

NEWS from the HEART...

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

18 October 2023



Back...



in action...



for Term 4!



It's great to be back in action for Term 4. A term of both beginnings and endings, as we welcome our 2024 Kindergarten students and families, and prepare to celebrate and farewell our Grade 6 cohort. This is the time of the year where we get to harvest the fruits of the relationships that have been formed over the year as we enjoy many of the special events that happen.

students and families, and

Thank you to all our students for embracing Socktober today to support the Catholic Mission Australia. A huge shoutout to the Junior Joeys for their action and leadership.

An action-packed term of learning, connecting and celebrating has begun!

Please be aware that next Friday, 27 October (the day after Show Day) is a normal school day.

Praying for Peace

*Lord, we raise Israel and Gaza to you,
and pray for those suffering.
We ask that you provide peace in this crisis,
and protection and comfort for all those
who have been impacted.
We lift our prayer to you, Lord.
Amen.*

A prayer
for peace
in Israel + Gaza



Play Eat Learn Feedback Response

Thank you for your responses to our Play Eat Learn Survey. Overwhelmingly, we received positive feedback with most respondents noting more food being eaten by their child at school, paired with our students having a set eating time, rather than eating during play time.

We are taking on board the feedback from some families that students may need longer to eat their lunch meal or may just need more time full stop. Our class teachers will ensure this occurs moving forward.

Grandparents & Grandfriends Day

We cannot wait to celebrate and connect with our Grandparents and Grandfriends next Wednesday morning. Our morning commences in the school hall at 9.15am. Early today, we sent home a call out to families for morning tea donations. To support access to our site, staff will be vacating the carpark for our Grandparents/Grandfriends and we will have our Grade 6 students out and about to welcome and show the way.

Gr 3-6 STCPSSA Athletics Team

Congratulations to the following students who will be representing IHMS at the Southern Tasmania Catholic Primary School Sports Association Athletics Carnival on Friday 3 November:



GRADE 3	GRADE 4	GRADE 5	GRADE 6
BILLY SMITH	SAMUEL ARTHUR	JAKE BURT	ELLIOT LETHBORG
LEWIS PEPPER	AMOS MISSA	KIDUS MESFIN	ABDUL BARSOUM
TOBY MARSH	JENSEN KANNAMPUZHA	SAM PELHAM	SEBASTIAN FENTON
THOMAS JORDAN	MIKIL BARSOUM	JACK AUGUST	JACOB LUTTRELL
JULIAN KENYI	PETER NSEKA	JACOB MORSE	NOAH HARLEY-HILL
HARRY HALLORAN	PATRICK MORSE	PLA K'PAW MOO	
HENRY DAVIS			
ABIAGEAL BALMER	VICTORIA MILLAR	MADDISON GEARD	ISABELLE HURD
MONICA HOLLOWAY	SOPHIE CHICK	BELLA RICHARDSON	PHOEBE SEWELL
ELISABET MESFIN	AMELIE FRENCH	AUTUMN BLAKE	OPRAH NSEKA
CHARLOTTE NOLAN	CHARLOTTE ARTHUR	CHELSEA BOWERMAN	MERCY KENYI
AMELIA JONES	IZZY JAMES		ADELE DOBSON
EVIE ANDERSON	PRISHA STANFIELD		HAYLEY RUBENACH
MOLLY FULTON	ALICE GILL		
CHARLOTTE PAGE	LUCY AUGUST		

Tasmanian School Basketball Championships

We again have an exceptional number of students playing in the Tasmanian School Basketball Championships coming up this term. Many thanks to our coaches, managers and referees for your organisation, time, knowledge and skills in supporting all players. We wish you all a great tournament.

Disturbing Content on Social Media in Connection with the Situation in Israel and Gaza

eSafety has provided the following advice and recommendations to support safeguarding our children from disturbing content that may be circulating on social media in connection with the situation in Israel and Gaza. **Please refer to the advice below:**

- **eSafety** has contacted social media companies about this content and will continue working with them to identify and remove illegal and restricted material wherever possible.
- To support this work, we encourage you to make yourselves aware of eSafety's guidance www.esafety.gov.au/report/illegal-harmful-content and report content where appropriate.
- eSafety has prepared the attached document and [this webpage](#) to assist.
- We encourage staff, parents and carers supporting young people who may be more vulnerable to check in with them. If a child or young person is presenting with signs of distress, follow your procedures for managing and supporting students at risk.

