Dear Parents,

Thank you to everyone who has offered congratulations on my new appointment. Reflecting back on the last 6 years the school has made great movement forward in many areas. This has been through the hard work of the staff, parents and children. I have very much enjoyed my time at Sacred Heart and moving on was not a decision I took lightly. Moving to a new school will present many more varied challenges, especially in a country setting like the Goldfields. St. Mary’s is my old primary school so it will bring back a lot of memories as well as connections to people I know from my past.

Mrs Tanya McGuire will be taking over the Principal position for term two. Tanya worked for me when I was in Katanning and she comes with over 13 years experience in the leadership role. I am sure that everyone will welcome Tanya and support her in the term ahead while the appointment process for the new Principal takes place.

The position will be advertised on the weekend and the appointment panel will be convened early next term. The panel consists of one representative from the Catholic Education Office, in this case Mrs. Eileen Climo, two current serving principals from within the system, Fr. Peter and one School Board nominated person. The panel gets to see all applications from which they short list using the recommendations given from the Board and school staff. The panel usually interviews 4 or 5 candidates. From the interviews two candidates are selected and ranked 1 and 2. These two candidates are sent for an interview with the Director of Catholic Education Dr. Tim McDonald who then puts forward the preferred person to the Bishop for appointment. The whole process can take up to 10 weeks to complete. Once the Bishop approves the appointment the school community is notified.

Having been through this process a number of times it is very extensive and the best person for the position usually comes through. As it happens next term I am sure that Tanya will keep everyone informed.

In the mean time school goes on as usual, and we look forward to our swimming carnival on Monday, 23rd March. The children have been training hard since the start of term and I am sure that the extra effort will pay off. The Easter raffle is now in full swing and your support as usual will be most welcome.

Thank you for your full support and we look forward to the next term.

Chris Dunning – Principal

IMPORTANT SCHOOL DATES

Mar 17 St. Patrick’s Day - Free Dress/Gold Coin Donation
18 School Board 6.30pm & PF Meeting 7.30pm
20 Uniform: Winter Uniform Pick up 8-9am School Hall
23 Parent Interview Week
23 School Swimming Carnival-Bayswater Waves
27 P&F Parent Sundowner 7-9pm (Please note date change from 13th)
29 Palm Sunday
30 Interschool Swimming Carnival-Challenge Stadium

Apr 2 Good Friday Ceremony
   Last day of Term

St. Patrick’s Day Caritas Fundraising - On Tuesday, 17th March, we will celebrate St. Patrick’s Day. All students and staff are invited to wear something green on this day, and donate a gold coin, which will help in our fundraising for Caritas’ Project Compassion Appeal. We thank you for your generosity, in anticipation of your support.

Carolyn Perlini and Renee Byrne-King (Acting Assistant Principals)

Family Masses 2015

On Sunday, 8th March, our lovely Year 2 families assisted Fr Peter in leading our first Family Mass for 2015. A big thank you to the children and parents who proclaimed the readings and brought up the offertory gifts. You all did a fantastic job. Thank you to the many Sacred Heart families who attended; it was wonderful to see so many people there. A special thanks to Fr Peter for preparing the students by visiting them in class prior to mass and for leading the mass on Sunday. Thank you also to Mrs Ammoscato and the choir members for leading the congregation in the hymn singing.

The morning tea following the mass was also lovely, and very well attended. Thank you to all the parents who contributed the delicious food. We look forward to the next Family Mass, which will be facilitated by the Year 5 Class and will take place on Sunday, 3rd May, Term 2. More information will be published closer to the event.

Carolyn Perlini and Renee Byrne-King (Acting Assistant Principals)

Parent-Teacher Interviews: Pre-Primary to Year 6

Pre-Primary to Year 6 Parent-Teacher Interviews will be taking place during Week 8 of this term. A note about parent-teacher interviews will be going home shortly for parents to indicate their day/time preference. Please note that Year 4, 5 & 6 students will be required to attend these three-way meetings with their parents. The interviews are a formal part of the school’s reporting process; we thank you in advance for your support.

