Dear Parents and Carers,

Welcome to Week Three of our first Term together.

I chanced upon the following reflection recently and wondered if it might be useful to us all, as we continue in our 2016 season of Lent - I hope you enjoy it!

**FASTING AND FEASTING (DURING LENT)**

LENT should be more than a time of fasting. It should also be a joyous season of feasting.

- **LENT** is a time to fast from certain things and to feast on others.
- **It is a season in which we should:**
  - Fast from judging others...**feast on the Christ indwelling in them**.
  - Fast from emphasis on differences...**feast on the unity of all life**.
  - Fast from thoughts on illness...**feast on the healing power of God**.
  - Fast from words that pollute...**feast on phrases that purify**.
  - Fast from worry...**feast on trust**.
  - Fast from discontent...**feast on gratitude**.
  - Fast from suspicion...**feast on charitableness**.
  - Fast from self-concern...**feast on compassion for others**.
  - Fast from anger...**feast on patience**.
  - Fast from pessimism...**feast on optimism**.
  - Fast from complaining...**feast on appreciation**.
  - Fast from hostility...**feast on friendliness**.
  - Fast from personal anxiety...**feast on the power of God**.
  - Fast from idle gossip...**feast on silence or find a word of praise**.
  - Fast from shadows of sorrow...**feast on Christ’s glorious Resurrection**.
  - Fast from unremitting pressures...**feast on unceasing prayer**.
  - Fast from problems that overwhelm...**feast on prayer and confidence in God’s help**.

**Learning: What did I learn from my experiences today?**

As a staff, we’ve been very pleased with the way the children have responded to some of our 2016 initiatives, including remembering their Crunch&Sip® fruit or vegetables, and undertaking their Morning Fitness with enthusiasm and energy! Well done everyone. The decision to embrace the Health Department’s Crunch&Sip® was made by staff last year, whilst developing our Quality Improvement Plan,(QIP) to address the National Quality Standards (NQS) in the early years.

Crunch&Sip® break is a set break for students to eat fruit or salad vegetables and drink water in the classroom. Sacred Heart Primary School has introduced Crunch&Sip® to support students to establish healthy eating habits whilst at school.
FRUIT OR VEGETABLES AND WATER GUIDELINES

**Fruit**
- All fresh fruit is permitted (e.g. whole fruits, chopped melon)
- Fruit canned in water, juice or no added sugar is permitted (e.g. peach slices)
- Fruit canned with artificial sweeteners added is not permitted. Artificial sweeteners are not recommended for children.
- Dried fruit is permitted, although, fresh fruit or vegetables is the first choice, because dried fruit contains high concentration of natural sugar and it tends to cling to teeth, increasing risk of tooth decay (e.g. sultanas)

**Vegetables**
All fresh vegetables are permitted (e.g. celery, carrot sticks, broccoli bits etc.)

**Water**
Only plain water is to be consumed in the classroom.

**Foods not permitted at the designated Crunch&Sip® break**
- All other foods
- All other drinks (including waters with added vitamins, minerals, or carbonates) are not permitted including:
  - Fruit juice or fruit juice drink
  - Fruit cordial or mineral waters
  - Vegetable juices

**Engagement: How did I promote positive relationships with students/staff/parents today?**
Our first P and F Meeting for the year took place in the School Library last night - I was very pleased to see so many of our new parents join us, as we prepare for an exciting year together. The Class Representatives for each class were formalised, and I spoke of an “Induction Session” that we are keen to undertake, to ensure the keen volunteers to these roles are supported and have clarity about their contributions to our School Community. Special thanks to this year’s Executive for their hard work behind the scenes to ensure a full agenda and well run meeting - we look forward to some of the Sub-Committee work that is planned for the finalisation of the year’s calendar of events.

The Family Movie Night on Friday 26th February promises to be a great start to our new year as a School Community. The opportunity for us all to share fellowship, food and drink, as well as a good movie, promises to set a very positive and welcoming event to begin our year. Please ensure you have purchased/booked your tickets by next Wednesday 24th February.

Special thanks to our P and F Executive and committee members for their work in organising our gathering - I hope to see many of you on the night!

Accompanying today’s Newsletter, will be the distribution of our school’s Draft Strategic Plan, with the call for comment from the School Community around this work, before final publishing, this month. This work is representative of a collaboration, and many hours of work. I invite all parents to take the opportunity to comment.