Anxiety: Parent Workshop

To support our students, families and school to create an environment where students can thrive, Lisa Ford (Clinical Psychologist and founder of The Resilience Co.) will be facilitating student workshops, staff professional development and hosting a parent workshop on **Wednesday 29 November**. Lisa will be providing more detailed information for parents in the coming weeks.



This opportunity to connect our community by working together to nurture resilient children, empowered parents and insightful educators has been funded by the Tasmanian Catholic Schools Parents Association through the 2023 Parent Engagement Grant Scheme. We are incredibly excited to have the opportunity to work and learn with Lisa. Save the date!

Nurturing Hearts Birth - 4 Program: Fri 9-10.30am

Our Nurturing Hearts program offers an encouraging and nurturing environment for parents and carers to actively participate with their children in learning opportunities. 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 Enrolments



Now accepting enrolments for 2024

Immaculate Heart of Mary Catholic School
Educating lifelong learners in the Josephite tradition since 1961

Situated in the heart of Lenah Valley, Immaculate Heart offers classes from Kindergarten to Grade 6 in an environment where learning and well-being go hand in hand.



To find out more about the education we can offer your child in 2024 and beyond, call into our school office or call 6228 3335

ihms.tas.edu.au - 6228 3335 - 10 McCann Crescent

Warm regards

Rachel Kelly
Principal

2023 Term Dates

Term 4: Final day - Thu 14 Dec 2023

The following dates are STUDENT FREE days:

Friday 15 December 2023

Please click here for our school calendar:

[School Calendar](#)

2024 Term Dates

Term 1: Wed 7 Feb - Thu 11 Apr
(incl. Easter: Fri 29 Mar - Tue 2 Apr)
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



What to do if you see distressing content online

Online spaces should be safe for everyone, but you may sometimes come across content that is distressing – for example, because it depicts harm or violence.

Violent or pro-terror content may also be illegal.

Under Australian law, the eSafety Commissioner can issue a takedown notice to a platform to remove the content, or block access to protect Australian users from viewing this content.

If you see violent or terrorist content posted in a public place online, don't share it further – even if your intention is to help or raise awareness. You may cause distress to others.

Report

If you see violent, distressing or harmful material, make a report to the platform or service where it is available. Reports to the service help get the material removed quickly. Your actions could protect you and others from seeing that content again.

If the material is not removed, or if it's seriously harmful, you can make a report online by visiting '[eSafety - how to make a report](#)'.

Reports about terrorist and extreme violent content can also be made over telephone to the National Security Hotline on 1800 123 400.

Protect

Parents and carers may feel that they want to take extra precautions against their children seeing disturbing content online.

The eSafety Commissioner's website has helpful resources on how to get started with **parental controls in social media, games, and apps** and **on devices**. These controls can help parents restrict access to places online where there is a higher risk of seeing disturbing content.

There is also **advice for young people** on what they can do themselves.

Get help and support

If you or your child have seen disturbing content online, talking to someone can make it easier to decide what to do and how to deal with its impact.

Some places you can seek help include:

- Lifeline on 13 11 14 or [lifeline.org.au](https://www.lifeline.org.au)
- Beyond Blue on 1300 22 4636 or [beyondblue.org.au](https://www.beyondblue.org.au)
- Kids Helpline, for 5–25 year olds, on 1800 55 1800 or [kidshelpline.com.au](https://www.kidshelpline.com.au) (webchat is also available)
- Headspace, for 12 to 25 year olds, on 1800 650 890 or [headspace.org.au](https://www.headspace.org.au).



More support services, including state-based services aimed at parents, are listed on [eSafety.gov.au/counselling-support-services](https://www.esafety.gov.au/counselling-support-services).

