REFLECTION

HAVE A COMPASSIONATE CHRISTMAS

Christmas is coming and the pressure is on...for us to come up with the perfect gift, the perfect meal, and indeed, the perfect family to have it all with. Yes, that's what we're getting in the ads as the ideal to which we should be aspiring...in your dreams, or rather your delusions. Christmas time for us is not picture perfect; it is a minefield that challenges us in so many different ways. We may be low on money, short of cooking skills and with a few challenging family members or situations. So how do we step off the delusional wheel that puts these false expectations on us? May I suggest one way – compassion – feeling with others. Jesus came because God had compassion on us. Now it is our turn to share it.

The St Vincent de Paul Society has launched their Christmas appeal, which you will hear about from your child/ren and from the school. Here we are called to help those who are obviously less well off than ourselves. This is a good place to begin, and what we give will make a difference in ways we may never know.

But we don't stop there. We need compassion within our own family and amongst our friends. Nobody 'needs' a fancy gift, but we all need a thoughtful gesture. Nobody 'needs' expensive food or drink, but we do need to be served with love. If we start our Christmas preparations with compassion, with feeling for others, we begin a revolution in how we celebrate. We won't have unreal expectations that make us feel inadequate and depressed. We can accept our limitations because they give us the power to feel with others in their limitations. We are all in this mess together – and Jesus came to share it with us. If God loved the world, in all its weakness and failure, so much, maybe this Christmas we can cut ourselves a little slack and be compassionate to all...ourselves included.

Loving Father, you sent Jesus to show your compassion to all. May I know his love with me, and as I begin my Christmas preparations, may compassion be the guiding light in all that I do for my family and friends. I ask this in Jesus' name confident that you will hear me.

Sr Kym Harris osb

PARENT APPRECIATION AFTERNOON TEA

As parents/carers would be aware, Immaculate Heart of Mary Catholic School relies heavily on volunteers to ensure that we are able to provide the optimum learning environment and services for our students. Without such support from our community members, such programs and activities would not be able to be offered at our school.

We have had a very loyal group of volunteers in our school community and we are very
grateful for all of the time and effort they give to our school across a number of volunteer roles. This assistance is invaluable and greatly valued by the whole community and in particular the staff and students. Parent help in classrooms, support on school camps and excursions, coaches and managers of sporting teams, School Parents and Friends, School Board, assistance with school events and activities is just some of the generous support we receive at Immaculate Heart of Mary Catholic School.

This is an invitation to all our school volunteers to join us for a special afternoon tea. Even if you believe your contribution may have been only small, it is very much appreciated and we would love to have your company in our Grade 5/6 classrooms on Monday 2 December 3.15pm-4.00pm.

**LIVING THE JOSEPHITE SPIRIT**

The 17th – 23rd of November is Alopecia Awareness Week. Alopecia is a condition in which hair is lost from some or even all areas of the body. At the moment there is no cure but there is always hope! As you can imagine it would be rather distressing, for a child especially, to face the day without any hair but with the help of some great organisations, special suction wigs can be made using real human hair. To be able to do this though, they of course rely on people to donate their own hair. We are so proud that Natalie DeCesare (G4) and Sonia DeCesare (G2) have had their lovely locks cut and donated their hair to Angel Wigs to support this wonderful cause. To be able to give to someone in need is such a kind, generous and rewarding thing to do. The girls hair, which had taken four years to grow, will be made into a beautiful wig for someone who really needs it. Not only will it give them the feeling of having their hair back, it will give them confidence, a return of self esteem, and allow them to be just like everyone else. Well done Natalie and Sonia, it’s such a special thing to do!

**EDUCATIONAL VIEWPOINT**

I regularly read Educational Journals as part of professional reading which is mailed out to our school. Occasionally I will share some of these articles with our school community if I feel they are relevant. I may choose items that I may not necessarily agree with, but may challenge our thinking (rightly or wrongly).

A Nielsen survey in 2009 found that American teenagers sent and received an average of 2,272 text messages per month. That’s more than 70 messages a day or, assuming–and hoping–they sleep for about eight hours, four of five text messages every hour they are awake. Chances are, some of those texts occur late at night, when growing teenagers should be sleeping.

Sleep deprivation aside, medical authorities are now worried that media multi-tasking – video gaming, thumbing text messages and responding to every beep and chirp of the latest tech – toy, poses new health risks besides sedentarism and the link with overweight and obesity. Those health risks include anxiety, video game addiction, repetitive stress injury and attention
deficit disorder, but according to the new research, the media multi-tasking of our students have another and altogether more subtle impact: they reduce students’ ability to pay attention.

Education Today 2010

NEW SCHOOL WEBSITE
Recently we 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.

Cameron Brown
Principal

PARENTS & FRIENDS CHRISTMAS RAFFLE
Tickets sales are going well! If you would like more tickets to sell, extra books are available for the school office.
UNIFORM UPDATE

Immaculate Heart's new Kinder/Sports uniform is now available to order. Sample sizes for the shorts, trackpants, polo top, polar fleece and hats have been made available by our suppliers and fittings are available in the school office on the following days:
Friday 22\textsuperscript{nd} November, 8.30 - 9.00am
Monday 25\textsuperscript{th} November, 8.30 - 9.00am and 3.00 - 3.30pm
Friday 29\textsuperscript{th} November, 8.30 – 9.00am

To ensure delivery by the end of January orders need to be finalised by Friday 29th November. Order forms will be available when trying on the uniforms and full payment is required at the time of ordering. Payment can be made by cash, cheque or EFTPOS. The new bucket hats are available and can be purchased directly from the school office for $12 each. School bags will also be available for order in two sizes.

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>Tuesday 26 November</td>
<td>Assembly (1.45pm – Items from Kinder, G1, 3 &amp; 5)</td>
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<tr>
<td>Monday 2\textsuperscript{nd} December</td>
<td>Parent Appreciation Afternoon Tea 3.15 – 4.00pm</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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<tr>
<td>Friday 6 December</td>
<td>Grade 6 Leavers Mass at St Mary’s Cathedral</td>
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<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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<tr>
<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</td>
<td>Grade 6 Big Day Out</td>
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<tr>
<td>Tuesday 17 December</td>
<td>K – G6 Pantomime &amp; Picnic</td>
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| Thursday 19 December | Grade 6 Graduation/Final Assembly 10.30am  
School finishes at 12.00pm |