**Accountability- How did I take responsibility for my work quality today?**
Wednesday evening saw the first School Board Meeting for 2016, take place, and prior to this, the election of the 2016 Office bearers was conducted. Congratulations to all.

The 2016 Sacred Heart Primary School Board members are :-
- Mr Steven Brown -Chairman
- Mr Andrew Sullivan -Treasurer
- Mr Trevor Hope -Secretary
- Ms Angela Elder
- Mr Dean Grondal
- Mr Allan Campbell
- Mrs Margaret Boulger- Parish Council Nominee
This year’s new School Board members will undertake the CEWA School Board Inservice, to ensure members have clarity and support around their role within the school.

The Place of the School Board in Catholic Schools

The work of the School Board takes place within the context of the work of the Catholic Church, educating its young people in the Catholic faith and for full participation in society. Key principles underpinning this are partnership and service.

Role of the School Board in a Catholic School

The School Board is responsible to the Conference of Bishops through CEWA for planning, the financial management of the School, and to provide advice on policy formation.

The overall role of the Board is to help the school fulfil its educational responsibilities in accordance with the constitution, the policies, guidelines and practices of CEWA and diocesan guidelines.

Although the Board has no authority in the internal operation of the school, it is a legitimate function of the Board to provide an advisory service to the Principal and staff with respect to policy formation and review. In carrying out this role, the Board is advisory, rather than operational or administrative. The Board’s sole connection to the operation of the school, is through the Principal.

The 2016 Annual School Fees Statements will be posted to all families on Monday 22nd February. All parents are asked to indicate their preferred payment options. These options must be indicated in writing by 3rd March.

Discipleship - How did I live out the teachings of Jesus today?

Jesus told us not to babble on with our prayers as did the Pharisees of His time, but to pray sincerely to God in our hearts. He told us not to make a fuss when giving money or goods or to seek public acknowledgement but to give unseen, except by God. As for fasting; we are told not to make declarations about what we do, not to look gloomy about it, otherwise we are doing it simply for acclaim from others.

It’s a sobering thought to realise that if we “give up” things such as T.V. watching, alcohol, etc, we are “giving up” things that most people in the world have never had at all. So what are the things that are really meaningful to us; our time, given fully to assist people in need; our pride, through an act of long overdue reconciliation with another person; some finance, earmarked for an unnecessary luxury item but now given to an aid organisation that provides basic food items to the dispossessed? So how will I, this coming Lent, renew my Christian commitment and express through my life, Christ’s message of love, care and forgiveness?

In closing, can I ask for special prayers during our Lenten season, as we acknowledge a world filled with people less fortunate than we are. As parents, the best teachings for our children are grounded in our actions - what will your family commit to during these next forty days?

Many thanks and God Bless,

Mrs Tanya McGuire
Principal
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://web.shpsh.wa.edu.au/pdf/policies/policies_uniforms.pdf

Project Compassion Boxes 2016
Project Compassion 2016 celebrates the power of learning, and the many ways in which Caritas Australia is working with local partners around the world to provide vital learning and renewed hope to children, women and men in most vulnerable to extreme poverty and injustice. Week 1 of the Caritas Lenten calendar features Doney’s story. Doney is a quiet and humble woman, but thanks to an innovative program supported by Caritas Australia, she’s creating big changes - in her life and in her village. Malawi in East Africa is one of the poorest countries in the world. Most people rely on farming small plots of land to produce food to feed their families. But many, like Doney and her family, have often gone months without enough food to eat. Yet, when Caritas Australia and the local Caritas, CADECOM (the Catholic Development Commission in Malawi), began working in Doney’s remote village, they saw beyond the community’s challenges. Together they identified the community’s strengths, and each family created their vision for a healthier, more sustainable future. Doney’s passion for education was recognised as a strength of the community, so she received training as an Adult Literacy Facilitator through the CADECOM program, and is now teaching adults in her village.

These days, the people of Doney’s village have access to clean drinking water, flourishing crops and are building their knowledge to create a better future. "My life has been transformed," smiles Doney.