Carolyn Perlini and Renee Byrne-King (Acting Assistant Principals)

Caritas Project Compassion 2015 feature people help us learn about how their lives have changed through your support of Caritas Australia’s development programs. Week 3 of the Caritas Lenten calendar features Karen. Karen is a First Australian living in a remote rural community. Like many she can’t always afford or access healthy food. At the Centacare Wilcannia-Forbes Manage Your Income, Manage Your Life Program, supported by Caritas Australia, Karen gained the skills she needed to budget and choose healthy food for her family.

Carolyn Perlini and Renee Byrne-King (Acting Assistant Principals)

Uniform Focus

At Sacred Heart we wish for the students to take great pride in the way that they present themselves in the school uniform. This week’s uniform focus is: ensuring that the Summer uniform’s blue shirts are tucked in before entering, and whilst in, class. The uniform policy can be accessed on the school website. http://www.shphs.wa.edu.au/policies/policies_uniforms.pdf

Carolyn Perlini and Renee Byrne-King (Acting Assistant Principals)

2016 Kindergarten Enrolments

Applications forms are available at the school office or the website. Catholic families will need to provide a Parish Priest Reference form.

SACRED HEART PRIMARY SCHOOL

VISION: At Sacred Heart Catholic Primary School we promote a sense of belonging and generosity which reflects the teachings of Jesus. We strive towards independence and mastery in an atmosphere of faith hope and love.

Parish Priest: Father Peter Bianchini
46 Mary Street, Highgate
Phone: (08) 9328 3433 Fax: (08) 9227 0137
E-mail: highgate@perthcatholic.org.au

Parent Mass Times
Saturday — 8:00am, Vigil Mass 6:00pm
Saturday — 9:00am, Italian Mass 10:15am
Monday to Friday — 7:00am (except 8am public holidays)
Saturday — 5:00pm - 5:30pm Reconciliation
Parent Technology Advice
http://www.bewebsmart.com/ipod-ipad-iphone/parental-control-resources/

Parental Controls on iDevices
http://support.apple.com/kb/hl4213 – set restrictions in general settings on an iPhone or iPod touch. I have set a few of these restrictions on my daughter’s iPod but not all of them.
http://www.mobiclip.com/ – purchase an app that allows you to use an alternate web browser and choose from levels of restriction (i.e. elementary, middle school, high school)
http://knol.google.com/k/how-to-setup-parental-controls-on-iphone-ipod-touch-ipad-3rd-and-later-editions – summary of previous two links in one location, also includes link to similar instructions for iPad and other iOS versions.
http://support.apple.com/kb/hl1904 – set parental controls in iTunes on a computer

Parental Controls on the MAC
http://macs.about.com/od/switchersnewusers/ss/parentalcontrol.htm

Carolyn Perlini and Renee Byrne-King (Acting Assistant Principals)

Practical Parenting Advice by Michael Grose

Helping kids deal with rejection

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.

Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Paradoxically, children’s experience of rejection and disappointment at school is good for them, as long as it’s balanced with successful experiences too. They learn that they can cope and solve problems in their own way and that bad experiences don’t last forever. And they learn that sadness and disappointment can be managed too, which is an important lesson to learn when they take to adolescence and beyond, when life is full of ups and downs.

To help children handle rejection and disappointment try the following four strategies:

1. Model optimism. Watch how you present the world to children, as they will pick up your view.
2. Tell children how you handle disappointment and rejection. Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.
3. Help children recognise times in the past when they bounced back from disappointment. Help them recognise those same strategies can be used again.
4. Laugh together. Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

The stronger the wind the stronger the trees is the notion here. Supporting kids to handle life’s hurdles helps them to develop a lasting sense of resilience, which is essential for good mental and emotional health.

