EMOTIONAL SENSITIVITY

Earlier this week I watched a video clip that has gone viral. In it we see a mother singing a sad song to her baby who, while not understanding the words, certainly understands the emotion in the mother's voice, and weeps. I sent the link to my sister-in-law who emailed back within two minutes. She had started playing it when her two year old told her to 'stop the email. It is too sad.' We live in a sea of emotion and, too often, our children pick up on the feelings that are swirling around them without understanding their meanings. It is part of our responsibility of care and love towards them to help them navigate these seas.

Emotions are an integral part of our humanity and are a gift from God to us. Through them, we are connected to each other and to the world around us. In a very real sense, they can be a sign, and even an experience, of the Holy Spirit of God in our lives. But our emotions can also cripple us or be used to attack or negatively influence other people. The challenge is to discover how to use them well in our lives. This is one of the fundamental roles of prayer in our lives. In some forms of prayer, we sit with God and use how we feel as the connection between us. We tell God how sad or happy or confused we feel, then sit quietly and listen for God’s answer. This won’t come in words but rather as a clarification of how we feel and how we should react in the situation that is causing our emotions. As we learn to be more sensitive to and understand better our own emotions, we will learn the skills to help our children do the same.

_Loving God, you have created me with a variety of emotions that often seem like baffling forces within me. Send me the wisdom of your Spirit that I might use my emotions to grow in love. I ask this in Jesus’ name, confident that you will hear me._

Sr Kym Harris osb

SCHOOL CAMPS

School camps are considered an essential element of the Immaculate Heart of Mary Catholic School curriculum. Camps are held annually for Grade 4 – 6 students as part of the Outdoor Education Program. A particular duty of care exists when on school camp and this differs from that which exists on school premises. Through the careful and detailed planning of teachers, students are given the opportunity to experience living away from the school and home environment in a way that teaches them the value of co-operative group work, the need to develop an awareness of God in their lives and the skills necessary to live in different environments.

Listed below are some of our major aims and goals for our Outdoor Education Program

- The development of character building with a strong Christian emphasis
- The development of an appreciation of the wonders of the world
- The development of skills to facilitate co-operative learning
• Linking all areas of the curriculum and, in particular, links to Religious Education, Science and History and Geography
• To provide all children with the opportunity to participate in a sequential camping program
• To provide shared class experiences and a sense of group cohesiveness.
• To reinforce and extend classroom learning
• To provide a program that delivers skills and knowledge that may lead to a lifelong involvement in worthwhile leisure pursuits
• To provide a program that promotes self-esteem, resourcefulness, independence, leadership, judgement, cooperation and tolerance

Recently our Grade 4 students returned from a successful camp to Gumleaves and our Grade 6 students spent last week at Camp Clayton, Ulverstone. Our students participated and behaved extremely well during both of these camps. I would like to acknowledge the efforts of Mr Monaghan and Mrs Keele (Grade 4 Camp) and Mrs Kelly (Grade 6 Camp) for the thoughtful planning and coordination of wonderfully successful camps and activities.

Additionally I would also like to thank the following parents for their fantastic assistance on camp and for generously giving up their own personal time to help our students and teachers.

Grade 4 Camp
Lisa Gibson, Cathy Saward, Tess Brinton, Julian Gill, Nick McLeod, James Casey, Filippo DeCesare & Brendan Lietz

Grade 6 Camp
Catherine Dale, Cathy Saward, Jason Vinen, Jane Clark & Richard Pears

NEW SCHOOL WEBSITE
Recently we have updated our school website. We are thrilled with the overall end result and encourage all families to make themselves familiar with a lot of the new changes and initiatives - www.ihms.tas.edu.au

IMPORTANT INFORMATION RE LAST DAY OF SCHOOL
Parents/Carers and students, please note we will finish school at the earlier time of 12.00pm on the last day of the school year, after the completion of our end of year assembly (Thursday, 19th December). The afternoon on this day will be spent undertaking a number of logistical requirements and movements as part of our 2013/2014 building program.

The end of year assembly signifies the end of formal schooling as such for 2013, and as is the custom of many of our Catholic Primary schools, we are asking if families can make arrangements to pick up their children at the conclusion of our final assembly. We appreciate your support in accommodating this request.

Please note that we understand that this may not be possible for some families and the remaining students at school will be fully supervised for the afternoon if arrangements cannot be made to pick up children at the earlier time. Please let us know if this is the case.
POEM
I came across this poem recently which I thought was worth sharing with everyone.

There are lots of things wrong with Australia today,
And I’d like to have something to say if I may.
You know that, forsooth, our problem with youth,
Untidy, ill mannered, untamed and uncouth,
Is the fact that their home life is so often unstable
And it’s all for the lack of a kitchen table.

Remember how once we would sit down as one,
And Dad would say grace when the carving was done.
Our own serviettes from our own special rings,
And we all knew our manners and etiquette things.
Then our elders would tell us of custom and fable,
When we all sat about at our kitchen table.

Now they’re building new mansions with four car garages.
Our working lives mortgaged to interest and charges.
There’s less time at home for the tea to be made,
And it’s seldom today that a table is laid.
There’s room after room under gable and gable,
But there’s not enough room for a kitchen table.

At weekends the parents are chauffeurs unpaid,
No wonder they’re tired and their tempers are frayed.
As they ferry their broods to arenas of sport,
Where the culture of winning’s intensively taught,
And there’s more on the tele both free and by cable,
So there’s no room for talk around the kitchen table.

