

NEWS from the HEART...

Immaculate Heart of Mary Catholic School
10 McCann Crescent, Lenah Valley

23 August 2023



Book Week 2023 "Read, Grow, Inspire"



Book Week is a highlight on the calendar at Immaculate Heart of Mary. Celebrating the theme Read, Grow & Inspire in 2023, is all about nurturing our learners to be readers, now and into their futures.

At Immaculate Heart of Mary, we are part of Catholic Education Tasmania's [Literate Learners for Life initiative](#). Learning to read is an essential skill to not only find success in school and thrive in society, but to also experience the joy that reading brings to life.



Whilst an enormous effort goes into making Book Week so spectacular, both at school and at home, it is in every moment that parents and educators support children to read where the real magic happens. Many thanks to Mrs Jane Kirk for all her work and passion to organise and co-ordinate Book Week and to the enormous effort of our staff, parents and students to read, grow and inspire in 2023.



Wellbeing Strategy: Play Eat Learn

As communicated last week, this week we have commenced a trial of a 'flipped' model of the school day schedule - play, then eat, then learn.

There are a range of theoretical and practical implications for this change including:

- The research: The body physiologically responds differently to the activities of playing and eating. Play arouses and heightens the body, whereas eating has a naturally calming effect. In our context, eating after play will allow students to have time to fuel their bodies and regulate their nervous systems prior to learning commencing for that session.
- The students: Many of our students rush to finish their food so as not to miss out on play, or finish at the same time as their friends. By eating together as a class group, after play, the anxiety caused by such a situation is diminished, allowing a more regulated state for learning to occur.

Immaculate Heart of Mary Catholic School School Day Schedule			
School Arrival 8:30 - 8:45	<ul style="list-style-type: none"> Classrooms open Students arriving Daily preparation 		
Morning Learning Block 8:45 - 10:50	<ul style="list-style-type: none"> Literacy Learning Block Morning Tea 'Brain Food' break in class at approx 10:00am 		
1st Playtime 10:50 - 11:20	<ul style="list-style-type: none"> Supervised Playtime 		Be a Learner 
Lunch Eating 11:20 - 11:30	<ul style="list-style-type: none"> Students eating in class groups Lunch eating - main meal Wellbeing & Playtime support 		Be Safe 
Middle Learning Block 11:30 - 1:00	<ul style="list-style-type: none"> Mathematics Learning Block 		Be Respectful 
2nd Playtime 1:00 - 1:30	<ul style="list-style-type: none"> Supervised Playtime 		
Afternoon Tea Eating 1:30 - 1:40	<ul style="list-style-type: none"> Students eating in class groups Wellbeing & Playtime support 		
Afternoon Learning Block 1:40 - 3:00	<ul style="list-style-type: none"> Afternoon Learning Block 		

We thank families for their support in this space as we continue to strive to make Immaculate Heart the best we can for our students in their wellbeing, learning and growth as people.

Bush School: Kinder - Grade 4

According to recent research, "one in ten Aussie kids play outside once a week or less. We have become a nation of indoors, not outdoors" (From Climbing Trees: Getting Aussie Kids Back Outside). Our children play in very safe playgrounds or are involved in structured, organised sports and training events. More and more children spend time inside on devices such as computers, iPads and gaming consoles.



Our vision for Bush School is to give our students opportunities to connect with our natural environment, the local community and learn about our local indigenous cultural history. Bush School is a 'wilder' environment where risk and challenge is part of the experience. Children will be supported to build resilience, problem solving skills, teamwork, risk-taking and a sense of wonder.

There is a growing body of research, which strongly indicates that the benefits of active outdoor play are profound. Children with significant time outside had greater development in concentration, play, creativity, physical development and social skills. From an environmental perspective, children who learn outdoors develop a deeper understanding of conservation and environmental issues.



Athletics Carnival

We are looking forward to our School Athletics Carnival to be held next Thursday 31 August at the Domain Athletics Centre. Students will need to wear their Sports Uniform and their House top. All students will travel to and from the Domain Athletics Centre by bus. It is essential that students bring food and water and a waterproof jacket/warm jumper. If the weather is unfavourable and the Athletics Carnival needs to be cancelled, notification will be sent out via **COMPASS and Facebook** before 9.00 am on the day.

Parents are very welcome to attend. A coffee van will be in attendance.

Father's Day Breakfast

Immaculate Heart of Mary Catholic School warmly invites
you to attend our



Father's Day Breakfast

Join us for complimentary Egg & Bacon
Rolls and Barista coffee will be available
on site.
Fathers, grandfathers and special
persons are all welcome to attend.

Wednesday 30th August
8:00am - 8:45am

Breakfast Club toast available for students
8:30am - Combined Choir & Guitar Ensemble performance

Staff Update

We welcome Mrs Hannah Courto and Mr Liam Dalla-Fontana as Teacher Assistants to our staff. We also wish Mr Paul Egan a wonderful time away as he commences long service leave at the end of this week.