Carolyn Perlini and Renee Byrne-King (Acting Assistant Principals)

Swimming News

Swimming training is progressing really well with all of the swimmers showing improvement. Thanks for your enthusiasm!

Parent help is still needed for our school carnival.

Please put your name on the school office whiteboard. Many thanks to the parents who have offered their support already.

Training for the Interschool Team will still be on Monday, 23rd March after our own school carnival.

We need to work on team spirit.

Swimming Faction Carnival
Monday, 23rd March 2015
9.30am-12.30pm at Bayswater Waves

WINTER UNIFORMS - TERM 2

Students are expected to be in full winter uniform at the commencement of Term 2. Winter Uniform Pick Up Day will be Friday, 20th March 2015 - School Hall 8.00-9.00am.

Book club orders are due back to school Thursday, 12th March. Please put your order form and correct payment in an envelope and return to your class teacher or the office.

SCHOOL AWARDS - to be presented at assembly on Friday

Principal Award

Pre Primary
Matthew Murdoch
Year 1
James Korril
Year 2
Jaxon Murdoch
Year 3
Stefanie Scott
Year 4
Kayla Lim
Year 5
Max Austin
Year 6
Nathan Le

Teacher Award

Pre Primary
Maria Syyolap
Year 1
Evie Stewart
Year 2
Isla Baptista
Year 3
Hamish Elder
Year 4
Jaxon Merrin
Year 5
Myles Brown
Year 6
Grace Wotjowicz

Author visit

Last Wednesday the Year 3 and 5 classes were lucky enough to have workshop sessions with a local author, Raewyn Caisley. She gave the students lots of hints about writing narrative and persuasive texts. I’m sure this will help them when it comes to NAPLAN this year. Here are some comments from the students involved:

Raewyn is nice and teaches us a lot about writing. She is a great writer who does lots of books like Aussie Nibbles. She is fun and we learnt a lot about writing and planning. She taught us how to do narratives and persuasive arguments. She taught us how to use lots of words that fit in instead of others. She taught us the Cheeseburger and Meat Burger. She’s a fun and creative writer. We loved what she taught us, she did it in a fun way for us to learn.

We learnt faster and quicker than we would have if we’d have her here. We wouldn’t have learnt that well and fast. Lucia Grondal - Year 3

Raewyn is AWESOME!! She told us about narratives, a trick for writing and chicken feet Mmm!

It was great. My favourite book was Hello from Nowhere! I learned lots. It was just what I said: “AWESOME!!” Leonardo Farinola - Year 3

I really enjoyed the session our class had with the children’s book author Raewyn Caisley. My favourite part was when we did the mind map about why martians should be banned from swimming pools. Everyone’s ideas were really funny and weird. I also liked when Jordi was the king and we had to persuade him that sticks are not good toys. Jordi was great as the king. I found it inspiring that she made a positive book about something negative that happened to her.

Mia Spanjich - Year 3

Mrs Sue Goss (Teacher Librarian)

Mia Spanjich - Year 3

CANTENEEN (0422-7945) - Please ensure to order from the new summer menu. Sushi orders MUST be paid on Monday to receive Sushi on Wednesday.

ATTACHMENTS

- P&F Easter Raffle
- P&F Sponsorship Proposal School Fete (School website)
- School Canteen - New Menu Items
- Andrew Fuller: Leader in Action
- YMCA Vacation Care April 2015
- YMCA Gumtree Enrolment Form
YMCA Sacred Heart Before School Care trial is going for a further two weeks with the hope of an increase in bookings. At the moment we are averaging about 5 children per morning. It is strongly encourage that if you want the program to continue running please book in for a couple of extra mornings per week to increase those numbers. We are looking at about 8 children to keep the program running. All it will take is a few extra bookings each day to keep the program which we really hope to see. Our Before School Care Program runs from 7am and is $17 for a permanent booking and $19 for a casual booking. For more information please contact us at 0458988083 or email us at sacredheartperth.oshc@ymca.org.au.