Karl Marx called religion the drug of the people,
But there’s scant regard now for the church or the steeple,
Just give ’em more sport and the culture of Babel,
The throwaway culture that threw out the table.

With the culture of rap and their baseball caps,
There’ll soon be no fellers, no blokes and no chaps.
When they all dress the same then it’s little surprise
That the girls swear as much and as foul as the guys.
So we grandparents must, just as long as we’re able,
Keep our culture alive around the kitchen table.

Quoted in Christopher Gleeson SJ, A Canopy of Stars; some reflections for the journey, David Lovell Publishing, 2003, p 19

Cameron Brown
Principal

2014 ENROLMENTS
As we are in the process of finalising class numbers for next year, we would greatly appreciate if you could contact us if your child/ren are not going to be attending Immaculate Heart of Mary Catholic School in 2014. We have a number of classes with waiting lists and we would like to make contact with these families shortly to confirm if we have any potential vacancies.
ATHLETICS CARNIVAL
On Wednesday 23rd October our Prep to Grade Six Athletics Carnival took place. It was a fantastic day at John Turnbull Oval and all students need to be congratulated on their participation, house spirit and sportsmanship.

A squad has been selected from Grades Three to Six to participate at the Southern Tasmania Catholic Schools Carnival next Friday 15th November. We wish them all the best of luck at this event.

A big thank you also needs to be passed on to all our parent helpers for our carnival especially Nick and Susan McLeod, Nathan Foale and Julian Gill.

Eric Monaghan
Sports’ Co-ordinator

CHESS NEWS
On Monday 21st October the Immaculate Heart Chess team competed in the state finals held at Scotch Oakburn College in Launceston. There were 20 primary schools competing and it was an exciting day for the students. They had to play 9 games of chess which is quite gruelling but all students performed very well given some tough competition.

Our team consisted of: Will Lang, Josh Roberts and Xavier Geiger from Grade 6 and Isaac Jones and Aidan Lietz from Grade 4. The final scores for the competition were quite close with many schools scoring between 20 and 24 points. We came 12th overall with a score of 20 points. Our top scorers were Will Lang, Josh Roberts and Aidan Lietz.

Our thanks to Mr Tom Krasnicki who accompanied us along with his Sacred Heart high school team who came second in the secondary section of these finals. This team included many of our ex-Immaculate Heart students.

Ms Louise Davidson
Chess co-ordinator

10km Swimathon!!

Who: Alyssa Guinan and the Grade 5 class
What: A 10km swim (200 x 50m laps)
When: Tuesday 12th November 9am-3pm
Where: Aquatic Centre (Lane 1)

Why: To purchase streetswags for the homeless in Tasmania.

If you are unable to make it to the Aquatic Centre on the day, donations can be made through the office or there will also be a jar in the Grade 5 classroom. Molly Pogorzelski and the Grade 5 class raised over $350 from the ‘CakeBake’ last term, so we would like to continue this fundraiser for a good cause.

Thanks for your support!!
### TERM 4 CALENDAR OF EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Every Wednesday 30 Oct - 18 December</td>
<td>Dance Fever</td>
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<tr>
<td>Friday 15 November</td>
<td>Catholic Athletics Carnival –Domain Athletics Centre</td>
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<tr>
<td>Monday 18 November <em>CHANGE OF DATE</em></td>
<td>BellaMac Fashion Evening <em>CHANGE OF DATE</em></td>
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<tr>
<td>Tuesday 19 November</td>
<td>Art Exhibition (School Hall 6.00pm-8.00pm)</td>
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<td>Tuesday 26 November</td>
<td>Assembly (1.45pm – Items from Kinder, Grade 1, 3 and 5)</td>
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<tr>
<td>Monday 2 December</td>
<td>Dance Fever Challenge (Derwent Entertainment Centre 5.00pm-8.00pm)</td>
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<td>Friday 6 December</td>
<td>Grade 6 Leavers Mass at St Mary’s Cathedral</td>
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<tr>
<td>Wednesday 11 December</td>
<td>Kinder-Grade 2 Dance Event in the school hall</td>
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<tr>
<td>Thursday 12 December</td>
<td>Grade 6 End of Year Liturgy (TBC)</td>
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<td>Friday 13 December</td>
<td>Reports Issues to Parents/Guardians</td>
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<tr>
<td>Friday 13 December</td>
<td>Christmas Disco/Raffle Draw</td>
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<tr>
<td>Monday 16 December <em>CHANGE OF DATE</em></td>
<td>Grade 6 Big Day Out <em>CHANGE OF DATE</em></td>
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<td>Tuesday 17 December</td>
<td>K – G6 Pantomime &amp; Picnic</td>
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<tr>
<td>Thursday 19 December</td>
<td>Grade 6 Graduation/Final Assembly 11.00am-12.00pm</td>
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### IHMCS ARTS NIGHT!

**Tues 19th Nov 6pm - 8pm**

Come along and see the great artwork we have created from Kinder to Gr 6 and listen to some fabulous musical acts as well!

Entry by gold coin donation

Refreshments served.
Immaculate Heart of Mary Catholic School Parents & Friends and BellaMac Ladies and Children's Fashion invite you to:

“AN EVENING OF FASHION”

Come and see the latest in ladies and children's fashion and accessories as well as supporting the school, have a glass of champagne with us and enjoy the evening.

Date: Monday November 18th 2013
Time: 7:00 - 9:00 p.m.
Address: 104 Augusta Rd, Lenah Valley.
Price: $10.00 (payable to IHMCS office), door sales will be available
Champagne, Nibbles, and Lucky door prizes.