Traffic around McCann Crescent and Edge Avenue

We kindly request your support in ensuring the safety of our precious students during drop-off and pick-up times. Please be mindful of traffic rules and parking guidelines around the school zone. Your cooperation in adhering to these guidelines is crucial in creating a safe and secure environment for all our students and respecting the residents who live in close proximity to our school.

Kinder 2024

Our Kinder 2024 numbers are growing fast but we do still have limited places available. Please direct any family or friends to the office for more information.

Save the Dates



Father's Day - 30 August



Grandparent's / Grandfriend's Day
25 October

Brixhibition Kids Competition 2023

This year, we will again be providing students the opportunity to participate in the Brixhibition Kids Competition (Lego). Please see flyer attached.

2023 Term Dates

Term 3: Tue 25 Jul 2023 - Fri 29 Sep 2023
Term 4: Tue 17 Oct 2023 - Thu 14 Dec 2023

The following dates are STUDENT FREE days:

Monday 16 October 2023
Friday 15 December 2023

Please click here for our school calendar: [School Calendar](#)

Nurturing Hearts Birth - 4 Years: Fridays 9.00am - 10.30am

Come along and join Mrs Brook and Mrs Wall for Nurturing Hearts on Friday morning. A wonderful opportunity to explore and connect with members of our community.



2024 Term Dates - revised (as at 26 July 2023)

Term 1: Wed 7 Feb - Thu 11 Apr 2024 (incl. Easter break: Fri 29 March - Tue 2 April)

Term 2: Mon 29 Apr - Fri 5 Jul 2024

Term 3: Tue 23 Jul - Fri 27 Sep 2024

Term 4: Tue 15 Oct - Wed 18 Dec 2024

Student Free Days 2024:

Friday 12 April 2024

Monday 22 July 2024

Monday 14 October 2024

Warm regards

Rachel Kelly
Principal

Calendar of Events	
Wed 23 August	Canteen orders due on QKR by 9.00pm
Thu 24 August	Canteen Day
Fri 25 August	IHMS Basketball Tryouts (Grades 3-6)
Fri 25 August	Grades 5/6 Football & Netball
Fri 25 August	Nurturing Hearts 9.00am - 10.30am
Wed 30 August	Father's Day Breakfast
Wed 30 August	Uniform shop open 2.30pm - 4.00pm
Thu 31 August	IHMS Athletics Carnival
Fri 1 September	IHMS Basketball Training
Fri 1 September	Nurturing Hearts 9.00am - 10.30am
Mon 4 - Wed 6 Sept	Grade 6 Camp
Mon 4 September	NO AFTERNOON BUS
Tue 5 September	NO MORNING OR AFTERNOON BUS
Wed 6 September	NO MORNING BUS
Wed 6 September	Kinder Bush School
Wed 6 September	Uniform Shop open 2.30pm - 4.00pm

Come & Try 2023

If you wish to get involved with Little Athletics you can do so at any of the nineteen Centres Statewide.

Little Athletics Tasmania accepts the Tasmanian Government Ticket to Play vouchers.

Little Athletics Tasmania are hosting Come & Try days at three locations this September! Bring your friends for a fun and **FREE** introduction to Little Athletics.

Domain Athletic Centre, Hobart
Saturday 16th September
10:00am - 11:30am

Penguin Athletic Track, Penguin
Sunday 17th September
10:00am - 11:30am

Northern Athletic Centre, St Leonards
Sunday 17th September
2:30pm - 4:00pm

To register for any of our Come & Try Days, please click this link



Phone: 1300 888 713
office@taslittleathletics.com.au
taslittleathletics.com.au



Brixhibition Kids Competition 2023

The Tasmanian Brick Enthusiasts Inc. and Brixhibition invite all Primary School students in the Southern Tasmanian area to compete in a Lego Competition running in the third term of 2023.

- Each student to have their Lego creation completed and ready for judging to your school or group by **Monday 11th Sept 2023**.
- Each School or group to have judged and announce their winning entrant by **Friday 15th Sept 2023**.
- The winner of each age group at your school or group will win a winners medal, a free pass to Richmond Goal, Leven River Cruises and Beaconsfield Museum. Your schools 1x overall winner will receive a special Overall Winners Medallion.
- Each Southern Primary School's or Group's Overall Winner is then invited to participate against other Southern Primary Schools or Groups.
- All Lego Challenge winners displayed at Brixhibition will be judged by Tasmanian Brick Enthusiasts Inc. members
- **1st Prize – 1st Place Trophy + \$300 Toyworld voucher**
- **2nd Prize – 2nd Place Trophy + \$200 Toyworld voucher**
- **3rd Prize – 3rd Place Trophy + \$100 Toyworld voucher**
- **4th Prize – 4th Place Trophy + Small Lego Set**
- Winners and announced at Brixhibition Hobart on Sunday 8th October
- Application forms and conditions are available from your school or group

Happy Building!



Brixhibition Hobart
Saturday 7th – Sunday 8th October 2023: 9:30am – 4:30pm
New Bigger and Better venue at:
South East Sports Complex (Basketball Complex)
Montagu Street, Sorell, Tasmania