The Vacation Care for April 2015 holidays is out now. YMCA Sacred Heart does not run Vacation care at Sacred Heart but will run the program at Gumtrees YMCA. Please refer to the flyers for more information and contact the supervisor directly at YMCA Gumtrees for more information if needed.

<table>
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<th>COMMUNITY</th>
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| **Dads Raising Teenage Boys**  
Monday, 30th March 6.30-9pm  
22 Southport Street, West Leederville. $25.00  
Raising teenage boys can be challenging but there can also be exceptional times of fun and closeness. The Dads Raising Teenage Boys workshop is designed to assist fathers and father figures navigate their way through the teen years so as to help build positive relationships and strong positive young men for the future. Further information please phone Relationships Australia 9489 6322. |

<table>
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<th>Notice of change to PFFWA Constitution</th>
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| The Parents and Friends Federation of Western Australia is proposing a minor change to their Constitution to alter the number of required general meetings each year from eight (8) to four (four). This change will be voted on at the Annual General Meeting on Wednesday 27th May.  
**Rationale for change:**  
1. The ability to communicate with Councillors between face-to-face meetings has become increasingly easier and more convenient.  
2. Councillors tend to be active on other committees within their school and community and one less meeting per term makes it easier for them to contribute to their other commitments.  
3. It assists both in time away from home and meeting the cost of travel for country-based Councillors.  
4. It still provides the ability to have more meetings should they be required.  
A detailed notice of the change can be accessed on our website, [www.pff.wa.edu.au](http://www.pff.wa.edu.au). Should you have any queries, please contact Shelley Hill, PFFWA Executive Officer on 9271 5909 or execoff@pff.wa.edu.au. |

Andrew Fuller presenting to parents at  
Perth College  
Monday, 16th March at 7.00 pm.  
A talk on Brain-based Learning for parents to bring them up-to-date on current research, and show them how they can be active partners with their children in their schooling to achieve positive outcomes. Please find attached an invitation to register for this event.

**Spikezone Volleyball Gala Day**

- **WHEN**  
  Saturday 14th March 2015  
  10am to 12pm.
- **WHERE**  
  Inner City Beach  
  (Volleyball WA Office)  
  180 Charles St  
  (cnr Charles & Vincent St),  
  West Perth.
- **COST**  
  $15 per athlete
- **NOMINATIONS CLOSE:** 12:00pm Thursday  
  12th March, 2015

Fun day of skills games and learning more about the sport of Beach Volleyball.

Dive around in the sand and get involved with this exciting new Primary School Volleyball concept Spikezone!!!

Bring your friends along or register individually

For further information & enquiries, please visit the Volleyball WA website  
[http://www.volleyballwa.com.au/?page_id=359](http://www.volleyballwa.com.au/?page_id=359) or contact Max Wason at the Volleyball WA office on 9228 8522 or email: wason@vball-wa.com.au
School Fete 2015: We are looking for some fabulous businesses who are interested in sponsoring our rides at the School Fete – whether you own or work for a business who is interested we’d love your support, with great marketing opportunities available, please contact Alysha Cass on alysha.cass@bigpond.com or refer to the attached Sponsorship Proposal.

Before School Care YMCA: This vital program is currently averaging around 5 children attending per day. In order to make the program viable and to ensure that it will keep running, we need to be averaging around 8 children attending per day. YMCA has kindly agreed to continue to trial the program for a further two weeks in the hope that bookings will increase. Please contact the Supervisor Sharon NG on 0458 988 083 or sacredheartperth.oshc@ymca.org.au for more details.

Easter Raffle: Donations are now being sought for the Easter Raffle, please drop your donations in the basket within your child’s classroom by Monday 30 March 2015. Refer to the attached for more info.