Carolyn Perlini and Renee Byrne-King (Assistant Principals)

SCHOOL NEWS

IMPORTANT SCHOOL DATES

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<tr>
<th>Month</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Feb</td>
<td>24</td>
<td>Year 2 Class Liturgy 9am Church</td>
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<td>26</td>
<td>P&amp;F Event Agenda Session - 7pm Library</td>
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<td>29</td>
<td>Swimming Carnival - Bayswater Waves 9.30am</td>
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<td>Mar</td>
<td>7</td>
<td>Labour Day - Public Holiday - School Closed</td>
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<td></td>
<td>9</td>
<td>Year 4 Class Mass 9am</td>
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<td>14</td>
<td>Parent Interviews</td>
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Year 2 Class Liturgy
On Wednesday, the 24th of February, the Year 2s will celebrate their class liturgy in the Sacred Heart Church, beginning at 9am. This liturgy will be celebrated by Fr Irek. The Lower Cluster students (Pre-Primary to Year 2) will be in attendance. We welcome the Year 2 parents, as well as other parents and members of our school community, to attend this special celebration on Friendship.

Carolyn Perlini and Renee Byrne-King (Assistant Principals)

Year 4 MacBook Air Workshop for Parents
The Year 4 Parent MacBook workshop for this Monday has been rescheduled to Monday 29th February, to allow parents more time to make arrangements to attend. Thank you for your feedback through the survey provided and for your support with this matter. It is much appreciated. We look forward to seeing you on Monday 29th February at 6.00pm.

Carolyn Perlini and Renee Byrne-King (Assistant Principals)

Crunch ‘n’ Sip
Our school is committed to improving children’s health through education and by supporting the Department of Health’s Crunch & Sip® initiative. Crunch & Sip® is a set break for students to eat fruit or salad vegetables and drink water in the classroom.

We invite you to support your child to participate in Crunch & Sip® by providing a clean water bottle to sit on the desk and a piece of fruit or vegetable each day for Crunch & Sip®. Research has shown that drinking water and eating fruit and vegetables is essential for good health and can help concentration throughout the day.

Crunch & Sip® has started at Sacred Heart and the children are responding with great enthusiasm. Please remember to send suitable fruit/vegetable and a small clear plastic water bottle. You may also like to visit the Crunch & Sip® website at: www.crunchandsip.com.au

Thank you for your support.

Carolyn Perlini and Renee Byrne-King (Assistant Principals)

Soundwaves Focus
Week 4 - Next week’s sound is...

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<tr>
<th>Sound</th>
<th>Description</th>
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<tr>
<td>/k/</td>
<td>is like a little cough and is a quiet sound.</td>
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</table>
| /g/    | turn your voice on for a quiet /k/.

Tips for Kids
If you are saying /g/, turn your voice on for a quiet /k/.
Make the back of your tongue do the work.

If you are saying /g/, turn your voice on for a quiet /k/.
If you are saying /k/, use the back of your tongue instead of the front.

Carolyn Perlini and Renee Byrne-King (Assistant Principals)

School Fees Charges and Business Arrangement Statements
Annual School Fee Statements will be mailed during the week commencing 22 February 2016. Families will be requested to commit to a definitive payment plan via a Direct Debit Service Agreement. This Agreement will accompany your Fee Statement.

There will be 4 payment options available to suit your family needs. The Payment Request Form and accompanying Direct Debit Service Agreement will need to be completed, signed and returned to the office by no later than 3 March 2016.

Should you not be in a position to commit to a definitive payment plan please endeavour to make an appointment to discuss your circumstances with Mrs Tanya McGuire by no later than the 1 March 2016.

Mrs Linda Robertson (Finance Officer)
Engaging Hearts and Mind - Whole School Initiative

As part of the whole school Social Skills initiative, we have been learning about and practising Active Listening. The children are learning that we use our whole bodies to listen effectively. They have participated in discussions and activities that highlight the importance of listening to others. Together we created a ‘Y’ chart that displays what it looks, feels and sounds like to be an Active Listener. In Year One, we call them our magic words, because the effect that the words Active Listening have are truly amazing!

Mrs Emma McHardie (Year One Teacher)
**SCHOOL NEWS**

**SWIMMING CARNIVAL - Years 3 to 6 ONLY**
Monday 29th February
Bayswater Waves 9.30am–12.30pm
A note regarding the Carnival was sent home last week.

**SWIMMING TRAINING 2016 Beatty Park**
Monday afternoon 3.15pm–4.30pm
Friday morning 7.30am–8am
This is for children in Years 3 to 6 ONLY this year.
Children who can already swim 25 metres and wish to become 50 metre swimmers are encouraged to attend. This is not a beginner swimming lesson.
Andy, our coach, is working on stroke technique, endurance and performing a racing dive.
Mrs Stephanie Alderman (Physical Education Teacher)

**FULL FAMILY DETAILS**
Today all families will receive a letter requesting to check their family details that have been provided to the school. It is extremely important that the school has all up to date information from parents.

