WEEKLY REFLECTION

How to say ‘thank you’

I picked up a book recently drawn by its quirky title: Adulting: How to become an adult in 468 easy(ish) ways (written by Kelly Williams Brown). Even though I am out of the age range of the intended audience by about three decades, I thought I might learn some things. I did, like “How to write a Thank you note”. The formula went as follows:

1. Focus on the other person, i.e. begin ‘You…’
2. List great aspects of the present/action/gift for which you are thanking them.
3. End with the ‘Thank you…’

Notice how the ‘Thank you’ came at the end of the note, not the beginning. We need to actually revel in the good qualities of something before we can express thanks. Thanking too soon can cut short our chance to really appreciate what we have received but taking the time to linger in the enjoyment adds to our pleasure and the good feeling of the person receiving our note.

The same can apply to God. We all know that we ‘should’ be grateful but perhaps we have that sense of ‘should’ because we haven’t given ourselves the time to linger in enjoyment of the good things we have received. One of the integral parts of the Christian practice of Sunday was to take time to rest and enjoy. This is part of worship. No matter how energetic or committed we are, we need time to relax and take pleasure in just being. And when we have done this, we find that the words, “Thank you, God” just finish off nicely that time of joy.

Loving God, slow me down some time so that I have some time to slow down and enjoy the good things that have come my way. Let me fill up on the pleasure of these people and things so that ‘Thank you” rises freely from my spirit.

Sr Kym Harris osb

REMINDERS RE SCHOOL PROCEDURES AND PROTOCOLS
FOR SCHOOL ATTENDANCE

It is an expectation from the school that your child attends every day while school is in session. The expectations to this are if your child:

• is excused from daily attendance because they are sick or because there is another acceptable reason why they cannot attend
• is exempt from enrolment
• in extreme cases has been removed from school for a period of time
• has been placed on a part-time enrolment
If your child is going to be away from school for a short time (for example illness), please notify the school office as soon as possible to let them know that your child will be away from school and the reason for the absence. If your child is absent from school for three or more days because of illness, you may be requested to provide a medical certificate to the school.

If your child is going to be away for an extended period of time (more than a few days) please contact your child’s teacher to work out a learning program so that your child doesn’t fall behind. If your child is not at school and an acceptable reason has not been provided, the absence will be recorded as ‘unexplained’ and you will be contacted by the school. If your child is frequently absent from school, we will work with you to find ways of helping your child continue or resume their education.

You have a legal obligation to ensure that your child attends school each day as required and you can be prosecuted for unexplained prolonged absences of your child from school.

Your child may be excused from attending school if they are sick or have a medical condition that prevents them attending, or for any other reasonable reason such as bereavement. You may be asked to keep your child home from school if they have an infestation such as head lice, or suffer from an illness that is infectious, contagious or harmful to the health of others at the school.

If your child becomes ill or is injured at school, the office will contact you and seek the necessary medical attention. In the event of an emergency, your child will be moved to a safe place for appropriate care or treatment. In extreme cases this may be by ambulance or another form of transportation. It is therefore important for you to keep the school updated about any medical conditions or allergies that your child may have, and that you keep contact numbers for you and your doctor up to date. Immaculate Heart of Mary Catholic School keeps records of accidents and follows guidelines for dealing with them and removing any dangers.

**STUDENT FREE DAY**

Parents are advised that Friday October 25 will be a student free day at Immaculate Heart. Staff will be undertaking a series of spirituality workshops and professional development activities.

**VOLUNTEERS – POLICE CHECKS**

It is compulsory for any parent or person wishing to attend parent help, canteen, excursions and camps to have a current police check. There is no cost involved and a registration card will be issued allowing you to act in a volunteer capacity in any Catholic school. This card will then be current for 3 years.

Any parent with a current registration need not reapply. Police Check forms are available from the school office. Any parent attending the school for help etc are also required to sign the visitors register (in the school office) or arrival and departure.

**TEACHER ASSISTANTS**

At Immaculate Heart of Mary Catholic School, learning is strongly supported by teacher assistants. Their work is vital to the educational outcomes of our students. In many areas of our school they work closely with classroom and specialist teachers and other education professionals from the Tasmanian Catholic Education Office and outside agencies including
speech pathologists. They also engage with parents/carers to deliver specifically designed programs that are crucial to the learning of our students.

Sometimes their work is with individual students and sometimes with small groups. At other times they will be involved in making materials to support quality learning programs. At every stage, the work of our teacher assistants demands continued learning of new skills, responding to the needs of children and teachers, and the building of positive and caring relationships with students. This is the key!

The hard work of these colleagues cannot be overstated. They are the backbone of our school. Thank you to Mrs Parodi, Mrs Respondek, Mrs Heynes, Miss Westwood and Mrs Askey-Doran. Without you, our students’ education would be a far poorer experience.

Cameron Brown
Principal

CROSS COUNTRY CARNIVAL

Last Thursday at Cornelian Bay our Prep to Grade Six classes competed in our school Cross Country Carnival. All students participated well and really enjoyed the occasion. Many thanks to all the wonderful parents who helped out on the day and special mention to our generous Parents and Friends Association for providing the tarps to sit on and organising a marquee.

