jacqui Lowry
Friday 8th Aug Kathryn Godwin

SCHOOL AWARDS - to be presented at assembly on Friday
Principal Award Teacher Award
Pre Primary Cooper Widdowson Jordan Marocchi
Year 1 Blake Arnold Owen Brennan
Year 2 Thompson Bui John Del Marco
Year 3 Connor Shuttleworth Callum Vo
Year 4 Jorja Nunn Stephin Sebastian
Year 5 Angus Jones Grace Wojtowicz
Year 6 Mercia Widderington-Oliver Alice Farley

Family Mass - The Year 5 class will be preparing the next Family Mass to be held on Sunday, 3rd August at 9am. Parents and friends are invited to come along and help celebrate the Mass.
Mrs Anna Sheehy (Assistant Principal)

ATTACHMENTS
- Parenting Idea
- Safe4kids
- Circle of Security
- P&F School Banking
- P&F Fete Committee 2015
RAISING space cadets

Learning to stop and think before reacting is one of the most valuable life skills a child can develop.

Know someone with a hair trigger? The smallest thing sets them off. That ‘thing’ maybe a cutting comment from someone, a nasty look or a thoughtless remark. Whatever it is, not a moment is taken to think, consider or weigh up options. They simply explode.

Anger exudes from every pore.

I know some adults like this. They are awful to live with. Their family walks on eggshells, not wanting to upset them. The trouble is, they’ve been like that since childhood.

I also know some kids like this. I wonder if their hair trigger will remain into adulthood. Such kids, who are usually highly sensitive, need to learn to put a space between event and their reaction. They need to become space cadets, learning how to stop, think and act — all in a split second.

When a space cadet hears someone say something, it won’t pause for a split second while he thinks of different responses (ranging from doing nothing to walking out). Instead, he chooses the best of those responses. Some space cadets I know who have been taught this skill, will call on their BEST SELF and choose the best response based on one that represents their values for that occasion.

Space cadets generally have healthier relationships as they are practically more considerate and better able to match their response to their inner BEST SELF.

Anyone who has ever neglected a remark they made to a friend based on one or more negative reactions will know what I mean. You feel like you said something that knocked you down. Space cadets experience less of this guilt as they are more likely to make the right remark in the first place.

Space cadets have high emotional awareness which not only leads to better responses, but it also leads to better regulation of emotions and behaviour. That’s why the development of self-awareness is probably more important to long-term wellbeing, success and happiness than the development of self-esteem. If not, it’s on our radar because it’s such a valuable skill to possess.


parentingideas.com.au
How do you teach children to be wary of potential harm, without teaching them to fear, wrap them in cotton wool, or give them so much information that their innocence and wonder is in jeopardy?

Protective Behaviours Education is a proactive, holistic, whole community approach to teaching life skills to children. It teaches the children themselves language and principles of Protective Behaviour, which helps them identify unsafe situations, and arms them with the tools to either seek appropriate assistance or to protect themselves.

Date: 20th August 2014  
Time: 7.30pm  
Venue: Sacred Heart School Highgate School Hall

**Two Themes of Protective Behaviours:**  
“We all have the right to feel safe all of the time.”  
“We can talk with someone about anything.”

**Protective Behaviours Concepts:**

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<th>OK to say “No”</th>
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<tr>
<td>Yes/Safe/Comfortable feelings and</td>
<td>Three Safety Questions</td>
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<td>No/Unsafe/Uncomfortable feelings</td>
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<td>Public and Private</td>
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Resources will be available for purchase on the night.
Do you want to be the best parent/caregiver you can possibly be?

Do you want your child to feel safe and secure enough to explore the world and meet new challenges as well as return to you for help, guidance and protection when things are going wrong for them?

If so, then this is the course for you!

**CIRCLE OF SECURITY**

**PARENT INFORMATION EVENING**

Thursday 31 July 2014
6:30pm to 8:30pm
St. Columba’s Primary School, Library

Hilary welcomes all interested parents/caregivers to join her – those new to Circle of Security and those who have already attended the workshops, to share their experiences and the impact of Circle of Security upon their lives.

Please return the slip below to the Sacred Heart office by 28 July, 2014.

__________________________________________________________________________

I would like to register for the Circle of Security Parent Information Evening.

Telephone: __________________________ Number of Children enrolled at Sacred Heart School: __________________________
Sacred Heart Highgate: Term Three School Banking

One lucky Sacred Heart Student will

Win an iPad Mini

All current Sacred Heart students who are registered school bankers, will automatically receive ONE TICKET into the draw.

Receive ONE BONUS TICKET into the draw every time
you make a deposit during the term.

Make a deposit every single week and you will get
FIVE BONUS TICKETS.

This competition is open to every student in the school, so if you open a new Youthsaver account and make your first deposit at school during the term, you will receive THREE BONUS TICKETS.

- School Banking takes place in the Library from 8.30 – 9am every Tuesday morning of the school term.
- Competition starts Tuesday 22 July and runs for 10 weeks, ending on Tuesday 23 September 2014.
- The one and only prize is an Apple iPad mini (16GB with WiFi valued at $349) will be drawn at assembly on the last day of the term, Friday 26 September 2014.
- Competition is open to all students presently enrolled at Sacred Heart Primary School Highgate.
- For any queries regarding School Banking and this competition, contact Linda Manno on 0408 935 702.
PARENTS AND FRIENDS,
PLEASE COME AND JOIN THE SCHOOL FETE COMMITTEE FOR 2015!

CLICK HERE: www.facebook.com/SacredHeartHighgateFete2015

FOLLOW US ON FACEBOOK

YEAR 1
YEAR 4
YEAR 5

You currently have NO fete committee members – please ‘rally the troops’ and get behind your School Fete

FIRST MEETING WILL BE HELD AT THE SCHOOL ON

WEDNESDAY 30th JULY @ 7PM

If you have a business that would like to sponsor one of our many rides/attractions, receiving generous marketing opportunities in return, please contact me to request a sponsorship pack.

EMAIL alysha.cass@bigpond.com
PHONE 0430 599 177

Thank you!