P&F Year Reps: There are currently no year representatives for Years 5 & 6, if you would like to nominate yourself please email the P&F at pandf@shpsh.wa.edu.au - the next meeting is on Wednesday 18 March.

Parents Sundowner: 7pm - 9pm Friday 27 March 2015. See attached for more info.

School banking: School Banking is on Tuesday morning from 8.30am in the school library, this is great way to introduce your children to the benefits of regular saving, they receive some great awards and the school is paid commission by the Commonwealth Bank on the deposits made.

School Fete Craft Group: We will once again be having a fabulous arts and crafts stall at the 2015 School Fete. Contact Danielle at trevndan@westnet.com.au for more details.

School Bags: Old style school back packs are available at $60 and new trolley bags (no school logo attached) are now available at $75. Please see the office staff if you would like to make a purchase.

2015 P&F Executive
Sacred Heart Primary School P&F Association’s

Easter Raffle

*** HEAPS OF PRIZES ***
**Only $2 per ticket **

Drawn Thursday 2nd April 2015 from 2.15pm at school

Our annual Easter Raffle is a very popular and exciting event for our children and this year there will be prizes galore!

We ask that you please support this event in the following two ways:

- Donate Easter-related items such as chocolate eggs, bunnies, toys, books, DVDs, etc (the more we receive the more chances for the children to win prizes.) Donated items are to be placed in the basket located in each classroom by Monday 30th March.

- Please Buy/Sell the 5 raffle tickets (total $10.00) that are printed on the right. Additional raffle tickets are available from the school foyer. Your Raffle ticket butts (please cut along the dotted lines) and money should be placed in an envelope and given to the Classroom Teacher or the school office by Monday 30th March.

The Easter Raffle will be drawn on the last day of term... Thursday 2nd April 2015.

Note: The donated Prizes and Raffle tickets/money should be sent in by the due date to allow volunteers to prepare the prizes in time for the big day.

Happy Easter

This is a Parents & Friends Association fundraising initiative. Thank you for your help in making this a success.
Exciting Canteen News

Please support our delicious homemade meals now available at no extra cost.

In the first few weeks of term Suzanne and Antoinette have been making healthy and fresh homemade meals. These have now replaced the products previously purchased from outside suppliers.

These meals are pictured (with the previously supplied products) and include Ham Hero Pizza, Macaroni Cheese, Pasta Twirls, Lasagna and Fried Rice. Gluten free, dairy free, vegetarian and egg free options are also available as Penne Bolognese and Fried Rice. The Bolognese Sauce and Fried Rice also includes extra fresh vegetables.

A new menu will be out shortly.
ANDREW FULLER: LEADER IN ACTION

With research increasing into how the brain functions, Clinical Psychologist, Andrew Fuller, is coming to Perth College to share the latest news and help students learn more effectively.

Described as an ‘interesting mixture of Billy Connolly, Tim Winton and Frasier Crane’ and as someone who ‘puts the heart back into psychology’, Andrew works with schools and communities across Australia and around the world, specialising in the wellbeing of young people and families. He is a Fellow of the Departments of Psychiatry, and Learning and Education Development, at the University of Melbourne.

Andrew has also written and co-authored many books (visit www.andrewfuller.com.au for more details) and his series of programmes to build resilience and emotional intelligence is used in schools in Britain and Australia.

He will conduct a talk for adults called Brain-based Learning for parents to bring them up-to-date on current research, and show them how they can be active partners with their children in their schooling to achieve positive outcomes.