Our Grade Three to Six House competition results were as follows:

Xavier House- 81 points
Julian House-71 points
Quinlan House-59 points
Delany House- 36 points

A team of students from Grades Three to Six have been selected to compete at the Catholic Schools Cross Country carnival on Friday 20th September at the Rokeby Police Academy. We wish them well when representing the school.

Eric Monaghan
Sports’ Co-ordinator

SCHOOL FUNDRAISER

Coming home this week is a bundle of toy fundraising catalogues – Educational Experience, Parent Direct and Chalk. By ordering from the Fundraising catalogues the school will receive 20% of sales to spend on educational resources from Australia’s leading educational suppliers.

If you would like to purchase from the catalogues, simply complete the order forms in the middle of the catalogues and return it to us with your payment. Your orders will then be individually packaged and labelled and sent to us for you to collect from school. Order forms are due back to school by 18th October 2013.

Thank you for your support
Meg Kitchen
Teacher/ Catalogue Co-ordinator
TERM 3 CALENDAR OF EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday September 20</td>
<td>Catholic Cross Country Carnival</td>
</tr>
<tr>
<td>Tuesday September 24</td>
<td>End of Term Music Assembly 1.50pm</td>
</tr>
<tr>
<td>Friday 27 September</td>
<td>Footy Colours Day</td>
</tr>
<tr>
<td></td>
<td>Term Three Concludes</td>
</tr>
</tbody>
</table>

SACRAMENTS OF INITIATION FOR CHILDREN

This process, consisting of the Rite of Reconciliation and the Sacraments of Confirmation and First Eucharist will commence shortly. If you feel that your child is ready for these Sacraments, please contact the Cathedral Office for the required information. The process is for children of families belonging to the Cathedral Parish and ideally the children should be Gr 3 or higher as of 2014. Applications for this year will close Monday September 30  
- cathedraloffice@bigpond.com or 6234 4463

ST THERESE’S SCHOOL FAIR  
SUNDAY 15TH SEPTEMBER  
10AM - 2PM

All are welcome to come and join us at our Fair on Sunday 15th Sept. Lots of exciting stalls and entertainment are on offer - jumping castle, disco, merry go round, school choir, SVC school band. Chocolate wheel with great prizes – BBQ electrical goods, meat trays, hampers, vouchers etc. Stalls - cakes, craft, food, plants, books, devonshire tea and more.
Well this term is flying by and we have had some wonderful events put on by the P & F.

At the start of the term we held a Disco. An amazing number of children and parents came to the Disco to support it. A face painter and balloon maker from Face the Paints was a huge highlight to the children as well as the DJ. We would like to thank everyone that was involved and participated in making the event such a successful one. We are hoping to put a Disco on for Christmas and would love to see as many people there as we can.

Mrs. Webster asked the P & F to assist her with the Book Fair which was held during Book Week. We were delighted with the help and would like to thank the following volunteers in assisting us: Tanya Keating, Lisa Gibson, Rebecca Davie, Cindy Askey-Doran, Helen Crawford, Sam Ransley, and of course the P & F Association.

This term the P & F purchased an iPad for the Library; this will be a great asset for the Library and the children. We also purchased a marquee, a flag and a banner for the school.

We held our annual Fathers Day Stall, the children absolutely love coming to the stall and purchasing something little for Dad, a Grandparent or a friend. A big thank you to all parents who contributed to the Fathers Day Stall, the children from Grade 6 who helped wrap and man the stalls and the volunteers who wrapped the presents and supervised the stall on the day.

We will have two more events this term, one being the Footy Theme Day. This will be held on the last day of term. The P & F will send a notice out about this. You may wear your favourite footy colours on this day, there will be a sausage sizzle and all profits of this day will be donated to a local charity.

We will hold our regular Cake Stall on Monday 16th September. In anticipation we thank everyone who donates a cake etc. to our stall. Please remember that you must label your product and they should not contain cream or nuts. You can donate local fresh produce to the stall as this keeps us within our line of Move Well Eat Well.

The P & F Association thanks everyone who supports us in any way. There will be a meeting early Term 4. Please come along, we would love to see new faces.

Susan McLeod & Tara Devine
Co - Presidents
Centacare Tasmania
is presenting a course for parents on

**Parenting Adolescents with Understanding Sensitivity & Engagement**

**When:**
- Thursday 31 October 2013
- Thursday 7 November 2013
- Thursday 14 November 2013
- Thursday 21 November 2013
- Thursday 28 November 2013

**Time:**
10:00 am to 1:00 pm

**Where:**
Centacare Meeting Room
35 Tower Road New Town

**What Will be Covered**
- Understanding adolescence a time of new understanding, social challenges and changing body images
- Understanding your job as a parent of a teenager—observer, advisor, negotiator, director
- Asking the question—is it serious?
- What’s worth reacting to and what’s not...
- How to hold the difficult conversations more successfully

**Registration Fee**
- $30 per person for the course or
- $40 per couple for the course
- $20 Health Care Card Concession

For more information about this course and to register please contact Dianna on 6278 1660 or e-mail your enquiry to centacare.hobart@aohtas.org.au

**Registrations close 18 October, 2013**