Please check all details and return the form to the school office by Wednesday, 24th February.

**Birthdays**
We fully understand that birthdays are a very special time for our students. Birthdays will be celebrated in the classroom with a song and each student will also be recognised at our school assembly.

In keeping with the school’s aim to promote healthy eating and lifestyle, birthday cakes, lolly bags and treats are no longer permitted to be distributed at school. Likewise, birthday invitations remain the responsibility of the parent. Please use the class contact list, which will be available from your child's class P & F representative to contact families regarding parties or other celebrations. We thank you for your understanding with this matter and your support for this school policy. Any questions regarding this school policy, can be directed to the school principal, Tanya McGuire.

Carolyn Perlini and Renee Byrne-King (Assistant Principals)

**CANTEEN**
9422-7945
Parents please take note to order from the current Summer Canteen Menu, available at school reception and from the school website at:

Prices have changed from last year.
Thank you for your co-operation.

**Weekend Gospel**
brought to you by The Kids Bulletin @
https://thekidsbulletin.files.wordpress.com

**P&F Movie Night Flyer**

**Student Absences/Lateness**
When a student is absent from school parents are required to:
- Contact the school office explaining WHY their child is absent. (Parents can also inform the class teacher if they wish).
- Send a note to the class teacher when their child returns to school explaining WHY their child was absent.

All students who arrive LATE to school (after 8.45am) MUST be signed in at the school office reception.

**IMPORTANT**
Parents are requested to inform the school if their child suffers from an allergy (including from bandaids) or any other medical conditions such as Asthma that staff need to be aware of.

Please inform the school office in writing with any details regarding your child including medication and a medical action plan provided by your doctor.

Please provide any student medication (ie. Asthma Ventolin & Spacer, Epipen, antihistamines) to the class teacher as soon as possible to prepare for any emergency.

**Deliveries for students**
If parents need to deliver any items to their child ie. recess/lunch/books/hat etc., it is requested these items be left with the office staff at reception. Thank you for your co-operation.

**PICK and DRIVE After School Pick up**
Around the streets of Sacred Heart there is limited parking. Because of this a Pick Up and Drive area in the front car park (Mary Street) after school has been set up. If you would like to register for Pick Up and Drive, forms are available from the school office foyer or the school website at:

Please return the completed form to the school office. Families who have already registered please place your family name sign on the dashboard of your car so that the teacher on duty can direct children to vehicles.

**UNIFORM SHOP** - Open Fridays 8-9am.
For more information and phone orders please call Vilma Spence on 9271 4479. Order forms are available from the school office or the school website at:

**SCHOOL GATES & SAFETY AT SCHOOL**
Gates are opened at the following times:
8.15 to 9.00am and 2.50 to 3.20pm
Please note during the above times the school gate on Harold Street, near the oval, needs to be pushed open in order to enter. (the gate will always be closed, there is no need to press the bell for assistance.)
Parents are reminded that there is NO child supervision provided to students who arrive at the school before 8.15am. Students dropped off before this time will need to come into the school from Mary Street. Students are not to be dropped off and left unsupervised by parents outside the supervision hours as it can be dangerous and unsafe.

On Tuesday the Year 5 class along with some lucky siblings took part in an “Ultimate Training Session” at Domain Stadium thanks to Hawaiian’s The Mezz shopping centre. The kids did some goal kicking in an “Ultimate Training Session” at Domain Stadium thanks to Hawaiian’s The Mezz shopping centre. The kids did some goal kicking and drills with Eagles players Xavier Ellis and Kurt Mutimer and got a tour of the team’s facilities including the brand-new gym, with Brownlow medallist Matt Priddis. Despite the heat everyone had a fantastic time! Photos can be viewed at:

**ATTACHMENTS**
- Draft School Strategic Plan
- P&F Movie Night Flyer
P&F

Welcome back to all students and families. The Sacred Heart P&F Association is an important part of our school community and we encourage you to get involved. We aim to enhance our children’s school experiences and opportunities, and build community at Sacred Heart. The P&F does this through events and programs such as the School Banking Program, school celebrations for Mother’s and Father’s Day, family friendly events, fundraisers and much more.

All parents are encouraged to be part of the P&F and come along to our monthly meetings and help out with P&F activities throughout the year. Getting involved in the P&F is a great way to get to know other parents in the school and to make new friends. We have monthly meetings in the School Library. The P&F has Class Representatives, they have the role of communicating P&F news to parents in their year, and providing feedback to the P&F. Being a Class Rep is a relatively easy task and several parents can share the role for each class. Please give it some thought and please contact me (Andrew) on 0438 861 669 if you’d like more information.