Date: Monday 16 March 2015
Time: Commencing 7.00 pm
Where: Judith Cottier Theatre
Cost: $20
RSVP: www.trybooking.com/GXBC
# YMCA Outside School Hours Care

## ENROLMENT FORM

**YMCA Gumtrees OSHC**

### Your Child’s Details

<table>
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<tr>
<th>Child’s Name</th>
<th>Date of Birth</th>
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<tr>
<th>Gender</th>
<th>Centrelink CRN</th>
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<th>Address</th>
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<th>School</th>
<th>Year Level</th>
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### Is your child of Aboriginal or Torres Strait Islander descent? (No | Yes: Aboriginal | Yes: TSI)

### Have any court orders been made by a Court regarding your child? (Yes | No)

**If yes please provide copies of these orders to the Supervisor**

### Does your child require regular medication? (Yes | No)

### Does your child have known allergies? (Yes | No)

### Does your child suffer from asthma? (Yes | No)

### Has your child received all the recommended immunisations according to the NHMR? (Yes | No)

**If yes, a current Immunisation Record must be sighted by the Supervisor. If no, please explain below.**

### Does your child have any additional needs? (Yes | No)

**These can include learning and applying knowledge, communication, mobility, self care, interpersonal interactions. If yes please provide details below.**

### Are there any dietary requirements for your child for medical, cultural or religious reasons?

### Child’s home language and cultural background?

### For CCB purposes, does your child have any siblings currently enrolled in a different childcare service? (Yes | No)

### Is there any other relevant information staff should know about your child?

### I give permission for photos of my child to be taken by YMCA staff for centre displays, print and web marketing? (Yes | No)

### I give permission for my child to be transported to/from school/excursions if applicable. If no bus/van is available, I give permission for my child to be transported by staff members in private vehicles. (Yes | No)

### The information provided above is correct to the best of my knowledge. Parent Signature Date
# Vacation Care Program

## April 2015

### YMCA Gumtrees

Visit YMCA Gumtrees at Arramore Primary School, 22 Brethren St, Leederville to complete an enrolment form and meet the supervisor or visit our website [www.children.ymcaparth.org.au](http://www.children.ymcaparth.org.au)

The centre is open from 7.00am to 6.00pm, please ensure your child arrives by 9am so that they do not miss the excursion.

Call YMCA Gumtrees for more information on 0427 471 201.

### Cost + Inclusions

$60 per child, per day includes all excursion admission prices, activities, transport costs, nutritious morning and afternoon tea.

Childcare Benefit and Childcare Rebate fee reductions available.

### What to bring

Packed lunch, water bottle, hat, sun protective and weather proof clothing, safe enclosed footwear.

### Week 1

<table>
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<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Monday 6th April</td>
<td>CENTRE CLOSED - EASTER MONDAY</td>
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<tr>
<td>Tuesday 7th April</td>
<td>Incursion: Funky Sand Art</td>
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<td></td>
<td>Create a fun and colourful bottle with your choice of coloured sands.</td>
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<tr>
<td>Wednesday 8th April</td>
<td>Excursion: Merley Roller Drome</td>
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<td>Thursday 9th April</td>
<td>Excursion: High Flyers</td>
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<tr>
<td>Friday 10th April</td>
<td>Excursion: Reading Cinema Belmont &amp; Faulkner Volcano Park</td>
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### Week 2

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<th>Date</th>
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<tr>
<td>Monday 13th April</td>
<td>Excursion: Rotary Park</td>
</tr>
<tr>
<td>Tuesday 14th April</td>
<td>Incursion: Game Vault</td>
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<td>This is the ultimate experience, a multi-pliered gaming station.</td>
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<tr>
<td>Wednesday 15th April</td>
<td>Excursion: Nearer to Nature</td>
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<tr>
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<td>Sense-ational Scavenger Hunt - Explore and discover wonderful plants and animals found in some very special places.</td>
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<tr>
<td>Thursday 16th April</td>
<td>Excursion: Sizzler</td>
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<tr>
<td>Friday 17th April</td>
<td>Incursion: Rainbow Tie Dye Workshop</td>
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<td>Create bright and colourful patterns on your very own T-Shirt.</td>
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All YMCA programs are staffed by qualified, experienced childcare professionals with current National Police Clearances and Working with Children Checks.