P&F monthly meetings are open to all, and they are fun and informative…so please give it some thought. (You don’t have to come to every meeting). Items can be added to the P&F’s meeting agenda by contacting the Secretary, Yvette Keys on yvettekeys@bigpond.com.

In 2016 we have a new executive team for the P&F. They are Kathryn Bond and Danielle Darragh (joint Vice-Presidents), Yvette Keys (Secretary), Anita Pavic (Treasurer). You can now spot them at school with the photos below.

Finally, I hope you and your families can make the Family Movie Night to be held on Friday 26th February to welcome everyone back with a family picnic and feature film Big Hero 6.

Regards, and peace,
Andrew Del Marco (president)
Mob 0438 861 669 delmarco@iinet.net.au

2016 P&F Executive Team

Andrew Del Marco
President

Kathryn Bond
Vice President

Danielle Darragh
Vice President

Yvette Keys
Secretary

Anita Pavic
Treasurer

School Banking 2016 - every Tuesday in the School Hall
The Commonwealth School Banking Program is held every Tuesday morning from 8.30-9.00am and we have relocated this year to the School Hall. To all new and existing families who are keen to join, please feel free to open a Youthsaver account at any Commonwealth Bank for your child. Remember to take your child's full Birth Certificate and your Driver's License or Passport with you. Once you have the account details, visit us in the hall on Tuesday morning and we can join your child up to the program. This is a great way to introduce your children to the benefits of regular saving. If you would like to know more or have any questions, please contact our School Banking Co-ordinator Julianne Davidson (juliannedavidson@iinet.net.au)

Don’t forget to book your Movie Night tickets for next Friday and place your pizza orders ASAP. The order form has been adjusted to include a Ham and Cheese pizza. We need all pizza orders in by Wednesday 24th February to collate final numbers. Don’t miss out!

Attention Parents
The P & F are calling for all interested parents to partake in our 2016 P & F event agenda brainstorming evening facilitated by a sub-group of the Sacred Heart P & F. We will be meeting on Wednesday 24th February at 7pm in the School Library to discuss possible events to engage our Sacred Heart community in 2016. Please contact Nerissa Richardson via email vintagewai@photobooth.net.au with any questions, or to lodge your interest and attendance on this evening. We hope to see many parents come along to this evening!
COMMUNITY

John XXIII College - Open Day
Saturday 12th March 9am to 12pm
Students will proudly tell you about the facilities, programs and opportunities which exist at this very successful Catholic, co-educational college. Tours every half hour from 9-11.30am. For enrolment enquiries please call 9383-0400.

T20 Blast Coolbinia needs you! Aged 7 to 12y.o.
Bat, bowl and field like your favourite Perth Scorches and even wear their name and number on the back of your shirt!
FREE Come and Try session - Friday, 19th February
Coolbinia Reserve 5pm
Contact Sam Devine 0411056598 or sam.devine@waca.com.au
Visit playcricket.com.au to find out more…. All kids receive a Bonus Player Pack when they register.

Parent-Child Connection
9th March x 4 weeks 6.30-9pm $50pp/$75 per couple
Raising children should be one of life’s greatest experiences, but as any parent knows, it is not an easy task. People with children under ten are invited to this four-week course to learn new skills, feel better about their parenting and gain confidence.

Successful Single Parenting
30th March – 6.30-9pm $25
People become single parents through a range of life choices and circumstances. Parenting alone is different in many ways compared to a two parent household and can have its difficulties and challenges. Whatever the challenges it is important to live your life in ways that shows your children you are happy. This will help them accept and value their lifestyle. If you are a single parent and are through that initial break-up stage this course will provide strategies that will help you develop a close and special relationship with your child.

Understanding Stepfamily Relationships
1st, 2nd, 3rd April - $75pp/$120 per couple.
Stepfamilies and blended families operate in a different way to intact biological families. The dynamics of a stepfamily are more complex and there is a need for special understanding and management from both biological and stepparents working together for a healthy stepfamily growth to happen.

For further information please 6164 0200.

We are currently offering a 30% early booking discount which is available to all participants who book by Sunday 6 March 2016. After 6 March, siblings always receive a 20% discount and other discounts are available for groups depending on the number of participants. Further information can be found on our website https://australiansportscamps.com.au or by contacting...